

## Pampa

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Lefors Class of ' 50 reunion Oct. 13, 14

## Effort starts to build prison chapel



Tuesday last day to register AQHA embryo transfer case in court to vote before Nov. 7 election

## Daily Record

Obituaries

AQHA
CONTINUED FROM PAGE ONE


Emergency workers help victims of a two-car crash today on Duncan Street in front of Austin Elementary School. Three people from the white car were taken by ambulance to Pampa Regional Medical Center. A person in a maroon car was taken to the hospital complaining of chest pains. The two cars collided shortly before 10 a.m. today. Officers were still investigating the crash late this morning.

## CHAPEL

ARE. $\begin{gathered}\text { part of agreed-upon, post-incarceration aftercare." } \\ \text { A January } 20000 \text { Texas Department of Criminal }\end{gathered}$ who became involved in a Prison Fellowship Bible prisons have adequate chapel space. Of those 18 "1 rem. partnerships in the last four years. "I remember he became a Christian during a Pampa's Jordan Unit is one of those prisons
Sunday morning service," the chaplain said.
which does not have a chapel, Schlewitz said.
The room now used for religious services and The room now used for religious services and
After the inmate's release, he married, got a job at
a lumber yard and has now worked his way up to) faith-based programs was originally built as an manager of the business, the chaplain said.
Schlewitz said another inmate, "we called him Kirkpatrick said he discussed building the chapel the 'unit artist' - he had paintings everywhere," has with Susan Tripplehorn, director of Pampa's
lived a succesful life after becoming involved in Economic Development Commission. He said the faith-based programs at the prison.
"He was a sincere man. I think he was a Christian "He was a sincere man. I think he was a Christian
before he came to the prison," the chaplain said. $\begin{aligned} & \text { lect would held another prison here. } \\ & \text { build } \\ & \text { He plans to present the idea to Pampa City }\end{aligned}$ The man has married and has been out of prison Commissioners at a work session prior to the City
for six years, he said, adding that the couple are Commission meeting Tuesday Oct 10. He said hell now part of a prison marriage seminar team.
In 1997, the Texas legislature adopted a resolution also ask permission to conduct a Town Hall meetsigned by Governor ceorge w. Bush which urges "We want to get a core group of people interested
state criminal justice agencies to "recognize and
permit faith-based correctional programs, tacilities, in helping raise funds and get a facility constructThe initiatives."
The resolution also called for the programs to be "We're looking for a wide variety of people who offered to "willing, nonviolent offenders to encour-, have different skills like grant writing, construction, age positive behaviors by offering a structured and lawyers, and accountants, plus people who just
readjustive program of education and spiritual nur- want to do something to help their community," he


Traffic stop yields 'pot'
City Briefs
$\qquad$

GOLDKRAFT JEWELERS
Teacher convicted of abusing boys
GOLDKRAFT JEWELERS
(Oth Anniversary -Best Sale ever!
hurs., Fri., Sat., 334 N

FOR SALE: 1951-4 door

GRAPEVINE WREATHS \&
ons! Watson's Garden Center
LAZY S Feed- Purina pet, live-
stock \& exotic feed. Located at

| Weather focus |  |  |
| :---: | :---: | :---: |
|  | San Angelo and 51 |  |
|  |  |  |
|  |  |  |
|  |  | A slight chance of rain was |
|  |  | ecast in southern and |
|  |  | areas of North Te |
| in the upper 60s and |  | 俍 as |
| ds at 15-20 |  |  |
| terday's high was 47; |  | Rain should |
| ATEWIDE |  | Guadalupe Mountains and the |
| $m$ warnings were | idespread in the Hill |  |
|  | 促 |  |
|  | by moisture from | om the mid-50s to mid-60s, |
|  |  |  |
|  |  |  |
|  | Paso and across the Rio Gran | ed from 20 s and 30 s in the |
|  |  |  |
| from the 30 s |  |  |

Top Firestone executive to give deposition


## Calendar of events

pampa area literacy council
PAMPA AREA LTEERACY COUNCIL
Pampa Area Litrary Council oftice is open from 10
a.m. 4 pma. Monday-Friday. For more information, call $665-2331$.
Clean Air Al-Anon will hold weekly meetings on
Tuesdays and hursdays at tonon at 810 W . 3 rd Tuesdays and Thursdays at noon
more information, call $669-3988$. Tralee Cisis Center will ister CENTER Iralee Crisis Center will offer Volunter Training for
people interested in working witt victims of domes. people interested in working with victims of domes-
tit violence, sexual assaut and oher crime exictims.
Formone in For more information, call 6 69E91131 or 1-80-658-2796.
PLANED PARETHOOD Panhande is changing its hours. It is now open from

 an appointment call
a not-for-pofit health care organization serving women and men in 17 offices covering 26 counties in the panhandle, PRE-SCHOOL STORY HOUR Lovett Memorial Library will sponsor a pre-school
story hour at 10 a.m. every Tuesday this fall begin ning 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
 The Salvation Atmy 701 S. Culter will The Salvation Army, 701 S. Cuyler, will be accepting
Christmas applications from 9 am- 12 noon and from 1.3. p....OC.9.9.13. Applications must include. Picture
ID; birth certificates for each child in the household: Social Security cards for each individual in the house-
holda and proo of income (pay checks tib hold; and proof of income (pay check stub, award let-
ters) and expense. For more information, call $665^{-}$ ${ }^{\text {terss }}$, and expense. For more information, call The Fritch Aquatic and Wildife Museum will hold three special archeology programs daily for children
in kindergarten through fifth, grades $0 \mathrm{Oct} 16-20$ The programs will be approximately 45 minutes to an
hour-long and are tentatively set for $8: 30 \mathrm{am} .10 \mathrm{a} . \mathrm{m}$. and 1 p . . For more information or to schedule a proPAMPA BOOK CLUB Pampa Book Club will meet at 10 a.m. Wednesday,
Oct. 11 at Lovett Memorial Library. Visitors are welMIP CLASSES Clarendon College will offer Minor in Possession
 Dec. in Pampa. For mornand Oct. $16-17$ and Nov. $20-1$
Hankins, (806) 874.5074 information, call Eddie hospice open house BSA Hospice Open House will be from $1-3 \mathrm{p} . \mathrm{m}$,
Sunday, Oct. 8 at open house is in celebration of the 200 th anniverary of
BSA Hospice Participants must RSVP by Sept. 29 by calling 665.6677 . PLC FIESTA
Pampa Learning Center will hold a "Fiesta Open Hom 11 a.m.1 1 p.m. at the learning center located at
212 W Cook 212 W. Cook BSA FALL VOLUNTEER TRAINING BSA Hospice Pampa will present its Fall Volunteer
Training and Community Education Class from $6-9$ Training and Community Education Class from 6 ,-9
pom Mondays and Thursdays, Sept. 11-Oct. 12, at
Clarendo College 1601 W Kentury This Clarendondays ollege, 160r W. Kentuct. This. ompre-
hensive class is designed for adults who are interest
ed in becoming a hospice volunteer, want to learn more about hospice care or desire personal growth
and enrichment. This program is offered free of charge to the Pampa, Borger and surrumnding com-
munities and continuing education unit's will be awarded by CC. For more information or to pre-reg. ister, call lanet Mcrracken, volunteer coordinator, BSA Hospice Pampa, at (800) $665-6677$.
Samaritan Pastoral Counseling Center has Samaritan Pastoral Counseling Center has
announced an upoming lecture with Neil Sperry,
uthor and dradio oshow host, at 5.30 pm. Thursala author and aradioshowng host, at 5.30 p.m., Thurstray,
Oct. 19 at Texas Tech Pharmacy Oct. 19 at Texas Tech Pharmacy School Auditionium in
Amarillo and Friday, Oct. 20 at First Christian Cmarillo and Friday, Oct. 20 at First Christian
Church, Snodgrass Hall, Amarillo. A Buffet and booksigning are scheduled from $7: 30-9: 30$ p.m. Lecture tickets are $\$ 5$ per person at the door PThcetes to the
book-signing and buffet are $\$ 25$ per person. For more Fformation, call 353-1668.
FPC EXENDED EDUCATIO
CLASSES Frank Philips College in Borger will offer several
Extended Education Classes this fall Extended Education Classes this fall. Classes will class; Concealed Handgun Course; Ingles Como Spanish; Web Designag; Finderne Ing Youre Way Throughitanal he Internet; Beginining Waterolors; Qailting class;
Investing for Your Future Nurse Aid for Health Care Organizations I; and Marriage and Couples Education satelilit conference. For more information, call (806) 274-5311, (806) 274-5312 or 1-800 -687-2056, SCIENCE SPECTRUM Science Spectrum, a non-profit museum for science
ducation in Lubbock, is currenty offering two educational films in its Ommimax Theatreng "Michael Iordan to the Max" featuring Michael Jordan and Mysteries of Egypt" with actors Omar Shariff and Kate Maberly In addition, the interactive traveling currently at the musit The Sce Fience of Sol solving Crime" inf is (506) 74-2525. pathways

The Don and Sybil Harringtons Cancer Center will offer "Pathwasy", a four-part support series for those
who have lost a aved onp 1 trom $1.30-3$. who have lost a oved one, from $1: 30-3$ p.m. Tuesdays
throughout the month. For more information, call
 Mcheever at (806) $359-4673$, ext. 141 or toll-free at 1 -
immunization clinic
The Texas Department of Health will be offering immunization clinics for vaccines that give portertion against several childhood diseases including polio, diphtheria, lock jaw (tetanus), whooping cough (per-
tussis), measles, rubella, mumps, HBB (haemophilus influenzae Type B) and chickenpox (varicella). The IDH will charge money to help witht the cost of keeping the clinic open. The amount charged will be based
on tamily income and size, and the ability to pay. The on tamily income and size and the abilty to pay. The
following clinics will be ffered: 10 a.m- -12 noon and 1.430 p.m., Oct. 4 and 18 , Pampa Family Clinic, 700 W. Kentuck Haring ton cancer center The Women's Center of the Don and Sybil Harrington ancer Center has announced the following breast
ancer screening clinics: Oct. 9 , Shephard's Crook Nursing Agency, 916 N. Crest, and Sept. 5, First Foster, Pampa; Sept. 6, 20, Hemphill Cong 201 Foster, Pampa; Sept. 6, 20, , Hemphill County
Hospital, Canadian, Sept. 19 United Methodist church, Miami, and Sept. 14, Wesley Commuinty
Center, 1615 S. Roberts. Amarillo. Participant will

Intentions to Drill
 PARKS Uper Morrow Amoco
Prouction Co., 3011 George,
$60^{\prime}$ from North \& $1590^{\prime}$ from 660 from North \& $1590^{\circ}$ from
East line, Sec. $11, \mathrm{M}-1, \mathrm{H} \& \mathrm{GN}$,
PD $14800^{\prime}$, hemphill (wildcat \& ALLISON PARKS Upper

 1,G\&M. PD
HEMPHILL
1400
(WILDCAT Dobson offering PRIDE scholarships
OKLAHOMA CITY - Dobson
Cellular Systems, an affiliate of Cellular SYstems, an affiliate of
Communications Corp, reeently launched its biannual Dobson
PRIDE (Promoting Development and Education) Scholarship Program for college Dobson will award $50 \$ 1,000$ Dobson will award
scholarships to full-time college
students who have at teast a 3.25 stholents who have et leasta a 3.25
GPA and who live in a onusehold GPA and who live in a household
for which Dobson or for which Dobson or any
Dobson-owned company currently ${ }_{\text {provides }}^{\text {and }}$ services.
Applications are now available Applications are now available
and will be accepted through Founded by Dobson CEO and Founded by Dobson CEO and
Chirman Everett R. Dobson in 1996, PRIDE recognizes educational excellence and assists in
furthering higher education furthering higher education
through scholarships awarded to college students in the fall and to high school seniors in the spring of each year
Since its in
Since eits inception, Dobson has
awarded PRIDE scholarships to more than 250 students, with this year's total doubling the number awarded in previous years. Last
April, 22 scholarships awarded to high school seniors nationwide.
Applications may be obtained the Internet at www.dobson.net.

Morrow) Devon Energy
Production
Co

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HEMPHILL
1500
(HEMPHILL
Henglas) Courson Oil


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 L.L.C., \#77045 George A', 6600 spud $6-17-00$, drlg. compl $7-13-$
from South \& 20 , Applications to Plog-Back
WHELER Halex Oil Corp., 42014 Britt HEMPHILL (NORTH HOWE
 Amended Intentions to Drill
WHequd $6-14-00$, drlge. compl 7 (20-
 Amoco Production Co, \#104 13000 MCF, TD $12662^{\prime}$, PBTD
Britt Ranch, $2650^{\prime}$ from North \& $12175^{\circ}-$ -

## THE*D ○ © © ©

403 W. ATCHIISON - PAMPA, TEXAS







receive a low-cost selfe exam mammogram and a
breast health appraisal along with individual instruc tion by a regisperered nurse in in breast selfifexamination-800-642
$79105:$
Duk duke tip program Funding is available through the Texas Department of
Health for Texas residents who qualify for assistance. All exams are by sesponistment only For mor more inforAll exams are by appointment ony. For more in AREA AGENCYON AGING
Area Agency on Aging of the Panhandle is seeking residents as part of its Ombudsmen program. The residents as part of its Ombudsmen program. The facilities and help resolve complaints involving resi dents rights, quality of life and quality of care. Once
accepted into the propram volunters complete accepted into the program, volunteers completet a
three month internship including intensive training
and supervision in pin and supervision in in reparataio. . dieate candididates will
have strong sense of fair play excellent problem have strong sense of fair play, excellent problem-solv-
ing skills, good relationships with older people and ing skills, good relationships with older people and
the ability to devote two hours a week to the residents served by the Ombudsman program. For more information, contact Jeff Price, regional Ombudsman, or

## Masonic 50-year award


E.B. Saxon of Skellytown recently received his 50 -year certificate from the Masonic $\begin{gathered}\text { Comunn } \\ \text { Cemomp }\end{gathered}$ Lodge. Above: (left-right) Bill Horst, former secretary of Lefors Masonic Lodge Appleton, secretary of. \#966.

## High-Speed internet

 Spotted By Millions Area Busmesses Warmed: This Is No Hoax(o)
OSL high-speed Internet service from Vectris. it's out there.

Reliable, high performance Internet service is no hoax with advanced DSL solutions from Vectris. We offer a comprehensive portfolio of high-speed, "always on 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, seven days a week, without frustrating disconnects or busy signals. DSL from Vectris. Keep an eye out for it.

$x=$

Country Fair donation


Jim Schoonover of Southwest Collision presents Kathy Cota, solicitations chairman for the Chamber of Commerce Country Fair, a gift certificate valued at $\$ 1,200$ towards an automotive paint job to be auctioned this Saturday night at the annual event at M.K. Brown Civic Auditorium

Man going 'home' in exchange for pinpointing locations of bodies

## Mormon church leader praises church growth

SALT LAKE CITY (AP) - Mormon church presi- as proud citizens of Salt Lake City," Jana Dickson
dent Gordon B. Hinckley praised the faith's expo- said after kissing her girlfriend, Gena Edvalson. ential growth Sunday, announcing that the church "We pay taxes."
had passed the 11-million member mark
But he also alluded to the conflict the from such growth, especially in Salt Lake City where residents have protested the church's new park on what used to be a block of Main Street. The two-acre plaza opened Saturday with little
fanfare from the church and with protests from annare from the church and with protests from
activists. The park been at the center of debate since the
city sold the stretch of road to the church for $\$ 8.1$ dillion in 1998. Since the property is now churchowned, church officials have said they won't allow offensive, indecent, obscene, vulgar, lewd or dis-
orderly speech, dress or conduct" or smoking, sunbathing or loud stereos, and proselytizing will be allowed only by Mormons. The American Civil Liberties Union has sued, the public's free-speech rights. 170 th Semi-Annual On Sunday, at the church's 170th Semi-Annual
General Conference, Hinckley mentioned the park General Conference, Hinckley mentioned the park
for the first time since it opened. for the first time since it opened.
"May the desire of the people of thy church to
inproye and beautify this area be appreciated by all improve and beautify this area be appreciated by all
who pass this way," he said. who pass this way," he said.
Hinckley whe is considere
Hinckley, whe is considered a living prophet by
members of The Church of Jesus Christ of Latterday Saints, also asked that the church be "hospitable and gracious" to residents and visitors. "May we maintain the standards and practices for which we are known and accord to others the
privilege of worshipping whe, where privilege of worshipping who, where, or what they
may," he said.
To that end, church security officers remained To that end, church security officers remained as Co did not make the rules; they were revealed ands-off this weekend, allowing protesters to can we prevent the consequences if you disobey moke, hand out leaflets and engage in other acts, moral laws."
hat might later be considered "offfen
"Wed by the plaza's written rules.
It's big bucks for ads on new 'Survivor'
orporations that want to be part CBS is looking to sell eight or before and during the game to Corporations that want to be part . CBS is looking to sell eight or before and during the game to
of the next edition of CBS-TV's
nine total sponsorships and the promote the first episode. mash television hit Survivor" newspaper says the openings "For the first time, there may be privilege.
According to a report in $\begin{gathered}\text { "Survivor: The Australian }\end{gathered}$ the Super Bowl as the Super Bow Monday's USA Today, Visa, after the Super Bowl on Jan. 28. network's president of ad sales. General Motors and AnheuserBusch are each paying about $\$ 12$
million for their advertisement on the show.
The price works out to more
than $\$ 450,000$ for a 30 -second ad - comparable to the rate for such
lucrative series as "Friends" and

## New assaults; focus shifting toward debate

SARASOTA, Fla. (AP) - With attention already shifting to the nex presidential debate, AI Gore unveiled a new assault against Georg W. Bush, whose campaign aides said the Democratic nominee "consistently and repeatedly" makes up things while campaigning.

Both candidates were easing their campaign schedules Monda debate preparation - Republican Bush at his Texas ranch and Gore in Florida - with few public events before Wednesday night's con-
such halt in harsh exchanges between strategists. Gore stepped up his assault on Bush, dispatching running mate
Joseph Lieberman to Texas for a "failed leadership tour" later this week bashing Bush's record as governor. That's part of a coordinated assault, in which surrogates will be
sent to battleground states sounding the same theme. Democratic National Committee officials said they also will step up advertising criticizing Bush on environmental, health and gun-control issues, where they see him
In addition, D
In addition, Democrats are launching a new assault on Bush's
sometetimes-jumbled campaign rhetoric by issuing daily "Bush bloop-
ers." Campaign officials said a portion of the campaign's Web site will be "Busted lo attacking campaign designed to raise questions about his intellec Lieberman will be sent to Texas after Wednesdy's des Lieberman will be sent to Texas after Wednesday's debate in
Winston-Salem, N.C., second in a series of three presidential face-offs. Winston-Salem, N.C., second in a series of three presidential face-offs.
Bush and his aides have made much of what they see as Gore's ten Bush and his aides have made much of what they see as Gore's ten-
dency to exaggerate on his accomplishments, which they argue raise
questions about his credibility. The new Gore offensive is designed to questions about his
blunt Bush's attack.
"The vice president has consistently and repeatedly made up things, exaggerated, embellished facts," Bush spokeswoman Karen Hughes said on "Fox News Sunday.
Gore campaign spokesman Chris Lehane denied that the vice pres-
ident was turning the race negative with his new assault "We have always said we're going to have a compare and contras on the public policy issues," Lehane said. He said the timing was designed to sharpen differences between Gore and Bush in the cam
paign's final month, when many voters tune in for the first paign's final month, when many voters tune in for the first time. ple are paying particularly close attention to the race, and someone's pecord as governor is a great indicator of what type of choices they
res would make as president," Lehane said.
He said health, environmental and gun-control issues were picked
because Bush is vulnerable. The gun issue centers on a Texas law because Bush is vulnerable. The gun issue centers on a Texas law
granting permits for concealed weapons and revelations last week granting permits for concealed weaposs and reper with mental prob-
that hundreds of convicted criminals and people with lems were able to obtain those permits. Democrats argue that Repubican charges about exaggeration com "What you have ... is a Republi out of ideas," said Gore adviser Paul Begala.
The Bush, campaign rejected the Democrats" "I think this is a hastily arranged strategy as a troach shift the focus away from the sustained criticism of AI Gore's pattern of making up facts," said Bush spokesman Dan Bartlett A new USA Today-CNN-Gallup tracking poll published Monday had good news for the Bush camp. The telephone survey conducte
Thursday through Saturday found the Texas governor moving ahea of Gore, 49 percent to 41 percent; Gore had led by as much as 11 per centage points last week. The new poll surveyed 769 likely voters and had a reported margin of error of 4 percentage points, plus or minus
Lieberman, meanwhile, urged a focus on issues."This nonsense is Lieberman, meanwhile, urged a focul on issues. "This nonsense
not what the campaign ought to be all about," the Democratic vice Presidential candidate said.
Bush and Gore were leaving the field to their strategists and aides
ber but Gore said he wanted to focus attention on education before an with advisers for briefings and rehearsals.
On Tuesday, Bush heads to Gore's home state of Tennessee, where the race is surprisingly close. Gore plans to tout his education plan

# Are You Positive 

 About Pampa?If you are positive about Pampa, let us know. Bring in a typed article with a photo about your business, school, church, family or organization. The only rule IT MUST BE POSITIVE!

The Deadline Is October 18 ${ }^{\text {th }}$ At Noon We Will Run Your Article On October 29e. If we have a tremendous response of articles some will run in subsequent edifions,
Please ... no a rticles or photos on disk. Photos can be picked up at the Pampa News after the article is in the paper.


Mature approach can lead to longer athletic life have been grabbing headlines have be
lately.
Althoug lately Although in her mid-30s,
Cynthia Cooper led the Cynthia Cooper led the Houston
Comets to three straight WNBA championships and won three league scoring titles. Tennis sta
Martina Navratilova returned to Wimiledon in her early 40s. Dr. Joe Chorley, a sports medi-
cine specialist at Baylor College cine specialist at Baylor College
of Medicine in Houston said its of Medicine in Houston, said it's
not surprising to see older ath not surprising to see older ath the younger generation. "As opposed to the early ' 70 s and '80s, elite athletes are bette
conditioned,", Chorley said
"Wher "When they're not playing sport, they're either cross train
ing, strength training or doin ing, strength training or Some type of aerobic activity.
Chorley said recreational ath-
letes who want to compete letes who want to compete
longer could learn from the
"old" pros. He recommends the following: -Eat properly. Athletes should pay attention to proper nutrition and drink liquids to exercise. Avoid the "weekend warrior" mentality. Athletes should pursue a dally fitness regimen,
rather than squeezing a week's worth of exercise into two days.
-Do strength training. An -Do strength training. An
active weight lifting routine will active weight lifting routine wil
make athletes stronger and, in most cases, improve their athletic performance.
Listen to the body. If an
injury occurs, allow the body to heal. While resting the injured body part, cross train to maintain fitness. Remember, misuse
worse than disuse worse than disuse.
Perhick a sport you enjoy.
Perhaps the primary reason Perhaps the primary reason
older athletes last so long is they enjoy what they do. It drive
them to work hard and, over the course of time, keeps them moti-
vated. "You're séeing more elite ath-
letes having letes having
Chorley said. Recreational ath letes can do the same if they take care of their bodies and follow

Hamstring, injuries tie up athletes
HOUSTON
injuries are something that even injuries are something that even
the world's fastest men can't out-
run. the recent U.S. Olympic Trials when he came up lame in the 200 -meter finals, failing to quali-
fy in that race for the Sumpren fy in that race for the Summ
Olympic Games in Australia. Olympic Games in Australia.
Baylor College of Medicine Houston is a private, indepen-
dent, nonsectarian, nonprofit insticution.
Dr. Charles Kevorkian, a spe-
cialist in physical medicine and rehabilitation at Baylor College
of Medicine in Houston, of Medicine in Houston, saing
that athletes with hamstring injuries should take it easy. rest and do a gentle stretch," Kevorkian said. "If the injury
doesn't improve or there is con-
siderable pain doesnable pain, see a doctor."
siderevorkian said ham
Kent Kevorkian said hamstring among runners and soccer play-
ers, might be avoided by doing exercises to increase strength and As a basic strengthening exer he recommends that you put on ankle weights, get on your stom-
ach and bend the leg at the knees pressing against the hamstring. "The exercise is relatively easy to do, and it doesn't require a
great deal of weight, Kevorkian said. regular stretching program.

## Are fitness videos worth

 watching?HOUSTON
ness videos mi Celebrity fitness videos might be hot sellers, but are these celebrities really
experts in fitness? experss in of these videos are just
slick productions that don't slick productions that don't appropriately and safely," said Dr. John Cianca, an assistant pro-
fessor of physical medicine and rehabilitation at Baylor College of Medicine in Houston. Cianca believes you can get
much more value for your dollar mych more value for your dollar
by spending time with a person-
al trainer. He or she can develop al trainer. He or she can develop a home exercise program that
will be more effective than watching celebrities strut their
stuff on tape.

By PAUL RECER
AP Science Writer


## Senior fitness class reveals ways to keep older brains in shape

## DENVER (AP) - The students in Bonnie Studies onimals also have shown the brain is

 Fuller's fitness class sit in highback leather chairs not a hard-wired machine that stops growingwith their arms folded in their laps. Listening to early in life but that it can continue to change and Bach. Their eyes close as the teacher asks them to
imagine walking past an orchard and eating imagine walking past an orchard and eating a
peach on a sunny day. The baroque music is 60 peach on a sunny day. The baroque music is 60
beats per minute, the same pattern as alpha
waves in the brain that are thought by some to be waves in the brain that are
its optimal learning state
its optimal learning state.
Fuller wants the students, in their 60 s and 70 s s Fuller wants the students, in their 60 and 70 s ,
to sharpen their senses, the brain's main source of information, since they can become less keen with
age.
age. The senses are one way her class, called "Grow The senses are one way her class, called "Grow
Dendrites Forever," tries to help older people
keep their brains in shape. Students are taught keep their brains in shape. Students are taught to
constantly try new things - cooking with curry constantly try new things - cooking with curry
for instance - so their brain cells can grow. for instance - so their brain cells can grow.
"You need to learn something new," Fuller "Learn hoed to lo play the harmonica, learn how to square dance, learn how to speak Spanish. By setting aside 20 minutes each day for
stretching their brains, students are taught they stretching their brains, students are taught they
can promote the growth of dendrites, which help can promote the growth of dendrites, which help
brain cells communicate, and help maintain long and short term memory.
Everything in the
Everything in the class is tailored to stimulate
the brain. The covers of the wrater the brain. The covers of the workbooks are yel low, the students to doodle in them with colored
agarkers markers.
Student
Students introduce themselves by using their name
in an alliterative sentence describit their in an alliterative sentence describing their brains. My name is Wanda and my brain is wacky,
wandering and wonderful," said 69 -year-old student Wanda Adams of Thornton, who is alway trying new things, most recently learning to play the piano.
Although there are no studies showing what Athough there are no studies showing what
effect these exercises have on human brains research on animals shows that it is possible to grow dendrites, the branches of brain cells tha
receive messages from other brain cells, by keep receive messages fro.
ing the brain active.

Aggressive treatment urged for diabetics with high blood pressure CHICAGO (AP) - The ed that treatment start with an betic is like adding gasoline National Kidney Foundation is ACE inhibitor, a common type of the fire," said Dr. George Bakri
urging more aggressive treat
who led a National Kidne ment of diabetics with high blood The guidelines, published in Foundation committee that pressure.
Blood
Blood pressure in such patients
should be no higher than should be no higher than 130
over 80 , the foundation said. Th current standard is under 130
over 85 Most of the more than 11 mil-
lion Americans with lion Americans with both diawill need to take at least two drugs to reach the lower target eptember's American Journal of Kidney Diseases, are based on recent research suggesting that ed the recommendations.
The foundation's report wat
funded in part by Novar
Pharmaceuticals Corp, a mak pressure with a diastolic reading of blood pressure medication the bottom number- of of including ACEE inhibitors. around 80 have fewer cardiovascular complications and less kidney failure. Diabetics are more vulnerable ing kidney failure. develop.
Bill Thie Bill Thies, vice president for medical and scien there still is not enough proof showing how growing more dendrites affects people's behav Marian
Marian Diamond, an integrative biology pro-
fessor at the University of California-Berkeley fessor at the University of California-Berkeley, they have lots of toys and other rats to play with
She thinks the She thinks the same principle applies to

$$
\begin{aligned}
& \text { humans. } \\
& \text { 'It's tru }
\end{aligned}
$$

humans.
"It's true with nerve cells, muscles and brains
They get bored. With the same thing always comThey get bored. With the same thing always com
ing in they don't respond," said Diamond. ing in they don't respond," said Diamond.
She said the value of growing dendrites can be See said the value of growing dendrites can be
seen in an ongoing study of the brains of an order seen in an ongoing study of the brains of an orde
of Minnesota nuns who kept mentally active
ot throughout their lives. Those nuns found to have Alzheimer's disease upon their death did not exhibit symptoms while they were alive because
there were plenty of dendrites to make up for the here were plenty of dendrites
ones attacked by the disease.
Robert Fried
Robert Friedland, a neurology professor a
Cleveland's Case Western Reserve University, is Cleveland's Case Western Reserve Uniesssor at
not sure how much doing brain exercises later in not sure how much doing brain exercises
life can help people prevent Alzheimer's. life can help people prevent Alzheimer's.
"I think it's fine and it's good for these people
to be active But what's to be active. But what's important is what they do
over the many decades of their lives," he said over the many decades of their lives," he said.
Friedland has found that people who are mor Friediand has found that people who are mor
physically and mentally active throughout thei physically and mentally active throughout their
liyes are three times less likely to get Alzheimer's
und "The brain is an organ just like any other in the body that ages in regard to how it's used," he said

## $\overline{\text { On the Net }}$

National Institute of Mental Health's article "Neural Activity Shapes the Brains Cells" Neural Activit/ www.nimh.nih.gov/sciadvances/09.cfm
National http://www.alzheimers.org/

The foundation to the foundation

## nd life-threaten-

 the American Diabet Association stands by the highe threshold and believes it is no only safe but more achievablesaid Dr. Richard Kahn, ADA chi said Dr. Richard Kahn, ADA chat
scientific and medical officer

George J. Smith, MD
General Surgeon

- Medical School: University of Texas

Medical Branch, Galveston, Texas Residency: University of Texas Health Sciences Center at San Antonio
Sciences Center at San Antonio
Previous Position: The Surgical Associates of the Mid-Cities, Bedford, Texas

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| phy had higher rates of advanced breast cancer than the groups not offered mammography," said |  |
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|  |  |
| Smith. "The problems with the |  |
|  |  |
| known.' |  |
| He said |  |
| questions about the way patients were selected and about the qual- |  |
|  |  |
| ity of the X-ray mammography |  |
| techniques used. |  |
| Smith said that the |  |
| Cancer Society will continue to recommend that women over the |  |
|  |  |
| age of 40 get annual mammogra- |  |
| phy examinations. The American |  |
| Medical Association |  |
| endorsed this recommendation. |  |
|  |  |
| ommends that women over 40 |  |
| a mammogram exam "every |  |
| one to two years," said Dr. Daniel |  |
| C. Sullivan, head of the biomedical imaging program at the insti- |  |
|  |  |
|  |  |
| at the advantage of mammog- |  |
|  |  |
| raphy is that it spots smaller |  |
| tumors, which means detected earlier |  |
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| tion with mammography maymean that the cancer can be treat- |  |
| ed with less radical therapy, such |  |
| as a small incision to remove a |  |
|  |  |
| Larger tumors must be treated by mastectomy, removal of the |  |
|  |  |
| whole breast, followed |  |
| chemotherapy or radiation. |  |
| Baines agreed that tumors |  |
| detected by physical examination |  |
|  |  |
|  |  |
| "But, in terms of avoiding |  |
| death by breast cancer," she said, "it doesn't seem to have added |  |
|  |  |
| any benefit to have the mammograph detecting earlier cancer |  |
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## THE

 PGMMPC Monday October 9Red-Blooded Americans Should Roll Up Their Sleeves and Give


Horoscope UESDAY, OCT. 10, 2000 BY JACQUELINE BIGAR
The Stars Show the Kind of Day You'll
Have: $\quad 5$ Dynamic:
4.Positive:

| Abigail |
| :--- |
| Van Buren |
| technology have increased the |
| SYNDICATED |
| COLUMNIST |

NEWS
the counselor about this. (She
doesnt' want to see the doctor and
think thinks I am being overprotective.)
I am worried sick ,about my
daughter, but Id don't want to
smother her, either. What doo you
think abot this, Aby? She rads
your column and, I think, will take
what you say into ito conisideration.
WORRIED MOTHER,
CHANDLER, ARIZ.
DEAR WORRIED MOTHER:



Beetle Bailey


OBNOUSLI YVUIE NEER SEEN HIS FORKBAL.


Haggar The Horrible


## Nc

## Sports

## Notebook

FOOTBALL

## RUBBOCK, Texas (AP) touchdowns and Kliff Kingsbury threw two Kingsbury threw two TD pass- es to Derek Dorris as Texas Tech beat Baylor 28-0 on Saturday night. Baylor used Baylor used three quarter- backs trying to fill the void left by an injury to Greg Cicero. The Red Raiders shut down three Baylor threats in the hhree Baylor fourth quarter. <br> plays for a touchdown after plays for a touchdown after Antwan Alexander intercep- ed Michael Odom's pass at the Kingsbury threw 34 yards to Darrell Jones, and Shaud Warrell Jones, and Shaud Williams ran 33 yards so set up Ricky Williams' 1 -yard run for Ricky Willia the score.

The Bears drove deep into
Tech territory twice after that One of the drives ended with a
series of incomplete passes, Giddens' interception.
JACKSONVILLE, Fla. (AP) - Baltimore's defense wasn't perfect, just good enough to
bury the Jacksonville Jaguars - maybe for good.
Matt Stover kicked five field goals and the Ravens came up
with a team-record six with a team-record six
turnovers in a $15-10$ victory
Sunday night that gave the Sunday night that gave the
defending AFC Central cham-
pions a three-game losing pions a three-game losing
streak for the first time since 1996. Baltim
become the first team since the
1976 Pittsburg Ster 1976 Pittsburgh Steelers - to
record three straight shutouts, record three straight shutouts,
instead had to sette for its
eighth straight division victo-
ry. Jacksonville (2-4) lost at home in consecutive weeks for
the first time since its expan-
sion season in 1995, and that's about how the Jaguars played son, they fumbled four
exchanges from center, losing two of them, and Mark Brunell
was benched after two straight was benched after two straight
interceptions early in the AUTO RACING
CONCORD, N.C. (AP)
Bobby Labonte doesn't like to
talk about the championship Bobby Labonte doesn tike to
tak about the championship.
But as he closes in on it, everyone seems to ask
about it.
He moved a step closer to He moved a step closer to
winning his first Winston
Cup title Sunday when he won his fourth race of the
season and opened up the
biggest lead this year in the biggest le
points rac
"Until we get handed
something or sent something something or sent something
in the mail signed, sealed
and delivered, we've still sot and delivered, we've still got
a lot to worry about and a lot
to why we don't talk about the Instad, the usual busi-
nesslike Labonte whispered inside jokes to crew chief
Jimmy Makar as the two laughed together in celebra
tion of the outcome of the UAW-GM Quality 500 .
"When you win you have you win," Labonte said
you when you have
"We're just enioving life right now. It's not going to be like this forever, so we'll
enjoy it while it lasts." Labonte won by persuad-
ing Makar to give him four fresh tires on the final pit
stop 25 laps before the finish Stop 25 laps betore the finish
Sunday.
Leader Jeremy Mayfield was only taking two tires,
but Labonte still wanted four - thus sesuting in But the gamble paid of when he motored his
Pontiac past Mayfield with Pontiac past Mayfield with
six laps to go to beat the six laps to go to beat the
Ford to the finish line at Lowe's Motor Speedway by
1.166 seconds. Makar never doubted his
driver's decision to four new tires, even though five of the cars racing in the Top 10 took only two. driver, he never gives up," Makar said. He s always
thinking, always digging, he just never gives up on any thing.

Texas looks for answers after Dallas debacle By JIM VERTUNO
AP Sports Writer



Hereford 28, Pampa 7; Cap
Groom's Garrett Britten does some stretching exercises on the sideline just seconds after intercepting a pass that spoiled a McLean scoring threat Friday night. Viewing the action on the field is assistant coach Brad Rainer
Testaverde is injured as Jets lose first contest

AP Sports Writer

- Mondày, October 9, 2000 - THE PAMPA NEWS


## Yanks return to AL title series





## Jones tosses one-hitter as Mets eliminate Giants from playoffs



"If he needed. vindication, I'm
glad he got it," Valentine said. glad he got it," Valentine said. guond like to look at the speed elon pitcher. But it's what he does
with that 84 mph fastball that to ments people."
Jones bafled the Giants with big breaking curveballs that didn't
even reach 70 mph . He struck out Bonds twice - both to big ova
tions - and retired the first 12 bat ters before Kent's double over
-Ventura's head down the left-field
line. line.
The Giants were scoreless in the
final 18 innings of the series. final 18 innings of the series.
"I figured we would pop on "I figured we would pop one," "It wasn't a one-hittter where he
was completely dominating. We was completely dominating. We
hit some balls hard. He pitched a hit some balls hard. He pitched a
great game and pitched to his
defense." great game
defense."
One of the biggest decisions in
the game came in the fifth inning San Francisco loaded the bases
with two outs and Gardner comwing up. With a weary bullpen-
Baker chose to let his pitcher hit ing up. With a weary bullpen
Baker chose to let his pither hit
and Gardner popped out to sec

Making the move even worse, followed with a double to the
the Mets knocked Gardner out right-field corner his fifth hit with two runs in the bottom of the right-field corner, his fifth hit wifth. With one out, Jones swung two series. Edgardo Alfonzo hit a
and missed at strike three in the center to make Dolphins beat Bills, 22-13 MIAMI (AP) - Thurman up Buffalo's only touchdown and the Miami Dolphins' Morris' 3 -yard run with 8:34 dominating defense did the left to make it 15-13.
rest. domi.
rest.
Th Thomas provided an emo Cional spark by repeatedly defense scored twice to help mates, and the defense scored Bills $22-13$ on Sunday. twice to help the Dolphins sacks, scored a safety and
beat the Buffalo Bills $22-13$ on clinched the victory whe beat the Buffalo Bills 22-13 on clinched the victory when
Sam Madison returned a fum The Dolphins (5-1) had six ble Madison returned a fum sacks, scored a safety and $4: 45$ left. Trace Armstrong
clinched the victory when contributed $31 / 2$ sacks and Sam Madison returned a fumble 20 yards for a score with 4:45 left. Trace Armstrong
contributed $31 / 2$ sacks and orced two fumbles. Buffalo ( $2-3$ ) lost its third up Buffalo's only touchdown game in a row.
A 24 -yard pass interference
penalty on Patrick Surtain set

While the polls give fans a good idea of the best teams, it's the Bowl Championship Series standings that determine who plays in the national title game.

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Pacci0
rhe wacky Pac-10 ran our of
unbeans when Washint ton held



| How much better a feeling can was sacked four times. |  |
| :---: | :---: |
|  |  |
| artbreak?" linebacker Dan |  |
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| Seminoles |  |
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| and |  |
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| a protective plastic covering |  |
| 59 for 496 yards, three TDs and ning, one passing - as K-State |  |
| two interceptions. <br> "It's a hard one to swallow," made up for misses past when his |  |
|  |  |
| after the Canes ended 33 -yard field with four seconds left |  |
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| game ${ }^{18}$ Michigan (4-2) $32-31 . .$. Woody |  |
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| 10 |  |
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| the Huskers' pass defense N.C.S |  |
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| ton held off Ore |  |
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| ,11," Huskers coach Frank Sol |  |
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| - At Blacksburg, Va., Michael |  |
| ing, one passing and 217 total four TDs as No. 17 Northwestern ds - but the Hokies easily beat Indiana 52-33. .... Quentin nged a shocking home loss to Griffin set an Oklahoma record Owls in 1998. Vick threw two with six. rushing TDs in the |  |
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## Texas news round up ... <br> Fifth victim's remains found following jet crash

HARLINGEN, Texas (AP) - Rescue workers have recovered off a runway along the Texas-Mexico border. Officials have yet to identify the fifth person, but the brother of one
of the victims said it may be his 23 -year-old nephew, who has been of the victims said it may be his 23 -year-old nephew, who has been
unaccounted for since the time of Friday's crash in northern Mexico.
Yolanda de los Santos, 40 and Yolanda de los Santos, 40 , and her three young children were killed
when the DC-9 struck their Reynosa, Me. Oscar de los Santos, said the 23 -year-old was Yolanda de los
Santos ${ }^{\prime}$ oldest child, according to Sund y's (Harlingen) Valley Morning Star.
Aeromexico Flight 250 from Mexico City was landing in stormy
weather at the Reynosa airport about $5 \mathrm{p} . \mathrm{m}$. Friday when it smashed
into at least two cars and three homes just beyond the runway. Authorities on Sunday removed the jetliner's crumpled fuselage and recovered a flight data recorder that could provide clues to what
caused the accident. caused the accident.
The recorder, one
Aeromexico flight, was sent to Wo-called black boxes on board the womàn Mayte Weitzman said.
Local officials began removing the airplane on Saturday and com-
pleted the operation on Sunday, Weitzman said. Meanwhile, airline pleted the operation on Sunday, Weitzman said. Meanwhile, airline
staff were permitted inside the plane Sunday to remove luggage staff were permited inside the plane Sunday to remove luggage
belonging to the passengers and five crew members. Passengers
and crew members escaped with minor injuries. Benefit auction for slain trooper draws thousands SAN ANTONIO (AP) - A benefit auction to benefit a slain state
trooper's widow and infant son has raised thousands of dollars and A signed George Strait guitar brought in $\$ 7,000$ at the auction Sunday in San Marcos on behalf of Cynthia Vetter, Texas Department
of Public Safety officer Randall Vetter's widow, and their 10-monthold son.
More than 3,000 people turned out Sunday at
Southwest Texas State University in San Marcos.
Mrs. Vetter, whose husband was killed Aug 3 during a Mrs. Vetter, whose husband was killed Aug. 3 during a traffic stop
near Kyle, attended the auction. The benefit was the brainchild of two of her husband's former colleagues, Troopers Brian Freeman and
Darryl White of San Marcos. Darryl White of San Marcos.
"We didn't have any idea of
a very big thing," White told the San Antonio Express-News in a very big thing,'
Monday's editions.
Freeman, who had
officers to organize the event.
More than 600 items were sold in silent auction and in live auctions
involving 12 auctioneers. involving 12 auctioneers.
White, at the Vetter family's request, said he could not revedl the
amount raised Sunday. But country'-western items were popular. Crack down set for defrauding illegal immigrants McALLEN, Texas (AP) - Texas prosecutors say they will beg cracking down on people running bogus immigration services, which helping them get legal residency or work permits.
"We're definitely interested in finding more people that were Ric Madrigal, assistant attorney general with the McAllen Consumer Protection office, told The (McAllen) Monitor in Monday's editions.
Madrigal said authorities plan to widen an investigation into peo ple who claim to be "immigrant specialists" or "immigration counselors" but who have no accreditation to provide the service.
Immigration officials and civil rights activists along the Tex Mexico border say fraud has become more frequent. "It is a problem that has grown to great proportions," said Art
Moreno, spokesman for the U.S. Immigration and Naturalization Service $n$ Harlingen.
Moreno said most
Moreno said most immigrants don't know they've been scammed until, hey call INS to check on the status of their residency applica-
tion, only to find there is no record of them. $l$ legal immigrants are
also unlikely to report fraud for fear also unlikely to report fraud for fear authorities will deport them.
Border Patrol pushes border strategy
Solicy, the U.S. Border Patrol is moving ahead with preliminary plans policy, the U.S. Border Patrol is moving ahead with preliminary plans
for the military to build as many as 1,300 miles of road and install
fences, spy cameras and thousands of stadium-style lights along the fences, spy cameras and thousands of stadium-style lights along the
Rio Grande and Texas-Mexico boundary. Additions, which include up to 90 miles of fence in Texas, are nec-
essary to cut down on covert entries into the United States, the Border Patrol says.
"We are prepared to take properly measured steps to safeguard the
border," Todd Birdsong, assistant chief for the Border Patrol in Washington, told the San Antonio Express-News in Monday's editions. "No contracts have been cut, no plans have been finalized. It is
extremely preliminary" extremely preliminary.
However, the plans
However, the plans come as Mexican President-elect Vicente Fox is
urging a more open border. Some say Mexico and its citizens are again being targeted.

But some frustrated border reeidents said just about anything
would help
would hep
ailtad foremant tuakes, that is what it takes," Tommy Vick, a retired
He
He sur He said he faces who ives seven miles upriver form Del Reou, said Fourth immigrant robbed, killed in Austin this year


 No need to look a,"
 Lore, accordinin tot the Ausutin Americican-stitesman.
 the thre and Six other men who were waiting there)
Matinez Nieto died at Brackenridge Hospratal early injuries to his head. An immigrant from Toluca, Mexico, he had been uncle in Austin.
His friend, whom police declined to identify, managed to escape without life-threatening injuries and is working with police as a witness, Reveles said.
Austin insurance agent Alonso Camara, who moved to the United
States from Mexico in 1996 and has been working with police to help solve these murders, has started a campaign to raise awareness of the
danger in the immigrant community gre mine immigrant community.

## Elsewhere

HORSE LAWSUIT: A horse is a horse unless, of course, it wants to AQHA rule - impacted by the use of an embryo transferiation. An ter to court, where an Amarillo judge is scheduled to consider argu-
ments from both sides on Monday. ... INNOCENCE Despite a ruling six years ago that Texas inmates could seek new tri-
als when new evidence supporting their innocence als when new evidence supporting their innocence surfaced, the
state's highest criminal court has been unlikely to grant the relief.
According to a review by the Fort Worth Star-Telegram, the ninemember Court of Criminal Appeals has only granted new trials in
two of 33 such appeals filed by lawyers.

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