

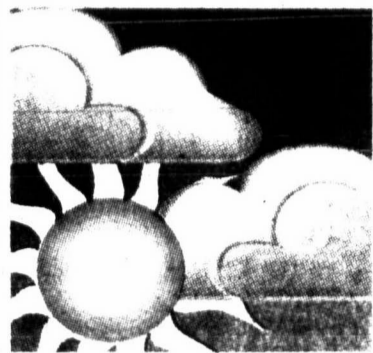
Robert Knowles
AUTOMOTIVE
806-669-3233 - 101 N. Hobart - 800-299-6699

LINE X
Spray-On Truck Bedliner
Factory Like Finish • Rated #1 in Customer Satisfaction
Windshield Repair • Hall Dent Repair
1207 Alcock 665-3098

ROBERT KNOWLES
WEST TEXAS
FORD • LINCOLN • MERCURY
701 W. BROWN 665-8404

Pampa

Vol. 91 No. 257 • Pampa, Texas
50¢ Daily • Sunday \$1



High today 57
Low tonight upper 20s
For weather details see
Page 2.

After the storm ... cleanup gets going

■ City asks residents to conserve water to help get levels back to normal.

By JEFF WEST
Staff Writer

While electricity is back on in most of Pampa and clear skies are overhead, damage left behind from the weekend's winter weather will be a problem for some time to come.

Ken Vaughn of Southwestern Power Service said Pampa was hit particularly hard over the weekend by the winter storm that was the most devastating in more than 20 years.

"Perhaps, ever," Vaughn said. "At least since the 1940s."

There is a request today from the city to limit the amount of water use, and while limb pickup will begin this afternoon that may take two months or more to complete.

"I haven't seen this amount of damage since the '70s," said Pampa Street Supervisor Kimberly Lincycomb. "[Concerning tree limbs] This is worse

than the tornado."

And like a few others, Lincycomb took a drive around the city Friday night when all of Pampa's lights were out.

"It was one of the weirdest feelings I've ever had," she said. "I'd look out and see big blue flashes from power lines going out all over the city."

She had a crew clearing streets of limbs

until after dark when it became too dangerous because power lines could come falling down. City crews returned to the streets all day Saturday and until around 4:30 Sunday, Lincycomb said.

The south end of Osborne and Finley streets remain closed today due to downed power lines in the street.

Bill Hildebrandt, director of community services, said today all traffic lights are working except for the one at Harvester and Duncan. Other, he said, may have been damaged by the power fluctuations.

The storm marked a first for the water department.

"We've never had a power loss at all three pump stations," said City Engineer Richard Morris.

He said the city receives electricity from several power grids. If just one power grid works, powering one water station,

(See STORM, Page 5)

PAMPA — All parents of Pampa High School seniors are urged to attend a meeting Feb. 23 at 7:30 in the high school library to discuss and plan the 1999 Senior Prom. For more information, call Kim Allison at 669-7632 or Susie Lindsey at 669-7563.

PAMPA — The Pampa Middle and High School bands have rescheduled their midwinter Nona S. Payne Concert to Tuesday night at 7 p.m. at Calvary Baptist Church at 900 E. 23rd.

AUSTIN (AP) — Results of the Lotto Texas drawing Saturday night:

Winning numbers drawn: 25-30-50-27-28-9.

Estimated jackpot: \$4 million.

Number matching six of six: 0.

Matching five of six: 80. Prize: \$1,521.

Matching four of six: 4,293. Prize: \$103.

Matching three of six: 83,052. Prize: \$3.

Next Lotto Texas game: Wednesday night.

Estimated jackpot: \$7 million.

- Frank G. Carver, 59, opera singer.
- Thomas Ernest "Tom" Jones, 91, retired farmer.
- Pearl Ann Langley, 62, homemaker.
- Knox Finley Nichols, 84, former oil field superintendent.
- Ton E. Price, 77, retired employee of Phillips Petroleum.

To place your ad call Beverly or Leslie. 669-2525.

Classified8
Comics6
Medical4
Sports7

"Good rates backed by Good Neighbor service make State Farm unique."

Sheila Webb Agent
Coronado Center
669-3861 • 800-299-3861

JOHN W. KLEIN, M.D.

SPECIALIZING IN EYE CARE SURGERY. COMPLETE EYE EXAMS FOR GLASSES & CONTACTS.

- NO STITCH AND SINGLE STITCH CATARACT SURGERY
- GLAUCOMA SURGERY
- LASER SURGERY FOR DIABETES AND GLAUCOMA
- EYE LID SURGERY

100 W. 30th • Suite 108 • Pampa
806-665-6565 • 888-393-7488



Total loss...

A fire about 7:48 Sunday morning destroyed a home at 2526 Christine. The house, which was vacant, belongs to Melvin Earl. The home was being repaired from a fire last July. It's considered a total loss from the blaze that started with an electrical short in a wall. It had smoldered for some time before getting to the roof, according to City Fire Marshal Gary Stevens.

(Pampa News photo by Jeff West)

Police hope teddy bear will provide Ramsey case clues

BOULDER, Colo. (AP) — A Denver woman's teddy bear closely resembling a toy that was in JonBenet Ramsey's room around the time she was killed could provide a lead in the two-year murder mystery, the Boulder District Attorney's Office said.

"It appears it will give us some information," spokeswoman Suzanne Laurion said Saturday.

The toy was turned in to authorities Friday, the day after District Attorney Alex Hunter sought help from the public in tracking down information about a foot-long stuffed teddy bear dressed in a Santa suit.

The stuffed animal in the photo was reportedly among toys found in JonBenet's room, but family members said it did not belong to the little girl. The teddy bear is now apparently missing.

Hunter posted a fuzzy snapshot of the white, furry bear on an Internet site, hoping that someone would be able to identify the toy's manufacturer and retailers where it was sold in 1996 or earlier.

The site logged 10,000 hits within 24 hours, 100 voice mails, two faxes and two "personal contacts," the District Attorney's Office said.

The photo was also published and shown on television, and a Denver woman who saw the photo of the bear on TV turned over her similar toy to officials on Friday. No information was disclosed on

(See RAMSEY, Page 2)

PHS students win language awards

Three PHS students in German language courses were recently awarded special recognition by the Oklahoma State University German-by-Satellite program for the students' work during the fall term.

Sophomore Dori Edens, who completed German II with a 97 average, received the Outstanding

Young Scholar's Award. Fewer than 15 percent of the students enrolled in the program meet the strict requirements for this award.

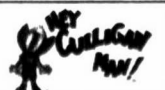
Two German II students, sophomores Stephanie Blankenship and Consuelo Hacker, were recognized with Certificates of Achievement for performing well above the average in the program.



(left) Students Dori Edens, Stephanie Blankenship, teacher Linda Høynes and student Consuelo Hacker.

(PHS Community Camera photo by Eileen Kludt)

Culligan
806-665-5729
314 S. Starkweather • Pampa



DEAN'S PHARMACY
2217 PERRYTON PARKWAY "MEDICAL SUPPLY SALES & RENTAL" 806-669-6896

Middle school elections



Pampa Middle School recently held its mayor and vice mayor election for the semester. Back row from left: Tyler Howard, Jinger Pajestka, Teryn Stowers. Front row, Evan Ladd, Holly Gattis, Amber Driggers. (Special photo)

TPMHA Board of Trustees reports excess of revenue

AMARILLO — The Texas Panhandle Mental Authority Board of Trustees met recently in Amarillo. The Treasurer's Report shows that for the four-month period ending Dec. 31, the agency has an excess of revenue over expenditures.

TPMHA Hereford Advisory Committee chairman, the Rev. James Peach reported on the activities of the Advisory Committee. The Hereford Advisory Committee meets quarterly and provides community oversight for TPMHA programs operating in Oldham and Deaf Smith Counties of the catchment area. Membership to the nine TPMHA advisory committees is made up of consumers, family members, community volunteers and interested individuals in the communities where they live and work. The chairs of all advisory committees make either oral reports and/or written reports to the board on at least a quarterly basis.

Sandy Skelton, TPMHA executive director, gave an update on the Texas Department Mental Health Mental Retardation's request for new money in the next two year funding cycle of \$100 million for medicine and \$50 million for services to support those persons who are seriously mentally ill. With the availability of these medications, many mentally ill people will be able to work and have a quality of life that is not available to them at this time. All of the 38 MHMR centers across the state are joining together and contacting each legisla-

tor asking for their support and giving them information on the need for this monetary request.

TPMHA's Board of Trustees provides oversight for the operation 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 is made up of 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; and Diane Scroggins, Borger. Two additional board members will be appointed in the near future.

Texas Panhandle Mental Authority has offices in Amarillo, Hereford, Pampa, Borger, Dumas, Clarendon and Peryton.

Additional information regarding services offered by the agency or a speaker on mental health issues for adults and/or children, can be obtained by calling Gene Ann Grant, Family and Community Education director at (806) 354-2191.

Drilling Intentions

Intentions to Drill
CARSON (WEST PANHANDLE) Chesapeake Operating, Inc., #T-2-R-H Mineral Investments, 430' from South & West line, Sec. 52,4,I&GN, (BHL: 2430' from South & 430' from West Sec. line) PD 4500'. Recompletion for Horizontal Well

HEMPHILL (WILDCAT & HEMPHILL Douglas) Bracken Operating, L.L.C., #1-46 Cantwell, 800' from North & 900' from West line, Sec. 46,41,H&TC, PD 8200'.

Amended Intentions to Drill
HEMPHILL (WILDCAT & S.W. CANADIAN Granite Wash) Samson Lone Star Ltd. Partnership, #4 Isaacs '208', 660' from South & 1580' from East line, Sec. 208,C,G&MMB&A, PD 10800'. Amended to change well location

CC machine course

Clarendon College-Pampa Center will begin offering evening machining courses starting Feb. 9.

Phil Grant, machining instructor, recently announced courses in Precision Tools and Measurement and Machine Shop Blueprint Reading will be offered from 6-10 p.m. Tuesday and Thursday evenings Feb. 9-May 27. Grant stated these courses are foundation courses for the rest of the machining curriculum and will be followed by additional classes in the following semesters.

These classes are being offered at the new Clarendon College Applied Technology facility at 1333 Price Road.

For more information, call Clarendon College-Pampa Center at (806) 665-8033 or (806) 665-8801. Seating is limited and early registration is advised.

Gas Well Completions
CARSON (WEST PANHANDLE) Luxor Oil & Gas, Inc., #1R Seiber, Sec. 10,7,I&GN, elev. 3390 gr. spud 6-25-98, drlg. compl 12-10-98, tested 1-6-99, potential 500 MCF, TD 3015' —

GRAY (WEST PANHANDLE) Gruy Petroleum Mgmt. Co., #2 Stubbs, Sec. 9,3,B&B, elev. 2873 rkb, spud 9-11-98, drlg. compl 9-13-98, tested 10-29-98, potential 835 MCF, TD 2505' —

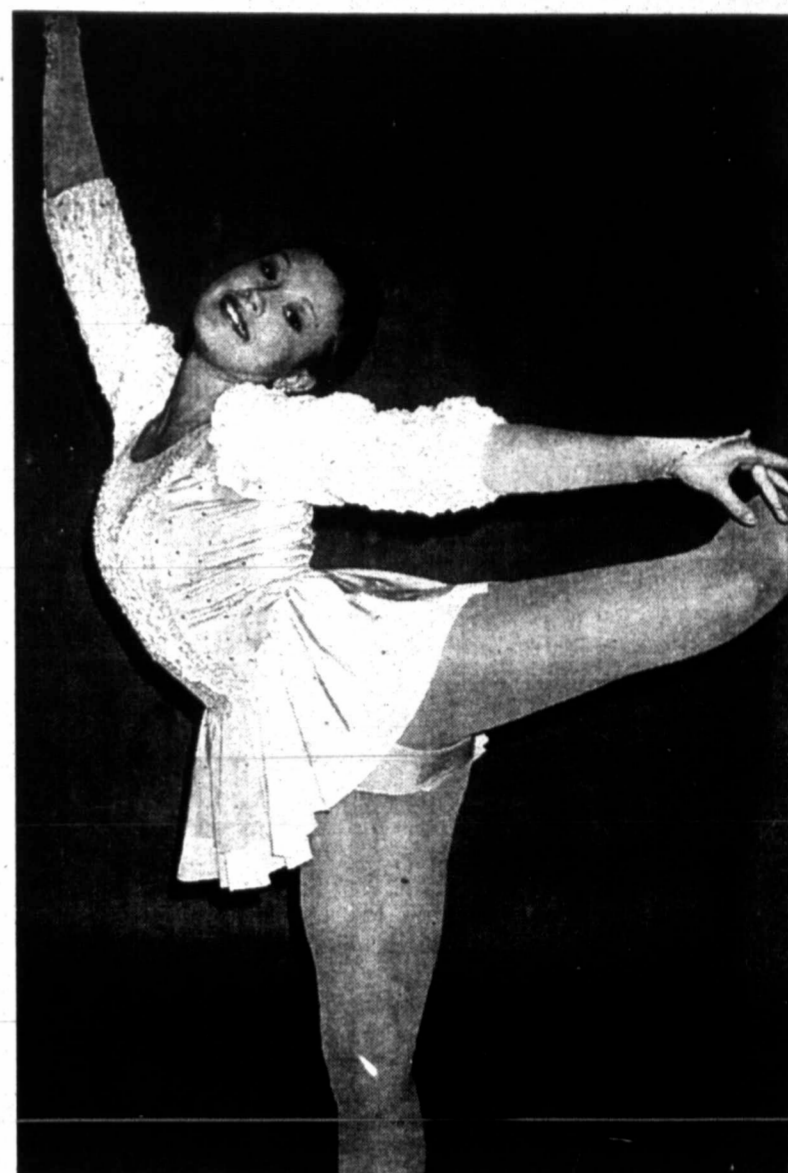
HUTCHINSON (S.W. MORSE Brown Dolomite) Ocean Energy, Inc., #5066 McNutt, Sec. 66,5-TT&NO, elev. 3292 gr. spud 9-23-98, drlg. compl 9-29-98, tested 10-28-98, potential 67 MCF, TD 3550' —

WHEELER (WEST PARK Upper Morrow) Crescendo Resources, L.P., #2024 Hall-McCoy, Sec. 24,4,CCSL, elev. 2623 kb, spud 7-26-98, drlg. compl 9-25-98, tested 12-3-98, potential 225 MCF, TD 16300', PBTD 16290' —

Plugged Wells
GRAY (PANHANDLE) McMahon Operating Co., L.C., #10 Ruby Sackett, Sec. 148,3,I&GN, spud unknown, plugged 12-10-98, TD 3308' (oil) — Form 1 filed in Bradshaw Oil & Gas

ROBERTS (QUINDUNO Lower Albany Dolomite) Excel Production Co., #1 Mathers 'B', Sec. 9,2,I&GN, spud unknown, plugged 12-28-98, TD 4140' (oil) —

ACT I



Musetta Carver will be performing as part of the dinner entertainment at ACT I's upcoming show, "Romantic Comedy" scheduled to perform at M.K. Brown Auditorium Thursday, Friday and Saturday - Feb. 4, 5, and 6. For reservations call Berinda Turcotte at 665-9369. Carver was Miss Dance Runner-up, Teen Miss Dance of Texas in 1997, Miss Dance of Texas 1998, Senior Miss Dance of Texas 1999 and Teen Miss Lake Meredith 1997. At the Our Diamond Miss competition she was Modeling Queen 1998, Beauty Queen 1998, Talent Queen 1998 and National First Runner-up, Talent. (Special photo)

KACV announces Wishbone Writing Contest winners

AMARILLO — KACV, the local public television affiliate, recently announced the winners of the Wishbone Writing Contest. The story selected as Grand Prize winner, "Welcome To Congress," was written by Jessica Sinclair, a fifth grade student at St. Mary's.

Four other stories were also named winners: "If I Were a Dog" by Raquel Gonzales, a fifth grader at Sanborn Elementary; "A Day in the Life of Wishbone" by Eastridge Elementary fourth grader Sarah Vongsouthi; "Dog Trek: Encounter at Catphobia" by Jonathan Gates, a third grade student at Bivins Elementary; and "Molly and Tomisina Go Swimming" by Aubrey Elmore, a home-school fifth grade student.

In addition to the five winners getting to read their stories on videotape to be broadcast throughout the area on KACV, the top 10 stories will be copied and distributed as a book to all the school libraries that participated in the contest. In addition, each library will receive Wishbone books and outreach materials from KACV-TV. The public television station funded the contest through a grant awarded by the producers of Wishbone, one of only four such

grants awarded nationwide. Of these, KACV was the only station to hold a writing contest as part of their outreach effort.

"They loved the contest idea we proposed so much, they're now considering doing the same contest in other areas throughout the country," said KACV Development Coordinator Hilda Patterson.

The contest was implemented through KACV's Outreach Department, which also oversees the station's non-program responsibilities as a Ready To Learn station by distributing free books to children from low-income families and by conducting workshops for teachers, parents and caregivers as part of an ongoing effort to help children be prepared to learn by the time they enter school.

Nationwide PBS is the No. 1 television resource in classrooms from kindergarten through 12th grade, according to the broadcast service's research. KACV's preschool outreach efforts include giving over 3,500 books a year, serving between 1,500 and 2,000 children. The program began in September 1991. To enroll in a workshop or for more information, call KACV Outreach at (806) 371-5474.

Meredith House



Meredith House Tenant of the Month Tommie Thompson is congratulated by Program Director Cinda Jennings. (Special photo)

THE Pampa NEWS

403 W. ATCHISON • PAMPA, TEXAS
 TELEPHONES: (806) 669-2525
 1-800-687-3348 • FAX: 669-2520
 EMAIL: kbd@pan-tex.net • pamnews1@pan-tex.net

This newspaper (UPS 781-540) is published daily except Saturdays, Thanksgiving and Christmas Days, by The Pampa News, 403 W. Atchison, Pampa, Tx. 79065. Periodicals postage paid at Pampa, Texas. Postmaster: Send address changes to The Pampa News, P.O. Drawer 2198, Pampa, Texas 79066-2198.

Publisher: L.W. McCall
Ass. Publisher-Editor: Kate B. Dickson
Managing Editor: Miranda G. Bailey
Advertising Director: Rick Clark
Office Manager: Helena McKnight
Circulation Manager: Dean Lynch

COPYRIGHT NOTICE

The entire contents of The Pampa News, including its logotype, are fully protected by copyright and registry and cannot be reproduced in any form for any purpose without written permission from The Pampa News.

HOME DELIVERY

All carriers are independent contractors and The Pampa News is not responsible for advance payments of two or more months made to the carrier. Please pay directly to the News Office any payment that exceeds the current collection period.

SINGLE COPIES

Daily 50¢/Sunday \$1.00

Member: Associated Press

SUBSCRIPTION RATES

CARRIER HOME DELIVERY

1 yr.\$84.00 6 mos.\$42.00

3 mos.\$22.00 1 mo.\$8.00

MAIL SUBSCRIPTIONS

Mail In Roberts, Gray, Carson, Wheeler And Hemphill Counties In Texas

1 yr.\$102.00 6 mos.\$51.00

3 mos.\$25.50

Mail All Other Areas In U.S.

1 yr.\$114.00 6 mos.\$57.00

3 mos.\$28.50

Single Copy Mail

Daily\$1.50 Sunday\$2.50

No mail subscriptions are available within the city limits of Pampa. Mail subscriptions must be paid 3 months in advance.

COLLECTOR BEARS of your Favorite Celebrities, Baseball & Football Players

by Salvino, Limited Treasures, Planet Plush & Collectcritters

YOUR ADIDAS HEADQUARTERS

New Styles Arriving Daily

Check out Our Crazy Price Sale on Adidas, Converse, Fila & Reebok Shoes

HOLMES SPORTS CENTER

304 S. Cuyler • 806-665-2631

PAMPA TIME & TEMPERATURE
 665-0941

Senior Citizens

Living At Its Best!

PAM APARTMENTS
 1200 N. Wells • 669-2594

SCHNEIDER HOUSE
 120 S. Russell • 665-0415

Extra, Extra Photo Savings!

FREE 2nd Set!

3" **ALCO Advantage** Prints
 OR
 4" or 5" **Kodak** Prints

Every Tuesday & Saturday!

ALCO Advantage

DAILY: 9 A.M.-9 P.M. SUNDAY 12 NOON-6 P.M.
 CORONADO CENTER

MEDICAL

More men turning to plastic surgery

By ERIC NIILER
The San Diego Union-Tribune

SAN DIEGO (AP) — Patrick Dockry tired of sit-ups and fat-free muffins. This 36-year-old worked out regularly, dieted and still was saddled with the bane of image-conscious guys — little love handles around his waist.

So Dockry found a shortcut that more men are taking — an afternoon of liposuction.

"I'm not obese, but I don't want to diet that much," said Dockry, a healthy, athletic owner of a hair-care distribution company in Carlsbad. "I'll go to the gym, but I don't want to spend all that time on the bike or whatever. It's not that much fun."

Once reserved for Hollywood stars or wealthy socialites, plastic surgery has become a quick-and-easy (but not so cheap) procedure for salesmen, middle-income managers and even military officers who must impress for success.

The rapid growth of plastic surgery — and the number of doctors performing it — has also raised concerns about the regulation of the industry.

Men account for 14 percent of the 2.1 million cosmetic procedures performed last year in the United States, according to industry figures. In the past five years, male liposuctions tripled, while the number of face lifts performed on men doubled.

"So many men give the same story," said William Mullis, a Charlotte, N.C., plastic surgeon for 22 years. "They'll go into see someone for a morning meeting and they'll ... have this tired, hung-over look even after eight hours of sleep."

Paul Loewenstein, a Milwaukee plastic surgeon, has seen his male clientele double to about 10 percent of his practice in the past three years. "They want to be more competitive with younger males in the job market," he said.

Some say this obsession with appearance — and the willingness to shell out thousands of dollars to transform it — mirrors our culture's impatience and its reluctance to get older.

"Baby boomers don't want to age gracefully, they want to have it their way," said Ralph Holmes, chairman of the department of plastic and reconstructive surgery at UCSD's School of Medicine.

Statistics show it's mostly middle- and upper-income white males who are getting plastic surgery. The most common procedures are hair transplants (\$3,000), nose jobs (\$3,300) and liposuction (\$2,600

per site). These costs can double and triple, depending on how much work is done.

But plastic surgery isn't risk-free. An estimated 60 to 100 patients die each year as the result of liposuction out of an estimated 110,000 procedures annually in the United States, according to estimates by the Medical Board of California. That represents an unacceptable risk, said Robert del Junco, an Orange County plastic surgeon who is leading a state medical board panel looking at reforms.

Unlike other medical specialties, doctors can perform plastic surgery without a three-year stint of hospital training known as a residency. Doctors practicing in other fields, such as ophthalmologists or urologists, for example, can legally perform plastic surgery after completing weekend courses. "We have this trend in medicine where anybody and anyone can be a plastic surgeon," said del Junco, who did his training in a hospital setting.

Physicians certified by the American Board of Plastic Surgery have completed hospital-based residencies. But many doctors belong to boards or societies unrecognized by the American Board of Medical Specialties, such as the American Board of Esthetic

Surgery and the American Liposuction Society. Such groups can set any standards they want, and most lack the resources to police their members.

Some doctors perform these procedures without the backup of a hospital emergency room. Del Junco said it is important for patients to ask their doctor what they have in place in case something goes wrong during or after an operation, such as resuscitation equipment, heart monitors and a post-operative recovery area staffed by a trained nurse or doctor.

Patients should also make sure their plastic surgeon has a medical license and medical malpractice insurance, is certified by the American Board of Plastic Surgery and that the surgery center is accredited and affiliated with a hospital.

Inside a well-lit operating room in a medical building near Scripps Hospital, Merrel Olesen prepares for a routine liposuction. His patient, 36-year-old Mark Harke, is on the operating table, his breathing controlled by a machine and an anesthesiologist.

Harke's bare torso is shaved and tinted ochre-yellow with anti-septic solution. With a few strokes of a magic marker, Olesen has outlined sections of his patient's chest, stomach and waist from which he plans to remove fat.

After injections of saline and epinephrine, a drug to constrict blood vessels and reduce blood flow, Harke's skin takes on a reddish hue. A technician massages a plastic plunger. Olesen works the needle back and forth between the muscle and skin layers, dislodging fat that has taken years to accumulate, then siphoning off the mixture of yellowish liquid fat and blood into a plastic bottle.

Once the fat cells are removed, they won't come back. But if the patient puts on weight in the future, it will accumulate in other parts of the body, such as the thighs.

Eighty minutes later, Olesen has removed about two quarts of the fat-blood fluid.

Six weeks after the surgery, Harke of Encinitas home smiles when asked if he's pleased with the results.

"I'd definitely do it again," he said. "All my friends are amazed."

Study: Drug beneficial to obese patients

HOUSTON — A two-year study of nearly 900 obese patients has shown that the drug orlistat (Xenical™), in combination with a moderate-calorie diet, promotes weight loss, helps prevent weight regain, and produces other health benefits.

Results of the study, conducted at Baylor College of Medicine in Houston and 17 other research centers nationwide, are published in a recent issue of the Journal of the American Medical Association.

"We are extremely encouraged by the outcome of this research, which was the largest and longest of any double-blind, placebo-controlled U.S. trials to test the effectiveness of a weight-loss medication in obese patients," said Dr. John Foreyt, principal investigator for the Baylor site.

Orlistat, which has not been approved by the Food and Drug Administration, is a "fat-blocker." Unlike obesity drugs it allows about one-third of fat consumed during a meal being digested so that the body will not absorb it.

Participants in the study had to be at least 30 pounds overweight. They were randomly assigned to receive orlistat at a placebo, a harmless sugar pill.

During the first year of the study, all participants were confined to a low-calorie diet. Those receiving orlistat lost 8.8 percent of body fat; the placebo group lost only 5.8 percent. At the end of the first year, 65.7 percent of the orlistat group lost more than five percent of their initial body weight, compared to 43.6 percent of the placebo group. Almost 39 percent of the participants who received orlistat lost more than 10 percent

of their initial body weight, compared to nearly 25 percent of those who were given the placebo.

During the second year, participants were placed on a moderate-calorie diet to see if they could maintain their weight loss. Participants given 120 milligrams of orlistat regained 32 percent of their lost weight; participants given 60 milligrams of orlistat regained 51.3 percent; and the placebo group regained 63.4 percent of their lost weight.

Patients who were treated with 120 milligrams of orlistat throughout the two years lost 7.6 percent of their initial body weight by the end of the study, while those given a placebo showed only a 4.2 percent loss throughout the two years.

In addition to weight loss, orlistat significantly reduced total cholesterol, low-density lipoproteins, glucose, insulin and blood-pressure levels.

Throughout the study, orlistat was well-tolerated by participants. The most common adverse reactions were intestinal, reported by 79 percent of the orlistat group and 59 percent of the patients given a placebo.

"This study is definitely good news for obese people who have difficulty regulating the amount of fat in their diet and whose weight is interfering with their health," said Foreyt, professor of medicine and director of the Behavioral Medicine Research Center at Baylor. "Study participants also had to exercise, which serves as a reminder that an effective weight-loss program cannot rely on medication and diet alone."

The research was funded by Hoffman-La Roche, manufacturer of orlistat.

Health briefs

Heart disease is a big problem for women

HOUSTON — Heart disease, not breast cancer, is the leading killer of women in the U.S.

"Most women do not experience heart disease until after menopause because the hormone estrogen protects them up until that point," said Dr. Rebecca Reeves at The DeBakey Heart Center at Baylor College of Medicine in Houston. "Following menopause, estrogen levels change. This is why many doctors encourage women to go on hormone replacement therapy."

Some of the risk factors for heart disease in women include obesity, high blood pressure, high cholesterol, smoking, a lack of exercise, and a poor diet. Eating a balanced diet where less than 30 percent of the calories come from fat is very important.

Prevention can keep the cold and flu away

HOUSTON — Extra attention to hygiene may keep the cold and flu away this winter.

"The most common way that colds are transmitted is through handshaking on hands covered with virus," said Dr. Jane Corby, an assistant professor of family and community medicine at Baylor College of Medicine in Houston.

Everyone should get in the practice of washing their hands. Although new antibacterial soaps are on the market, they will provide no better protection in fighting the virus than good old soap and water. Keep phones and door handles clean as possible, and if you do some down with a virus, do your co-workers or classmates a favor and stay home for a few days.

Winter colds can turn into an infection

HOUSTON — If that nasty winter cold just won't go away, it may be because it has turned into a sinus infection.

"A sinus infection can make someone feel sick for a number of

days," said Dr. Holly Birdsall an associate professor of otorhinolaryngology at Baylor College of Medicine in Houston. "Symptoms might include fatigue and headache."

Decongestant nose drops often provide relief, as do home remedies, like soup and spicy foods. The key is to flush out the sinuses, and get the bacteria out before they accumulate and cause sinusitis. If none of these measures cure the problem, see a doctor to determine if an antibiotic is necessary.

Staying healthy is a big concern for younger cancer survivors

HOUSTON — Most young cancer survivors worry about staying healthy, than about a recurrence of the disease, according to pediatric experts.

"The effects of surviving cancer can be subtle and difficult to diagnose," said Dr. ZoAnn Dreyer with the Texas Children's Cancer Center at Baylor College of Medicine and Texas Children's Hospital in Houston.

Possible effects of cancer treatment include heart problems from chemotherapy or radiation, learning disabilities, infertility, growth/hormonal disturbances, the development of additional malignant tumors, and psychological issues. Monitoring the unique health needs of young cancer survivors will go a long way towards keeping them healthy for years to come.

Survivors of childhood cancer are eligible for evaluation at the Texas Children's Cancer Center. Long-Term Survivor Clinic. For more information call (800) CANCER-9.

Studying a new method of breast reconstruction

HOUSTON — Stimulating fat cells to grow in dome-shaped implant might someday offer a potential new approach to breast reconstruction following a mastectomy.

Plastic surgeons at Baylor

College of Medicine in Houston are experimenting with this technique for use in breast-cancer patients in hopes that it will have fewer risks than current methods of breast reconstruction following a mastectomy.

"Currently, breast reconstruction in cancer patients usually requires transferring tissue from the abdomen or the back of the chest," said Dr. Eser Yuksel, a Baylor plastic surgeon. "However, there is a risk of scarring, and it is difficult to restore the volume, shape, size, texture and blood supply of a normal breast."

The new approach relies on the body to generate its own tissue, so scarring should not be a problem, and the breast should look and feel normal.


Scientists seek keys to muscle loss in space and Earth

HOUSTON — Researchers tackling the problem of muscle loss in space hope to find solutions that will help people with muscle-weakening conditions on earth.

"In a weightless environment, astronauts quickly begin to lose muscle mass," said Dr. Robert Schwartz, a professor of cell biology at Baylor College of Medicine in Houston and muscle alterations and atrophy team leader for the National Space Biomedical Research Institute. "On Earth, similar muscle loss occurs in the elderly, in patients with nerve crush injuries or neuromuscular diseases, and in persons confined to their beds."

NSBRI muscle labs are studying changes during weightlessness that trigger muscle atrophy through protein breakdown and rapid changes in calcium. Potential drug therapies initially tested in healthy adults exposed to prolonged bed rest.

The NSBRI, a consortium of medical and universities, focuses on biomedical research related to the effects of long-term space flight on humans.



GOLDEN PHOENIX CENTER


COLUMBIA MEDICAL CENTER

P A M P A • T E X A S

A MENTAL HEALTH PROGRAM FOR SENIORS

FOR INFORMATION CALL 663-5570

Amarillo Suicide Hotline
1-800-692-4039



COLUMBIA

Medical Center of Pampa

Tri
Co
Ke

S
adequ
mally
Earl
pove
water
Two
were
Arou
pove
pump
City
radio
water
ple.
water,
Saturn
water
the cit
get Li
ed. M
water
they I
hand.
levels
dents
possit
"We
serve
panic,
Fire
lem v
Sünd
house
Em
perso
handl
dreds
end,
Jayne
were
natur
even l
vision
Ken
ment
ing t
many
lems
heate
city d
ment
talke
Colum
agree
heat s
teria c
Sever
offer,
Sevi
praise
SPS v
night
street
Ken
South



(Community Camera photo)
Travis Elementary recently had its Science Fair. Grades third, fourth and fifth participated in the event. Fifth grade Science Fair winners include, back row from left, Brooke Colton, Laura Haley, Autumn Darden, Zach Edens, Taren Johnson. Middle row, Ashlee Lucas, Jessica Smith, Sarah Langford, Miranda Woodruff. Front row, Mistee Moreland, Keenan Davis, Brian Haddock.

CONTINUED FROM PAGE ONE

STORM

adequate water supplies normally aren't a problem.

Early Friday night the city lost power to all but one of the water wells south of Pampa. Two of the pumping stations were also without power. Around 8:30 Friday night the power was lost to the last pumping station, too.

City officials went on local radio to ask people to conserve water. Shortly after, due to people panicking and hoarding water, Morris said, the above ground tanks went dry. By late Saturday, six of Pampa's 10 water wells were pumping but the city still has not been able to get Lake Meredith water started. Morris said some of that water will start today even if they have to open the lines by hand. Because of the low water levels city officials ask that residents conserve water where possible.

"We have enough water to serve Pampa if people just don't panic," Morris said.

Firefighters got into a problem with low water pressure Sunday morning fighting a house fire in town.

Emergency communication personnel also faced problems handling "hundreds and hundreds" of calls over the weekend, according to 911 operator Jayne Fraser. Many of the calls were of a non-emergency nature. Fraser said many calls, even to 911, were about the television cable being out.

Ken Hall, emergency management coordinator, was busy trying to help people. He said many people with health problems called asking for portable heaters or generators but the city does not have extra equipment of that sort, he said. He talked with officials from Columbia Medical Center who agreed to let people without heat stay in the lobby and cafeteria of their building if needed. Several took advantage of that offer, he said.

Several of the city officials praised the city workers and SPS who worked through the night in many cases to clear streets and restore power.

Ken Vaughn with Southwestern Public Service

said today that power had been restored to most of their service area.

"Power is still out in some outlying communities," Vaughn said.

As of noon today, he said, power was still out in Groom, Panhandle and Claude.

"We have a 25 mile section of line down around Conway that's causing problems," Vaughn said.

He said Pampa was hit particularly hard over the weekend.

Vaughn said the weekend winter storm was the most devastating in more than 20 years.

"Perhaps, ever," Vaughn said. "At least since the 1940s."

He said SPS had brought crews in from Lubbock and New Mexico to restore power that was out from downed limbs and power lines because of the storm. SPS also brought in crews from Lubbock Power and Light, cooperatives in New Mexico and the Lubbock area and contracted with crews from as far away as Andrews and Big Spring.

Vaughn also said SPS brought in tree trimming crews from Lubbock and New Mexico to help clear limbs from power lines.

"We know it has been very frustrating for our customers," Vaughn said today. "We appreciate their patience."

He said that the beginning with power outages Friday, customers started calling the service number for the electric utility and phone lines became so overloaded that callers were getting a message that the number had been disconnected.

"It was the correct number," Vaughn said. "The telephone trunk lines were just overloaded."

He said SPS crews were overwhelmed by the storm, and it was Saturday afternoon before they began turning the situation around. He said the wind Saturday morning was particularly bad.

What to do with limbs...

Cleaning up the hundreds to thousands of tree limbs that litter Pampa will take at least a month, possibly two months or more, according to Director of Public Works Richard Morris and Street Supervisor Kimberly Lincycomb.

Cleanup was scheduled to begin today about 1. Residents who want the city to pick up the limbs should stack them by the curbs. Morris stressed that the limbs should not be put in the alleys and any that are placed there will not be picked up for some time.

The city has also designated two spots for residents to drop off limbs for the city to dispose of. The first is the city swimming pool parking lot in the 900 block of E. Kentucky. The second is the Rodeo grounds auxiliary parking lot in Recreation Park.

Lincycomb said the city still has a truck lend program where the city will bring a truck to a building and the resident can load with branches and limbs. The city will then pick the truck up the next day. Anyone interested in the program should call the city at 669-5760 for details.

AA flight turns back

SEATTLE (AP) — A Tokyo-bound American Airlines jet turned back and landed safely after smoke seeped into the cabin from a malfunctioning VCR.

Fire trucks met the MD-11 on Sunday at Seattle-Tacoma International Airport but no action was necessary. There were no injuries.

The pilot reported smoke about an hour out of the airport, but the smoke had diminished by the time the plane returned. The smoke was caused by a short in an electronics board in the VCR that shows in-flight movies, airline spokesman John Hotard said.

The 64 passengers and 13 crew members were flying to Tokyo today, he said.

On Thursday, the Federal Aviation Administration ordered airlines to inspect MD-11s for wiring and insulation problems and make any necessary repairs. The directive stemmed from the Sept. 2 crash of Swissair Flight 111, which plunged into the ocean off Nova Scotia 16 minutes after the pilot reported smoke in the cockpit. All 229 aboard were killed.

INTERNET

For the Eastern Texas Panhandle

PAMPA CYBER NET is the leading Internet Service Provider in the Eastern Texas Panhandle, offering state-of-the-art V.90 and K56flex connections.

PAMPA CYBER NET has been providing quality Internet service to the Eastern Texas Panhandle for 3 years.

PAMPA CYBER NET has satisfied Internet customers in each of the following locations...

- | | | | |
|----------|-----------|------------|------------|
| Alanreed | Canadian | McLean | Shamrock |
| Allison | Clarendon | Memphis | Skellytown |
| Amarillo | Groom | Miami | Wellington |
| Borger | Hadley | Mobeetie | Wheeler |
| Brice | Lakeview | Pampa | White Deer |
| Briscoe | Lefors | Samnorwood | |

PAMPA CYBER NET

1319 N. Hobart Pampa, Texas
800.871.4868 806.665.8501
<http://www.pan-tex.net>
support@pan-tex.net

A GREAT DEAL JUST GOT BETTER!

ANNOUNCING ...
Larger Sizes for our Popular Smart-Saver Advertising Package.

2x2 1/2 INCH SMART-SAVER
Previously only a 2x2 inch Run Monday, Tuesday or Wednesday and Tuesday Shopper Only \$24.95 Per Week

NEW 2x5 1/2 INCH SMART-SAVER
Run Monday, Tuesday or Wednesday and Tuesday Shopper Only \$54.95 Per Week
*13 Week Contract Rate
*Package Includes Insertion Into The Panhandle Country Shopper
*One Copy Change Per Month
*Significant Savings Over Regular Rates
Call 669-2525 For Details!
THIS MUCH MORE SPACE - FOR THE SAME PRICE!

MORE ADVERTISING SPACE WITH NO CHANGE IN RATES!

THE PANHANDLE COUNTRY SHOPPER NOW OFFERS EXPANDED COVERAGE

WHY SHOULD YOU ADVERTISE IN THE PAMPA NEWS? COVERAGE ...

The Pampa News is the dominant force in the Eastern Texas Panhandle, offering coverage in Pampa, Lefors, McLean, Skellytown, Perryton, White Deer, Canadian, Miami, Mobeetie and Wheeler. We have a daily circulation approaching 6,000, and a Sunday circulation of approximately 7,000. Every Tuesday our non-duplicating Panhandle Country Shopper reaches approximately 7,000 homes. By using our non-duplicating Shopper and The Pampa News, you will reach a Total Market Circulation of approximately 14,000 homes.

CALL ...



The Panhandle Country Shopper is Non-Duplicating Coverage and is direct mailed to Perryton and Canadian

1-800-687-3348

The Pampa News &

The Panhandle Country Shopper

403 W. Atchison • P.O. Box 2198 • 806-669-2525 • 800-687-3348

CINEMA
6th Week
Patch Adams (PG-13)
Fri. & Sat. 7:05 & 9:15
Sun. thru Thurs. 7:05
Sat. & Sun. Matinees 1:50

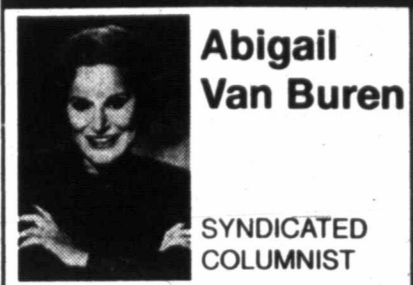
2nd Week
Stepmom (PG-13)
Fri. & Sat. 7:00 & 9:20
Sun. thru Thurs. 7:00
Sat. & Sun. Matinees 1:45

3rd Week
You've Got Mail (PG)
Fri. & Sat. 7:00 & 9:20
Sun. thru Thurs. 7:00
Sat. & Sun. Matinees 1:45

3rd Week • #1 Movie
Varsity Blues (R)
Fri. & Sat. 7:10 & 9:15
Sun. thru Thurs. 7:10
Sat. & Sun. Matinees 2:00

Mother's Materialism Sparks Spirited Protest From Readers

DEAR ABBY: Please tell me the letter from "A Loving Mom" was an old one, dredged up from the 1950s. This woman needs a reality check if she's concerned with her daughter, at age 19, marrying a man who can keep her in the lifestyle to which her parents have accustomed her.



Abigail Van Buren

SYNDICATED COLUMNIST

was before a serious commitment was made. Now, let's hear it from the readers:

DEAR ABBY: My advice to "Arnie," the boyfriend, is to run like the wind away from that family, especially the mother. The values the girl was raised with will surely surface to make his life miserable.

LINDA IN WASHINGTON

DEAR ABBY: "Loving Mom" described how successful her husband is, and listed the material things they have enjoyed over the years. But, Abby, she never once mentioned any terms of endearment about her marriage. Life and happiness are not about storing up material things; they're about mutual caring and having a soul mate to share your life with.

A LOVING HUSBAND, HULMEVILLE, PA.

DEAR ABBY: In an age where

infidelity and sexual violence rule the headlines, it angers me that this mother feels that "Arnie," a fine young man who loves my daughter, and who admirably attends college part-time while working, is not making the grade.

So Mom is concerned that her daughter might have to forgo the new cars and nice vacations she has grown up with, and live with a more average income? Please! Yet the letter is signed "A Loving Mom." How about "A Materialistic Mom"? If daughter was as concerned as mother about living on Easy Street, my guess is that she would have dumped Arnie long ago.

I vehemently disagree with your advice to the mother to have a talk with her daughter. Abby, it's the mom who needs a talking-to. Well-meaning she may be, but I wish she'd wake up to the idea that love and wealth do not go hand-in-hand.

RANKLED IN ROCHESTER, N.Y. (A MALE READER)

Abby shares her favorite recipes in two booklets: "Abby's Favorite Recipes" and "Abby's More Favorite Recipes." To order, send a business-sized, self-addressed envelope, plus check or money order for \$3.95 per booklet (\$4.50 each in Canada) to: Dear Abby Booklets, P.O. Box 447, Mount Morris, Ill. 61054-0447. (Postage is included in price.)

Everybody has a problem. What's yours? Get it off your chest by writing to Dear Abby, P.O. Box 69440, Los Angeles, Calif. 90069. For a personal reply, please enclose a stamped, self-addressed envelope.

with a resourceful person. Tonight: Burning the midnight oil. CAPRICORN (Dec. 22-Jan. 19)

*** If you take an overview, you'll get past an extremely emotional issue. You might feel that another is being difficult. Indulgences mark conversations; lunches could become lengthy. Finances are prone to wild swings. Don't launch a "great" idea yet. Tonight: Computer games, or maybe a movie.

AQUARIUS (Jan. 20-Feb. 18) *** Your whimsical words and ideas cause others to react strongly. Do you really care? A friend might feel left out when you make a mate or partner your highest priority. You might decide to spring for an important expenditure. Tonight: Go for togetherness.

PISCES (Feb. 19-March 20) ***** Your softer side comes out when dealing with others. Reevaluate your thoughts about a loved one. Sudden insights open new doors. You are changing and might need to adjust your work accordingly. Make an extra effort toward associates. Tonight: Out and about.

BORN TODAY Model Christie Brinkley (1953), actress Farrah Fawcett (1947), musician Graham Nash (1942)

For a personal consultation with a psychic, call (900) 000-0000, \$2.95 per minute. You can request your favorite psychic, and Spanish-speaking psychics are available. Rotary or touch-tone phones. Must be 18 or older to call. A service of InterMedia Inc., Jenkintown, Pa.

For Better or For Worse



Zits



Garfield



Beetle Bailey



Marvin



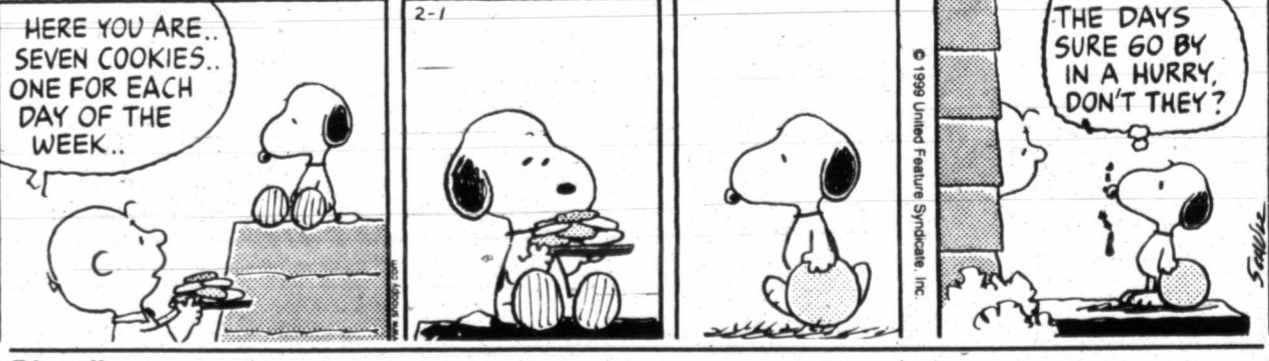
B.C.



Haggar The Horrible



Peanuts



Blondie



Mallard Filmore



Horoscope

TUESDAY, FEB. 2, 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)

***** Options appear left and right. Intense pressure comes from a distance. Evaluate and think. A flash of illumination might bring a great idea, pursue it. Friends delight you with news. Take care of business. Make time to attend a meeting. Tonight: Pace yourself.

TAURUS (April 20-May 20)

***** Contact with diverse personalities sends your creativity soaring. A partner becomes controlling. You could feel faced with a brick wall! Power plays abound; choose not to engage. A boss startles you with news, but your initial reaction could change dramatically. Tonight: Go for a fun time.

GEMINI (May 21-June 20)

*** Dig your heels in, rather than reacting. You'll be illuminated by information and won't see a situation in the same light as before. A partner pushes you way beyond your limits. Establish what works for you. Consider updating a home office. Tonight: Make calls and tie up loose ends.

CANCER (June 21-July 22)

***** You are hard pressed to finish work and might need to screen calls. Your ability to take a stand makes you a winner. Keep communication flowing. Don't hesitate to say what is on your mind. A surpris-

ing response could affect your funds. Tonight: Here, there and everywhere. LEO (July 23-Aug. 22)

*** Listen carefully today. Another pushes your buttons, as he attempts to assume control. Use your powerful magnetism and personality. Money matters transpire in your favor. Partners surprise you with news. Check out an investment carefully. Tonight: Shop for jewelry or art.

VIRGO (Aug. 23-Sept. 22)

*** A family member rebels, though this shouldn't be a surprise. You see situations much differently. Work provides unusual excitement and opportunities. You are in control of your choices — don't let another push you. A partner proves tantalizing! Tonight: Accomplishment comes naturally.

LIBRA (Sept. 23-Oct. 22)

*** Take a break from the frenetic, hectic pace. Events put you on overload, another is quite manipulative. Say "no" in a way that lets others know you mean it. Consider a special opportunity carefully; it might not be all it's cracked up to be. Tonight: Get some extra ZZZs.

SCORPIO (Oct. 23-Nov. 21)

*** Financial matters push your buttons. You might not be able to fit the answers you want, presently. Keep long-term goals in mind. A family member provides many ideas, with this person comes a flurry of activity. A child or loved one makes a special effort. Tonight: Do something entertaining.

SAGITTARIUS (Nov. 22-Dec. 21)

*** Don't give into performance anxiety; just do what will get the results you want. You might be tempted to rebel or behave differently. Maintain responsibilities. Ideas float in when you brainstorm

Crossword Puzzle

By THOMAS JOSEPH

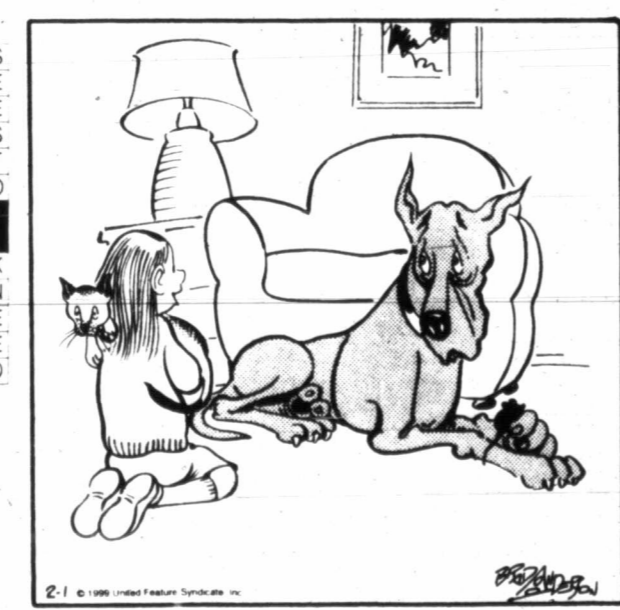
- ACROSS 38 Wonder of music breaker 39 "Step—" ("Hurry!") 10 Big wheel's villainous wheels expression 41 Disorder 13 "Terrible" czar 14 Flowery shrub 2 Kind of pride 3 Stupefy 4 Sources of prosperity 5 Made agreeable 16 Hways 21 Words from Ralph Kramden 30 Singer Lena 7 Smile center 22 Diet lunches 23 Spotted cats 36 "— Got a Secret" 24 Inhabitant

SMACKS ASKS PUSH CHEE ARTERY TONE DARED DOWNS SLOT SORBET ASHY IDO SCHMALTZY JAY AREA AMPERE GAWK BURST FAGIN BRET SALINE EASE ATONCE RISE TAGGED

Saturday's answer

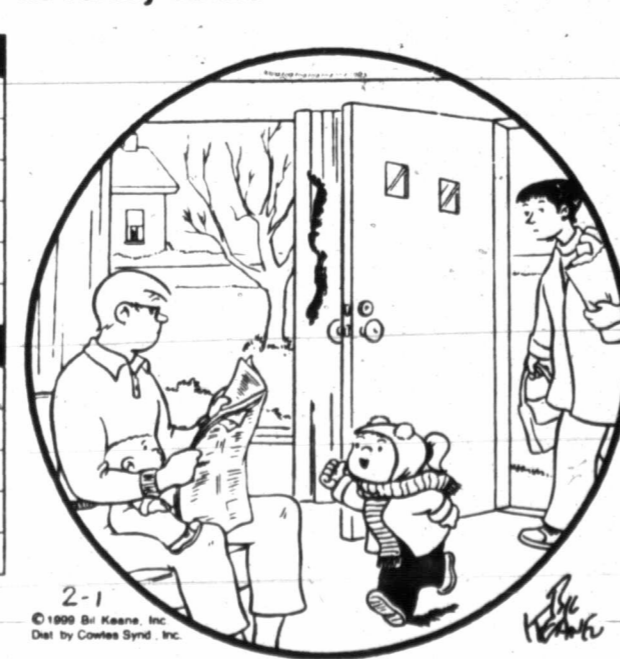
- 9 Raise 25 Repair 12 Be 27 Witty 16 Hways 29 Bottled spirit 21 Words from Ralph Kramden 30 Singer Lena 7 Smile center 22 Diet lunches 23 Spotted cats 36 "— Got a Secret" 24 Inhabitant

Marmaduke



"I promise I won't tell anyone you were playing with King Tut's cat toy."

The Family Circus



"Guess what, Daddy! Our car has a dimple now!"

STUMPED?

For answers to today's crossword, call 1-900-454-7377! 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

Lady Harvesters & Hustlin' Harvesters

1998-1999 Basketball Schedule

Lady Harvesters vs. Hereford
6:00 • February 2nd • in Hereford

Lady Harvesters vs. Palo Duro
6:00 • February 5th • at Palo Duro

Hustlin Harvesters vs. Hereford
7:30 • February 2nd • in Hereford

Hustlin Harvesters vs. Palo Duro
7:30 • February 5th • at Palo Duro

JOHN T. KING & SONS
918 S. Barnes 669-3711

Best Sales & Rentals
"Complete Home Furnishing & Decorator Items"
201 N. Cuyler 669-0558

Century 21 PAMPA REALTY INC.
More POWER to you:
312 N. Gray -- 669-0007

PERSONNEL SERVICES
1224 N. HOBART • SUITE 105 • PAMPA, TX.
806-665-2188 • 800-325-4162

FirstBank Southwest
Pampa
300 W. Kingsmill • 665-2341 • Pampa, Texas

1224 N. Hobart 806-665-0022
NBC
NATIONAL BANK of COMMERCE
Member FDIC

FRANK'S THRIFTWAY
300 E. Brown • 665-5151
1120 N. Hobart • 665-5153

BEST FINANCE
LOANS • JEWELRY • HOME FURNISHINGS
201 N. CUYLER 669-0558

DEANS PHARMACY
2217 Perryton Parkway 669-6896

FIRST American BANK
Texas Owned • Texas Strong • Texas Proud
221 N. Gray • 665-2326 2500 Perryton Pkwy. • 669-1144

PARKER BOATS & MOTORS, INC.
301 S. CUYLER • PAMPA • 669-1122
5909 CANYON DRIVE • AMARILLO • 359-9097

Chicken
2201 Perryton Pkwy. • Pampa • 669-2442

Waukesha-Pearce Industries, Inc.
201 N. Price Road
P.O. Box 1976
Pampa, Tx. 79066-1976

TOPOGRAPHIC MAP STORE
2225 Perryton Parkway
(806) 665-7218

NationsBank
100 N. Cuyler • 665-8421
MEMBER FDIC

FIRST STATE BANK OF MIAMI
Main Bank
100 S. Main • Miami, TX • 806-868-2771
Pampa Branch
120 W. Kingsmill • Pampa, TX • 806-665-3669
Member FDIC

CellularONE®
1329 N. Hobart • 669-3435 • 800-530-4335

PAM APARTMENTS
1200 N. Wells • 669-2594
SCHNEIDER HOUSE APARTMENTS
120 S. Russell • 665-0415
Apartment Living for Seniors

 **COLUMBIA**
Medical Center of Pampa