| Texas Rose Steakhouse <br> OPEN SUMITED TIME |
| :---: |
|  |  |
|  |  |

2537 Perryton Parkway 806-669-1


High today 67 The overnight low of 31 set a record low

No winner;
No winner; '
jackpot grows
Jackpot grows
AUSTiN (AP)-Resule of
the Lotto Texas drawing
 numbers drawn: 08-W9-15-36-
39-53. Estimated jackpot: \$14 million. Number matching
six of six: None. Matching six of six: None. Matching
five of six: 62 . Prize: $\$ 2,717$.
Matching four of six: $\mathbf{3 6 2 0}$ Matching four of six: 3,620.
Prize: $\$ 115$. Matching three of
. six: 80,410 . Prize: $\$ 5$. Next
Lotto
Lexame:
Wednesday night. Estimated Wednesday night. Estimated
jackpot: $\$ 19$ million. Pampa Independent School
District (PISD) Board of
Education has called a special meeting Wednesday, Sept. 27,
to consider computer equipment proposals.
Board members will look at
proposals at $7: 30$ a.m. in the Board Conference Room at
Carver Center, 321 W. Albert. The agenda, item was
tabled at the Sept. 14 board meeting. No other actions are
planned for As a recipient of a Texas
Infrastructure Fund Board
grant, Pampa ISD will receive approximately $\$ 300,000$ purchase computers for
Pampa High School, Pampa
Middle School and Austin Travis and Wilson elemen-
tary schools.
 rancher, farmer.

- Bettye Pearl Lee, 71, homemaker.
- Bernice Jewell Davis, 88,
homemaker - Bernice Jewell Davis, 80,
homemaker.


## Classified Comics .

Comics
Sports

ARE YOU SU
YOU'VE SEEN IT

WWW.3D2U. | End Def Def Laramore |
| :---: |
| Shaff witer |

District Attorney John Mann
ays he should have DNA test says he should have DNA test results from evidence taken at
the scene of a 1993 triple murder Mann confirmed that a repre-
sentative from his office spoke sentative from his office spoke with a laboratory in Dallas earli-
er this week and was told that tests showed the blood on hair
found in murder victim Twyla found in murder victim Twyla
Busby's hand is Busby's own. Busby's hand is Busby's own.
Because there was no follicle on
the hair, Mann said, the hair will be tested for mitocondrial DNA

## A mound of feed

## DNA test results due next month

DA expects test will show hair came from Skinner


A massive mound of silage at Moody Dairy is the result of the dairy's $\$ 225,000$ purchase

## Dairy interest growing as more prospects visit

By KATE B. DICKSON
Associate Publisher
Another Texas dairyman looking for a place to
relocate his herd and increase its size visited relocate his herd and increase its size visited
Pampa last week, Pampa Economic Development Commission Executive Director
Susan Tripplehorn told the PEDC board. Meanwhile, a reporter from Western Dairyman, said to be a well-respected industry
magazine, will visit Pampa oon to do a the growing dairy industry here.
Tripplehorn says she's "excited" about th Tripplehorn says she's "excited" about the
prospect who visited noting he first checked out Pampa about two years ago.
If the dairyman relocates here he would star with a herd of 2,0000 with plans to expand the number to 3,800), the PEDC official said las week. His plans include building a "cow
carousel" that will hold 85 animals for milkin at a time. Tripplehorn said the slow-moving carouse allows for more cows per hour to be milked and cuts out the need for employees to move from

## Budget, tax rate tops Commission agenda

## The Pampa City Commission will meet at 6 p.m. To give the final go ahead for granting an extension Tesday at City Hall where they are expected to of the Cable Franchise Agreement, for new solid

 Tuesday at City Hall where they are expected to- of the Cable Franchise Agreement, tor new solidgive a final stamp of approval to the $2000-01$ oper-
waste collection fees and for increased solid waste ating budget and ad valorem tax.

## roduced by local farmers and cut from about


 Sthen sentenced him to death by,
the seen abated, or sel apide, until hal
lethe injer the state writ of habeas corpus Skinner has until Feb. 27, 2001,
to file for a writ of habee to file for a writ of habeas cor-
pus, according to the Texas pus, according to the Texas
Curt of Criminal Appeals. The state's appellate court ha
upheld Skinner's two previous pleadings. Skinnen Losche, an attorney for of habeas corpus, Skinner's final appeal at the state level, after the legas
passed by the state legislature in passed by the state legislature in
1999, Skinner and some other death row inmates have an
extended period in which to file the writ. An appeal in federal district
court in Amarillo delayed
Skinner's Skinner's filing again for a writ
of habeas corpus at the state of habeas corpus at the state

Mann announced he would


## PHS Homecoming week full of events

Week in Pampa and This year the King and
$\begin{aligned} & \text { lots of activities are Queen will be crowned at } 7 \\ & \text { planned for current }\end{aligned}$
Pampa High School p.m. Friday night before
$\begin{aligned} & \text { students as well as for kickoff at 7:30 p.m } \\ & \text { Veteran Harvesters. }\end{aligned}$
Palo Dura gets under way at 7:30 p.m. at Harvester Stadium. Becaus
the of the King candidates a 7 pooball players, the crowning wi
All week there will be dress up days at the high school with today
being Nerd Day. Tuesday is Crazy Hair; Wednesday is Opposite Day
Thursc. yy is Green and Gold Day and Friday is Dress Up Nice Day.
Students who participate in Dress Up Days will be judged and th
Homecoming Dance.
King candidates include Lane Baker, Ricky Blain, Chris Crow
Taylor Harris, Terance Lemons, Trevor Stowers and Jeff Warren.
$\begin{aligned} & \text { Queen candidates include Shanna Baker, April Brown, Chelsea } \\ & \text { McCullough, Jessica Morrison, Holly Myers, Celeste Stowers and }\end{aligned}$
$\begin{aligned} & \text { Mandi West. } \\ & \text { The candidates will ride in Thursday's Homecoming } 2000 \text { Parade }\end{aligned}$
$\begin{aligned} & \text { The candidates will ride in Thursday's Homecoming } 2000 \text { Parad } \\ & \text { and will also be chauffeured around the track prior to the game. }\end{aligned}$
$\begin{aligned} & \text { The parade will start at } 4 \text { p.m. in front of the high school a } \\ & \text { Harvester and Mary Ellen and proceed down Mary Ellen to the rail- }\end{aligned}$

LEPC forms winter storm support group
Need helpers with 4-wheel drives By dee dee laramore
Staff Writer

Local Emergency Planning Committee (LEPC) members discussed plans for a winter storm information campaign at the September meeting.
Joe Millican of the Hoover Fire Department has accepted the position of public information officer for the organization, announced local Emergency Management Coordinator Ken Hall, LEPC chair. , Hall said Kelly Randall will be developing a database of persons with four-wheel drive vehicles who would be willing to help provide transportation and puls out vehicles or stand
the event of a major winter storm.
National Guard officials have told Hall that the local armory will National Guard officials have told Hall that the local armory will
not have as many half-tracks available as they have had in the past, not thave as many hall-tracks saild as and
he said. The Salvation Army has been chosen to provide mass care and
disaster relief. Hall soid, adding that the agency will probably work ee WINTER, Page 2)

## Royalty group meets tonight

SHAMROCK - An organi- Inn here.
"ational meeting is scheduled
"We want anybody who's
in this Eastern Panhandle com- interested in knowing what munity this monhth to form- interested in knowing what royalty owners group to pro- ers," said Pampa attorney John
tect the right interests in oil and gas wells in entitled to things they may not The meeting to form the know about so the oil and gas Eastern Panhandle and over them."
Western Oklahoma Royalty Mann said the organization
Owner Owners Association is sched- was being formed to educate uled for 7 p.m., Monday, Sept.
25 , at the atrium of the Irish $\begin{aligned} & \text { royalty owners about their } \\ & \text { rights. }\end{aligned}$

## Daily Record

Services tomorrow LEE, Bettye Pearl - 2 p,m., First Baptist Church,
Lefors.
DAVIS, Bernice Jewell - Graveside, 2 p.m.,

## Obituaries

JOE ROBERT LEATHERS Saturday, Sept. 23, 2000, at Amarillo. Services
were to be at 10 a.m. today in the Firser Church with the Rev. Truman Ledbetter, pastort,
officiating. Burial will follow in Citizens emetery under
Mr. Leathers was born Nov. 11, 1927, in Lelia
ake. He was a lifetime resident of Donley
County. He married Joane Bullard on Dec. 25,
1943, at Clarendon. He was a farmer and ranch1943, at Clarendon. He was a farmer and ranch-
er most of his life and worked for Donley a member of First Baptist Church.
He was
Shelton.
Survivo
Survivors include his wife Joane of the home; Robert Wayne Leathers of Pampa and Joe Lynn Leathers of Guthrie; two sisters, Mrs. Hugh
PPelps and Mr. J. Wardlaw, both of Terrell; eight grandchildren and five great grandchil-
LEFORS - BEttye Pearl PRL LEE Friday, Sept. 22, 2000, in Amarillo. Services are to be at 2 p.m., Tuesday, Sept. 26, at First Baptist
Church with the Rev. Lewis Ellis officiating. Burial will follow in Memorial Heights
Cemetery under the direction of Memorial Park Funeral Home of Amarillo.
Mrs. Lee was born in Trent on March 18, 1929.
She married G.P. (Pat) Lee in Sonora on May 10,

1948 . | 1948. |
| :--- |
| She |

She was a housewife and a member of First
Baptist Church. She was preceded in death by a son, James Stanley Lee. daughters, Mary Kay Nickel of Lefors, Vickie
Nellon of Higgins, eveverly Prestidge of Conyon Nend Judy Hix of Canyon; a special nephew, Roy,
Alderson of Lefors; a stepson, Don Boyd of Alderson of tefors, a stepson, Don Boyd of
Clyde; a sister, Jewel Derrington of Puebo,
Colo.; 13 grandchildren; and 14 great grandchilThe family requests memorials be to First
Baptist Church of Lefors. Baptist Church of Lefors.
BERNICE JEWELL DAVIS
 Boxwell Brothers Funeral Directors of Amarillo.
Mrs. Davis was born in Miami and had lived
in Dumas since $19^{\circ}$ member of the Moore County Genealogy Society
and First United Methodist Church. She married Bill Davis in 1929 at Mobeetie. He died in 1985 . Amarillo; two brothers, Paul Powers of White
Deer and Lige Eddie Powers of Victoria; three grandchildren and four great grandchildren.
The family requests memorials be to Khiva
Temple Memorial Fund, PO. Box 328, Amarillo, Sheriff's Office

| Gray County Sheriff's office reported the following arrests during the 48 -hour period ending at 7 a.m. today |  |
| :---: | :---: |
| Sunday, Sept. 24 nes Brown, 26,1936 N. Christy, was arrested | Stocks |
|  |  |
| Ann Johson, 44, 516 Cart, was arrested |  |
| Carson Co. Sher | ${ }^{298}$ |
|  |  |
| Carson County Sheriff's Department reported |  |
| 18 $\begin{aligned} & 18 \text { drough se } \\ & \text { booked }\end{aligned}$ |  |
|  |  |
| tional prisoners are being held in othe | 边 |
| 18-8 |  |
| Luboock Count |  |
| M Mosiey 19 , orlahoma Cit |  |
| onda Maxwell 28 S Snyder DPS | Emergency numbers |
| fa weapon and possession of drug para | ers |
|  |  |
|  |  |
|  |  |
| 隹 |  |
|  |  |
|  |  |

King expresses sympathy in death of driver who injured him
 Byyan smith, 43 , was found dead Friday at his home in Fryeburg An autopsy was scheculed when results would be eanounced. "I was very sorry to hear of the passing of Bryan
Smith," King said in a statement issued by his mith, King said in a statement
assistant, Julie Eugley. "The death of
man can only be termed untimely."

Police report
Pampa Police Department reported dhe follow7 a.m. today.
7 a.m. today. $\quad \begin{aligned} & \text { Saturday, Sept. } 23 \\ & \text { A person in a pickup was reported to have dri- } \\ & \text { ven off without paying after getting } \$ 3.53 \text { in gas }\end{aligned}$ ven off without paying after getting $\$ 3.53$ in gas
about $6: 30$ p.m. Saturday at a convenience store
in the 100 block of Starkw in the 100 block of Starkweather. A 23 -year-old man reported about $\$ 45$ in bro-
ken windows about 9 p.m. Saturday in the 1200 block of south Christy.
A 19-year-old manday, Sept. 24
left side mirror on his red 1986 C 100 damage to the
left side mirror on his red 1986 Chevrolet pickup
about 11 p.m. Sunday.

## Accidents

Pampa Police Department reported the following accidents d
at 7 a.m. today.
Friday, Sept. 22
A 1984 Mercury Marguis driven by Marie Bramlett Parks, 75, 2314 Charles, was in collision
with a 1993 Toyota Corolla driven by Kimberly Roberson Blyythe, 39,1117 Sandlewood, about
$1: 30$ p.m. Friday at the intersection of Hobart and $1: 30$ p.m. Friday at the intersection of Hobart and
Kentucky. Officers said both cars were southbound at the time of the accident.
A 1994 blue Dodge Caravan driven by Kelly Beavers, 48,720 E. Browning, was in collision
with a 1991 blue Cadillac Deville driven by with a 1991 blue Cadillac Deville driven by
Jennifer Elizabeth Slagle, 20, 719 E. Browning, jannert 11:30 a.m. Saturday as the two cars backed
aut of their respective driveways into each other.
Police were searching for the vehicle that hit a
1988 legally parked pickup belonging to Janet 1988 legally parked pickup belonging to Janet
Sanders, 423 N . Sumner, and fled the scene
between $8 \mathrm{p} . \mathrm{m}$. Friday and 9 a.m. Saturday in

## Ambulance

Rural/Metro made the following calls during Saturday, Sept. 23
10:11 a.m. - A mobile ICU responded to 1300 West Kentucky and transported one to Veteran
Administration Medical Center in Amarillo. 12:31 p.m. - A mobile ICU responded to Baptist
St. Anthony West and transported one to a Pampa residence.
2:13 p.m. - A mobile ICU responded to the 100
block of North Banks and transpor block of North Banks and transported one to
PRMC.
Sunday, Sept. 24
7:21 p.m. - A mobile ICU responded to the 1500
block of West Kentucky and transported one to

## Fires

Pampa Fire Department responded to the fol-
lowing calls during the 48 -hour period ending at 7 a.m. today.
Saturday, Sept. 23
10:34 a.m. - One unit and four firefighters 10:34 a.m. - One unit and four firefighters
responded to a call for lifting assistance in the
1300 block of West Kentucky. 7:09 p.m. - Two units and seven firefighters
responded to an alarm in the 400 block of North responded to an alarm in the 400 bl
Ward. The alarm malfunctioned.

Sunday, Sept. 24
6:16 p.m. - One unit and three firefighters
responded to a small gas spill in the 1900 block of Monday, Sept. 25
5:14 a.m. - Two units and six firefighters
responded to an alarm in the 100 block of North

Stocks

dence in the murder trial. He said he has sent the evidence to an independent laboratory, rather then to the Texas Department of Public Safety (DPS) lab-
oratory in Lubbock where the trial evidence was oratory
tested.
Physical evidence gathered from the scene that
was not entered as evidence at the trial includes was not entered as evidence at the trial includes a
black plastic bag containing a knife and cup towel fingernail clippings from Twila
Busby; hairs found in her hands, on her stomach and under her ring; and evidence from a sexual assault kit. A Jan. 20, 1994 letter from the DPS crime labora-
tory in Austin to Pampa Police Detective Terr Young states that no blood was found on the knife plastic bag and a cosmetic case.

## The tour will be rescheduled for next spring

 A regional LEPC concherence is set for Oct. 2 traints, Hall said he would probably not attend the conference. Cost of the conference is approximately$\$ 600$, with $\$ 250$ of that to be reimbursed by the EPA - Region 6 . ${ }^{\text {It's important to have a representative go." Hall }}$ said. "It's open to anyone. If anyone wants to go or if their company wants to sponsor someone to go, let me know." LEPC members also discussed hosting a first
responder training session, taught by Pampa Fire responder training session, taught by Pampa Fire
Department personnel. A similar presentation had been held in Dumas.
Hall reported he had presented a tabletop exercise for the Lefors City Commission, mayor, fire
chief and city marshal recently using a tornado sce nario and photographs from the 1975 fatal tornado which struck Lefors in the early morning hours. Ithink they really appreciate

Veteran Harvesters will have a float in th parade. Also scheduled for them is a reception at p.m. until 10 p.m. On Friday morning from 9-11 p.m. until 10 p.m. On Friday morning from $9-11$
a.m. Veteran Harvesters are invited to meet for cof fee and rolls at the Coffee Shop. At 1 p.m. Friday Veteran Harvesters will be the
guests of honor at a reception in the PHS Library guests of honor at a reception in the PHS Library and will have special seating at the 2:30 p.m. Pep
Rally. Before the game they will again climb on
their float and be driven around the football field to

## People in the news

## Weather focus

PAMPA - Sunny today with
high of 67 and north winds
afrom $10-20 \mathrm{mph}$. Tonight, clear
with a low of $38-42$ and light and with a low of $38-42$ and light and
variable variable winds. Tomorrow
sunny and warmer with a high
of 80 and southwest wind at 5-15 of
mph. Yesterday's high 55; the
early mph Yesterday's high 55; the
early morning low, 31, was
record low. record low.
STATEWIDE rainy conditions greeted Texan Rain that began falling ove the weekend with a cold front's arrival continued over p
North Texas on Monday North Texas on Monday.
Meanwhile, the
Meanwhile, the front that was
Martin Sheen says he agrees with Democratic vice presidential can-
didate Joseph Lieberman's criti-
cisms of the film indutry cisms of the film industry.
"Half the business called
Hollywood is sleaze" Sheen said Hollywood is sleaze," Sheen said
Saturday during a visit to his Saturday during a visit to his
hometown to raise money for
Democratic candicates Democratic candidates and
attend charity events. "Lieberman is absolutely right.
He's one of the few politicians He's one of the few politicians
who's willing to ostand up and say that," Sheen said. "A lot of what
we do has very little to do with we do has very little to do with
art. It has to do with sleaze and art. It has to do with sleaze and
gratuitous sex and unnecessary
violence", violence."
Sheen,
Sheen, who plays Presiden
Josiah Bartlet in the White HouseJosiah Bartlet in the White House-
based television drama "The based television drama she
West Wing is a longtime sup-
porter of Democratic candidates. porter of Democratic candidates.
He has been arrested 70 times for his involvement in protests for
issues ranging from nuclear disarmament to the homeless.
He also expressed confidence that Democratic presidential can-
didate A1 Gore will defeat
Republican George W. Bush in
the presidential election Nov 7 the presidential election Nov. 7 .
 The actor had previously won
She said this ability to enjoy life an Emmy for his voice-over it the result of years of therapy. an Emmy for his voice-over
"I had the courage to fall apart including "The Simpsons," d put the pieces together Moe the Bartender, Apu the again," she told The Mining Kwik-E-Mart Owner and Police ournal in Sunday's editions. "I
didn't believe my phobias could
Chief Wiggum.
He played a Guatemalan go away, but I chewed up my houseboy in the movie "The
demons, and spat them out with Birdcage
(1996) and co-starred the help of an outstanding guide. in Tim RRobbins" "Cradle Will
Rock" (1999). He won an Emmy
arlier this month for best sup earlier this month for best sup-
porting actor in ABC's "Oprah LOS ANGELES (AP) - Actor porting actor in ABC's "Oprah
Hank Azaria will have a new $\begin{aligned} & \text { Winfrey Presents: Tuesdays with }\end{aligned}$
home to showcase the Emmy he Morrie" with Jack just won.
Azaria 36, bought
Azaria also had a recurring Azaria, 36, bought the four- role of Nat, the dog walker, in the
bedrom home in Beverly Hills for just under $\$ 2$ million, the Los "Mad About You" with ex-wife Angeles Times reported Sunday. Helen Hunt. He spit with Hunt
The home sits on a half-acre with in May after getting married in
a creek running through it. July 1999. The two had been creek running through it. July 1999. The two
Inspired by the late Frank Lloyd
together since 1994.

## Support the PHS Harvesters!

 It's Homecoming Week!City Briefs

| DR. LYLE, D.D.S. office hrs. M-T-T-F, 9-2 p.m., 1121 N. Frost, 669-7464. | PUBLIC INVITED to PHS |
| :---: | :---: |
|  | Hall of Fame Luncheon, Fri, |
|  | Sept. 29th, 12 noon, Pampa |
|  | 669-4700 or 669-3107 for reserva- |
| FLU CLINIC, 3023 N. Perryton Parkway, Suite 201, Sept. 27 \& 28 th, 8:30 a.m. $4: 30$ p.m., Sept. |  |
|  | SUNSET BAR \& Grill Mon- |
| 29th, 8:30 a.m.-11:30 a.m. \$12. Please bring Medicare cards if |  |
|  | 25 |
|  |  |
| HAVE OPENING for 24 hr . care in my home. Short or long term. Have references. 669-2271. | To |
|  |  |
|  |  |

responsible for breaking North | and 80 at Port Isabel. Other read-- |
| :--- |
| Texasi long-running dry spell |
| ings were 57 at Dryden and 54 at |

has already swept past the coast Junction.
into the Gulf of Mexico. Aline of
Wind chills were in the upper
showers along the coast dissipat-
edeens and 20as in the Panhandle

## Calendar of events

PAMPA AREA LITERACY Pampa A Area Litctury
fofirie is
Council offree is open foom 10 am .4 p .m.
Monday - finday For more infor-
 Clean Air Air Al-Anon will ho Clean Air Ai-Anon will hold
weeky meetings on Tueschy and
 ${ }_{3}$ 3r8m
TRALEE CRISIS CENTER Tralee Crisis Center will offer
Volunteer Training for people interested in working with victims of domestic violence, sexual
assault and other crime victims. For more information, call Diane
Wells at $669-1131$ or $1-800-658$ 2796. PLANNED PARENTHOOD and the Texas Panhandle is changing its hours. It is now open from
8 a.m. 5 p.m. Monday 8 a.m.-5 p.m. Monday-Thursday,
408 W . Kingsmill Ave., $1175-\mathrm{A}$, in Pampa. For more information or for an appointment, call 665-2291. Planned Parenthood is a not-forprofit health care organization
serving women and men in 17 offices covering 26 counties in the PRRE-SCHOOL STORY HOUR ovett Memorial Library will sponsor a pre-school story hour at
10 a.m. every Tuesday this fall beginning Sept. 5. The free program is open to children 18
months to 5 years of age and will include stories, crafts and other activities. No registration is
required. For more information, required. For more infor
call the library at $669-5780$. Pampa High School will host
"College Night" from 5:30-7:30 Heritage Room of M.K. Brown Auditorium. High school juniors, seniors and their parents are invited to attend this special event.
Representatives from colleges, Representatives from colleges,
universities, vocational schools, echnical schools and the armed services will be present. For more
information, call Billie Lowrey, information, call Billie Lowrey,
dministrative assistant, PHS, 69-4800, ext. 123 . SUPPORT GROUP BSA Hospice will offer "Putting education and support group for individuals who have experienced the death of a loved one, from $7-8: 30$ p.m. $\begin{gathered}\text { beginning } \\ \text { Thursday, Sept. } 28 \\ \text { at BSA }\end{gathered}$ Hospice, 800 N . Sumner in Pampa. The program will last for
five consecutive weeks and will five consscutive weeks andthern,
be facilitated by John Sout Me facillated by Jo. To pre-register or for
more, information, contact Janet MaCracken, 665-6677.
BSA FALL VOLUNTEER BSA Hospice Pampa will present Drilling Intentions

## Intentions to Drill ROBERTS (WILDCAT \&

 Morrow) Alpar Resources, Inc., A Courson-Lips ' $1366^{\prime}$ ', $12500^{\prime}$rom North \& West line, Sec. 36,C,G\&M, PD 8400 Application to Re-Enter Merex Resources, Inc., \#1-15 Claro, 1252' from North \& 1744' from East line,
$25, T C R R, ~ P D$
$9000^{\circ}$.
Oil Well Completion
(SPA (SPARKawa) EOG Resources, Inc
 pumped 88.5 bbl . of 45.4 grav. oi
+10 bbls. water, $G O R 1627$, TD ${ }_{7830^{\prime}, \text { PBTD }}+10$ water, $7780^{\circ}$
Gas Well Completions Has Well completions
Middle Morrow) AmSFORD




 spud 3-9-00, drlg. compl 4-5-00, eested 5-16-00, potential 900 MCF, TD 11500', PBTD $11262^{\prime}-$

## CINEMA 4

 - UREAN LEGEND 2 now Montrin thiterilism ory THE WATCHER Nowin
its Fall Volunteer Training and
Community Education Class from
Coordinator Donna Veach at (806)
371-8002 Community Education Class from $371-8002$ or or visit Sep.. 11-Oct. 12, at Clarendon. Wide Web.
College, 1601 W. Kentucky. This PLAINS FALL comprehensive class is designed for adults who are interested in becoming a hospice voluntin. The Top O' Texas Rodeo $\begin{array}{ll}\text { want to learn more about hospice } & \text { Association will hold the } 2000 \\ \text { Hlains Fall Classic Ranch }\end{array}$ care or desire personal growth and Rodeo at 7 p.m. nightly, Sept. 29 -
enrichment. This program is 30 Tickets are $\$$ for adults and $\$ 3$ enrichment. This program is 30 . Tickets are $\$ 6$ for adults and $\$ 3$
offered free of charge to the for children 12 and under. Twelve Pampa, Borger and surrounding communities and continuing edu
cation unit's will be awarded by CC. For more information or to pre-register, call Janet McCracken,
volunteer coordinator, BS volunteer coordinator, BS,
Hospice Pampa, at (806) 665-6677. Amarillo Public Library Amarillo Public Library will cele
brate the city's Ninth Annu brate the city's Ninth Annua
International Week, Oct. 1-8, with many fun events focusing on France. View 18 th century French
art in Amarillo Art Museum or meet the French consul at Central Library. For more information or for
activities, call (806) $378-3051$.
MDA FLU SHOTS The Muscular Dystroph Muscular Dystrophy
Association is currently offering
free flu shots Oct. 5 at the MDA Clinic in Amarillo for people in the Amarillo area who are affected by
any of the more than 40 neury any of the more than 40 neuro-
muscular disorders covered by MDA programs. People registered with MDA may have transportation made available or be reim
bursed for travel costs to visit the bursed for travel costs to visit the
local MDA clinic located in Ryan's office in Baptist St.
Anthony's Hospital in Amarillo. For more information or to mak an appointment for a free flu shot,
call MDA Program Services


Celeste Stowers is Lions Club Sweetheart of the Month for September 2000. Her honors, activities, and accomplishSepten include: Academic awards in Geometry, Latin il and
Interior Design: tennis team (two years); cheerieader (three Interior Design; tennis team (two years); cheerleader (three
years); Concert Choir; Show Choir; Student Council; years); Concert Choir; Show Choir; Student Council,
National Honor Society; Fellowship of Christian Athletes; DNational Honor Society; Fellowship of Christian Athletes; D-
FY-IT; "Miss Howdy" (freshman year); senior captain, cheer-FY-IT; "Miss Howdy" (treshman year); senior captain, cheer-
leading squad; Most Outstanding Choir Member (two conleading squad; Most Outstanding Choir Member (wo con-
secutive years); Student Body Reporter; PHS Honor Student (top 10 percent of her senior class); Who's Who Among American High School Students; USAA National Honor Roll; USAA All-American Scholar; and Most Outstanding Junior at PHS. Stowers is a member of First Methodist Church and is
active in the church youth group and youth choir She plans active in the church youth group and youth choir. She plans
to pursue a degree in interior design at Texas Tech University next fall. She is the daughter of Keith and Melinda Stowers, is the granddaughter of Mr. and Mrs. Vernon Stowers and Mr. and Mrs. John Spearman and is the great-granddaughter of Mrs. Fern Duncan


Include everything from candles
and
and
 More intiomation, call Shammodk 2501.

FPCEXTENDED
DUCATONCIASSES Frank Philition Collegese inser bore Frank Philips College in Borger
Widuration several
Extended
 will include:
Conversational
Spanish; PC-EZ conversational Spanish; PC-EZ
class; Concealed Handgun Course: Ingles Como Segundo Language; Intermediate Conversational Spanish; Web Design; Finding Your Way Through the Internet;
Beginning Watercolors; Beginning Watercolors; Quilting
class; Investing for Your Future; Nurse Aid for Health Care Organizations I ; and Marriage and
Couples Education satellite conference. For more information, call
(806) 274-5311, (806) 274-5312 or 1(806) 274-5311, (806) 274 -
800687-2056, ext.
P77.

The Don and Sybil Harrington Cancer Center will offer "Pathways," a four-part support
series for those who have lost a series for those who have lost a
loved one, from 1:30-3 p.m. lued one, from $1: 30-3$ p.m.
Tuesdays throughout the month. For more information, call Gerry Kelly at (806) 359 46(87, ext. 235 or
Stan Mckeever at $(106) 3594673$ Stan McKeever at (806) 359 -4673,
ext. 141 or toll-free at $1-800-274-4673$. ext. 141 or toll-free at 1-800-274-4673.
IMMUNIZAION CIINIC The Texas Department of Health will be offering immunization clinics for vaccines that give protection
against several childhood diseases against several childhood diseases
incuding polio, diphtheria, lock jaw (tetanus), whooping cough (pertus-
sis), measles, subella, mums, HiB sis), measles, rubella, mumps, HIB
(haemophilus influenzae Type B) haemophilus influenzae type B)
and ccickenpox (varicella). The
TDH will change money to help TDH will charge money to help
with the cost of keeping the clinic
open. The amount charged will be open. The amount charged will be
based on family income and size, and the ability to pay. The following
clinics will be offered: 10 a.m. 12 p.m., $1-3$ p.e., Sept. 14, Shamock p.m., $1-3$ p.m., Sept. 21, Groom
School, Groom; 24 p.m., Sept. 22, McLean Clinic, McLean; $10: 30 \mathrm{am}$.12 p.m., 1-3 p.m., Canadian Clinic, QUILTFEST 2000
Panhandle Piecemakers Quilt
Guild will sponsor "Quiltfest p.m. Saturdayow from 10 a.m.-5 p.m. Saturday, Sept. 30 and from


## S E P

## High-Speed Internet Blazes Across City

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Reliable, high performance Internet service is moving in fast with advanced DSL solutions from Vectris. We offer comprehensive portfolio of high-speed, "always on" roadband Internet and $e$-mail services tailored to meet the expanding needs of your business or home office. Vectris high-speed DSL Internet service is a highly reliable, cost-effective solution to help increase your business productivity, speed up download time and reduce your connectivity costs. And Vectris Internet DSL is available 24 hours a day, from Vectris. Don't say we didn't warn you.


## Parties joust over benefits as adjournment, election loom

Wepublicans and Republicans and Democrats are Republican leadership is giving break that said they needed to
iousting over prescription drug up on the idea of a real prescrip. to help the neediest send a plan jousting over prescription drug up on the idea of a real prescrip- to help the neediest seniors, said
benefits for Medicare recipients, a tion drug benefit this year. The GOP sources who spoke on conkey campaign issue, as the congressional session nears an end and elections approach.
"Sadly, it has proved very diffi"Sadly, it has proved very diffimise," on the issue, House
Spaker Dennis Hastert Speaker Denne Hastert, R-III.,
and Senate Majority Leader Trent and Senate Majority Leader Trent
Lott, R-Miss., said in a letter Lott, R-Miss., said in a letter
being sent to President Clinton on Monday.
on
Address
Addressing an issue that cus-
tomarily favors Democrats tomarily favors Democrats, the
Republican leaders called for Republican leaders called for
immediate benefits for the lowincome elderly, as well as legislation to allow importation of
cheaper drugs from Canada and cheaper dr
elsewhere.
ing would not prevtisan bickering would not prevent us from
helping those who need it most helping those who need it most
now," they wrote in their letter, a copy of which was obtained in advance. They also recommend-
ed putting aside up to $\$ 40$ billion ed putting aside up to $\$ 40$ billion
to provide drug coverage to all to provide drug coverage to al
seniors in future legislation. seniors in future legislation.
But even before their letter wa dispatched, the White House
sounded unimpressed and the sounded unimpressed, and the
leader of House Democrats
scornful.
president is not giving year." The
Waid White House aide Joel uphnson.
And Laura Nichols, an aide to Aind Laura Nichols, an aide to
House Democratic Leader Dick Gouse Democratic Leader Dick sounds like a desperate attempt on the eve of the election for the
Republicans to look like the on the right side of the issue.
on the Untiliver a Republicans agree to fit through Medicare they are nibbling around the edges of the problem."
With elections only six weeks away, polling indicates the preccription drug issue is an impor-
tant one, particularly in the batant one, particulariy in the bat-
tleground states of the Midwest, and that Democrats are favored An ABC Republicans. An ABC News-Washington
oost poll after the summer political conventions gave Vice
President Al Gore thent President Al Gore, the
Democratic presidential nominee, an 18-point advantage over nee, an 18-point advantage over
Republican rival George W. Bush on the issue.
The issue is The issue is important in con-
rressional races, as well. House Republicans received polling
information after their summer
how the public they had a plan
to help the neediest seniors, said
GOP sources who spoke on cpndition of anonymity.
Clinton, Gore Clinton, Gore and most Democrats favor legislation to
create a new prescription drug create a new prescription drug
benefit under Medicare, available to all recipients who agree to pay
for it, with subsidies for it, with subsidies for the less
well off. well off. Republicans generally reject
that approach. In the House, the
leadership earlier leadership earlier this year
pushed through an atter pushed through an alternative
that relies on subsidies to the that relies on subsidies to the
pharmaceutical industry, in
hopes companies will offer prehopes companies will offer pre
scription drug scription drug coverage
Medicare recipients. Low-incom Medioars woulp receive help under
she GOP approach, as well. Additional proposals are cir lating in the Senate. One, by
Finance Committee Chairman Finance Committee Chairman
William Roth, R-Del., would help the elderly poor.
Republican aides said GOP
leaders would take steps in the leaders would take steps in the
coming week to stress their pro coming week to stress their pro-
posal for immediate help for lowposal for immediate help for low-
income seniors, an idea proposed by Bush in his prescription medi-
cine plan. cine plan.
Democr Democrats said Gore would
campaign on the issue in the coming week, and lawmakers to other government programs.
would seek to press Hastert to o- $\begin{aligned} & \text { Swift passage of prescription } \\ & \text { permit passage of legislation cov- } \\ & \text { drug legislation to help low- } \\ & \text { income seniors " who currently }\end{aligned}$
$\begin{array}{ll}\text { ering all elderly people. } \\ \text { In their letter, the GOP leaders } & \text { have to choose between prescrip- }\end{array}$ Ing ain eiderly people.
ancog legislation to pencers "to help lowutlined five . Contlined five proposals they said tion drugs and food." Congress and the White House -A set-aside of $\$ 40$ billion should agree to enact before law-
makers adjourn for the elections next fivie years to pro-
vide drug beneitit for all seniors
and modernize the overall next month:
Creation of a Medicare "lock box to make sure Medicare pay- over the next five years to
oll tax receipts are not diverted

## News in brief ...

Yugoslav opposition declares victory BELGRADE, Yugoslavia (AP) - Claiming victo ry in an election marked by fraud allegations, Slobodan Milosevic's opponents warned that the
Yugoslav president may try to rig the vote in a des Yugoslav president may try to rig the vote in a des-
perate attempt to keep the power he has wielded perate attempt to keep the power he has wielded
or 13 years. No official results had been released from Sunday's election, when an estimated 74 percent of the country's 7.6 million voters cast ballots
for president, parliament and local officials.
However, the However, the pariocratic Opposition of Serbia
party claimed its candidate, 56-year-old Veis party claimed its candidate, 56 -year-old Vojislav Kostunica, had won the presidency, saying its poll
watchers reported that he had an absolute majority, watchers reported that he had an absolute majo Gore issuing booklet on Medicare
WASHINGTON (AP) - In the campaign contest
over specifics, AI Gore's latest offering is 74 pages
outlining, as he put it, his "rock-solid commitment outlining, as he put it, his "rock-solid commitment
to Medicare." The vice president was unveiling the to Medicare." The vice president was unveiling the
book Monday on a campaign swing through St Petersburg, Fla., with wife Tipper. Dubbed
"Medicare at the Crossroads," it is a compilation o the Democratic presidential nominee's previously the Democratic presidential nominee's previously
announced proposals plus new detail on how he announced proposals plus new detail on how h
would keep stabilize HMO participation in
Medicare so that older Americans choosing Medicare so that older Americans choosing man
aged care over the traditional Medicare fee-for-seraged care over the traditional Medicare fee-for-ser
vice plan will have reliable health coverage. Bush suggests 'recession' in education AUSTIN, Texas (AP)-George W. Bush, opening a three-day West Coast swing, is suggesting the
nation is in the grips of an "education recession" even as it enjoys good economic times. The Texas governor plans to focus on his education proposals at stops in Oregon, Washington and Californiaa o
his Republican presidential campaign. While polls his Republican presidential campaign. While polls
suggest Democratic nominee AI Gore has a comfortable lead in California, Bush strategists see Oregon and Washington as in play. Trimed to coin
cide with Bush's trip is a new Republican Nationa cide with Bush's tripis as new Republican Notional
Committee ad. Citing low test scores, particularly Committee ad. Citing low test scores, particularly
in math and science, it implies that part of the
blame rests with the Clinton-Gore administration.
37-year-old wins 'Hands on a Hardbody' contest after 126 hours

LONGVIEW, Texas (AP) - The News-Journal. "Her husband was
rules in the "Hands on a laid off, and she wanted to win
Hardbody 2000 " were simple: One this for her daughter." hard flat on the yellow Nissan pickup truck at all times without holds out longest contestant who "I'll wake up about 24 hours home. Sunday, Warren Hearne, 37, of won', and I won't know what Sunday, Warren Hearne, 3 , of won, and
Houston, won the truck and aboat they're talking about." by going for more than five days Every hour, contestants are

- 126 hours and 46 minutes - allowed six minutes away from - 126 hours and 46 , minutes - allowed six minutes away from until the last of 23 original contes- the truck. They dash either to the
tants had given way. tants had given way.
"I shocked , the world," said ship that sponsors the contest, or Hearne, a state police officer, wav- to makeshift rest stations set up
ing his arms jubilantly overhead as nearby. ing hisarms jubilantly overhead as nearby.
he rode atop the pickup about
Each he rode atop the pickup about Each contestant has a collection
noon Sunday as reporters from as of comforts: a lawn chair, stocked for away as New York and London cooler, blankets, notes from their pressed near.
Cynthia Mesker let go shortly Cynthia Mesker let go shortly
before midnight Saturday in a fit before midnight Saturday in a fit

of disorientation and dementia. | Twelve hours later, Lonia. $\begin{array}{l}\text { and spent the past two years } \\ \text { regretting that he fell short of his }\end{array}$ |
| :--- | elementary school teacher Linda Moal of 125 hours. This year he and

Mangrum walked away, too, leavMangrum walked away, too, leav
ing only the man who called him ing only the man who called him- lated," Hearne said. "Two years
self "The Shark" to bask in the ago, I came accol like glow of TV cameras and cheering puppy in a shiny, red wagon,
supporters.
bouncing around with all this At 11:40 a.m. Sunday, Mangrum
lifted her gloved hands Hearne lost in 1998 when -
walked to a cot where she col- after 5 h hours on the truck - he
lapsed into a coma-like sleep. lapsed into a coma-like sleep. col- after 56 hours on the truck - he
accidentally used both hands to
Her pit crew of friends mas- pull off his headphones. Her pit crew of friends mas-
saged her aching legs and recounted why she wanted to win.
"She was "She was trying to win this for
her daughter," fellow teache Joyce Ware told the Longview drinks. Whenever another contes

## TRY IT, YOU'LL LOVE IT!

 Eat any food you crave and still lose weight on 1.2.3 SucceWeight Watchers easy POINTS (2) We've given every food a POINTS progran. 2 Just
0.


JOIN NOW FOR ONLY ${ }^{\text {s } 15!}$
PAMPA
First Assembly of God 500 South Cuyler Thurs $5: 30 \mathrm{pm}$ Check at our centers for details about our maintenange records.

It also praises Bush's record in Texas. The ad will
run in 17 states beginning later in the week, said run in 17 states beginning later in the
Bush spokesman Ari Fleischer.
Phil ones returns to Indiana to pay homage to James Dean
FAIRMOUNT, Ind. (AP) - Thousands of people
flocked to this east-central Indiana city to pay tribflocked to this east-central Indiana city to pay trib-
ute to the late actor James Dean - including anoththe camera. "CBS Evening News" correspondent Phil Jones returned to his native Fairmount to serve as parade grand marshal at the weekend's "Jimme
Dean Days." Before Saturday's parade began Jone Dean Days." Before Saturday's parade began, Jones
gave one of his seven Emmy awards to the gave one of his seven Emmy awards to the
Fairmount Historical Museum. Jones, who still has family in Fairmount, has worked for CBS for 33 years. He currently covers the White House and national politics. He brought a television news
crew to Indiana for the weekend, and said he plans cew to Indiana for the weekend, and said he plans
to do a segment on Dean, expected to air on Oct. 1 . to do a segment on Dean, expected to air on Oct. 1 .
The annual Dean festival also featured a James
Dean Look-Alike Contest a car sor Dean Look-Alike Contest, a car show, a gospe
music fest and free showings of Dean's films.

Devers advances to hurdles semis SYDNEY, Australia (AP) - Gail Devers, a threetime Olympic gold medalist, moved into the semi-
finals of the 100 -meter hurdles by winning her inals of the 100-meter hurdles by winning her sec
ond-round heat in 12.77 seconds Monday. In the ond-round heat in 12.77 seconds Monday. In the
first round earlier in the day, she ran 12.62 - the sisth-fastest time in the world this year. Joining
Devers in Wednesday's semifinals were US tean Devers in Wednesday's semifinals were U.S. team-
mates Melissa Morrison and Sharon Couch. Also advancing was Gloria Alozie of Nigeria, whose fiance was killed when hit by a car in Sydney a few days before the games opened. The busiest night of Olympic track and field - nine finals were scheduled for Monday night - was tainted by news that the reigning world champion, is the husband of Marion Jones, who won the women's 100 meters last weekend and has made it her quest to win an
unprecedented five gold medals at the Sydney Jut Out The Following Quet位 To The Pampa News Office. We Can Take Your Picture In The Office Or You Can Bring A Favorite Photo With You. It's That Easy ... And It's For All Ages!

Name:
Occupation/Activities
Birth Da:
If I had a different job, I'd be a:
When I grow up I want to be:
My personal hero
The best advice I ever got was:

People who knew me in High School
My classmates think of me as:

The best word or words to describe me:
People will remember me as being:
The four guests at my fantasy dinner party would be:

My hobbies are:
My favorite sports team is:
My favorite author is:
The last book I read was
My favorite possesion is:
The biggest honor l've ever received is:

My favorite performer is:
I wish I knew how to:
My trademark cliche or expression is:
My worst habit is:
I would never:
The last good movie I saw was

I stay home to watch
Nobody knows:
drive a:

My favorite junk food is:
My favorite beverage
My favorite restaurant is:
My favorite pet:
For my last meal, I would choose: "or" My favorite meal is:

I wish I could sing like:
I'm happiest when I'm:
I regret:
I'm tired of:
I have a phobia about: "o
My biggest fear is:
The electrical device I couldn't live without
My most embarrassing moment:
The biggest waste of time is:
If I won the lottery, the most extravagant thing I would do is:

If I had three wishes they would be:

If I could change one thing about Pampa, it
would be:-
and stayed calm.
The previous record was 107
hurs set last year hours, set last year. As of late
Saturday the contestants 112. 'I'm amazed. I didn't feel like the record could be broken They've not only broken it, the Mree have shattered it," said Jay Longview car dealership that ponsors the contest.
Filmmaker S. R Bi Filmmaker S. R. Bindler thought o. Bindier shot a documentary or
the contest in 1995. Released last summer, "Hands on a Hardbody"
traces the hilarity and heal traces the hilarity and heartbreak of the days-long event.
At hour 109, J.D. Dre At he 1995 contest, sraid, winner theal
show starts when t show starts when it comes down to the last three battling for the
first, second and third prizes. "All three of them are saying to themselves, Just one more down and I'm either first or second, Drew won peetw won his truck after com- 78 hours. He was asked
if he thou if he thought he could go as long
as the contestants this time "I'd try my best to win, bu nobody knows where you'll stop." The tales are passed around the
truck In 1998, in the smal truck In 1998, in the small hours,
one bone-tired woman in a waking hallucination dreamed she
was on her way to a dance. She was on her way to a dance. She
wandered away from the truck and was immediately disqualified Saturday night, as Mangrum
rested with ice packs on a swollen leff foot in the pit area during one
of the few breaks, a man called of the few breaks, a man called out
from the crowd in a supportin from the crowd in a supporting
manner, "Don't look now, Linda but angels are surrounding you." Mesker stayed planted on the
hood, swaying to music played in hood, swaying to
the background.
After a little slee some of the contestants who had
dropped out eartier came back to watch the strugle came back watch the struggle continue.
Charlie Walker and Newlin were among the final five
from Friday night Saturday.
"The last six "The last six hours I remember
were bits and pieces," Newlin weid. II remember at the breaks the
cameras were in my face because they thought I was gone. I remem ber my friends during the last hours. They were the ones who
kept my hands on."

Direct-to-consumer marketing impacts prescription practices
AUSTIN - In the old days, physicians examined their patients,
diagnosed their symptoms and if necessary, prescribed the most diagnosed their symptoms and if necessary, $p$
appropriate medications to treat their ailments. appropriate medications to treat their ailments.
Today, however, patients, drug companies and managed care drug
formularies help determine what medications will be prescribed, formularies help determine what medications will be prescribed,
reports "Texas Medicine" magazine in a recent cover story. Texas Medicine" is the official news magazine of the Texas
Medical Association and provides timely information on medical issues that impact Texas patients and their physicians.
While patients used to rely on their physicians for advice, patients While patients used to rely on their physicians for advice, patients
now offer advice to their physicians about what prescriptions they
think they need. Thanks to highly successful direct-to-consumer think they need. Thanks to highly successful direct-to-consumer
advertising efforts by drug manufacturers, it is commonplace for patients to ask their physicians for certain prescriptions by name.
David Butler, M.D., an Austin family practitioner, says he abhors David Butler, M.D., an Austin family practitioner, says he abhors
direct-to-consumer advertising "because it colors the whole encounter. Patients are already set on their treattent, predisposed to
a diagnosis." Dr. Butler told "Texas Medicine" he frequently must a diagnosis." Dr. Butler told "Texas Medicine" he frequently must
work to get his patients back on track so he can make a proper diagwork to get his patients back on track so he can make a proper diag-
nosis and treatment recommendation. "Otherwise, I could make an Phar
Pourting peatiicalts to ask their physicians about drugs they manufacture. While that may seem like a large prico tag it pales in compari-
son to the $\$ 111.1$ billion in pharmacutical retail sales last year Pharmaceutical companies also direct their marketing effort toward physicians. Drug representatives make frequent calls on
physicians, providing them with free drug samples and other gifts, physicians, providing them with free drug samples and other gifts,
while promoting the benefits of the newest medications. Pharmaceutical representatives "are leaving free samples of new
drugs all the time so it's sometimes easy to forget that older less expensive, but very efficacious dru'gs are available,"' says Gregg Lucksinger, M.D., another Austin family physician. Managed care pressures, namely drug formularies, also are a major
factor in prescription practices. Health plans use drug formularies to litior the mescipation practices. Health plans use drug formularies to expensive generic drigs for name-brand pharmaceuticals. According
to the TMA's most recent survey of Texas physicians, 58 percent of to the TMA's most recent survey of Texas physicians, 58 percent of
the reporting physicians say they have seen specific cases in their practices where managed care policies a aversespy impacted the quali-
ty of patient care. Of those, 75 percent cited restricted drug formulapractices where managed care poncies adversely impacted the quair-
ty of patient care. Of those, 7 percent cited restricted drug formula-
ries as a cause of poor quality care, making it the most frequent prob-
lem. . . Butler says he tries to prescribe the least expensive option about
D. 90 percent of the time. But when he wants to prescribe something that
is not within the managed care plan's drug formulary, "my staff has this huge hassle with phone calls and additional paperwork to do a
little tap dance with some HMO to prescribe the drug I think my little tap dance with some HMO to prescribe the drug I think my
patient needs. The sheer chaos of it is what's so frustrating," Butler says. the generic drugs covered by the drug formularies. "A patient has to
feel confident in the drug I prescribe," says family physician Abe feel confident in the drug 1 prescribe, says family physician Abe
Rodriguez, M.D., of San Antonio. "If I have to change to a less expensive medication, for example, 1 . .
offers the to same benefits. offers the same benefits.
Like everything in heal Like everything in health care, the process of prescribing medications is a lot more complicated than it once was. The pressure applied
by patients, drug companies and managed care organizations means writing a prescription is not always just about what's best for the
Texas Medical Association is a professional organization of more thenas 36,000 physicians and medical student members. It is located in
Austin and has 118 component county medical societies around the Austin and has 118 component county medical societies around he
state. The Association represents 85 percent of the doctors of medi-
cine licensed and residing in Texas. TMA's key objective is to improve cine health of all Texans.

## AHA: What to do when cholesterol count's up

Cholesterol can be both good a heart attack. If a clot block and bad, so it's important to affects your health and how to
manage the cholesterol levels in
your blood the American Heart Association says.
Cholesterol is Cholesterol is a soft, waxy substance found among the fats in
your bloodstream and in all your
body's cells. It is normal to have your bloodstream and in alt your
body's cell. It in normal to have
cholesterol. It's an important cholesterol. It's an important
part of a healthy body because
it's used to form cell membranes some hormones and other needsome hormones and other need-
ed tissues. Too high a level of
cholesterol in the blood is a major cholesterol in the blood is a major
risk for heart disease, which may risk for heart disease, which may
lead to heart attack or stroke. lead to heart attack or stroke.
You get cholesterol in two
ways. Your body makes some of ways. Your body makes some of mal products that you eat such as
meats, poultry, fish, eggs, cheese meats, poultry, fish, eggs, cheese
and whole milk. Foods from
plants like fruits, vegetables and plants like fruits, vegetables and
cereals do not have cholesterol. Cholesterol and other fats can't
dissolve in the blood. They have dissoive in the blood. They have
to be
transported to and from the cells transported to and from the cells
by special carriers called lipoproteins and there are two ki
you should know about.
Low-density lipoprotein, or
LDL, is known as the " "ad ${ }^{\text {" cho- }}$ lesterol. Too much LDLL cholesterol can clog the arteries to your
heart and increase your chance of heart and attack. High-density
heart
lipoprotein, or HDL, is known as lipoprotein, or HDL, is known as
the "good" cholesterol. Your
body makes HDL cholesterol for your protection. It travels away from your arteries. Studies sug-
gest that high levels of HDL chogest that high levels of HDL choattack.
If a clot forms where there is
cholesterol build-up in the artery, the blood flow can be blocked to part of the heart muscle, causing
a heart attack. If a clot blocks
blood flow to part of the brain, sthat the lower your LDL to noles-
terol, the lower your risk of heart tero,
disease. Total blood cholesterol level is
measured to evaluate your risk measured to evaluate your risk
of having a heart attack.
Example: Desirable, less than 20 Example: Desirable, less than 200
$\mathrm{mg} / \mathrm{dL} ;$ Borderline-high risk,
$200-293 \mathrm{mg} / \mathrm{dj} ;$ High risk, 240
$\mathrm{mg} / \mathrm{dL}$ and over. $\mathrm{mg} / \mathrm{dL}$ and over
There are changes an individual can make to lower these numbers. Eating
foods low in saturated fat,
lar exer lar exercise and taking medica
tion und tion under a physician's supervi-
sion can decrease
Fo For more information on cho
sesterol, call 1-800-ABA visit AHA at www.american-
heart.org. on the World Wide
Web.


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suffer from lung disease.
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## Private home offers hope for stroke survivors

## Back-to-school stress can trigger acne in can trigg teenagers

 teenagers stress teenagers experi-The The stress teenagers experi-
ence as they head back to school ence as they head back its mark
can sometimes leave on their faces.
"Stress
St
"Stress can be a catalyst for
acne outbreaks because it acne outbreaks because makes the body produce greate
quantities of androgen hor mone, which in turn cause some skin glands to pump out
more oil, says Dr. Mary more oin, says Dr. Mary dermatology at U Southwestern Medical Center a Dallas. "Teens are more prone
to this type of outbreak because to this type of outbreak
of hormonal changes.
A pimple develops when skin cells are not sloughed off in an even manner and oil accumulates, causing bacteria to adiere-
to the sticky surface. The bacteria produce chemicals that can cause inflammation in the pore and surrounding skin Christian says following a
simple cleaning regimen will simple cleaning regime
help maintain clear skin. Wash your face with a gentle cleanser in the morning and
evening, but avoid scrubbing evening, but avoid scrubbing
and excessive washing because and excessive washing because
this can irritate skin. Buy makeup and creams that are noncomedogenic won't clog pores -
and use them sparingly. And and use them sparingly. And
use over-the-counter medications containing benzoyl peroxide to dry up acne both at the
surface of the skin and beneath. Shiny, happy smiles Behind every bright and warm smile in adulthood there most likely were good
dental habits that began years

For example, prolonged suck-
ing on a baby bottle of formula ing on a baby bottle of formula
milk or juices can cause toott decay as carbohydrate-rich fluids bathe the upper gums anc
nourish bacteria, damaging enamel surfaces. The subse quent tooth decay, called baby
bottle syndrome, is seen mos frequently in young childrer
who sleep with a botte say: who sleep with a bottle, say:
Dr. Janet Squires, associate pro Dr. Janet Squires, associate pro
fessor of pediatrics at UT fessor of pediatrics at Un
Southwestern Medical Center a given to children as a pacifiei given to children as a pacifie1
during sleep time. This is : common practice that parent:
should never start. Childrer who learn to sleep with a bottle will often have difficulty sleep a very hard habit to break very hard habires says.
Water bottles at night can bs used to reduce the tooth decas
for those toddlers who come or those toddlers who come tc
depend on bottles for sleep depend on bottles for sleep. parents to prevent this problem rather than trying to correct as unhealthy habit in their youn,
children after it is established, children after
Squires says.
by MARGARET STAFFORD
OVERLAND PARK, Kan. (AP) - When Kolleen Arnold had a stroke at age 31, a doctor gave her Eight years latere, Arnold has learned to walk and
talk again, racuated cum laude with an associate talk again, graduated cum laude with an associate degree and become a master gardener. She credits
her family and a strong stubbom streak her family
comeback.
"Doccors always tell you the bad news," Arnold
said. "I'm the kind of person that when someone tells me I can't do something I say, 'Wanna bet?'?' Today, Arnold shares her story and determinaexperiment called the American Strok Foundation.
The found
The foundation is in an inviting house on a quiet
residential street in this Kansas City suburb It no hint of a medical office.
no $\begin{aligned} & \text { Thin one-story h house weith a patio, spacious back- } \\ & \text { yard and pool gives stroke survivors and their }\end{aligned}$ caregivers a place to share the battle and to relearn
the basic skills their strokes have the basic skime they stred to know things like" How
"Sometimes they ned do you brush your teeth?"'" said Arnold, who still can use only one arm. "I want to be an inspiration
to people. And it helps my selfesteem to help to people
them."
The foundation fills a void in the medical community, where stroke rehabilitation often ends
after six weeks, when most insurance runs out leaving most survivors far from physical or emotional recovery.
"Stroke patients' therapy lasts as long as they
have a medical need - as determined by the insurance companies," said Dr Steve Simon, who
specializes in physical medicine and mhat specializes in physical medicine and rehabilitation
at the Mid-America Rehabilitation Hospital here. at the Mid-America Rehabilitation Hospital here.
"So the amount of therapy has less to do with true need and more to do with the coverage they decided to purchase.
That was the impetus for Shirley Rose and her
daughter, Robbie Small, when they decided to daughter, Robbie Small, when they decided to
begin the foundation in 1996. Rose's husband Stan, had a series of strokes beginning in 1995. He died in 1997. The Roses were co-founders of Sun Publications and well-known community leaders.
"I had money. I could afford in-home nursing "I had money. I could afford in-home nursing
care. I knew what resources were available. I had my family here. It was still awesome. I can't imagine taking even one of those things away and tryine taking even one of those things away
ing to get through it," Shirley Rose said. term was especially disturbed by the lack of long-
"The philosophy seemed to be 'take them to a nursing home and wait for them to diie,"'she said. "There are a lot of people with strokes in nursing
homes who shouldn't be, but it gets too difficult for the caregivers."
for the caregivers.
Any stroke survivor or caretaker can use the
house, at no cost. Exercise, music, vision, computhouse, at no cost. Exercise, music, vision, compet-
er and other practical programs are offered, all by experts who donate their time.
experts who donate their time.
Survivors also use the house to relearn life skills such as laundry, cooking, cleaning and taking a
shower. shower.

Study suggests people feel emotions through effect on body
NEW YORK (AP) - around since the 19th century, ing sadness, happiness, anger Scientists have found new evi- and an expanded version is or fear by recalling different dence that people feel emotions presented in the 1999 book, events in their lives. The scien-
like sadness or anger in much "The Feeling of What tists focused on brain areas
the same way they feel heart- Happens," by Dr. Antonio that could monitor changes in burn - by monitoring what's going on within their bodies.
The idea is that an emotion riggers changes in a person's of
ody, including the brain, and end
ody, including the brain, and that the brain in turn monitors colleagues present a brain- such activation patterns might before. Dallas
troke survivors," said Simon, who serves on the
oundation's board. "Most people get therapy in ormal setting, with a trained therapist dispensin "all day. th
But this offers stroke survivors a non-medica son who can help with everyday how-tos. It ble group they can't understanding, a comfor Survivors get compassion, but not pity, from oth "We house
Christy Axtord Hall, executive director. "We offer houlders to cry on. But when someone wants lass of water, we say, 'Get your own water.' They The foundation also is compiling a data bank to track stroke survivors' progress, in the hope that how stroke is treated.
he foundation is run by stroke survivors. That's
aid. Most people with stront of the program, Sims
"Most people with strokes still have tremendous Those people run this program. What greater impetus to push somene to do more for them-
selves than to say, 'That guy who helped me had a selves than to say, 'That guy who helped me had
stroke too, and he can do it."'
Sharing with others is what drew
and her hisband, Joe, to the foundation after Joe had a stroke $31 / 2$ years ago. McDee was alone caring for a husband who couldn't speak, needed four hours of rehabilitation everyday and couldill can't "Ceak, but the couple has an otherwise normal life. "Coming here, you meet a lot of nice people, like you're the only one in the world going ike you're the only one in the world going
through this. Anyone who hasn't been through it can't really understand it."
before the cise of the house faced stiff opposition a residential daycare permit Opponents feared it would bring too much traffic eighborhood
The city imposed several conditions, including limiting the number of people on site at any time
oo 15 and moving the business office to another ocation. Spot checks are conducted to make sure the home complies with the conditions.
The Kansas City-area medical community has "It augments what we do
it" St augmen said. what we do, rather than replicating
The foundation plans to hòne its work for about wo years before trying to expand to other parts of catch on.
"Eventually," Hall said, "people will look at what we're doing and say, 'Weoll, of course. Why
didn't we think of that a long time ago?"'? On the Net
American Stroke Foundation: http:/ /ameriAmerican
canstroke.org
National Nttp://www

Tom



The Golden Phoenix Center has been appointed the specific mission of improving the psychologica health of senior adults who require short term psychiatric hospitalization.


THE
 NEWS Monday September 25
Couple Thinks In-Laws' Visit Is More About Money Than Love


Horoscope
TUESDAY, SEPT. 26, 2000 BY JacQueline bigar
The Stars Show the Kind of Day You'll
Have:
5-Dynamic:
4-Positive; RIES (March 21-April 19) $\star \star \star \star$ If you stay foccused, you can
make a long-term desire real. Parners make a long-term desire real. Parnerss
plug into your entusiasm and want to be ers, even if they have different opinions concept. Emphasize the details as well. Tonight: Celebrate success and living.
TAURUS (April 20 -May 20) $\star \star \star \star \star$ Your mind spins at work. Sit will flourish. Your ability to solve probnother's admiration as well as his caranother's admiration as well as his car-
nng. Use care with a child or loved one. Telings run high. Know what you want.
Tonight: Be your naughty-and-nice self GEMINI (May 21-June 20)
 would not hurt to seek out experns or wanting. You might not al ways express
whement on your mind Use an opportuniRetum calls. Accepp an inviatition. Sign through mental growth. Tonight: Happy

***
DEAR ABBY: I am six months istry for baby gifts. I am not plan-
ning a baby shower, but would like to have the regerstry available to
those who wish to buy gifts. those who wish to buy gits.
How do 1 l let friends and family know I have a gift registry witho
also inviting them to a shower? also inviting them oro shower?
Without teeming rude, how can I
let people know they can buy me let people know they can buy me
giffs? It seems the only acceptable
way to ask for baby gits is to throw a party and send yours registry card
along with the invitation. MOM-TO-BE
DEAR MOM-TO-BE: To DEAR MOM-TO-BE: To
include a gift registry card with
an invitation is considered a an invitation is considered a
blatant request for a gift, and blatant request for a giff, an
any blatant bid for gifts is
breach of etiquette. breach of etiquette.
Please remember that people
don't "owe" you a gift simply
because you are about to
you want to appear greedy, say
nothing about gifts unless nothing about gifts unless
someoone asks you what you
need for the baby. ***
DEAR ABBY: When my daugh-
ter lived here with her father and
me, we always had a hard time get
ting her to stay home - even for
dinner. Now that she has moved
out, hees over here every day, even
at meatimes! Withoury making her
mad or hurting her feelings, how
can we tell haq she doesn't have to
visit every single day?
HER PARENTS IN
HER DEAR PARENTS: Your prede's ironies: As children grow
older, they can't wait to asser their independence and leave home. However, adult children ime often go into "economic shock" when they start paying
for their own food, utilities, etc.

Speak up and begin putting visits back to the nestrimitset up
one specific time during the one specific time during the
week for dinner or a visit. If you week for dinner or a visit. If you
don't begin to draw the line, it
may be years before you can may be years bef
enjoy your privacy. make the right decision. Think through
your ideas carefully before acting. Your
smile makes a big difference in how smile makes a big difference in how
another responds. Tonight: Work as late as you need to. $\underset{\star \star \star \star \text { Others deal with change in }}{\text { CAPRICORN }}$ positive and creative way. Verify the bal ance of your checeking acecount. Make
sure all your facts are corcet before you sure all your facts are correct before you
make a money decision. Inquire and seek out other opinions. The more open you
are, the more sucessful you will be are, the more successful you will be
Tonight Go for differet Tonight: Go for different.
AOUARIUS (Jan. 20-Feb. 1
 ers. Create more of what you want. You
succeed. especially if you talk succeed, especially if you talk to some
one one-on-one. Think through decision carefully with a partner. Notice how wel
you work as a team. Tonight: Be espe you work as a team. Tonight: Be esp
cially loving. cially loving.
PISCES (Feb. 19-March 20) $\star \star \star \star$ Your intuition helps you if you
listen to it. A partner might not be able to say what he is thinking. Question others
 dinner invitation. a dinner invitatio
BORN TODAY
Actress Linda Hamilton (1956). N.
govemor Christie Whitman (1946) goveror Christie Whitman (1946), ten
nis player Serena Williams (1981) For a personal consutuation with a psy-
chic, call ( 900 ) $000-00000$, $\$ 295$ per chic. call ( 9000 ) 000-0000, $\$ 2.95$ per
minute. You can request your favorite
psychic, and Spanishspeaking who gather around you, the happier you
are. Tonight Go for what you want. $\begin{aligned} & \text { minute. You can request your favorite } \\ & \text { pspychic. and Spanishs-speaking psychics } \\ & \text { SAGITIRRIUS (Nov. 22-Dec. 21) }\end{aligned}$

Crossword Puzzle Marmaduke

6 Jumble of $\begin{gathered}6 \text { Swimmer } \\ \text { siser } \\ 7 \text { Sour }\end{gathered} \quad \begin{gathered}22 \text { Lot buy } \\ 22 \text { Identical }\end{gathered} \quad 27$ Out of

| noise | 7 Sour |  |
| :---: | :---: | :---: |
| British | 8 Spring |  |
| school | $\begin{array}{c}22 \text { Identical } \\ 23 \\ \text { signs } \\ \text { mireasure }\end{array}$ | $\begin{array}{c}\text { bed } \\ 28 \\ \text { Easy } \\ \text { gaits }\end{array}$ |






STUMPED?
For answers to today's crossword, call 1-900-454-7377
99 c per minute, touch-tone/rotary phones. King Features service, NYC.


The Family Circus

"Australia oughta have kangaroos on their hurdle teams.

For Better or For Worse
 Zits



Beetle Bailey

|  |  |  |
| :---: | :---: | :---: |

Marvin


Haggar The Horrible


## Blondie



Mallard Filmore


 5
(2)
(3)
 Ga
W
W
a

## Sports

## Notebook

footbal
PAMPA - Pampa fell to
Dumas $8-6$ in an 8 th grade Sumas 8 in in an 8 h hrade
fortall pener last week. Pampa's touchdown came

on a 3 -yard run by Mateo | Campos. |
| :---: |
| Pampa | Pampa, however, won the

8 team game by a score of 14 Pampa's first touchdown camec en a 5 -2arard pass from
Drew Morrison to Mitchell Carroll. Carroll scored the 2point conversion run.
The second touchdown
tor Dustin Lenderman. Pampa plays Tuesday at
Canyon with the B Bame
starting at 5 pme game starting at 6.45 p.m. WoACO Dolphins middाe linebacker
Zach Thomas will be
Znstalled into the Texas
int Football Hall of Fame April
17 at Baylor University. Thomas, who starred at
Pampa and White Deer H igh
Schools will be Schools, will be among seven
Texans who will be installed Texans who will. Stitinett's
into the hat
Domny Anderson. who


## baseball

ARLINGTON, Texas (AP) -The Texas Rangers' poor
showing this season will not Cost pitching, caach Dick
Bosman ini job.
Manager johnny Oates said
. Manager Johny Oates said
Sunday his coaching staff
would return next season. All
 year remaining on their con-
trats, and ones. hired during
the the season, has been asked to
neturn.
 mecting Tuesday with each
coach 1 treview his
ontronnot expect the mesetings to
change the coaches' tuture
with ithe club. The Rangers are last in their
division 17 sames behind


## GOLF

DALLAS (AP) - Larry
Nelson and Tige Woods
have something in common: They both dominate their
circuits. "Senior Tiger" overcame a
chilly yightran to shoot a 4 -
under-par 68 to win the under-par 68 to win the
One
Bhank
Champiors
Over pionshp by
Onim Thorpe and shill
Brask. Brask,
Nelson, who has five PGA
Senior Tour tiltses this year,
also won $\$ 210$ ono to bring
ald also won $\$ 210,000$ to bring
his carnings to t tour-ead-
ing $\$ 2,271,555$, the best financial on- oyear windfall
of his arver And he still has five or six
more tournaments remain-

ing in his bid for PGA Senior | Tour Player of the Yeare rior |
| :--- |
| TI' I just hitting the right | shots at the rith ht time,",

Nelson said "Todyy was my
worst ball-striking in a worst bait-striking in wi
month, but Icme up with
some big, putts when I needThat sounded a lot like
Woods explaining his domiMance
Nelson posted a 13 -under-
Ner
203. par 203 to take his third vic-
tory in four wecks. It was his
24th consecutive subpar round.
I. would like to be the
Player of the Year, and 1 'II Player in five the sixir more tour-
naments and we'll see what
 me thank you notes every
weck. fl decide to take two
wecks off, I imagine they wecks off, I imagine the 'II
send me a note "telling me to get well soon, who won two
PGA Chason, whionships and
Phen PGA Championships and
the U.S. Open on theregular
 ished second twiwe and had a chance to win every
week," he said.

## Double whammy hits college football's best

By RICHARD ROSENBLAT
AP Football Writer

|  | No. 7 Texas 27-24. On Sept. 9, it was more of the same as No. 15 Washington beat No. 4 Miami 34-29 | Ducks' win over the Bruins, said, "I don't consider it an upset, just a big |  | $\mathrm{LA}$ |
| :---: | :---: | :---: | :---: | :---: |
|  | th |  |  |  |
| hese days. |  | Are |  |  |
| For the third consecutive week, a | A common thread in these upsets |  |  |  |
|  |  |  |  |  |
|  |  |  |  | "If you're going to win champi- |
| the |  |  |  |  |
|  | 1-2 | (2-1 |  |  |
|  |  |  |  |  |
| Upset A Top 10 Team" | Other eye-openers Satur | As the first month of the season |  | Northwes |
| CLA and Wisconsin. | included UAB beating LSU 13 | c | South Carolina, which plays | 44,2 OTs |
| The Bruins' 29-10 loss | and South Carolina | unbeaten and 17 are win | Alabama in Tuscaloosa on Saturd | At Madison, Wis., Damien |
|  |  |  |  | nderson ran 12 yards for a TD |
|  |  |  |  |  |
| red, but the Badgers' $47-44$ dou- | first time sin | South Carolina (4-0) of the | open | (1, 1-0) ended the Badgers' 1 |
|  |  |  |  |  |
| wasa |  | (4-0) of |  | Wisconsin played with |
| LA (3-1, 0-1 Pac-10), whic | "lexpected | Carolina | At | merican |
|  |  |  |  | Fletcher and five others who |
|  |  |  |  |  |
|  |  | (0-3) |  |  |
|  |  |  |  |  |
|  |  |  |  | The Badgers had taken a 44-41 |
|  |  | after both lost again on |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |


favor," Cavalier said
Thentum in our
Thomas Long's 12-yard run and
Tim Kettenring's PAT deadlocked the Tim Kettenring's PAT deadlocked the
score with just 16 seconds left in the
first half. Pampa's coaching staff faced a cru-
cial decision after taking possession
at the Harvester 20 with less than a at the Harvester 20 with less than a
minute remaining until the half and
AHS ahead "Amarillo High went on a drive
late in the first half and our defense
rose to the occasion and stopped
them,"."Cavalier said. "That was a a ey
for us."
Cavalier and offensive coordinator
Heath Parker had a sideline discus-
sion about either going for a big play
or keeping the ball on the ground and sion about either going for a big play
or keeping the ball on the ground and
going into halftime seven points "We had to make a decision to
either go for it or run out the clock
and do a damagecontrol and do a damage-control thing at
halftime. We decided to throw one up
and see what happens,' Cavalier said.
The end result was Pampa's first
win over Amarillo High since 1993. Win over Amarilo thigh suffer a loss
The Harvesters did suf
during the game. Junior strong safety
Orlando Madrid suffered a torn ACL and will be out the remainder of the
season.
Reds edge Astros CINCINNATI (AP)-Reds manag-
er Jack McKeon, who may not be
asked back next year, said goodbye to
fans after Cincinnati's home finale. He stood in front of the Reds
dugout and waved for several seconds, savoring the 4-3 come-from-
behind victory over the Houston "That's a tremendous way to end
the season at home," McKeon said. "It kind of reminds you of last year
and the way we came back to pull lot of games out. But we're not ready
to close out the season yet. We've still got six to go, and we're going to give
it our best shot." it our best shot."
The Reds are off on Monday, and open a three-game
Milwaukee on Tuesday.
"It was nice to win our final one
here and come from behind,"
Chris Stynes hit a wo-out, two-run
homer to complete a three-rum ninthinning rally.

Scoreboard


Marion Jones' husband tests positive for drug, IAAF says

## SYDNEY, Australia (AP) - The United States stayed on nightcap to determine which Marion Jones will not only have top of the medal count at the end team would play Japan for the

 Morioat world-class athletes to of competition Monday. The gold medal, Lisa Fernandezto beat
win five gold medals, she'll have Americans had 58 medals ( 23 struck out 13 as the United States win five gold medals, she linave
to overcome a world-class dis-
the traction - her husband, shot put
champ C.J. Hunter, tested positive for a steroid. the Olympic Stadium track Cathy Freeman's victory in the
the women's 400 meters and Michael
Johnson's second 400 gold minutes later - could totally com-
pensate for the latest scandal in phese drug-plagued games.
Track's governing body sai Hunter tested positive for nan
drolone, a substance athletes u drolone, a substance atheetes use
to repair the damage their bodies
sustain in training and competition. Later Monday, the
Romanian gymnast who won the
women's all-around competition fell under suspicion of drug use.
Istvan Gyulai, general secretary of the International Amateur
Athletics Federation, would not
say when Hunter took the test he flunked, although IOC drug
chief Prince Alexandre de Merode said an athlete tested
positive for nandrolone at a meet
in Norway, where the shot putter in Norway, where the shot putter
finished second. Hunter was qu "I know what's going on and I
am aware of the allegations and am going to defend myself vigor-
ously," he told NBC Hunter won the Hunter won the 1999 world
shot put championship and fin-
ished second at the U.S. trials in June, but withdrew from the
Olympic team Sept. 11, citing
slow recovery froma knee injury.
$\qquad$ wife, who is trying for a historic
five track and field golds by a woman. Jones won her first
event, the 100 meters, Saturday night. She next competes
Wednesday, in the 200-meter preliminaries.
The challenge that Marion
Jones was facing, a real athletic
challenge, has only challenge, has only been
enhanced by all the developenhanced by all the develop-
ments here thus far," said Craig
Masback, chief executive officer of USA Track \& Field In gymnastics, all-around win-
ner Andreea Raducan showed "positive signs" of the banned positive signs of the banned
stimulant ephedrine, Romanian
delegation head delegation head Alexandru
Mogos told his country's nationMogos tol
al radio.
Dana Encutescu, federal secre-
tary of the Romanian Gymnastic Association, called Raducan an

## Tony Stewart sweeps at Dover

DOVER, Del. (AP) - Tony
Stewart doesn't think he should
be considered the master of The
Monster Mile.
He made that argument after
winning the MBNA.com 400
Sunday, taking both races this
season at one of NASCAR's
toughest tracks.
"We win two races and all of
a sudden wére dominating?"
Stewart asked. "We really
weren't dominant all day by
any means."
But there certainly was a
good reason for his victory.
"The car was the best at the
end, a time of the race when we
really neeeded it," Stewart said.
He became the first to double
since Jeff Gordon won twiec in
at Dover Downs
International Speedway. It was
the seventh sweep since the


## New York Mets move within one step of post-season play

Car crashes through wall; four nurses die
Witnesses said really had become a family Witnesses said
they heard the car's engine revving just before it crashed through the wall.
VIRGINIA BEACH, Va. (AP)

- A car crashed through the A car crashed through the
concrete-block wall of an oceanfront mote garage and
plunged 41 feet to the ground plunged 41 feet to the ground,
landing upside down and killing four vacationing nurses. No one on the ground was
hurt Sunday although the car hurt Sunday, although the car
landed on a beach access path landed on a beach access path
just yards from a small amusement park.
"That's
That's the real miracle, being that this was a nice, hot,
sunny day during the Neptune sunny day during the Neptune
Festival with thousands of people on the beach,"'s said police
spokesman Don Rimer. The victims were nurses from York City The four, who had all been on the staff for 35 years o o
more, were close friends who more, were close friends who
often went on vacations and to often went on vacations and to
conferences together, said Anthony Gagliardi, the hospital's medical director.
"These women had dedicated their lives to this institu-
tion," Gagliardi said. "They
really had become a family
within the St. Vincent's samily",
The cause of the accident The cause of the accident
remained under investigation. Rimer said there were no signs
of skid marks to indicate that he driver tried to stop.
Rimer said the Rimer said the women had just driven into the garage.
They came up the ramp and made a left turn $\ldots$ and then and went right through the wall,"
which is about 3 feet high. which is about 3 feet high:
Witnesses said they heard the Witnesses said they heard the
car's engine revving just before it crashed through the wall.
"It sounded like se "It sounded like somebody might have tried to put the
brakes on, but their foot slipped off and hit the acceleraor instead," said George Angelis. "I looked up and saw
the blocks coming down. It was kind of like slow motion as it flipped off of the ramp."
The victims, all from New York City, were identified as raser manager for the hospital's
cat pediatrics and neonatal intensive care unit; Mary Ann
Going, 60, the unit's nursing Going, 6 , the unit's nursing
care coordinator; Mary Ann Dono, 60, the unit's nurse manager, and Kathleen M. MollickKelly, 63 , the head nurse of the
pediatrics and obstetrics outpapediatrics a


## Lighting design can save fading eyes

ALBANY, N.Y. (AP) - The twin 10-story
towers are pure 1970s senior housing towers are pure 1970 senior housing pro-
ject, looming bleakly over an unfinished parking garage and the stylish downtown McDonald's.
But inside
But inside the towers, an experiment in
bright and cheery is under wat with the latest research on home lighting for the elderly, abundant light shines from all the right places.
counters, in the bathroom-it's wonderful," said 88 -year-old resident Ellen Schofield. "I'm legally blind since I had my stroke.
Before, I stumbled a bit, couldn't find all Before, I stumbled a bit, couldn't find all my
plug-ins." In each building's common area, an elec-
tric skylight mimics tric skylight mimics sunlight, making a perfect reading area for the up-at-5 a.m. set. Corridor ceiling lights are set off-center and
diffused by louvers to eliminate shadows dhat to some older eyes appear like water
then puddles.
The bulletin board now gets noticed, manager Tim Dormady says, thanks to fix-
tures that light the board while cutting glare. The same principle has been put to work above the office counter, where tenants tend to write their rent checks.
Many tenants also rave about lights glare Mnder kitchen counters that allow them to read recipes and medicine bottles. Even
more compliment the lights in the more compliment the lights in the show-
South Mall Towers is a study site for the Lighting Research Center at Rensselaer Polytechnic Institute in Troy. The lighting
concepts are also being used at a companion
light coming from key objects is maximized,
while light from other sources is minimized.
while light from other sources is minimized.
Partial funding for both projects came Partial founding for both projects came New York's case the New York State Energy Research and Development Authority using dimmers and light sensors. "This isn't high end; this isn't the sort of
thing that only the Rockefellers could afford," said Peter Boyce, an institute professor who oversaw the project with lighting designer Naomi Miller. "II's the basic, where," thing that you could apply any
From age 20 to 60, the average eye's abili-
to distinguish contrast declines two and half times. By 86, that ability has fallen by ne-fifth. Dr. Alan Lewis, president of the New England College of Optometry, likens creen with person's vision to a computer knobs turned down. Aging lenses grow thicker, more opaque and increasingly specked with protein trying to see a movie in a movie theater As less light is reflected from the eye, col As blur, and the world takes on a yellowsh hue. Scattered light can cause painful It's night intolerable - and why falls are such problem for older people.
According to the National According to the National Safety Council,
ight out of 10 people killed by falls are ove eight out of 10 people killed by falls are over ine 65, and falls are the leading cause of injury-related death among the very elderly,
those over age 80 . Falls are also the leading
cause of injury and hospital stays for older

At the South Mall Towers, half of the sec old half is lit by square lamps along the middle of the ceiling.
"The glare smears everything you see, Miller said. The light along the retrofitted half is noticeably more uniform.
Light is vital in regulating the body's timulates production of melatonin, a hormone that affects sleep.
Studies have shown that some lightdeprived nursing home residents wake up and often suffer from depression. Oregon is already mandating that lighting ocommendations be followed in nursing homes, and researchers say they hope With the growth of of our aging population it's going to be more and more of a concerg," said Eunice Noell-Waggoner of the
Portland, Ore.-based Center of Design for an Aging Society.
Better lighting, she said, is a simple measure that allows the elderly to maintain f well-bependence Weill Boyg. "None of this is going to restore visual powers to a 20 -year-old's, but
it makes life easier." makes life easier."

On the Net:
Lighting
Ltighting Research Center: ml New York State Energy Research and http:// wwww.nyserda.org/
American Society http://www.asaging.org project in Simsbury, Conn. - high-quality adults. http://www.asaging.org

# Pampa News Classified 

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## Harvester Football



September $28^{\text {th }}$ at 5:00 pm Freshmen vs Tascosa at Pampa

September $\mathbf{2 8}^{\text {th }}$ at 4:30 pm Jr. Varsity vs Palo Duro at Palo Duro

September $29^{\text {th }}$ at 7:30 pm
Varsity vs Palo Duro at Pampa


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