
lligh loday ot Low tonight upper 30s Page 2

 ancotimated dxis million. Tha
anmbers drawn Solturday
 night's draving will he
worth onl cotimated $\$ 17$ mil

## PAMPA

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 Mrink: Memberong downtad PAMPA cipperkitchon



 shulder, Ly Nowrer rentals The revent in tre and apeon to
$\qquad$

[^0]
## Voters head to polls Tuesday

By NANC Y YOUU
Managing Fditor




Polls throughout Texas open at 7 a.m. and close at 7 p.m.

Thornberry: Farming industry in serious trouble "new


CattleWomen scholarship
applications now available


## Daily Record

## Obituaries

Services tomorrow ANZALDUA, Eddie G. - Mass
Funcral Home Chapel, Amarillo. DALRYMPLE, Kenneth Elwood - Graveside











S.W. WINFRED BUCKINGHAM
SHAMROCK I.W. Wintruat Buckingham








 Sill









| "utiun 'it Carnichacl | Stocks |
| :---: | :---: |
|  | $\mathrm{I}^{1}$ |
| died in 11455 . He moved to Pampa in 1934 | hemw |
| in 965 , 15 | \%mmer |
| In bevknged th First Baptist Church of Pampa. Survivers include two soms and a daughter-in- | Cimk |
| L.iv, Anthic /.uck G Girition, Jr, ut Pampa, and Gary |  |
|  |  |
| Colllege Statiom, ind Ri |  |
|  |  |
| dist Church, 21.3 N . West |  |
| TERRY |  |
| ARIILIO - Terry Alan Grifitit, 35, a for- |  |
|  |  |
|  |  |
| Churd, (1) H.llway with the Reve Cordon Benson | Emergency numbers |
| P'irk in PM, Prinvicw under the direction of Foskey- |  |
| Mr Mritur fumern Home of | Crime Stopeers. |
|  |  |
|  |  |
| vved ts emergency medical technician in |  |
| Pampa und t.uyght clases at Amarilo. He |  |
| bevomged to firm Buptist Church of Halfway. |  |

We have a Community Camera just for you. It's fun. Its free. 669.2252

Survivors include his father, Billy Grifith Oiton; a sister, Teresa Adams of Oiton; and The family requests memorials be to Olton Olton, TX 79064
Shamrockren blleen stone SHAMROCK- Lauren Eileen Stone, 30, died in acrash of Litestar medical helicopter Friday
March 10, 2000. Services will be at 2 p.m. Tuesday in Calvary Christian Fellowship Church with Joe
Jernigan, pastor, officiating. Burial will be in Jernigan, pastort, officiating. Burial will be in
Shammock Cemetery under the direction of Wrigh Funeral Directors of Shaminock.

 nursing degree from AC. She lived in Amarillo, serving as a flight nurse for Lifestar for two years
and workiny in the emervency
nom and working in the emergency moom at Northwes
Texas Hosppita for three years. In addition, she was a volunteer for the Canyon Survivorts include thee treance sons, Jacob Seymour of Amarillo; her parents, Richard and Lynn Smith of Shamrocik; two sisters thin Lisa Shoptese of
Shamrock and Charlote Trew of Lubbock and Shamrock and Charlote Trew of Lubbock; and
three brothers, Bryan Lawless of Brunswick, Ga three brothers, Bryan Lawless of Brunswick, Ga
and Doug Smith and Daylon Smith, both oo
Ind

## Ambulance

Rural/ Metro macte the following calls duri
the 48 -hour period ending at $7 \mathrm{a} . \mathrm{m}$ today. the 48-hour period ending at 7 a.m. today
8:29 a.m. - A mobile ICU unit responded to
the 2500 biock of Beech and transported one to
Pampa Regional Medical Center.
PRMC and transported one to Northwest Texas Hospital.
$3: 30 \mathrm{p} . \mathrm{m}$. - A
3 The 400 block of North Zimmers. No transport: the $10.59 \mathrm{p} . \mathrm{m}$ block of of South Sumner and transported
${ }^{6: 28} \mathbf{~ p . m . m . - A ~ M o b i l e ~ I C U ~ u n i t ~ r e s p o n d e d ~ t o ~}$ the to PRMC.
8:18 a.m. - Sunday, March 12
he 2700 block of Navaio and unit responded to
10:16 a.m. - A Mobile ICU unit responded to
the 1100 block of Varmon and transported one to
1:199. p.m. - A Mobile ICU unit responded to

$5.50 \mathrm{p} . \mathrm{m},-$ A Mobile ICU unit responded
the 1000 block of E. Franos. . No transport.

6.3.3..... - A Mobile el CU unit responded to
PRMC and transported one to Amarilp.

## Fires

The Pampa Fire Department reported the fol-
lowing calls during the 48-hour period ending at

## 7 a.m. today.

$12: 45$ a.m. $\begin{gathered}\text { Saturday, March } 11 \\ \text { One }\end{gathered}$
12:45 a.m. © One unit and three personnel
nusponded to the 1300 block of Bond for fifting
$3.3 \mathrm{p} . \mathrm{m}$. One unit and three persomnel
medical assist.
3.40 .
3:46 p.m. One unit and two personnel
responded too grass fireat Kingsmill and Frasier
4:30 p.m. ©o One unit and three personnet
responded to an alarm in the 1500 block of
$5: 54 \quad$ Sunday, March 12
5.58 p.m. - One unit and three personnel
sponded to the lloo block of East Frederic
medical assist.
10:05
p.im . One unit and two personnel
10:05 p.m. .One unit and two personnel
responded to the 1300 block
Starkweather on a hazardous material call. North

## Stocks

## POLLS

Poll incumbent. Kenneth Childress is being challenged Polling places for the Democratic Party in Carson by joe Vanzandt and Daryl G. Sneigrooes.
County will 101 , St. Mary's Hall, Groom; 201 and 103, Carson County Library, Panhandle; 202, Mary Ann Labus Exnicious. Home, west of Panhandle; 301, Panhandle High School, Panhandle; 302, Ester
Gaines home, Fritch; 401 and 102 Antler Gym,
White Deer; and 402 , Gaines home, Fritch; 401 and 102, Antier
White Deer; and 402 school in Skellytown.
Roberts County woberts County
Roberts County will have joint primary voting
locations in their county. The five locations for ballocations in their county. The five locations for bal-
loting are Precinct 1, school house; Precinct 2 ,
Courthouse; Precinct 3 , Community Cent loting are Precinct 1 , school house; Precinct 2 ,
Courthouse; Precinct 3 , Community Center;
Precinct $4-1$, football field; and Precinct $4-2$. Wayside
Voters in
Voters in Roberts County will also be selecting a new sheriff as three candidates, Dallas W. Hardin,
Dana Miller and Gary Pettit, are in the Republican primary.
Wheeler County
Wheeler County voters will have to choose
which primary to cast ballots in the Democrat and which primary to cast ballots in the Democrat and
Republican primaries. Republican primaries.
Democrat voters hat
Democrat voters have a contested sheriff's race, a
contested county tax assessor-collector, County Commissioner races in Precinct No. 1 and Precinct 3 and constable race in Precinct 2 .
Incumbent sheriff jimmy Wales Adams is being challenged by Dennis mary.
Three candidates are seeking the Precinct No. 2 Constable race. Incumbent Jerry Bob Jernigan is
being challenged by Charres L. Gragg and Bruce being challenged by Charles L. Gragg and Brue
Burrell in the Democrat primary. Bili Turnbow is the only candidate
Republican primary Republican primary.
Incumbent Tax-A or Collector Lewis Scott Porter is facing a challenge by Laccy Hathaway in
the Democrat primary.

## THORNBERRY <br> Y

Thornberry cited weather, trade policy, regula-
ions and taxes as conspiring to make it difficult for ions and taxes as conspiring to make it difficult for
farmers and ranchers to break even, let alone make a profit.
"We are seeing farmers whose families were
some of the first settlers in our region decide they come of the first settlers in our region decide they,
cannot make a living this way any more," Thornberry said.
"We know some of the answers," Thornberry said. "We know that we must have common sense
regulatory reform that takes into account the effects of regulations on producers' ability to earn a
iving and on their costs of production. We have the right to know the costs and the benefits of a regula-
ion and how much of our taxes it will take to

Mobse in Wheeler County. They are Precinot one, Mobeetie, First State Bank; Precinct No. 2, Wheeler, missioner Coutror; Precinct No. 3 , Wheler, com-
mrecinct No. 4, Allison, missioner courtroom; Precinct No. A, Allison,
Allison School; Precinct No, 5 , Heald, Methodist
Church; Precinct No. 6, Church; Precinct No. ., Lela, , elal School; Precinct
No. T, Kelton, Kelton School; Precinct No. 8, No. 7, Kelton, Kelton School; Precinct No. 8,
Shamrock, City Hall; Precinct No. 9 Shamrock, unior high kym; and Precinct No. 10, Briscoe, Republican polling places are Precincts 1,2 , and Wheeler; Precinct 3 and 4, IP. Office-Courthouse Wheeler; Precinct 5 , Methodist Church, Heald; Precinct 6, Lela School; Lela; Precinct 7, Kelton
School, Kelton; Precinct 8, I.P. Office, 118 West 2nd Schoot, Kelton; Precinct 8, J.P. Office, 118 West 2nd,
Shamrock; and Pioneer West Museum, 204 N . Madden, Shamrock.
Lipscomb County
Lipscomb County voters will be voting in the sheriff race in the Democrat Primary. Incumbent
Sheriff James Robertson is being challenged by Wayne Floyd.
Ballots in bo
Bary s in both the Democrat and Republican primary may be cast by voters at the following loca-
tions: Precinct 101, Locust Grove School, Sec. 197; Precinct 202, 308, and 409, Darrouzett, American
Dect
Darrouzett Legion, Darrouzett; Precinct 303, Follett Community Center, Follett; Precinct 404, Higgins
City Hall, Higgins; Precinct 405, Lipscomb Club City Hall, Higgins; Precinct 405, Lipscomb Club
House, Lipscomb; and Precincts 106 and 207,
Booker American Legion, Booker. Booker American Legion, Booker.
Additional information may be obtained by conacting the county clerk's office in the county in which the voter resides.
mplement it"
Thornberry complained about taxes and said he hopes congress this year will abolish the estate or death" tax which he says costs too many families "We know that trade is essential, and the United States must do a better job in ensuring that our producers have a level international playing field on He also said our products," Thornberry said. He also said that while congress cannot make it rain, it can provide a safety net
survive the difficulties of nature.
"And we can have a safety net to help producers survive low prices," Thornberry said.
He said not all wisdom originates in
He said not all wisdom originates in Washington,
"There is a lot of wisdom on Texas farms and
ranches," Thornberry said. "We need to hear and nefit from that wisdom."

## ROM PAGE O

## BEEF

Technomic Inc.
"t has come back," says Ray Lekan, co-owner of the 51 -year-
old Paulina Market, which had one of its best years ever in 1999 thanks to beef. "It's slowly
becoming more popular again. of the cholesterol onus, the gray cloud that's been
over it for so many years," he says. Bef's glory days may not last. percent this year, driving prices still higher, due to the liquida-
tion of breeding herds during tion of breeding herds during down years. And marketing
research shows chicken will surpass beef as Americans' meat of
choice by 2005 . choice by 2005 .
brought huge relief modest jump brought huge retiet to an indus-
try that has been standing in
place while those pesky birds, place while those pesky birds,
chicken and turkey, fly up from "For the first time in 20 years. we're seeing beef demand stabiHeze," says Chuck Schroeder,
chief executive officer of the Netional Cattlemen's Beef "It isn't a skyrocketing
increase, but it says consumers
have renewed interest and have renewed
enthusiasm for beef
Several factors explain the latest beefing
Among them:
soaring, people are eating out more than ever and high-cost
items such as steaks and other
choice cuts of beef popular. The nationwide craze for the low-carbohydrate, high-prostaple for many.

- Taking a page from the poultry industry's cookbook, the beef industry has been
stressing convenience and
speed. From rotisserie-style


## Weather focus

 PAMPA - The local forecastcalls for partly sunny skies today calls for partly sunny skies today
with a high around 60 and $5-15$ mph winds becoming southeast
this afternoon. Mostly cloudy tonight with a low in the upper
30 s and a 20 percent chance of rain along with $5-15 \mathrm{mph}$ winds
out of the southeast. Tomorrow out of the southeast. Tomorrow
should be mostly cloudy with a
20 percent chance of rem 20 percent chance of rany with the
morning. The high Sunday wa 7; the low was 33 .
STATEWIDE
roasts to fully cooked ground
beef and microwaveable pot beer and microwaveable pot
roast and stews, it has been
flooding supermarkets since late flooding supermarkets since late
1998 with heat-and-serve products that can be prepared in 10
minutes. minutes. "The industry got the mes-
sage" says Chuck Levit, meats
analyst for Alaron Trading Cor analyst for Alaron Trading Corp.
in Chicago. "It knew it needed in chicago. "It knew it needed
to prepare more quick-preparation products."'

- A $\$ 30$ millio -A A $\$ 30$ million yearlong mar-
keting campaign launched last fall has what Schroeder calls an
"aggressive nutrition comploter aggressive nutrition compo-
nent." In other words, it says
beef is good for you. beef is good for you. The cam-
paign focuses on the nutrients
beef provides beef provides - xinc, iron, pro-
tein and several B-vitamins. The tein and several B-vitamins. The
beef industry even claims lean beef industry even claims leen
red meat can be part of a choles
terol-lowering diet terol-lowering diet.
The resurgence The resurgence of beef has
made the livestock industry a
rare bright spot among rare bright spot among U.S.
farmers, many of whom are in the doldrums over low prices
for agricultural commodities. for agricultural commodities.
Recovering from hard times
that ended in about mid-1998, ranchers enjoyed the best prices
for calves in December since for calves in December since

1994. Feedlots have been prof199b. Feedlots have been prof-
itable since early last summer.

Besides U.S. consumption, strong U.S. exports to Asia and
sewhere Among the beef industry's iggest fears is an economic
downturn. "There are two places people
steal' from when their money gets tight: their food budget and their insurance company," says
Dave Maher, a meat industry analyst for Securities Corp of owa. "That means they might anck on the expensive cuts."
but Such a scenario seems far away at E\&M Foods, where beef
sales leaped 13 percnt last year
and where browsing customers and where browsing customers
 steaks, filet mignon.
Owner Ed Figlewicz sees beefts comeback as inevitable. that came and went. The veggie craze came and went. But beef - that's part of us," he main-
tains. "Americans have always tains. "Ame
liked beef."

On the Net: $\begin{gathered}\text { National } \\ \text { Cattlemen's }\end{gathered}$ Cattlemen's Bee
http://beef.org/

## City Briefs

## The Pampa News is not responsible for the content of paid advertisement

1997 GMC Sonoma, ext. cab, SOCCER COMBO Deals
Com,
 FENCE REPAIR or build new. Joe Johnson 665-3368.
PAY $\mathbf{1 / 3}$ down, 3 months no
interest, on stoves in stock, while interest, on stoves in stock, while
they last. Fireside Comfort, 725
W. Brown, Hwy. $60,665-9333$.

WOODSTOVES PACTORY price increase effective April 1st Buy now at ${ }^{99}$ prices!! Fireside
Comfort, 725 W . Brown, Hwy
605.9333



The Pampa Rotary Club held a luncheon in honor of the Harvester Tennis Team. Rotary President Jeff Boyd and Lee Cornelison presented the 1997-98 District Champs and the fall 1999 Team Champs with a banner celebrating their success. Above: Boyd, Cornelison, tennis team members Emily Waters, Emily Curtis, Helen Orr, Jennifer Jordan, Stacie Carter, Brittany Kindle, Sarah Fraser, A.J. Smith, David Phillips, Jared Spearman and Coach Quarles and Coach Turner

## Calendar of events

PAMPA AREA LITERACY COUNCIL Pampa Area Literary Council office is open
from 10 a.m.-4 p.m. Monday-Friday. For more information, call $665-2331$. Clean Air Al-Anon will hold weekly meetings on Tuesdays and Thursdays at noon at
810 W . 23 rd . For more information, call 669 . Tralee Crisise Centsis CENTER Tralee Crisis Center will offer Volunteer
Training for people interested in working Training for people interested in working
with victims of domestic violence, sexual assault and other crime victims. For more -800-658-2796. PLANNED PARENTHOOD Planned Parenthood of Amarillo and the Texas Panhandle is extending clinic hours in Pampa. The clinic is now open from 8 a.m.-
4:30 4:30 p.m. Monday-Friday, 408 W . Kingsmill
Ave., $1175-\mathrm{A}$. Special evening hours until 6 p.m. are available by appointment. For more Information or for an appointment, call $665-$
2291. Planned Parenthood is a not-for-profit 2291. Planned Parenthood is a not-for-profit
health care organization serving women and men in 17 offices covering 26 counties in the panhandle. LOVETT MEMORIAL LIBRARY Hours will be at 10 a.m. every Tuesday from Jan. 11-May 16. The program, which includes crafts and stories, is open to all children 18
months to 5 -years-old. Story hours are free months to 5 -years-old. Story hours are free
and no registration is required. For more and no registration is required. For mo WESTERN SWING FESTIVAL
Western Swing Music Society of Western Swing Music Society of the
Southwest will host the second annual western swing festival from 10 a.m. $11 \mathrm{a} . \mathrm{m}$. March 17 and 18 in the Henson Activity Center Ballroom on the West Texas A\&M
University campus. The festival is open to University campus. The festival is open to
the public. Admission is $\$ 10$ for non-members and $\$ 5$ for members. For more information, call Odis James at (806) 622-3271 or
Bobby Wynne at (806) 372-3612. Bobby Wynne at (806) ${ }^{372-3612 .}$
Pampa Board of Realtors will hold its
Annual TREPAC Auction Tuesday, March 21 Annual TREPAC Auction Tuesday, March 21 at
at Pampa Country Club. A socill hour and silent auction, sponsored by Gray County
Tile and Great Plains Tile, is slated from 6 -7 p.m. followed by a Mexican Buffet for $\$ 12.50$ per person. The auctioneer will be Terry Conn. Proceeds will benefit Texas
Association of REALTORS Political Action

Committee. RSVP by March 17. For more information, call 669-2522.
TOP $O^{\prime}$ TEXAS QUEEN CLINIC Top O' Texas Rodeo Association is sponClinic" " Miss Rodeo Top $\mathrm{O}^{\prime}$ ' Texas Queen March 25, at Pampa Community Building, Cost of the clinic is $\$ 5$ per person. This vear's pageant will be discussed in detail and Pageant clothes will be accepted for resale.
$669-0434$ information, call the rodeo office at 669-0434 or Sonja Daniel at 665-5501.
WTAMU 'e CAMP'
West Texas A\&EM University's "e Camp" for youngsters will explore the radio, televiion and film industry. For more informa
tion, write, call or e-mail the following Leigh Browning, e Camp director, WTAMUU
Lain
Lain Box 60747, Canyon, TX 79016-0207; (806) 6512412; lbrowning @wtamu.edu.
BROWN BAG LECTURES Dr. Jerry Lane, Clarendon College-Pampa
Center, will present a series of topics during he noon hour every Thursday through March 23.
Communication, Febs 24 ; Time Management Communication, Feb. 24; Time Management,
March 2; Dealing with Anger in the Family,
 Communicating Feelings and Emotions, March 23. The public is cordially invited to
bring a lunch and attend one or more of the essions. FPC HANDGUN CLASS
Frank Phillips, College Office of Continuing Education and Hutchinson cealed handgun class from 6-10 p.m. March $21-23$ in the Classroom Learning Complex
Room CLC-4, FPC, Borger. The qualifying Room CLC-4, PPC, Borger. The qualifying
portion of the class will be from 8 a.m.-12
noon Saturday March 25 at the gun range. noon Saturday, March 25 at the gun range.
For more information, call the Office of For more information, call the Office of
Continuing Education at (806) 274-5311 or 1 . Continuing Education at (806) 274-5
M00-687-2056, ext. 789,
MRS. TXAS AMERICA Mrs. America Pageant officials are seekin
representatives from representatives from the Pampa area to compete for the titte of Mrs. Texas America 200
to be held May $26-28$ at the Sheraton Brookhollow Hotel in Houston. Contestants will compete in Evening Gown, Swimsuit
and Personal Interview. Contestants range in age from 23 to 72 years. For more informa-
ton, call (480) $563-4216$ or visit www.mrstextion, call 480 ) $563-4216$ or visit www.mrstex-
asamerica.net. on the World Wide Web. SCHOOL TO CAREER PROGRAM
Texas AFL-CIO has announced the "School
to Careers project for high school students interested in union apprenticeship pro-
grams. To learn more about the benefits of ynion-sponsored apprenticeship training
programs, contact the local Texas Workforce Commission or call (512) 470-0918.
American Intercultural Student Exchange American Intercultural Student Exchange is a non-profit educational foundation seek
ing local host families for high school foreign
exchange students exchange students for the $2000-01$ schoo
year. The students, which come from 25 year. The students, which come from 25
countries throughout the world, live with American families and attend local high schools during their 10 month exchange
Host families provide the students witt Host families provide the students with
place to sleep, meals and a family atmos place to sleep, meals and a family atmos-
phere. For more information, call $1-800$-SIB Chere. or visit AISE website, www.aise.com.
MS SOCIETY The Multiple Sclerosis So The Multiple Sclerosis Society offers a
monthly program for people with MS every monthly program for people with MS every
third Thursday of each month. Some of the
topics covered include. "Moving topics covered include: "Moving Forward: A
Program for People Newly Diagnosed with Program for People Newly Diagnosed with
MS,", "When MS Progresses," "Intimacy and MS,", "Life after Diagnosis: A Wellness
Approach" and Approach" a and much more. A transcript is
provided at the site after provided at the site after each prorgram. For
more information, call $1-800-\mathrm{FIGHT}$-MS or more information, call $1-800-$ FIGAT-MS or
(806) $468-7500$ or contact the National MS website at www.nmss.org and select Educational Programs.
TEXAS LS/AMPHIBIOUS ASSOCIATION TEXAS LS/AMPHIBIOUS ASSOCIATION The Texas chapter of LST/Amphibious
Association is seeking former amphibious ssipciates for its next reuner amp, Apribl 27-29
hat the 11th Street Holiday Inn in at the 11th Street Holiday Inn in Beaumont. For more information, contact R.H. Garne
LST 461 , HC 52 Box 362, Hemphill, TX COLGATE YOUTH SERVICE CONTEST COLGATE YOUTH SERVICE CONTEST
Local Boy Scouts, Girl Scouts, Boys and
Girls Clubs, Girls Inc., Camp Fire and $4-\mathrm{H}$ Girls Clubs, Girls Inc., Camp Fire and 4-H
organizations are invited to enter their best community service projects in the 2000 "Colgate Youth for America" campaign. Cash grants of up to $\$ 2,000$ will be awarded
to the most creative and best executed proto the most creative and best executed pro-
jects from local clubs and troops. Entry forms are available through regional offices of the national organizations or by sending a SASE
to: Colgate Youth for America Campaign, to: Colgate Youth for America Campaign,
P. Bo Bo 1058, FDR Station, New York, NY $10150-1058$. Deadline for, entry into this year's progran is March 31. Forms are als
available on-line at www.colgate.com.

## Drilling Intentions

HUTCHINSON (PANHEntions to Drill
PD 3600, for the followinA wells: J.M. Huber Corp., W.A. Carver,


 Almaguie Survey, PD 3500, for the following wells,
$\boldsymbol{1 3 6}, 4563$, from South \& 2310 , from East Ine of Sur

 $\# 139,653^{\prime}$ 'rom South \& 4290 ' from East line of Survey.
HUTCHINON (PANHANDE) J.M. Huber Corp, Herring ' $A \& B$, Pd $3600^{\circ}$ for the following.
NA $-38,2148^{\prime}$ from North \& $2310^{\prime}$ from East line, Robert Walters Survel.
\#A $3,2798^{\prime}$ from North \& $1450^{\circ}$ from East line, Robert Walters
Sol
 Survey
ROBRTS (WILDCAT \& ALPAR PEARSON Brown Dolomite)
Ant $1786^{\prime}$ from West line, Sec. $22, \mathrm{~A}, \mathrm{H} \& \mathrm{GN}, \mathrm{PD}$ 3900
ROBERTS (WILDCAT \& WEST LIPS Lower Shawnee) Amoco

 PD WHEELER (WILDCAT \& MO-TEX Meisner) Cambridge Production, Inc., $\# 1$ Maurita, 46
Sec. $26, A-5, H \& G N, ~ P D .13000$.
ROBERTS (LIPS Cleveland) Alpar Resousk
Lips '157', 1040 (Lrom North \& East line, Sec. $157,13, \mathrm{~T} \& \mathrm{NO}$, PD B353' HEMPHILL (FELDMAN Well Completions
HEMPHLL (FELDMAN Tonkawa) Upland Resources, Inc., 1 Lockhart Strip, Sec. $1-1-$ Robert Moody Survey, elev. 2584 gr, spud 11-
$11-99$, drlg. compli-1 17.99 , tested $22-200$, flowed 24 bbl. of 48 grav. oil
 filed as *1 Jeny LOu
HEMPHLLL (GEM-HEMPHILL Lower Douglas) Matador


 49 Donaldson, Sec. 49,A-1,H\&GN, elev. 2407 kb , spud 12.26 .99 , drlg.
compl $11-8-00$, tested $2-24-00$, flowed 152 bbl. of 41 grav. oil +42 bbls.
 sure 2604, GOR 1941, , TD $8250^{\prime}$, PBTD $8146^{\circ}$
ROBERTS
Lips ' 157 ', sec, $157,13,1 \mathrm{TLNO}$, elev, 2948 gr , spud $10-15.99$, drig
 water, GOR 11333, TD 9220 Plugged Well - Plug-Back
ROBERTS (WILDCAT) Rangee Production CO., \#9 Ben Hill 1628 from South \& 1 1495' from West ITne, Sec. $143,42, \mathrm{H} \& T \mathrm{TC}$, spud 12-18-99,
plugged $1-25-00$, TD 11400 (dry)

## With DWI, nobody wins

Don't drink and drive


Vote For Our Grandpa, Robert Douglas, For Constable Precincts 2, 10 And 13


Re-Elect
JOE WHEELEY Gray County Commissioner Precinct I

A Family Man Working For The Future Of Gray County

Your Vote And Support Will Be Appreciated


Show your pride in Americal
Please don't litter.

$2 \times 21 / 2$
26.70 per run

## $2 \times 31 / 2$ <br> 37.38 per run

> Run Weekly Or Every Other Week And Get the Shopper FREE

## American Heart Association, Texas Affiliate releases cardiovascular death statistics

Austin - On an average day in
Texas, 153 residents die from carTexas, 153 residents die from carto data released by the American
Heart Association, Texas Affiliate. Heart association, Texas Affriate,
The association compiled these The association complied these
statistics using 1998 mortality nformation recently released
rom the Texas Department of Health.
Cardio Cardiovascular disease remains claiming the lives of 56,007 people in 1998 ( 39 percent of the
142,389 Texas residents that died). That translates into two of every
five deaths. As a comparison, in he same year cancer was the

Nationally, statistics show that from 1987 to 1997 the number of deaths from cardiovascular disease has declined only 2.1 percent. One reason for this small decline is that the total U.S. population, and particularly the population of middle-aged and older people, is increasing. Another reason is that recent advances in medical treatment have allowed more people to ical treatment have allowed more people to and now these people are dying of subsequent cardiovascular illnesses
state's second leading cause of death, claiming 32,275 lives. Accidents accounted for 7,385 deaths and 937 people died of human foods in mossure checked regular mmunodeficiency virus (HIV) infection in 1998. Nationally, statistics show that from 1987 to 1997 the number of in the United States who has some form of cardiovascular disease, deaths from cardiovascular disease has declined only 2.1 percent. call your local American Heart Association office for more informaOne reason for this small decline is that the total U.S. population, tion or call 1-800-AHA-USA1. nd particularly the population of middle-aged and older people, is A non-profit health organization funded by individual and corpo
increasing. Another reason is that recent advances in medical treat- rate donations, the American Heart Association Texas Affiliate is ment have allowed more people to survive previously fatal cardio- the state's largest voluntary health organization dedicated to reducvascular events, and now these people are dying of subsequent car- ing disability and death from heart and blood vessel diseases.

## National Farmers Union members adopt new policy during 98th annual convention in Salt Lake City

SALT LAKE CITY, Utah - country proves that it can meet and programs to give produc-
Family farmers and ranchers international standards in the ers access to additional maradopted a legislative platform areas of human rights and kets. for 2000, debated the future of trade. farm policy and heard from key "We discussed and debated included an announcement by
officials at the National long-term solutions to the price Glickman that a producers' ref officials at the National long-term solutions to the price Gickman that a producers ret
Farmers Union 98 th
crisis in our area and around erendum will be conducted by Anniversary Convention held the country," said Sims. "Every the USDDA's Agricultural
recently in Salt Lake City. Wes commodity and every region of Marketing Service recently in Salt Lake City. Wes commodity and every region of Marketing Service on the
Sims, president of Texas the country is facing the same mandatory pork check off. He Farmers Union of Sweetwater, challenges. The convention was did not specify a date for the was one of more than 500 farm- an opportunity for us to craft a vote ers and ranchers from around comprehensive policy program A call to action from U.S. Sen.
the country who attended the for the coming year." the country who attended the for the coming year.
gelegates passed a special Paul Wellstone, D-Minn., who gath today's farm policy debate, order calling for a study on con- aging rural citizens to join 30
delegates voted to withhold solidation in the U.S. food nationwide organizations support for Permanent Normal retailing, market and distribu- including the NFU - in supTrade Relations for China until tion system, a strengthening of porting the Rally for Rural the world's most-populated antitrust laws and incentives

In today's farm policy debate, delegates voted to withhold support for Permanent Normal Trade Relations for China until the world's most-populated oountry proves that it can meet international standards in the areas of human rights and trade.

Heritage Art Club

(Communtry camere photo)
Heritage Art Club will hold an Art Show from 10 a.m. -5 p.m. March 18 and from 1 4 p.m. March 19 at Lovett Library. The public is cordially invited to attend the event which will include paintings and crafts. Above, each painting an apron, are Bonnie Schaub and Pearlie McBroom

## RE-ELECT Frank Sparling <br> CONSTABLE PRECINCT 4 REPUBLICAN <br> "We appreciate your vote." <br> VOTE TUES. MARCH 14TH <br> Paid Political Advertisement by FRANK SPARLING, P.O. BOX 214, MCLEAN, TX. 79057

issues that affect rural America Convention delegates re-elec ed Leland Swenson as the orga-
nization's president and elected nization's president and elected Alan Bergman (ND) as vice pres-
ident. Sims was re-elected NFU treasurer, also Jim Miller (AR) was reelected secretary.
RRC issues 1999 statistical report
Comsission of The Railroad Comeasission its Gas Services Divisisions
relea9 Annal Statistical Report 1999 Annual Statistical Report. This
expanded 300 -page report provides expanded 300-page repori provides
a comprehensive overview of the activitfes of the Gas Service
Division during fiscal year 1999 . The report includes important
statistical information summarized statistical information summarized
from annual reports filed with the
RRC by Texas gas utlities for RRC by Texas gas utilitites for calendar year 1998.
Selected report highlights: The average residential cost of
gas was $\$ 619$ per thousand cubit Yeet ( mc c , down from the 1997 aver-
age of $\$ 6.47$ and 8 percent less than
the national average residential cost. -126 gas utilites reporteg tran
porting gas for othess in 19p, with
a total volume transported of 8 . a total volume transported of 8.0
trillion cubit feet (tcf), up sightly
from 7.3 tof transported in 1997 . -The 34 investor-owned and 86 munidipal natural gas distribution
companies in Texas sold 414 billion cubic feed (bcc) of natural gas to end
users in 1998, down from 459 bcf in
${ }^{1997}$-The local distribution companies served 3.6 million residential,
305000 commercial and 416 indus. trial customers in 1998. The six largest gas distribution,
companies (TXU Lone Star Gas, Entex, Southern Union GGas,
Energas, West Texas Gas and City of Energas, West Texas Gas and City of cent of LDC sales.
-The average cost of gas trans-
portation was 8.9 cents per mci,
down from 10.2 cents in down from 10.2 cents in 19 gh. ty plaant in service in T Texas was
almost $\$ 9.1$ billion in 1998 , up from
$\$ 71$ \$7.1 bilion in 1997 .
The 1999 Annual Statistical Report can be purchased directly
from RRC Gas Services Division at a cost of $\$ 9$ per copy.
Orders can beplaced by phone at (512) $463-7167$ or a publicatton order
form may be obtained at the RRC http://www.rrc.state. ix.us/divisions/gs/publsthtml. In addition,
RRC will make tables available via
its wesite
Pampans among WT nominoes
CANYON - Two Pampa resiUniversity have been nominated University have been nominated
forl Sudent Employe of the Year.
nominees will be recoenized All nominees will be recognized
and the winner will be announced at a reception at 1:30 p.m. Friday, April 7 in Room 107
of the Jack B. Kelley Student Center on the WTAMU campus. istry major, is a student worker for
the Office of Planning and Analysis. We of Planning and the office for more than been with the office for more than a year.
Veronica Santacruz, a senior kineseology major, is a student assistant for Cornette Library in the documents section. She has
been with the library for more than a year.
This year, for the first time, the WTAMU Student Employee of the Year winner will be entered in regional and national competi-
tions, according to Elise Copeland, coordinator of
Employment Services.

## Church, strawberries do little to smooth campaign charges <br> By GLEN JOHNSON

PLANT CITY, Fla. (AP) - Gore went to church in Houston and through a strawberry festival on later to a health care forum near Dallas, Sunday while Al Gore preached
a gainst racism, but the tings did not deter a biting exchange between the two presi-
dential contenders. dential contenders.
Bush, appearing Bush, appearing near Tampa
with his brother, Florida Gov. Jeb Bush, said "I wass't sure if it was
an Aprill Fool's edition" when her an Aprill Fool's edition" when he picked up Sunday's newspaper and saw Gore promising to make
campaign finance reform an issue a campaign finance reform an issue after admitting to funding "mis-
takes" in the 1996 reelection campaign. Gore told The New York Times he had learned from those errors.
Bush, the Texas governor, sounded inc
Bush, the Texas governor, sounded incredulous.
get elected. The more he talks about campaign funding reform, the get elected. The more he talks about campaign fu
better off it will be for my campaign,"' he said.
Meanwhile, in an interview with
Meanwhile, in an interview with The Associated Press, Gore said Bush's five-year, $\$ 483$-billion tax-cut plan would put Social Security, "In the words of John McCain, he doesn't put one penny into Social Security, one penny into Medicare or one penny into expanding access to health care," the vice president said, quoting the
Arizona senator whom Bush knocked out of the GOP presidential Arizona senator
racee last week.
Gise
Gore, who was in his rival's home state, also questioned Bush's
readiness to lead the readiness to lead the country,
Bush immediately shot back: "The vice president obviously
believes that all knowledge and wisdom Washington ... I think all wisdom and knowledge emanates from the people.
The exch
The exchange came as the Republican and Democratic challengers
crossed into each other's territory crossed into each other's territory looking for votes. Six states -
Florida, Louisiana, Mississippi, Oklahoma, Tennessee and Texas Forida, Louisiana, Mississippi, Oklahoma, Tennessee and Texas -
hold presidential primaries Iuesday, awarding 341 GOP and 566 Democratic delegates. Gore went to church in Houston and later to a health care forum near Dallas, before following Bush to Florida. Bush also was travel-
ing to Knoxville in Gore's home state of Tennessee, where he was ing icking up the endorsement of Sen. Fred Thompson, who had sup-

## pranm necan

Names in the news
ted Mctan. ve thousand dollars in illegal contributions were ffunseleded hroush that fund-raiser, and the viee president has cons
truth about his involvement in that fund-raiser.
Rep. Lindsey Graham, R-S.C., appearing on the same program said he hoped Bush and McCain will set aside the bitterness of the campaign and unite against Gore for the good of the party.
"If John McCain jumps on board, and he puts his heart into be unto the Democratss," said Graham, who helped lead McCain's
effort in South Carolina. effort in South Carolina,
Bush made his commen
Bush made his comments after touring the Strawberry Festival, a
carnival replete with Ferris wheels, conch fritters and strawberre everywhere.
Despite a lingering cold, he made himself a towering strawberry shortcake at a booth sponsored by St. Clement Catholic Church
McCain had criticized Bush for Christian school whose leaders have criticized Catholicism. "Woo, baby, that is good!"" Bush said as he sat at a table with his
wife Laura and his brother. He also slurped a strawberry shake wife Laura and his brother. He also slurped a strawberry shake. Gore preached against racism at The Church Without Walls
Houston's suburbs.
"We have moved mountains but we still must part the waters." he
told the predominantly black Baptist congregation. "There are still told the predominantly black Baptist congregation. "There are still pharaohs in the land with hardened hearts and a determination to - After a Saturday $n$ Sunday and donned a "Don't mess with Texas" T-shirt for a fivemile run through Memorial Park with Olympic gold medalist Car Lewis.
Stretchin
Stretching, Gore pretended not to understand a reporter's politi-
cal question about how he expected to fare in a race with Bush, who runs almost every day. "I
kind of pace does he run?"

ST. CLOUD, Minn. (AP) - drama "Harsh Realm" after just an audience at the University of Gov. Jesse Ventura is thrilled that three episodes last fall when the
Minnesota's newest city has series received low rating Minnesota's newest city has series received low ratings.
"We never got the support or
taken his name. A judge's decision on Friday promotion we needed, ${ }^{\text {" }}$ Carter merly St. Augusta township - TV Guide. "The show was outside of St. Cloud, with a pop- launched at the wrong time with ulation of about 3,000 . The town approval.
entura spokesman Paul Moore said the governor is
delighted. delighted. got a kick out it,", Moore said. Township officials had argue that becoming a city would enable them to impose taxes to provide sewer and water and in favor of the township's strug gle for incorporation during a visit in January.
Township officials have said hey chose the name Ventura because of Ventura's stand
against special interests and to further the governor's struggle to return the political process to
the people.
NEW YORK (AP) - "The X-
Files" producer Chris Carter Files" producer Chris Carter
says he blames Fox for the canceation of you are no longer white," Carter Lake Meredith NRA, Tri-City Youth seeking applicants for Public Land Corps Program this summer
FRITCH - Tri-City Youth and Lake Meredith National
Recreation Area will cooperaRecreation Area will coopera work program again this year
under the authority of the Public Land Corps program through the National Park Service. TriCity Youth will hire 20 youth enrollees between the ages of 16
and 21 and seven adult crew leaders. The eight-week pro gram wrill run from June 5-july to work during the entire eight
weeks. Enrollees will be paid $\$ 5.25$ per hour and will work a 40-hour week.
Seven adult leaders will be hired to supervise the wor crews and manage the program hired at $\$ 12$ per hour and six group leaders at $\$ 10$ per hour
Leaders must be at least 21 years of age. The length of employment for leaders will be approximately nine weeks.
Work to be accomplished includes boundary fencing, boa jects, tamarisk reduction, cotton wood tree protection, roadsid brushing and maintenance, tra pick up, dock repair and much more. At least one weeklong
field trip may be included. field trip may be included
Enrollees will be required to pro-

```
vide their own 8-inch high leather work boots, jeans and
work shirt. Hard hats and other d. Youth may apply for positions rom Monday, March 20-Friday, April 14. Applications may be picked up at Lake Meredith ational Recreation Broadway in Fritch. The park headquarters is open from 8
a.m.-4:30 p.m. Monday-Friday. A resume may be submitted instead of the application as long
as it contains the information requested on the application. Application deadline is April 14.
Successful applicants wil Successful applicants will be
notified by mail no later than May 15.
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## "The Right Man Running" CHARLES L. KESSE Democratic Candidate for 31st District Attorney

I Would appreciate your vote in the DEMOCRATIC PRIMARY March 14, 2000
Polltical Advertisement paid for by Charles L. Kessie 209 Main Street, Canadian, TX 79014

## Odds and ends

Suncay. "The Buddhist temple


Bush's chief political strategist,
Karl Rove, had even harsher criti, Karl Rove, had even harsher criticism of Gore and a 1996 fund-rais
er he attended at a Buddhist tem ple in California. A Gore friend and politicial supporter recently was convicted of arranging illegal
donations in connection with the donations in connection with the
event. "Sometimes Vice President Gore Sometimes Vice President Gore has a big problem telling the
truth," Rove said on "Fox News
t the state Capitol, is schedMich., for the largest gathering
of medieval experts in the world. The replica also could
wheres the be included in a a summer
exhibit planned at exhibit planned at the
Smithsonian Institution in Wathsonian Institution in
Uasington, D.C. "It just started out as a class project, and we figured we maybe denate it to a museum but we never expected all the nd ures teacher $\begin{aligned} & \text { world cul- } \\ & \text { Edward }\end{aligned}$ The boat waid Sunday.
The olueprints provided by a professor in Norway based on 1880. Sixteen students each put in about 300 hours of time over "It got to be a it.
gour yars more than a class project. Even on the Saturday after the bright and early, said
Frederick Lutkus, an industrial


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# VOTE Phill Pendleton Republican Disthict Attoinvey March 14 ${ }^{\text {T", }}$ 2000 

Information and Qualifications: $\star$ Hard Working
$\star$ Fair
$\star$ Conservative
$\star$ Family Man and Property Owner
$\star$ Experienced Felony Criminal Defense Attorney
$\star$ Experienced Trial Attorney
Will Save You Money By:
Serving As Full Time District Attorney
$\star$ Confiscating All Property Used In Criminal Operations
$\star$ Obtaining Information From Low Level Drug Offenders To Expedite
$\star$ Effective Prosecution Of High Level Drug Offenders $\star$ Representing The Entire District
$\star$ Protecting Citizens Rights And Property
$\star$ Vigorously Prosecuting All Guilty Of Family Violence $\star$ Cooperating With All Levels Of Law Enforcement $\star$ Seeking Justice For All

## THE

## Despite Divorce, Woman Is Still 'Mrs.' to Her Mom

DEAR ABBY My Mother and 1
have been dibcuasing the proper Mavtroaddroen an onvelope toe
 for soveraly yerta and am onvorn Rod hermo
Chrat maar, my aunt oent mea Chrietmat card to chrrit Abiver onero at my house. Ilooked at $m$
 Yourknowing aradoder with my mother ant



 again poot with my mother and
 conilied that it it Mr Mill My mother fido not theroced woman at Mr
 Einue to tue hee hathend ond name onbut not in the cato of a alivoree.
DEAR TNA: Your mother io corroct. Ad duored moman may
Horoscope

## TUESDAY, MARCH 14, 2000

 bY Jacqueline bigar scion You might not have ull hef thecses CANCER (June 21. JII 22 2 ${ }^{*}+\pi+\pi$ Beeam in whil you wan:
 teren who migitibe ecesy. Money mat.

## ${ }^{\text {sin}}$


 Have: 5.Drumico dap youcull RRIS


 longes ocone ionmixion migy.


 You buila slowly and surely toward a key how you might be able to take off in the
goal. Talks open up once you get past an near future. immediate fiury of confusion. Make your work and pelps you relax. Tonight
calls; reach out for others. Listen careful. Clear your desk. GEMIN (May 21 on corresp SCORPIO (Oct 23 Nov 21)
 ans, you'll discover a lot mor if you heading in a new direction. Fhende anat surrounds communication and work
Cran Pa.





STUMPED?

[^1]"What's this I hear about the fire department
having to rescue treed cats four times today? The Family Circus





## divar ABby I Im a 2 ayparold



 y parents' house on our son's birthday and at Christmas to watch
him open gifts. In the summer, she him open girts. In the eummer, she oach. My family gets along well The problem is my new girl-
friend. She moved from out of state 10 months ago to be with me. II love
ny girlfri loves me, ,ut she she feech and that me my
ex-wife's presence is weird, and it really upsets her.
Should I tell my parents that I don't think my ex-wife should come
to family parties, or doee my girl-
friend need to accopt thet thy
 yon ovith tho other, and yoor
 All divorces.

CONFIDENTLAL TO POOR IN MONTNN: Nowadeviow oommono who oonatem bif
 phliov iovinisy and andropos

$\qquad$




CAPRICORN (Dec. 22 -Jan. 19)
$\star \star \star \star *$ Respond ot ohters. but reco
nize that Rou might be mores serious than
you need to be. You want concee rests. yen Brax troust A communication pope-



 Bon

 PISCES (Faca 19 March 20


 sow is tone time for ant imporna
ideek play!
born todar Cyyat (1987)

For a promenal consulation with ppy-
Page 6

 Garfield



## B.c.



Haggar The Horrible


## Peanuts



## Notebook GENERAL

PAMPA - Pampa Kids \& Youth Club will have have sign-ups for its baseball and
softball programs March 20softball
24 and March $27-31$ from
20 p.m. to 8 p.m. at the Donut
Stop, 1330 North Hobart. Cost is $\$ 20$ per child and
cholarships are available upon request. BASKETBALL

CORAL SPRINGS, Fla. (AP) - When Brian Gay, 's 30-
foot putt on the 17th hole oot putt on the 1 th hole
hung on the lip of cup for 15 seconds and then dropped in
the hole, it looked like things were falling his way 18, followed by a 1-stroke penalty assessed a atter his
round. As a result, Gay round. As a result, Gay
couldn't match a strong fincouldn't match a strong fin-
ish by Dudley Hart, who
birdied the final four holes birdied the final four holes
Sunday to overcome a 3 -shot Sunday to overcome a 3-shot
deficit and win the Honda deficit and win the Honda
Classic.
Hart had completed his Hart had completed his
round and was anticipating a possible playoff when he earned that Gay's putt on
No. 17 was being reviewed
PGA Tour rules official by PGA Tour rules official
Slugger White. Gay, bidding for his first our title, appeared to tie
Hart for the lead when his 30 footer from the fringe sat on the lip, then fell into the cup. White assessed Gay a 1 delay before the putt fell in. Because Gay bogeyed No. the penalty didn't stroeps, him fre penaity didn reaking a playop him
it still stirred controversy. The penalty resulted from
cule $16-2$, which states that when the ball overhangs the lip, it is considered at rest 10 seconds after the player
reaches the hole. If the ball reaches the hole. If the bal
falls in after that, the player is assessed a 1 -stroke penalty.
White viewed television replays with Gay and deter-
mined that the ball fell into the cup at least 13 seconds after clay walked up to the
hole. "I looked at the tape 10
imes, and he and I looked at the tape another five or six times," White said. "We
rolled it, we backed it up, we rolled it, we backed it up, we
did everything."
Gay was unhappy that the Gay was unhappy that the
rule was interpreted literally. He noted that he could have avoided a penalty by walk-
ing more slowly to the hole, thus giving the ball more
time to fall in before the 10 second rule took effect. split hairs on a couple of seconds," Gay said. "If you ran to the hole when you hit your
putt out of excitement, you're putt out of excitement, you're once you're there, the clock starts. So in actuality you
should probably dilly-dally rule." Because the penalty
dropped Gay from second dropped Gay from second
place to foutth, it cost him
$\$ 88,933$ $\$ 88,933-$ more th
made all of last year. Hart, who lives 20 minutes from the Heron Bay course,
pleased the gallery by play-
ing the final 10 holes in 6 . under-par. He shot 65 to fin ish at 19 -under 269 . played well in front of all my played well friends,"' said
family and
Hart, who earned $\$ 522,000$. Hart, who earred $\$ 522,000$.
"When you're trying to get tickets for everybody and
show them a good time, there can be a lot of distractions.
I'm glad I was able to put it all aside."
Kayes tied for second at 18 . Hayes. Gay and Jim Furyk
under. Gere
were next at 17 -under were next at 17 -under.
With 24 of the worl With 24 of the world's 30
top-ranked players skipping
the tournament, unfamiliar nemes dominated the leader board. The contenders played well down the sest.
and Hart played the best. A strong wind that blew for most of the tournament diec down as the leaders reached
the final few holes, and Hart took advantage.

## Optimist Club all set for baseball season

the season to begin," exclaimed A A pagt president of the Pampa
Chica Ramirez, the Assistant Optimis Youth Chico Ramirez, the Assistant Optimist Youth Club, he has Com Ripken 11-12
Cal
Leaseball League. We have all our man-
agers back from last year We agers back from last year. We are Optimist am a second-generation
ready for the umpire to holler ready for
"Play ball." Ramirez is employed by the
Pampa News. He Elizabeth, have two and his wife have been through the Optimis sports programs. Ramirez has
coached Optim. age levels. Returning to manage Celanes
Corporation will be Dicki Corporation will be Dickie gram being instituted in our
Henley. Henley has been you with the Cal Ripen po-
employed by the
 six years as a supervisory in the 11-12 League. Ihave been
sergeant in the food services around them since ergeant int. He has coached years old."
department
Optimist baseball for 15 years
optimist baseball for 15 years, The Davis family has two sons,
football for 14 years and basket- Kennan 11 and Tanner 8 .
ball four years. fooll four years.
Between seasons, he found
time the time to coach a soccer team for
two years. two years. Henley has served as years and Optint for seven a volunteer rape crisis counselor for three years. He and his wife,
for Tralee Crisis Center and cur- Kitty rently works with Special boys, Brodie 15, Clayton 13 and Olympics. He is active in the Tyler 11. Hall is vice-president of
Central Baptist Church. Central Baptist Church.
"Optimist baseball is a family
Minco Oil \& Gas Co. and GH
Ranch Inc. He is a member of the activity for the Henley family," First United Methodist Church.
Henley said Henley said. Optimist board member
His His wife, Cel, is the head score- Jimmy Barker will serve as the
keeper for the keeper for the league. They are manager of Duncan, Fraser
parents of two Optimist baseball Bridges Insurance Agency's players, Chance 13, and Dylan team for the second year His 11, and a softball player, Calee 9 . wife's name is Lori. They have
Henley will be assisted by two children, Brooklyn 8, and Henley will be assisted by two children,
Mondo Ramirez, who has Braydon 12.
worked for Phillips Pipeline Co. "I coached a softball team for for 15 years. The two have my daughter and a baseball
coached Optimist football team for my son last year, and together for several years. am looking forward to doing the
Mondo Ramirez will also serve same again this year" as Commissioner for the said. "They grow up way too
Optimist Cal Ripken
P-10 fast. I enjoy being a part of their Baseball League

## Harvesters swee

SNYEER: The Pamp
Harvesters swept five games isis Haresters swept five gamempis.
week to win the Snyder Baseall weokritament
Tount
The
The Harvesters (8-2-1) beat
West High 15-2 in the onship finals with the game onship hinals with the game
being halted after five innings
due to the 10-run due to the 10 -run rule. "The defense was our strength were making one or two errors game, the other teams were making five or six," said Pampa
coach Dennis Doughty. "Their coach Dennis Doughty. "Their
defense wasn't keeping them in
the games, but ours was." the games, but ours was." Justin Barnes, Casey Owens
and Greg Lindsey all in home runs in the rout over. West High
the defending Class 3A the defending Class 3A sta
champion. Lindsey's homer w a grand slam. Barnes, Owens and Cody Shepard all had two hits each while Travis Lancaster, Jesse
Francis and Randy Tice had one Francis
hit each
Pitching on just one day's rest
senior senior southpaw Brent Coffee
collected his collected his
West High.
"Coffee didn't have the velocity he did in the first game against
West High, but he was moving West High, but he was moving
the ball around in the strike zone

## Cyclones capture Big

 KANSAS CITY, Mo. (AP) The imposing presence ofMarcus Fizer usually is the first Marcus
thing
State. At least on (rom Mount San Jacinto (Calif.) At least one opposing coach
says it is point guard Jamaal says it is point guard Jamaal
Tinsley that makes the Cyclones ${ }^{\text {go, }}$ "Tinsley makes a big difference, Oklahoma coach Kelvin
Sampson said Sunday after the
Sooners were beaten $00-58$ by the Cyclones in beaten $70-58$ by the Cyclones in the
tournament.
ithe point
 The point of attack both on Tinsley had six assists and six
offense and defense is the key to rebounds to go with his 13
basketball. offense and defense is the key
basketball. You can hide a weak
off guard. But you can't hide a points. "The points that I scored were guy at the point. Tinslley doesn't because my teammates got me
get enough credit for his defense. the ball in a good situation," "You can hide a lot of weak- Fizer said. "II's a great feeling. I
nesses with a good point guard. nesses with a good point guard. shots, when Tinsley is on the
floor." Fizer, the 6 -foot-8 center onship and the tournament Fizer, the
named Most Valuable Player in the tournament, scored 22 points in lowa State was able to shut
to lead the seventh-ranked ished with 19 Najera, who fin Cyclones, who, came into the "He's a great player and we Cyclones, who, came into the "He's a great player and we
tournament the top seed after just tried to minimize his touch-
winning their first regular-season es," said Stevie Johnson, who

## Baseball

and forcing them to In, the tournament opener, Pampa posted
Lindsey led Pampa at the plate,
going 4 for 4 with three dol Lindsey led Pampa at the plate,
going 4 for 4 with three doubles. Francis had three hits, including. his first career home run. Kaleb nelgrooes chipped in two hits.
Adam Jones was the winning pitcher.
Coffee pitched Pampa to an 8-2 win over West High in the sec-
ond round, striking out 11 batond round, striking out 11 bat-
ters. Barnes had a triple for the
Harvesters. The Harvesters reached the winner's bracket finals with an' 8 -
5 win over district rival win over district rival Dumas. er and also had two hits. Lindsey had three hits while Russell
Robben had two hits, including a
ouble.
The Harvesters'
9-3
win over Perryton put them in the finals
against West High. Lindsey was th pitcharey versus Perryton and also delivered a pair of doubles at the
plate. Francis and


Dickie Henley has coached Optimist football for 14 years and will coach Optimist baseball this season for his 16th year. He is the manager of the Celanese team his daughter, Calee, his wife, Cel, and his son, Dylan. Not pictured is his son Chance.
Optimist basketball for eight of the PHS Scholarship year I've coached," Warner said ears and has coached Optimist Foundation. Warner has "We are expecting to add at least
baseball or softball for seven received special recognition one team in several of our leagues years. He has been a member of from the Panhandle Sports Hall Two of our leagues will have trave
the First Baptist Church for 20 of Fame for his work with eling teams which will play other the First Baptist Church for 20 of Fame for his work with eling teams which will play other
years. Coaching with Barker will Optimist baseball. His wife, towns during the regular season. years. Coaching with Barker will Optimist baseball. His wife, towns during teichmann, the pro at Judy, is secretary for the league. It's going to be a fun year."
be David Teill
Hidden Hills Public Golf Course. They have four children and five Melvin Willis, a Groom Hidden Hills Public Golf Course. They have four children and five Returning for his 27th year grandchildren. Coaches for the
with Glo-Valve is John Warner. team will include Robert Dixon, Warner is a past president of the an employee of Titan Specialties, Pampa Optimist Youth Club and and Ed Ferrell, who is employe the Riwanis Club. He has taught
a youth Sunday School class in a youth Sunday School class in
the first United Methodist for 3 by Kinder Morgan In $\qquad$ Melvin Willis, a Groom farmer will serve as the league's Umpire
in Chief for his 11th seasor. Pampa Assistant Fire Chief John Goes will step into the player
agent position. Goes will step
agent position. "I believe there is more enthusi- The season is scheduled to
asm this year for Optimist base- begin with sign-ups and tryouts
ball and softball than any other on April 4,5, 6 . on April $4,5,6$.
Snyder

12 tourney took on the main responsibility
of guarding Najera. "We had a
game plan, of guarding Najera. "We
game plan, and we used it." game plan, and we used it."
Najera scored 31
Saturday as the No. 15 pooners Saturday as the No. 15 Sooners beat Texas in the semifinals. But
that game and Friday's overtime that game and Friday's overtime
victory over Missouri seemed to leave Oklahoma flat.
"We had some guys who had "We had some guys, who had a
hard time getting up," Sampson hard time getting up," Sampson
said. "These kids are not lawnmowers. You just don't pull
string and go on horsepower."
Oklahoma trailed Oklahoma trailed $30-13$ after
Tinsley made a spinning drive Tinsley made a spinning drive
down the lane, drove to another score on the next possession and
Michael Nurse hit a jumper Michael Nurse hit a jumper.
The Sooners closed to $35-25$ halftime, then scored the first
basket of the second half But basket of the second half. But Tinsley made two straight bas-
kets, and Oklahoma didn't seriously challenge again.
"If we could have
seven or could have cut it to had a chance," Sampson said. stops - that's where extra ener gy, extra effort, extra tenacity
DUNEDIN, Fla. (AP)Noma DUNEDIN, Fla. (AP)Nomar
Garciaparra's return left the
Boston Red Sox at ease. Ed Yarnall's first spring start didn't
do the same for the New York do the sam
Yankees.
Yarnall, expected to be New was pounded for 10 runs and loss to the Toronto Blue Jays on Sunday in Dunedin, Fla.
"I'm disappointed of course. think that's the worst I've eve done in my career," Yarnail said. felt fine. I had no control the whole inning.'
Yarnall, who missed his firs
two scheduled starts
two scheduled starts because of
back stiffness, allowed three
home runs, including Raul Mondesi's grand slam. He als
walked one and hit a batter.
David Segui hit a three-ru homer, Jose Cruz had a two-run
shot and Shannon Stewart added an RBI single for Toronto. "You have to dismiss that,"
Yankes manager Joe Torre said.
"It's spring training and he has-


Roger David EdwardJones


8 - Monday, Merch 13, 2000 - THE PAMPA NEWS

## Dolphins' Marino makes it official

DAVIE, Fla. (AP) - Dan still league records.
Marino, the NFLs most prolific Marin's decision follows
 as quarterback of the Miami Marino clashed frequently last sea-
Dolphins.
T'm going to miss it," Marino
sis with Johnson who criteck for poor decision said, strugging to compose himabout it." " $\%$ gis everything Marino, 38, wanted to go out
like John Elway and retire as a Super Bowl champion. But after parting ways with the Dolphins, play this year for the Minnesota Vikings
with a career greater than liessed imagine," Marino said at a news
conference at the Dolphins' training facility "Most of all 1 am going
to miss Sunday afternes." to miss Sunday atternoons." Marino's wife, children, parents
and former coach Don Shula were with him in the team meeting
room - the same location used for the departure speeches by Shula and another former coach, jimmy Dolphins owner Wayne
Huizenga hugged Marino after his
announcement announcement.
"Just because you didn't win Super Bowl doessn't mean that you
are not a champion, because we all know it otherwise," Huizenga The owner also announced tha the Dolphins would retire No. 13,
as well as build a statue to Marino and name a street for him. Marino departs owning or being
tied for most of the league's passing records. During his career, he completed 4,967 passes for 61,36 NFL. records. In 1984, his second
season, Marino threw for 5,084

## Arizona stays number 1 seed in NCAA tourney

INDIANAPOLIS (AP) - It's all they could not put our guys as the | about timing. |
| :--- |
| Even with an injury to star cen- $\begin{array}{l}\text { No. } 1 \text { seed in "particularly because we wen }\end{array}$ | ter Loren Woods, Arizona kept the the played sarticularly because we've

No. 1 seed in the West. But Woods." No. 1 seed in the West. But
Cincinnati, stunned by an injury Concinnati, stunned by an injury
to star center Kenyon Martin, dropped to No. 2 in the South.
The difference? The 10 member The difference? The 10 members of the NCAA selection committee
felt Martin's loss hurt the Bearcats more than Woods' loss hurt the Wildcats, as evidenced by Arizona's victory over Stanford
even without the 7 -foot-1 Woods. "We talked about Cincinnati very early and came back to them a couple times," Craig Thompson, chairmaid of the decision to drop the Bearcats. "But when you lose a potential player of the year, that's
going to affect your team."
The NCAA on Sunday begins on Thursday an the Final Four in the RCA Dome Arizona, Stanford, Michigan State and Duke were seeded No.

1. The injury to Martin was the only reason Cincinnati wasn't
seeded No. 1, Thompson said, but Cincinnati coach Bob Huggins didn't buy the argument. lous," "Huggins said. "We must be
the first tearm in history to be No sed RPl and not get a No. 1 those guys just did. How do they Kenyon?
That's where the poor timing Arizona played five game including a victory over Stanford, Martin broke a early in Conference USA tourney loss to St. Louis last week, the same day
the NCAA committee began making its selections. other than one span in opportunit gam to judge how they play withou
Martin," "They're clearly a different tean
without Kenyon Martin. The issue we had was, how different?"
In Arizona's case "In Arizona's case, he said, Thompson said every school
was asked to notify the committee by Friday if any player would not participate in the tournament, and
Arizona told them Woods would not play. That was news to coach doctors hadn't told him Woods would be out the whole tourna Even so, he said, Olson wasn'
surprised by the committee's deci${ }^{\text {I I I I }}$ frankly didn't see any way

Arizona will open the tourney Thursday against 16 th-seeded tanford wound Salt Lake City. seed in the South and will play outh Carolina State on Friday at Michigan State (26-7), which has the most losses ever for a No. against Valparaiso on Thursday at Cleveland, and Duke was picked at No. 1 in the East and will play Samar on Friday at WinstonLamar (15-15), an automatic qualifier as Southland Conference among the 64 teams.
Michigan State and Duke also Michigan State and Duke also
were No. 1 seeds last year. Connecticut, which beat Duke for
the title a year ago, was seeded Che title a year ago, was seeded
fifth in the South and will play Utah State on Friday at This was the most difficult "This was the most difficult
selection process, with injuries,
suspensions, tourney upsets," Thompsons said.
"It seemed like every new game us reconsider. It brings back in perspective the whole college bas-
ketball landscape and how parable the teams are. It got to a we had to constantly look at and bit." $\begin{array}{cc}\text { Three schools } \\ \text { Connecticut } & \text { State, Central } \\ \text { North }\end{array}$ Carolina-Wilmington and
Southeast Missouri State - are making their first appearances in ine tournament. The field also
includes Hofstra, which had not been in the tournament since 1977; St. Bonaventure, making its hirst appearance since 1978; and
Appalachian State and Indiana Appalachian State and Indiana
State, which made their last appearances in 1979. Among the teams on the bubble
were North Carolina, which made it for the 2 thi straight year, and
Virginia, which did not make it even with two victories over Carolna. That was a tough one," Virgina's nonconference schedule probably was the determining fac-
tor. They were $1-4$ against toprated opponents and played a number of people in the lower
nhird of the rankings. ... One of the hey of the rankings.... One of the key indicators is head-to-head,
but it's not the sole factor. You needed to distinguish yourself in your conference ... or play a very
strong nonconference schedule."


## Greer expected to rejoin Rangers on Wednesday

## DALLAS (AP) - With open- discomfort in the ankle, Greer Greer has previously lems, respectively

 ing day just three weeks away, was examined by Rangers' med- acknowledged that there couldTexas eff fielder Rusty Greer is ical staff who decided to send be bone chips or spurs in the returning from training camp him from Port Charlotte, Fla., to other Rangers players have not Tuesday. yet appeared in exhibition games.
Greer, who missed the first four spring training games
because of inflammation in his right ankle, lasted only one
inning in his fourth inning in his fourth consecutive
start. Departing because of renewed

Greer was expected to rejoin
he club Wednesday. Mana Wednesday. Manager Johnny Oates
planned on using Greer for only three innings in the Minnesota Twins' $7-5$ victory over Texas on
Sunday. Greer came out after he Sunday. Greer came out after he
did not run well on a first-
inning fly out.
eventually require surgery.
You could see him limping,
first baseman Rafael Paimeiro first baseman Rafael Paimeiro
told The Dallas Morning News. "He's one of our key guys. We Rangers' closer John
Wetteland and lefthander Mike Venafro have not yet appeared in exhibition play following
groin and index finger prob-

Justin thompson, a lefthander
nd $k$, and key to the trade that sent two-time American League
Most Valuable Player Juan Gonzalez to Detroit, will begin one season on the disabled list
while recovering from last while recovering from
August's shoulder surgery. "The main thing we wan o is get everyone healthy," said Oates. "We'd like to go through Oates. "We'd like to go through and make sure you don't leave
any rocks unturned."

## Clinton, NRA put on show of mutual hostility <br> with the National Rifle Association, the White House tial nominee, Lockhart said, "I think if it was in his "These crocodile tears, 1 don't think it will wash. people than that in America," he said

today angrily accused the NRA of making "outra-
geous and disgusting" charges about President geous and disgusting" charges about President
Clinton and called on the NRA's political supporters to repudiate the statements.
The White House response was triggered by NRA
Executive Vice President Wayne LaPlerre's assertion Executive Vice President Wayne LaPierre's assertion
that Clinton exploits gun deaths for political purpos
es. "Tve come to believe that he needs a certain level of violence in this country," LaPierre said Sunday "He's
willing to accept a certain level of killing to further political agenda and his vice president, too." White House spokesman Joe Lockhart, said
LaPierre's charges were "a sick atteck LaPierre's charges were "a sick attack on the presi-
dent" Washington," Lockhart said, "and if there are rightthinking people in the NRA and the leadership of stand up and repudiate it:"

stand up and repudiate it." Asked if his remarks $w$

heart that this was a repugnant statement, he should
At issue was a new advertising campaign in which
NRA President Charlton Heston all but accuses Clinton of lying in his characterizations of the group as an impediment to sensible laws and public safeety.
Several of the 13 ads that have started to Several of the 13 ads that have started to run on net-
work affiliates and cable TV networks end with Woston saying, as if speaking directly to Clinton:
Hent When what you say is wrong, that's a mistake. When Monew itr's wrong, that's a lie.
Moredy, the sparring w
More broadty, the sparring was over Clinton's
to use his final year to win some of the gun controls that have eluded him so far and inject the subject into the presidential campaign pit-
ting Vice President Al Gore against Bush. Clinton, interviewed'Sunday on ABC's "This
Week," Week,", said people can't take sercously the
"wounded rhetoric" of the NRA, "given how wounded rhetoric" of the NRA, "given how
ruthlessly brutal they were" to members ruthlessly brutal they were"' to members of
Congress who helped pass the Brady waiting-
with the voters, even with Moses reading the script"" he said.
Heston
Heston, an actor, played Moses in the movie "The
Ten Commandments," LaPierre, also on "This Week," attributed Clinton's renewed focus on guns to his interest in getting Gore
elected. "The pollsters and consulats elected. "The pollsters and consultants are telling
hem, scare suburban women". he said. The presesident wants people who said. gun shows to be subject to background checks that could take as long as 72 hours. Many congressional
Republicans and the NRA want any such instant, or at least no longer than 24 hours.
"Iust think that the knee jerk reaction to any gun
afety measure is wrong" Clinton said of the NRA. "If you do one little thing" that requires any of the NRA. dation ... they think it's the end of the world."
You know Ytimidation,", they basically win through
clinton said. "People are scared of them." While the organization may put
have over 3 million members, "there's more year

Beverly Taylor
$\square$ of dishononety this man is capabale of " after the "leve
He contended that the administration has been sin He contended that the administration has been sin-
gularly lax in enforcing gun laws already buiarly ly in enforcing gun laws already on the
You can't care about stopping crimes with guns and give the country a complete lack of enforce-
ment," the NRA official said. Congress would have egiven Clinton most of what
he wants last year - including gun show checks and mandatory child-safety locks on guns - but the pres ident "killed it all" by insisting on a 72 -hour wait at
the shows, In one ad, Heston quot
In one ad, Heston quotes Clinton as saying other
countries have lower rates of gun deaths because they countties have an NRA. 'You want a country with no
don't have NRA, a country with no Second Amendment," says a
transcript of the ad. ranscript of the ad.
Another ad said
pery day from gun accidents is a Clinton lie. Heston every day from gun accidents is a Clinton lie. Heston
put the number of such accidental deaths at 130 a
year.

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## Medical

## Kids Q\&A


#### Abstract

Q: My son says vegetarian diets are healthier. Is this true? A: Not necessarily, says Dr. Debby Demory-Luce, a research dietitian with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine. A diet consisting of French fries and bananas is vegetarian, but few people would consider such a diet very healthy. On the other hand, a diet that includes plenty of whole very heaithy. On the ooher hand, a dieet that includes plenty of whole dairy products is healthy whether it features moderate portions of lean meat or legumes, seeds and soy-based meat substitutes as the main protein source. It is true, , however, that well-planned vegetarian diets tend to be higher in fiber and protective phytonutrients higher in fiber and protective phytonutrients and lower in saturat- ed. fat than the typical American diet. This healthier diet helps ed. fat than the typical American diet. This healthier diet helps explain why vegetarians tend to have less cardiovascular disease, explain why vegetarians tend to have less cardiovascular disease, Type 2 diabetes, hypertension and fewer weight problems than their meat-loving counterparts. Although vegetarian diets can be very healthy, nutritional aware- ness is still important. Vegetarian teens, like their ness is still important. Vegetarian teens, like their meat-eating friends, often fall short on calcium, iron and zinc. Also, those who friends, often fail short on calcium, iron and zinc. Also, those who eliminate all animal-based foods and dairy products from their diets need to get a dally dose of vitamin B12. Fortified ready -to-eat cere- als or a daily multivitamin supplement with B12 als or a daily multivitamin supplement with B12 can help prevent pernicious anemia, a serious form of anemia that can lead to perpernicious anemia, a s. manent nerve damage. Q: My 5-month-old son keeps grabbing for food foods, but my sister insists that all he needs is breast milk. What should I do? A: Follow your son's lead, said Dr. Judy Hopkinson, a lactation specialist with the USDA/ARS Children's Nutrition Research specialist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. He's telling you he's ready to expand his culinary horizons. Althou h experts might say that only breast Although experts might say that only breast milk is needed for the first six months of life, it's important first six months of life, it's important to realize that this is meant to be a general guideline, not a hard-and-fast rule. Some babies might be a general guideline, not a hard-and-fast rule. Some babies might be "ready" for baby foods a month or so earlier, and others a month or so later. The key is to know the signals babies give that indicate the time is right. the time is right. Introducing sin Introducing solids when your infant is ready is an important nutritional, as well as a social and developmental, issue. Breastfed babies whose "readiness" cues are ignored not only miss the excitie- ment of new tastes, but could run into nutritional shortalls that ment of new tastes, but could run into nutritional shortfalls that slow growth. This is because the mineral content of a mother's milk gradually decreases over time. It's one of nature's miracles that most breastfed infants begin to show readiness for solids just when heir bodies could benefit from additional sources of nutrients. Breastfed babies who are at least four months of age are ready for solids when they show an active interest in food and have lost the "extrusion" reflex, which causes their tongue to automatically push food out of their mouths. They should also have good head control and sit well when supported. Other cues include being able to open the mouth for food, close the lips around a spoon control the posit the mouth for food, close the lips around a spoon, control the posi- tion of food in the mouth and use the thumb and index fingers as "pinchers.". Although solid foods will gradually become a significant source of nutrients in your son's diet it's and nursing frequency high, offer to nurse before offering solid foods nursing frequency high, offer to nurse before offering and continue to nurse him throughout his first year. Q: How can I get more Iron from foods? A: There are two ways to get more iron out of your diet, says Dr. Debby Demory-Luce, a registered dietitian with the USDA/ARS Debby Demory-Luce, a registered dietitian with the USDA/ARS in Houston. First, you could eat more iron-rich foods, such as beef liver, lean meats, salmon, iron-fortified breakfast cereals, tofu, soy- beans, dried beans, oatmeal, pumpkin and sesame seeds, spinach beans, dried beans, oatmeal, pumpkin and sesame seeds, spinach and enriched breads, rice and pasta. In addition, you could adopt a and enriched breads, rice and pasta. In addition, you could adopt a few of the following dietary "tricks" that give iron absorption a boost: boost: - Eat a

Eat a little meat when dining on iron-rich vegetables. Although the form of iron in plants isn't easily absorbed by humans, adding a bit of meat, such as a piece of grilled chicken to bean burritos or a slice of marinated beef to a spinach salad, can significantly boost the iron "yiel." iron "yield." sliced strawberries, drink vitanin C to each meal. Top oatmeal with red pepper strips into a whole-grain pasta dish or eat broccoli, salad with a peanut-butter sandwich to pump up iron absorption. nins found in tea and coffee tie up iron, reducing how much is nins found absorbed. Send your nutrition questions via U.S. mail to: Kids' Nutrition Send your nutrition questions via U.S. mail to: Kids' Nutrition Q\&A, USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine, 1100 Bates St., Houston, TX 77030 or or via e-mail to crrc@bem.tmc.edu. Questions of general interest will be to crrc@bcm.tmc.edu. Questions of general interest will be


More good news for beta blockers use in heart failure patients

CIICAGO (AP) - $A$ drug cannot pump eficicenty. It afficts
 their symptom and reduce hospi. of hoopitaization. Heart failure teenuly in on inearchers reported of 4000 peaple. The study involved an extend-
ed-release form of metoprolol ype of medicin of metoprolol, a locker. Beta blockers help a beta blocker. Beta blockers Researchers reported in June that metoprolol reduced deaths by 34 percent in heart failure patients.
Their analysis of additional benefits appears in today's Journal o he American Medica Heart failure involves a dam ged or overworked heart that

Meningitis bacteria gene pattem solved WASHINGTON APP - Scientist have dediphered the egeve patern
 Ina study appearing in the journal Sciene, American British and
 ype B.
Researchers, using the new understanding of the bacteria's genes;
then found seven proteins produced by the organism that may be used to make a vaccine
Meningococcus bacteria is a common cause in small crildren of menin gitis, disease that canbe fatal if not treated rapidly and aggressively with antibiotics. The disease involves inflammation of the covering of the prain and can lead to intense headache, fever, convulsions, comma and death.
There are several strains of the bacteria and vaccines have been developed for some of those. But to successsul vaccine has been pro-
duced for Type $B$, the most prevalent form of meningococcal infecduced for Type B, the most
tion in the U.5. and Britain.

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It had previously urged "consid-
erable caution" in the use of beta blockers but will now recommend
them for most heart failur them for most heart failure
patients, said Dr. Sharon Hunt, Stanford University cardiologist and chairwoman of the updating Metoprolol, sold in the United States under the brand name Toprol XL, is made by
AstraZeneca, which funded the AstraZeneca, which funded the
study. It is awaiting Food and Drug Administration approval for
use in heart failure. Only one beta use in heart failure. Onyy one beta
blocker has such appoal:
carvedilo, which is marketed as carvedilol, which is marketed as
Coreg and made by SmithKline Beecham.
Beta blockers have been used
since the 1960 since the 1960s to treat high ulood tions. More recently they have
been recommended for heart been recommended for heart
attack survivors, but because they attack survivors, but because they
slow the heart rate, concern arose slow the heart rate, concern arose
that they could make heart failure worse. by Dr. Ake Hjalmarson of
Led britgrenska University Hospita Sahigrenska University Hospital
in Gothenburg, researchers followed 3,991 heart
failure patients in the United failure patients in the United
States and 13 European countries States and 13 European countries
for an average of ore year. All for an average of one year. All
were taking conventional medica-
tion Abour tion. About half were also given
metoprolol; the rest were given a


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Colorectal cancer can be caught early
DALLAS - Colon and rectal cancers will kill more than 56,000 people related deaths in the Unites States. Another 130,000 people will be diag nosed with this form of cancer.
If screening were more routine, the number could be cut in half, say colorectal specialist Dr. Clifford Simmang, associate professor
GI/endocrine surgery at UT Southwestern Medical Center at "We know that early detection of breast and prostate cancers has sig nificantly impacted mortality rates and improved survival," say
Simmang "We also can improve Simmang, "We also can improve the outcome of this disease." Beginning at age 50 , everyone should have a yearly colorectal cancer
screening by having stool tested for hidden blood every five years a fexscreening by having stool tested for hidden blood; every five years a flex
ible sigmoidoscopy, a direct examination of the colon and rectum, should be performed. Anyone with a family history of colon or rectal cancer colon-cancer syndromes or polyps or with a personal history of chroni|
inflammatory bowel disease should ask their physicians for individual ined screening guidelines.
Restaurant portions don't always measure up
DALLAS - Don't throw out your measuring cups just because you
dine out every night. They may help you eat sensibly - even away from
home. Serving sizes are often hard to judge, especially if someone else is dish-
ing out the portions. For example, a restaurant bowl of pasta doesn't
essarily essarily equal one serving. Dietitians' definition of a single serving of pasta is $1 / 2$ cup, yet many restaurants serve 4 to 6 cups. So even if you Dey eat half of it, you're still eating too much. According to the U.S. Department of Agriculture's Food Guide Pyramid, you are allowed eigh to 12 servings of starch per day. The half cup of pasta is one of these serv-
ings, and the more pasta you eat, the less bread, rice, potatoes, corn and beans you can eat.
The solution is having a keen knowledge of your measuring cups.
"Go home and play with your measuring devices so you know how "Go home and play with your measuring devices so you know how Dr. Margo Denke, a researcher in the Center for Human Nutrition and associate professor of internal medicine at UT Southwestern Medica Center at Dallas. "Portion size is still the cornerstone of maintaining you
weight."
Women
Women's heart attack symptoms may be overlooked but their symptoms may be different, says Dr. Nina Radford, a cardiologist at UT Southwestern Medical Center at Dallas
"Women can
ognized traditionally some signs of a heart attack that would not be recognized traditionally as pertaining to a serious cardiac problem,"" says
Radford, assistant professor of internal medicine. "In adddition to pains in the chest and numbness in the arm, women also may experience shouler, neck and back pain."
ITs important to take these symptoms seriously, particularly if a
woman has risk factors for coronary heart disease such as high blood pressure, high cholesterol or diabetes.

## Hair today, gone tomorrow

DALLAS - Men no longer have to watch helplessly as their hairline DALLAS - Men no longer have to watch helplessly as their hairrine
starts to recede, or explain thick, unsightly hairplugs. New treatments can replenish their mane in a more natural-looking lashion, says Dr. Mary Christian, assistant professor of dermatology at UT Southwester
Medical Center at Dallas. "Micrograft hair transplantation is a major improvement on an old technique that dates back to the 1970 s," says Christian. In this procedure, hairs are harvested from the back or sides of the scalp and placed under a microscope, where each hair is dissected into two or
three separate hairs. The hair is implanted through small incisions on the scalp. "This surgical technique can help create eye-pleasing results," Christian says.
"The first step in restoring your hair is to consult a dermatologist about
the most appropriate treatment."
Eating disorders can effect athletes, too
HOUSTON - The desire to be the best can turn dangerous for athletes who see very strict diet and exercise regimes as their ticket to the top.
'Being a serious athlete does not put a person at risk for order,", said Jana Rosenbaum, LMSW-ACP with the Eating Disorders Center at Baylor College of Medicine. "However, there are certain behaviors and expectations of serious athletes that put them more at risk if they are already susceptible."
This is especially true in sports that emphasize a lean body and overal ppearance. Dancers, figure skaters, swimmers, divers, cross-country runners, rowers, wrestlers, gymnasts and jockeys are at highest risk. Parents, friends and coaches should be concerned if an athlete
develops an unhealthy quest to constantly improve, be more fit, weigh less and excel. If you suspect that someone has an eating disorder, Rosenbaum suggests being supportive and encouraging them to seek professional help. If ignored, restrictive diets.and obsessive
exercise can weaken the immune system' and internal exercise can weaken the immune system
decrease muscular power and endurance.

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