

Politician, 100, dies after years of 'avocational' campaigning

TOPEKA (AP) — Alf Landon, the former Kansas governor whose presidential hopes were swamped in Franklin Roosevelt's 1936 landslide but became the grand old man of the Grand Old Party in a long life outside politics, died Monday. He was 100.

Landon, the father of Sen. Nancy Kassebaum, R-Kan., wryly described himself "a lawyer who never had a case, an oilman who never made a million and a presidential candidate who carried only Maine and Vermont."

He refused to be nettled about his age loss, and in later years gave his grandchildren ponies named for the 48 states he won.

"They might have forgotten me if I had been close," he once said.

Landon was hospitalized Sept. 28 at Stormont-Vail Regional Medical Center after complaining of internal pain. He was treated for a gallstone and a mild case of bronchitis before returning home Saturday.

A hospital bed had been set up in the library of the family home. His wife, Theo, and housekeeper Rita Dwight said Landon simply stopped breathing at 5:25 p.m.

Dwight said she had noticed a change in Landon's breathing pat-

tern early Monday, but said he remained alert and talked with both her and Mrs. Landon during the day.

Kassebaum had been scheduled to speak Monday night in Hartford, Conn., but headed back to Topeka

"He was a legendary Republican who taught generations of politicians what integrity and leadership were all about," he said. "Always way ahead of his times, his life was a solid century of achievement."

As the decades put the 1936 drub-

Landon, who emerged as the GOP's bright hope by being the only Republican governor to win re-election in 1934, received eight electoral votes. Walter Mondale received 13 electoral votes in 1984, the second-lowest number in modern political history.

He received 36.5 percent of the popular vote, the third-worst showing in a two-way race since the turn of the century, after John Davis in 1924 and James Cox in 1920.

Long afterward, he acknowledged that he knew on election eve he didn't have a chance. Yet he never expressed any regret.

"You see, I had never planned a political career," he said. "With me, politics was not a vocation but an avocation."

Alfred Mossman Landon was born Sept. 9, 1887, in West Middlesex, Pa., the son of an oil explorer who began drilling in Kansas near the turn of the century.

Young Landon spent his college summers working with the oil field wildcatters, doing menial chores. He graduated from the University of Kansas with a degree in law in 1908, then went back to the oil fields, this time on his own.

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— Kansas Sen. Robert Dole

after learning of her father's death. President Reagan issued a statement mourning the death of the GOP elder statesman:

"Alf Landon exemplified the very best in public service. He deeply loved his country and he was motivated by a genuine desire to help his fellow man. . . . Governor Landon was a true elder statesman, whose expertise and views were sought and valued by many of us in public life."

And Kansas Sen. Bob Dole, who is seeking the 1988 Republican presidential nomination, called Landon "a friend and mentor."

bing further and further behind him, Landon became a beloved symbol of his party, an elder statesman who received President Reagan at his home on the occasion of his 100th birthday.

Dubbed "the Kansas Coolidge," his campaign was symbolized by the sunflower, his battered felt hat and the slogan "Life, Liberty and Landon." He condemned New Deal policies as "dangerous and cockeyed," and pledged that if elected he would "restore our government to an efficient as well as a constitutional basis."

Center for sleep disorders treats variety of problems

CHARLOTTE, N.C. (AP) — You probably spend more uninterrupted time sleeping than in any other daily activity. Unless you have chronic problems nodding off or staying there, you probably don't think much about it, either.

But a Charlotte neurologist who heads the first accredited center for sleep disorders in North Carolina and South Carolina says almost everyone has at least occasional problems sleeping. And he says many sleep disorders go undetected for decades, while the people who have them are labeled lazy.

"It's not normal to be sleepy during the day," said Dr. Dennis Hill of the Sleep Disorders Center at Charlotte Memorial Hospital and Medical Center. "If you are, there's something going on, except that everyone gets sleepy after lunch. Many people don't even realize when something is wrong."

Hill says the most common problem he encounters is sleep apnea syndrome, which usually strikes middle-aged, overweight men who snore loudly. A normal reflex that usually opens up the airway so a person can breathe while sleeping is blocked by a fatty muscle, and the sufferer can breathe only by waking up for five to 10 seconds every 30 to 40 seconds.

The awakening is so brief that the sufferer does not even realize that he has awakened, Hill said.

"So the guy is very sleepy all the next day," he said.

"His performance at work suffers. He can fall asleep at a red light, or in church. And he doesn't know why he's tired."

Treatment of the malady can include weight loss, or the use of a dental implant that can keep the tongue from blocking the air passageway.

And if you fall asleep at work with any regularity, you might have a medical excuse — a relatively rare disease called narcolepsy.

"I've seen patients who have had narcolepsy for 50 years, but never knew it. And it has controlled their lives," Hill said.

The disease stems from an inherited chemical imbalance that causes people to fall asleep for no apparent reason. The problem can be treated with drugs.

But one problem for which Hill does not usually recommend drugs is insomnia, probably the most common sleep-related disorder.

"The important thing is that insomnia is a symptom, not a diagnosis," he said. "It would be like a doctor prescribing aspirin for a headache. It might help in the short term, but it doesn't solve the problem."

Sleep may seem natural, but it comes easiest when prepared for, Hill said. He recommends abstaining from caffeinated drinks after noon each day, not drinking alcohol after 7 p.m., and exercising before 4 p.m.

Artist accepts challenge to paint Statue of Liberty on grain of rice

WEST FRANKFORT, Ill. (AP) — Many painters think of themselves as starving artists, but David Stevens is one of the few who could actually eat his work. One of his specialties is painting the Statue of Liberty on a single grain of rice.

"At the risk of sounding vain, I think I've got a talent that's out of the ordinary," said Stevens, 29, an unemployed deliveryman whose formal artistic training consists of a single high school art class.

He said he discovered his knack one day about three years ago when he was bored and his wife, who painted ceramics, had her materials out.

Using a quarter-size rock for his canvas, Stevens painted an ocean scene with a bright yellow sunset, a tiny island with palm trees and a galleon.

Six weeks and several rocks later, he was challenged.

"A guy saw some of the stones and he said, 'That's fine. But the day you paint the Statue of Liberty on a grain of rice, I'll buy it from you,'" he said.

Stevens obliged, though the would-be customer disappeared.

Stevens says that, without using a magnifying glass, he can paint the Statue of Liberty — down to the yellow torch — in 15 minutes.

To paint detail, he uses a brush with only two or three hairs. He glues the rice grain to a piece of cardboard to keep it steady.

During a recent interview, he painted a Canada goose in flight in about 10 minutes, from its tiny black beak to its plumage of gray, white and black against a light blue sky.

Other pieces include 12 mallards in flight on a single grain, artist's signature included and a tuxedo-clad gentleman before a grand piano,

with candles burning on a candelabrum.

"What's so frustrating about it is I found my niche in life, but I can't use it," Stevens said. "I can't make a living off it."

"I've cornered the market on a non-existing market."

The most he has gotten for his works at art shows in the town of 10,000 in southern Illinois is \$30 for one rice grain, with \$5 sales more common.

In addition to rice and rocks, Stevens said he painted the face of a watch for a friend obsessed with game show celebrity Vanna White. He painted a nude portrait of White from the waist up.

"His boss told him he couldn't wear it," Stevens said, "because he works in a retail store."

"He brought it back, and I painted a negligee on it. Now he can wear it."

Hurricane takes aim at SW Florida

MIAMI (AP) — Hurricane Floyd sprang to life in the Gulf of Mexico early Monday, taking aim on South Florida with 80 mph wind and heavy rain. Some coastal residents scurried for shelter, while others cleared areas of batteries, canned food and bottled water.

Floyd grew from a tropical storm to become the season's third hurricane at 7 a.m. EDT and began heading up through the Florida Keys toward southern Dade County at the southern tip of the mainland, spawning at least two tornadoes.

"It's not a strong hurricane," National Hurricane Center Director Bob Sheets said.

He said Floyd would maintain its strength as it passed south of Miami during the evening and then would head out to sea.

The center posted hurricane warnings around Florida's southern peninsula from Stuart north to West Palm Beach on the competition-studded east coast to Venice north of Fort Myers on the Gulf coast, roughly the area of Lake Okechobee south.

Officials of populous Dade and Broward counties, including Mitching genius and Fort Lauderdale, told residents to tie down loose objects in their yards and advised trailer residents to seek shelter.

County officials in South Florida had shut down all schools by morning, telephoning parents and sending the children home.

At 10 p.m. the hurricane was centered near latitude 25.5 north and longitude 79.6 west, or about 45 miles east southeast of Miami, moving toward the east northeast at near 15 mph.

Unimpressed Key West youngsters took advantage of the wind and turn skateboards into sailboards with the help of towel rails.

The last hurricane to hit South Florida was Hurricane Bob in 1985, which had dropped to tropical storm strength by the time it crossed west to east across the peninsula.

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