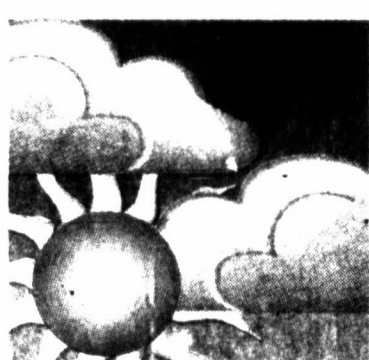


ROBERT KNOWLES
WEST TEXAS
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Vol. 91 No. 287 • Pampa, Texas
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Daily Record

Services tomorrow

CROW, Bob — Graveside services, 2 p.m., Fairview Cemetery, Pampa.
WATSON, M.C. "Cully" — 2 p.m., St. Paul's United Methodist Church, Pampa.

Obituaries

BOB CROW

Bob Crow, 72, of Pampa, died Wednesday, March 3, 1999. Graveside services will be at 2 p.m. Tuesday in Fairview Cemetery. Burial will be under the direction of Carmichael-Whitley Funeral Directors of Pampa.

Mr. Crow was born June 21, 1926, at Tulsa, Okla. He had lived in Pampa most of his life. He was a cab driver and had worked for Harrison Oil Company and had managed the Fina Service Station for many years.

He was a U.S. Navy veteran, serving during World War II.

He was preceded in death by a brother, and by four sisters.

Survivors include his wife, Effie, of Pampa; a daughter, Loretta Medley of Pampa; two sons, Robert Crow and Floyd Crow, both of Pampa; a sister, Loretta Hudson of California; a brother, Noah Crow of Tulsa, five grandchildren; and a great-grandchild.

NOBLE FISH

McLEAN — Noble Fish, 88, died Saturday, March 6, 1999. Graveside services were to be at 3 p.m. today in Alanreed Cemetery at Alanreed with Dan Fish officiating. Burial will be under the direction of Lamb Funeral Home of McLean.

Mr. Fish was born Aug. 21, 1910, in Indian Territory, Okla., to Joseph Daniel and Beulah Lee Fish. He moved to the McLean-Alanreed area in 1925. He married Juanita Alta Spradlin on Dec. 21, 1932, at Sayre, Okla. He ranched and worked for the county for 13 years, retiring in 1977.

Survivors include his wife, Juanita, of McLean; four daughters, Jean Morgan of Houston, Evelyn Sanders of McLean, Alta Turner of Amarillo and Cathy Jameson of Pampa; a son, Noble Ray Fish of Arlington; a brother, Bob Fish of Alanreed; 14 grandchildren; and 14 great-grandchildren.

The family requests memorials be in lieu of flowers to Hospice of the Panhandle.

JOHN ALAN HAIR, JR.

John Alan Hair, Jr., 47, of Pampa, died Monday, March 8, 1999. Services are pending under the direction of Carmichael-Whitley Funeral Directors of Pampa.

Mr. Hair was born Feb. 14, 1952, at Pampa. He graduated from Pampa High School in 1970 and attended Clarendon College and West Texas State University. He was named to "Who's Who" at Clarendon College. He married Sheila Briscoe on July 4, 1990, at Pampa. He was employed as a substitute teacher with Pampa ISD.

He belonged to Barrett Baptist Church.

Survivors include his wife, Sheila, of the home; a daughter, Terry Hair of Pampa; two sisters, Frances Pratt of Electra and Kaye Linn of Imperial Beach, Calif.; and a brother, Terry Lee Hair of Pampa.

ROBERT W. 'BOB' LYMBURNER

SKELLYTOWN — Robert W. "Bob" Lymburner, 81, died Friday, March 5, 1999. Graveside services were to be at 3 p.m. today in Panhandle Cemetery with the Rev. David Heider officiating. Burial will be under the direction of Colonial Funeral Chapel of Amarillo.

Mr. Lymburner was born at Port Austin, Mich. He had been a Skellytown resident since 1997, moving from Wichita, Kan. He retired from Dow Chemical Company in 1972. He was active in Senior Citizens Association.

Survivors include two daughters, Frances Vondran of Maryana, Ark., and Martha Pritchard of Versailles, Ind.; four sons, Mathew Lymburner of Coleman, Mich., Mark Lymburner of Skellytown, Luke Lymburner of Great Falls, S.C., and John Lymburner of South Bend, Ind.; a sister, Edith Eagle of San Bernardino, Calif.; 25 grandchildren; and a great-grandchild.

JERRY WAYNE TAYLOR

Jerry Wayne Taylor, 49, of Pampa, died Friday, March 5, 1999, at Amarillo. Services were to be at 4 p.m. today in Carmichael-Whitley Colonial Chapel with the Rev. Paul Nachtigall, pastor of Highland Baptist Church, officiating. Burial will be in Memory Gardens Cemetery under the direction of Carmichael-Whitley Funeral Directors of Pampa.

Mr. Taylor was born Nov. 4, 1949, at Taft, Calif. He attended Pampa schools. He moved back to Pampa nine years ago from Dallas. He was a salesman in the cable television industry.

He belonged to Highland Baptist Church.

Survivors include a daughter, Stacy Taylor of San Marcos; two sons, Cory Wayne Taylor of Longview and Derek Lee Taylor of Pampa; his parents, Claude and Jessie Taylor of Pampa; and a sister, J'Nell Stiles of Pampa.

The family requests memorials be to BSA Hospice of the Panhandle, Box 2795, Pampa, TX 79066-2795.

M.C. 'CULLY' WATSON

LUBBOCK — M.C. "Cully" Watson, 89, a former longtime Pampa resident, died Saturday, March 6, 1999, at Lubbock Hospitality. Services will be at 2 p.m. Tuesday in St. Paul's United Methodist Church in Pampa with the Rev. Jim Teeter and the Rev. Gene Allen officiating. Burial will be in Memory Gardens Cemetery in Pampa under the direction of RIX Funeral Directors of Lubbock.

Mr. Watson was born June 15, 1909, at Shields, Texas. He married Mamie Pitcock on April 13, 1929, at Twitty. He had been a Pampa resident for 39 years prior to moving to Lubbock four years ago. He was a retired farmer and a master pipefitter.

He belonged to Masonic Lodge, Local Pipefitters and Plumbers Union #654 of Abilene and St. Luke's United Methodist Church of Lubbock.

Survivors include a daughter, Maritta Mills Wheeler of Lubbock; a son, Harold Gene Watson of Pampa; three sisters, Susan Stafford of

Edinburg, Vivian Vaughan of Alvarado and Margaret Waltrip of Alice; seven grandchildren; 14 great-grandchildren; and a great-great-grandchild.

The family will receive visitors from 9-11 a.m. Tuesday at Carmichael-Whitley Funeral Home in Pampa.

Police report

The Pampa Police Department reported the following arrests and reports during the 24-hour period ending at 7 a.m. today.

Sunday, March 7

Carlos Estrada Regalado, 24, 929 S. Nelson, was arrested on charges of aggravated assault on a peace officer and warrants.

Sheriff's Office

The Gray County Sheriff's Department reported the following arrests during the 24-hour period ending at 7 a.m. today.

Saturday, March 6

R.D. Druggers, 37, Pampa, was arrested on charges of theft and issuance of a worthless check.

Accidents

The Pampa Police Department reported the following accident during the 24-hour period ending at 7 a.m. today.

Sunday, March 7

Justin David Sober, 22, 1220 McCullough, was cited for failure to yield at a stop sign when his 1992 Camaro struck a 1989 Jeep Wagon driven by Bradley L. Hoover, 28, 120 N. Nelson, at Kentucky and Price. The impact forced the Jeep into a 1997 Oldsmobile driven by Phillis M. Corral, 43, 1539 Russell, who was headed north on Price. No injuries were reported.

Ambulance

The Rural/Metro reported the following calls during the 24-hour period ending at 7 a.m. today.

Saturday, March 6

8:12 a.m. — A mobile ICU responded to the 1200 block of S. Hobart. No one was transported.
 9:35 a.m. — A mobile ICU responded to the 600 block of Bradley. No patient was transported.
 12:05 p.m. — A mobile ICU responded to Columbia Medical Center and transported one to the VA Medical Center in Amarillo.
 5:56 p.m. — A mobile ICU responded to the 500 block of Sumner. No one was transported.

Sunday, March 7

11:29 a.m. — A mobile ICU responded to the 1000 block of Dwight. No one was transported.
 12:00 p.m. — A mobile ICU responded to the 600 block Reid and transported one to Columbia Medical Center.
 12:39 p.m. — A mobile ICU responded to the 100 block of Walnut and transported one to Columbia Medical Center.
 2:13 p.m. — A mobile ICU responded to Columbia Medical Center and transported one to Baptist St. Anthony's in Amarillo.
 3:25 p.m. — A mobile ICU responded to the 2700 block of Hobart and transported one to Columbia Medical Center.

Monday, March 8

1:34 a.m. — A mobile ICU responded to Columbia Medical Center and transported one to Northwest Texas Hospital in Amarillo.

Fires

The Pampa Fire Department reported the following calls during the 24-hour period ending at 7 a.m. today.

Saturday, March 6

2:45 p.m. — Three units and seven personnel responded to a false alarm in the 600 block of W. Browning.
 3:43 p.m. — Three units and seven personnel responded to a structure fire in the 800 block of E. Murphy.
 4:05 p.m. — Three units and seven personnel responded to a grass fire in the 1300 block of Starkweather.

Sunday, March 7

10:50 a.m. — Three units and eight personnel responded to an automobile accident at Price and Kentucky.
 3:11 p.m. — Three units and seven personnel responded to a false alarm in the 1300 block of Kentucky.
 9:53 p.m. — Two units and four personnel responded to a suspicious odor in the 1200 block of Christine.

Stocks

The following grain quotations are provided by Antebury Grain of Pampa			
Wheat	2.41	Coca-Cola	.63 3/16 dn 3/4
Milo	3.11	Columbia/HCA	.18 dn 5/16
Corn	3.48	Enron	.65 1/2 dn 3/8
Soybeans	3.85	Halliburton	.33 7/16 up 1 3/16
		IRE	.37 1/16 up 1/8
		KNE	.20 13/16 dn 3/16
		Kerr McGee	.30 15/16 up 3/4
		NCE	.42 1/4 dn 3/4
		Penney's	.36 13/16 dn 1 3/8
		Phillips	.41 up 15/16
		Pioneer Nat. Res.	.5 5/16 up 1/16
		SLB	.56 11/16 up 1 11/16
		Tenneco	.30 5/8 dn 7/16
		Texaco	.51 3/16 up 1/2
		Ultras	.19 3/4 dn 3/16
		Wal-Mart	.92 7/8 dn 3/8
		Williams	.34 1/8 up 1/16
		New York Gold	.289.50
		Silver	.520
		West Texas Crude	13.33
		Chevron	.81 5/8 up 5/16

The following 9:30 a.m. N.Y. Stock Market quotations are furnished by Edward Jones & Co. of Pampa

BEE

learning how to handle the pressure of the competition and then there's the luck of the draw," he

said.
 "They all did well ... it was a good competition this year," he added.
 The regional bee will be held at the West Texas A&M campus in Canyon on April 10.

CONTINUED FROM PAGE ONE

DIMAGGIO

opportunity to become acquainted with him, my admiration grew. Being with him was an event, bringing on an air of excitement, anticipation and joy."

Tommy Lasorda, former Los Angeles Dodgers manager, suggested that DiMaggio's record 56-game hitting streak may stand for another 100 years, unlike Babe Ruth and Roger Maris' home run records and Lou Gehrig's consecutive-game streak.

"He was always kind of shy," Lasorda said of DiMaggio. "He felt uncomfortable with a lot of people, but yet he was always there as a tremendous representative of our game of baseball. He was an icon."

In Albany, a bill is before the New York legislature to rename the city's West Side Highway for

DiMaggio.
 "I'm comforted, as are all New Yorkers, that we informed him before he died that the West Side Highway will be renamed the Joe DiMaggio Highway," said Mayor Rudolph Giuliani, a longtime Yankees fan.

"As long as baseball is played, Joe DiMaggio will exemplify the very best."

In Cooperstown, N.Y., the Hall of Fame flag was at half-staff and a wreath was placed on DiMaggio's plaque.

The Hall has also scheduled special DiMaggio video programming for March, put a tribute on its Web site and is planning an exhibit.

It will include the glove that outfielder Al Gionfriddo of the Brooklyn Dodgers used when he robbed DiMaggio of an extra base hit with a spectacular running catch in the 1947 World Series, and DiMaggio's contract for 1948, the first in sports to reach \$100,000. Even the pen is there.

George Jones critically injured in traffic accident

By JIM PATTERSON

Associated Press Writer

NASHVILLE, Tenn. (AP) — George Jones, critically injured in a traffic accident, has made significant improvement and may soon be able to breathe without a ventilator.

"He still has a life-threatening injury, but everyone is encouraged by how well he has done since his accident," Vanderbilt University Medical Center spokesman Wayne Wood said this morning.

The 67-year-old country music legend remained in critical condition.

Jones had a quiet night, two days after nearly dying when he smashed his sport-utility vehicle into a bridge near his home. He was talking on his cell phone at the time, and wasn't wearing a seat belt, authorities said.

Alcohol was not a factor in the crash, according to the Tennessee Highway Patrol.

Doctors hope to begin weaning Jones off his ventilator today. He also may start getting nutrients through a tube to his stomach, Dr. Virginia Eddy said.

"I've got to say that he's done remarkably well," Eddy said Sunday. "That's not to say that he's not very fragile at this point, but he's made a lot of progress."

Eddy was not among the first physicians to treat

Jones, but said that from his medical records "it looked to me like he was on death's door" when he arrived at the hospital.

It took emergency workers about two hours to free him from the car. His liver was cut deeply, and his right lung was punctured.

As long as his liver doesn't bleed, Jones has a good chance of recovery, the doctor said.

"The liver heals itself very well, and his

Jones is conscious, but sedated. He has not spoken since the accident, said his wife, Nancy Jones. He is communicating by squeezing her hand.

"With the squeeze of the hand, I knew he was going to fight," Mrs. Jones said. "George is just a strong person. He has a strong will and a reason to live."

Starting with his first hit "Why Baby Why" in 1955, Jones has charted more than 140 records, including classics like "He Stopped Loving Her Today" and "A Good Year for the Roses." He was married to duet partner Tammy Wynette for six years, and the pair were known as "The King and Queen of Country Music." Wynette died last year.

Jones has been cited as an influence by singers outside the country genre, including Elvis Costello and Ray Charles, both of whom have recorded with him.

Weather focus

LOCAL FORECAST

Sunny and windy today with an expected high near 60.

Tonight, wind diminishing, fair with a low of 35. Tomorrow, sunny and mild with a high of 65.

REGIONAL FORECAST

WEST TEXAS — Panhandle — Tonight, mostly clear with a low in the upper 20s. Northwest wind 10-20 mph in the evening, becoming light and variable by midnight. Tuesday, mostly sunny with a high in the mid 60s. Southwest wind increasing to 15-25 mph with higher gusts.

Extreme Southern — Panhandle/Low Rolling Plains — Tonight, mostly clear. Lows in the 30s. Tuesday, partly cloudy. Highs from the upper 60s to the mid 70s. Permian Basin/Upper Trans Pecos — Tonight, clear. Lows mid 30s to lower 40s. Tuesday, sunny. Highs in the lower to mid 70s.

Concho Valley/Edwards Plateau — Tonight, clear. Lows 35-40. Tuesday, mostly sunny. Highs in the lower to mid 70s.

Far West Texas — Tonight, fair. Lows 35-40. Tuesday, mostly sunny. Highs 70-75. Guadalupe Mountains/Big Bend Area —

Tonight, clear. Lows mainly in the 20s and 30s. Tuesday, sunny. Highs from the mid 60s

Guadalupe Mountains to the mid 80s along the Rio Grande.

NORTH TEXAS — Wind advisory areawide today.

Tonight, scattered thunderstorms, a few severe, ending in the extreme east during the early evening. Clear areawide by midnight. Cooler with lows 41 west to 52 east. Tuesday, sunny and mild. Highs 68 to 75.

SOUTH TEXAS — Hill Country and South Central Texas — Tonight, clear. Lows in the 40s, 30s Hill Country. Tuesday, sunny. Highs in the mid 70s to lower 80s. Tuesday night, mostly clear with patchy fog and low clouds developing late. Lows in the 40s Hill Country, 50s south central. Southeast Texas and the Upper Texas Coast — Tonight, a chance of evening showers or thunderstorms east, some storms possibly severe. then decreasing cloudiness and cooler. Lows near 50 north to near 60 coast. Tuesday and Tuesday night, clear. Highs in the 70s. Lows 50s inland, near 60 coast. Coastal Bend and Rio Grande plains — Tonight, a slight chance of evening showers or thunder-

storms over the crossroads, otherwise becoming partly cloudy areawide. Lows in the upper 50s to lower 60s. Tuesday, mostly sunny. Highs in the upper 70s to near 80, lower 80s Rio Grande plains. Deep South Texas — Tonight, partly cloudy. Lows from the upper 50s inland west to the upper 60s at the coast. Tuesday, mostly sunny. Highs from near 80 at the coast to near 90 inland west.

BORDER STATES — **NEW MEXICO** — Tonight, fair skies. Lows near 10 to the middle 20s mountains and north, middle 20s through the 30s southern lowlands. Tuesday and Tuesday night, partly cloudy north. Fair skies south. Warmer. Breezy north. Highs upper 40s to near 60 mountains and northwest, lower 60s to lower 70s southern and eastern lowlands. Lows teens and 20s mountains and north, middle 20s to near 40 south.

OKLAHOMA — Tonight, a chance of showers and thunderstorms in the evening, mainly across southeast Oklahoma and west central Arkansas. Otherwise partly cloudy. Lows mid 30s to lower 40s. Tuesday, partly to mostly sunny. Highs 55 to 65.

Calendar of events

PAMPA AREA LITERACY COUNCIL

Pampa Area Literacy Council office will be open from 1 to 4 p.m. Tuesday through Friday. For more information, call 665-2331.

PAMPA CHESS CLUB

The Pampa Chess Club meets every Tuesday night at Yummie's Pizza in the Pampa Mall at 7:30 p.m. We offer casual yet competitive games, free instruction, and a quarterly newsletter. For more information contact James A. Shook at 669-0227.

CLEAN AIR AL-ANON

Clean Air Al-Anon will hold weekly meetings on Tuesdays and Thursdays at noon at 810 W. 23rd. For more information, call 669-0407 or 669-3988.

TRALEE CRISIS CENTER FOR WOMEN

Tralee Crisis Center for Women is offering an in-house support group for victims of family violence. Meetings will be Tuesday's from 11 a.m.-12 noon and on Thursday's from 7-8 p.m. For more information call (806) 669-1131. All calls are kept confidential.

PRE-SCHOOL STORY HOUR

The Lovett Memorial Library is presenting a Pre-School Story Hour every Tuesday at 10 a.m. This story hour is for children ages 18 months to 5 years old. If you have any questions, call Shania Brookshire at 669-5780. This schedule will be subject to change pending the move of the library back to 111 N. Houston.

ORDER OF THE EASTERN STAR

Gavel Club will meet Wednesday, Mar. 10 at 11:30 a.m. at the Pampa Senior Citizens Center. All members are asked to please attend.

City briefs

The Pampa News is not responsible for the content of paid advertisements.

HOBBY SHOP Spring Break Craft Time for Children ages 6-12. Come by to sign up or call 669-6161 for more information. Registration ends March 13th. Adv.

LOST PERSIAN, S. Sumner area, white longhair, orange tail & ears. Kids pet. 669-2153. Adv.

NFL BEARS by Limited Treasures. Elway, Davis, Marino, B. Sanders and more, only \$9.95. Holmes Sports Center, 304 S. Cuyler. Adv.

RETIRED BEANIE Babies 1/2 price. Cottage Collection Booth #605. Adv.

MEALS ON WHEELS Garage Sale has ended. Thank You for your support. Adv.

TPMHA names new Special Olympics Texas area director

AMARILLO — Sandy Duck, Special Olympics Texas area director, has been appointed by the Potter County Commissioners Court to the board of trustees for the Texas Panhandle Mental Health Authority. Duck is a parent of a child with mental retardation. She has been employed by Special Olympics for approximately two years serving first as program director and for the past 13 months as director. She has served as a volunteer for Special Olympics and been a teaching assistant in River Road and Amarillo ISD. She and her husband Donald are parents of three children. Duck will serve a two-year term.

TPMHA Board of Trustees met in Amarillo recently for its regular monthly meeting. Donna Milliean, president of the Panhandle Alliance for the Mentally Ill, gave a report on the activities of the organization. It has over 50 members and meets monthly, having local physicians, therapists, and other mental health professionals speak on mental health, medications and other related subjects. Several members went to Austin recently to the Legislative Rally to show support for the request for additional dollars for medications for the mentally ill in Texas. Several trained PAMI members are presently teaching "Visions For Tomorrow," a class designed for family members of adults who have a mental illness.

Dr. Michael Jenkins, TPMHA medical director, and Diane Donnell, nursing services director, gave the board information about medications presently being used by clients of the agency, the costs and the use of sample medicines from the pharmaceutical companies.

Sandy Skelton, TPMHA executive director, reported on the current status of legislative bills concerning funding for the Community Mental Health Centers and medications. Approximately 22,000 persons are in need of the new generation medications.

TPMHA's Board of Trustees provides oversight for the operations of the center. The nine-member board, consisting of citizens from various locations in the Panhandle, meets monthly and conducts business in accordance with public Open Meetings laws of Texas. The Board of Trustees are representatives of the 21 counties that are served by the agency. Board members are Dean Copeland, chair, Pampa; Larry Campbell, vice-chair, Amarillo; Julie Attebury, secretary/treasurer, Amarillo; the Hon. Willis Smith, Higgins; Liz Ladd, Amarillo; Steve Cornett, Canyon; Sandy Duck, Amarillo; and Diane Scroggins, Borger. One additional member will be appointed in the near future. The agency has offices in Amarillo, Hereford, Pampa, Borger, Dumas, Clarendon, and Perryton.

For more information, call Gene Ann Grant, Family and Community Education director, (806) 354-2191.

Drilling Intentions

Intentions to Drill

HEMPHILL (WILDCAT & FELDMAN Tonkawa) J-Breck Company, 2148' from South & 1867' from East line, Sec. 9, 42, H&TC, PD 7700.

HUTCHINSON (PANHANDLE) J.M. Huber Corp. Herring 'A&B', Robert Walters Survey, PD 3500', for the following wells:

#A-35, 2175' from North & 915' from East line of Survey.
#A-36, 850' from North & 990' from East line of Survey.

#A-37, 850' from North & 2310' from East line of Survey.

HUTCHINSON (PANHANDLE) J.M. Huber Corp., W.A.

Carver, PD 3600', for the following:
#41, 330' from North & West line, Lot 15, J.J. Hall Survey.
#42, 330' from North & West line, Lot 6, J.J. Hall Survey.

Applications to Plug-Back

ROBERTS (LIPS Morrow) Alpar Resources, Inc., #4A Barbara Lips '157', 1040' from North & East line, Sec. 15, 13, T&NO, PD 9040'. Rule 37

Gas Well Completion

HEMPHILL (BUFFALO WAL-LOW Granite Wash) Devon Energy Corp., #1 Thomas '47', Sec. 47, A-2, H&GN, elev. —, spud 12-2-98, drlg. compl 12-8-98, tested 1-21-99, potential 2090 MCF, TD 14110', PBTD 11175' — Plug-Back

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The Power Team will be coming to Pampa March 24-26 at the Calvary Baptist Church. Lifting a 300 pound log is Barry Handley, a member of the Power Team.

The Power Team to perform at Calvary Baptist Church

The Power Team is coming to Pampa March 24-26 at Calvary Baptist Church. John Jacobs and the Power Team are a group of world class athletes who perform the world's greatest exhibition of strength, power and speed with a message of motivation and inspiration. These giant men, many weighing 300 pounds, can blow up hot water bottles, snap baseball bats like twigs, crush through ice with their heads, break walls of concrete with their fists, bend steel bars with their teeth, lift tree trunks overhead, and rip phone books like a piece of paper. The Power Team has four world record holders including the strongest man in the world who can bench press 744 pounds.

For 20 years, the Power Team has performed in civic centers, stadiums and coliseums all over the nation as well as 40 countries around the world. They have been featured in People Magazine, the Saturday Evening Post, and on the popular television program "Walker, Texas Ranger." They have been in ABC, NBS, CBS and CNN. For over 10 years, they have had their own television show called "The Power Connection," viewed by millions around the world every week.

The Power Team has been performing at school assemblies for 18 years and is ranked as one of the top school assemblies in the nation. They bring a message of hope to kids from elementary school to

high school. The Power Team tackles the tough issues of drugs and alcohol, teenage pregnancy, suicide and the importance of high academic standards. Young people all over the world have been changed by this applicable message.

John Jacobs, the leader and founder of the Power Team, is 6'3" and weighs over 300 pounds, measuring five feet around his chest. He placed second in the nation in weight lifting. He can snap two pairs of handcuffs, and curl 350 pounds. He is one of America's most sought after motivational and inspirational speakers, encouraging people to live a life of excellence and challenging them to be the best they can be.

LMNRA to hold first trail ride of season

FRITCH — Lake Meredith National Recreation Area will host its first trail ride of 1999 beginning at 11 a.m. Saturday, March 20. The route will be along the south bank of the Canadian River from the Bates Canyon boat ramp.

Participants should take the Cas Johnson Road off Route 136 six miles southwest of Fritch and proceed about one-mile beyond the Alibates Ranger Station. The ride will last approximately three hours and is offered free of charge. Riders must bring a current Coggins test certificate in order to participate. Plan to pack a snack, bring water and a sack lunch. The rain date for the ride will be Saturday, March 27.

Superintendent John Benjamin said, "We are pleased to present the third trail ride offered to park visitors since March 1998. Many people are aware of what Lake Meredith has to offer for boaters, campers, hunters, fishermen, and picnickers. We would like to encourage visitors to explore the park by horse and on foot. With the help of the Public Land Corps and many volunteers, we have improved trails in several backcountry sections of the park and erected two corrals at convenient horse camp locations. We have installed improved restroom facilities at many backcountry locations. In the future, we hope to be able to present other programs that demonstrate the park's varied natural and cultural resources. Learning more of what Lake Meredith has to offer will help people value and protect their National Park lands. We hope that we can continue to offer new programs that

explore the many opportunities for recreation at Lake Meredith."

For more information, call Diane Van Tatenhove at Lake Meredith NRA, (806) 857-1311. Riders of all experience levels from novice to expert are welcome to attend the trail ride. The route for the ride is easy, and the pace will be leisurely.

Hotline open to aid parents, grandparents across nation

ALEXANDRIA, Va. — Too often, when parents and grandparents face difficult questions about their child's education, they don't know where to turn for accurate information. Or worse, they speak to the teacher, counselor or principal and still don't feel satisfied with the response.

For three days in March, every parent and grandparent can ask an elementary school principal any of their toughest questions. What's best about this call-in service is that instead of raising the issue with your child's own principal, you'll remain anonymous while getting your answers!

By calling 1-800-944-1601 during the National Principals' Hotline, you can get answers to the most pressing issues facing your child today.

—What can I do about violence in the school and threats to my child's safety?

—Can I request that my child be put in a certain teacher's class

... or get my child switched to another teacher?

—How can I help my child cope with overwhelming peer pressure?

—How do I know if my child has a learning disability such as Attention Deficit Disorder?

—What can I do about disruptive children interfering with my child's ability to learn?

This 3-day Hotline, staffed by highly-trained members of the National Association of Elementary School Principals and the National Association of School Psychologists, maybe contacted by anyone with an education-related question. Call toll-free 1-800-944-1601 during the following days and times in your area: 2-8 p.m., Sunday, March 21; 9 a.m.-9 p.m., Monday, March 22; and 9 a.m.-3 p.m., Tuesday, March 23.

An informative booklet, "On Call for Kids," is available free to all callers. The booklet answers the most frequently asked questions from previous hotlines.

Amarillo Suicide Hotline
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Doctor from Pampa involved in brain and brawn study

HURST — John East of Fort Worth, formerly of Pampa, is a colleague in a study focusing on the brain during exercise. Head of the study, Dr. Rob Dickerman, a neurology resident at University of North Texas Health Science Center in Fort Worth, recently recruited top weightlifters to study why the brain doesn't explode while lifting hundreds of pounds of iron.

The Strongest Man, the current Mr. Olympia and others were among powerlifters participating in the study.

The researchers hope the study will benefit stroke victims, helping patients make faster recoveries.

The human brain is found to equalize pressure in its own vascular system even during extreme exertion. For example, one weightlifter's blood pressure was recorded as 480/350 compared with 120/70 — a normal reading.

Drs. East and Dickerman intend to publish their findings later this year. The researchers say understanding the brain's vascular regulatory abilities could provide important breakthroughs for patients undergoing neurosurgery or suffering from spinal cord injuries.

Dr. East graduated from Pampa High School in 1990.

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THE Pampa NEWS

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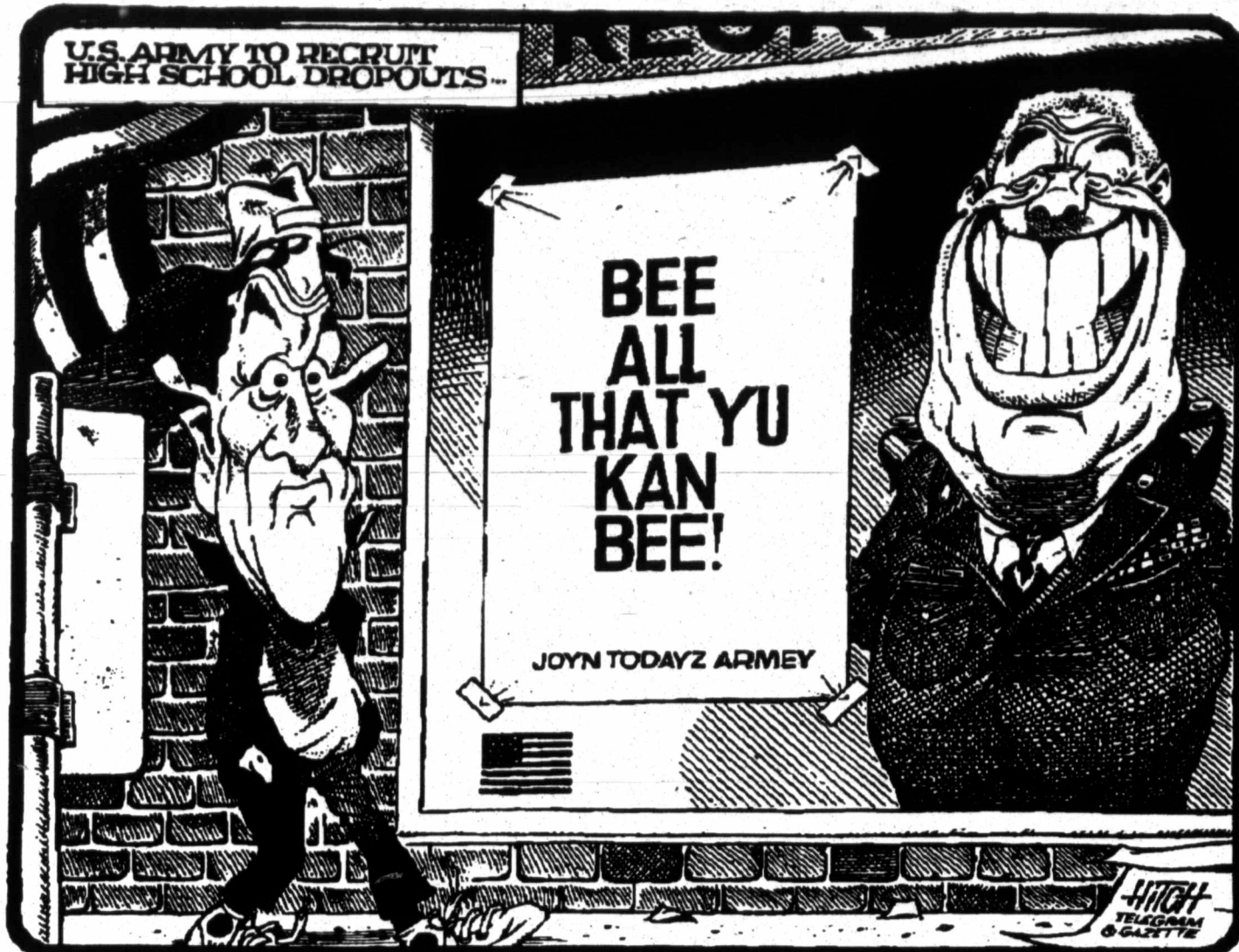
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Opinion

A quota advocate is running loose

■ A Clinton ally contradicts his benefactor.

Judging by his words, President Clinton has tackled a fairly moderate course on racial preferences. He has publicly denounced rigid quotas, but has argued for the "mending" of affirmative action programs, so that more minorities can be helped into the economic mainstream. It has proved to be a popular approach.

Unfortunately, the president's reasonable words are belied by his administration's actions. In particular, Clinton's hand-picked choice to run the nation's top civil-rights enforcement authority has spent his 14 months on the job promoting the kind of rigid racial head-counting the president claims to abhor.

In 1997, President Clinton nominated Bill Lann Lee, a former NAACP Legal Defense Fund counsel, to become assistant attorney general for civil rights. Lee's nomination failed. Rather than respect the Senate Judiciary Committee's refusal to approve him, Clinton named Lee the "acting" civil rights chief. Though of dubious constitutionality, the decision has allowed Lee to direct the civil rights division indefinitely. The administration has suggested that it may soon renominate Lee, so that he can hold the job officially.

Congress should ask the president this question: If Clinton really is opposed to racial quotas, why is he so adamant about having a fierce quota advocate run the government's civil rights enforcement division?

Recently, the conservative Institute for Justice and the Center for Equal Opportunity released a report that points to the kind of mischief Lee has been making while serving as the acting chief. Its conclusion: "The government may not discriminate on the basis of race or color except in the most exceptional and narrow of circumstances. Yet the Civil Rights Division under Lee persists in using its legal arsenal to impose, support and defend racial preferences, without regard to the rule of law and to the detriment of all Americans."

Lee "has a problem that he didn't have 14 months ago, namely his record," one of the report's authors, Clint Bolick of the Institute for Justice, said. The report's other author, Roger Clegg of the Center for Equal Opportunity, said the record proves that Lee's critics were correct in opposing his nomination, and could embolden Republicans to oppose any renomination efforts.

The record seems clear. In conflict with the Supreme Court's Adarand decision, severely limiting government's use of racial classifications, Lee's division supported a legal challenge against Proposition 209, the California initiative banning state-government racial preferences, according to the report.

In other cases, Lee has continued the division's efforts to "coerce state and local governments to adopt race and sex preferences by threatening costly lawsuits based on dubious employment statistics."

Under his leadership, the division has targeted as discriminatory a variety of hiring tests, arguing that fire and police departments that use skills tests are discriminating against minorities. It has filed lawsuits designed to force states and cities to reconfigure their voting districts in order to assure greater minority representation. And it has argued that 41 "public elementary schools should be allowed to use racial classifications and deny admission based on an applicant's race," according to the report.

This is no moderate agenda. Congress needs to do more than reject Lee if the administration decides to renominate him. It should insist that he leave his "acting" post, and demand that the president explain the inconsistency between his stated opposition to race-based policies, and Lee's record of promoting them.

—Odessa American

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Tuning our racial sensitivities

The jury in Jasper, Texas, spoke volumes with a simple gesture. The 12-person group selected its only black member as foreman and left to him the job of announcing that John William King was guilty of murder in the first degree.

For those who believe that nothing has changed since the days of Jim Crow racism, the response of Jasper and the rest of America to this most atrocious crime should serve as a reminder that a very great deal has changed. Forty or 50 years ago, similar crimes against black people brought forth not agony and grief from the white community but smirk indifference. Today, there is unanimity that such a crime — dragging a man to his death behind a truck, a murder aggravated by torture — is about the worst thing we can imagine and richly merits the death penalty.

But then there are the Doug Tract of this world. In a statement that defies belief, this disc jockey on a Washington, D.C., radio station played a portion of Lauren Hill's music and then said, "No wonder people drag them behind trucks."

Tract is known as a "shock jock," which is to say, his popularity is based on tasteless, gross and repellent language and "humor." The station, WAR, has not yet decided whether to fire him for the truck comment — he has been merely suspended. That they didn't dismiss him on the spot is consistent with airing "shock jocks" in the first place. Those who think that tastelessness is good business are not likely to recognize what is beyond tasteless when they hear it.

By The Associated Press

Today is Monday, March 8, the 67th day of 1999. There are 298 days left in the year.

Today's Highlight in History:

On March 8, 1841, Supreme Court Justice Oliver Wendell Holmes Jr., the "Great Dissenter," was born in Boston.

On this date:
In 1702, England's Queen Anne ascended the throne upon the death of King William III.

In 1854, U.S. Commodore Matthew C. Perry made his second landing in Japan. Within a month,

he concluded a treaty with the Japanese.

In 1917, Russia's "February Revolution" — so called because of the Old Style calendar used by Russians at the time — began with rioting and strikes in St. Petersburg.

In 1917, the U.S. Senate voted to limit filibusters by adopting the cloture rule.

In 1942, Japanese forces captured Rangoon, Burma, during World War II.

In 1944, U.S. bombers resumed bombing Berlin.



Mona Charen

Syndicated columnist

Our collective race sensitivities are quite a hash. On the one hand, we cannot seem to completely eliminate malignant tumors like John William King. On the other hand, we lean over so far backward in the effort to compensate for our racist past that we find ourselves in absurd, politically correct postures, as for example when the District of Columbia government fired an employee for using the word "niggardly."

Black-on-white crime is also treated differently in the press from white on black offenses. Crimes like the horrible death inflicted upon James Byrd, rare though they are, are given heavy coverage. So are reports, though their accuracy is dubious, that blacks are treated less fairly by the criminal justice system than whites.

Though one hopes that the good will of communities like Jasper shines through despite the monstrosity of the crime, who can doubt that some black people will focus more on the crime than the response to it?

It's never easy to talk about crime between the races. Each fresh instance opens old, old

wounds. But it does no one any favors to pretend that the great challenge in race relations today is violent white racists and their apologists. They are despicable, and are shunned and punished severely (King will get the death penalty).

But in 1999, the black-on-white crime rate simply dwarfs the white-on-black rate. As John Dilulio and William Bennett note in their book, "Body Count": "Blacks are about 50 times more likely to commit violent crimes against whites than whites are to commit violent crimes against blacks. ... Though only 12 percent of the population, blacks account for 50 to 60 percent of arrests for homicide, 50 percent of arrests for rape, 60 percent of arrests for robbery, and between 40 and 50 percent of arrests for aggravated assault."

It's no mystery why this is so, either. We know what kind of childhood is criminogenic. When children are born to single, young, drug- and/or alcohol-abusing mothers; when they are neglected and abused; when they are raised among criminals and the unemployed; when they witness violence against family members from a young age, they are quite likely to become criminals themselves. The percentage of black children who are born into such chaos compared with white children accounts exactly for the disparity in crime rates.

Most Americans struggle very hard to get their racial sensitivities correctly tuned. And courtesy is essential to national morale. But so is honesty, which cannot be sacrificed to political correctness.

Today in history

In 1965, the United States landed about 3,500 Marines in South Vietnam.

In 1986, four French television crew members were abducted in west Beirut; a caller claimed Islamic Jihad was responsible. All four were eventually released.

Ten years ago: In Lebanon, daily artillery barrages between Christian and Syrian forces and their militia allies began in Beirut; at least 930 people were killed before a cease-fire took hold the following September.

Five years ago: President Clinton

announced the appointment of Washington attorney Lloyd Cutler as senior counsel, replacing Bernard Nussbaum. The Defense Department announced a smoking ban for workplaces ranging from the Pentagon to battle tanks.

One year ago: James McDougal, one of the most important cooperating witnesses in Kenneth Starr's Whitewater investigation, died in a federal medical prison in Fort Worth, Texas, at age 57. More than a foot of wind-driven snow paralyzed travel across the central Plains and Midwest.

Policy against Iraq is inhumane

Johanna Berrigan, a Catholic Worker layperson out of Philadelphia, is used to working with poor people, but she wasn't prepared for a "death row for infants" that she found in Baghdad, Iraq hospitals.

The hospitals, devoid of almost everything they need and staffed by doctors exhausted and grieving, are just a place to die for the thousands of Iraqi children suffering from diseases and infections brought on by malnutrition and contaminated water.

Our government is responsible for that. The embargo on Iraq, which even denies the Iraqis chlorine to use for purifying their water supply, has become a weapon of mass destruction. Half a million dead children — and that's a United Nations number — is mass destruction, I would say.

According to Berrigan, in 1989, about 92 percent of the Iraqis had access to health care, and their education was free through the university level. In that year, there was not a single case of cholera in the country. Today, there are thousands of cases — a direct result of contaminated water. There's been a fourfold increase in childhood leukemia, possibly linked to the depleted uranium the United States used in its shells.

She said a small infection that could be easily dealt with escalates to kidney failure and coma for the malnourished Iraqi children whose doctors lack medicines and even antiseptics. In one



Charley Reese

Syndicated columnist

hospital ward she toured, they were using kerosene in an attempt to sterilize because it was all they had.

But don't think the U.S. government isn't on the job. It has just threatened another group of Americans with tens of thousands of dollars in fines and long prison sentences for taking "medicines and toys" to Iraq. Under this administration, compassion for dying children is apparently a criminal activity.

But, as Gen. Norman Schwarzkopf said, long before he came back to do speeches at \$50,000 a pop, "We have bombed Iraq back into the pre-industrial age." That was a great feat for a superpower taking on a Third World country with only 100 or so out-of-date airplanes. But he was admitting what is now evident: We bombed a heck of a lot more than just military targets.

We need to halt this asinine and inhumane policy of killing children and elderly. It has not hurt Saddam Hussein one bit. In fact, people in

Berrigan's group picked up the information that the Army and the Baath party are pressuring Saddam to take a tougher line.

Bill Clinton, of the forked tongue tribe, tries to pretend that letting Iraq sell a little oil can solve the problem. Unsaid, of course, is that Iraq's oil-producing equipment is in such bad shape that it can't even pump what Iraq would be allowed to sell. And unsaid is all the delays and outright blocking of contracts the United States does behind the scenes. And, of course, we now know the U.N. arms inspection team was addled with spies and covert agents. So much for all those lies.

There's food in Iraq, smuggled and at black market prices. People suffering are the poor, the rural, the elderly, the chronically ill and the children. Berrigan noted that in the gift shops in the Al Rashid Hotel were nothing but the personal possessions of Iraqis who had pawned them to get money for food or medicine.

If you have no compassion for Iraqis, then consider your own welfare. If we keep this up, long after Saddam Hussein is only a memory, Iraqis will be stalking Americans in search of vengeance. We are showing the world a cruel and ugly face. Sooner or later, there will be pay-back.

And by the way, don't blaspheme by calling yourself a Christian while turning your back on these dying children.

MEDICAL

Gene therapy helping heart patients

BOSTON (AP) — "Genes," ordered the surgeon. Then he injected a syringe of pure DNA and salt water into a man's beating yellow-red heart.

Dr. James Symes stared for a moment into his patient's chest. The incision began just below the left nipple, ran through the lumpy layers of fat and muscle, then between the ribs, finally exposing the heart.

The surgeon moved the needle an inch. Again he slid it into the pulsing surface. And again. And again.

Ten minutes later, it was over. All that remained was for the patient to come out of anesthesia, heal up, return home to Monticello, Ark., and wait to see if his heart felt better. On this gray December morning, a 55-year-old logging contractor named Joe Griffith became Patient No. 20 in a groundbreaking medical experiment.

The goal: Give his heart some helpful new genetic material. If it worked as planned, these test-tube genes would prompt the growth of tiny blood vessels in just the right spots, shuttling blood around places where the coronary arteries were painfully clogged. Griffith would quite literally grow his own bypass.

Griffith's surgeon at St. Elizabeth's Medical Center had injected his heart with several billion identical copies of the gene. Each carries the manufacturing instructions for a protein known as vascular endothelial growth factor. Ordinarily humans make this stuff only while in the womb, when it triggers the construction of their circulatory system.

On this day, no one could say with certainty what these genes would do for Griffith. Might they, as he hoped, ease his chest pain? Restore his stamina? Just driving into the woods to check on logging crews left Griffith exhausted. Even a little relief would be welcome.

The experience of the previous 19 patients at St. Elizabeth's encouraged him.

There was the very first one in the experiment, a 67-year-old man treated in February 1998. He needed eight nitroglycerin tablets a day for angina that came on with the slightest activity. All of his natural coronary arteries were plugged. So were three of the four new ones stitched in during earlier bypass surgery.

Three weeks after the gene injection, his angina began to ease. Two months after the operation, the pain was gone. He gave up nitroglycerin and took up swimming.

Then there was the second patient, a 69-year-old man who'd get angina after walking 10 yards. Three weeks after the operation, nothing had changed. Then his pain gradually let up. By two months, he was going to the gym and riding an exercise bike for a half hour at a stretch.

Animal tests suggest that the genes become lodged inside heart muscle cells, which then secrete growth hormone for a week or two. This prompts the growth of what doctors call collaterals, tiny blood vessels thicker than a hair but thinner than the skinniest strand of pasta.

"It has surprised a lot of people in the gene therapy field to see that it's possible to achieve these effects with something as simple and nontoxic as naked DNA," says Dr. Jeffrey Isner, who oversees the experiment at St. Elizabeth's.

That's not all that surprises them. Perhaps most astonishing is the fact that the infant field of gene therapy has taken this turn at all, that it shows its first clear promise against heart disease, the biggest killer of mankind.

For the last decade, it seems, gene therapy has been perpetually on the horizon, tantalizingly close but never drawing nearer.

Those who championed the approach long predicted it would be used first to cure rare inherited diseases, such as cystic fibrosis. They occur because the body lacks a single critical protein, the result of gar-

bled genes that fail to lay out proper manufacturing instructions.

The idea of gene therapy is to make good copies of the bad genes and insert them into the body. There they will oversee construction of the missing protein, curing the disease. Or so scientists hoped.

They were heartened at first to find they actually could put the new genes into cells and get them to work. But the benefits didn't last. The genes petered out after a few weeks, ending production of the protein

Animal tests suggest that the genes become lodged inside heart muscle cells, which then secrete growth hormone for a week or two. This prompts the growth of what doctors call collaterals, tiny blood vessels thicker than a hair but thinner than the skinniest strand of pasta.

that the body needs in steady supply for a lifetime to reverse inherited illnesses.

Pioneers of the field, like Dr. Ronald G. Crystal of New York Hospital-Cornell Medical Center, finally acknowledged that the know-how was not good enough to install replacement genes that would carry on forever.

"So we began to think: What are the applications where you only need to change the genetic information for a week or two?" Crystal says. "That led to the concept of building new blood vessels."

Proteins like vascular endothelial growth factor, or VEG-F, are triggers. They set off a chain reaction of protein release that eventually ends in blood vessel growth. Once the process is under way, there's no need for more VEG-F.

Isner, Crystal and others first showed the power of this protein in animals, then in people with clogged leg arteries and finally in the human heart.

Most of the patients have been as bad off as Griffith, a genial, low-key man with awful chest pain and no alternatives. He had his first coronary bypass operation at age 37. Over the years, his arteries were reamed with routers and squeezed with angioplasty balloons. Still, two of his coronary arteries were totally blocked. So, too, were two veins that had been stitched in during bypass surgery.

Last April, a third bypass vessel closed off. The chest pain got so bad that Griffith could barely walk 100 yards without a rest. Ordinary medicine and surgery offered nothing more for him.

The afternoon before his gene operation, Griffith sat in pajamas on his hospital bed and told how the worsening angina had left him barely able to run his logging business.

"I leave home early for the office, get the crews going, go home to rest, get in my pickup, go to the job, stay a couple of hours, go home and take a nap, go to the office for a little while then go home, exhausted."

Griffith hoped for the best. "I'd be pleased with any help at all," he said that day. He knew the statistics seemed to be in his favor.

The first 18 patients in the program all reported that their angina had improved. Of the 11 followed for more than three months, six were free of pain entirely. Their average nitroglycerin use had fallen from 60 pills a week to 2 1/2.

Tests, too, suggested they were doing better. X-ray movies called angiograms showed improved blood flow. And radioactive thallium

scans revealed a one-third increase in the amount of heart muscle getting adequate oxygen.

"If it works, and that's a big if, this could play a major role in treating heart disease," says Crystal, who's team has performed gene therapy on 21 heart patients. "What we are trying to do is make the old heart young."

One obvious benefit could be for the 250,000 Americans whose lives, like Griffith's, are disrupted by chest pain, even though they have already had angioplasty or bypass surgery and take all the standard medicines.

An obvious drawback is the mini-thoracotomy, the operation Griffith had. Isner and Crystal believe the genes must be injected directly in the heart muscle to work. Thus the need to cut open the chest.

One way around this would be to thread a catheter into the heart with a needle on the end of it. The approach seems to work in animals, but it is not yet ready for people.

Releasing fluids into the heart through catheters is already routine. Some doctors say injecting the genes with needles is unnecessary. Just putting some genes into the heart's circulation should be enough. A group led by Dr. H. Kirk Hammond of the Veterans Administration Hospital in San Diego recently started such experiments.

"One of the things we find very exciting is the possibility that patients may never need to see the inside of an operating room and still have their coronary artery disease attended to in a very thorough way," says Hammond.

His study will involve about 100 patients with ordinary treatable angina, not the worst-case patients of Isner and Crystal.

While cardiologists and surgeons are intrigued by these experiments, many seem cautious, even dubious, about the prospects.

Some believe that genes are not needed at all. Squirting pure VEG-F into the heart might do just as well, even though the protein lasts only 10 minutes or so. Studies of this approach are also under way.

Some wonder if gene therapy has moved too fast from lab animals to humans without enough evidence that the newly created blood vessels will hold up over the long haul.

"My personal view is that this has rushed pretty quickly to the clinic, probably before we have understood it to the degree that would satisfy me," says Dr. R. Sanders Williams, chief of cardiology at the University of Texas Southwestern Medical Center.

Others caution that too much is being made of small, preliminary studies in a handful of patients.

"It's tremendously promising, but it's not ready for prime time," says Dr. Robert Roberts of Baylor University. "There are lots of wonderful anecdotal stories in one patient. That's not science."

One of the most often repeated concerns is that the patients' improvement, amazing as it seems, is merely what scientists call a placebo effect: Patients have holes cut in their chests. They dearly want to feel better. And they do. The benefit is all in their heads.

"It's hard to believe how someone could imagine themselves into a better thallium scan," counters Isner.

Someone else is pretty sure this is no placebo effect: Griffith. One Monday five weeks after the operation, he woke up feeling better. Now two months have gone by, and he's back to work full time, managing crews from 5 a.m. to dark. He still has some chest pain, but nothing like before.

"I used to do most of my work from the seat of my pickup, but it reached the point where I couldn't do that," he says in his quiet way. "I was unable to do just about anything. Now I can get around without wearing myself out. I think I'm coming around."

Simple diet changes can alleviate heartburn

HOUSTON — Some relatively simple lifestyle and diet changes can prevent heartburn before it even starts.

"Heartburn refers to a sensation of warmth behind the breast bone and is caused by stomach contents that backflow, or reflux," said Dr. Gulchin Ergun, medical director of the Reflux Center at Baylor College of Medicine and the Methodist Hospital in Houston.

Heartburn can also be accompanied by a sour taste, burning and pressure that can last for hours. These symptoms often become worse after eating.

More than 15 million Americans suffer from heartburn which is one of the common symptoms of Gastroesophageal Reflux Disease. While the symptoms can usually be alleviated with over-the-counter antacids, there are other ways to avoid the discomfort of heartburn.

"Foods that are acidic and direct irritants to the esophagus should be avoided," Ergun said. She lists orange, grapefruit and pineapple juices, foods that contain large amounts of vinegar, aspirin, alcohol, caffeine, tomato products and chocolate as potential "heart burners."

Ergun also recommends staying away from large or excessively fatty meals and not eating two to three hours before lying down.

However, there is a point when heartburn can become more than a nuisance, warns Ergun. If symptoms occur more than two to three times a week, are present for long periods of time, do not respond to treatment with over-the-counter medications or include vomiting blood, excessive pain and swallowing difficulties, she recommends consulting a physician for further evaluation.

"Those who have a chronic problem with reflux will probably have it in some version or another their whole lives," Ergun said.

However, there are options. "People who do not respond with diet modification might find relief with prescription medications, or they might choose to correct the problem with surgery."

Study: Back pain modestly relieved by PENS treatment

CHICAGO (AP) — Shooting painless electrical impulses into muscles through fine needles brought patients modest relief from back pain and improved movement, researchers reported recently.

Experts not involved in the work cautioned that the patients were an unusual group and results may not be applicable to others. Even among the 60 subjects, they said, improvements were very modest.

In the study, a therapy called PENS (percutaneous electrical nerve stimulation) helped patients with chronic low-back pain feel better, move better and use less pain-relieving medicine within three weeks, researchers reported in a recent issue of *Journal of the American Medical Association*.

The study was led by Dr. Elsayed Ghoname of the University of Texas Southwestern Medical Center in Dallas.

PENS worked better than three other therapies the researchers compared it to: using the acupuncture-like needles without electricity; stimulating nerves and muscles electrically without the needles; and having patients do simple exercises.

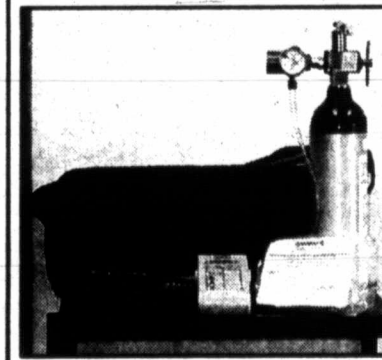
Using electrical stimulation without needles — via electrode pads placed on top of the skin — is called TENS, or transcutaneous electrical stimulation. Past studies found TENS provided some relief to back-pain patients, the researchers noted.

PENS uses the same kind of fine needles used in acupuncture with tiny amounts of electrical energy pulsing through them. But PENS differs in that the needles are inserted only at 10 points on the

lower back. Acupuncturists often insert needles at various points throughout the body.

The study did not include acupuncture. Researchers said PENS was the only significantly effective treatment tried, and all patients received each therapy three times weekly for three weeks, with a one-week rest period between each method.

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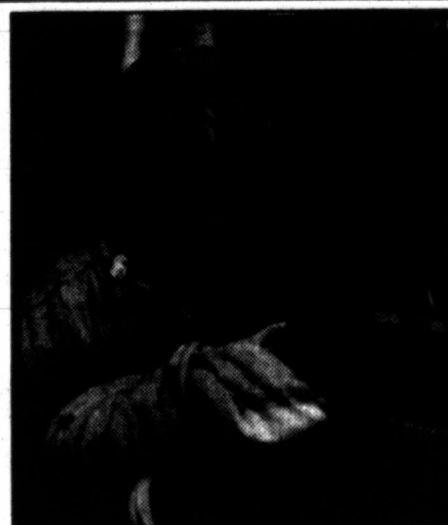
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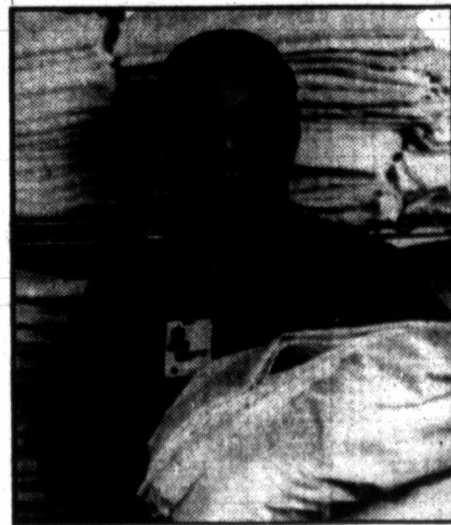
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COLUMBIA

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Skies Becoming Less Friendly For Flier Squeezed for Space

DEAR ABBY: I need advice on airline etiquette. I am over 6 feet tall and a frequent traveler. As the distance between my knees and the seat in front of me in coach class is reduced by the airlines, is it unreasonable to expect the person in front of me to ask permission before pushing the seat back? Do passengers have the right to push as far back as possible without regard to the inconvenience and discomfort it may cause the passengers behind them?

Several times in the past few years, people — usually women — have pushed their seat backs into my knees, and when I told them nicely there was no more room for reclining, proceeded to push their seat back even farther. Not only is it uncomfortable and rude, it makes work on a laptop computer impossible. If someone were behind me, I wouldn't dream of reclining without his or her permission.

If there isn't a definitive rule, how about taking a stand to establish one? I know many travelers would be pleased to have this point of etiquette specifically addressed.

PDX TRAVELER, TIGARD, ORE.

DEAR PDX TRAVELER: The passenger in front of you has a right to recline his seat, although it is rude and abrasive to do so without first obtaining permission. A solution to your problem would be to request bulkhead seating when you make your next reservation.



Abigail Van Buren

SYNDICATED COLUMNIST

DEAR ABBY: My best friend, whom I've known for eight years, frequently asks to borrow my clothes. I don't mind lending them to her, but she never returns them. After a while, she can't remember if they're hers or mine, so when I ask for something back, she claims it is hers.

I've tried saying no to her, but she always talks me into it. I value her friendship, and that makes it harder to stick to my guns and not give in. Is there a way to stop her from borrowing without destroying our friendship? I'm running out of clothes and patience.

ALMOST NUDE
IN OAKLAND, CALIF.

DEAR ALMOST NUDE: Stand in front of your mirror and practice saying, "No more. I'm running out of clothes and I'm no longer comfortable with this." If she's a real friend, she'll stop taking advantage of you. However, if you can't bring yourself to refuse her, mark the

labels in your clothes with your initials so there will be no question to whom they belong.

DEAR ABBY: My grandparents are flying into town soon to celebrate my mother's and grandfather's birthdays. My father wants to take a home-baked cake to the restaurant where we're having dinner. Is this appropriate? He insists it shouldn't be a problem. However, my mother and I think it would not be a good idea. We even joked about a "cake cutting fee" similar to that of a "corkage fee." What do you think?

HEIDI

DEAR HEIDI: I see nothing inappropriate about taking a home-baked cake to the restaurant. It would add a personal touch to the celebration. However, I would contact the restaurant in advance and obtain their approval to be certain they wouldn't prefer you purchase a cake from them.

You could always forgo dessert at the restaurant and have cake and coffee at home.

For everything you need to know about wedding planning, order "How to Have a Lovely Wedding." Send a business-sized, self-addressed envelope, plus check or money order for \$3.95 (\$4.50 in Canada) to: Dear Abby, Wedding Booklet, P.O. Box 447, Mount Morris, Ill. 61054-0447. (Postage is included.)

Horoscope

TUESDAY, MARCH 9, 1999
BY JACQUELINE BIGAR

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19) ***** A change of viewpoint helps you keep a project rolling. You'll revive what others thought was dead. Trust your intuition; it takes you down a new path. Your willingness to learn distinguishes you from others. Excitement surrounds a friendship and an assigned project. Tonight: Relax your mind.

TAURUS (April 20-May 20) ***** A partner comes through for you. Trust his intuition, although his outlook is different than yours. Listen to feedback. You're on the same team! One-to-one relating makes a difference, both professionally and personally. Tonight: Be amenable.

GEMINI (May 21-June 20) ***** Allow others to be more active in your life. Stay connected with your needs as well. You could find another quite imposing. A change in perspective or a different approach is needed. Look beyond the obvious. Don't be a "bull in the china shop." Rise above issues. Tonight: Go for something totally new.

CANCER (June 21-July 22) ***** Get into work. Your ability to accomplish a lot is noticed. A partner could be surprised by your flexibility and your ability to reorganize. Make decisions on a

solo basis; if another wants to pitch in, great! Make time for some exercise. You'll feel refreshed. Tonight: Run some errands.

LEO (July 23-Aug. 22) ***** Let your imagination roll. Resolve issues, move work along and make time for that extra personal touch. Others delight in hearing from you. You, of all signs, really know how to appreciate others and celebrate life. Do just that! Tonight: Having a good time.

VIRGO (Aug. 23-Sept. 22) ***** Prioritize; your plate could be full. Handle a personal matter before you dig into work. When the unexpected occurs, be willing to let go of a set point of view. Your flexibility is tested. You can finish everything if you don't get overwhelmed. Just do it. Tonight: You need a night off.

LIBRA (Sept. 23-Oct. 22) ***** Listen to another. Adapt to what you hear and approach an individual differently than planned. Children and/or loved ones cause an uproar out of the blue. You like their waywardness and, on some level, count on it. Go with spontaneity. Tonight: Out and about.

SCORPIO (Oct. 23-Nov. 21) ***** Build financial security. Be willing to admit that an idea of yours just might not cut it. Establish limits with an errant family member. You don't have all the answers, but neither does he. Keep communication flowing. Consider revamping the budget. Tonight: Order in.

SAGITTARIUS (Nov. 22-Dec. 21) ***** Don't worry about another forgetting you. You make quite an impression, especially now. Creativity and charisma mix to make you memorable. Recognize that if others sometimes greet you oddly, it's because you have changed a lot recently. Tonight: Roll with changes.

CAPRICORN (Dec. 22-Jan. 19) ***** Think through a money decision. Don't let circumstances or pressure force your hand. Claim your power. Take a walk if you find yourself brooding; fresh air and a change of scenery help you gain perspective. Bide your time. Tonight: Do for yourself.

AQUARIUS (Jan. 20-Feb. 18) ***** What you thought you wanted isn't actually what you desire, once you get it. Much is changing for you, and quickly, at that. Others find you spontaneous, but sometimes you toss them into confusion. Be sensitive to your impact on others. Tonight: Where the action is.

PISCES (Feb. 19-March 20) ***** Accept responsibility. Enjoy the limelight. Evaluate decisions; make sure others understand your position. You could inadvertently get into a power play. You gain insight into another's behavior. With this understanding, you relate more easily. Tonight: Center stage.

BORN TODAY
Former football player Brian Bosworth (1965), actor Emmanuel Lewis (1971), singer Jeffery Osborne (1948)

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Crossword Puzzle

By THOMAS JOSEPH

ACROSS DOWN

- 1 — Arabia
- 6 Beer choice
- 11 Director Welles
- 12 Banish
- 13 Lulu
- 14 Concise
- 15 Champagne choice
- 17 Conducted
- 18 Went downhill, in a way
- 22 Jab
- 23 Nucleus component
- 27 Fixes copy
- 29 Hotel offering
- 30 Signify
- 32 Londoner, e.g.
- 33 Uncalled for
- 35 Chum
- 38 Lotion additive
- 39 Wise saying
- 41 Stewart of Kennedy's cabinet
- 45 Exact match
- 46 Count of music
- 47 Choir member
- 48 Uses a keyboard

SALAD GASES
ALAMO EVENT
BETON MARCO
EXISTS MOW
REN ALAMODE
SIS SERENE
SKEIN
SKIMPS SAP
CONCEIT ARE
OLE NODICE
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Hagar The Horrible



Peanuts



Blondie



Mallard Filmore



SPORTS

Notebook

BASKETBALL

PAMPA — Subway defeated Penguin Rampage 70-58 in City Men's League basketball action Wednesday.

Leo Ramirez was high scorer for Subway with 40 points. Marcus Shephard led Penguin with 18 points while John Henley chipped in 15.

Others scoring for Subway were Andrew Ramirez and Johnny Salazar with 8 points each, Shawn Young and Rene Granillo 7 each.

Others scoring for Penguin were John Shephard 9, Jordan Holmes 9, Brandon Milligan 5 and Chris Smith 2.

Ramirez, Young and Granillo had one 3-point goal each for Subway. Marcus Shephard had three 3-point goals for Penguin while Jon Shephard and Milligan had one each.

Subway led by 16-10 at the end of the first quarter and stretched that margin to 41-27 at the half.

Subway plays Cabot at 9 p.m. Monday.

PAMPA — The Jazz downed the Mavericks 59-45 in a Kids Club basketball game last week.

Leo Ramirez and Matt Cook led the Jazz in scoring with 14 points apiece.

Reggie Bryant was high scorer for the Mavericks with 23 points.

Others scoring for the Jazz were Jonathan Ladd with 12 points, Stephanie Gattis 8, Nick McLean 5, Kim Conner 5 and Nefi Meza 2. Ramirez had four 3-point goals, Gattis two and Conner one.

Others scoring for the Mavericks were Dustin Johnson and Danny Bedolla 7 each, Ivan Perez 3 and Ollie Lowe 2. Bryant had three 3-point goals and Johnson had one.

The Jazz has a record of 4-0.

GOLF

PAMPA — Hidden Hills Public Golf Course held a 4-man scramble last week.

Results are as follows:

First place: E. Wilson, C. Rand, J.B. Holt and T. Bennett, 61.

Second place: D. Haynes, B.F. Dorman, G. Gamblin and J. Wheeley 63.

Third place: J. Mitchell, C. Terrell, B. Abernathy and N. Allen, 64.

Fourth place: H. Musgrave, J. Haynes, I. Williams and E. Butler, 66.

Fifth place: B. Tarpley, W. Haynes, J. Davis and B. Harwood, 66.

Sixth place: J. Combs, R. Porter, B. Brown and D. Butler, 67.

Closest to the pin: P. Buchanan, No. 15.

FOOTBALL

PAMPA — There will be a Pampa Football Booster Club meeting at 7 p.m. tonight in the Ready Room at the PHS athletic building.

Fund-raisers for the 1999 season will be discussed.

The public is invited to attend. Parents of football players are especially urged to come to the meeting.

TRACK

HIGHLAND PARK — White Deer track teams both placed fifth at the Hornet Relays last weekend.

Sanford-Fritch swept both the boys' and girls' divisions. White Deer results are as follows:

Boys
400 relay: White Deer, second place, 46.52.

100: Urbanczyk, first place, 11.39.

300 hurdles: Urbanczyk, third place, 45.29.

Triple jump: Urbanczyk, first place, 39-6 1/2.

Girls
Discus: McClendon, first place, 92-1; Parks, third place, 90.7.

300 hurdles: Smith, third place, 53.70.

3200: Petty, third place, 14:06.53.

Shot: McClendon, second place, 34-9 1/2.

Miami boys, Groom girls win Pirate Relays

LEFORS — Miami boys and Groom girls won the Pirate Relays title last weekend in Lefors.

Results are as follows:

Boys

Team totals: 1. Miami 114; 2. Groom 113; 3. Hartley 104; 4. Lefors 81; 5. Channing 49; 6. Loraine 46; 7. Samnorwood 6; 8. (tie) Higgins 5, McLean 5.

High jump: 1. Boatman, Hartley, 5-8; 2. Jameson, Channing, 5-8; 3. Franks, Lefors, 5-6.

Shot put: 1. May, Miami, 42-2; 2. Crump, Groom, 41-0; 3. McDowell, Miami, 39-5.

Long jump: 1. Vincent, Hartley, 19-0; 2. Williams, Loraine, 18-2; 3. Lackey, Miami, 17-7.

Triple jump: 1. Vincent, Hartley, 37-6; 2. Ritter, Groom, 37-4; 3. Steele, Lefors, 37-1.

3200: 1. Jameson, Channing, 11:56.15; 2. Wall, Channing, 12:37.38; 3. Conrad, Groom, 12:46.88.

400 relay: 1. Hartley, 46.21; 2. Lefors, 47.81.

800: 1. Vega, Groom, 2:20.24; 2. Steele, Lefors, 2:23.16; 3. Alexander, 2:23.64.

110 hurdles: 1. Hutchinson, Miami, 18.03; 2. Boatman, Hartley, 20.96; 3. Madrid, Loraine, 20.97.

100: 1. Williams, 11.59; 2. Ford, Hartley, 11.96; 3. Lackey, Miami, 12.00.

400: 1. Franks, Lefors, 56.28; 2. C. Ritter, Groom, 56.48; 3. Ellis, Loraine, 57.53.

300 hurdles: 1. Hutchinson,

Miami, 47.21; 2. Johnson, Miami, 50.13; 3. Harris, Hartley, 50.19.

200: 1. Lackey, Miami, 24.47; 2. Williams, 24.60; 3. Vincent, Hartley, 25.60.

1600: 1. Conrad, Groom, 5:40.13; 2. Pavlosky, Groom, 6:03.28; 3. Shreffler, Samnorwood, 7:00.96.

1600 relay: 1. Miami, 3:50.31; 2. Lefors, 3:57.75; 3. Groom, 4:12.28.

Girls

Team totals: 1. Groom 181; 2. Loraine 72; 3. Miami 69; 4. Hartley 65; 5. Channing 55; 6. Samnorwood 41; 7. Higgins 38; 8. Lefors 16.

Triple jump: 1. C. Davis, Groom, 32-5; 2. K. Davis, 31-1; 3. Conrad, Groom, 30-5.

High jump: 1. C. Davis, Groom, 5-4; 2. Gates, Channing, 4-6; 3. 3. Bohr, Groom, 4-6.

Shot put: 1. A. Black, Miami, 29-0; 2. K. Black, 28-7; 3. Rice, Miami, 25-9.

Long jump: 1. Davis, Groom, 14-7; 2. Conrad, Groom, 13-9; 3. Schnaufer, Hartley, 13-6.

Discus: 1. 1. A. Black, Miami, 100-7; 2. Rice, Miami, 90-8; 3. Chavez, Loraine, 80-5.

3200: 1. Waite, Higgins, 13:13.73; 2. Decker, Samnorwood, 15:05.90; 3. Whatley, Channing, 16:14.91.

400 relay: 1. Groom, 53.78; 2. Loraine, 54.62; 3. Hartley, 57.41.

800: 1. Barton, Miami, 2:41.70; 2. Pool, Higgins, 2:46.06; 3. Howard, Lefors, 2:47.69.

100 hurdles: 1. C. Davis, Groom, 17.78; 2. K. Davis, 18-50; 3. Rainey, Samnorwood, 26.53.



(Pampa News photo)

Miami's Chester Hutchinson (second from right) heads for a first-place finish in the 110 hurdles at the Pirate Relays.

100: 1. Lucas, Loraine, 13.94; 2. Gentles, Hartley, 14.31; 3. Barton, Miami, 14.37.

800 relay: 1. Groom, 2:01.17; 2. Channing, 2:03.03; 3. Hartley, 2:06.35.

400: 1. Howard, Lefors, 70.01; 2. Kepley, Groom, 70.41; 3. Henard, Samnorwood, 75.34.

300 hurdles: 1. C. Davis, Groom, 50.61; 2. Barton, Miami, 53.16; 3. K. Davis, Groom, 53.63.

200: 1. Pool, Higgins, 28.42; 2. Lucas, Loraine, 28.97; 3. Gentles, Hartley, 30.18.

1600: 1. Waite, Higgins, 6:07.19; 2. Garcia, Loraine, 6:38.28; 3. Little, Samnorwood, 7:04.22.

Pampa girls rip Canyon, 29-0

CANYON—Pampa routed the Canyon Lady Eagles 29-0 in District 3-4A softball action Saturday at Southeast Park.

Pampa sent sixteen batters to the plate in the top half of the first. Fourteen batters reached on 7 hits, 4 walks, 2 fielder's choices, and an error. The Lady Harvesters finished their at bat leading 13-0.

In Canyon's half of the first, the Lady Eagles were retired in order by Pampa pitcher Kimberly Clark. Clark struck out the side on just 10 pitches.

The Lady Harvesters scored 5 runs in the top of the second to extend their lead to 18-0 over Canyon.

Canyon fared no better 'm the bottom of the second as Clark struck out the first batter she faced. The second out came on a 6-3 ground out with shortstop Cassie Scott throwing to Kelsey Yowell at first for the out. Clark retired the next batter on a strike out to end the inning, ng and to bring her strike out total to 5.

The Lady Eagles continued to struggle as Pampa, scored 11 runs in the top of the third on 7 hits. Pampa led 29-0.

Freshman pitcher, Stephanie Clark, came on in relief of Clark in the bottom of the third. Stephanie added to

Canyon's drought by striking out the first batter she faced. Canyon's first base runner of the day reached on a walk, but was forced out at second on a 5-4 fielder's choice. On the play, K. Clark, playing third, fielded a hard hit grounder off of the bat of Canyon's "Rock" Harist and threw to Stephanie Cameron at second to force the lead nmer. S. Clark issued her second base on balls, then made a good defensive play on a ball hit hard up the middle, knocking the ball down and throwing to first to end the game and preserving both the shut out and the no-hitter for Pampa.

Offensively for Pampa, S. Clark led the Lady Harvesters going 3-3 with a double and 2 singles. K. Clark also had a double and 2 singles. Kelsey Yowell - triple and single, Lisa Dwight - double and single, Cassie Scott and Cali Covalt - 2 singles each, Stephanie Cameron and Charity Nachtigall - 1 single each. Lisa Kirkpatrick, along with Scott and Dwight, each reached and scored 5 runs.

Pampa improved to 4-2 on the season, and 2-1 in district. The Lady Harvesters host Dwnas, Tuesday, March 9, at 4:30pm at Optimist Park.

Harvesters sweep twinbill against Fritch, Guymon

FRITCH — Pampa's baseball team posted two weekend wins at Fritch.

In the opening game, Pampa defeated Sanford-Fritch by a score of 5-2.

Jesse Francis and Brent Coffee pitched for the Harvesters with Coffee picking up the mound win. Coffee took over for Francis in the fourth inning and struck out 7 and allowed only 3 hits. It was Coffee's first win against one setback.

Jonathan Waggoner's two-run homer in the fifth inning put the Harvesters ahead to stay. Coffee, Greg Lindsey and Kaleb Snelgroves were 2 for 4 at the plate with Coffee getting a double. Phelps and Waggoner each

had 1 hit in three trips. Phelps had a double and Waggoner a home run.

Lindsey's base-loaded single with no outs in the seventh inning gave Pampa a 7-6 win over Guymon, Okla. in the second game.

Lindsey (1-1) was the winning pitcher and he also belted a three-run homer in the fourth as the Harvesters plated six runs.

Lindsey was 3 for 4 at the plate while Casey Owens was 3 for 3 with a double. Snelgroves was 2 for 4 with a double while Justin Barnes was 2 for 3 and Amos Valmores was 2 for 3 with a double. Valmores started Pampa's seventh-inning rally when he was hit by a pitch.

"I was real pleased with the overall play of our team. We played good defense and we had exceptional pitching from Coffee and Lindsey," said Pampa coach Dennis Doughty.

The Harvesters have a 2-3 record and will meet West Texas at 9 a.m. Thursday in the first round of the Synder Invitational.

PAMPA — Dennis Doughty, head coach of the Pampa Harvesters baseball team, will present a program on baseball to the Pampa Optimist Club at its weekly meeting at 6:30 tonight.

Coaches, managers and league officials are especially urged to attend.

PHS girls win golf tourney

MIDLAND — The Pampa Lady Harvesters shot a two-round total of 738 to win the Midland Invitational Last weekend.

Alison Piersall, who placed third in the medalist standings led Pampa with a two-round 175. Cortnie Allison followed with a 182 while Maggie Cowan had 189, Stefanie Harwood 192 and Courtney Locknane 234.

Tech takes Big 12

KANSAS CITY, Mo. (AP) — Winning a second straight Big 12 tournament championship was anything but routine for No. 9 Texas Tech.

The Lady Raiders' leading scorer had no points at halftime. Their second-leading scorer had two — on a pair of free throws, at that.

But after trailing by as many as 14 in the first half Saturday night, Texas Tech's offense finally clicked and the Lady

Raiders beat No. 21 Iowa State 73-59 and earned a No. 2 seed in the NCAA Midwest Regional.

Angie Brazier, the tournament MVP, scored all 19 of her points in the second half and also grabbed 10 rebounds for Texas Tech (28-3).

Rene Hanebutt, held without a 3-pointer for more than 34 minutes, hit four in the last 5:44 and finished with 14 points.

Lady Harvesters claim Iowa Park crown with 189 points

IOWA PARK — The Pampa Lady Harvesters scored 189 points to win the Iowa Park Invitational last weekend.

Borger finished a distant second with 113 points.

Pampa results are as follows: Long jump: Chasity Nachtigall, fourth place, 14-11.

Triple jump: Chelsea McCullough, fourth place, 29-5 1/2.

Shot: Angela Phillips, fifth place, 30-1 1/2.

Discus: Diana Solis, second place, 96-0; Angela Phillips, third place, 94-9.

High jump: Emily Hartman, fourth place, 5-0; Chelsea McCullough, fifth place, 5-0.

3200 — Jenny Fatheree, first place, 11:32 (new school record); Beth Lee, second place, 12:51; Samantha Hurst, third place, 11:56.

800: Jenny Fatheree, first place, 2:23.04; Beth Lee, second place, 2:25.32; Samantha Hurst, third

place, 2:29.21.

100 hurdles: Tandi Morton, first place, 15.05.

100: Lacrese Ford, second place, 12.06; Jordanna Young, third place, 13.04.

800 relay: Pampa first place (Ford, Young, Evans and Stowers), 1:46.32.

300 hurdles: Tandi Morton, first place, 52.04.

Arkansas falls to Kentucky

ATLANTA (AP) — Something about the Southeastern Conference tournament brings out the best in Kentucky.

Scott Padgett scored 20 points and the No. 14 Wildcats used a 16-0 spurt at the end of the first half and beginning of the second to beat No. 22 Arkansas 76-63 Sunday in the championship game of the Southeastern Conference tournament.

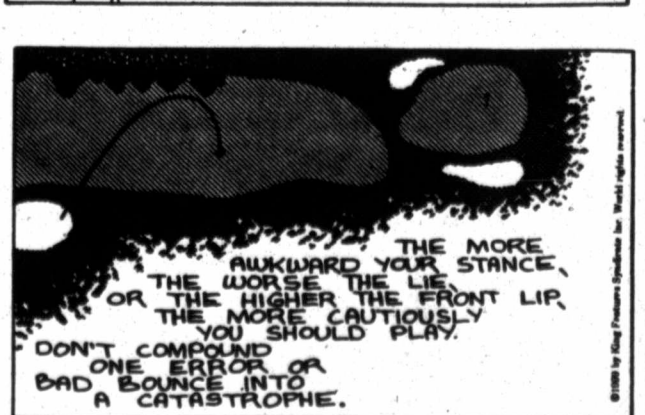
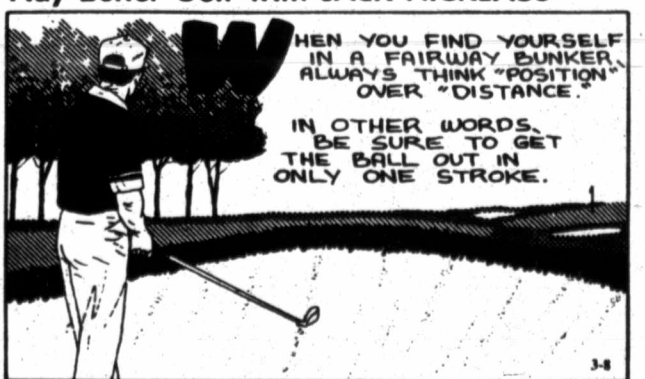
The Wildcats (25-8), who get the SEC's automatic bid to the NCAA

tournament, won their third straight tournament title and seventh in eight years — a remarkable streak that has included only one loss in 24 games. That came in the 1996 final against Mississippi State.

At the buzzer, freshman Tayshaun Prince jumped into Wayne Turner's arms and the pro-Kentucky crowd of 25,521 at the Georgia Dome serenaded coach Tubby Smith with chants of "Tubby! Tubby! Tubby!"

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Paducah beats Fort Elliott in region finals

LEVELLAND — Fort Elliott fell to Paducah 69-38 Saturday night in the Region 1-A finals in the Texas Dome.

Derek Dowdy had 17 points and Bud Morgan 15 to lead Paducah's scoring attack.

Curt Smith had 14 points and Tanner Smith 9 to lead Fort Elliott.

Paducah led by only six points (27-21) at halftime, but pulled away to a 46-27 advantage after three quarters.

Others scoring for Fort Elliott were Michael Hilburn 6, Nathan Hefley 5, Andy Finsterwald 2 and Clay Zychak 2.

AUSTIN (AP) — Amy Putnam had 13 points and 10 rebounds and Hughes Springs held Salado to just four first-half field goals to cruise to the Class 2A state championship with a 61-33 victory Saturday.

Hughes Springs (30-2) won the title in its first appearance in the state tournament.

Kathy Matthews led Salado (30-8) with 11 points. Salado last made the state tournament in 1962.

Hughes Springs bolted to an 8-1 lead in the first quarter behind four points from Putnam. Salado didn't get its first field goal until Kelly Matthews scored with 3:57 left in quarter.

Hughes Springs led 18-5 after the first quarter and kept building on the lead with patience on the offensive end.

Duke finishes No. 1

By JIM O'CONNELL
AP Basketball Writer

Duke, Michigan State, Connecticut and Auburn, the top four seeds in the NCAA tournament, finished in that order today in the final AP college basketball poll of the season.

It was the third No. 1 finish for the Blue Devils (32-1), who entered the NCAA tournament on top of the rankings in 1986 and 1992, the latter the year they repeated as national champions.

The top seed in the East Regional and winners of 27 straight, the Blue Devils received 69 of 70 first-place votes and 1,749 points from the nationwide media panel.

Michigan State (29-4), the top seed in the Midwest, received the other No. 1 vote and 1,654 points, 19 more than Connecticut (28-2), the top seed in the West.

Auburn (27-3), the top seed in the South, was followed in the Top Ten by Maryland, Utah, Stanford, Kentucky, St. John's and Miami.

Cincinnati dropped four spots to lead the Second Ten and was followed by Arizona, North Carolina, Ohio State, UCLA, College of Charleston, Arkansas, Wisconsin, Indiana and Tennessee.

The last five ranked teams were Iowa, Kansas, Florida, North Carolina Charlotte and New Mexico.

Kansas, the Big 12 champions, moved back into the rankings after a three-week absence, while North Carolina Charlotte, the Conference USA champions, entered the Top 25 for the

first time this season. The 49ers were ranked for three weeks last season.

Minnesota and Missouri, which both lost their opening conference tournament games last week, dropped out from 23rd and 24th, respectively.

Duke and Connecticut were the only teams to hold the No. 1 ranking this season. The Blue Devils were No. 1 in the preseason poll and first two weeks of the season. The Huskies were on top for the next 10 weeks, then Duke was there the last five polls of the season.

Twelve teams were ranked every week this season, including North Carolina, which has the longest consecutive streak. The Tar Heels have been in every poll since the preseason voting in the 1990-91 season.

The highest ranked team among the eight from the preseason poll that wasn't ranked at season's end was Temple, which was seventh. None of the other Atlantic 10 teams in the preseason poll — Xavier, Rhode Island and Massachusetts — were in the final Top 25.

The team not in the preseason poll that was ranked highest in the last poll was No. 10 Miami.

Four teams — California, Louisville, Texas and North Carolina Charlotte — were one-week wonders.

Forty-three teams from 11 conferences were ranked during the season. The Big Ten led the way with seven, all of which made the NCAA tournament. The seven were all in the same poll for two weeks, tying the record for a conference. The Big East, Pac-10, Southeastern Conference and Big 12 each had five teams ranked during the season.

Salado was just 11-of-42 shooting for the game. Its 33 points were the fewest in the Class 2A title game since 1994, when Tuscola Jim Ned defeated Hemphill 31-29.

Salado, which had been held under 40 points just once during the regular season, couldn't reach that mark in the tournament. Salado advanced to the final with a 39-37 win over Farwell in the semifinal.

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Scoreboard

HIGH SCHOOL BASKETBALL

By The Associated Press
All Times EST

U.S. State Boy's Basketball Tournament
At Frank Erwin Center

Austin Semifinals

Thursday, March 11

Conference 1A

Paducah (28-3) vs. Moulton (33-4), 8:30 a.m.

Brookland (37-0) vs. Ponder (30-7), 10 a.m.

Conference 3A

Seminole (35-3) vs. Corpus Christi West Oso (28-8), 2 p.m.

Mexia (31-5) vs. Clarksville (29-5), 3:30 p.m.

Conference 4A

Crowley (32-4) vs. Austin LBJ (25-6), 7 p.m.

Port Arthur Lincoln (28-5) vs. Coppell (27-9), 8:30 p.m.

Friday, March 12

Conference 2A

Wellington (28-5) vs. Grapeland (28-8), 9:30 a.m.

Peaster (26-7) vs. Brookshire Royal (22-12), 11 a.m.

Conference 5A

Duncanville (33-3) vs. Beaumont Central (30-5), 3 p.m.

Kimball (33-4) vs. San Antonio Jay (31-6), 7 p.m.

Finals Saturday, March 13

Conference 1A, 9 a.m.

Conference 3A, 10:30 a.m.

Conference 2A, 2:30 p.m.

Conference 4A, 4 p.m.

Conference 5A, 6 p.m.

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Software number could be used to trace electronic documents

WASHINGTON (AP) — Microsoft Corp. has acknowledged that its latest version of Windows generates a unique serial number that partly is planted within electronic documents and could be used to trace the authors' identities.

In a disclosure with wide privacy implications, Microsoft also said it is investigating whether it is collecting the serial numbers from customers even if they explicitly indicate they didn't want them disclosed.

"If it is, it's just a bug," said Robert Bennett, Microsoft's group product manager for Windows. "If it is indeed happening, ... we'll absolutely fix that."

A programmer, Richard M. Smith of Brookline, Mass., noticed last week that documents created using Microsoft's popular Word and Excel programs in tandem with the Windows 98 operating system included within their hidden software code a number unique to his computer.

A 32-digit Windows number also appears in a log of information transmitted to Microsoft when customers register their copies of Windows 98, even if they say they don't want details about their computers sent to the company.

Microsoft's Word and Excel programs are among the most widely used, and its Windows operating systems run roughly 85 percent of the world's personal computers.

Smith compared it to a person's Social Security number being stamped on every document they create.

"Nobody to my knowledge has had a database that would allow a piece of written material to be traced back to who wrote it," said Smith, president of Phar Lap Software Inc. "I don't expect Microsoft to do that kind of tracing, but it's sort of unprecedented."

Steven Sinofsky, a vice president for Microsoft's Office products, which include Word and Excel, said the electronic documents contain only part of the 32-digit Windows number, including 12 digits unique to each network adapter. Such devices are common in business computers and allow high-speed Internet connections.

In computers without such network devices — such as most home PCs — a common "dummy" address is used, effectively making it impossible to trace authorship of documents created on those machines.

"There is no reason for people to have these worries," Sinofsky said, adding that Microsoft will disable the feature in upcoming versions of the programs.

Bennett said Microsoft will create a software tool to let customers remove the Windows number, which he said is meant to help diagnose problems for customers who call with technical questions.

Bennett promised that Microsoft also will wipe any of those numbers from its internal databases that the company can determine may have been inadvertently collected.

Privacy activists weren't mollified. "This is going to be a cleanup job larger than the Exxon Valdez oil spill," said Jason Catlett, president of Junkbusters Corp. of Green Brook, N.J., which lobbies on privacy issues. "There are billions of tattooed documents out there."

The controversy bears remarkable similarity to the plot of "Ultimor Motive," by Daniel Oran, a former Microsoft programmer who worked on Windows until 1994 when he quit to write his first novel.

In the book, published last year, Oran wrote about the top executive at the fictional company "Megasoft" who builds eavesdropping technology into its dominant computer operating system that he exploits during a campaign for the presidency.

"This is a very serious privacy problem," said Oran, who laughed about life imitating art. "The technology isn't good or bad. It's like a knife; it can be used both ways."

The controversy follows criticism of Intel Corp., the world's largest manufacturer of computer processors, which designed its new Pentium III chips to transmit a unique serial number internally and to Web sites that request it to help verify the identity of consumers.

3 Personal

MARY Kay Cosmetics and Skin-care. Facials, supplies, call Deb Stapleton, 665-2095.

BEAUTICONTROL Cosmetics sales, service, makeovers. Lynn Allison 1304 Christine, 669-3848

5 Special Notices

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FOUND-Fri. morning in Wal-Mart parking lot, Rottweiler/mix puppy. Call 665-5083.

12 Loans

I'M mad....at banks who don't give real estate loans because of bad credit, problems or new employment. I do, call L.D. Kirk, HomeLand Mortgages, (254) 947-4475.

14d Carpentry

CUSTOM homes, additions, remodeling, residential / commercial Deaver Construction, 665-0447.

OVERHEAD DOOR REPAIR Kidwell Construction. Call 669-6347.

ADDITIONS, remodeling, roofing, cabinets, painting, all types repairs. Mike Albus, 665-4774.

ADDITIONS, remodeling, all types of home repairs. 25 years local experience. Jerry Reagan 669-3943

14e Carpet Serv.

NU-WAY Cleaning service, carpets, upholstery, walls, ceilings. Quality doesn't cost...it pays! No steam used. Bob Marx owner-operator. 665-3541, or from out of town, 800-536-5341. Free estimates.

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COX Fence Company. Repair old fence or build new. Free estimates. Call 669-7769.

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BRICK REPAIR

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Powder Coating Has Made It

Powder Coating is a metal coating that is more durable than any paint. It is used to coat most things made of metal. Motorcycle frames, automotive metal parts, lawn furniture, etc. Call for details 665-3798.

14r Plowing/Yard

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14s Plumbing/Heat

JACK'S Faucet Shop, 715 W. Foster, 665-7115. Faucets, Plumbing Supplies & Repair Parts.

JACK'S Plumbing/Heating. New construction, repair, remodeling, sewer & drain cleaning. Septic systems installed. 665-7115.

Larry Baker Plumbing Heating/Air Conditioning Berger Hwy. 665-4392

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RENT TO RENT TO OWN We have tvs, VCRs, camcorders, to suit your needs. Rent by hour, day, week. We do service on most major brand of tvs & VCRs. Call for estimate. Johnson Home Entertainment, 2211 Perryton Pkwy. 665-0504.

CHIMNEY Fire can be prevented. Queen Sweep Chimney Cleaning. 665-4686 or 665-5364.

INTERNET ACCESS- The leading Internet Service provider in the Eastern Texas Panhandle.

21 Help Wanted

NOTICE Readers are urged to fully investigate advertisements which require payment in advance for information, services or goods.

BABYSITTER needed-prefer in my home. 3 kids, 2-3 times wk. Occ. housework & meals. Ref. req. 669-0227

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Applications now being accepted. Must be multi-tasked oriented with pleasant personality & professional appearance. Some computer skills & proficiency in 10-key & typing required.

The State National Bank 99 Broadway Groom, Texas (806) 248-7531

SEARNS WHILE YOU LEARN'S

National firm has several openings for clean cut and ambitious individuals, transportation and lodging paid. Must be able to travel & start now. Call Ms. Sanchez, 888-876-2339 GREAT 1ST JOB

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\$635 weekly processing mail. Easy! No experience needed. Call 1-800-426-3085 Ext 5200 24 Hrs.

35 Vac. Cleaners

AUTHORIZED Electro-lux Sales & Service. 25 yr. guarantee on newest one. 806-669-9285 2121 N. Wells. J. Brooks

50 Building Suppl.

White House Lumber 101 S. Ballard 669-3291

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60 Household

JOHNSON HOME FURNISHINGS Rent 1 piece or house full Washer-Dryer-Ranges Bedroom-Dining Room Livingroom 801 W. Francis 665-3361

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2 waterbeds-1 reg. bed, metal frame, soft side, heater, non-wave bladder, 1-queen sz., dual bladders, metal frame, soft side, newly upholstered. 665-8525.

QUEEN sz. box spring & mattress \$300, like new. Nordic Trak ski exercise machine, \$50. 883-6172.

100+ yds. of used carpet, good condition & a nice couch. Call 665-4674 after 6:00 p.m.

69 Misc.

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ANTIQUE Clock Repair

auth. by Ridgeway & Howard Miller. Larry Norton, 669-7916 aft. 5.

SMALL older riding mower 30". Runs good \$200. Roll bar for S-10 or mid-size \$75. 665-5613.

70 Musical

PIANOS FOR RENT New and used pianos. Starting at \$40 per month. Up to 9 months of rent will apply to purchase. It's all right here in Pampa at Tarpley Music. 665-1251.

77 Livest./Equip.

17 pure bred bl. Angus heifers, bred back to low birth weight Angus bull. Calving now. For info. Thomas Angus, Reydon, Ok. 580-655-4318.

SERVICEABLE Age Black Angus bulls, reg. or commercial. We have 6 different bloodlines to fit your cow herd needs. For info. Thomas Angus, Reydon, Ok. 580-655-4318.

80 Pets & Suppl.

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Jo Ann's Pet Salon 669-1410

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Lee Ann's Grooming Canine & Feline Grooming Call 669-9660

BEAUTIFUL black Mini Schnauzers, ready for new homes Feb. 26. Call 669-1935 after 5 p.m.

THE Pampered Pup

Grooming & Boarding. Special - puppies to 4 mo. \$10. Mona 669-3836.

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4 Siberian Huskies for sale. 3 females, 1 male. 665-4134 lv. message.

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8 wks., starts Feb. 11. Sponsored by Paws & 4-H. 669-7387, 665-5622.

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WILL pay cash for good used furn., appl. Wrights Used Furn., 116 W. Foster, 669-9654, 669-0804.

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BEAUTIFULLY furnished 1 bedrooms starting at \$335, 6 month lease, pool, laundry on site. Caprock Apts, 1601 W. Somerville, 665-7149.

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2 bedroom, unfurnished. Ref., deposit required. \$325 mo. 669-9817, 669-9952

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1-2 bedrooms. Free gift with move-in. 2600 N. Hobart, 669-7682.

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NICE 1 bdr., gas/water

paid, appliances. Good location-417 E. 17th. Call 669-7518.

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Seniors or Disabled Rent Based on Income 120 S. Russell 665-0415 Open House Model Apt. for show, 9-1 p.m.

102 Bus. Rent.

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NICE 2 bdr., new paint, new carpet, rent on HUD, \$325 + electric only. 665-4842

Spring Time Deal!

1/2 off 1st mo. rent, 1,2,3 bdr., starting at \$275. 6 mo. lease, pool, fireplaces, washer/dryer hookups in 2 and 3 bedrooms. Caprock Apt. 1601 W. Somerville, 665-7149, Open Sun. 1-4.

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LARGE 1 br., w/ carport \$310 mo., bills paid 665-4842

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2 bdr. house, 1 ba. corner lot, fenced back yard 532 Doucette 669-6881, 669-6973

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2 br., 405 Pitts, \$225. Nic 3 br., 801 Christy. Lease purchase avail. w/small down. 665-4270 lv. msg.

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For Lease - 1908 Lynn \$750 month + deposit References Required 355-7750

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2 or 3 bedroom 1214 E. Francis \$250 Month + deposit 665-2254

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LRG. 1 bdr. with double garage. Will rent on HUD. 665-4842

DUPL. 2 br. 2 ba, dbl. gar. \$550 mo., \$300 dep. 1426 N. Dwight. 806-622-2033, 352-8957 Cherilyn.

3 bdr., 1 bath, brick w/ carport. Fenced in yard. Close to Wal-Mart. Call 669-3794.

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2 bdr house, att. gar.

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2629 Dogwood, 1800 sq. ft., 3-1 3/4-2. Flpl, sprklr, cnt h/a, storage bldg. Exc. cond. 665-9781.

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EXCELLENT Deal, 4-2-2, cent. heat/ac, built-in appliances. 210 E. 1st, Le-fors, Tx. 835-2432.

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105 Acreage

Weekend Getaway 240 acres, farm to market frontage. Electricity, subsurface pump, rolling hills, native & improved grasses w/ plum thickets. West of Wheeler. 826-2000, 898-5963

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AFFORDABLE 1 blk. West of South Price Rd. 7 lots. Lrg. warehouse 40X60 w/office. 665-5558

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112 Farms/Ranches

GRAY CO., 35 ACRES Near McLean on I-40 E Access Rd., good for agriculture, interest reduced to 4%, \$150/mo., owner finance. Forest America Group 800-275-7376

114 Recre. Veh.

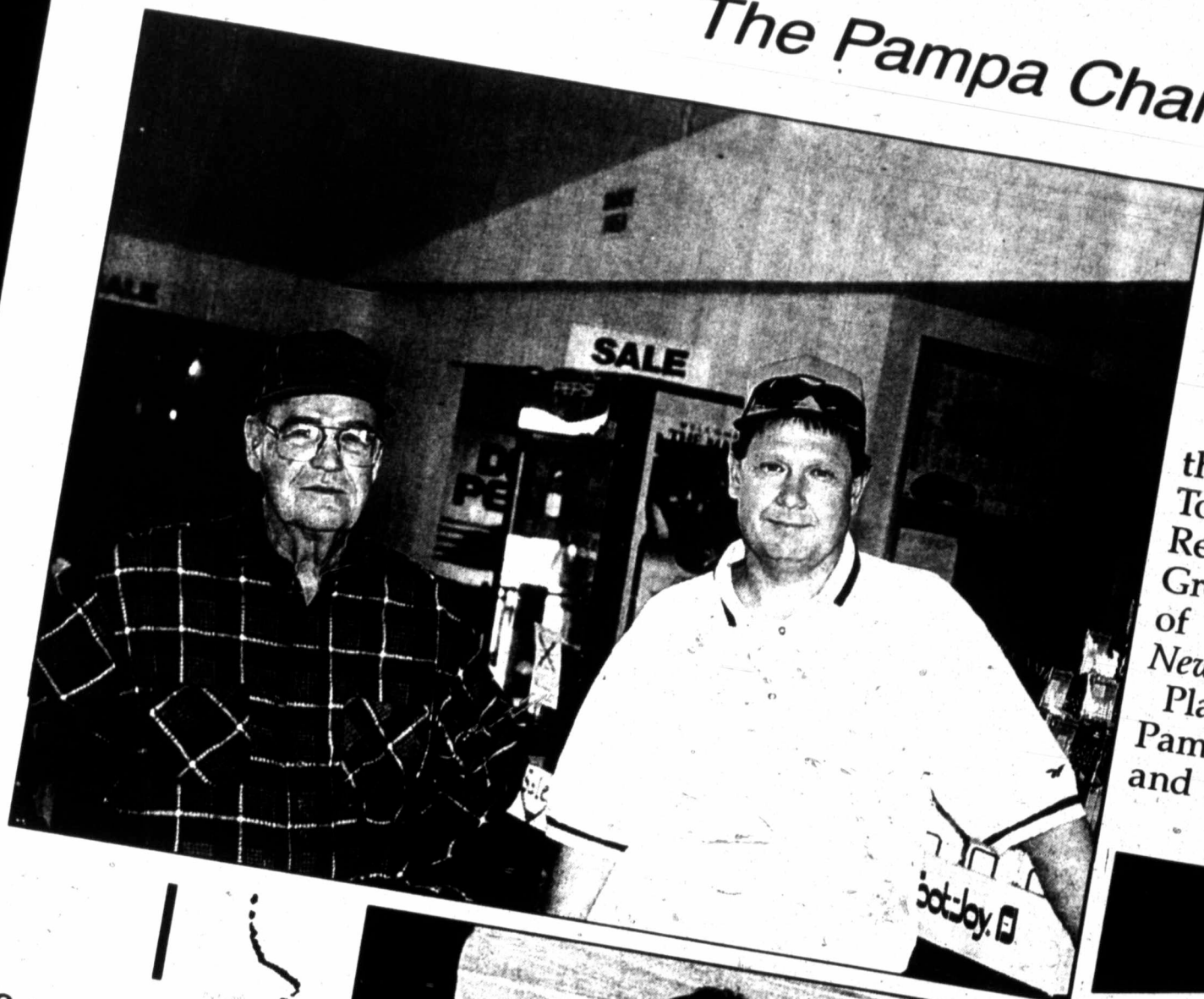
Bill's Custom Campers 930 S. Hobart Pampa, Tx. 79065 806-665

Spotlight on Pampa

by
The Pampa Chamber of Commerce

Golf tournament set for weekend of May 15-16

Mark your calendars now for Club. Sign-up sheets and more information is available at the golf tournament sponsored by the Retail Trade Committee of the Greater Pampa Area Chamber of Commerce and *The Pampa News*. Those who want to purchase a T-Box sign, or sponsor the luncheon or make any other donation should contact the Pampa Country Chamber of Commerce office by and at the Pampa Country calling 669-3241.



Getting ready for the upcoming Pampa Partnership Golf Tournament are personnel from Hidden Hills and Pampa Country Club. (Top photo, from left) Hidden Hills employee Howard Musgrave and pro David Teichmann will be on hand to assist players there as will (photo at right) Mickey Piersall, pro at Pampa Country Club.



Today from 2:30 - 5 p.m. the public is invited to welcome new chamber president Clay Rice during a drop-in at the Community Building, 200 N. Ballard M.K. Brown room. Refreshments will be served.



Pampa Chamber of Commerce
Throw Blankets ... \$45
Burgandy, Navy & Green
Call or Come By
Pampa Chamber of Commerce
200 N. Ballard • 669-3241

70th ANNUAL MEETING of the PAMPA AREA CHAMBER OF COMMERCE proudly presents JANICE RALSTON SONS, HUMORIST

Janice Ralston Sons has been making audiences laugh for over ten years. She has entertained groups throughout Texas and Oklahoma with her special way of making people laugh at themselves. Janice's philosophy's, "In today's world with the stresses of job, family, and community, we must grab a few laughs whenever we can."

Janice is an elected official and is active in the community and serves on the boards of Youth Leadership Wichita Falls, YMCA, and the 100 Plus Club. She is also past president of the Metropolitan Business and Professional Women and serves as chair of the education committee for the Justice of the Peace and Constable Association, a committee that educates clerks throughout the state.

Awards received have included "Woman of the Year in the Business and Professional Women," 1997 Hirschi High School Alumni of the Year, induction into the North Texas Women's Hall of Fame, and the Distinguished Leadership Award presented by Leadership Wichita Falls. She has one son, Rusty and two granddaughters, Taylor and Madeleine.

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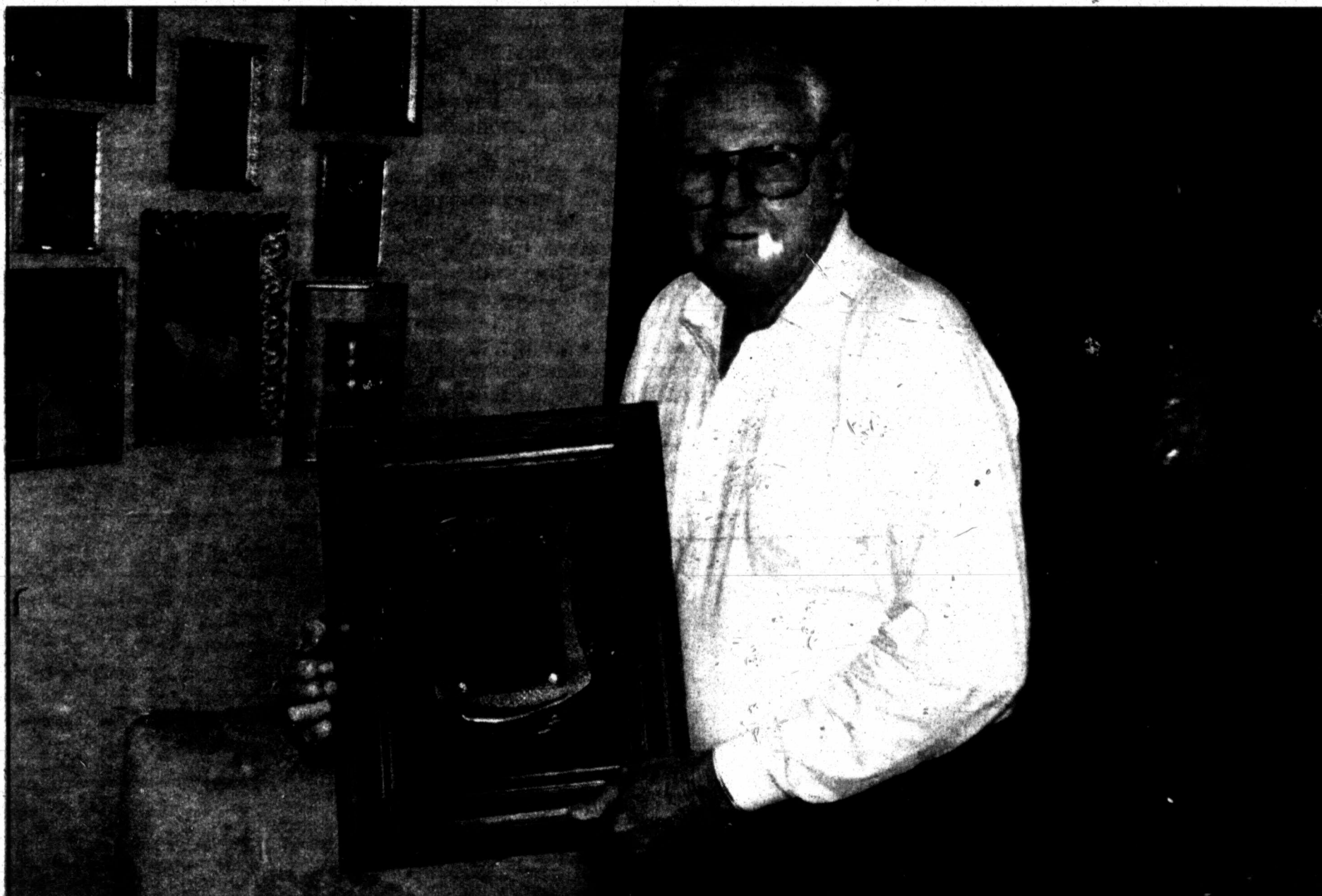
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MARCH 1 999



Hart Warren displays the Colonel Bogey plaque he received last year from the Tri-State Seniors Golf Association. Read about him on Page 3.

Social Security
What's the future?
See Page 2

Food pyramid
done Senior style
See Page 4

Greenspan says Congress must not divert money intended for Social Security

WASHINGTON (AP) — If budget surpluses now are going to help pay for Social Security in the future, the key issue is how to make sure the extra money is somehow saved, Federal Reserve Chairman Alan Greenspan said last week.

"Whichever direction the Congress chooses to go, whether toward privatization or fuller funding of Social Security, augmenting our national savings has to be the main objective," Greenspan told a House Commerce subcommittee.

Surpluses could be saved through a plan like President Clinton's that would pay down the national debt, making it more likely the government will continue to run large surpluses that could be used for Social Security in the future, Greenspan said.

Or, the surpluses could be used to help start private investment accounts that many Republicans would like to see replace some future benefits. In that case, individual Americans would do the saving themselves, Greenspan said.

While the central bank chairman said he likes Clinton's plan, he also said he fears that politicians inevitably would be tempted

to spend future budget surpluses on other things.

"I think the capacity to have a fully funded private system is far higher ... than in a public system where you have the possibilities of having to deal with very large surpluses, which can be employed for other means," Greenspan said.

The Fed chairman said moving Social Security money into stock market investments cannot in and of itself improve the nation's overall preparedness for the coming retirement of the huge baby boom generation.

"Any increase in returns realized by Social Security must be offset by a reduction in returns earned on private portfolios, which represent, to a large extent, funds also held for retirement," Greenspan said. "It's a shuffling of claims and doesn't increase the real resources."

Clinton and GOP leaders in Congress have agreed to use about 60 percent of the budget surpluses expected over the next 15 years to bolster Social Security.

Right now, the Social Security payroll taxes collected from workers each year is

more than enough to cover the needed retirement benefits paid out each year.

In 2013, after baby boomers begin to retire, the program will not collect enough taxes from workers to cover the baby boomers' benefits. Lawmakers now are trying to decide how best to prepare for that shortfall.

Clinton proposes paying down the national debt to help grow the economy and therefore increase future tax revenues. He wants to invest some money in the stock market to try to increase its value.

Many Republicans would prefer to use the surpluses to develop a new system of personal accounts, which workers could invest in the stock market themselves.

Younger workers would be allowed to divert into such accounts some of the payroll taxes they would otherwise pay. The surpluses would be used to help maintain current Social Security benefits for those already retired or near retirement.

The hope is that, for the younger workers, stock market accounts would grow big enough to replace some Social Security benefits.



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Retired golf pro still has love for game

By L.D. STRATE
Sports Editor

It's been a decade and a half since Hart Warren officially retired as head professional at the Pampa Country Club golf course, but the Miami, Florida native was never one to spend much time in a recliner.

Just this past summer, Hart and wife Ava boarded a Norwegian cruise ship bound for Alaska. The vacation cruise — which started in Vancouver, British Columbia and went through the Inland Passage and into Glacier Bay — just didn't last long enough to suit Hart.

"It was a nice trip, but it only lasted seven days. I'd like to go back again and stay about 10 days," Warren said. "The food was great and there was always something to do."

Warren put in a 29-year stint as PCC club pro, coming here after serving in a similar position in Kentucky. His brother, a Texas Tech assistant coach, had heard about an opening at the Levelland Country Club and notified Warren. After being at Levelland for about six months, he learned about an opening in Pampa. Warren applied for the job and took the PCC position in 1954, and stayed on until retiring in 1984.

The Warrens raised two sons,

Tom and Skip, and both were Pampa High honor students. Skip is a lawyer and Tom an electrical engineer in the Houston area. Tom served in Vietnam and was discharged from the armed services after being injured in a helicopter accident.

"Skip is a good golfer. He has about a 4-handicap at a Houston club. Tom never cared much about golf. He shoots about like I do now," laughed Warren.

The 80-year-old Warren has not been forgotten by the Pampa Country Club. A year ago, The Tri-State Seniors Association presented him with the prestigious Colonel Bogey Award for outstanding contributions to golf. The annual Top O' Texas Tournament, which attracts some of the best amateur players in the nation, was renamed the Top O' Texas Hart Warren Tournament.

Warren is still active on the golf course, but not quite as much as when he was giving lessons. He plays about once a week at PCC.

While many other sports have undergone rule changes, the game of golf has stayed basically the same, according to Warren.

"The game is the same, but the courses are much prettier than they used to be and the

Warren put in a 29-year stint as PCC club pro, coming here after serving in a similar position in Kentucky. His brother, a Texas Tech assistant coach, had heard about an opening at the Levelland Country Club and notified Warren. After being at Levelland for about six months, he learned about an opening in Pampa. Warren applied for the job and took the PCC position in 1954, and stayed on until retiring in 1984.

equipment is better now. The improved equipment has made the game easier to play," he said.

Warren said about 90 percent of the touring pros and the majority of the talented amateurs now use drivers with metal heads and graphite shafts.

"The thing about graphite shafts is you have to be suited to them. Many of the shafts have a different vibration and they can take some time getting used to," he added.

Warren got into golf almost by accident. His main sports

were baseball and tennis as a Florida teenager.

"The thing about baseball and tennis is that you have to have other players. One day I went to the tennis courts and I couldn't find anybody to play with, but I noticed a guy across the street hitting golf balls. I was thinking, 'now there's a game for me,' because I can play it by myself," Warren said.

As things turned out, Warren didn't spend much time alone on the golf course. He put in hours teaching the game to beginners and coaching high school players.

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Nutrition researchers modify food pyramid for senior citizens

BOSTON (AP) — The generation that raised its kids on the four basic food groups may be lacking some of the basics of good nutrition: vitamins, minerals and water.

A group of nutritionists at Tufts University is recommending that healthy people 70 years and older drink more water, eat foods that are more rich in nutrients and increase the amount of fiber in their diets.

To make their point, the nutritionists have proposed for seniors a modified version of the food pyramid, which replaced the basic four — the milk group, meat group, bread-cereals group and vegetable-fruit group.

The new recommendations, to be published in the March issue of *The Journal of Nutrition*, are aimed at helping seniors live healthier lives

while slowing the onset of medical problems associated with aging, including heart disease, osteoporosis and hypertension.

"This pyramid is especially designed to give them a little more guidance on how to optimize their diet," said Alice Lichtenstein, a professor of nutrition at Tufts who worked on the study. "It's not suggesting that radical changes be made."

The new food pyramid modifies the original 1992 Food Guide Pyramid, which is based on guidelines of the U.S. Department of Agriculture and the Department of Health and Human Services.

The new pyramid includes roughly the same minimum number of daily servings as the original: six or more servings of breads and grains, two or more servings of fruit, three or

more of vegetables, two or more servings of meat, three servings of dairy products and a small amount of fats and sweets.

Because older people need fewer calories and generally eat less, the researchers recommend a higher concentration of nutrients with each serving. At the grocery store, that translates to choosing darker, more nutrient-rich vegetables and cereals fortified with vitamins.

Seniors should also consider eating foods with more fiber to keep their intestines healthy. For example, someone could eat an apple instead of just having a glass of apple juice.

The modified pyramid also stresses the need for water — the equivalent of eight 8-ounce glasses a day.

Seniors are at greater risk for dehydration than younger

people because their bodies are less effective at letting them know when they need water, Lichtenstein said.

Lastly, the new pyramid is topped with a flag suggesting that some might need supplements of calcium and vitamins D and B-12.

According to the study, many seniors do not get enough calcium, in part because they drink less milk. Limited exposure to the sun can cut back on vitamin D, and many older people do not properly absorb vitamin B-12.

Fortified cereals and orange juice with extra calcium, as well as pills, could help compensate for deficiencies.

Before changing their diets, seniors should take time to evaluate their current eating habits. Lichtenstein said they might only need a minor

(See NUTRITION, Page 8)



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'Fishing' promises to be good at Lake Lovemaking

HELSINKI, Finland (AP) — In the village nicknamed "Lake Lovemaking," the only cold fish they want to see are the ones in the water.

The village of Kutemajarvi is planning a sex fair this summer aimed at providing people aged 45 and older both the inspiration for taking a roll in the hay and the hay to do it in.

Ideally, no one will leave this fishing resort bemoaning the one that got away.

"We hope to attract older people who still have a twinkle in their eye, and can find enjoyment in each other's arms," Vesa Hakkinen, one of the organizers, said Friday. "Hopefully, shy ones also will find partners here."

The idea for the one-day event on Aug. 7 arose when regional officials asked the villagers to come up with an event to commemorate the United Nations' designation of 1999 as International Year of Older Persons.

How the villagers arrived at the sex fair idea may be connected to the settlement's name: Kutemajarvi literally means "spawn lake." Now, locals are calling it "Lake Lovemaking" — to make sure those who don't speak Finnish don't miss the double-entendre.

The centerpiece of the fair is a plan to mark out a trail through the region's forests and meadows, with signs pointing out secluded areas that seem especially suitable for intimate contact.

For those uncomfortable with amour alfresco, the trail also will pass several barns that the organizers will make sure are full of aromatic and comfortable hay.

"Our message is that sex is a happy affair; there is no age limit and one should be able to discuss it openly," said Marjatta Myllyla, the social and health services official for the region 190 miles northeast of Helsinki.

Homosexuals are welcome. Voyeurs can forget it.

"We are not offering pornography, or orgies. And we'll certainly take measures to keep out peeping Toms," said Hakkinen, 48, a father of four. "This is going to be a happy event, and my wife and I are certainly going to make the best of it."

Kutemajarvi, with a population of 400, will put people up in homes and farms, as well as in summer villas around the lake and in the forests of the region, voted the prettiest municipality in Finland last year.

Talks and discussion groups on the theme of sex and older people will be held in Kangasniemi, nine miles from the village.

And if the natural surroundings don't do the trick, the potency drug Viagra will be on hand.

"We'll make sure that there's enough of the stuff at the Kangasniemi pharmacy, with a doctor to write out the prescriptions," Hakkinen said.

In line with the U.N. theme year, the village also hopes to attract participants to a cooler event in March on the frozen surface of "Lake Lovemaking" — an ice fishing competition for older persons.

"I don't think there'll be much lovemaking, then," Hakkinen said. "But if anyone wants to go ahead, we aren't going to stop them."

Ms. Texas Senior Pageant set for Dallas

State Finals for the Ms. Texas Senior Pageant, a showcase for the mature woman, has been set for Dallas during the week of April 22 - 25.

A program for women who have reached the age of elegance (60-plus), the pageant showcases women of elegance, their philosophies of life and their talent. In 1999, the pageant returns to Ramada Market Center (1055 Regal Row) for the fourth consecutive year.

Contestants for the title of Ms. Texas Senior 1999 will vie for the title currently held by Beth Weems Purtle of Farmers Branch.

Contestants will come from across Texas seeking to represent women over 60 years of age at the national competitions in the Fall. Contestants competing in Corpus Christi, Greater Austin, Houston, San Antonio, Post, Greater Abilene Area, McKinney, Plano, Irving and many other communities. Last year the Texas pageant was the largest state pageant in the nation with 32 finalists representing their communities at the State finals.

"Texas enjoys an enviable national reputation both for the quality of its representatives and for its pageant," said President and State Director Nell Coleman. "The 1999 pageant is already shaping up to surpass all of our previous efforts and toward making the '99 pageant our best yet."

For more information about the Ms. Texas Senior Pageant or for entry information to the non-profit pageant, please contact Nell Coleman at 972-239-3342, fax 972-934-0863.

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Fitness program offers older adults a stress-free way to stay active

NAPLES, Fla. (AP) — For a woman of her generation, she isn't modest about her age. "I'm 81," Marcy Williams says to her sister, Kitty Douglas. "If he runs the article, I want him to put in my age."

The Houston octogenarian has reason to tout her age. On vacation in Naples visiting her sister, the semi-retired real estate executive is trim, fit, vivacious and full of life. Williams attributes her vim to Body Recall, a fitness program for older adults.

"I've taken two words out of my vocabulary," Williams says in her Texas drawl during a demonstration at First Methodist Church, "'senior citizens' and 'elderly.'"

Williams began teaching Body Recall about 15 years ago after seeing an ad in a newspaper and attending a training course taught by

"We're falling more," Williams says of her students who have ranged in age from their 30s to 111. "My students are falling, but they're not breaking anything. We don't make any medical claims, but I know what they're telling me."

program founder Dorothy Chrisman in Berea, Ky.

The program is designed to keep the muscles moving without strain.

"It's no strain, no pain and it's no huffin' and no puffin'," Williams says.

While the movements to music — including different sitting positions with props such as a foam ball, elastic strap or wooden rod — may be

relatively stress-free, they give new agility to those who may no longer be active. The limberness experienced also helps prevent injuries and accidents.

"We're falling more," Williams says of her students who have ranged in age from their 30s to 111. "My students are falling, but they're not breaking anything. We don't make any medical claims, but I know what they're telling me."

Jewel Moseley, who is more modest than Williams about her age, knows what Body Recall can do. She took the class eight years ago when it was offered at Lely Palms Retirement Community, where she would visit friends to play mah-jongg.

"I miss it," Moseley says just before Williams' demonstration. "It was marvelous. It works every muscle from your head to your toes, but not strenuously."

Moseley recently had knee replacement surgery, and she says she needs the exercise because she hasn't been able to walk on her treadmill lately.

"It's going to take away from my other activities," she sighs about her lost mah-jongg time and looks at the clock. The demonstration was to start at 10:30. "I'm ready to start — quarter to 11 already."

"For elderly people, you can't do any better," Moseley adds. "They can't do aerobics."

Despite Moseley's choice of words to describe her

generation, Williams agrees with her, assessment regarding aerobics.

"I don't like to call it exercise because people think it's going to hurt," Williams says. "That's why we call it movement. You'll feel your body getting warm, but, see, we don't have to be jumping around."

Class instructor Mary Blake stresses the lack of stress in this form of exercise.

"Whenever they think of exercise, they think of these young girls in a slinky costume up in front of them like this," Blake jogs a few steps in place, her costume no slinkier than the jogging pants and Body Recall logo shirt she dons. "It's a total living program."

In previous years, Blake has with only limited success attempted to form classes at Cambier Park. Williams finds more success with churches acting as hosts for the nonprofit classes, and Blake is optimistic about this latest session.

Williams gets the demonstration going — a tad late to Moseley's liking. Williams shows various sitting positions that stretch and work muscles.

"Round your back like a Halloween cat on your way back up," she calls to her students.

"We want to open the juice tubes in the knees. That's what keeps our independence," she says during a leg lift. "You're pumping that miracle juice every day for your circulatory system."

And then Williams pops in a tape with an instrumental version of "Love Will Keep Us Together" — not the Muzak cover, but a peppier, upbeat version.

Moseley's eyes light up. "The music hasn't changed," she says, smiling brightly.

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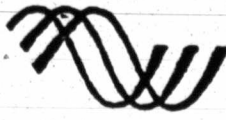
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Healthy vision ...

By Dr. John W. Klein, M.D.



Amblyopia (Lazy Eye)

What is "Lazy Eye"?

Amblyopia or Lazy Eye is an underdevelopment of the visual potential for one or even both eyes. The mechanism that can cause it to develop varies but the end results are the same.

During infancy through 7-to-10 years old the neurologic connections that make vision possible develop and when the image transmitted to the brain is blurred or suppressed visual acuity suffers.

What causes "Lazy Eye"?

Many different things cause Amblyopia. A partial list includes:

- Strabismus (the two eyes are not straight)
- Monocular distortion (one eye's visual image is not as focused as the fellow eye)
- Bilateral distortion (neither eye has a clear focus).

Treatment for "Lazy Eye"

The major idea is to detect a problem before the child is too old for the therapy. This is accomplished by seeing your eye doctor by the time your child is 4 years old. School screenings are another detection tool. Some seek help if the eyes look different or seem to turn in or out and many times problems can be detected by your primary care doctor.

The treatment is dependent on the cause but the majority can be helped with glasses, patching and/or eye muscle surgery. A minority can have cataracts or other media opacities that require surgery.

Overview

Amblyopia is commonplace but if detected early there is effective therapy. The first thing required is to identify the problem and follow through with appropriate therapy that is directed toward the cause.

(Dr. Klein is a practicing ophthalmologist in Pampa)

NUTRITION — From Page 4

change in habit, such as eating wheat bread instead of white or eating more green vegetables.

"They should really take a look at their diet and see whether over a few days they're getting an adequate number of servings in each category," she said. "Then I personally would suggest that before they go down the vitamin aisle that they talk to their health care provider."

The nutritionists based their recommendations on studies gathered within the past 20 years along with recent recommended dietary allowances produced by the Food and Nutrition Board of the National Academy of Sciences.

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