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Retired Teachers plan dinner Monday

Pampa Retired Teachers Association will meet at 6:30 p.m., Monday, Sept. 16, at the Pampa Senior Citizens Center, 500 W. Francis, for a covered dish dinner to honor new members.

Prime Time Club to meet Tuesday

PAMPA — Gray County 4-H Prime Time Club will host its first meeting of the year at 7 p.m., Sept. 17 at Gray County Annex.

The guest speaker will be a female highway patrol and Texas Ranger.

The meeting is open to all interested youth.

Refreshments will be served. For more information, call 665-7318 or 665-0797.

DEATHS

Frank "Buster" Carter, 71, services pending.

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City to begin new water treatment

By KATE B. DICKSON
ASSOCIATE PUBLISHER

Chloramines, a new type of chemical disinfectant that will guard against bacterial growth in Pampa's water system will be added at the water treatment plant on Tuesday, Sept. 17, to replace chlorine.

City Public Works Director Richard Morris says once the chemical starts to go in "it will take about two days for it to work its way through the whole distribution system."

This is all part of the \$2.5 million project that saw major changes at the treatment plant and the addition of a special system, known as Acti-flo, designed, along with chloramines, to

'Recent tests show we are meeting the standards, but we needed a reliable source of protection instead of relying upon mixing more well water in.'

— Richard Morris, City Public Works Director

lower trihalomethanes (THMs) in the water.

THMs are a chemical byproduct that forms when organic matter, such as dirt and leaves, comes into contact with chlorine, said Morris. THMs are a suspected cancer-causing agent.

The Texas Natural Resources Conservation Commission previously cited the city for having a levels of THMs that exceeded new, lowered

standards of 80 parts per billion. Those standards came into effect on Jan. 1.

Now that the Canadian River Municipal Water Authority's well field in Roberts County is on line and its water is mixed with surface water from Lake Meredith the city has not had a repeat of the THM problem, Morris said.

"Recent tests show we are meeting the standards," he said, "but we need-

ed a reliable source of protection instead of relying upon mixing more well water in."

The city may exceed the new standard on occasion if it doesn't switch chemicals, Morris said. The EPA recommends chloramines as a disinfectant and as a way to avoid THM formation.

Previously, Morris has said it is possible the THMs standard may be lowered even more in the future.

"We're having to meet the new rules imposed by the EPA effective Jan. 1, 2002," he explained. "We've been unable to do that because of the construction (on the city's water plant)."

"Everybody's doing it now. No (See WATER, Page 2)



(Pampa News photo by David Bowser)

Delbert Trew, director of the McLean-Alanreed Area Museum.

McLean-Alanreed Museum - preserving area's history

By DAVID BOWSER
STAFF WRITER

McLEAN — It was 33 years ago this week that Vera Featherston Back and Alice Short Smith established the McLean-Alanreed Area Museum here.

"They're from very prominent families here," said retired rancher Delbert Trew, who took over as director of the museum in 1998. "They were the ones that established it. It was originally established across the street, then eventually moved into the two buildings here."

The museum opened Sept. 12, 1969. "It is all local area history and artifacts from local people," Trew said. "E.J. Hess has also been one of the driving forces behind the museum."

Over the past couple of years, he says, they've remodeled the museum and added a

number of displays.

There's a new display on the oil industry in the area.

"We've got probably as good a collection of vintage clothing, women's clothing, as there is anywhere," Trew said.

They also have a display on the bra factory, Marie Foundations, that called McLean home for 20 years. That's when McLean was known as the "Uplift City."

"We're pretty proud of this," Trew said of the band display. "We came up with all these old band uniforms and cheerleading uniforms."

They also have all the school annuals from McLean.

In the second of the two large rooms the make up the museum, they have an old Seagrave firetruck that served McLean for years, along with a number of traveling dis- (See MUSEUM, Page 15)

United Way drive starts

A joint luncheon with the Chamber of Commerce will kick off Pampa's 2002 United Way campaign at 11:45 a.m., Tuesday, Sept. 17, in the Pampa Country Club.

This year's theme is "The Way America Cares: Community by Community." Locally, United Way volunteers hope to raise \$375,000 for the 19 local member agencies, according to Lisa M. Ryan, campaign chair.

"I am very excited about our upcoming 2002 Pampa United Way campaign," Ryan writes in a letter to volunteers and partners. "This year's campaign will be a challenge to all of us. I believe that all of us working together can make this campaign a success and ensure a better Pampa through our 19 United Way agencies."

Pampa's yearly United Way drive raises funds to distribute among 19 non-profit agencies that provide services to the community — helping approximately 10,000 people. For each dollar given, 99 cents remains in Gray County, officials say.

The purpose of the United Way is to gather volunteers to join together each fall to solicit funds for the agencies, raising more money in less time at a lower cost and allowing the agencies to concentrate on providing services to the community.

Following are the local United Way agencies:

American Red Cross — Education and disaster relief to the public, furnishes CPR first aid classes, local disaster relief, utility assistance, medical loan closet, and communication to military personnel.

Boy Scouts, Golden Spread — Recreational and education program for youth, teaching values through adult volunteer leadership, Cub and Boy Scout camps, Camporees, Scout Show, fun leadership skills and value training.

The Bridge — Interviews abused children on video, dramatically reducing the number of interviews they must endure. Followed by monthly case reviews to hasten closure of the ordeal for the child.

CASA of The High Plains Inc. — Advocates for children in the court system, sometimes shortening court time by as (See DRIVE, Page 5)

The Way America Cares



Community by Community



United Way

Democrat hopefuls to campaign in area

By NANCY YOUNG
MANAGING EDITOR

Eight Democrats seeking state and area offices will be coming to Pampa on Tuesday, Sept. 24, as they make their way through the Panhandle and West Texas on a four-day campaign tour.

West Texas Campaign Caravan is scheduled to roll into Pampa at 9:30 a.m. on that date. The West Texas Coalition of Democrats-sponsored

event will be held locally at 1001 E. Frederick.

The following candidates plan to come to Pampa: Marty Akins, state comptroller; Sherry Boyles, railroad commissioner; Tom Ramsey, agriculture commissioner; Judge Jim Parsons, Supreme Court Place 2; Judge William E. Moody, Supreme Court, Place 3; Judge Richard Baker, Chief Justice of the Texas Supreme Court; David Schaeffer, State School Board; and Floyd Holder, Chief

Justice, 7th Court of Appeals.

A one-hour program of music and speeches from candidates will highlight the event.

Concentrating on small towns and rural areas, the candidates will be visiting 19 towns on the tour.

Beginning Monday, Sept. 23, the candidates will visit voters in Levelland, Muleshoe, Hereford, Tula and Amarillo.

Pampa will be first on the trip the next day, Tuesday, Sept. 24. They will

travel on to Wellington, Childress, Vernon and Wichita Falls.

On Wednesday they plan to visit Olney, Graham, Haskell, Abilene and San Angelo. The final day the candidates will tour Big Spring, Odessa, Lamesa and Lubbock.

According to a news release, the West Texas Coalition of Democrats was organized to elect West Texas Democrats and gain political support for small towns, small business, ranch (See DEMOCRATS, Page 2)

Pampa Area Chamber of Commerce September Luncheon

Tuesday, Sept 17th Program: United Way Kick-Off • Sponsor: Colanese • Caterer: Pampa Country Club
We'll begin serving at 11:45 a.m. at the Pampa Country Club. Cost is \$8.00 per person.
Please call the Chamber for reservations @669-3241 or stop by the office at 200 N. Ballard.

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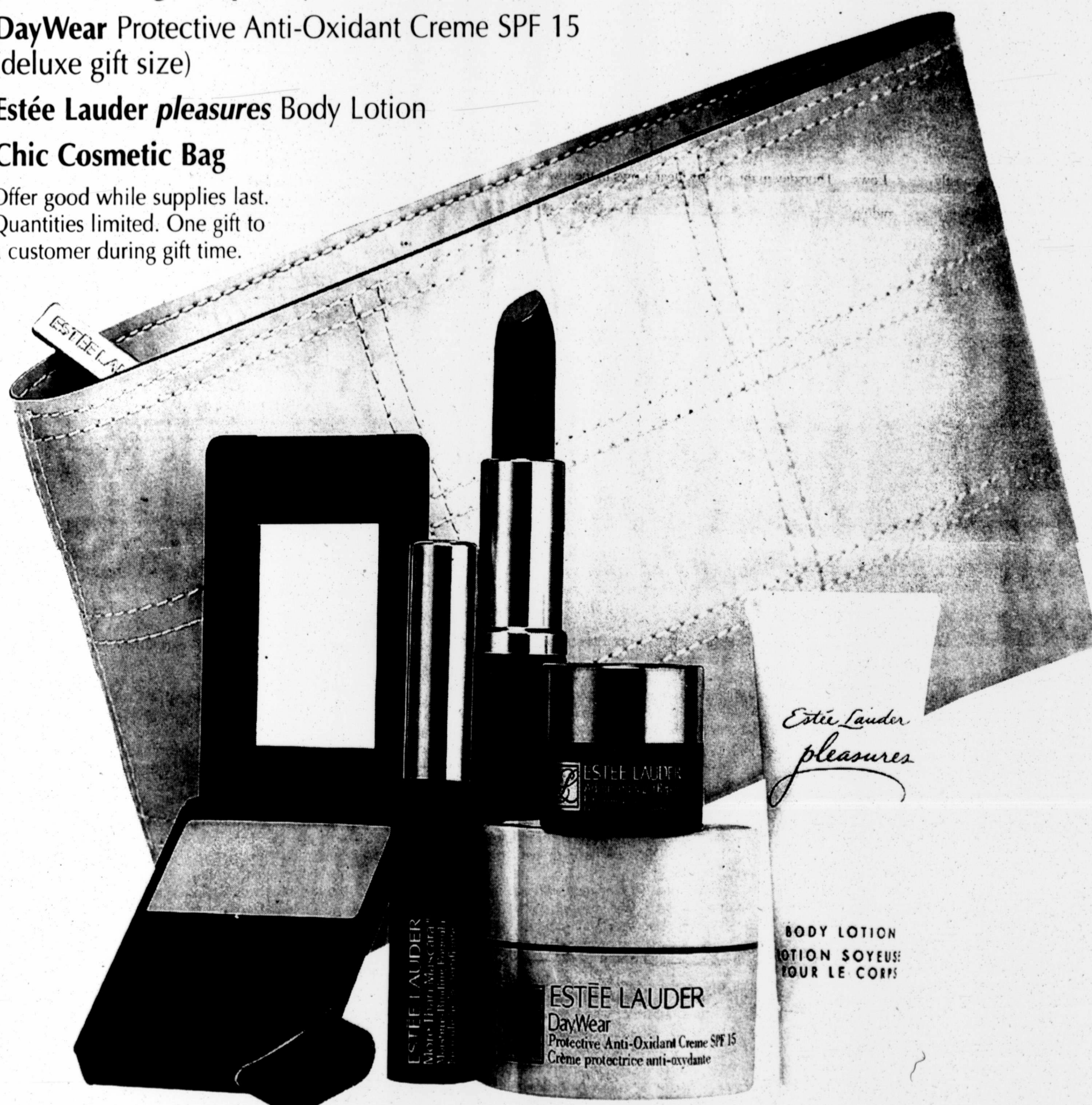
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THE Pampa NEWS

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Opinions expressed on this page do not necessarily reflect the views of The Pampa News.

TEXAS EDITORIALS

Governor's race spending: Texas-size embarrassment

From the San Antonio Express News:
 How much do you think the governor's race in Texas is worth?
 Ten million? Twenty? Thirty? That would be chump change this year.

Gov. Rick Perry and his Democratic challenger Tony Sanchez are expected to spend between \$85 million and \$100 million on the race before it's all over, according to a report in the Houston Chronicle.

That staggering amount will nearly double the \$53.4 million spent in 1990 when Democrat Ann Richards and Republican Clayton Williams set what then was the national record for a governor's race.

Thirty-seven states have some kind of limits on campaign contributions, but Texas is not among them. Here in Texas, you can spend whatever you can raise or whatever you have in your pocket.

Sanchez, a Laredo millionaire who spent \$31.3 million much of it his own money through the June 30 spending period, is largely fueling this year's frenzy.

Sanchez says he has to spend millions out of his pocket to run a competitive race against Perry, the incumbent.

Perry says he has to counter Sanchez's dollars and has reached out to President Bush to help him do it.

No matter what the reason, \$100 million for a single race exceeds the limit on all reason.

To put the number in perspective, a little more than three times that amount \$343 million was spent nationally on the 2000 presidential campaigns.

Perhaps it wouldn't be so bad if the two gubernatorial candidates had addressed the hard issues facing Texas including an expected record deficit in state spending and ongoing problems in funding higher education.

As it is, the amount of money being shelled out in this race is a Texas-sized embarrassment.

LETTERS TO THE EDITOR POLICY

The Pampa News welcomes and encourages readers to express their opinions on issues of public interest and concern. However, we also reserve the right to accept or reject any letter for publication.

Letters must be **300 words or less**. Letters submitted for publication must be neat and legible, typed if possible, or at least handwritten in a clear manner. All letters will be edited for length, clarity, spelling, grammar, and taste. We will not publish anonymous letters, letters that are potentially libelous, or personal attacks. Submission of a letter does not guarantee its publication nor can we guarantee a date of publication.

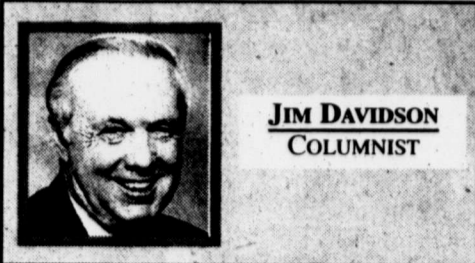
Letters submitted must include name, address, phone number and signature for verification. Addresses and telephone numbers will not be printed, unless requested for a specific reason.

Due to volume and repetition, we will limit submissions from the same person to two letters per month.

Poetry, candidate or political endorsements, letters to third parties and "thank you" letters will not be published except at the discretion of the editor, depending on general interest.

Letters may be dropped off at the office, 403 W. Atchison, or mailed to The Pampa News, Letters to the Editor, P.O. Box 2198, Pampa, TX 79066.

Discouragement, the great enemy



JIM DAVIDSON
COLUMNIST

It's just common sense to realize that we cannot do our best when we are deeply discouraged. Each of us should spend some time and learn what causes discouragement and what steps we can take to avoid or overcome it - that is, if we want to achieve outstanding success.

To achieve anything really worthwhile in life, there comes a time we refer to as "the moment of truth." In any undertaking, when we begin to struggle and maybe even have serious doubts, the moment of truth is that critical time when we either give up or keep going. If you will examine this statement, I believe you will conclude the reason many people give up far short of achieving success is because they become discouraged.

On the other hand, those who keep going are those who find a source of inner strength which enables them to defeat or overcome discouragement. It's natural and even necessary to give up on some things, especially if our priorities are wrong or the odds are too great.

To be sure, I've given up many times, but the key to success in most anything is to know when to give up and when to keep going. More often than not, however, the reason most people are not successful is that they give up too quickly. There is a vast difference in giving up on reaching a specific goal and in giving up on life, in general. There is usually no

real tragedy when we give up on a specific goal, but there is a real tragedy when we give up on life.

If you are a person who has a tendency to become deeply discouraged, I want to remind you of the source of discouragement, by sharing a story I heard some time ago:

"Once upon a time, Satan, growing old and weary, decided it was time for him to retire from active work. He offered all of his devilish inventory of tools for sale to the highest bidders. At the time of the auction, the tools were all neatly arranged: envy, malice, enmity, sensuality, deceit and all of the other devices of evil. Each was plainly marked, and the price was surprisingly low, except for the ungainly piece of much used steel marked, 'discouragement.' It was marked 10 times more than any of the other tools.

"Why, Mr. Satan," asked a prospective buyer, "do you ask so much for this tool?" "Well," replied the old tempter, "this tool has always been my most use-

ful one. You can see that it has more wear than any of the others. I can use it as a wedge to get into a person's mind and defeat him, when all other means fail."

If this story has any truth in it, and I for one believe that it does, we can plainly see that Satan is the source of discouragement. He wants us to give up, sit down and wallow around in self-pity. If we allow this to happen, we certainly won't accomplish anything worthwhile for God, our fellow man, or anyone else, including ourselves. The only way to overcome discouragement is by intelligent action. Once you decide to do something worthwhile and get started, you'll soon find discouragement will leave you.

The exact opposite of discouragement is courage and this is simply the quality of mind that meets danger or opposition with firmness. Isolated performances of great deeds do not make individuals heroes or cowards, they simply reveal character to the eyes of others.

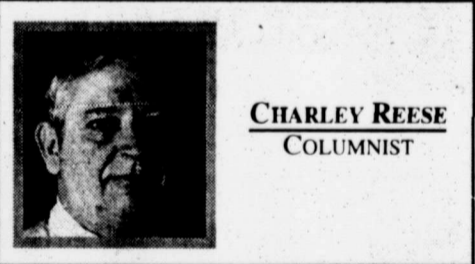
Every successful life needs challenges, hurdles to overcome, and problems to solve in order to bring the power of courage into play. God has given us a will and in America we have the freedom and the opportunity to make choices.

In every important decision in life, God votes for us, Satan votes against us, and it's left up to us to break the tie!

(Write to Jim Davidson at 2 Bentley Drive, Conway, Ark., 72034.)



Congress procrastination is comforting



CHARLEY REESE
COLUMNIST

As a procrastinator of the first order, I'm always comforted by Congress. No one and no institution can beat Congress for putting off its work until the moment after the last possible moment.

Here is Congress coming back to town, already eager to leave for the campaign trail (most of them have their jobs on the line Nov. 5), and not one of the federal government's 13 appropriation bills has been completed. The homeland-security bill has not been passed in the Senate. Forget prescription drugs, Social Security reform and lots of other topics politicians like to yak about.

Of the 13 basic appropriation bills, only three have been passed by both houses, but these are stuck in committees (differences in House and Senate bills have to be reconciled by a conference committee, and then both houses have to pass the final versions).

Chances are that Congress will end up passing a continuing resolution, which just extends last year's funding so the government can keep operating. The federal government's fiscal year begins Oct. 1.

I cannot remember the last time, if there was a last time, when Congress did its job on time. Passing the federal budget, of course, is its main job. There are a number of reasons for the members' lack of due diligence in doing their duty.

One, of course, is that most of them are windbags and can't say "Hello" in less

than 25 words. They can't ask a question without preceding it with a speech, which makes congressional hearings enormous time-killers. They don't work on Mondays or Fridays, both of them being unofficial travel days. They quit Washington at every opportunity. There is no such thing as a one- or two-day holiday for the members of Congress. They stretch most into weeks. They put dozens of things on their agenda that the Constitution gives them no authority to consider. And finally, but probably foremost, they spend most of their time raising money and campaigning for re-election.

You can easily see for yourself the problem. Suppose that you had to persuade people and organizations to give you \$250,000 (that's a low figure) during the next 18 months so you can run for re-election. That's about 540 days, give or take a sunset or two. Imagine how many phone calls or personal visits you would have to make to get people and organizations to part with a quarter of a million dollars. A good part of every day would

have to be devoted to fund raising, even with professional help.

Congress never passes campaign reform legislation, though on occasion, as it did recently, it will pass a new Incumbent Protection Act, which it mislabels as campaign reform. The most recent bill (McCain-Feingold) will silence incumbent opponents by prohibiting organizations from placing issue ads within 60 days of an election. It is as unconstitutional as the Nuremberg Laws would be.

Real campaign reform would, for example, prohibit anyone not a resident of the given district or state from contributing to a campaign. That would go a long way to defanging the more than 35,000 special interests camped on the banks of the Potomac. Another true reform would be to prohibit the spending of any money by any candidate until six weeks prior to election. Since advertising space and broadcast time are limited, that would necessarily reduce the total amount spent.

Congress naturally has no desire to do anything that would make elections fair. Like big business, members of Congress hate competition. After all, just a few terms and they become vested in the best pension plan in the galaxy.

I'm beginning to agree with most of our Founding Fathers that democracy doesn't work.

(Write to Charley Reese at P.O. Box 2446, Orlando, FL 32802)

FROM OUR FILES

40 years ago
WEDNESDAY, Sept. 19, 1962. Dissolution of Pampa's Board of City Development moved into the first stage last night when the City Commission voted unanimously to repeal the 34-year-old ordinance which created the BCD back in 1928.
THURSDAY, Sept. 20,

1962. CANADIAN (Spl) - A grant of \$152,000 in Hill-Burton funds was approved recently by the State Board of Health for the projected Edward Abraham Memorial Home here.
FRIDAY, Sept. 21, 1962. The Pampa High School "B" team, the Shockers, met a Waterloo last night in

Harvester Stadium when it entertained a team from Boys Ranch.
25 years ago
SUNDAY, Sept. 18, 1977. Showing some of the spark and aggressiveness of past teams, Pampa forced Perryton to throw three second-half touchdowns to break open a close game and defeat the

Harvesters, 28-6, at Harvester Field Friday night.
MONDAY, Sept. 19, 1977. Twenty-six members of the Pampa High School Rodeo Club have entered the Tri-State High School Rodeo which starts Friday in the Top O' Texas Rodeo Arena east of Pampa.
WEDNESDAY, Sept. 21,

1977. The Gray County Commissioners Court today approved raises for county employees and increased travel allowances for the coming year to an estimated \$70,000 over last year's payroll figures.
10 years ago
FRIDAY, Sept. 18, 1992. The Pampa United Way

kicked off the first check-in of the campaign Thursday, bringing in 24 percent of the \$326,000 goal.
SUNDAY, Sept. 20, 1992. Nina Spoonemore, longtime Pampa resident, attended the Republican National Convention Aug. 17-21 as a delegate-at-large for Gray County.

Week focuses on farm accident prevention

Gray-Roberts County Farm Bureau joins Gray County Judge Richard Peet, the Texas Farm Bureau, Texas Farm Bureau Insurance Companies and the National Safety Council in promoting accident prevention during Farm Safety and Health Week, Sept. 15-21.

Agriculture is the second most dangerous industry in the United States, with more than 700 deaths and 120,000 disabling injuries each year.

Theme for this year's national event is "National Farm Safety and Health ... Not Just For Farmers Anymore!" The focus is on preventing deaths and injuries among farmers, ranchers, their families and employees, and the general public in roadway accidents. These deaths and injuries may also include victims who are not occupationally active in agriculture, but who were injured or killed in

an accident involving farm equipment.

In its promotion, the National Safety Council calls attention to the following:

Farmers and ranchers know the limitations of their machinery. The general public often does not know the limitations of agricultural machinery. But since nearly everyone uses the rural public roadway system, it is important to have an understanding of how agricultural machinery operates on roads. Agricultural machines have two major limitations—speed and maneuverability.

Farmers and ranchers are at increased exposure for motor vehicle accidents. Farm machinery is often involved in highway accidents involving other vehicles. Thousands of highway accidents involving farm machinery occur each year, even though farm equipment is

clearly marked with a slow moving vehicle (SMV) emblem. Drivers have difficulty anticipating the operational intentions of farm machinery being driven on rural highways.

Farm tractors should be equipped with SMV emblems. Many farm tractors driven on public highways do not have a Slow Moving Vehicle (SMV) emblem. State vehicle codes require the mounting of an SMV emblem on equipment moving at less than 25 miles per hour on highways. SMV emblems warn other drivers of the slow moving vehicle on the roadway. The new SMV emblem adopted in 1998 has a central fluorescent orange triangle. It was designed to be eye-catching during daylight hours.

Farm tractors should be equipped with emergency lighting. Many farm tractors do not have functioning hazard

and warning lights. Operating headlights and hazard warning lights provide advance warning for other drivers sharing the highway with farm equipment. In addition, to increase the visibility of agricultural machinery traveling on public roadways, extremity-marking is essential. Red retro-reflective tape should be placed on the rear of the machine and amber tape should be placed on the sides near the front and rear quarters with more amber tape in the middle.

Consider the use of a pilot vehicle when moving machinery. A good recommendation is to utilize a pilot vehicle behind tractors and machines. In cases where the machine is relatively wide and may encroach the opposing lane, then another pilot vehicle traveling in front adds to the possibility of eliminating a crash.

Sharing the road is every-



(Pampa News photo)

Gray County Judge Richard Peet signs a proclamation for Farm Safety and Health Week, Sept. 15-21, for Don Whitney, Texas Farm Bureau agent.

one's responsibility and being proactive about preventing possible incidents that could result in injury is just plain smart.

The Gray-Roberts County

Farm Bureau promotes public awareness of farm and ranch safety and health, and encourages everyone to work to keep the public roadways safe for all concerned.

CONTINUED FROM PAGE ONE

DRIVE

much as a year.

Community Day Care Center - Quality child care for children 0-12 years of age. Meals, developmental activities, transportation and trained staff. Sliding fee scale.

Genesis House - Treatment facility for adolescents with primary drug or alcohol problems. Residential living, outpatient program and public schooling. Sliding fee scale.

Girl Scouts, Texas Plains - Youth development program for girls 5 to 17 years of age. Weekly troop meetings, special events and trips, summer residence and day camps.

Gray County Child Protective Services - Oversight of funds to help meet the needs of children in foster care for clothing, medical care and schooling.

Gray County Latch Key - After-school care until 5:30 p.m. Monday-Friday for children kindergarten through 5th grade. Supervised activities, snacks, tutorials, play and a safe place after school.

High Plains Epilepsy Association - Counseling, public education, medical guidance and arrangements for persons with epilepsy and their families. Educational programs for

schools and civic organizations.

Pampa Community Youth Services Inc. - Daycare Center for children 0-12 years of age. Meals and activities for full pay and low income families and single parents.

Pampa Meals on Wheels - Delivery of more than 42,000 hot meals per year Monday through Friday to elderly and disabled citizens in Pampa. Sliding fee scale.

Pampa Optimist Youth Club - More than 1,100 boys and girls from the Pampa area play football, basketball, baseball and softball in Optimist programs annually. The club helps sponsor a children's shopping tour each Christmas for more than 100 children.

Pampa Sheltered Workshop - Services for mentally retarded adults.

including pay for work done in workshops, companionship, socialization, Special Olympics and object lessons in self-esteem.

The Salvation Army - Emergency social services, emergency disaster relief, children's camps, youth programs, Senior Citizens programs, Golden Agers, social activities, shoe fund, toys and clothing distribution for Pampa and Gray County.

Samaritan Pastoral Counseling Services - Help with marriage and family problems, separation, divorce, step-families, anxiety, depression, lack of self-esteem, lack of fulfillment, grief and other emotional or spiritual problems. Educational programs for civic and church groups. Sliding fee scale.

Southside Senior Citizens Center

Recreational activities for the elderly including Saturday meal deliveries, blood pressure clinics, monthly fellowship luncheons and assistance with transportation.

Texas Panhandle Mental Health Authority - Pampa Center - Mental health services to residents of Gray, Roberts and Wheeler counties. Intensive psychiatric support, community rehabilitation services for the chronically mentally ill, marital counseling and individual crisis counseling. Sliding fee scale.

Tralee Crisis Center - Services to victims of family violence, sexual assaults and other crimes, including shelter, crisis counseling, accompaniment through court and medical systems, advocates for visits, emergency transportation and support groups. No charge for services.

County Commission meets Monday

Gray County Commission will meet at 9 a.m. Monday in the temporary courtroom at 315 N. Ballard.

The contract between Rural Metro and Gray County is expected to be finalized. County Judge Richard Peet said Friday the previous contract submitted had the \$90,000 subsidy amount. As the two entities agreed to \$72,000 annual amount, he

said that the amount had to be changed and approved by the commission.

Other items on the agenda include considering medical network options, closing Tex-Pool account for tobacco settlement money, purchase to replace maintenance vehicle, appointment of two commissioners to discuss the 2003 fire contract with the City of Pampa.

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Preliminary - Pampa Middle School
 Saturday - September 21, 2002
 9:00 a.m. - 5:00 p.m.
 3 Golf Balls \$5.00 - Extra Balls \$1.00 each

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 Top Ten Contestants
 Sunday - September 22, 2002
 4:00 p.m.

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Finals Grand Prize - Your Choice
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MEDICAL

Olivia's Angels to host Caregiver's workshop

AMARILLO — BSA Hospice and Olivia's Angels present the Fourth Annual Caregiver's Workshop to be held Wednesday, Oct. 2 at Paramount Christian Church's Education Building in Amarillo. The workshop is entitled "A Journey Through Grief: Touchstones to Hope and Healing." This interactive session takes participants on a journey through a variety of subtopics related to bereavement care giving.

Workshop presenter is Dr. Alan D. Wolfelt, Ph.D., internationally known educator, speaker and grief counselor. Dr. Alan Wolfelt, recipient of the Association for the Death Education and Counseling's Death Educator Award, serves as director of the Center for Loss and Life Transition in Fort Collins, Colo., and is on the faculty at the University of Colorado Medical School in the Department of Family Medicine.

Among his books are "Healing Your Grieving Heart: 100 Practical Ideas," "The Journey Through Grief: Reflections on Healing," "Death and Grief: A Guide for Clergy," "Healing the Bereaved Child," "Creating Meaningful Funeral Ceremonies," and "Understanding Grief: Helping Yourself Heal."

The workshop is designed for nurses, social workers, counselors, educators, psychologists, hospice personnel and volunteers, the clergy and others caring for the bereaved. Among the content areas of Dr. Wolfelt's workshop are the introduction of bereavement, exploring the

framework of loss and grief, the importance of "companioning" versus "treating" those in grief, defining the distinction between "soul work" and "spirit work," overview of the needs of those in grief, the exploration of influence on the grief journey, discussion of a tentative model of grief and mourning and understanding how the funeral ceremony assists the "reconciliation" experience.

The all day workshop begins with registration at 8:30 a.m. and will continue to 3:30 p.m. Lunch will be provided on site and is included in the registration fee. Fee to attend is \$25 per person. As seating is limited, reservations are required. To reserve your seat, call Joan Douthit at (806) 212-8787.

You can mail in your fee registration to Olivia's Angels, P.O. Box 950, Amarillo Texas 79105. Deadline for registration receipt is Sept. 25, 2002. Continuing Education Credits will be offered by Amarillo College upon completion of the workshop.

Olivia's Angels is an all volunteer fund raising auxiliary promoting the philosophy and goals of BSA Hospice. It was created to increase community awareness of the hospice program and to facilitate hospice care for everyone in the BSA Service area regardless of an ability to pay. Olivia's Angels reserves funds for the special needs of hospice patients and families, provides community information and resources, and supports BSA Hospice staff education and appreciation.

UT Southwestern scientist explores caffeine-signaling activity in brain

Bibb said insights into the mechanisms of both cocaine and caffeine on the brain have led him to investigate the processes in the brain that control sleep. He is currently working on new sleep studies with other scientists, including Dr. Robert Greene, vice chairman of psychiatry for VA services at UT Southwestern.

DALLAS — Every morning millions of Americans reach for the world's most popular drug to help them start their day.

"That drug is caffeine," said Dr. James Bibb, assistant professor of psychiatry at UT Southwestern Medical Center at Dallas. Bibb is one of the authors of a new report explaining how caffeine exerts its stimulatory effect by altering the biochemistry of the brain. The findings appear in a recent issue of Nature.

"Caffeine is the most frequently self-administered drug in recreational use worldwide today," Bibb said. "And yet we know little about how caffeine works in the brain, whether with the kick from a double espresso or small jolts from tea or cola. We do know it is rewarding, can enhance cognition and performance, and induce dependence at the same time."

Bibb said most people would never consider that the effects of their morning coffee would have any similarities to those of cocaine, long known to be a powerful and dangerous recreational drug. But research is showing that

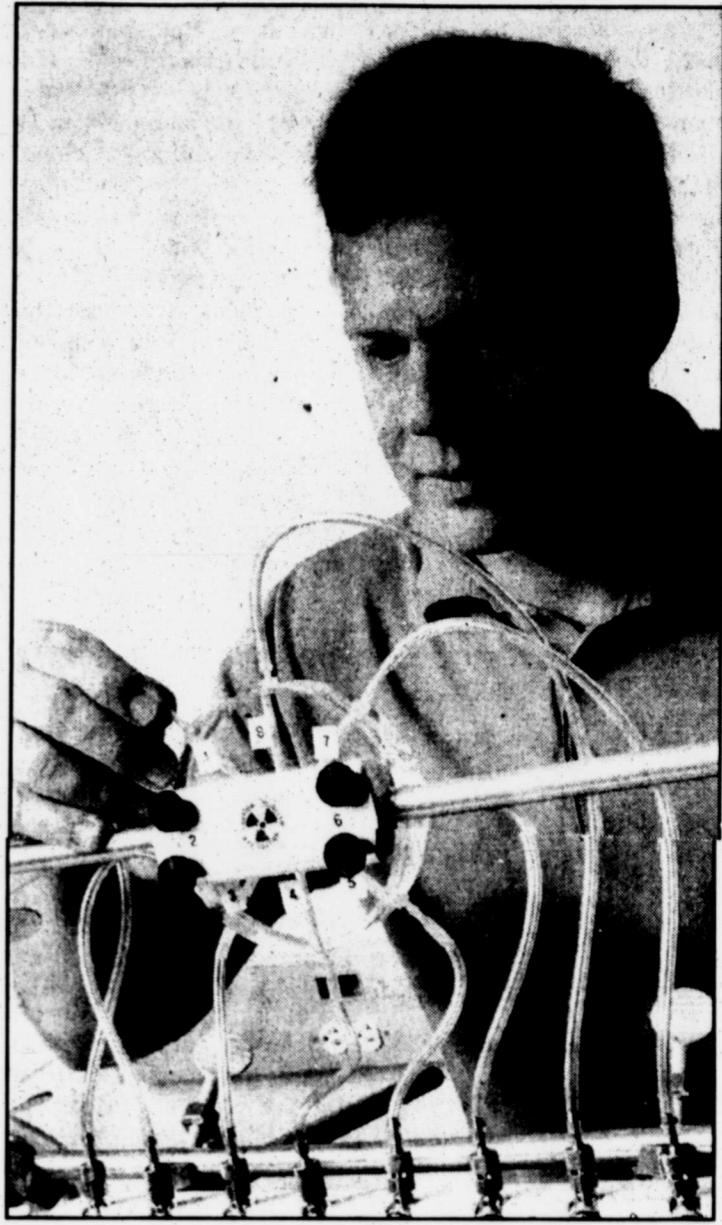
the two stimulants similarly alter a specific signaling activity within the brain.

The researchers involved in the Nature paper used genetically altered mice lacking DARPP-32, a protein known to play a role in drug addiction, to explore questions about caffeine's stimulant effects. Normal mice given a 7.5 milligram/kilogram dose of caffeine showed a dramatic increase in long-range (locomotion) and short-range (motility) movements for as long as 100 minutes.

This amount of caffeine is the equivalent of about three cups of coffee for a person weighing 160 pounds. When scientists gave the mice lacking DARPP-32 the same dose, it had little effect. Only by doubling the dose to 15 mg/kg were researchers able to overcome the knockout effect of gene deletion.

Bibb said these results were similar to those of his previous studies that explored the same biochemical pathways activated by cocaine.

Bibb explained that it has been known for some time that caffeine owes much of its stimulant action to its ability to block receptors, such as those for adenosine, in the



(Courtesy photo) Dr. James Bibb, assistant professor of psychiatry, is part of the department's team of molecular researchers studying addiction.

brain. Adenosine, one of the four building blocks of DNA and an important signaling molecule in the brain, forms the backbone of the energy-storage molecule ATP. ATP helps maintain equilibrium, or balance, between its energy use and electrical activity throughout the cells, sending signals along specific brain pathways.

Bibb is a former Rockefeller University scientist who is continuing his research at UT Southwestern on the processes in the brain that control addiction and other neurological and psychiatric disorders.

Much of his research involves identifying processes that regulate brain biochemistry and determining how these are triggered by specific drugs of abuse or neuropsychiatric diseases. Some of his early findings on these biochemical pathways and how cocaine affects them have appeared in two earlier reports in Nature.

Bibb said insights into the mechanisms of both cocaine

and caffeine on the brain have led him to investigate the processes in the brain that control sleep. He is currently working on new sleep studies with other scientists, including Dr. Robert Greene, vice chairman of psychiatry for VA services at UT Southwestern.

"We find that in the brain many processes are related, and it is well-known that caffeine can induce insomnia and that adenosine can induce sleep. By studying sleep we may also learn more about drug addiction and other disorders," Bibb said.

The caffeine research was conducted by scientists at Rockefeller University in New York City; the Karolinska Institute in Stockholm, Sweden; and the "Mario Negri" Institute for Pharmacological Research in Milan, Italy.

The study was funded by the Swedish Research Council, the National Institute of Mental Health and the National Institute on Drug Abuse.

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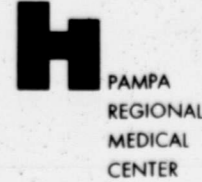


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New theory says colicky babies likely not in pain

By LINDSEY TANNER
AP MEDICAL WRITER

Kristen and Doug Nelson wore out hair dryers, stairs, and patience trying to calm their crying baby, who wailed for much of her first four months of life.

They even found themselves frantically vacuuming at 3 a.m. because their newborn seemed soothed by the sound.

"My rugs have never been so clean," Kristen Nelson said.

Rhythmic noise and motion helped, but didn't cure baby Dana. The stubborn culprit was colic, one of the most dreaded, vexing conditions of infancy.

"Dana screamed for 14 hours one day at eight weeks. I thought I was going to lose my mind," the Madison, Wis., mother says of her now calm 2 1/2-year-old.

Though not a disease and considered by many experts to be ultimately harmless, colic continues to fuel research and frustrate parents; some experts even think it's to blame for many cases of child abuse.

Estimates suggest 10 percent to 20 percent of U.S. babies have colic.

Kristen Nelson, 33, says she and her husband visited the doctor countless times, certain their baby was seriously ill. The diagnosis that it was "just colic" was not very reassuring.

"It's just so draining because you can't comfort your baby; you feel like a complete failure," she said.

The main symptom is intense, inconsolable crying, and theories abound for its causes. The name stems from

a Greek word relating to the colon, and recent research blaming carbohydrate or protein intolerance supports the long-held notion that digestive problems sometimes may be involved.

But another, more provocative recent study gaining popularity among pediatricians says most cases may simply be the way some normal, healthy babies communicate.

Perhaps most surprising, this theory suggests babies with colic aren't even in pain — despite all their purple-faced, clenched-fist crying.

It's borne out of a sort of "squeaky wheel gets the grease" evolutionary theory and M.W. deVries' 1970s research in Africa's Masai tribe showing that more "difficult" babies survived a famine better than placid infants.

The newer study by Barbara Prudhomme White at the University of New Hampshire and longtime colic researcher Dr. Ronald Barr, a McGill University pediatrician, involved 40 2-month-old infants, the age when crying often peaks in colicky and non-colicky babies.

The researchers found that babies in the throes of colic had similar heart rates and levels of the stress hormone cortisol as babies without colic.

"They're not showing internal responses that you usually see in humans in pain," said White, a psychologist and occupational therapist.

While intense crying would seem to burn up lots of calories, the colicky babies didn't eat much more than

calm babies and weren't any thinner.

"They were just as robust and healthy as all the other little babies were," she said. "They just cry a lot ... with not a lot of cost metabolically."

While colic was described in ancient times, the modern definition dates from the 1950s, and includes crying spells occurring at least three hours daily, at least three times weekly, for at least three weeks in early infancy. Each hard-to-soothe episode can last several hours and typically occurs around the same time every day, often in the afternoon and evening.

The spells tend to peak at two months and gradually disappear by about three or four months.

Nearly all babies have similar crying patterns, but those with colic are more intense, longer-lasting and harder to soothe, Barr said.

Colicky babies are sometimes gassy, a feature that has helped fuel digestive theories, but many doctors now think that occurs because crying incessantly involves swallowing lots of air.

"The first time a baby doesn't stop crying, he really needs to be evaluated by a physician to make sure there is nothing else going on," said Dr. Bennett Kaye, a pediatrician at Children's Memorial Hospital in Chicago.

If no underlying cause can be found, colic is the diagnosis.

While there is no cure, purported remedies abound. Research has shown one of the most popular medicines, simethicone drops, are inef-

fective.

"The mainstay of colic treatment is comforting, walking, soothing, swaddling," Kaye said. But he acknowledged that even that often doesn't work.

Research in the May issue of the journal Pediatrics suggested that colic in some babies is caused by an inability to properly absorb sugars in some fruit juice. Juices containing the artificial sweetener sorbitol and high levels of fructose were the main offenders.

Dr. Fima Lifshitz, the lead author and chief of nutrition at Miami Children's Hospital, said sugar that is not properly digested forms gas, which could explain the abdominal distention seen in some colicky babies.

He said the findings underscore the importance of recommendations by the American Academy of Pediatrics that babies younger than 6 months not be given fruit juice, which can cause diarrhea and offers no benefits.

Dr. Anthony Kulczycki Jr. of Washington University in St. Louis published data two years ago suggesting that some colic is due to an inability to digest proteins in cows' milk.

But Barr says evidence suggests fewer than 10 percent of colicky infants have protein intolerance. And those who do, he says, shouldn't be diagnosed with colic because the strict definition says there is no underlying ailment.

That's what can make the condition so hard for parents to handle.

(See COLIC, Page 9)

Gene treatment creates biological pacemaker in guinea pig hearts

By MARK EVANS
ASSOCIATED PRESS WRITERS

Researchers have created a "biological pacemaker" in guinea pigs by slipping a gene into their hearts — a first step in what could lead to alternatives to the electronic devices now implanted in hundreds of thousands of people each year.

The healthy human heart already contains a small number of specialized "pacemaker" cells, which initiate the muscle's beat and determine its rate and rhythm of contraction. But old age or disease can cause the cells to malfunction, and mechanical pacemakers are needed to fix the trouble.

In their study, researchers at Johns Hopkins University used a virus to deliver genes to cells in the guinea pigs' ventricles — places in the heart where the animals have no natural "pacemaker" cells.

Three or four days later, some of the animals' ventricle cells had been converted into "pacemaker" cells — able to generate spontaneous, rhythmic electric activity on their own. Researchers speculated that this triggering capacity exists in all

regions of the heart, but is suppressed in most cells.

"We effectively lifted the anchor, freeing muscle cells to re-establish ability they last held in the developing embryo," said Eduardo Marban, a molecular cardiologist and member of the research team. The study was published in Thursday's issue of the journal Nature.

The researchers said the added gene worked by blocking a mechanism that stifles a heart cell's ability to fire on its own.

Marban said that research marks a significant step in what could lead to new treatments for people who require electronic pacemakers. Roughly 250,000 Americans are implanted with the devices each year.

"We can now envision a day when it will be possible to recreate an individual's pacemaker cells or develop hybrid pacemakers, part electronic and part biologic," he said.

The study did not aim to find out the effect of the genetically altered cells on the guinea pigs' overall health or survival. Marban's team is conducting a study now on pigs to determine that. He said trials on humans are at least a few years away.

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Researchers find protein turns weak muscle into energy producing muscle

DALLAS — A calcium-signaling protein transforms sedentary, easily fatigued muscles into energy-producing, fatigue-resistant muscles. UT Southwestern Medical Center at Dallas researchers report.

In a study published in a recent issue of Science, the researchers found that by genetically expressing the protein in skeletal muscles of laboratory mice, easily fatigued, or type II, muscle fibers were transformed into fatigue-resistant and mitochondria-rich, or energy-producing, type I muscle fibers, which resemble muscles that have been exercised.

This research could lead to novel measures to stimulate muscles in patients with chronic diseases such as congestive heart failure or respiratory insufficiency, or individuals confined to bed rest.

"The muscles of individuals who are on bed rest resemble type II muscle fibers; they fatigue quickly and the muscles are tired," said Dr. Rhonda Bassel-Duby, associate professor of internal medicine and co-author of the study. "If we have a way of mimicking this protein, we can convert the muscle with a drug to a more fatigue-resistant, mitochondria-rich muscle."

Researchers expressed the active form of the calcium signaling protein called calcium/calmodulin-dependent protein kinase (CaMK) in the skeletal muscles of transgenic mice. CaMK controls production of mitochondria — structures in cells that are responsible for energy production — in mammalian muscle tissue.

"Calcium signaling plays an essential role in muscle remodeling," said Dr. Hai Wu, lead author of the study and a postdoctoral research

fellow in molecular biology. "CaMK has been intensely studied in neurons, where it is responsible for neuron plasticity and involved in learning and memory. Both neurons and muscle cells are excitable, and they share a lot of common signaling pathways in response to either brain activity or exercise," he said.

Further studies will be conducted to determine the specific properties of CaMK responsible for these effects.

"Greater understanding of the molecular-signaling pathways by which skeletal muscles sense and respond to changing activity patterns, by altering gene expression ultimately may promote the development of novel measures to enhance the oxidative

state of muscle, producing fatigue-resistant muscle," Bassel-Duby said. "This could enhance muscle performance of patients overcoming muscle immobility or recovering from illnesses producing muscle fatigue such as heart failure."


Other researchers involved in the study were Dr. Eiji Isotani, a visiting assistant professor in physiology; Dr. Shane Kanatous, a postdoctoral research fellow in internal medicine; Teresa Gallardo, a research scientist in cardiology; Dr. Frederick Thurmond, a postdoctoral research fellow in internal medicine; Dr. R. Sanders Williams, formerly chief of cardiology at UT Southwestern and presently dean of Duke University School of Medicine.

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CALENDAR ITEMS

COMMUNITY

Pampa Area Literacy Council. Pampa Area Literacy Council office is open from 10 a.m.-4 p.m. Monday-Friday. For more information, call 665-2331.

Celebration of Lights. The Celebration of Lights project will hold regular workshop meetings at 6:30 p.m. on Monday nights at 822 E. Foster. Anyone wishing to help with the project is invited to attend any work session.

Red Cross. Gray County Chapter of the American Red Cross is seeking volunteers from the community to respond during times of crisis in Pampa and other parts of the county. As well as personal satisfaction, volunteers learn how to protect themselves and cope with disaster by planning ahead, particularly essential during tornado season. In addition, ARC is willing to deliver informational discussions on disaster preparedness to area church or community organizations. For more information, call (806) 669-7121.

ACCORD. Gray County Chapter of Active Citizens Concerned Over Resource Development in Agriculture, Inc. (ACCORD INC.), meet the first and third Thursday of each month, 7 p.m., at the Lovett Memorial Library. For information, call 665-8516 or 665-7659.

Pampa Masonic Lodge #966. Pampa Masonic Lodge #966 meets Thursdays at 7 p.m. at 420 W. Kingsmill.

Eastern Star. Pampa Chapter No. 65, Order of the Eastern Star meets the second and fourth Tuesday of each month. Meeting starts at 7:30 p.m. at 420 West Kingsmill.

VFW Bingo. Veterans of Foreign Wars Post #1657, 105 S. Cuyler, Charity Bingo every Wednesday at 7 p.m. and Sunday at 1:30 p.m. Doors open one hour early. No one under 18 allowed. Public is welcome. License No. 1-75-6037422-9. For more information contact Edgar D. Carson, 669-0853 or 669-1264.

Story Hour. Lovett Memorial Library will offer a story hour at 10 a.m. every Tuesday. The free program is open to children 18 months to 6 years of age and will include stories, crafts and other activities. No registration is required. For more information, call the library at 669-5780.

Boy Scouts. Boy Scout leaders meet at 6:30 p.m. the first Thursday of each month at First Presbyterian Church of Pampa. The Golden Spread Council of Boy Scouts of America is open to boys between the ages of 6 and 18 and includes a 27-county area in the Texas Panhandle. The BSA program includes Club Scouts, Boy Scouts and Venturing, a new program for 14- to 20-year-old boys and girls. For more information, call (806) 358-6500.

Girl Scouts. Pampa Girl Scouts meets at 7 p.m. the first Thursday of each month at Pampa Girl Scout House on Kingsmill.

RCIA. St. Vincent de Paul Catholic Church hosts Rite of Christian Initiation of Adults (RCIA) beginning at 7:15 p.m., Wednesdays at 2004 Williston. For more information, call Aloise Martin at 883-4901 or Peggy Rodriguez at 669-2683.

St. Mark CME Church. St. Mark will host a monthly breakfast the first Saturday of every month from 8 a.m. to 11 a.m. Donations will be accepted.

Highland Baptist. Highland Baptist Church, 1301 N. Banks, will host prayer time from 11 a.m.-2 p.m., each Thursday with a special time of prayer from 12:15-12:30 p.m. For more information, contact the church office at 669-6509.

Macedonia Baptist Church. Macedonia Baptist Church, 441 Elm, will hold daily prayer services at 7:30 a.m., 12 noon and 6

p.m. for the citizens of Pampa — churches, schools, etc. The prayer services are open to everyone. For more information, call 665-4926.

Pampa Prison Ministry. The Pampa Prison Ministry meets the first Tuesday of every month at Central Baptist Church located at Francis and Starkweather at 7 p.m. sharp. For further information call or J.B. Walker at 669-2266.

Pampa Ministerial Alliance. Pampa Area Ministerial Alliance meets the first Monday of every month. Location changes monthly.

Fellowship of Christian Cowboys. The Fellowship of Christian Cowboys potluck will meet on the fourth Saturday of each month at 6 p.m. in the Clyde Carruth Pavilion. For more information, contact Jim Greene at 665-8067 and Bill Kidwell at 669-6347. For memorials or donations write Fellowship of Christian Cowboys, P.O. Box 91, Pampa, TX 79065.

Gospel Singing. First Pentecostal Holiness Church, 1700 Alcock, hosts a Gospel Singing from 2-4 p.m. every second Sunday of the month. Pastor Albert Maggard and the congregation of First Pentecostal cordially invites the public to attend. Singers and musicians from area churches participate in this informal congregational singing and enjoy various special vocal and instrumental presentations.

Veterans. To recognize the contributions Texas veterans have made to the liberty we enjoy, Memory Gardens Cemetery is assigning grave spaces to honorably discharged veterans of the U.S. Armed Forces. If you are a veteran, you may be qualified for free burial space. However, you must register to obtain the free plot and you must show proof of honorable discharge. A number of veterans' spaces are available. Certificates will be issued on a first come, first serve basis. For more information, call (806) 665-8921.

CLUBS, ASSOCIATIONS, ETC.

Top O' Texas Rodeo Ass'n. Top O' Texas Rodeo Association meets at 7:30 p.m. the first Monday of every month in the Nona S. Payne Room of Pampa Community Building.

Pampa Fine Arts Ass'n. Pampa Fine Arts Association Board of Directors will meet at 7 p.m. the second Thursday of each month at Pampa Community Building (Chamber building).

Shrine Club. Pampa Shrine Club holds a covered dish meeting at 7 p.m. every third Friday of each month at the Sportsman's Club on South Barnes.

Pampa Duplicate Bridge Club. The Pampa Duplicate Bridge Club plays Monday at 1 p.m. and Thursdays at 10 a.m. at The Senior Citizens. For a partner, or more information, please call Carol Carpenter at 669-7940.

Pampa Rotary Club. Pampa Rotary Club meets at 12 noon every Wednesday at Pampa Country Club.

Pampa Citizens Patrol Ass'n. Pampa Citizens Patrol Association meets at 8 p.m. the second Saturday of each month at 1224 E. Francis.

Pampa Pilots Ass'n. Pampa Pilots Association meets at 7 p.m. the third Tuesday of each month at the Airport Lounge.

Pampa Takedown Club. Pampa Takedown Club Wrestling for youth 5-15 years of age. Practice is at 900 N. Frost. Season starts Sept. 25 through February. For more information, call Rick Urganhart at 665-8321.

Pampa Garden Club. Pampa Garden Club meets at 2 p.m. the second Monday of each month from September through May. Meeting location changes monthly.

Panhandle Piecemakers Quilt Guild. Panhandle Piecemakers Quilt Guild meets at 6:30 p.m. the fourth Thursday of each month at Pampa Senior Citizens Center.

Magic Plains ABWA. Magic Plains Chapter of the American Business Women's Association will meet at 7 p.m. the second

Monday of each month at The Coffee Shop, 220 N. Cuyler. Working business women are invited to attend. For more information, call Pat Winkleblack at 669-7828 or Estelle Malone at 669-9614.

Las Pampas Water Garden and Koi Society. Las Pampas Water Garden and Koi Society meets at 7 p.m. the second Monday of each month at First Landmark Building in the Pampa Mall. For more information, contact Sharron Andrew at 665-6138 or Loyd Waters 665-6466.

Gray Co. Ass'n for Retarded Citizens. Gray County Association for Retarded Citizens meets at 7 p.m. the first Monday of every month at Pampa Sheltered Workshop.

Gray Co. Extension Education. Gray County Extension Education meets at 1:30 p.m. the first Monday of each month at Gray County Courthouse Annex.

Gray Co. Genealogical Society. Gray County Genealogical Society meets at 7:30 p.m. the fourth Monday of each month in the Gray County Sheriff's Department classroom. (Enter through the north door of the jail building.) For membership inquiries, contact Harley Madison at 669-6294.

Pampa Woodcarving Club. Pampa Woodcarving Club meets at 7 p.m., the second and fourth Thursday of each month at First Christian Church, 1633 N. Nelson. Meetings are open to any individuals interested in woodcarving from beginners to all experience. Projects and instructors are available. For more information, call 669-3008.

Golden Spread Coin Club. Golden Spread Coin Club, originally Amarillo Coin Club, meets at 7 p.m. the first Monday of each month. GSCC is a member of American Numismatic Association. For more information, call (806) 352-8281 or (806) 342-9536.

Butterfly Garden Club. The Butterfly Garden Club of America offers free butterfly garden seeds (with growing instructions). To receive a packet, send a long SASE with two stamps to: The Butterfly Garden Club of America, P.O. Box 629, Burgin, KY 40310. Limit one free packet per household. Additional packets are available for \$1 each.

MEDICAL, SUPPORT GROUPS, ETC.

Coffee Memorial Blood Center. Coffee Memorial Blood Center in Amarillo is now open on Saturdays and will take appointments for blood donors. The new donation hours are: 8 a.m.-7 p.m., Monday-Thursday; 10 a.m.-5:30 p.m., Friday; and 10 a.m.-2 p.m., Saturday. The center is also promoting The Birthday Club. If a donor donates blood on their birthday, they will receive a Blood Drop Beanie. For more information, call (806) 358-4563 or 1-800-658-6178.

Area Agency on Aging. Area Agency on Aging of the Panhandle needs volunteers to serve as advocates for nursing home residents as part of its Ombudsmen program. The Ombudsmen will visit residents of long-term care facilities and help resolve complaints involving residents rights, quality of life and quality of care. Once accepted into the program, volunteers complete a three month internship including intensive training and supervision in preparation. Ideal candidates will have strong sense of fair play, excellent problem-solving 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 Tanya Mock, Ombudsman Program Aide, at 1-800-642-6008; or write P.O. Box 9257, Amarillo, TX, 79105.

ARC. Gray County chapter of the American Red Cross is in need of wheelchairs, walkers, shower chairs, potty chairs (with pot) and hospital beds for its Loan Closet. For more information or to make a donation, contact the local Red Cross office at 669-7121.

Open Door AA. Open Door Alcoholics Anonymous at 910 Kentucky (across from Albertson's) meeting schedule — seven days a week — two meetings a day — noon till 1 p.m. and 8-9 p.m. Tuesday and Thursday noon meetings are non-smoking. For more information, call 665-9702.

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Guild quilt show slated

Panhandle Piecemakers Quilt Guild will stage its "Century of Quilts" show during the Gray County Centennial Celebration Oct. 5 and 6 at M.K. Brown Auditorium. The quilt show will open from 10 a.m.-9 p.m., Saturday, and from 1-5 p.m., Sunday.

The show will feature new as well as heritage quilts and awards will be presented.

First- and second-place ribbons will be awarded in nine different categories for the new quilts in this seventh bi-annual event. In addition to ribbons, a \$25 Sponsor's Choice Award will be given in each category with the sponsor providing the money choosing the winner for that category.

"Heritage quilts must be clean and in fairly good condition," said Susie Edwards, PPQG president.

Organizers are still accepting entries for the show. Forms can be obtained from Edwards by calling 665-4268 or from Liza Harrison at 669-6469.

Entry forms require some biographical data about each quilt. The deadline is Sept. 20.

If the quilt can be hung, guild members will sew on a sleeve to hang it by a rod. If



(Courtesy photo)

Susie Edwards, president of PPQG, views a friendship quilt that will be shown at the Century of Quilts show at M.K. Brown Auditorium during the Oct. 5-6 Gray County Centennial Celebration. The quilt was made by Kokomo Indians to wish Elsie Prcesang and family well in their move in 1916 by rented train car to Gray Co.

this is not possible, Edwards said, it will be displayed another way.

Admission to the quilt show will be \$3. Children 12 and under get in free.

WT seminar to look at trauma, crisis in schools

CANYON — The counselor education faculty at West Texas A&M University will sponsor the Janice Roberson Counseling Seminar "Treating Trauma and Dealing with Crisis in Schools" in a three-part series beginning Saturday, Sept. 28 on the WTAMU campus.

Tricia Trimble, a licensed professional counselor in private practice, will present the three sessions from 8:30 a.m.-1:30 p.m. Sept. 28, Oct. 12 and Nov. 9 in Old Main, Room 220. Participation in all three sessions is not mandatory, but encouraged to get full benefit of the training.

The three-part seminar will look at the dynamics of psychological trauma. Recent events make it necessary that

therapists, social workers, nurses, school counselors and administrators be prepared to deal with trauma and crisis.

Those attending the sessions will become familiar with intervention strategies for the prevention of crisis events developing into post traumatic stress disorder, debriefing models, crisis responses and treatment. They will participate in a variety of teaching methods, including lecture, small-group and class discussion. Readings related to theory, videotapes and experimental activities will also be used.

Trimble is a certified trauma specialist and a certified trauma and loss school specialist and consultant. She served as the first behavior-

intervention counselor for the Amarillo Independent School District, and helps train school districts, law enforcement agencies and others in crisis intervention.

The seminar is named in honor of Dr. Janice Roberson, associate professor and coordinator of counselor education at WTAMU, who will retire in January, 2003.

Registration deadline is Sept. 24. Cost is \$105 for counselors and other professionals and \$55 for currently enrolled WTAMU counselor education students. The cost includes all three sessions and continuing education units. For more information, call the WTAMU Division of Education at (806) 651-2626.

COLIC

Trish Craig, a Loudonville, N.Y., attorney whose 1 1/2-year-old son, Shane, had colic, says she almost wished doctors would find some ailment like an ear infection "so they'd give us something and it would go away."

"When they kept using the 'colic' word, we kept saying, 'What does that mean, what can we do?'"

She said the answer was always, "There's nothing you can do, he'll outgrow it."

Barr has also researched colic in non-Western cultures. In a study of the !Kung San hunter-gatherers in Africa's Kalahari, he found that colic existed but to a lesser degree. Some of the tribe's infants had colic-like fits of inexplicable crying, but less intense than in babies from industrialized cultures, says Barr.

He believes that's because the !Kung San women "wear" their babies all day, allowing constant close maternal contact and nursing whenever the babies desire.

That kind of constant contact often isn't possible in industrialized cultures, though Barr says keeping colicky babies close and swaddled can help.

The constant crying, however, often tests even the most patient parents. Though there's no firm data, many experts believe colic is a leading cause of child abuse, especially shaken baby syndrome.

The syndrome occurs when a baby is vigorously shaken, typically by a parent or caregiver upset over incessant crying. Such shaking can harm infants' fragile brains, causing eye injuries, brain damage or death.

White, whose 15-year-old son was a colicky infant, used to call him the "baby from hell" and remembers feeling some of the impulses that may lead some to abuse.

"If you are sleep-deprived and you have a baby who won't stop crying ... you get

The constant crying, however, often tests even the most patient parents. Though there's no firm data, many experts believe colic is a leading cause of child abuse, especially shaken baby syndrome.

pushed to a place where I think it's hard to judge," she said.

Reports from the offenders indicate crying is the top reason for shaken baby cases, and most incidents affect babies under 6 months, which is also when colic occurs, Barr said.

The National Center on Shaken Baby Syndrome cites estimates that up to 1,400 U.S. infants a year are violently shaken, though doctors think many cases go unreported or undiagnosed.

Barr is working with the center in developing a new awareness campaign tying colic-like crying with the syndrome.

The "Period of Purple Crying" campaign describes the lengthy, intense, inconsolable crying bouts that characterize colic, and which may occur to a lesser degree in other babies. It avoids using the word "colic" to emphasize that these babies

are still "healthy, normal infants," said center spokeswoman Karen Coleman.

The national campaign offers posters and brochures to help doctors and nurses counsel frustrated parents.

Kristen Nelson says her best advice to parents is that it doesn't last forever. Nelson says now her daughter is a calm, well-adjusted child who's unusually adept at communicating her feelings — attributes she ties to her colicky wailing in infancy.


Barr says other anecdotal evidence suggests that link may not be far-fetched. He plans to study whether infants with colic "end up being better-regulated infants later on." His proposed title would be, "Why I Hope My Next Kid Has Colic."

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American Academy of Family Physicians:
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Kurtz' belief is that every citizen has the privilege and right to be heard, regardless of their station in life. He has a strong belief in "government of the people, by the people, and for the people" and will work to the end. He believes it is time for change in our community and for the every day working man to be heard and represented.

Kurtz is a member of ACCORD Inc. He is against the devastation that will come to Gray County in the next 10 to 15 years from hog factories if they are allowed to use open-pit hogwaste lagoons. He believes the people of Gray County should have the right to vote on whether something as controversial as hog factories should be allowed. He also believes that originally the PEDC was in the right direction but was circumvented by conflicts of interest, which would not have changed had they not been dissolved by the election of Nov. 6 2001.


He supports the "Pampa Police Dept.", and the "Gray County Sheriff's Department". But believes they should be separate entities.

If elected will strive for prosecution, not plea bargaining or pleading for a lesser offense. Gray County has too many recurring DWI offenses.

Kurtz is a Christian, member of Central Church of Christ. He and his wife Lynne, have 3 children and 5 grandchildren.

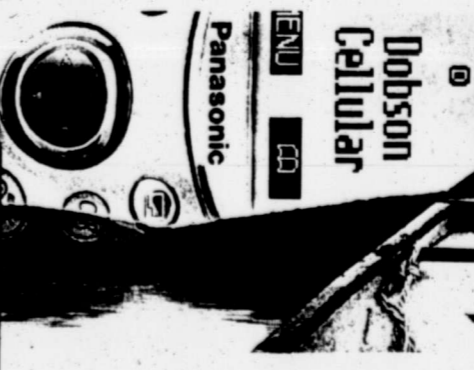
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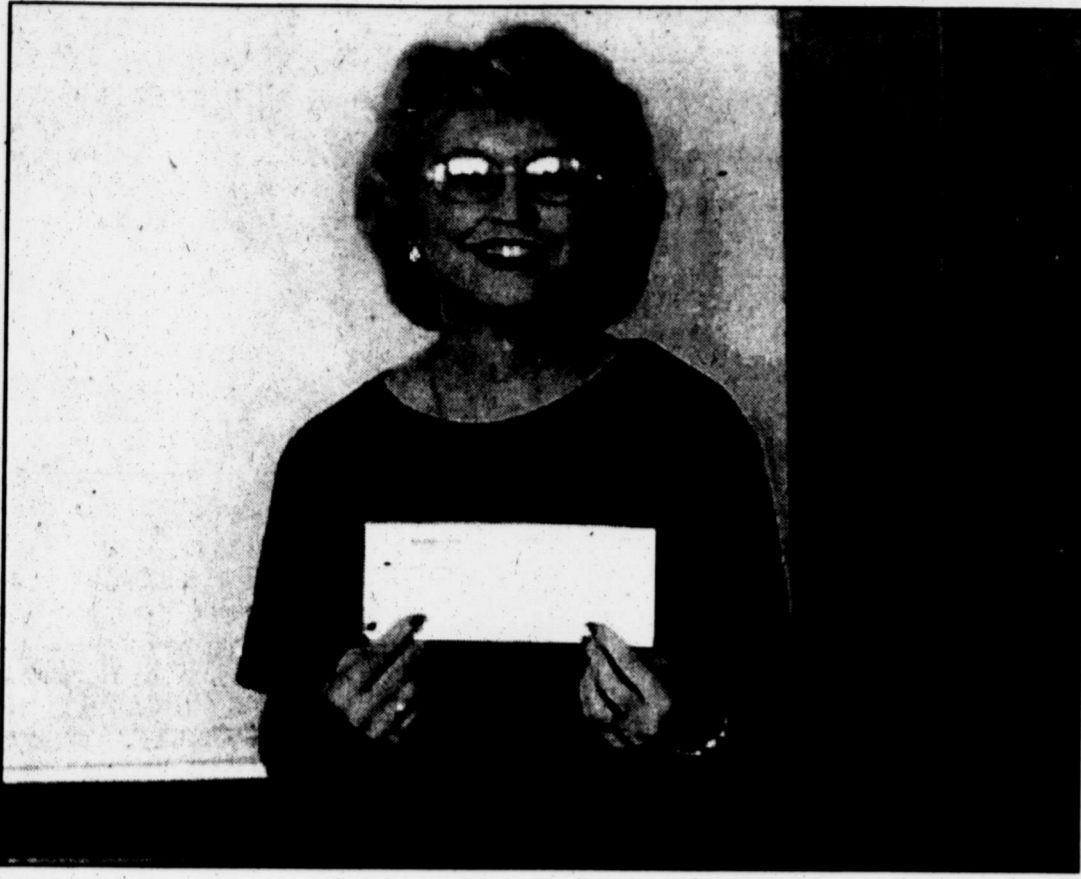
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Crossword puzzle winner



(Pampa News photo by Sondra Wright)

Beaming brightly, Donna Sumpter shows off a check in the amount of \$25, her award for winning *The Pampa News* Labor Day Crossword Puzzle Contest.

Local vet honored



(Pampa News photo by Nancy Young)

Dr. Kenneth Royse, DVM, front row, right, was honored with a resolution by the Pampa City Commission recognizing his dedicated service to the City of Pampa last night the past 30 years as veterinarian. At Royse's right is Mayor Lonny Robbins. Back row are Pampa City Commissioners Jeff McCormick, Jeff Andrews and Bob Dixon.

Amarillo Symphony season opener to feature Van Cliburn silver medalist

AMARILLO — The Amarillo Symphony Orchestra will begin its 2002-03 season at 8 p.m., Sept. 28 at Amarillo Civic Center Auditorium. The Symphony's first guest soloist will be Maxim Philippov, the 2001 Van Cliburn Silver Medal winner.

"Our 78th Season will open with a bang!" says Music Director and Conductor Jim Setapen. "The opening program in our subscription series highlights the visceral energy and high good spirits of Beethoven, Brahms and Shostakovich. Beethoven's '8th Symphony' is one of his most exuberant works. Next, Shostakovich wrote his 'Piano Concerto No. 2' for his son, Maxim, to perform on his 19th birthday. We have invited Russian pianist Maxim Philippov to perform this work. Finally, Brahms shows us his fun-

loving collegiate side in his 'Academic Festival Overture.'"

Moscow-born Maxim Philippov began studying the piano at the age of five and made his public debut when he was eight. A laureate of several major international piano competitions, including the Leeds, Rachmaninoff, Rubinstein, and Tchaikovsky Competitions, he won first prize at the 1996 Esther Honens Calgary International Piano Competition.

Named silver medalist of the 11th Van Cliburn International Piano Competition in June 2001, he was awarded two years of concert engagements, career management, and a compact disc recording of his award-winning performances for the "harmonia mundi" label. He was also the recipient of a Steven De Groote Memorial Award for the Best

Performance of Chamber Music for his semi-final round collaboration with the renowned Takács Quartet.

Philippov has performed recitals in Canada, Russia, the United States, and throughout Europe, with appearances at important concert venues such as the Gasteig in Munich, Queen Elizabeth Hall in London, the Salle Cortot in Paris, the Tonhalle in Zurich, and the Kennedy Center in Washington, D.C.

He has also collaborated with the Calgary Philharmonic, the City of Birmingham Symphony, the Edinburgh Symphony, the Hamburg Symphony, and the Moscow Philharmonic Orchestras.

Emerging as one of today's most engaging interpreters of Rachmaninoff, Philippov has recorded two discs devoted to the solo works of this composer. He is a former pupil of Vera

Gornostaeva and now resides in Moscow, where he serves on the faculty of the Moscow Tchaikovsky Conservatory.

Also, the beautiful and handsome 106 Belles and Beaux will be introduced at this concert. The Belle program has been a Symphony Guild program since 1962 and the Beaux program has been in place since 1990. In 2001, the American Symphony Orchestra League awarded this program the gold ribbon for service projects.

Tickets for reserved seats are \$25, \$20, and \$15 and are available from the Symphony office. General Admission tickets are available on the day of the performance for \$10 at the Amarillo Symphony Box Office in the foyer of the Auditorium. For more information call the symphony office at (806) 376-8782 or visit www.amarillosymphony.org on the Internet.

Second annual Latino Fest slated at WT

CANYON — West Texas A&M University's 2nd Annual Latino Fest promises an evening of food, fun, and festivities from 5-11 p.m. Saturday, Sept. 28 on the parking lot east of Jarrett Hall.

The event will take on a carnival-like atmosphere, and activities for the day will include games, live dancers and live music. Musical acts scheduled to perform include Orgullo, Prezenz, Tentacion and others. Admission to Latino Fest is free, but there will be a charge for food and other features of the event.

Organizations sponsoring the event are the Multicultural Center, the Student Activities Council, WTAMU's Hispanic Association, Omega Delta Phi and Kappa Delta Chi. Outside organizations and busi-

nesses have been invited to participate by sponsoring a booth to promote their interests.

This will be the second Latino Fest following the success of last year's event which saw attendance numbers reach more than 400. Committee members hope to continue Latino Fest as an annual event to help increase student retention, organization participation in campus events, and to open the door to parents of Hispanic students, who might be separated by the Spanish-English language barrier. The event is family-oriented and open to area high school students and their parents as well as to the parents of University students.

The public is invited. For more information, call (806) 651-2391.

HSAS program now accepting applications

AMARILLO — State Sen. Teel Bivins is currently accepting applications for the annual High School Aerospace Scholars (HSAS) program which offers local high school juniors opportunities to participate in science, math, and engineering based distance-learning and to spend an all-expense paid

week at Johnson Space Center in Houston.

Students chosen for the program will be involved in activities such as interactive web-based assignments, on-line mentoring, and a summer group project.

To qualify for HSAS, a student must be a United States citizen; must be at

least 16 years of age; must be a Texas resident; and must be currently enrolled in his or her junior year of high school. Access to the Internet is another prerequisite.

All interested high school juniors should contact their math or science coordinators. The student's high school is responsible for sending the completed applications to the senator's office.

For more information, contact Sen. Bivins' office at (806) 374-8994 or visit <http://aerospacescholars.jsc.nasa.gov/> on the Internet.

ACT I installs officers for new year

Berinda Turcotte was recently elected president of Area Community Theater Inc. (ACT I) in Pampa for the theatre's 2002-2003 season. Kayla Pursley was elected vice-president; Diana Bruner, secretary; and James Kane, treasurer. Other members elected to

the board included Gina Kane, Rochelle Lacy, and Ash Jani. Those serving a second year include Shelly Demar and Gary Hartman.

Assignments were made for reading play scripts for the two plays and a children's play to be scheduled.

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SPORTS

NOTEBOOK

FOOTBALL

PAMPA — The Harvester Football Booster Club will host a reception Monday night for head football coach Dennis Cavalier, honoring him for his 100th win in Pampa.

The reception will be held at 7 p.m. in the Ready Room in the high school athletic field-house.

Cavalier picked up his 100th win Thursday night with Pampa's 23-16 overtime win over Amarillo High in Dick Bivins Stadium.

Cavalier is in his 16th year as Harvester head coach.

GOLF

PAMPA — Pampel Ladies Golf Association held a two-day Club Championship Tournament Sept. 7-8 at the Celanese Course.

Sharon Crosier won the Club Championship with a 182 while Joyce Epperson was second at 190.

Barbara Turner won the first flight (192) and Brenda Stroud was second (220).

Gail White won first first low Net (155) and Brenda Kelley was second (171).

Astros lose in 10th

HOUSTON (AP) — Edgar Renteria hit an RBI single in the 10th inning as the St. Louis Cardinals beat the Houston Astros 3-2 Friday night to extend their lead in the NL Central.

Renteria had three hits and two RBIs for the Cardinals, who lead second-place Houston by 6 1/2 games.

Albert Pujols led off the 10th against Tom Gordon (1-3) with a double to the left-center gap. Pinch-runner Eli Marrero went to third on a throwing error by Gordon, who turned and made a pickoff throw to second with no one covering the bag.

Marrero scored on Renteria's ground single to left.

Rick White (3-6) pitched two innings for the victory. Jason Isringhausen pitched the 10th for his 30th save in 34 chances.

The Cardinals ended Roy Oswalt's string of nine consecutive victories and kept him from becoming the eighth Astros pitcher to win 20 games in a season.

Oswalt got a no-decision and threw a season-high 120 pitches. He allowed eight hits, struck out seven and walked three before leaving with the score tied at 2 after seven innings.

Oswalt had won nine straight starts since a no-decision July 21 at Chicago. His last loss was July 16 against the Pittsburgh Pirates.

Back-to-back defensive plays by J.D. Drew kept the score tied at 2 in the fifth inning. Craig Biggio led off with a double and Lance Berkman walked

before Drew retreated to the right-field wall and made a perfectly timed leap to deny Jeff Bagwell a three-run homer.

Daryle Ward then flied out to Drew, who threw out Biggio at the plate to end the inning.

Oswalt escaped the seventh and kept the score tied at 2 when Pujols hit into a double play with no outs and two runners on and Scott Rolen flied out.

The Astros loaded the bases with no outs in the first inning off Jason Simontacchi, who gave up a single to Brian Hunter, hit Biggio with a pitch and allowed a single by Lance Berkman.

He escaped with just one run. After Bagwell took a called third strike, Daryl Ward hit an RBI single. Mark Loretta popped out and Jose Vizcaino grounded out.

The Astros loaded the bases again in the third inning with one out but got only one run again for a 2-0 lead. Mark Loretta hit a sacrifice fly and Berkman was thrown out trying to go to third base on the same play.

The Cardinals tied it at 2 in the fourth on Rolen's double to left field and a single by Renteria.

Notes: St. Louis' Fernando Vina has reached base in 51 of his last 57 games since the All-Star break. He doubled to start the game. Hunter ended the third inning with a diving catch in center field on a sinking drive by Drew.

Ennis surprises No. 1 team

DENTON, Texas (AP) — Graham Harrell threw for 145 yards and two touchdowns as Class 4A No. 2 Ennis rallied in the second half to defeat top-ranked Denton Ryan 21-14 on Friday night.

Harrell had scoring throws of 10 and 59 yards, and Denard Cox's 2-yard touchdown run in the fourth quarter helped Ennis extend the state's second-longest active win streak to 29 games.

Ryan, the defending 4A Division I champ, had its win streak snapped at 16 games.

Ryan held a 14-0 halftime lead, but was limited to 144 yards in the second half as Ennis forced Ryan into three costly turnovers. Ryan quarterback James Battle was 19-of-37 for 254 yards and a touchdown and ran for 90 yards and the game's first score on a 36-yard scamper.



The Pampa High School Choir will hold its annual Hole-in-One Shootout Sept. 21-22. Preliminary competition will be Saturday, Sept. 21 at Pampa Middle School. Tickets are available from all PHS Choir members. Choir Members pictured above are (from left) Michael Martinez, Anna Johnson, Tyler Howard and Katie Shaffer.

Hole-in-One Shoot-out to help raise money for Pampa High Choir trip overseas

The Pampa High School Choir's annual Hole-In-One Shoot-out on Sept. 21-22 features \$50,000 or a new car as its grand prize this year.

Proceeds from this Pampa High fund-raising project go 100 percent to students' accounts for their spring choir trip to London, England.

Preliminary competition begins at 9 a.m. until 5 p.m. Saturday, Sept. 21 at Pampa Middle School athletic field, 23rd street and Perryton Parkway.

Finals are set for Sunday at Hidden Hills Golf

Course, north of Pampa on Texas Highway 70.

Grand prize for the first person to make a hole-in-one will be a new car. Finalists will be awarded cash prizes donated by area businesses and supporters. Tickets are available from PHS choir students or may be purchased at the Middle School on Saturday, Sept. 21.

This year the Choir Boosters will also be cooking hamburgers at the Shoot-out from 11 a.m. until 2 p.m.

Sponsors for the Shoot-out are Bradley Disposal, Greg Brown of AG Edwards, Culberson Stowers, Dean's Pharmacy, Duncan, Fraser & Bridges, FirstBank Southwest, Duane Harp of Edward Jones, David Hampton MD, Roy Hendricks Painting, Holman Services, Jay Johnson DDS, National Bank of Commerce, Niccum Electric, Richard Russell of AG Edwards, Snappy Services, Tim and Jean Whipkey and WO Operating.

How Top 10 Fared

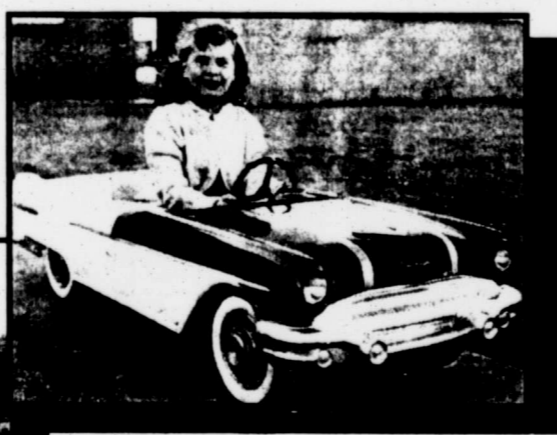
Here's how teams ranked in The Associated Press' high school football poll fared this weekend (games Sept. 12-14):

- Class 5A
1. Austin Westlake (1-1) lost to A&M Consolidated, 14-10
 2. Humble (1-0) vs. Katy, 7 p.m. Saturday.
 3. Aldine Eisenhower (1-0) at Alief Elsik.
 4. San Antonio Madison (1-0) at 5A No. 8 San Antonio Taft, 7:30 p.m. Saturday.
 5. Lewisville (2-1) lost to Plano East, 21-0
 6. Lufkin (2-0) is idle.
 7. Galena Park North Shore (1-0) vs. Houston Madison, 7 p.m. Saturday at Houston's Astrodome.
 8. San Antonio Taft (1-0) vs. 5A No. 4 San Antonio Madison, 7:30 p.m. Saturday.
 9. Waco (2-0) vs. Waco University.
 10. Eules Trinity (1-1) vs. Arlington Martin.
- Class 4A
1. Denon Ryan (1-1) lost to 4A No. 2 Ennis, 21-14
 2. Ennis (2-0) beat 4A No. 1 Denton Ryan, 21-14
 3. Brenham (2-0) vs. Huntsville.

4. Wolfforth Frenship (2-0) vs. Lubbock Coronado.
 5. Highland Park (1-0) vs. Stephenville, 2:30 p.m. Saturday at Gerald J. Ford Stadium on the SMU campus
 6. Texarkana Texas High (2-0) vs. Atlanta.
 7. Bastrop (2-0) at San Marcos.
 8. Bay City (1-1) vs. Houston Strake Jesuit.
 8. West Orange-Stark (2-0) vs. Vidor.
 10. Corpus Christi Calallen (2-0) at Corpus Christi Miller.
- Class 3A
1. Everman (2-0) beat Lawton (Okla.), 43-32
 2. Jasper (2-0) vs. Nacogdoches.
 3. Sinton (3-0) beat Altair Rice, 24-6
 4. Commerce (1-0) vs. Wylie.
 5. Longview Spring Hill (2-0) is idle.
 6. Bridgeport (2-0) at Pilot Point.
 7. Newton (1-0) vs. Houston Alphonso Crutch.
 8. Burnet (2-0) vs. Killeen Shoemaker.
 9. Abilene Wylie (1-1) lost to Aledo, 27-7
 10. Celina (1-0) vs. Sanger.
- Class 2A



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

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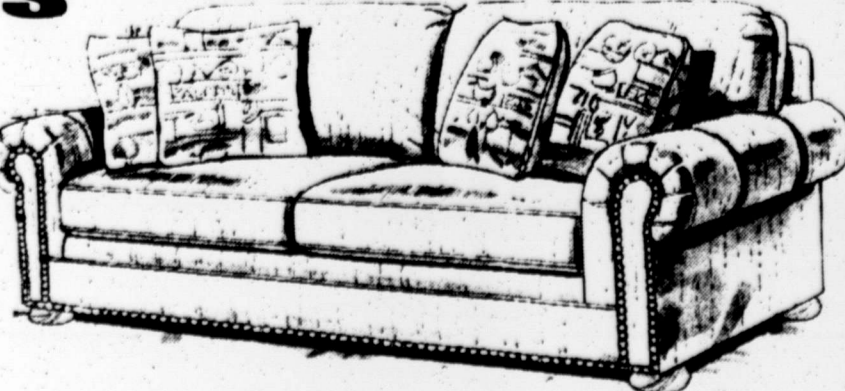
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BASEBALL				
East Division				
W	L	Pct	GB	
New York	93	54	.633	—
Boston	83	63	.568	9 1/2
Toronto	67	80	.456	26
Baltimore	65	81	.445	27 1/2
Tampa Bay	48	99	.327	45
Central Division				
W	L	Pct	GB	
Minnesota	85	63	.574	—
Chicago	73	75	.493	12
Cleveland	66	81	.449	18 1/2
Kansas City	56	91	.381	28 1/2
Detroit	53	94	.361	31 1/2
West Division				
W	L	Pct	GB	
Anaheim	92	55	.626	—
Oakland	84	63	.571	8
Texas	69	78	.469	23

NATIONAL FOOTBALL LEAGUE				
At A Glance				
AMERICAN CONFERENCE				
East				
W	L	T	Pct	PF PA
Miami	1	0	1.000	49 21
New England	1	0	1.000	30 14
N.Y. Jets	1	0	1.000	37 31
Buffalo	0	1	0.000	31 37
South				
W	L	T	Pct	PF PA
Houston	1	0	1.000	19 10
Indianapolis	1	0	1.000	28 25
Tennessee	1	0	1.000	27 24
Jacksonville	0	1	0.000	25 28
North				
W	L	T	Pct	PF PA
Baltimore	0	1	0.000	7 10
Cincinnati	0	1	0.000	6 34
Cleveland	0	1	0.000	39 40
Pittsburgh	0	1	0.000	14 30
West				
W	L	T	Pct	PF PA
Denver	1	0	1.000	23 16
Kansas City	1	0	1.000	40 39
Oakland	1	0	1.000	31 17
San Diego	1	0	1.000	34 6

NATIONAL CONFERENCE				
East				
W	L	T	Pct	PF PA
Washington	1	0	1.000	31 23
Dallas	0	1	0.000	10 19
N.Y. Giants	0	1	0.000	13 16
Philadelphia	0	1	0.000	24 27
South				
W	L	T	Pct	PF PA
Carolina	1	0	1.000	10 7
New Orleans	1	0	1.000	26 20
Atlanta	0	1	0.000	34 37
Tampa Bay	0	1	0.000	20 26
North				
W	L	T	Pct	PF PA
Chicago	1	0	1.000	27 23
Green Bay	1	0	1.000	37 34
Detroit	0	1	0.000	21 49
Minnesota	0	1	0.000	23 27
West				
W	L	T	Pct	PF PA
San Francisco	1	0	1.000	16 13
Arizona	0	1	0.000	23 31
Seattle	0	1	0.000	17 31
St. Louis	0	1	0.000	16 23

National League				
At A Glance				
East Division				
W	L	Pct	GB	
x-Atlanta	92	53	.634	—
Florida	72	75	.490	21
Montreal	72	76	.486	21 1/2
Philadelphia	72	76	.486	21 1/2
New York	70	77	.476	23
Central Division				
W	L	Pct	GB	
St. Louis	85	62	.578	—
Houston	79	69	.534	6 1/2
Cincinnati	72	75	.490	13
Pittsburgh	65	82	.442	20
Chicago	63	85	.426	22 1/2
Milwaukee	52	95	.354	33
West Division				
W	L	Pct	GB	
Arizona	90	57	.612	—
San Francisco	84	63	.571	6
Los Angeles	83	64	.565	7
Colorado	68	80	.459	22 1/2
San Diego	62	86	.419	28 1/2

x-clinched division

Thursday's Games
 N.Y. Mets 8, Montreal 2
 Philadelphia 6, Florida 1
 Cincinnati 15, Chicago Cubs 12
 Houston 6, St. Louis 3
 Colorado 7, Los Angeles 1
 San Diego 3, San Francisco 2, 10 innings

Friday's Games
 Montreal 11, N.Y. Mets 8
 Florida 13, Atlanta 3
 Pittsburgh 5, Philadelphia 3
 Chicago Cubs 7, Cincinnati 6
 St. Louis 3, Houston 2, 10 innings
 Colorado 5, Los Angeles 4
 Milwaukee 8, Arizona 4
 San Francisco 10, San Diego 3

Saturday's Games
 Chicago Cubs (Clement 12-9) at Cincinnati (Dempster 8-13), 1:15 p.m.
 St. Louis (W. Williams 8-4) at Houston (Munro 5-3), 1:15 p.m.
 Los Angeles (Od. Perez 13-9) at Colorado (Santos 0-3), 3:05 p.m.
 Milwaukee (Neugebauer 1-5) at Arizona (Johnson 21-5), 4:05 p.m.
 N.Y. Mets (Bacsis 3-1) at Montreal (Armas Jr. 9-12), 7:05 p.m.
 Atlanta (Glavin 16-10) at Florida (Beckett 5-6), 7:05 p.m.
 Pittsburgh (Meadows 1-5) at Philadelphia (Duckworth 6-9), 7:05 p.m.
 San Diego (Tomko 9-9) at San Francisco (L. Hernandez 10-15), 10:05 p.m.

Sunday's Games
 Atlanta (Moss 10-5) at Florida (Tavarez 10-11), 1:05 p.m.
 Chicago Cubs (C.Zambrano 3-7) at Cincinnati (Graves 6-3), 1:15 p.m.

N.Y. Mets (Astacio 12-9) at Montreal (Vazquez 9-13), 1:35 p.m.
Pittsburgh (Torres 1-1) at Philadelphia (Wolf 11-8), 1:35 p.m.
St. Louis (Morris 16-7) at Houston (Miller 13-3), 2:35 p.m.
Los Angeles (Ashby 9-11) at Colorado (Neagle 8-10), 3:05 p.m.
Milwaukee (Diggins 0-2) at Arizona (Schilling 23-5), 4:35 p.m.
San Diego (Peavy 5-7) at San Francisco (Schmidt 11-7), 5:05 p.m.

Sunday's Games
 Chicago at Atlanta, 1 p.m.
 Miami at Indianapolis, 1 p.m.
 Tennessee at Dallas, 1 p.m.
 Detroit at Carolina, 1 p.m.
 New England at N.Y. Jets, 1 p.m.
 Green Bay at New Orleans, 1 p.m.
 Cincinnati at Cleveland, 1 p.m.
 Jacksonville at Kansas City, 1 p.m.
 Tampa Bay at Baltimore, 1 p.m.
 Arizona at Seattle, 4:05 p.m.
 N.Y. Giants at St. Louis, 4:05 p.m.
 Houston at San Diego, 4:15 p.m.
 Buffalo at Minnesota, 4:15 p.m.
 Denver at San Francisco, 4:15 p.m.
 Oakland at Pittsburgh, 8:30 p.m.

Monday's Game
 Philadelphia at Washington, 9 p.m.

Sunday, Sept. 22
 N.Y. Jets at Miami, 1 p.m.
 Cleveland at Tennessee, 1 p.m.
 New Orleans at Chicago, 1 p.m.
 Dallas at Philadelphia, 1 p.m.
 Indianapolis at Houston, 1 p.m.
 Kansas City at New England, 1 p.m.
 Carolina at Minnesota, 1 p.m.
 Buffalo at Denver, 4:05 p.m.
 San Diego at Arizona, 4:15 p.m.
 Green Bay at Detroit, 4:15 p.m.
 Seattle at N.Y. Giants, 4:15 p.m.
 Washington at San Francisco, 4:15 p.m.
 Cincinnati at Atlanta, 8:30 p.m.
 Open: Pittsburgh, Oakland, Jacksonville, Baltimore

Monday, Sept. 23
 St. Louis at Tampa Bay, 9 p.m.

Canadian rolls past Wheeler, 48-6

WHEELER — Canadian rolled to a 48-6 win Friday night over White Deer.

Auston English led the Canadian offense with three rushing touchdowns. He scored on runs of 10, 79 and 70 yards.

Wheeler's only TD came in the first quarter on a 34-yard run by James Chapman. Canadian reeled off 22 second-quarter points after leading 7-6 at the end of the first quarter.

Brian Carr ran for a pair of touchdowns and Tony Livingston caught a 48-yard scoring pass from Riley Morris.

Cade Culver added a TD run.

English rushed for 137 yards on 10 carries.

Morris, the Canadian quarterback, completed 7 of 13 pass attempts for 157 yards.

For the game, Canadian finished with 430 total yards. Wheeler had 226. Canadian led in first downs 21-15.

Canadian is now 3-0 for the season while Wheeler drops to 0-2.

Canadian hosts Perryton next Friday night. Wheeler is at Paducah.

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Cowboys cut Westbrook

DALLAS (AP) — The Dallas Cowboys on Friday cut veteran cornerback Bryant Westbrook, who had been demoted to part-time starter after committing costly penalties in last week's loss to the expansion Houston Texans.

The Cowboys said Westbrook, who at one point during the 19-10 loss to the Texans was yanked off the field so coaches could talk to him, had lost confidence.

"We've been hanging in there with him," Cowboys vice president Stephen Jones said on the team's Web site. "It's not like we didn't have a lot of patience. And then he had a tough week of practice, too."

Westbrook was called for a 43-yard pass interference penalty on the first play from scrimmage Sunday. He was later called for illegal contact, wiping out a Cowboys sack.

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COMMUNITY

NEWSMAKERS



Sammie Parsley

CANYON — Last spring, West Texas A&M University officials promised \$1,000 to any and all 2002 high school seniors who graduated in the top quarter of their respective classes. This fall, West Texas A&M University is making good on its promise.

"We gave scholarships totaling at least \$1,000, more in many cases, to about 225 new freshmen as part of our 'Top 25% Guarantee,'" Dr. Troy Johnson, dean of enrollment management, said. "I'm not only pleased with the number of students but with the quality of these students as well. They've proven they're among the best, and we can expect they will experience that same kind of academic success here at West Texas A&M."

Members of WTAMU's fall 2002 "Top 25 Percent" scholarship class are: **Brittany Kindle**, **Ashley Kiper**, **Misti Northcutt**, **Sammie Parsley**, **Sarah Teague**, all of Pampa; **Shannon Michelle Meadow** of Canadian; **Candace Bohr** of Groom; **Meagan Carter** of Shamrock; and **Thomas Kotara** of White Deer.



Jennifer Erin Frogge

WEATHERFORD, Okla. — **Jennifer Erin Frogge** of Pampa was recently accepted and enrolled in her first semester at Southwestern Oklahoma State University School of Pharmacy at Weatherford.

The minimum requirements to make application for admission in SWOSU School of Pharmacy include completion of at least 60 semester hours of specified pre-pharmacy courses with a cumulative grade point average of at least 2.00.

Frogge is the daughter of Tony and Cindy Frogge of Pampa.

CANYON — The last members of West Texas A&M University's 2001-2002 class received diplomas in commencement exercises held recently at the WTAMU Event Center. The University awarded 176 baccalaureate and 106 master's degrees to 282 graduates.

Graduates with an overall grade point average of 3.50 or higher were recognized as honor graduates and wore gold honor cords. The three levels of honor recognition are Summa Cum Laude (3.90-4.00), Magna Cum Laude (3.75-3.89) and Cum Laude (3.50-3.74).

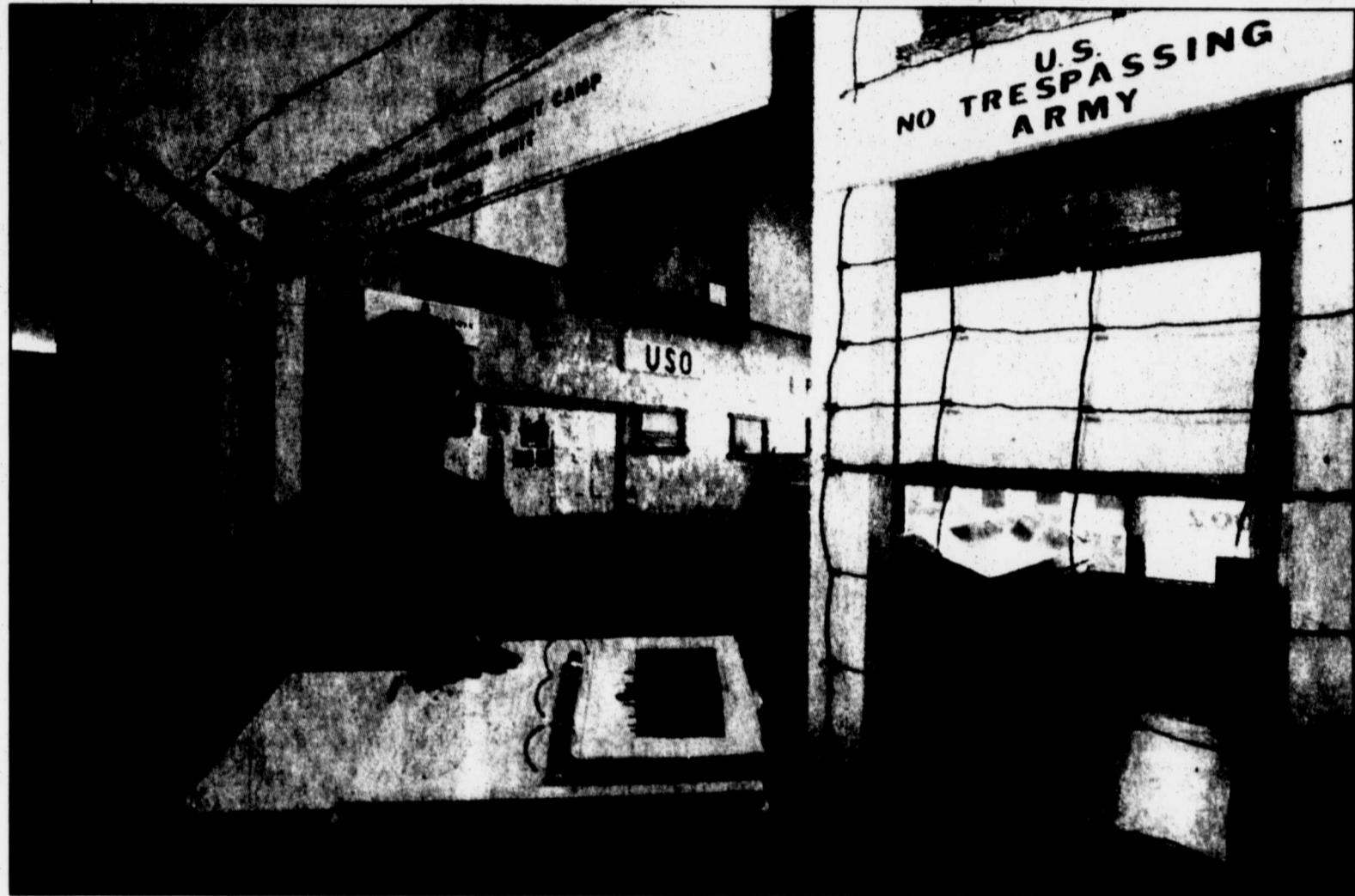
The WTAMU Class of 2002 included 7 graduates with Summa Cum Laude honors, 8 students graduated with Magna Cum Laude honors and 15 earned Cum Laude honors.

The graduating class represented 7 states and 64 Texas cities and towns.

Students receiving diplomas include: **Melody D. Bell**, MS (master of science); **Janet S. Bilyeu**, MSN (master of science in nursing); **Jimmy C. Chavado**, BGS (bachelor of general studies), summa cum laude; **Courtney J. Cruz**, BS (bachelor of science); **Lisa A. Gibson**, BS; **Deawn L. Guess**, BS; **Amber L. Jones**, BM (bachelor of music); **Deborah A. Sewell**, MED (master of education degree); and **Mary Sturgeon**, MED, all of Pampa.

Lisa A. Ayala of Canadian, BGS; **Darby P. Dorman** of Wheeler, BS; and **Daria B. Forney** of White Deer, BS, cum laude.

Preserving our area's history



(Pampa News photo by David Bowser)

Museum Manager Dorothy McKee stands in front of the new POW display at the McLean-Alanreed Area Museum in downtown McLean.

MUSEUM

plays that are sent around the panhandle. One of them, old tools, is part of Trew's personal collection of which he is justifiably proud.

"They've been traveling to museums for about 10 years," he said. "I put them together, and they've been to every small museum around."

He also donated his collection of hand planters to the museum.

"Most people in this country don't know about them," Trew said, "because our acreage is big enough that they didn't use many hand planters."

There is also a small wind charger similar to ones that used to provide power for farm and ranch homes before rural electrification. It precedes the large commercial units at White Deer by a number of decades.

"We're real proud of our ranching displays," Trew said.

There are rows of old saddles and tools and a branding board, a board from Jim Bryant's blacksmith shop in Alanreed where he tested the branding irons he made for local ranches.

There is, of course, a display for Alfred Rowe and his RO Ranch.

"Alfred established our town," Trew says.

Rowe, born in Lima, Peru, came to America in 1878. He died on the Titanic when it went down in 1912.

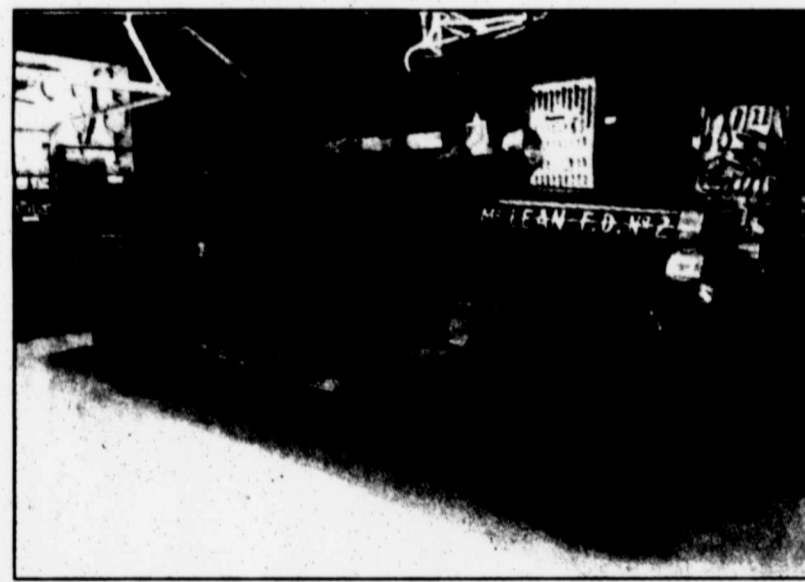
Trew said he has more photographs of the Rowe Ranch coming. He hasn't had time to get them blown up.

There is also a display honor-

ing William Pinkney McLean, the Texas independence hero for whom the town is named.

"He was the first Railroad Commissioner in Texas," Trew said.

They also have a display with a printing press from the McLean News newspaper along with bound copies of the paper which



McLean's old Seagrave fire truck now calls the McLean-Alanreed Area Museum home.

began publication in 1903.

Their archives also have telephone directories going back to 1958, and books listing post office boxes and who had them in the early years of the town. There are also many old school records and church histories. They even have cemetery maps, something of great value for anyone who has ever tried to find an loved one or an ancestor in an unfamiliar graveyard.

"We've got one of the oldest pioneer history clubs in the panhandle," Trew said. "They've

been meeting ever since the 1950s and 1960s. We have all of the programs they presented down through the years."

One of the newest displays concerns the prisoner of war camp that was established by the Army east of McLean during World War II. Most of the prisoners were from Gen. Erwin

department stores, grocery stores and insurance offices. The tin ceiling tiles are all original.

"I guess we're probably as proud as anything of our files of photographs," Trew said. "We've got thousands of photographic prints of families and businesses and school classes."

They have a separate section of photo files on Alanreed.

"We've enlarged probably over a 100 photographs of area history," Trew said.

There are pictures of McLean as a bustling commercial center, even before Route 66 came through in 1926.

"It's about as good as we can get it for the money we have to operate it," Trew said.

The museum is funded through donations and an endowment fund.

"We get some money from memorials, but not much," Trew said.

They also have a gift shop with several books that Trew has authored.

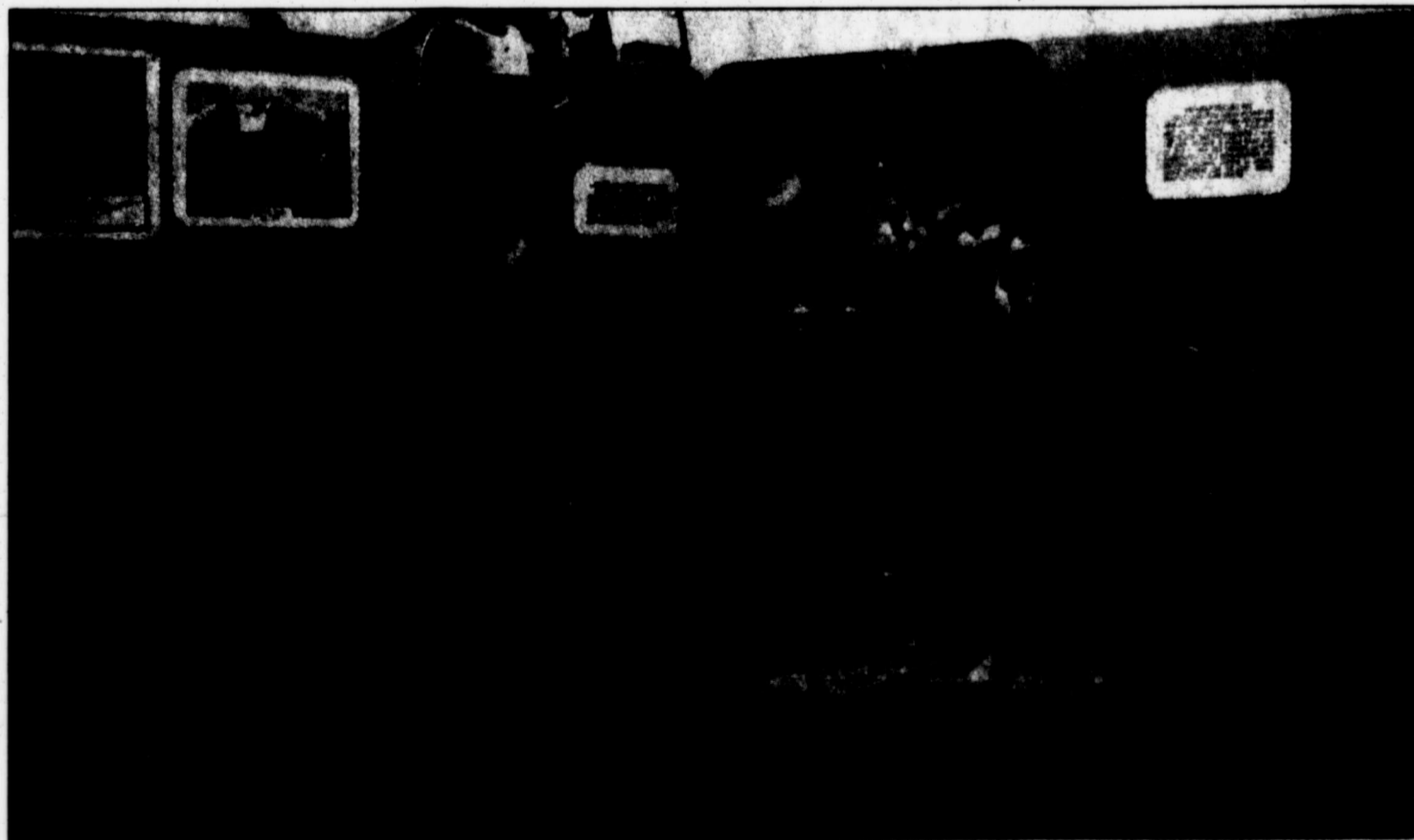
The museum used to get some of their funding from the county, but county officials said it was not legal and shut it off.

"Man, it liked to have wrecked us," Trew said.

But now the museum seems to be on its feet again and prospering.

"If you want to know something about McLean, this is the place to look," Trew said.

Open regularly four days a week. Tuesday, Wednesday, Thursday and Friday from 10 a.m. until 4 p.m.. Trew said it's open by appointment at any time.



(Pampa News photo by David Bowser)

Alfred Rowe, a native of Lima, Peru, established the RO Ranch, which covered about 200,000 acres. Rowe died when the Titanic hit an iceberg in the North Atlantic in 1912.

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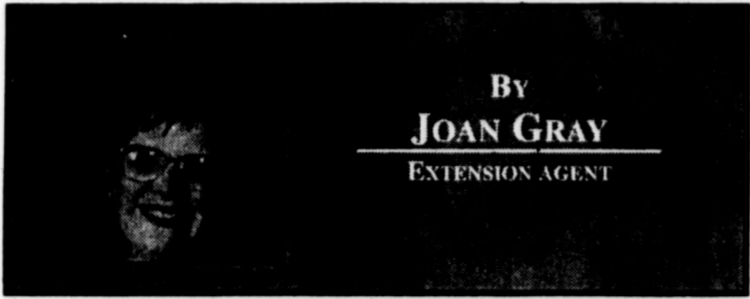
'FRED' program aims to bring fathers closer to their children

Gray County Texas Cooperative Extension will kick-off its FRED program at 6:30 p.m., Thursday, Sept. 26, at Lovett Memorial Library. FRED will conclude with a "Celebration" at 10 a.m., Saturday, Oct. 26 at the library.

If a journey of 1,000 miles begins with a single step, then the road to improved parent-child relationships can begin with a step as small as reading to a child every day.

That's why FRED — which stands for Fathers Reading Every Day — was founded, according to Dr. Steve Green, Texas Cooperative Extension child development specialist who put the program together.

The value of a father's involvement in his children's education was emphasized in 1997, Dr. Green said, when a study by the U.S. Department of Education surveyed more



BY
JOAN GRAY
EXTENSION AGENT

children," he went on. "Parents who read to their children regularly tend to raise children who are superior readers and who perform better in school."

FRED is designed to encourage fathers to read to their children daily during the four-week program. The first two weeks, fathers read to their children for a minimum of 15-minutes each day, during the second two weeks, 30-minutes.

This Extension program only has two face-to-face

meetings. At the kick-off, participants are given reading logs and fill out registration forms. At the celebration, the dads and kids are treated to breakfast in celebration of completing the program and turning in their reading logs.

Each father and child who completes the course will receive a new book provided by Altrusa International Inc., of Pampa, Realty One, and Rotary of Pampa.

FRED isn't limited to fathers and children either. Children and their father figures, including grandfathers, uncles, and family friends, are more than welcome to participate. Target audiences include fathers of children in

Head Start, Early Head Start, Even Start, elementary schools, child care centers, and churches. FRED has also been translated into Spanish.

In addition to the fathers who will be reading in the homes, volunteers from Rotary, Lions, and Kiwanis clubs will read at various schools and daycare locations one day a week during the four-week program.

For participants unable to attend the Kick-off, program materials will be available through Texas Cooperative Extension - Gray County Extension office, located in the Gray County Annex, and at Lovett Memorial Library. For more information, contact Joan Gray at 669-8033.

ANNIVERSARIES

Sublett anniversary

Mr. and Mrs. Norman Sublett of Pampa celebrated their 55th wedding anniversary Sept. 5, 2002, at Bar-N-I Ranch in Stonewall, Colo.

Norman Sublett and Martha Snyder were married Sept. 5, 1947, at Coltexo Community Center northeast of Lefors in Gray County. They have been Pampa residents for 52 years and are members of Central Baptist Church.

Mr. Sublett retired from Cabot, Ingersoll-Rand, and IRI International after 38 years of combined service. He belongs to Pampa Country Club, Men's Golf Association, and National Left Handed Golf Association.

Mrs. Sublett retired as corporate secretary from Leonard Hudson Drilling Company, Inc., in 1994. A member of Pampa Country Club and its Women's Golf Association, she also holds membership Association of Desk and



Mr. and Mrs. Norman Sublett

Derrick Clubs (28 years), serving as president of the International Board of Directors in 1987.

Children of the couple are Debby and Robert Howard of Amarillo, Darrel and Jane Sublett of Dallas, and the late Norman Larry Sublett.

Grandchildren are Corey

Sublett and Jill Sublett of Tucson, Ariz.; Jessica Sublett Texas Tech University; foster grandchildren, Ashley Hannah and Ben Hannah, Tucson; step-grandchildren, Sarah, Will, Calvin, and Madeline Smoot, Amarillo, and Emily, Jon, Isaac, and Solomon Revett, Amarillo.

Sims anniversary

Mr. and Mrs. Wayne Sims of Pampa will celebrate their 50th wedding anniversary from 2-4 p.m., Sept. 21, at Bible Church of Pampa. Children and grandchildren of the couple will host the reception.

Wayne Sims and Donna Fay Washington were married Sept. 26, 1952, at Pampa. They have lived in Pampa for 50 years and are members of Bible Church.

Mr. Sims is retired from Cabot.

Mrs. Sims is retired from



Mr. and Mrs. Wayne Sims

Highland General Hospital. Children of the couple are Jerry and Mary Sims of Apache Junction, Ariz., Pattie

and Frank Skidmore of Carrollton, and Teresa and Gary Gattis of Pampa. They have six grandchildren.

September 1st thru September 30th, 2002

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OB/GYN Update

by Otoniel Huertas, M.D.
Obstetrics & Gynecology

WORKING IT OUT

According to the U.S. Census Bureau, women worked longer during their first pregnancies and returned to work sooner after the birth of their first children in the 1990s than in the 1960s. Fifty-three percent stopped working less than one month before the births of their first children between 1991 and 1995 versus only 22% between 1961 and 1965. Fifty-two percent returned to work by the sixth month after their first children's birth, up 14% from the 60s. The Pregnancy Discrimination Act of 1978 and the Family and Medical Leave Act of 1993 may account for the change. While 63% of women in the 1960s quit their jobs when giving birth to their first child, only 27% did so in the 1990s.

How soon should you return to work following the birth of a child? It is a very personal decision. Some women seem raring to go while others have more difficulty with the hormonal changes and the physical demands of new motherhood. If finances allow it, give yourself a chance to make the necessary transitions. To schedule your next OB/GYN visit, phone my office 806-273-7771. We are located at 106 S. Bryan, Borger. New patients are welcome.

P.S. Unfortunately, some new mothers may be leaving work later and returning to work earlier, before and after the births of their children, out of economic necessity.



Dr. Huertas

Borger Altrusa



Fall Arts, Crafts & Flea Market

Featuring the fine handicrafts of local artisans

*Antiques *Candles *Clothing
*Woodworking *Sterling Jewelry
*Collectibles *Gifts

Date: September 14th & 15th
Times: Saturday 9:00 to 6:00
Sunday: 10:00 to 5:00
Place: Borger Dome

Free Admission

MENUS

WEEK OF SEPTEMBER 16-20

Pampa Schools	Lunch:	Sandwiches,
MONDAY	Breakfast: Pancake-and-sausage-on-a-stick.	beans, chips, fruit, milk.
	Lunch: Mini corndogs, chicken nuggets, English peas, peaches.	Senior Citizens
TUESDAY	Breakfast: Cinnamon rolls.	MONDAY
	Lunch: Bean burritos, macaroni/cheese, corn, salad, applesauce.	Chicken fried steak or chicken Louisiana, mashed potatoes, winter blend, beets, beans, devilsfood cake or lemon icebox pie, slaw, tossed or jello salad, hot rolls or cornbread.
WEDNESDAY	Breakfast: Scrambled eggs, toast.	TUESDAY
	Lunch: Cheese sandwiches, chef salad, French fries, vegetarian beans, pears.	Pork roast/dressing or chili rellenos cheese grits, Scandinavian blend, macaroni/tomatoes, beans, hurricane cake or cherry cream pie, slaw, tossed or jello salad, hot rolls, jalapeno cornbread, or cornbread.
THURSDAY	Breakfast: Biscuits, gravy.	WEDNESDAY
	Lunch: Pigs in a blanket, hamburgers, blackeyed peas, salad, fruit.	Roast beef brisket or cook's choice, mashed potatoes, English peas, baby carrots, beans, strawberry shortcake or apple/raisin cobbler, slaw, tossed or jello salad, hot rolls, or cornbread.
FRIDAY	Breakfast: Cereal, toast, sausage.	THURSDAY
	Lunch: Ravioli, pizza, green beans, mixed fruit, garlic toast.	Chicken strips or smothered steak, cheese potatoes, corn casserole, California blend, beans, peaches and cream cake or chocolate pie, slaw, tossed or jello salad, hot rolls or cornbread.
Lefors Schools		FRIDAY
MONDAY	Breakfast: Muffins, cold cereal, toast, juice, milk.	Catfish or baked cod fish, fiesta bake, potato wedges, broccoli spears/cheese sauce, beans, brownies or tapioca cups, slaw, tossed or jello salad, garlic toast, hot rolls or cornbread.
	Lunch: Chicken patties, mini corndogs, scalloped potatoes, green beans, fruit, milk.	Meals On Wheels
TUESDAY	Breakfast: Pancake-on-a-stick, cold cereal, toast, juice, milk.	MONDAY
	Lunch: Sliced turkey, ham, gravy, mashed potatoes, corn, rolls, fruit, milk.	Sloppy joes, tater tots, pork beans, apricots.
WEDNESDAY	Breakfast: Biscuits, gravy, cold cereal, toast, juice, milk.	TUESDAY
	Lunch: Spaghetti/meat sauce, peas, garlic toast, fruit, milk.	Chicken pot pie, pickled beets, corn, pudding.
THURSDAY	Breakfast: Pop Tarts, cold cereal, toast, juice, milk.	WEDNESDAY
	Lunch: Rotel chicken, mini burritos, rice, beans, fruit, milk.	Eggs, bacon, biscuits, gravy, peaches.
FRIDAY	Breakfast: Yogurt, cold cereal, toast, juice, milk.	THURSDAY
		Corn dogs, macaroni/cheese, peas/carrots, applesauce.
		FRIDAY
		Roast, mashed potatoes, green beans, jello.

Bridal Registry...

Season Putman ~ Wade Bruce
Katy Cavalier ~ Brian Moone
Tonya Girdley ~ Steve Sanders
Traci Shelton ~ Todd Baize
Leigh Ann Lindsey ~ Nathan Huber
Stephanie Norton ~ Casey Collins

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CRADLE CALL



Allison P. Sugar

Allison Sugar

Allison Paige Sugar was born at 3:53 p.m., July 29, 2002, at Northwest Texas Hospital in Amarillo, to Stephen and Brandy Sugar of Pampa. Allison weighed 7-pounds, 1 3/4-ounces at birth and was 19 3/4-inches long. Allison's grandparents are Gary and Darlene Sugar of Pampa and Michael and Evelyn Carroll of Plainview.

CLUB NEWS

GCAP/Moms and Babies

Gray County Area Partnership for Moms and Babies met Aug. 16 with Joan Gray presiding. Fifteen were present. Gloria Resendiz acted as secretary.

The following business was conducted and announcements made:

—The guest speaker was Mike Mireles of Region 16. He spoke on "Fatherhood Involvement." The purpose of the program is to involve fathers, or if not present, other positive male role models in the lives of children. Mireles gave a power point program with slides and sound.

—Holly Hancock presented an update on the Baby's Coming Shop kiosk for Pampa.

—A new logo for the Partnership was approved.

—Judith Loyd delivered the VISTA report, reporting a need for a couple of additional members for the Baby's Coming Shop Committee. Opening dates are projected as Oct. 21-23 with a grand-opening/ribbon cutting at 12:15 p.m., on the 21st.

—FRED (Fathers Read Every Day) activities will begin Sept. 26. FRED is being sponsored by the Extension Service and is being implemented by Gray at the local level. Gray gave an update on the coming schedule for FRED.

The next Partnership meeting will be Sept. 20 with Planned Parenthood giving the presentation.

Altrusa

Altrusa International Inc., of Pampa met Sept. 10 at Pampa Country Club with President Anne Stobbe presiding. Cleo Worley and Jeanne Mitchell served as greeters.

The following announcements were made and business conducted:

—The Accent was presented by Brenda Tucker who reviewed the criteria and steps

in organizing ASTRA Clubs. ASTRA Clubs are for young women interested in community service.

—Volunteers were asked to serve on a committee to form an ASTRA Club in Pampa.

—A guest list was circulated and members asked to add any names for invitations to be mailed to Guest Night on Sept. 24.

—Pampa High School Hall of Fame Luncheon will be held at 12 noon, Oct. 4, at M.K. Brown Room. The luncheon will serve as a make-up meeting.

—The reception for the Sheltered Workshop volunteers is scheduled at 7 p.m., Nov. 8.

—Birthday greetings went to Joan Gray.

The next meeting will be at 7 p.m., Sept. 24 at Pampa Country Club.

DAR

The September meeting of the Las Pampas chapter of the Daughters of the American Revolution was opened with a salute to the flag. Regent Nancy Coffee gave the report from the President General. Additional reports were given by Louisa Britton, national defense; Donna Burger, flag; Mary Cantrell, Korean War and conservation; Donna Arms, Native Americans.

The display for Constitution Week 17-23 is to be at Pampa Office Supply. The Centennial table exhibit displayed in the White Deer Land Museum was presented by Nancy Coffee and Billie Dixon.

A program on the Constitution was given by Britton and Cantrell.

The meeting was held in the home of Donna Burger. The October meeting will be held at the home of Frances Gross near Panhandle and will include a program on the wind towers and a tour.

ANNOUNCEMENTS

Jackson-Davis

Jennifer Jackson of Canyon and Trent Davis of Amarillo were wed July 27, 2002, in First United Methodist Church in Canyon with Gary Jameson, minister of music at Calvary Baptist Church in Pampa, officiating.

The matron of honor was Krissy Field of Haltom City. The maid of honor was Erin Howard of Canyon. The bridesmaids were Mindy Holt, cousin of the bride of Kingfisher, Okla., and Lisa Jackson, sister-in-law of the bride of Amarillo.

The best man was Shaun Davis, brother of the groom of Denver, Colo. The groomsmen were Ryan Cook of Canadian and Blane Northcutt and Clinton Lewis, both of Amarillo. The ring bearer was Devin Childs of Canyon.

The ushers were Jason Jackson, brother of the bride of Amarillo, Jerome Stone of Fort Worth, and Jeremy Knous of Midland.

Registering the guests was Molly Seabourn of Amarillo. Music was provided by organist Beth Garner of Canyon and vocalists Cullen and Laura Allen of Lubbock.

A reception was held following the service in the parlor of the church with April Cook of Canadian, Kamran Harris of Amarillo, and Brittany Hix, Raegan Hix, and Cathy Howard, all of Canyon, serving the guests.

The bride is the daughter of Mr. and Mrs. Allen Jackson of Canyon. She graduated from Canyon High School in 1996 and holds a degree in interdisciplinary studies from West Texas A&M University.

The groom is the son of Mr. and Mrs. Robert Davis of Pampa. He graduated from Pampa High School in 1996 and holds a degree in marketing from West Texas A&M University.

The couple planned a honeymoon trip to Las Vegas, Nev., and intend to make their home in Fort Worth.



Jennifer Jackson and Trent Davis

More weddings on page 18.



Bridal Registry

Kathleen Dunigan ~ Michael Wilson
Heidi Searl ~ Thomas Reynolds
Traci Shelton ~ Todd Baize
Karmen Martin ~ Jeremy Buck

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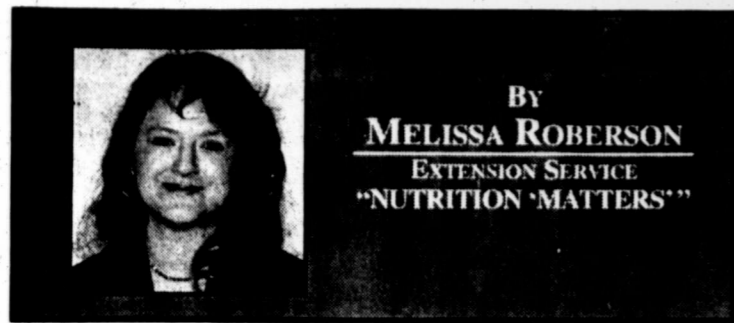
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By
MELISSA ROBERSON
EXTENSION SERVICE
"NUTRITION MATTERS"

Easy tips for low-fat cooking with meats

Whether you want to lower your cholesterol level, lose weight, or cut down on salt, these cooking tips can make it easier to do all three. Remember, for balanced eating, you need some protein foods every day.

Buy fish, chicken, turkey, and lean meats more often than fatty beef, lamb, pork, and ham, which contain more saturated fat and consequently less meat per pound.

■ **Beef.** Lean beef is an excellent protein choice. Look for USDA select or choice grades of lean beef such as round steak, sirloin tip, tenderloin, and extra lean ground beef.

Prime grades are heavily marbled, making them high in saturated fatty acids. When choosing hamburger, look for the medium-to-deep color that signifies a low-fat content (a light pink color is a warning that excess fat has been ground in with the meat.)

Ground beef should contain no more than 15 percent fat, or buy ground round, which is usually very lean. Better yet, select stewing beef or lean chuck roast, and ask the butcher to grind it for you.

Processed meats should be eaten only if they contain no more than 10 percent fat or 3 fat grams per ounce. Many processed meats (lunch meats, wieners) and sausage are high in saturated fatty acids.

■ **Fish.** Fish is low in sodium, and it generally contains less saturated fat than red meat and about the same (or slightly less) cholesterol. For a cholesterol-

lowering diet, this gives fish a slight edge over lean red meat and a definite edge over fatty red meat.

All fresh and frozen fish are good selections, as is tuna canned in water. Most shellfish, such as shrimp, lobster, and crab are very low in fat. But ounce-for-ounce, some varieties contain more sodium and cholesterol than does poultry, meat, or other fish.

■ **Poultry.** Fresh poultry is a favorite choice of many people on cholesterol-lowering diets. Since a great deal of the fat is in the skin, removing the skin is recommended.

Select chicken, Cornish hens, or turkey as your entree, and avoid goose, duck, and processed poultry products, which are high in saturated fatty acids.

Beware of self-basting turkeys because commercial basting fats are highly saturated. Even when the turkey is basted in broth, the broth is usually high in sodium.

■ **Other.** Some wild game, such as venison, rabbit, squirrel, and pheasant, are very lean; duck and geese are not. The lean cuts of lamb are leg, arm, and loin. Select lean pork such as tenderloin, loin chops, center-cut ham (fresh and cured), and Canadian bacon. All cuts of veal are lean except veal cutlets (ground or cured) and breast. Examples of lean veal are chops and roast.

Hopefully these tips will help you lower your cholesterol, lose weight, and lower your sodium intake. Next week look for easy tips for cooking with eggs and cooking with vegetables.

ANNOUNCEMENTS

Harrison-Reed

Amy Harrison and Lynn Reed, both of Pampa, were wed April 20, 2002, in First Christian Church of Pampa with the Rev. Barry A. Loving, of the church, officiating.

The matron of honor was Becky McBlain of Bellevue, Neb. The bridal attendants were Sami Reynolds of Tyler, and Rachael Reed and Christie Reed, both daughters of the groom of Edmond, Okla. The flower girl was Ali Norris of Pampa.

The best man was Tim Bryant of Laverne, Okla. The groomsmen were Johnny Walker of Enid, Okla., Curtis Reed, brother of the groom of Amarillo, and V'rheht Williams of Lubbock. The ring bearer was Derek Norris of Pampa.

The candlelighters were Mitchell Killgo and Collin Killgo, both of Pampa.

Registering guests was Jeneé Norris of Pampa. Music was provided by violinist Dorothy King, flutist Katrina Hildenbrandt, and organist Sue King, all of Pampa.

A reception was held following the service at Pampa Country Club with Kim Reed, sister-in-law of the groom of Amarillo, Teresa Palmer, sister of the groom of Dumas, and Johanna Harrison, sister-in-law of the bride of Pampa, serving the guests.

The bride is the daughter of the late Mr. and Mrs. Don Harrison. She graduated from Pampa High School and is currently employed with Billy M. Smith, CPA.

The groom is the son of Ms. Christa Reed of Amarillo and the



Lynn Reed and Amy Harrison

late Jerrell Reed. He holds a bachelor of science degree from Texas Tech University and is currently employed by Ecosyl Products, Inc.

The couple honeymooned in St. Lucia and intend to make their home in Pampa.

Earl-Appier

Kendra Earl of Pampa and Bradley J. Appier of Clovis, N.M., were wed Aug. 17, 2002, at Country Home Bed and Breakfast in Canyon with Gordon Cox, of Grace Baptist Church in Canyon, officiating.

The matron of honor was Alisha Jefferis, sister of the bride of Pampa. The bridesmaids were Lindsey Seely, sister of the bride of Pampa, and Lynsey Hoelting of Amarillo. The flower girl was Kaitlyn Winkler, niece of the groom of Laurel, Md.

The best man was Wayne Johnson of Clovis. The groomsmen were David Ince of Alamogordo, N.M., and Rob Jernigan of Clovis. The ring bearers were Austin Appier, son of the groom of Henderson, Nev., and Kolton Jefferis, nephew of the bride of Pampa.

The ushers were Kevin Jefferis of Pampa, Jeff Winkler of Laurel, and Kris Earl of Waco.

Registering the guests was Ruth Ann Cozart, aunt of the bride of Pampa.

Music was provided by vocalists, Velma Earl, mother of the bride, Tim Conner of Pampa, and Mike Wilson of Delran, N.J.

A reception was held following the service at the bed and breakfast with Lori Starnes of Pampa, Jill Trollinger of Amarillo, and Leslie Winkler of Laurel serving the guests.

The bride is the daughter of Melvin and Velma Earl of Pampa. She holds a degree from West Texas A&M University.

The groom is the son of Bradley W. Appier of Lake in the Hills, Ill., and Mona Wilson of Delran. He is currently employed by the U.S. Air Force and plans to pursue a degree in



Kendra Earl

electrical engineering at Illinois State University.

The couple planned a honeymoon Caribbean cruise and intend to make their home in Bloomington, Ill.

Chaney-Snapp

Jennifer Chaney and Tye Snapp, both of Pampa, were wed Aug. 17, 2002, at the groom's parents' residence in Pampa with Paul Nachtigall, of Highland Baptist Church of Pampa, officiating.

The matron of honor was Paula Carroll of Pampa. The flower girl was Lacie Oxley, daughter of the bride of Pampa.

The best man was Trey Carroll of Pampa. The ring bearer was Ethan Oxley, son of the bride of Pampa.

The ushers were Dustin Joiner, nephew of the bride of Pampa.

Registering the guests was Jenny Licklider, cousin of the groom of Pampa.

Music was provided by Jenny Edwards of Pampa.

A reception was held following the service with Treyci Carroll, Crystal Mendoza, Alicia Snapp, Missy Snapp, Sheila Giles, Tammy Mendoza, Denise Joiner, and Sheryl Garth, all of Pampa, Angie Chaney of Amarillo, and Alana Winegeart of Borger serving the guests.

The bride is the daughter of John and Kathleen Chaney of Skellytown. She graduated from Pampa High School in 1992 and is currently employed by Dobson Cellular Systems of Pampa.

The groom is the son of Donnie and Rhonda Snapp of



Jennifer Chaney and Tye Snapp

Pampa. He graduated from Pampa High School in 1992 and is currently employed by Baker Oil Tools of Pampa. The couple intends to make their home in Pampa.

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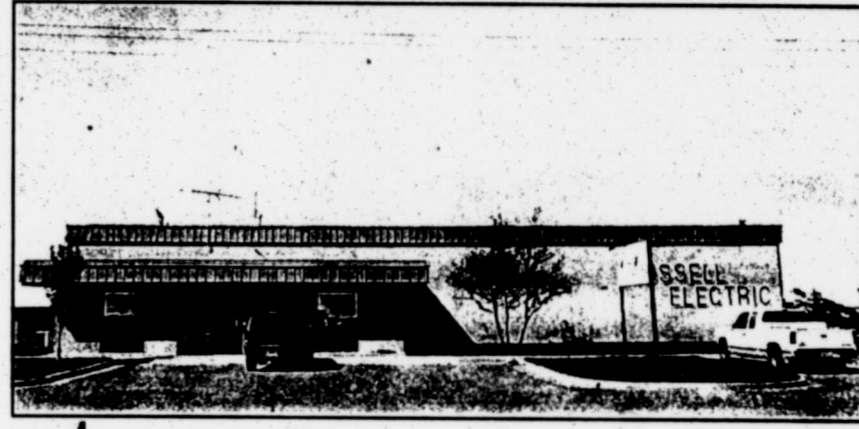
Sunday, September 15, 2002

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The City of McLean is giving notice of the City's intent to submit a Community Development Fund application for a grant from the Texas Community Development Program. The grant application request is \$250,000 for sewer system improvements for a Citywide benefit. The application is available for review at City Hall during regular business hours.

B-11

September 15, 2002



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SUNDAY, SEPTEMBER 14

DEAR ABBY

written by Pauline Phillips and daughter Jeanne Phillips

Childhood Rape Kept Secret Is Wedge Between Daughter, Mom

DEAR ABBY: I am writing because of the letter from "E.M. in Florida," the woman who was raped at age 15 by two policemen during World War II. She is still haunted by that tragedy.

When I was 11, my mother went to the hospital to have her fifth child. While she was gone, my stepfather raped me. He said if I told he would hurt my two little sisters.

Every night I feared the rape would happen again. After my sisters were asleep, I would crawl under my bed and scoot back as far as I could. Then I'd watch the crack under the bedroom door to see if my stepfather was approaching. I never told my mother what happened.

One night, my stepfather got drunk and told my mother he and I had sex. She came to me and hit me hard. She said, "How dare you try to take my husband!"

I ran away that night. I was 15. I didn't see my mother for many years. I moved to another state. Forty years later, my elderly mother and I are talking, but not one word has been said about the rape.

How can my mom think I had sex willingly with that awful man when I was only 11? My whole life was messed up because of him. I have prayed about this, but I'm not going to say anything to her after all these years. She is not in good health, due to cancer.

When I was 20, my stepfather killed himself. My mother now talks about him a lot. She will say, "Daddy did this for us," and "Daddy was a good man." I hold my breath and

wait for her to change the subject. I hate that my mother doesn't know the truth. I can't tell her. She is more than 80 years old and sick.

I did nothing wrong. Thank you for letting me spout off.

A SURVIVOR IN FLORIDA

DEAR SURVIVOR: You're welcome. That's what I'm here for.

Now, please allow me to offer you some unsolicited advice. You should have set the record straight with your mother years ago. Even though she is ill, it is not too late to do it. It is as important for her to hear the truth from you as it is for you to tell it. Until you speak up and

set things straight, the ghost of that child-molesting monster she married will stand between you. You have protected him long enough. Gather your courage and speak out. It will begin your healing.

I know I may sound like a broken record, but counseling can help you to put this unhappy chapter of your life to rest once and for all. Ask your doctor for a referral, or call the nearest rape hotline.

DEAR ABBY: I have a serious problem. My father is unreasonably strict. I am 16, and he won't let me do hardly anything. He will not let me go places unless there is parental supervision at all times. To make matters worse, yesterday when I was dropped off at a girl-

friend's house, he made my mother go to the door to meet her parents! They weren't home, so I was not allowed to stay. I had to get back in the car and my parents drove me home. I have never been so embarrassed in my life.

My father is the king of the household and whatever he says goes. He's impossible. Help.

TEEN HELD CAPTIVE IN MASSACHUSETTS

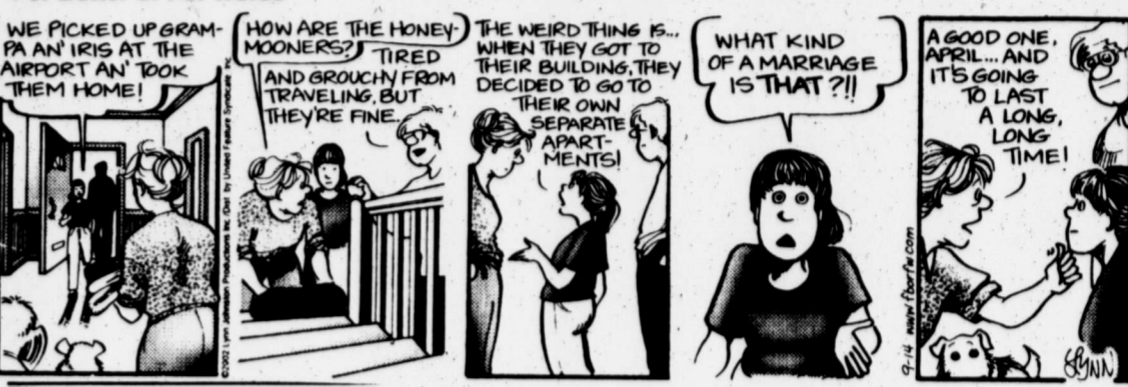
DEAR CAPTIVE: You are cursed with parents who love you. Every teenager should have the advantages you have.

P.S. Be assured, you will appreciate your father's "strict" attitude when you are older and become a parent.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Write Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

For an excellent guide to becoming a better conversationalist and a more sociable person, order "How to Be Popular." Send a business-size, self-addressed envelope, plus check or money order for \$5 (U.S. funds) to: Dear Abby - Popularity Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Postage is included in the price.)

For Better or For Worse



Zits



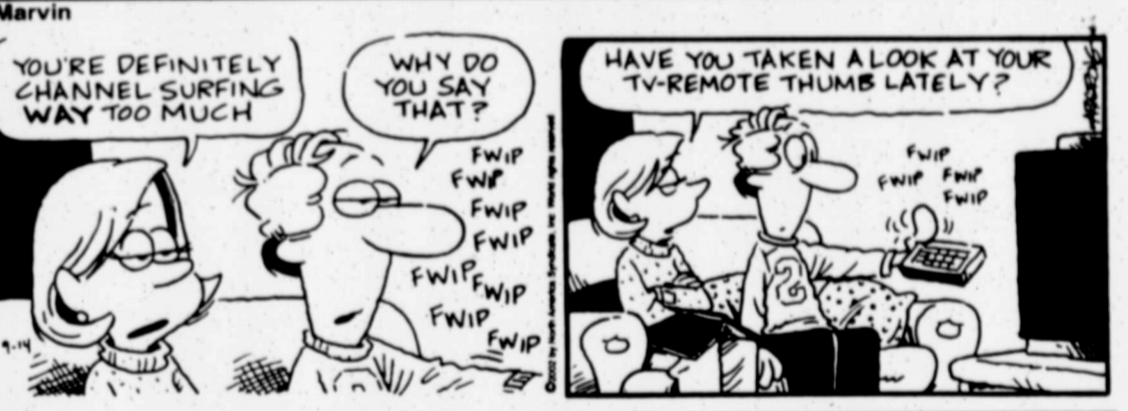
Garfield



Beetle Bailey



Marvin



B.C.



Hagar The Horrible



Peanuts



Blondie



Crossword Puzzle

CROSSWORD

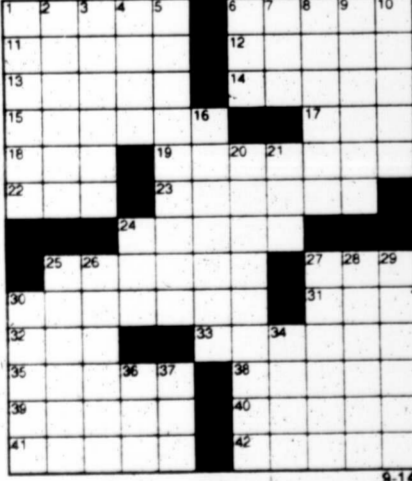
By THOMAS JOSEPH

ACROSS

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- 15 Punished severely
- 17 Pen fill
- 18 Seine season
- 19 Grove yield
- 22 Actor
- 23 Tennis red, perhaps
- 24 Metal fastener
- 25 Vacillate
- 27 Mine output
- 30 Give up
- 31 Clark's foe
- 32 Hockey legend
- 33 Nature lover
- 35 Stupefied
- 38 Snake, for one
- 39 Old instruments
- 40 Writer
- 41 Jong
- 42 Baseball data

DOWN

- 1 Step up



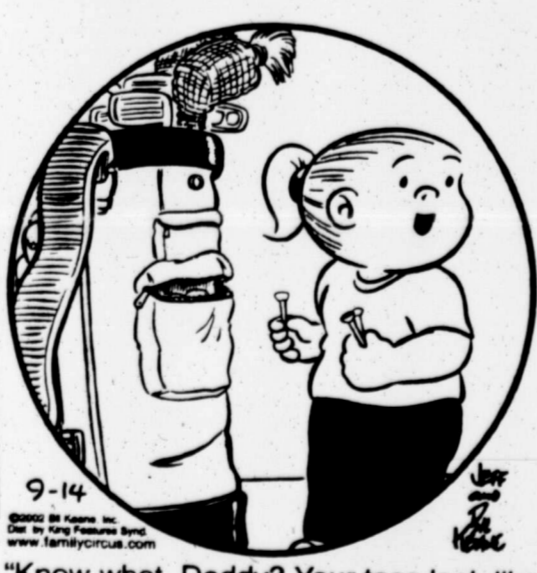
STUMPED?

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Marmaduke



The Family Circus



"Know what, Daddy? Your tees look like little birdbaths."

Flo & Friends



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Year passes since collapse of Queen Isabella Causeway

SOUTH PADRE ISLAND, (AP)—A name is engraved on each of the eight sides of the granite memorial to victims of the Queen Isabella Causeway collapse a year ago. Likewise the three stone benches, each for someone who somehow survived an 80-foot plunge.

They are accompanied by small sayings or pictures. A fireman's hat for Port Isabel Fire Chief Robert Harris. A marlin for Whataburger manager-in-training Gasper Hinojosa. A cell phone for Hector Martinez, praying hands for Julio Mireles. For Chelesa Welch, a Madonna and child.

About 2:10 a.m. Sept. 15, 2001, 23-year-old Welch was returning from an evening out on the island with her husband, 53-year-old "Harpoon" Barry Welch, a legend among local surfers for his uncanny ability to master the occasional Gulf Coast swell despite a wooden leg.

The headlights on their sport utility vehicle only would have seen the road's slope upward, to the bridge's high

point. Only when they were in midair and the lights probed blackness would the couple have realized the bridge was no longer there.

Rene Mata, now 28, realized when he felt the front tires go over. A split second sooner, his friend, Robin Leavell, screamed — "The bridge!" — from the passenger seat. He hit the breaks.

"It took forever," he remembers. "It was like in slow motion. You kind of had to break for the impact. We hit, and everything's pitch black. Couldn't see anything. Couldn't wake her up. Couldn't get the seat belt. I felt something warm running down my head and realized I had a gash on my head."

He couldn't get the window. He pushed out. He remembers fishermen and lights and a helicopter. For the next week he would be in a hospital, the time pretty well blacked out.

He carries a picture of himself, with Leavell, whose body was one of the last dragged out.

Only four days after the Sept. 11 terrorist attacks, the

first reaction to the gaping hole and subsequent swarm of Coast Guard and law enforcement officers was that terrorists had targeted the Gulf Coast Intracoastal Waterway extending from Florida to Brownsville, an important fuel route.

Eventually, it became clear that the Brown Water V tow boat pushing three barges of steel coil and one of phosphate had lost control of the chain. The head barge struck a bridge support and the causeway's midsection tumbled into the water below.

Eight people died. For two months, until the bridge reopened Nov. 21 a month ahead of schedule, South Padre Island resembled a ghost town. The economic repercussions reached more than \$50 million, according to Cameron County Judge Gilberto Hinojosa.

In the year that has passed, at least two lawsuits attempting to blame the barge company and the subcontracted tow company have been filed. Another, filed jointly by sever-

al attorneys representing survivors and families of the deceased, went to mediation last week at the federal courthouse in Brownsville.

Talks have been revived on two projects that were deemed too expensive before the collapse: realigning a difficult channel leading up to the bridge and erecting a second causeway.

The Texas Department of Transportation is undertaking environmental studies to determine an appropriate location for a second bridge.

"I believe there is a consensus from everyone that there's a need for a second causeway," Hinojosa said. "Where there is not a consensus is where it should be located."

The city of Port Isabel, mostly restaurants and novelty shops clustered around the base of the Queen Isabella Causeway, on Aug. 16 passed a resolution opposing a second causeway that would allow motorists to bypass the city.

After finding in 1997 that costs outweighed benefits, the U.S. Army Corps of Engineers

again is being asked to study ways of straightening the "S" curve leading from a swing bridge into a countercurrent and a straightaway to the bridge.

"It's very likely the cost-benefit analysis will come out different," Hinojosa said.

Lawyers for Brown Water Marine Services, Inc., the tow's parent company, blame the accident on a mismarked channel and argue the Coast Guard had allowed sand bars to form and buoys to drift.

At the Coast Guard's fact-finding hearing a month later, Capt. Rocky Wilson testified that relief Capt. David Fowler tried in vain to warn motorists. "He was firing spotlights at the cars, saying, 'Rocky, I can't get 'em to stop. I can't get 'em to stop!'"

The crew made a point of testifying that the causeway's street lights, usually lit "like a Christmas tree," were out. They thought the darkness had something to do with the Sept. 11 attacks.

State and local officials later explained that aging lamps and

corrosive salt air make it difficult to keep the lights functioning.

Because of a law designed to combat light pollution, the bulbs on the repaired section were softer and aimed downward. But from a distance, they were undetectable, making it appear that the gap still remained. Residents complained and the bulbs were quietly exchanged with existing ones at random points along the bridge.

Some argue the lights might have helped victims like Gasper Hinojosa, a 52-year-old who worked nights as an assistant manager at the island's Whataburger and is believed to be one of the first to drive into the chasm. His car smashed and lodged into a bridge support — the only one that didn't fall into the water.

His son, Omar Hinojosa, 25, can't stop imagining the time his father spent trapped inside.


"My sister's getting married in November and he can't even walk her down the aisle. Me and my brother have to do it," he said.

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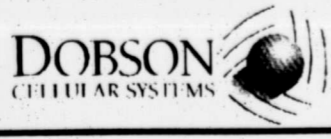
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Horoscope BY JACQUELINE BIGAR

HAPPY BIRTHDAY for Sunday, Sept. 15, 2002. Your ingenuity glides over any unanticipated problems this year. You seem to find a way, a solution or a pal to help. Still, avoid wild risk-taking, especially with your finances. You easily could go overboard. Misunderstandings seem to happen more easily with work and funds. "Verify and clarify" needs to be your motto this year. If you are single, you will sprinkle some hot spices into your love life. In a year or so, you decide which hot tamale you can live with! If attached, your love life will sizzle and will prove to be a lot more exciting. Add that special touch. CAPRICORN adds to the quality of your life.

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

ARIES (March 21-April 19) **★★★★** Check in with a parent or loved one. Sort through a confusing statement by helping this person clarify what is on his or her mind. Create an event to bring family and friends together. Be more upbeat with others. Tonight: Leader of the gang.
 This Week: Work more as a team, even though you're often the leader. You'll need your troops later in the week!
TAURUS (April 20-May 20) **★★★★★** Your solution-finding skills find an answer when no one else can. Through being able to detach, you find unusually beneficial ideas and solutions. Understand what might be happening behind the scenes. You might need help finishing a project. Tonight: Do something totally new.
 This Week: Listen to the boss. He or she means business. Ah, back to the grind. You will rejoice in the results on Thursday.
GEMINI (May 21-June 20) **★★★★** Clearly express your limits. Others might not think exactly as you would like them to. A discussion with a special friend or family member illuminates your thinking. Do something special with this person. Be thankful for this friendship. Tonight: Togetherness works.
 This Week: Be the innovative one at work, and you'll get kudos, though they might not happen as fast as you would like. Break out of the box, my dear Twin.
CANCER (June 21-July 22) **★★★★** What you hear might not be exactly what you think you should be hearing. Give others time to clarify their thoughts or ask the right questions. Don't worry about a missed or unreturned call. Reach out for that person now. Tonight: Join family and/or friends.
 This Week: Listen and evaluate while brainstorming with a key associate. You still might need another perspective. Do what works.
LEO (July 23-Aug. 22) **★★★** Get into a project that you can do at home while relaxing. Don't push yourself beyond your natural limits. Take a nap if you wish. Work on making everything easy for now. You sometimes push way beyond your limits. Catch up on mail. Tonight: Happy as a cat not doing much.
 This Week: Others present options. You decide what is and isn't acceptable. By Thursday, you know with whom you want to work.
VIRGO (Aug. 23-Sept. 22) **★★★★** With your ruler, Mercury, retrograding, you might be slightly out of sorts. Recognize uptightness, especially with money issues. Meanwhile, make the most of company and those around you. Don't rain on your own parade! Tonight: Play away.
 This Week: Crash into work, knowing that you mean business. Think twice about a key decision involving an associate later in the week.
LIBRA (Sept. 23-Oct. 22) **★★★** Be more direct with your dealings right now. What you believe to be direct, others see as convoluted. Don't get uptight if someone seems to be overquestioning a thought or decision. Visit with loved ones close to home. You don't need to make a big deal out of anything. Tonight: Your home is your castle.
 This Week: You could spin quite a tale. Use some of that imagination at work. You might be amazed by what happens.
SCORPIO (Oct. 23-Nov. 21) **★★★★★** Reach out to neighbors and friends. You bring many different types of people together under the same roof. Laugh and enjoy yourself. A touch of confusion adds to the funky fun. Help others relax and not be so uptight. Tonight: Be King or Queen Bee.
 This Week: Use your ingenuity to get to the bottom of a problem that might be really bothering you. Once you clear up this issue, others won't be able to stop you.

SAGITTARIUS (Nov. 22-Dec. 21) **★★★★** Relax in the company of others. What seemed like a problem really doesn't have to be. Add more fun and liveliness to the moment. Be careful not to overdo it with a parent or some other authority figure in your life. Tonight: Make love, not war.
 This Week: Catch up on calls, returning all messages as well. Structure your week only after you hear from others.
CAPRICORN (Dec. 22-Jan. 19) **★★★★★** Invite friends over and add to the fun of the moment. What might prove to be a problem actually could reverse itself. Laughter heals. Stop pushing someone away who wants to be close. Look at your fears here. Tonight: Where the gang is.
 This Week: Making money comes naturally to the Goat. Follow through on this mission this week, and you won't go wrong.
AQUARIUS (Jan. 20-Feb. 18) **★★** Walk away from your life's pressures for 24 hours. Your humor helps. Understand what you might want or need from others. Put on a favorite piece of music and relax. Curl up with a great book. Watch a special movie. Just don't stress yourself out. Tonight: Early to bed.
 This Week: You're a force to be reckoned with. Use your power well, and others will respond. Charisma and karma meet.
PISCES (Feb. 19-March 20) **★★★★★** Happily join friends and/or family. You flourish when you're dealing with groups right now. Express your gregarious, fun personality in a way that counts. Your playfulness puts everyone in the right mood to let go. Tonight: Do something special for a partner.
 This Week: Step back from the norm. Observe more. Detach from your performance. You might understand a boss better as a result.

BORN TODAY
 England's Prince Harry (1984), actor Tommy Lee Jones (1946), director Oliver Stone (1946)

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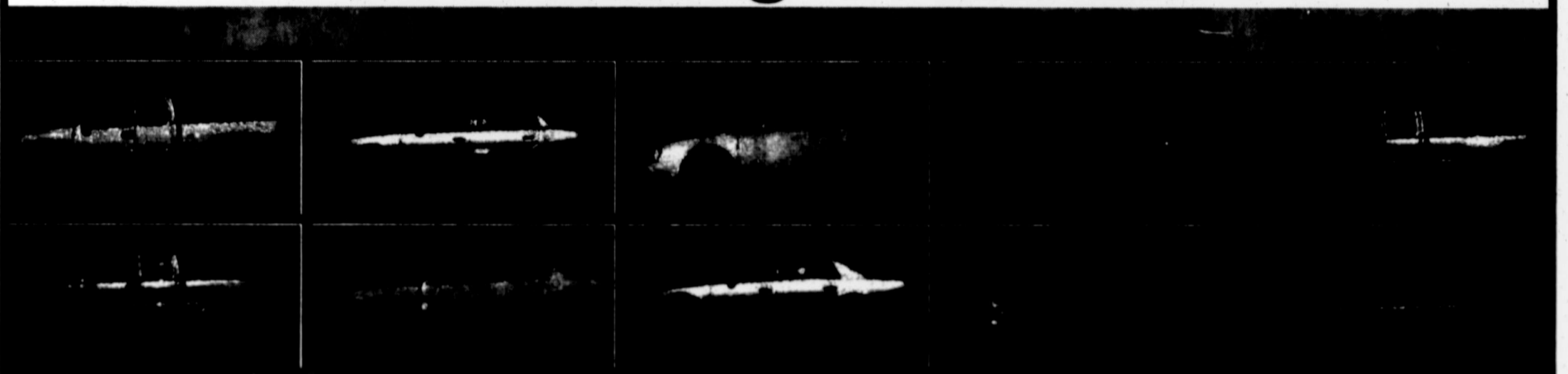
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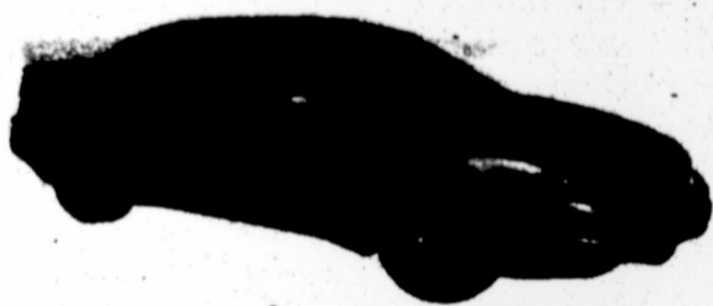
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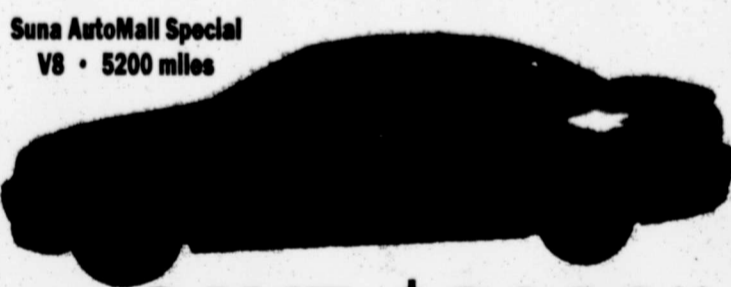
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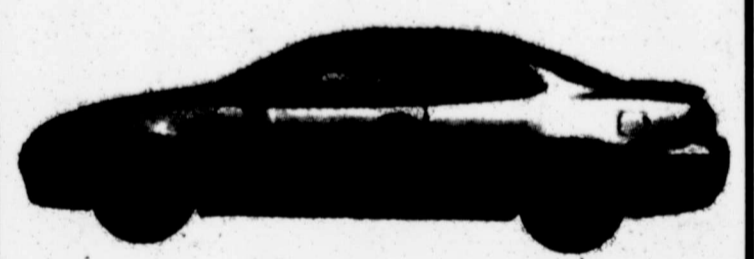
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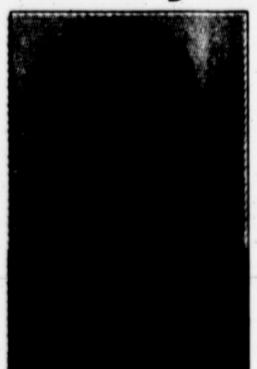
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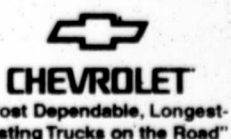
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