

Texas Gov. George W. Bush delivers his state of the state address as Speaker Pete Laney listens Tuesday.

## Bullock says Gov. Bush 'punched right buttons'

AUSTIN (AP) — Republican Gov. George W. Bush didn't stray from his campaign standbys, but Democratic Lt. Gov. Bob Bullock says his first state of the state speech still struck a chord.

"I think the governor punched all the right buttons. He touched all the issues which he ran on in his race for governor, and the number of votes which he received pretty much speaks for itself," Bullock said.

"He pointed us in a direction that he wanted us to proceed in, and I feel like the Senate will be working extremely hard on those types of issues, such as tort reform that we're into now," Bullock added.

In his speech Tuesday, Bush reiterated his call for stricter welfare rules, more local control of education, tougher laws for young criminals and changes to help limit damages and frivolous lawsuits.

Those were his key campaign promises, and Bush pledged to keep faith with voters.

"You and I know that people have become cynical. It has happened partly because government has tried to do too much. It has also happened because people run for office saying one thing and then do another," Bush said. "I intend to keep my word."

Rep. Tom Craddick of Midland said he expected the Legislature to address all four of Bush's priorities.

"And if not, I think that the Legislature has really shirked its responsibility to the state," said Craddick, chairman of the House Republican Caucus.

"People are fed up with the problems they're having in those areas and I think he just needs to keep banging on them 'til they're solved," he said.

Not everyone in the Democratic-controlled Legislature was as enthusiastic.

Texas Democratic Party Chairman Bob Slagle chided Bush for not offering specific programs. "Listing goals for Texas makes a nice speech, but a real Texas leader would also put for a substantive plan that charts a course to achieve those goals," Slagle said.

Sen. Gonzalo Barrientos, D-Austin, noted that Texas welfare benefits already are among the nation's lowest.

"To blame some of the problems that we have on poor people in this state is ridiculous," Barrientos said. "He won the campaign. He is the governor of Texas. Leave the political rhetoric at the door. We've got work to do."

Bush told the lawmakers his guiding philosophy is one of "limited government, personal responsibility, strong families and local control."

Bush has designated tort reform — changes in the way civil lawsuits are handled — a legislative emergency. A bill designed to stop "frivolous" lawsuits already has passed the Senate, and others are in the works that would limit damages.

"The scales of justice in Texas are out of balance. It is time to stand up and say, 'We object,'" he said.

The governor said the current welfare system "rewards illegitimacy, diminishes the motivation to work and robs Texans of dignity and self-worth."

He called for requiring mothers to identify the fathers of their children before receiving welfare benefits; revoking any state license held by a child support deadbeat; and requiring teen welfare mothers to live with their parents or in another supervised setting.

## Small-state senators fighting term limits

WASHINGTON (AP) — Small-state members of Congress are lining up against a proposed constitutional amendment to limit lawmakers' terms — arguing that seniority counters the clout of their big-state colleagues.

If the terms of senators and House members were limited to 12 years, small states "would not be able to build up a power center by seniority," said Sen. Richard Shelby of Alabama, who switched from Democrat to Republican after last fall's election swept the GOP into power in both houses.

Similar concerns have been raised by other influential Republican senators, all from small states.

"Simple mathematics makes term limits a big risk for small states with small delegations," Sen. Orrin Hatch, R-Utah, chairman of the Senate Judiciary Committee, said at a recent hearing on the issue.

And Senate Majority Leader Bob Dole noted recently that under the current system, his "little state of Kansas" has three committee chairmen and the top Senate leader among its four House members and two senators.

"Maybe I'm missing something," he said, "but it seems to me that large states are going to get together and squeeze out the small states, so if you don't have seniority you're not going to be in any position of influence."

When the issue comes to a vote, small-state senators could hold the balance of power on the issue. A constitutional amendment must be approved by two-thirds of both the House and Senate before it can be submitted to the states for ratification.

Opposition to the idea crosses both party and ideological lines.

Democratic opponents range from liberal Sen. Christopher Dodd of Connecticut to conservative Sen. Howell Heflin of Alabama, while Republican opponents include conservative Sen. Mitch McConnell of Kentucky and moderate Sen. Mark Hatfield of Oregon.

The Senate Judiciary subcommittee on the Constitution approved an amendment that would limit senators to two six-year terms and House members to six two-year terms.

The House Judiciary Committee has held hearings on several term-limit proposals, and House

GOP leaders have promised a vote on an amendment by mid-April.

Not all small-state senators, however, accept the argument that their states would lose influence if terms were limited.

"Influence here does not divide up from big states to small states," said Sen. Bob Packwood, R-Ore. "Some of the safest districts in the country are big-city, urban districts."

The argument that small states would lose influence is not the only one advanced by opponents of term limits. Heflin said the main reason he's fighting the proposal is because he believes it is anti-democratic.

"What you're basically saying is that the people haven't got sense enough to make the decisions and therefore we've got to restrain them," he said.

Twenty-two states already have enacted their own laws limiting the terms of state officials. Public opinion surveys show that terms limits enjoy broad support across the country.

The popularity of the idea has forced some lawmakers to rethink their positions. But Shelby, the party switcher, said he's standing firm on the issue.

## Discovery crew keeps busy with science experiments

SPACE CENTER, Houston (AP) — Discovery's crew kept tabs on a slew of science experiments today and checked out the bulky suits two astronauts will wear during Thursday's five-hour spacewalk.

It was a day of relative relaxation for the six-person crew, coming after a historic rendezvous with Russia's Mir space station and a telescope release.

Mission Control let the crew sleep in as a reward for all its hard work.

"Thanks for the extra hour," shuttle commander James Wetherbee told ground controllers. "We used it."

Today's lull gave astronauts a chance to check on 20 science experiments in a shuttle laboratory, and Bernard Harris Jr. and Michael Foale double-checked their spacesuits.

Harris, a physician, will become the first black to take part in a spacewalk. He said during a TV interview this morning that he'd like to dedicate the spacewalk to "all African-Americans, to African-American achievements."

He noted that his opportunity to walk in space comes during Black History Month, adding, "Really, I get emotional when I think about it."

Before the spacewalk, the crew is

to retrieve the ultraviolet telescope that was released Tuesday. The telescope is spying on interstellar gas and dust that eventually will form new stars and planetary systems. Discovery is flying about 35 miles behind the telescope during its two days of free flight.

The spacewalk in Discovery's cargo bay is to last five hours. Harris and Foale will practice lifting the 2,800-pound telescope so NASA can learn how future space stations will handle massive objects.

NASA also wants to evaluate thermal improvements to the spacesuits. The spacewalkers, stationed on the

end of the 50-foot shuttle crane, will remain idle in the frigid darkness of Discovery's shadow for 20 or 30 minutes to see just how cold they get.

"I think I may get as cold as shivering, but not beyond that, where you stop shivering," Foale joked before the mission.

When the United States, Russia and other countries start building an international space station in late 1997, spacewalking astronauts will face extended periods without the warmth of direct sunlight.

Discovery's eight-day flight is to end Saturday.

## City outlines regulations for skateboarding, rollerblading

PORTLAND, Texas (AP) — In this community, skating into traffic isn't only dangerous, it's also illegal.

The city council on Tuesday passed an ordinance regulating in-line skating and skateboarding after police received complaints of skaters darting into traffic and nearly causing accidents, officials said.

"From a practical standpoint, what

we're just trying to do is keep a safe condition in the community," Portland City Manager Rick Conner said. "I don't think we're going to be out writing tickets right and left."

Residents aren't exactly doing flips over the rules. Penalties are Class C misdemeanors, punishable by a fine of as much as \$50 for a first conviction, \$100 for a second con-

viction and \$500 for subsequent convictions.

"They say it's to protect the children, but they are the only ones penalized by it," said Mary Caldwell of Portland, which is about 10 miles northeast of Corpus Christi.

Her 12-year-old son, David Caldwell, is upset because he's afraid it will prevent him from being

able to skate on the road when a sidewalk is nearby.

Some parents said children will be particularly hurt by the ordinance because many youngsters use skates and skateboards as a method of transportation around town.

Rules mostly dictate where to skate and require reflective material to be worn when skating at night.

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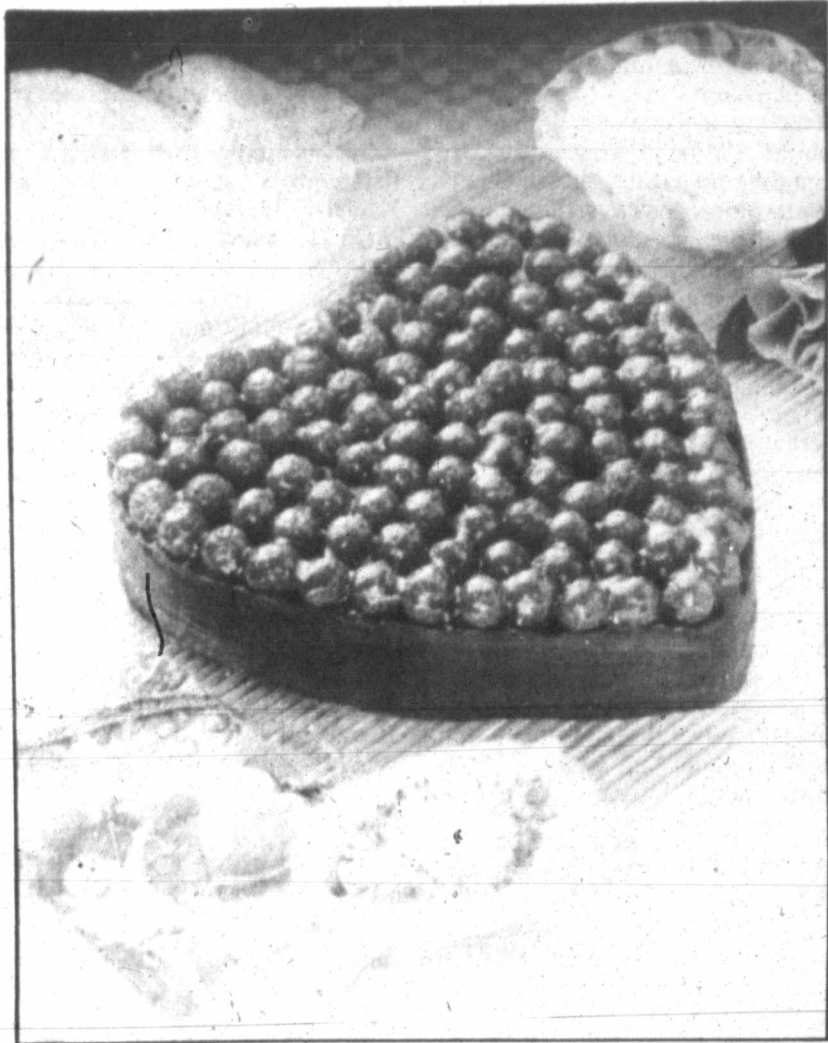
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Food

A double chocolate raspberry cake for Valentine's Day



Chocolate-Chocolate Raspberry Cake is made with cocoa and topped with fresh raspberries that are brushed with melted currant jelly.

For your Valentine's Day sweetheart: a double chocolate raspberry cake, baked in a heart-shaped pan and topped with fresh raspberries.

**Chocolate-Chocolate Raspberry Cake**

- 7 tablespoons Dutch-processed cocoa
- 2-3rds cup boiling water
- 4 egg yolks
- 3/4 teaspoon vanilla
- 1 1/2 cups sifted cake flour
- 1 cup sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup (1 stick) unsalted butter, softened

**1 recipe Chocolate Glaze (recipe below)**

- 2 pints fresh raspberries
- 1/4 cup currant jelly

Preheat oven to 350 degrees F. Whisk together cocoa and boiling water; cool.

In a separate bowl, combine yolks, 1/4 cup of the cocoa mixture and vanilla. Set aside.

Combine dry ingredients in a large bowl. Add butter and remaining dissolved cocoa. Mix well. Gradually add egg mixture in thirds, mixing well after each addition. Spread batter into well-greased and paper-lined 9- by 2-inch heart-shaped pan. Bake in a

350-degree F oven until tester inserted near center comes out clean, 30 to 40 minutes.

Meanwhile, prepare Chocolate Glaze.

Remove cake from oven. Poke holes in top of cake while warm. Brush with one-half of the Chocolate Glaze, allowing glaze to soak into cake. Invert cake onto plate. Discard paper. Poke holes into bottom of cake. Brush with remaining glaze, brushing sides of cake also. Cool completely. Place clean, dry raspberries over surface of the cake. Melt jelly. Brush onto raspberries.

**Chocolate Glaze**

- 3-ounce bar bittersweet chocolate, chopped
- 3/4 cup whipping cream

Combine chocolate and cream in small saucepan. Stir until melted over low heat.

\* Recipe from: Swans Down

For a free recipe booklet, "Swans Down's Best Baking Booklet," send a check or money order for \$1 to cover postage and handling to: Swans Down's 100th Anniversary Collection, Reily Foods Co., Box 60296, New Orleans, La 70160-0296.

A potato soup filled with broccoli and cheese



By The Associated Press

Cheddar-broccoli soup cooks in the microwave oven. It's made with pureed potatoes, frozen cut broccoli and shredded Cheddar cheese.

**Cheddar-Potato-Broccoli Soup**

- 1 tablespoon butter or margarine
- 1 cup chopped onion
- 1 and 1-3rd pounds (4 medium) potatoes, peeled and cut into 1/2-inch cubes

- 3 cups water
- 3 chicken bouillon cubes
- 10-ounce package frozen cut broccoli, thawed and drained
- 1 1/2 cups (6 ounces) shredded Cheddar cheese
- Salt and pepper, to taste

In a 2- to 3-quart microwave-safe bowl cook butter on high (100 percent power) for 1 minute. Add onion; cook on high for 3 minutes. Add potatoes, water and bouillon; cook on high for 15 minutes. Remove 1 cup of the potato cubes with a slotted spoon; set aside.

Pour contents of bowl into the container of an electric blender. Holding lid on securely, blend until smooth; return to bowl. Stir in reserved potatoes, broccoli and cheese. Cook on medium (50 percent power) for 4 minutes, stirring until heated through and cheese is melted. Season with salt and pepper. Makes 4 servings.

\* Recipe from: The Potato Board

Choosing High-fiber breakfast choices

AP Special Features

Cereals, whole-grain breads and fruits are among the easiest ways to add fiber to your diet. The following will help you make high-fiber breakfast choices to get your day started off right. Over the course of the day, you should try to eat between 20 to 30 grams of fiber. Cereals (about 1 ounce)

- Whole-bran cereal (1-3rd cup), 8.5 grams fiber.
- 100 percent bran cereal (1/2 cup), 8.4 grams fiber.
- Bite-size bran squares cereal (1/2 cup), 4.6 grams fiber.
- Sweetened oat and bran cereal (1/2 cup), 4.3 grams fiber.
- 40 percent bran flakes (3/4 cup), 4 grams fiber.
- Granola, homemade (1/4 cup), 3 grams fiber.
- Raisin bran (1/2 cup), 3 grams fiber.
- Oatmeal (3/4 cup cooked), 3 grams fiber.
- Shredded wheat (1 biscuit), 2.2 grams fiber.
- Wheat flakes (1 cup), 2 grams fiber.
- Corn grits (1 cup), 0.6 grams fiber.

**Breads**

- Oat-bran and raisin muffin, 5.2 grams fiber.
- Whole-wheat bread (1 slice, toasted), 2.7 grams fiber.
- Bran muffin, homemade, 2.5 grams fiber.
- Oat-bran English muffin (1 whole), 2 grams fiber.
- Plain English muffin, toasted (1 whole), 1.5 grams fiber.
- Plain bagel (1 whole), 1.2 grams fiber.
- Waffles, frozen (one 4-inch square), 0.9 grams fiber.
- White bread (1 slice, toasted), 0.6 grams fiber.

**Fruit**

- Figs (3), 6 grams fiber.
- Dried prunes (1/2 cup), 5.5 grams fiber.
- Dried apricots (1/2 cup), 5.1 grams fiber.
- Pear (1 medium), 3.9 grams fiber.
- Raisins (1/2 cup), 3.8 grams fiber.
- Orange (1 medium), 3.1 grams fiber.
- Dates (5), 3 grams fiber.
- Apple (1 medium, with skin), 3 grams fiber.
- Raspberries (1/2 cup), 2.8 grams fiber.
- Peach (1 medium), 2.4 grams fiber.
- Strawberries (1/2 cup), 1.9 grams fiber.
- Banana (1 medium), 1.8 grams fiber.
- Cantaloupe, cubed (1 cup), 1.3 grams fiber.
- Orange juice (1/2 cup), 1 gram fiber.
- Grapefruit (1/2 of a medium), 1 gram fiber.

Easy to bake cookies for Valentine's Day

By The Associated Press

Just a handful of ingredients are needed for linzer squares, a sweet treat for Valentine's Day.

**Linzer Squares**

- 1/2 cup ground almonds (1-3rd cup whole almonds, ground)
- 1 cup packed brown sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3/4 teaspoon cinnamon
- 1/2 cup butter or margarine
- 1 egg
- 1 1/2 cups all-purpose flour
- 1/2 cup raspberry jam

Beat together almonds, sugar, baking powder, salt, cinnamon, butter, egg and all but 2 tablespoons of the flour.

Remove 3/4 cup of the dough; add the reserved 2 tablespoons flour. Knead together until smooth; chill until firm (use the freezer to speed up this process, if desired).

Meanwhile, using damp fingernails, press remaining dough into the bottom of a 9-inch square baking pan; spread with raspberry jam.

Roll chilled dough onto well-

floured surface to 1/4-inch thickness. Cut into 1/2-inch wide strips. Lay the strips in a crisscross fashion to make a lattice design. Bake in a preheated 375-degree F oven for 20 to 25 minutes. Cut into squares. Makes 16 squares.

Nutrition facts per square: 177 cal., 7.74 g fat, 2.32 g pro., 25.6 g carbo., 28.8 mg chol., 135 mg sodium.

\* Recipe from: C&H Brown Sugar

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Lifestyles

# Simplicities in life can help reduce the risk of heart disease

Reducing your risk of heart disease needn't be an impossible task. All it takes is a few simple adjustments. When it comes to mealtime, sure ... you may need to cut down, but not out. Moderation — not elimination — is the key.

If you're tired of being told only what's bad for you, take heart! There are some painless steps you can take that will have a positive impact. And you won't need to say goodbye to the foods you love.

Here are 10 hints for a healthy heart provided by the Top O' Texas Cattlewomen:

1. **DON'T SMOKE**  
You may know that smoking is linked to lung cancer, but it's also a risk factor for heart disease. Tobacco has been shown to suppress the protective HDL (high density lipoprotein) levels in the blood. If you quit smoking, your HDL value will rise.
2. **GET MOVING**  
Regular exercise is an important part of a heart healthy routine. It can also help you control your weight and lower your blood pressure. Shoot for at least 30 minutes of activity every other day.
3. **LOSE WEIGHT, IF YOU ARE**

**OVERWEIGHT**  
People who maintain a healthful weight are not only less likely to develop heart disease, but also high blood pressure, diabetes, gallbladder disease and some types of cancer. You can lose unwanted pounds by eating fewer calories and increasing your physical activity on a regular basis.

4. **LIMIT THE FAT IN YOUR DIET**  
Each gram of fat equals nine calories — more than twice the calories found in carbohydrates or protein. A fat rich diet encourages weight gain and may lead to elevated blood cholesterol. Current advice: Limit fat to less than 30 percent of total calories.

5. **BALANCE THE TYPE OF FAT YOU EAT**  
Fats are made up of a combination of fatty acids: saturated, polyunsaturated and monounsaturated. Saturated fatty acids (found in the fat in animal products, and coconut and palm oils) can raise blood cholesterol. Recommendation: Keep saturates limited to about one-third of your fat intake, or less than 10 percent of total calories.

6. **WATCH YOUR CHOLESTEROL INTAKE**  
Dietary cholesterol (found in animal foods) may also raise blood cholesterol levels — although some people are sensitive to dietary cholesterol than others. Today's tactics: Limit dietary cholesterol to less than 300 milligrams a day.

7. **CONCENTRATE ON COMPLEX CARBOHYDRATES**  
Foods rich in complex carbohydrates, if eaten plain, are low in fat and are good sources of vitamins, minerals and fiber. Choose more whole grain breads and cereals, pasta, rice and dried peas and beans. And enjoy fruits and vegetables more often. Your approach: Have carbohydrates make up 50 to 60 percent of your total calories.

8. **FIND MORE FIBER**  
There are two types from which to choose: soluble and insoluble fiber. Soluble fiber (found in oats, rice bran, barley, dried peas and beans, and certain fruits like prunes) may help lower blood cholesterol. Whole grain bread/cereals and fruits and vegetables are good sources of insoluble fiber which is important for a healthy diges-

tive tract. Strategy: Eat a variety of fiber rich foods every day.

9. **LIMIT SODIUM AND SALT**  
While not everyone reacts to sodium the same way, high blood pressure is sometimes associated with a diet high in sodium. Check labels carefully and watch the amount of salt you use in cooking and at the table. Best approach: Limit daily sodium intake to less than 3,000 milligrams.

10. **IF YOU DRINK ALCOHOLIC BEVERAGES, DO SO IN MODERATION**  
Excessive alcohol use increases your risk of heart disease, in addition to high blood pressure, liver disease, some forms of cancer, nutritional deficiencies and other disorders. If you do drink, limit your consumption to the equivalent of less than one ounce of pure alcohol in a single day. For instance: two cans of beer, two small glasses of wine, or two average cocktails. [The hints above are based on current recommendations made by the National Cholesterol Education Program and the American Heart Association.] Texas Cattlewomen want to remind

everyone that beef easily fits into the guidelines set forth by the American Heart Association for a heart healthy diet. Good lean meat is hard to beat ... as an excellent source of protein, vitamins, and minerals, including iron. And the American Heart Association says "yes" to meat, with a few guidelines to help you protect your heart.

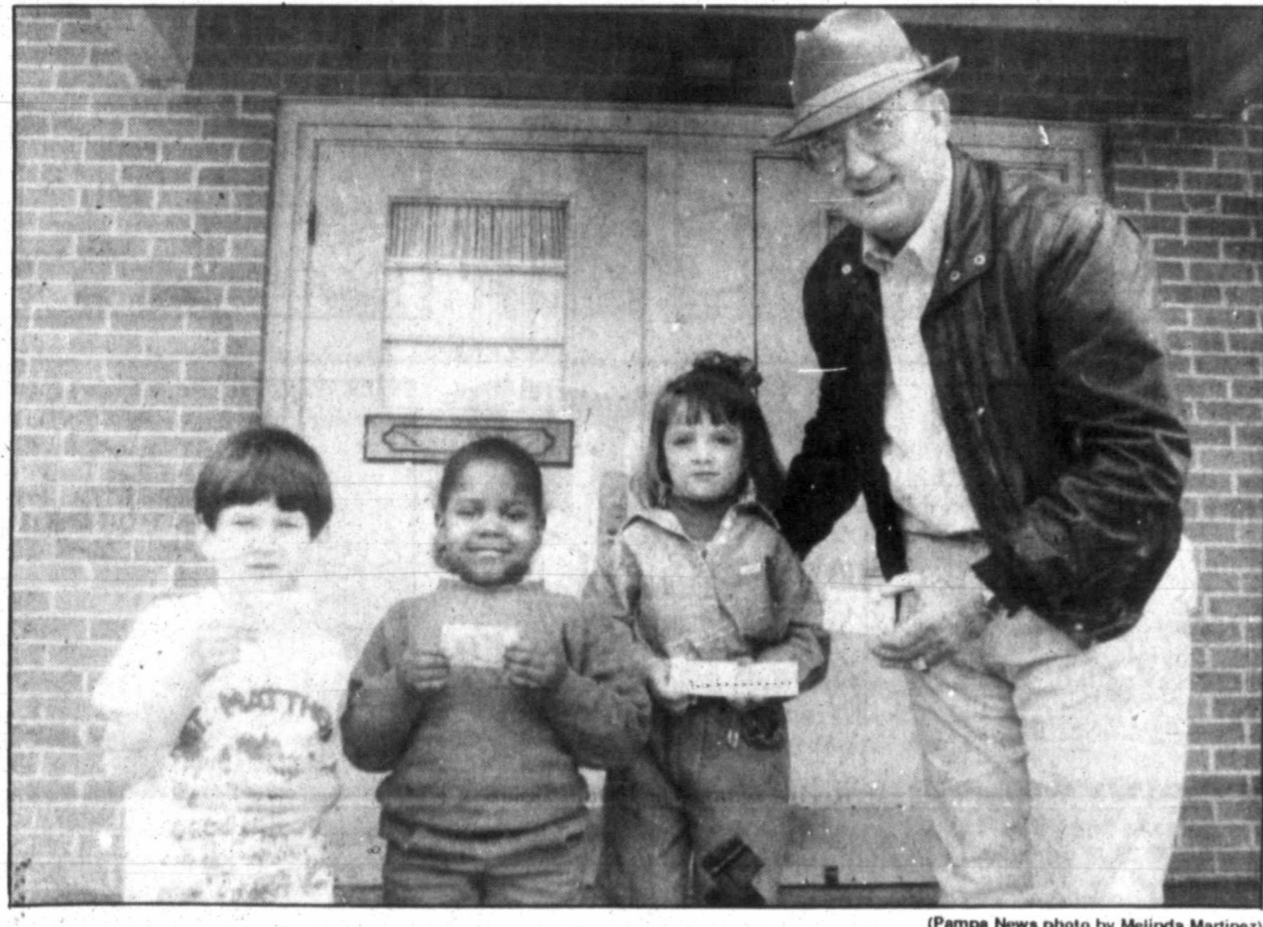
Beef, pork, lamb and veal are all good choices says the AHA. Select lean meat with more muscle than fat, and trim all the visible fat you see on the cut.

When selecting cuts of beef, choose those that are closely trimmed — in other words, those with little external fat. And for the leanest cuts of beef, look for these six: top round, top loin, round tip, eye of round, sirloin, and tenderloin. When choosing ground beef, look for meat that is bright red without a lot of fat.

Keep meat portion sizes reasonable — five to seven ounces of lean red meat, fish or poultry per day are recommended. Roast, broil, bake or pan broil your selection and discard drippings.

Making the decision to adopt a low fat, healthful eating plan is like making a good investment. It has both immediate and long term benefits.

## Preparing for a pancake supper



(Pampa News photo by Melinda Martinez)

Pancake Supper ticket chairman Benny Kirksey (far right), hands out tickets to St. Matthew's Day School students Garnett Schafer, Ashley Brown and Jennifer Cox as they prepare for the meal set for Tuesday, Feb. 28. Tickets are \$4 but preschool children eat free. Proceeds will go to benefit the school.

## Warner serving aboard new patrol craft

SAN DIEGO, Calif. — Serving on the Navy's newest weapon for conflicts of the future is a thrill for the 24 man crew of the coastal patrol ship USS Hurricane, especially for a Pampa sailor. Jeremy D. Warner, the 22-year-old son-in-law of Jo Jermigan of Pampa, is one of the men assigned to this special 170 foot ship homeported in San Diego.

Warner, a petty officer third class, works as an engine mechanic but, because of the small crew size, also performs numerous other jobs to help the ship carry out its mission.

"Because we are so small there aren't enough people to do all the jobs," said Warner. "Cross-training enables people who finish their jobs to help other crew members with anything else."

The Hurricane is one of 13 patrol crafts built for the Navy that will conduct special patrols and surveillance operations. The ships also will carry small teams of special operation forces, including Navy SEALs, to and from their clandestine commando missions.

"They also will engage in intelligence gathering and riverine patrol missions," said Cmdr. Glen King, a spokesman for the Naval Special Warfare Command in Coronado, Ca.

With the fall of the Soviet Union, most experts on naval warfare doubt that the future will have great sea battles with aircraft carriers and other large ships slugging it out in open oceans. What they expect to need are sleek vessels like the Hurricane to complement the Navy's larger warships in dealing with low intensity, littoral conflicts.

The Hurricane, which conducted important surveillance operations in Haitian coastal waters during Operation Restore Democracy in late 1994, is equipped with a powerful radar system that can track several contacts up to 30 miles away and a variety of close range weapons systems.

Because of the possibility of being involved in a battle at close range, every Hurricane Sailor is trained to operate all of the ship's weapons ranging from Stinger anti-aircraft missiles and high power machine guns to rifles and pistols.

Serving aboard one of the Navy's new ships is developing better trained sailors and Warner enjoys being



(U.S. Navy photo by Chad McKinnon)

Petty Officer 3rd Class Jeremy D. Warner

part of its elite crew.

"Being on this ship is very rewarding because everyone depends on everyone else to do their job," said Warner, a 1990 graduate of Pampa High School.

Because of the experiences he has had since enlisting, Warner said he would recommend the Navy as an option to his friends.

"In the Navy you have the opportunity to travel and receive good training in practical job positions," said Warner.

## Live stock-ings

Cover up those calves — with stockings for cows!

That's exactly what farmers are doing in Beverly, a town in northern England. In the last two years, 40 cows there have been killed by cars. They got hit after wandering onto the road that crosses their pasture.

So the cows now wear reflective white-and-yellow leggings. That way, they can be seen from the road at night.

Just one question: Do the stockings come in dairy queen-size? again as long as they get some rest.

## Why do people get muscle pains and cramps?

You're running as fast as you can when suddenly, "Ouch!" a sharp pain slices your ribs. You've got a stitch in your side. Later on, your leg muscles might hurt, too.

That "stitch" is a cramp in the muscles that help you breathe. A cramp is a strong, sharp muscle contraction. It's painful — and it really cramps your style! A muscle can cramp if it doesn't get enough fresh blood or if your body loses a lot of salt by sweating.

Hard-working muscles also hurt when lactic acid builds up in them. This acid is a waste product formed by muscles working extra-hard. It can be produced when you're running fast and your bloodstream can't bring enough oxygen to the muscles. Lactic acid piles up in muscles, bringing work to a halt and lots of aches and pains.

Exercise also tears muscle fibers — and that's a pain, too. An achy, stiff muscle is called a "charley horse." But muscles grow as they repair. They're ready for action

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# THE PAMPA NEWS

Wednesday, February 8, 1995

Page 8

## Shy man's office friends should only push so far

DEAR ABBY: We need some advice, but it's not for us — it's for someone we work with. He is a very shy guy, who's actually a very nice person once you get to know him.

Several of us have invited him to parties, sporting events or just to go to a movie, but his response is always the same: "Thank you. I have other plans."

At first we believed him, but after a while we came to realize that he had no plans. He stays home seven nights a week and has no social life at all.

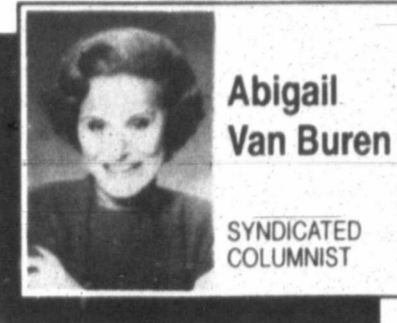
Now we don't know if we should give up until he's ready (he may never be ready), or if we should be more persistent and insist he join us. He is such a nice guy, intelligent, with a good sense of humor.

What do you suggest, Abby? Every time we try to fix him up with a girl, he says he has a girlfriend, but nobody has ever seen her. How can we get this young man out of his shell?

STUMPED

DEAR STUMPED: This young man is obviously a very private person. You have made it plain that he is welcome to join you for a sociable evening. Since he has consistently declined, saying that he has "other plans" when you suspect he has none, respect his privacy and quit asking.

\*\*\*



Abigail Van Buren

SYNDICATED COLUMNIST

DEAR ABBY: I am a hairdresser in a very busy salon. This letter is for those who bring young children to the salon to wait while they get their hair done.

A hair salon is not the place for a child who needs constant supervision. While you're getting your hair cut, perm or color, children get bored. They scream, squeal, yell, whine and cry. They pump the chair up, they pump the chair down. While the chair is up, they climb into it and spin around. Aside from its being annoying for the rest of us, these chairs can fall over and injure your child.

They run around and play with our hair dryers, combs, brushes, etc. We have to pay for all of our own equipment, and it's very expensive.

Our shears alone can cost \$300 or more. Curious children put their fingers in color bowls containing chemicals that can be very harmful

to them. Then they put their fingers into their mouths, up their noses and in their eyes. And no matter how much sweeping up we do, there is always hair on the floor your child is playing on.

Small children disturb the other clients and hairdressers. They are in the way. Many are well-behaved, but children are children and can't be expected to behave as adults.

Thanks for letting me get this off my chest, Abby. I can't count the times my clients' kids have left me ready to curl up and die.

FROSTED IN FRESNO  
DEAR FROSTED: You are not the only hairdresser (or patron, for that matter) who has written to me about this problem. Of course, you are absolutely right. And I'll bet your letter will be clipped and displayed on many a beauty shop wall (or mirror).

DEAR READERS: A very wise Frenchman said: "Beauty is a gift. Charm must be cultivated. A beautiful woman is one I notice. A charming woman is one who notices me."

For an excellent guide to becoming a better conversationalist and a more attractive person, order "How to Be Popular." Send a business-sized, self-addressed envelope, plus check or money order for \$3.95 (\$4.50 in Canada) to: Dear Abby Popularity Booklet, P.O. Box 447, Mount Morris, Ill. 61054-0447. (Postage is included.)

today. Keep an eye on your waistline and practice moderation, moderation, moderation.

VIRGO (Aug. 23-Sept. 22) Usually you're not fearful of challenges or obstacles, but today if the contest isn't tilted in your favor, you might not enter the fray.

LIBRA (Sept. 23-Oct. 23) Neither you nor the person with whom you're involved will come up with good, constructive ideas today. Unfortunately, you both will be reluctant to compromise.

SCORPIO (Oct. 24-Nov. 22) You tend not to take your responsibilities too seriously, and this will work to your advantage today when managing someone's stressful situation.

SAGITTARIUS (Nov. 23-Dec. 21) If you want others to cooperate with you today, you must first show a willingness to be cooperative. If you balk, so will they.

CAPRICORN (Dec. 22-Jan. 19) "Never do today what can be put off until tomorrow" is a policy guaranteed to produce regrets. This won't be a good day to sweep responsibilities under the rug.

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## Horoscope



Your Birthday

Thursday, Feb. 9, 1995

The better informed you are in the year ahead, the better your chances for success will be in your chosen field. Keep pace with new knowledge, new technology and powerful new people in your organization.

AQUARIUS (Jan. 20-Feb. 19) Take promises made by a hotshot acquaintance with a grain of salt today. This person produces better verbal products than he/she can deliver in reality. Trying to patch up a broken romance? The Astro-Graph Matchmaker can help you to

understand what to do to make the relationship work. Mail \$2.50 to Matchmaker, P.O. Box 4465, New York, NY 10163.

PISCES (Feb. 20-March 20) Strive to be self-sufficient today. Others cannot be relied upon for help at this time. When push comes to shove, there is only you.

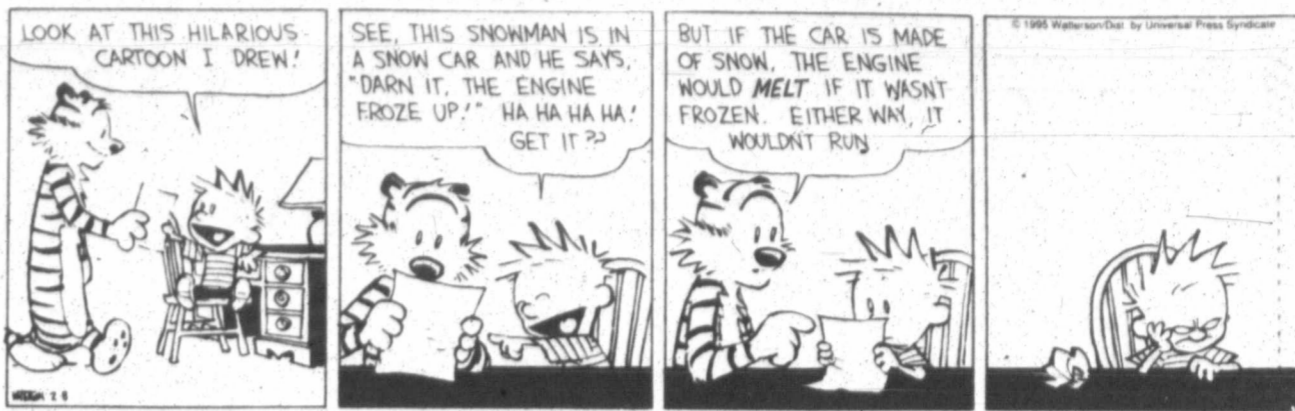
ARIES (March 21-April 19) Before committing to anything today, sound out your grandiose ideas on those whose judgment you trust. They may see flaws that escaped your detector.

TAURUS (April 20-May 20) Strive to manage your finances prudently in this cycle. There is a remote chance that funds you're counting on could be delayed.

GEMINI (May 21-June 20) Back off from a partnership arrangement today if you think you're getting hooked up with someone who can't contribute equally.

CANCER (June 21-July 22) Act charitably to those needing your help today, but make certain you're doing it for the right people and for the right reasons.

LEO (July 23-Aug. 22) Exceeding the feed limit might carry a heavy penalty



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Arlo & Janis



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Walnut Cove



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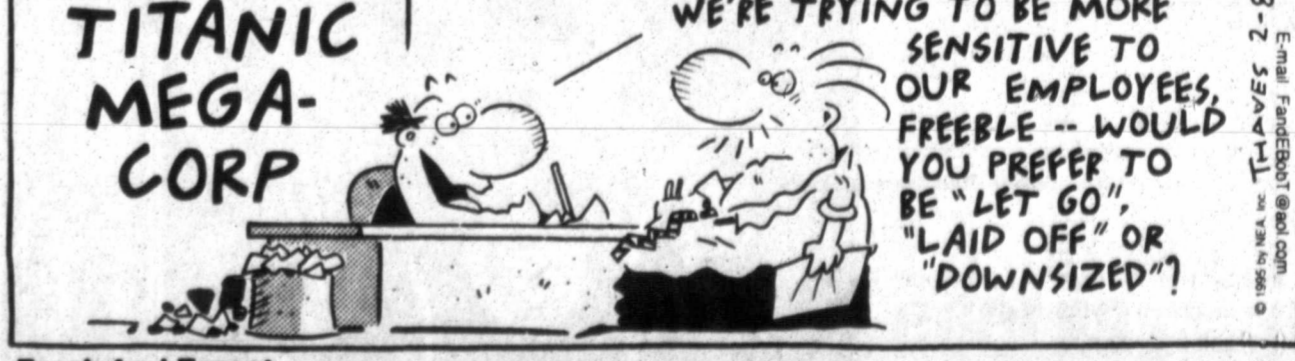
B.C.



Eek & Meek



The Born Loser



Frank & Ernest



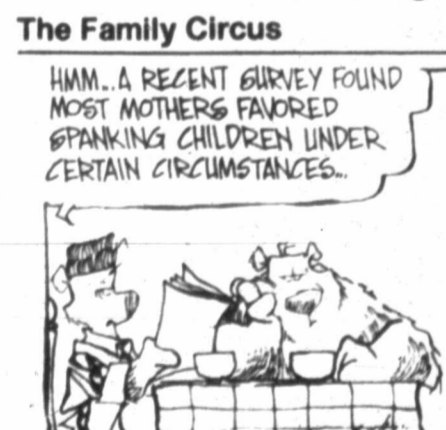
Mallard Filmore



Our guest cartoonist shows how Bil Keane labors in his studio till late at night.



"How come a sweet-talking saleslady never gets chased away and I end up buying something?"



Peanuts

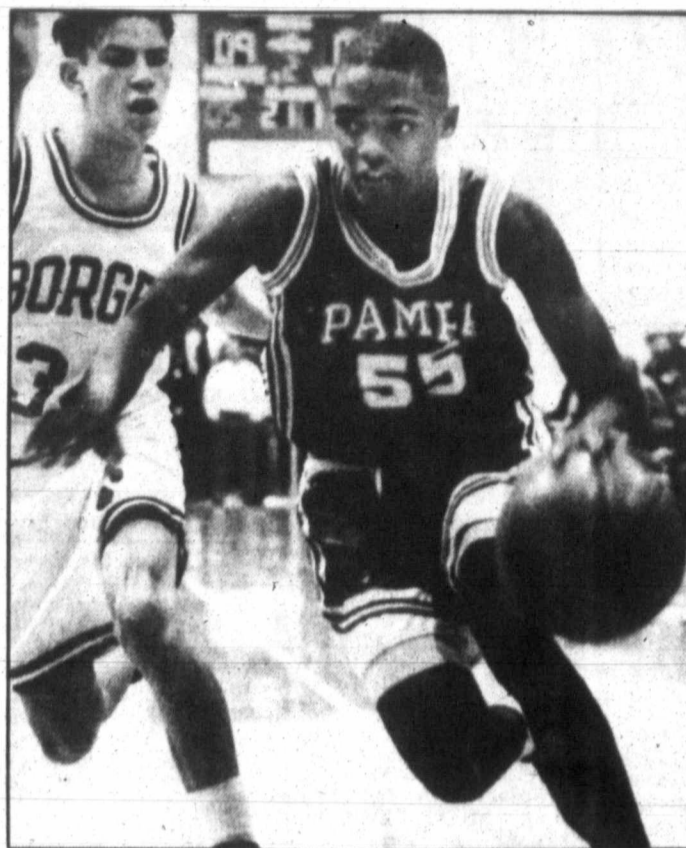


Sports

# Harvesters bop Borger to clinch playoff spot

PAMPA — The Pampa Harvesters showed Tuesday night why they're in the playoffs and ranked No. 9 in the state in the Texas Association of Basketball Coaches poll. Pampa put intense defensive pressure on Borger right from the beginning and cruised to an 86-58 win over Borger in District 1-4A action in McNeely Fieldhouse. Pampa's pressure defense has caused problems for opponents all season long and Borger was no exception. After Borger's Tim Baker scored the first two points on free throws, Pampa proceeded to score the next 13, capping off the run with Duane Nickelberry's 3-point goal. By halftime, the Harvesters had piled up a 30-point bulge, 54-24. The win clinched a playoff spot for the Harvesters (23-6 overall, 9-1 in district) with two games left in the regular season. "We wanted to jump out fast and take care of business so we could get into the playoffs," said junior forward Coy Laury, who led the Harvesters with 19 points and 9 rebounds. "We've been emphasizing defense this week and we knew if we went out and played hard, things

would fall into place." Duane Nickelberry had 15 points, Rayford Young 14 and Jeremy King 11 to join Laury in double-figure scoring. Eric Powell was Borger's high scorer with 15 points, followed by Baker and Russ McNellis with 12 each. Jason Weatherbee and J.J. Mathis added 8 points each to Pampa's scoring attack while Devin Lemons had 6, Jimmy Reed and Jason Jones, 2 each, and James Wilbon 1. Nickelberry and Weatherbee had two 3-point goals each while Laury had one. Borger held a 34-28 edge in rebounding, but the Harvesters forced the Bulldogs into 28 turnovers. Pampa had 12 turnovers and just one in the first half. "I was proud of the way we came out and played hard," said Pampa head coach Robert Hale. "Our timing was good, our defense was good and we're getting some intensity. We were ready to play and we just exploded early." Borger is 4-5 in district play and 15-11 for the season. Pampa plays Caprock at 7:30 Friday night in Amarillo.



(Pampa News photo)

Guard Rayford Young helped spark the ninth-ranked Harvesters past Borger and into the post-season playoffs Tuesday night in McNeely Fieldhouse. The Harvesters, 23-6 for the season and 9-1 in district, play at Caprock Friday night.

# Miami boys win district title

MIAMI — Gene Hurst scored 21 points, including seven 3-pointers, as Miami wrapped up the District 5-1A title with a 78-56 win over Lefors Tuesday night. "You might say Gene is our designated shooter when the other team plays a zone against us," said Miami coach Dwight Rice. "He had a hot-shooting night." Brock Mayberry added 19 points to Miami's scoring attack while Steven Browning and Jared Neighbors chipped in 16 each. The Warriors improved to 22-5 for the season and 5-0 in the district standings. "It's been a good year for this bunch. They sewed up district with one game left and you have to be pretty pleased with that," said Rice. Miami led Lefors by 15 (39-24) at halftime.

Tommy Green and Justin Howard had 15 and 14 points respectively for Lefors. Lefors is 3-2 in district and 14-8 for the season. Miami girls clinched a playoff spot by defeating Lefors, 67-32, last night. Lindsay Gill had 14 points and Danita Kauk 11 to lead Miami scorers. Miami went into the second half leading, 40-13. Heather Maples had 12 points and Jennifer Williams 10 for Lefors. The Miami girls are 10-16 overall and 4-1 in district play. Lefors is 1-4 and 5-17. Miami plays first-place McLean Friday night and a win for the Warriorettes would force a playoff game between the two teams for the No. 1 playoff spot.

# PHS wrestlers



(Photo by Debbie Hogan)

Members of the Pampa High School wrestling team gathered for a picture during the regional wrestling tournament held recently in Amarillo and displayed awards and plaques they've won. The Harvesters won a tournament held in Holly, Colorado earlier this season and four team members — Corey Alfonsi, Josh Cummings, Cal Ferguson and Chad Hogan — qualified for the Texas High School Wrestling Championships Thursday through Saturday in Abilene. Pictured in the front row (l-r) are Tanner Winkler, Cal Ferguson, Chad Hogan and Corey Alfonsi; (back row, l-r) Eric Zamudio, Steven Russell, Clint Curtis, Aaron Wiseman, Kenny Black, Josh Cummings and Justin Ensey. Kneeling in front is Dustin Kuhn, son of PHS wrestling coach Steve Kuhn.

# Fort Elliott, Follett split district games

FOLLETT — Justin Wesbrooks scored 25 points and David Helton added 14 as Fort Elliott downed Follett, 69-52, Tuesday night. The Cougars are 5-0 in district and 21-7 for the season. Follett drops to 1-4 in district and 7-11 overall. The Cougars can wrap up the district title Friday night with a win against Higgins on the homecourt. Follett turned the tables in the girls game with a 66-50 win. "We got behind early and never could catch up," said Lady Cougars coach Dave Johnson. "We were missing easy shots and it's hard to come back when you're not shooting well." Katy Yauk and Tamra Todd had 14 and

13 points respectively to lead Follett in scoring. Andrea Dukes had 14 points and Fort Elliott is 20-7 for the season.

Amanda Shields followed with 8 to lead Fort Elliott scorers.

# Soccer signups are scheduled

PAMPA — The Pampa Soccer Association begins the spring season on March 4 with signups scheduled for one day only on Saturday, Feb. 18 at the Pampa Mall from 10 a.m. to 5 p.m. If a player was a member of a team in the fall of 1994, then the player is still on that team and no additional fees are required. New players ages 4-14 will need a copy of their birth certificate and \$30 for registration.

New players will first be placed on existing teams to fill vacancies. New teams will be formed if a sufficient number of players register. If there is not enough players to form a new team, but all vacancies on existing teams have been filled, players will be placed in a pool to fill any new vacancies. Call 669-1273 if more information is needed and leave your name and number.

# Lady Harvesters fall in homecourt finale

PAMPA — Pampa was defeated by Borger, 48-28, Tuesday night in a District 1-4A girls basketball game. Pampa had a strong first half and trailed Borger by only four points, 13-9, at halftime. Borger scored 20 points to Pampa's 13 in the third quarter to pull further away. Kim Miller led Borger in scoring with 15 points and Sally Hamilton had 10. Misty Scribner was high scorer for Pampa with 10 points, followed by Serenity King with 8, Jennifer Jones and Jane Brown, 3 points each; Kristi Carpenter and Erin Alexander, 2 apiece. Carpenter was Pampa's leading rebounder with 8.

Pampa is now 1-10 in district and 6-21 for the season. Borger is 4-7 and 11-18.

The Lady Harvesters close the season Friday night at Amarillo Caprock.

# Lubbock High wins shootout

PAMPA — Lubbock High edged by Pampa, 6-5, in a District 4 boys soccer match Tuesday in Harvester Stadium. Lubbock High won in a shootout after the score was tied at the end of regulation. Randal Odom scored two goals for Pampa while Villi Hanni, Salvador Del Fierro, and Luke Long had one each. Collecting assists were Kyle Johnson, Hanni and Long, two. The Harvesters are 5-4 overall and 4-4 in district. Their next match will be played Saturday at Canyon, starting at 2 p.m. on the Southwest Field.

# Tigerettes win

SHAMROCK — Groom overpowered Shamrock, 66-42, Tuesday night in a District 3-1A girls contest. Kay Case led the Tigerettes with 17 points, followed by Melanie Friemel with 15. Groom, 5-0 in district, has a 26-1 record for the season. Shamrock is 0-5 and 7-19. Shamrock beat Groom, 66-51, in the boys game. Chad Gragg had 16 points and Willie Angton added 13 for Shamrock. Jeremy Chevedo had 14 points while Bryan Crowell and Brandon Crump had 8 points each to lead Groom in scoring.

# SPEECH THERAPY CAN BE FUN!



(Pictured Above: Suzanne Needham, Speech Pathologist, works with young Brandon Gannaway to develop important muscles needed for speech.)

The addition of Suzanne Needham to our rehab team was definitely one of the better moves we made. Not only is she great with the kids who have speech difficulties but she's also highly skilled in adult speech and swallowing disorders. Suzanne, welcome to Pampa! We're glad you're here.

If you want more information on Speech Pathology and how Suzanne may be able to help you please call:

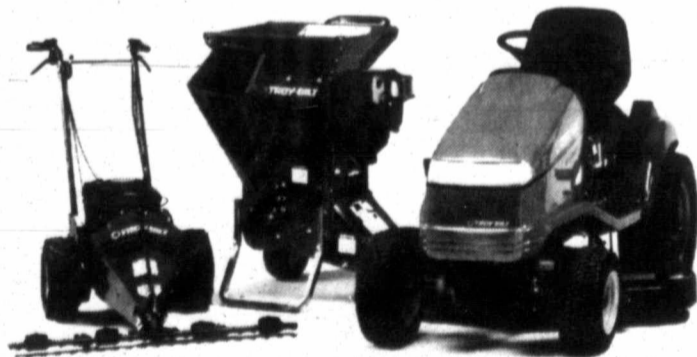
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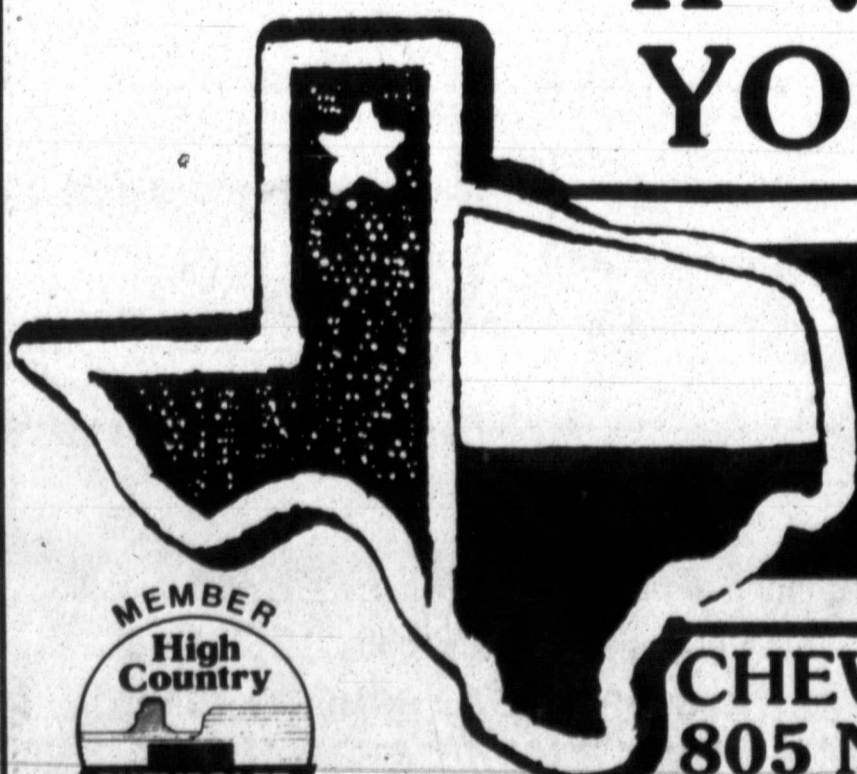
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### Community Builder Award



(Special photo)

Dr. Moss Hampton, center, receives the Community Builder Award from James Jennings; past master of Top O' Texas Masonic Lodge #1381 AF&AM, as Worshipful Master Don Harrison of the lodge participates in the special ceremony Friday evening. The Community Builder Award recognizes non-Masons who distinguish themselves through their service to the community, to their church or to humanity. This is only the second Community Builder Award to have been presented by Top O' Texas Masonic Lodge.

### Legislative bill calls for 'Zero Tolerance'

AUSTIN (AP) — A bill calling for zero-tolerance for school violence and requiring removal of violent and disruptive students has been introduced in the Legislature.

"It is time that we return our classrooms back to the teachers and the majority of students who come to school to learn," said Rep. Jesse Jones, D-Dallas, a cosponsor of the bill.

Jones said Tuesday that deadly

weapons and illegal drugs are becoming too common in many schools. During 1993-94, he said, the Dallas public schools confiscated 79 guns being carried by students.

The proposed Safe School Act would remove students from regular school programs and place them in alternative settings if they assaulted a school employee or another student, if they possess illegal drugs on campus or if they possess a firearm

or other prohibited weapon.

"The zero-tolerance policy will restore order to our public schools by setting clear codes of conduct for student behavior," Jones said.

Jones said a survey conducted by the Texas Federation of Teachers found 92 of the 150 House members supported such legislation. Rep. Christine Hernandez, D-San Antonio, also is sponsoring the measure.

### Aristide celebrates inauguration anniversary

PORT-AU-PRINCE, Haiti (AP) — For the first time, President Jean-Bertrand Aristide celebrated the anniversary of his 1991 inauguration in his own country on Tuesday.

Still, despite the adulation he still commands, some of Aristide's own supporters say his government has done nothing for them.

Thousands of schoolchildren crowded the lawn of the national palace for the ceremony. Civilian marching bands played. The only military uniforms in sight were those of U.S. soldiers providing security.

"Democracy for us Haitians is gold," Aristide, wearing a presidential sash of red, blue and gold, told the crowd. "Today, we are fighting for gold."

Aristide, who took office Feb. 7, 1991, was ousted seven months later in a military coup and spent the next three years in exile in the United States.

During his absence, the army and paramilitary thugs killed as many as 4,000 people before a U.S.-led intervention forced them out in September and restored the elected president in October. Since then, Aristide has whittled the 7,500-member army to 1,500, and the police force is being retrained.

"We're here for our president," said Monestine Williams, 32, a government tax worker attending Tuesday's ceremony. "It's an obligation."

Outside the green palace gates, people tussled over commemorative T-shirts handed out by the Information Ministry. International police monitors sprayed one unruly spectator with pepper gas. Nearby, vendors sold straw hats and ice and flavored syrup drinks.

Despite the festivities, some of Aristide's own supporters have complained in recent weeks that jobs, services and education are lacking.

Over the weekend, authorities urged people to join in a "sweep and wash" campaign to clean up the capital for the national holiday. The response was limited, and many streets were covered with debris from an overnight rainstorm.

"The government only calls on the peoples' organizations to collect garbage," activist Clerius Alexis said on state-run radio. "Feb. 7 has brought the people nothing."

The security situation in Haiti has improved dramatically since Aristide's return: Political violence is negligible and paramilitary groups

have gone underground. Fears remain, however, they will re-emerge once the United Nations takes over peacekeeping duties from U.S. soldiers in March.

Haiti's chronic poverty is as entrenched as ever, and the government remains in disarray. While Aristide still commands adulation from his supporters, other political leaders are bearing the brunt of popular frustration.

"They only want to do things for themselves, so they can live in luxury," said Dieunor Hyppolite, 44, an unemployed member of Lavalas, the broad political movement that swept Aristide into power in 1990 elections. "I thought everything would be better."

Tuesday was a double celebration: the 1987 constitution decrees that a president must be inaugurated Feb. 7, the day brutal dictator Jean-Claude "Baby Doc" Duvalier fled Haiti for exile in France in 1986.

Aristide, who is serving a five-year, non-renewable term, said in his speech that he would step down on schedule next year.

When some in the crowd shouted "no" in disappointment, he reassured them: "I won't abandon you."

### Ex-Honda exec pleads guilty in kickback scam

CONCORD, N.H. (AP) — A former top official at American Honda Motor Co. pleaded guilty Tuesday to racketeering and mail fraud as he was about to go on trial in a nationwide kickback investigation.

Stanley Cardiges, 49, of Laguna Hills, Calif., also pleaded guilty to conspiracy to commit mail fraud. He admitted receiving thousands of dollars worth of luxury goods and cash, including \$25,000 toward the cost of a vacation home.

Under the plea agreement, Cardiges faces up to 35 years in prison and a fine of up to \$1 million. He had faced up to 40 years in prison if he had been convicted on a larger number of charges, including witness-tampering.

The plea came as jury selection was to begin for Cardiges; John

Billmyer of Raleigh, N.C.; and Dennis Josleyn of Penn Valley, Calif.

Cardiges sat stoically in his blue suit, conferring with his lawyer, Steve Lyons, as the judge read the 49-page indictment. He admitted knowing and participating in the scheme but said Josleyn and Billmyer orchestrated it.

Before today, 15 other former Honda and Acura executives, two former dealers, an advertiser and a lawyer had already pleaded guilty to charges including racketeering, perjury and mail fraud.

Prosecutors allege that dealers in 30 states gave the defendants and other former executives of American Honda a total of \$15 million in cash, Rolex watches, fur coats, Mercedes-Benzes, furniture, expensive suits and college tuition.

In return, dealers allegedly were

given lucrative franchises and scarce Hondas and Acuras that could be sold for \$3,000 above sticker prices.

Federal prosecutors alleged that Cardiges, Honda's top sales executive from 1988 to 1992, received the bulk of the goods, including five Rolex watches, six cars, a woman's fur coat, \$1,000 business suits and \$25,000 in furniture.

Documents also charge that a dealer financed the down payment on Cardiges' vacation home in Big Bear, Calif., and another gave him \$250,000 in cash.

The case unfolded in New Hampshire because a dealer in Concord and Manchester sued Honda, claiming he had been treated unfairly. Allegations of graft during the federal trial prompted the judge to ask for a criminal investigation.

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