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Watch out! DPS is watching I-40

will conduct a special two- said. day task force along 22.

ing, set for 6 a.m. until 10 Mexico and Oklahoma. p.m. each day, is to provide

AMARILLO — Texas dicting criminal activity, a troopers will also be looking ing to speeders. Also, with its Department of Public Safety news release from the DPS for any type of criminal Interstate travelers and repu-

Interstate 40 on Wednesday said, will involve troopers and Thursday, July 21 and stationed every 10 miles drug interdiction stops, K-9 along the entire 176 miles of units will be accessible The purpose of the train- the interstate between New throughout the training, and Beighle, public information

Though the emphasis of patrolling as well. instruction on detecting traf- the training will be on hazfic violations and on inter- ardous traffic violations, highway which can be tempt-

activity such as the trans-The task force, the release portation of illegal drugs.

"I-40 is a smooth, straight

tation as a major drug corridor, it has its share of crimi-To assist with possible nal activity. We hope our high visibility will help deter both," said Trooper Wayne DPS aircraft will be officer for Texas DPS in Amarillo.

See H40, Page 2

'I-40 is a smooth, straight highway which can be tempting to speeders.'

VS

- Wayne Beighle Texas DPS Trooper

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REALTY

TxDOT to meet in Childress

CHILDRESS — The regular monthly meeting of Texas Transportation Commission is set at 9 a.m. Thursday, July 29 at Fair Park Childress Auditorium in Childress, a news release from TxDOT announced.

The commission periodically holds meetings, the news release from TxDOT said, in locations around the state to allow all Texans an





opportunity to participate in state transportation decisionmaking.

At the conclusion of the meeting, after the commission has canvassed its agenda, the commission will hold an open comment period, not to exceed one hour, to receive public comment on any matter under the jurisdiction of the commission.

No action will be taken at the meeting. Each speaker will be given a maximum of three minutes to say their piece. Citizens planning to participate in the segment for public comment must fill out a speaker's comment card which will be made available at the registration table prior to the meeting.

The Texas Transportation Commission consists of five members appointed by the recently attended the unveil- portrait being hung in the Pampa's Tribute to Woody from Pampa's Tribute to governor with the advice and consent of the senate to govern TxDOT. Members' serve six-year terms which are

See TxDOT, Page 2

Fenton Motors luan Silva Hablamos Español

> Para todas sus nesecidades de autos nuevos o usados, venga a visitarnos a "Fenton Motors de Pampa" Donde les puedamos ayudar



Better communication goal of Pampa ISD By DEE DEE LARAMORE Editor

Pampa.

Pampa.

Increasing parent and community involvement emerged as an important issue when Pampa Independent condition. School District's Board of Education reviewed its goals this week.

After extensive discussion during a session that a special meeting Thursday, the lasted more than board agreed that striving for exemplary status by the 2006-2007 school year remains the top goal for the district.

Other goals retained from the pre- and the commuvious year include a commitment to nity in the district and all campuses. Pampa's school board developed six

provide staff training, providing a safe and comfortable environment two-way communication between

for students, and strengthening the district's financial After evaluat-

Guthrie, famous folk singer City.

who at one time lived in

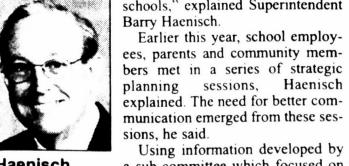
ing these goals in four hours, the board decided to add a fifth goal to involve parents Haenisch

The unveiling and ceremo- Loralee Cooley, Thelma Bray Banks Wilson, 85, an artist,

ing and portrait dedication Rotunda of the Oklahoma Guthrie. Joining them were Woody Guthrie, who has

ceremony honoring Woody State Capitol in Oklahoma Reed Echols and Gale spent much of his career

ceremony were Pampans was painted by Charles



sions, he said.

the communication problem,

"The objective is to build a strong strategies

Trollinger, also of Pampa.

Among those attending the The portrait of Guthrie traits, gaining recognition for

Traditionally, the schools have parents and the community and the relied on mail through the Post schools," explained Superintendent Office, information sent home with students, and face-to-face meetings Earlier this year, school employ- with parents as main sources of communication.

painting documentary por-

See PORTRAIT. Page 2

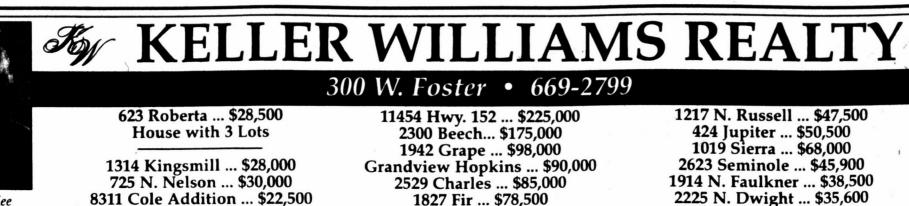
In the strategic planning sessions, planning sessions, Haenisch however, it became apparent that these methods were not as effective munication emerged from these ses- as they may have been in the past.

First, Haenisch said, the district Using information developed by plans to publicize school events, a sub-committee which focused on school menus, and a column by the

See GOAL, Page 2



2 — Sunday, July 18, 2004 — The Pampa News



Sharon McKee

Goal

Continued from Page 1

superintendent in a special page of The Pampa News that would be published on a regular basis. Cheryl Lewis is seeking sponsors for this page, he said.

"We want to make sure that we have bilingual translators available at all campuses," the superintendent said, adding that the district plans to distribute school news in English and Spanish.

Community computers, located at various public places such as city hall, courthouse, and library, are

cation the district hopes to utilize.

Looking "outside the box," the district will also distribute information to less conventional areas, such as laundromats, churches and supermarkets, Haenisch said.

E-mail addresses will be included in student family information now.

"We'll gather parent or guardian e-mail addresses as one more way to contact them," Haenisch said.

Also, campuses will update their web pages on the school web site each week with current information, he said. That way, parents can use their home computers or any one of the

the violations which lead to

to detect criminal activity in

area during 2003.

another source of communi- community computers to check on what is happening at their students' schools.

> New software has been purchased and will soon be in place that allows parents to check on their child's grades and school records, Haenisch said. The program is protected. Parents can enter their child's records by using a password. Grades and other student information can be viewed but cannot be changed, he added.

"First we have to train the teachers on it, but it should be available by the first reporting period (next fall)," he said.

"It's going to be an interesting year," Haenisch said. "There's a lot of new things happening."

I-40

Haskell

Continued from Page 1

According to the news release, both traffic fatalities

Obituaries

Wayman

and drug activity showed an our area. We hope this operincrease in the Panhandle ation will have a positive impact," Beighle said. The DPS news release "Our goal is to reduce traffic crashes by detecting

reported that 93 people died in vehicle crashes in the those crashes. We also want Panhandle area last year.



Pampa News photo by BEN BRISCOE

Goin' in style ____

Lance Porter bicycles Christin, 2, snug in his cycle trailer, around Aspen Park during a sunny morning earlier this week.

Emergency Services

Pampa PD

made the following arrests possession of marijuana bation for forgery, Hemphill according to Gray County Jail records on Saturday.

Wayneta Lynne Britton,



em

AMARILL Cooperative F host meetings end of this through Augus als interested their knowle management involving catt small grains Plains, includi looks and prof The serie Robinson, ag

Monday night, partly cloudy. Lows in the lower 70s. Tuesday, partly cloudy. Highs in the mid 90s. Tuesday night, partly cloudy. Lows in the lower 70s. Wednesday, cloudy. Highs in the upper 90s.

Wednesday night, partly cloudy. Lows in the lower 70s.

partly

Sandra Schuneman

Weather

Sunday,

partly cloudy

with a 20 per-

cent chance of

showers and

thunder-

storms. Highs in the mid

90s. South winds 5 to 15

mph. Sunday night, partly

cloudy. A 20 percent chance

of showers and thunder-

storms in the evening. Lows

in the upper 60s. South

Monday, partly cloudy.

Highs in the mid 90s. South

winds 10 to 15 mph.

winds 15 to 20 mph.

Thursday, partly cloudy. Highs in the mid 90s.

Thursday night, partly cloudy with a 30 percent chance of showers and thunderstorms. Lows in the upper 60s.

Friday, partly cloudy. Highs in the lower 90s.

Goodner, 89, of Pampa, died Thursday, July 15, 2004, at Pampa. Services were to be at 10 a.m. Saturday in Memory Gardens Cemetery North Chapel in Pampa with Scott Penrod officiating. Burial was to be in Memory Gardens Cemetery. Arrangements were under the direction of Boxwell United Methodist Church.

Oct. 12, 1914, in Oden, Ark. He later moved to Oklahoma and then to Texas, coming to Pampa in 1937.

Haskell Wayman Goodner, 89

Mr. Goodner worked in the Defense Plant during World War II, returning to Pampa where he worked as an insurance salesman. He was a member of the First

He was preceded in death by his parents; a brother, great-grandchildren.

Mr. Goodner was born on Olen Goodner; and sisters, Gene Francis and Grace Adair.

Survivors include his wife, Alma; two sons, Jerry Goodner of Ventura, Calif., and Dale Goodner of Oklahoma City, Okla.; a brother, Lonnie Goodner of Pampa; two sisters, Maydean Giddens and Carolyn Meacham of Odessa; five grandchildren; and five

Dylan Christopher Whitten, 17, 1223 N. 46, 1215 Ripley, was arrest-Pampa Police Department Russell, was arrested for ed on two violations of pro-

Pampa Fire Department

responded to the following

of Gray 5. The fire burned

for you and me," the release

Participating in the

unveiling were relatives of

the late singer including his

sister, Mary Jo Edgmon, and

his son, Arlo Guthrie. Arlo

and other family members

provided music for the cere-

The Oklahoma Gazette, a

weekly newspaper, was a

sponsor in the funding of the

painting, stating that they

were "proud to be a part of

the effort to bring recogni-

tion to a unique Oklahoman

whose contribution to the

musical and social history of

and high-speed railroads and

TxDOT conducts its pri-

mary activities in 25 geo-

graphical districts, reports the

release. Each district is man-

aged by a district engineer

who oversees the planning,

design, construction, operation

and maintenance of the state

transportation system in the

Terry Keener, TxDOT

Childress district engineer,

oversees a 13-county area that

includes Childress, Wheeler,

Hardeman, Cottle, Motley,

Dickens, King and Knox

Foard,

Collingsworth,

Hall,

water traffic.

district.

Donley,

Briscoe,

counties.

our nation is profound."

approximately one acre.



Brothers Funeral Directors of Amarillo.

— Dr. Joseph B. Mayhew,

53, died Wednesday, July 14,

2004. Services are scheduled

at 3 p.m., today at Padgett

Funeral Home in Cedarville,

N.J. Burial will be in Cedar

Hill Cemetery in Lawrence

Township. Arrangements are

under the direction of

Padgett Funeral Home in

was born at Bridgeton, N.J.,

in 1951. He was a 1969 grad-

uate of Bridgeton High

School, received a bachelor

of science degree from

LeTourneau College in

'88 SUZUKI Quadzilla 500

leave a message

Good Condition! 665-3379- toes, Lefors. Call 835-2253.

Dr. Joseph B. Mayhew

Cedarville.

Dr. Joseph B. Mayhew, 53

NEW KENSINGTON, Pa. Longview in 1974, a master of divinity degree from Grace Theological Seminary at Winona Lake, Ind., in 1980 and a doctorate of divinity degree.

He moved to Skellytown in 1974 where he coached boys basketball and was pastor of Community Church. Before coming to New Kensington, he served churches in Franksville, Wis., Rochester, Ind., Plano, Ill., Quinton, N.J., and Phoenix, N.Y.

Mr. Mayhew married Caprice Shipley in 1976 and they moved to Indiana.

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MOORE'S FRESH Toma-

PET GRANNY for pets,

PRIVATE HOME health

plants, etc. Ref., call 669-7329.

He was preceded in death

by his mother, Eva Robbins Mayhew.

Survivors include his wife, Caprice, of the home; a son, Joshua Mayhew of Molokai, Hawaii; three daughters, Jenifer Mayhew of Binghamton, N.Y., Jamie Mayhew of Syracuse, N.Y., and Jordan Mayhew, of the home; his father, James Mayhew of Newport, N.J.; a brother, James Mayhew of Newport, N.J.; two sisters, Jane Rowland of Pitman, N.J., and Joyce Tomensky of Millville, N.J.; and a grandchild.

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ROUTE 66 Steak House

Anniversary Party, Sun. July

18, 12 noon, All You Can Eat

STOLEN 6-27-04; S&W

886-0164 or 665-2619.

Friday, July 16 Teri Lynn Furgerson, 30, Lefors, was arrested for possession of drug paraphernalia.

Jason Lowell Powell, 21, 1500 E. Francis, was arrested for possession of marijuana under 2 ounces and possession of drug paraphernalia.

Colt Hall Cox, 18, 2122 Hamilton, was arrested for possession of marijuana under 2 ounces and possession of drug paraphernalia.

Portrait

Continued from Page 1

his oil paintings of famous Oklahomans such as Will Rogers, Jim Thorpe and Sequoyah which also hang in the capitol.

Wilson was asked by Sen. Charles Ford of Tulsa to paint one more piece for Oklahoma's capitol building. Wilson picked Guthrie, a selection he initially kept secret. Wilson knew Guthrie. He met the folk singer while working for Collier's magazine in the

under two ounces. Saturday, July 17

Susette Stubbs Rangel, 22, 1144 Terrace, was arrested for possession of marijuana under two ounces and failure to identify.

Sheriff

Gray County Sheriff's Office Saturday reported the following arrests.

Joseph Lee Remington Jr., 29, 1800 N. Sumner, was arrested for criminal mischief.

Wilson's painting of Guthrie was officially approved by the Capitol Preservation Commission. The artist stipulated that, besides gracing the Capitol's rotunda, all funds donated for the piece go towards research for a cure for Huntington's Chorea, a disease from which Guthrie suffered.

Prior to the unveiling, Wilson announced the title of the piece as "This Land Was Made For You And Me," and added his own comment on Woody Guthrie, saying, "This Man was made

The first out-of-town commission meeting was in 1920, but the agency did not start regularly holding the meetings outside of Austin until 1937. The Texas governor desig-

The commission is taxed with establishing policy and rules necessary to carry out the duties and functions of the commission and TxDOT. including the planning, design, construction, maintenance and operation of the state transportation system, and developing a statewide transportation plan that contains all modes of transportation including highways and turnpikes, aviation,

County warrants for fraud and possession of a controlled substance and forgery

by passing.

stated.

mony.

Fire

Meredith H **Employee A** Houghton, a Lester, Lenn **Robert Gray**

Cib For new

Emplo

ALBUQUI of limited acc the USDA Fo Due to hig access to the future.

> Forest offi are currently

The follow McClellan Ci **Blanca** Natio -Campfir ited on the na

and picnic gr Pressurized meeting safet national grass

-Smoking building; a d an area at lea mable materi

-Firewor grasslands. "Public res

closures have Agpaoa. "Given the

that forest ac minimum n cooperation a

Other dist Mountainair and Mount T For more

National For the local dist

FAIRVIEW CEMETERY Assoc. will be holding their

Annual Lot Owners Meeting, Wed., July 21st, 10 a.m. at the Cemetery Office.

Refundable airline tickets.

Call 669-6110 for details!

LEEANN'S GROOMING, 669-9660.

NEW "BLUE Diamonds" at the bids will be Tues., July Rheams Diamond Shop -Special offer 1.24 carate \$1999 Teachers Federal Credit Un-Pampa, 665-2831 see ad pg.3

3

Brisket & Hot Wings, \$6 ea., care, house cleaning, pet sit-**COMPLETE TRAVEL** now at Groom Recreation Park. offering Insurance for Nonting in your home. 669-7785

> RIP'S BARBER Shop, 1224 9mm auto (bl), wedding ring N. Hobart, NBC Plaza Rm#1. & band. REWARD offered, no ?s asked! Call 669-6158 665-5515, Tues-Fri, 8:30-5:30.

SEALED BIDS are being accepted for a 1998 Chevrolet Malibu. Bid sheets may be picked up from the Pampa Teachers Federal Credit Unof McLean, also w/other proion, 808 W. Franc is, Mon., duce. 806-966-5221. July 19th thru Tues., July 27th, during the hours of 9-

TAYLOR TANS, July Spe-11:30 a.m. and 1-4 p.m. Sealed bids will be taken thru Tues., July 27th. Opening of unlimited \$50.

27th, 2004 at 6 p.m. Pampa VICARY HOUSE Tea Come take a look. Downtown ion reserves the right to ac- Room, open to the public cept or reject any and all bids. Wed. & Thurs. 11-2 p.m

SWEET CORN, Becky Weick will be @ M.K. Brown made every two years. parking lot, 7:30 a.m. Wed. & Sat. weekly. Paul McCurley nates one member of the com-

cial, 2 people come in together and both tan for 1 month.

> Jacksonville, Ted Houghton of El Paso and Hope Andrade of San Antonio are commission members. Mike Behrens is TxDOT executive director.

Robert

TxD() **Continued from Page 1**

mission to serve as its chair.

The current chair, or com-

missioner of transportation,

the news release says, is Ric

Williamson of Weatherford.

John W. Johnson of Houston,

Nichols

staggered. An appointment, the release reports, is generally

of

This is the first time the mass transportation, railroads commission has held a meeting in TxDOT's Childress District, the release reports.

call during the 24-hour period ending at 7 a.m. Saturday. Friday, July 16 Friday, July 16 3:51 p.m. - One unit and two firefighters responded to a grass fire a half-mile north of Texas 152 and northwest

Saturday, July 17

early 1940s.

Mon.-Fri. 8 a.m. - 6 p.m. Jealth Mart 2010 Sat. 8 a.m. - 5 p.m. PHARMACIES Free City Wide Prescription Delivery We Accept All 3rd Party Plans 114 N. Cuyler • Pampa • 669-7478 HEALTH MART. 24 Hour Emergency Service 669-3107 Specials Good Thru Sat., July 24th • Fountain Hours 8 am - 5:30 pm Mon.- Fri.• Use Our Convenient Back Door Entrance Coca Cola Dasan New BONUS BUY! BONUS BUY! BONUS BUY! New SHIPMENT Shipment **Bounty Paper Towels** FASHION **Baby Gift** Boutique Box Paper Towels In A Box 80 Ct. Box 59 Limit 3 Boxes JEWELRY **79**° Boxes 99° Items Limit. 3 Rolls **BUY 3 Bottles & Get 1 Bottle**

Seminars to cover best beef management practices

AMARILLO — Texas Cooperative Extension will host meetings towards the end of this month and through August for individuals interested in beefing up their knowledge of best management practices involving cattle, forage and small grains in the High Plains, including market outlooks and profitability.

Robinson, agriculture and and Muncy, Aug. 26.

natural resources North Region director, said, will be held at nine locations in the Panhandle and South Plains. Seminars are scheduled at Wheeler on July 27; at Canyon on July 29; at Dumas, Aug. 5; Dimmitt, Aug. 6; Groom, Aug. 9; Perryton, Aug. 12 (conjunction with Wheatheart Conference); Seminole, The series, Dr. Bob Aug. 17; Fluvanna, Aug. 24;

"We're encouraging par- The Extension educators in implications for stock raisticipation by anyone in the agriculture sector - from farmers to agricultural lenders," Robinson said.

Seminar instructors will include agronomists Drs. Brent Bean of Amarillo, Gaylon Morgan of College Station and Calvin Trostle of Lubbock; beef specialist Ted McCollum of Amarillo and agricultural economist Steve Amosson, also of Amarillo.

area counties will host the events.

Each session has the same topics and time schedule. The seminars are free and will begin at 10 a.m. with registration.

The program will start at 10:30 a.m. and end by 3 p.m. Presentations and discussions will focus on the National Animal Identification Program and tion for small grains pastures

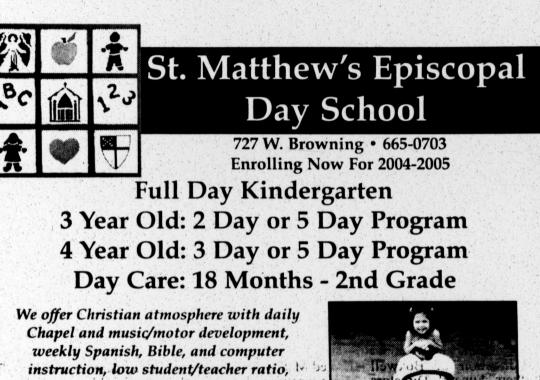
ers; market and profitability outlooks for wheat and cattle; wheat variety identity preservation; and points to consider when choosing wheat, rye, oats, barley and triticale for High Plains production.

A noon luncheon will be provided. Discussion will resume at 12:30 p.m. with maximizing forage producfollowed by management considerations for small grain silage, getting calves off to a good start and management strategies for stocker cattle performance on small grains pasture.

The Pampa News — Sunday, July 18, 2004 — 3

For more information, contact the local Extension office at 669-8033 or call Drs. Bean or McCollum at (806) 677-5600 or Calvin Trostle at (806) 746-6106.





Employee appreciation

Meredith House Assisted Living recently observed its Second Annual Employee Appreciation Week. Above: (back row, left-right) Chris Perez, Didi Houghton, administrator, Amy Arjona, Anna Bocanegra, Alma Lewis, Terry Lester, Lennetta Lyndberg, Jan Wood, Teresa Wade, Judy Parker, (front row) Robert Gray, Sandie Mathis and Patty Owen.

Cibola National Forest announces new restrictions

ALBUQUERQUE, N.M. - Today marks another day of limited access to many parts of Cibola National Forest, the USDA Forest Service reports in a news release.

Due to high temperatures, low humidity and little rain, access to the area will be limited during the immediate future.

Forest officials plan to make no changes to what areas are currently opened and closed.

The following restrictions apply to Black Kettle and McClellan Creek National Grasslands and Kiowa and Rita Blanca National Grasslands in Texas and Oklahoma:

-Campfires, charcoal grills and stove fires are prohibited on the national grasslands except in developed camp and picnic grounds where grills are provided.

Pressurized liquid or gas stoves, lanterns and heaters meeting safety specifications are allowed anywhere on the national grasslands.

-Smoking is allowed within an enclosed vehicle or building; a developed recreation site; or while stopped in an area at least three-feet in diameter and free of all flammable materials.

-Fireworks, as always, are prohibited on all national grasslands.

"Public response and compliance to our restrictions and closures have been great," stated Forest Supervisor Liz Agpaoa.

"Given the number of visitors and the length of time that forest access has been limited, we have given out a minimum number of citations. We continue to ask for cooperation and patience from our visitors."

Other districts affected include Sandia Ranger District. Mountainair Ranger District, Magdalena Ranger District and Mount Taylor Ranger District.

For more information, contact Mark Chavez, Cibola National Forest supervisor's office, at (505) 346-3900 or the local district office at (580) 497-2143.

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NEW FROM MARKET

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Sunday, July 18, 2004 — The Pampa News

Viewpoints

I should know better than to say never

"Oh, Dee Dee, come look at this kitty!" cooed Skyla.

"Really, Dee Dee, you need to come see this kitty. You need this kitty," chimed Marilyn.

"No," I growled, staring intently at my computer screen.

"You need to adopt this kitty. Come look. He's so pretty," Skyla urged.

"I'm not going to adopt another cat," I said, emphasizing the word "not."

"Well, you've just got to come see this picture," she said.

"All right, but I'm just going to look. I'm not going to get another cat."

Every week, The Pampa

Week" featuring one of many animals available for adoption through Pampa Animal Control. I want to adopt every one of them, but I know that's not possible and it's really not the best thing for the animals.

Two years ago, my 20year-old cat Tiffany died. I've missed her terribly these past two years. I didn't want another cat, though. I wanted Tiffany back.

Then I saw "Sam," an 8year-old, flame-point Himalayan. He stared into me. the camera lens with great big eyes.

I was lost.

After the paper was finished and everyone left the News runs a "Pet of the news room for the day, I

Control office. I didn't tell a soul, even my husband Vic, what I was doing.

Sandy Burns brought Sam out to meet me. We sized each other up. He wasn't too sure what

to think. Neither was I. "1'11 Editor take him.' Who said

that me? It must have been

Sandy brought out a pet carrier and opened the door. Sam sniffed and walked right in.

I loaded him in my truck where he could see me. His

for a Himalayan.

It's the best thing I've done in a long time. He's teaching me how to be his pet parent.

First, I had to learn that he his

light



tail combed. And when he is combed, he wants to stand

on a table, not on the floor. Also, while he is being petted, he likes to pet back. While I'm petting him, he takes a broad fuzzy paw and gently rubs it on me. He also

slipped over to the Animal blue eyes were huge - even does this if he wants to be doesn't sleep with us, but he petted and I'm not paying attention.

He's great medicine. He makes me laugh, sometimes at Vic's expense.

Vic does not want a cat in bed with us at night. Sam thinks it's purr-fectly all right. One night I walked into the bedroom to see Vic lying in bed glaring at me. Sam was curled in a halfmoon across the top of his head, purring loudly. If cats can smile, he was smiling.

I couldn't stop laughing. I laughed until my pillow was soaked with tears. The harder I laughed the more Vic scowled and the happier Sam became.

Vic won, though. Sam kitties, are just priceless.

visits sometimes. He especially likes to help me make the bed. He prefers to lay between the bottom sheet and the top sheet and attack me as I try to smooth the sheets.

A couple of weeks ago, our grandson Brendan spent the night with us. I was putting clean sheets on our bed when Sam decided to jump under the sheet. Brendan thought that was cool, so he crawled under the sheets, too. He and Sam were scooting around under the sheets

while I tried to beat out the "lumps." Once again, I laughed until I cried.

Some things, like kids and

Today in History

(AP) - Today is Sunday, July 18, the 200th day of 2004. There are 166 days left in the year.

Today's Highlight in History:

On July 18, 1947, President Truman signed the Presidential Succession Act, which placed the speaker of the House and the Senate president pro tempore next in the line of succession after the vice president.

On this date:

In A.D. 64, the Great Fire of Rome began.

In 1792, American naval hero John Paul Jones died in Paris at age 45.

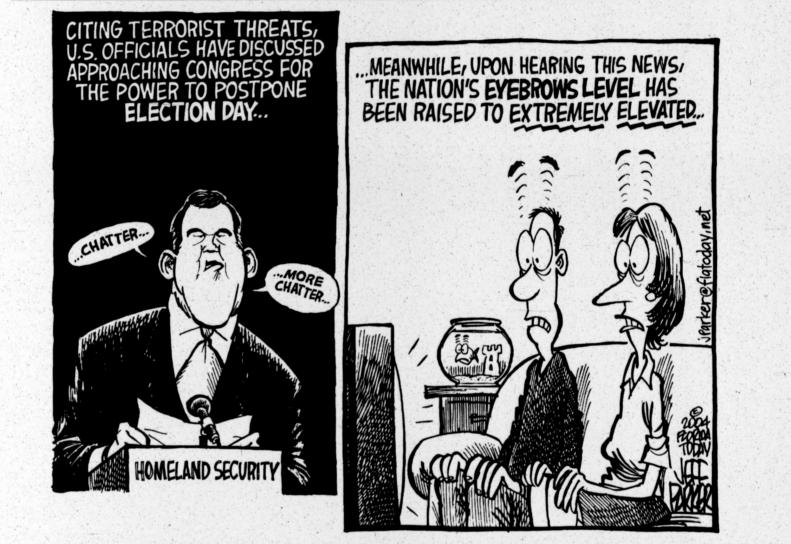
In 1932, the United States and Canada signed a treaty to develop the St. Lawrence Seaway.

In 1936, the Spanish Civil War began.

In 1940, the Democratic national convention in Chicago nominated President Franklin D. Roosevelt for an unprecedented third term in office.

In 1944, Hideki Tojo was removed as Japanese premier and war minister because of setbacks suffered by his coun-

 try in World War II. In 1969, a car driven by Sen. Edward M. Kennedy, D-Mass., plunged off a bridge on Chappaquiddick Island near Martha's Vineyard; passenger Mary Jo Kopechne died. In 1984, a gunman opened fire at McDonald's fast food restaurant in San Ysidro, Calif., killing 21 people before being shot dead by police.





Yummy

a bucket of

Comm

· Pampa / Dance will be 11 p.m., Satu at M.K. Brown Pampa. The o ture Mike Por is \$6 per pers ing or alcoho For more inf 665-7059.

OS

While we read

Dee Dee Laramore

that? Was

history we make history.'

George Wm. Curtis American author-editor (1824-1892)

In 1984, Walter F. Mondale won the Democratic presidential nomination in San Francisco.

In 1989, actress Rebecca Schaeffer, 21, was shot to death at her Los Angeles home by obsessed fan Robert Bardo, who was later sentenced to life in prison.

Ten years ago: A car bomb destroyed a Jewish community center in Buenos Aires, Argentina, killing 95. Tutsi rebels declared an end to Rwanda's 14-week-old civil war.

Five years ago: Authorities looking into the disappearance of the plane carrying John F. Kennedy Jr., his wife and sister-in-law announced that the "search and rescue" operation had become "search and recovery." David Cone of the New York Yankees pitched a perfect game against the Montreal Expos, leading his team to a 6-0 victory. Paul Lawrie won the British Open after Jean Van de Velde triplebogeyed on the 72nd hole.

One year ago: Basketball star Kobe Bryant was charged with sexually assaulting a 19-year-old woman at a Colorado spa; Bryant denied the charge, saying he was guilty only of adultery. The body of British scientist David Kelly, a weapons expert at the center of a storm over British intelligence on Iraq, was found — he had committed suicide.

THE PAMPA NEWS

403 W. Atchison • Pampa, TX 79065

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Cosby's rattling the cages again

Editor's note: Some readers may object to language in the ninth paragraph.

Bill Cosby rattled the cages again a fortnight ago in his address before Jesse Jackson's 33rd Annual Rainbow/PUSH Coalition conference in Chicago. Let's look at some of his remarks. Cosby told the audience

that being poor had a different meaning to older generations and said the "housing project was set up for you to move in, move up and move out."

Cosby's family moved out of Philadelphia's Richard Allen housing project, and so did mine. I don't know what Cosby's mother told him about being poor, but my mother frequently said, in the middle of one scolding or another, "We have a beer pocketbook but champagne

tastes.' One of my Walter grandmother's Williams favorite Columnist admonitions was "You don't

have to be rich to be clean." Yesterday's gross material poverty among blacks is all but gone. In all too many cases, it has been replaced by the worse kind of poverty - poverty of the spirit.

Bill Cosby also admonished blacks to stop blaming the white man for our problems.

"This is a time, ladies and gentlemen," Cosby said,

> "when we have to turn the mirror around." He's right again. Nobody can sensibly

argue that racial discrimination has altogether disappeared. The relevant question is: How much of what we see can be explained by racial discrimination?

The 70 percent illegitima-

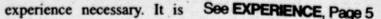
cy rate among blacks is devastating, not to mention unprecedented, but can it be blamed on discrimination? Is the white man responsible for today's all-time high number of black single-parent families? What about the crime rate that has turned many black neighborhoods, once stable and civilized, into battlegrounds and economic wastelands?

Cosby also talked about a pathological culture that has emerged among many blacks referring to one another as "niggers" and music that refers to black women as "bitches" and

See COSBY, Page 5

not molecular physics. It's not baseball. Anybody with sense enough to assemble a competent staff can have all the factual information needed for decisions.

As for foreign affairs another vastly overrated field - all that a president needs in that regard is the ability to judge character and, when desirable, to establish good personal ties with foreign leaders. Most of our presidents, in fact, have taken office without any experience in foreign affairs. Franklin Roosevelt, Harry Truman, John F. Kennedy,



Experience not really necessary

The Republicans say that Sen. John Edwards, the running mate of presumptive Democratic presidential nominee John Kerry, has no experience in foreign policy. Well, experience in politicians is not unlike experienced whores in a brothel. It's not necessarily a desirable trait.

And, except for those with Alzheimer's disease, people will recall that George Bush not only had no experience (or knowledge, for that matter) in foreign affairs, but no national experience at all.

He had visited his daddy in the White House, but he had never served in any fed-

eral office. Our greatest president, George Washington, likewise had no foreign-policy experience. He had been a militia

leader, a Charley legislator, a surveyor, a Reese farmer and Column soldier, but he had never set

foot outside continental United the States.

a

Experience is vastly overrated. Of course, if you are going to serve in the legislative branch, then you need to know the rules for filing bills

tasks. But those are easily learned. Simply being there a long time doesn't make you a better legislator. It is, in fact, like-

and other such mechanical

the back home.

it is literally true that anybody could be president. Things that are required are intelligence, common sense, good judgment, integrity and communication skills. No

ly to corrupt - or, at the very least, weaken one's ties to folks

Actually,

Continued "whores."

pathology are physical rep blacks who s themselves seek to excel I'd sure like to ment for the c work and ac lence make or - acting white What to d

Bill Cosby's long, challer but as with we're closer taking the first it's a small fir When the begins, tea refuse to a "Why you "Where you i ask students language whe

Exp

Bill Clinton examples. Se the work in fe Edwards co communicatio where he star ligence, con skills and sel Of course Republican Edwards' lac is that it is area of foreig Bush admi fouled up so Cheney, Do and Paul Wol ples of what produce, ther ence the bette There are that are desi

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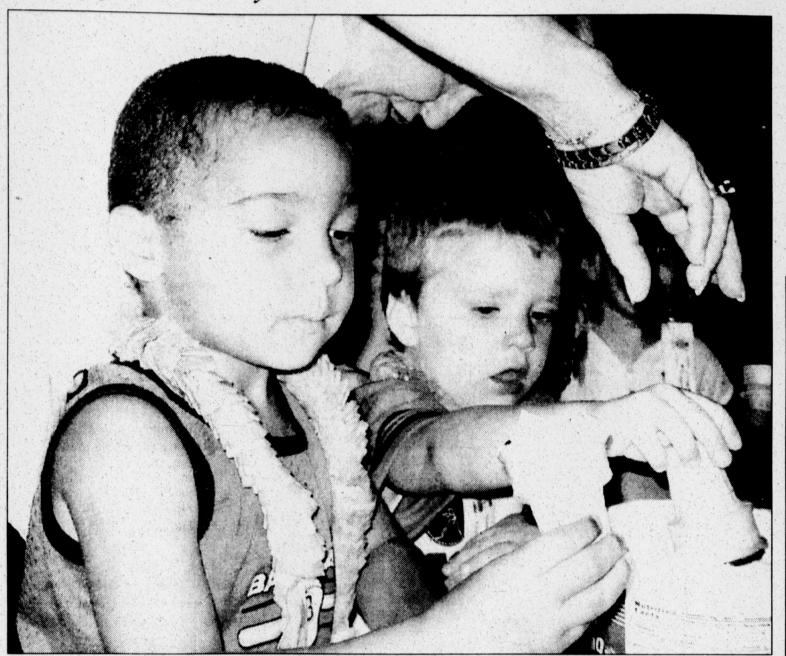
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n't boast. It's

dumb, but h

Yummy for his tummy



Alex Loving savors the moment before taking a first bite, while his friend Austin Smith dips his cone into a bucket of whipped topping for a cool summertime treat.

Community happenings

Pampa Area Singles Dance will be held from 8-11 p.m., Saturday, July 24, at M.K. Brown Auditorium in Pampa. The dance will feature Mike Porter. Admission is \$6 per person. No smoking or alcohol is allowed. For more information, call 665-7059.

Miracle-Ear Children's Foundation, a non-profit organization, works in cooperation with Miracle-Ear Centers nationwide to provide free hearing aids and services to children 16 and under whose families do not qualify for public assistance, yet cannot

afford the expense of hearing aids for their children. For more information, contact the local Miracle-Ear Center at (806) 795-0188 or 1-800-808-0188.

 Mamá Maniá is a support group for mothers entirely in Spanish. It meets at 10 a.m., the third

Thursday of each month at Lovett Memorial Library in Pampa. For more information, call 1-888-892-2273, ext. 228.



The Pampa News — Sunday, July 18, 2004 — 5

Cosby

anyone who's successful and and B's received on past speaks that way, except report cards are phony and at Shoop Doggy Dog. They best only C's, D's and possimight also refuse to accept · bly F's anywhere else.

Fraudulent grades exacer-

bate other problems. When a

black kid has all A's and B's

and makes the dean's list,

what will he and his parents

blame for his failure to get a decent SAT score, get into

college or get a job? They're

going to blame it on racial

discrimination. All they'll

see is that white kids with

A's and B's do well and their

kids with the same grades do

Finally, along with these

tiny first steps, black par-

ents, teachers, politicians

and civil rights organizations

should condemn the conduct

of young blacks who do not

take advantage of today's

educational opportunities -

condemn it as a gross betray-

al of the memory, struggle,

sacrifice, sweat and blood of

our ancestors.

willfully ignorant man who has occupied the

White House in recent years. The things he

elections, the personal attacks will stop and

we'll get a sensible debate on real issues. I seriously doubt this will happen, as the Bush

administration has an attack-dog mentality,

and I don't think it can change. Besides, if

the administration runs on its record, it is

not be as close as it now seems. I expect that

My own feeling is that the election will

debates, and Edwards will do

the same to Cheney. Last time, Cheney and Joe Lieberman, both neoconserv-

atives, had a love-in instead

of a debate. Bush had the

advantage of poor Al Gore's

erratic personality changes.

Neither Bush nor Cheney will

excellent debater, and we

know Edwards has made a

fine living matching wits with

the best brains corporate

Kerry is said to be an

be so lucky this time.

I could say that, hopefully, before the

is interested in are very few.

not.

Continued from Page 4

"whores." Added to that pathology are the verbal and physical reprisals against blacks who speak and carry themselves properly and seek to excel academically. I'd sure like to hear the argument for the case where hard work and academic excellence make one a race traitor - acting white.

What to do? Addressing Bill Cosby's critique is a long, challenging journey, but as with any journey, we're closer to its end by taking the first step, even if it's a small first step.

When the fall semester begins, teachers should refuse to accept "I be," "Why you ain't?" and "Where you is?" They might ask students who use such language whether they know

poor enunciation like "axe" for ask and "wiff" for with. Check it out with Cosby if you don't believe me: None of the Richard Allen kids he and I grew up with spoke that way.

'When the fall semester begins, teachers should refuse to accept "I be," "Why you ain't?" and "Where you is?"'

> - Walter Williams Columnist

Inner-city school teachers should show some honesty and let students and their parents know that those A's

Experience

Continued from Page 4

Bill Clinton and Ronald Reagan are recent examples. Secretaries of state do the bulk of the work in foreign affairs.

Edwards certainly has the intelligence and communication skills. You don't go from where he started to where he is without intelligence, common sense, communication skills and self-discipline.

Of course, the funny part about the John Kerry will demolish Bush in the Republican attack on _

Edwards' lack of experience is that it is precisely in the area of foreign affairs that the Bush administration has fouled up so royally. If Dick Cheney, Donald Rumsfeld and Paul Wolfowitz are examples of what experience can produce, then the less experience the better, I say.

There are two other traits that are desirable in a president: intellectual curiosity and an interest in history. the i Unfortunately for

Republican spinners, these are two traits definitely lacking in George Bush. He's the only president in my lifetime who has liked to boast about how little he reads. He needn't boast. It's quite evident. I don't say he is dumb, but he is without a doubt the most

'There are two other traits that are desirable in a president: intellectual curiosity and an interest in history."

doomed.

- Charley Reese Columnist

> America could buy. Naturally, my prognostication skills would never win me a job in Las Vegas. In these days of 24/7 television, one gaffe can wreck a campaign. Just ask Howard Dean. But if I had to bet, at this point I'd put money on Kerry by a comfortable margin.

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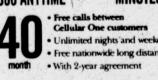
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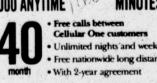
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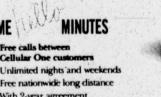


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Irish Phones, 256-5357



Crossword Puzzle



married five years to a man I truly love. The problem is, he's a "neat freak," and it's destroying our marriage.

about 100 miles a day, raise your husband's behavior two children with whom I spend a lot of time, cook a to draw the line. homemade dinner almost every night, and keep the house clean. It is never enough for him. I walk on eggshells trying to keep the house according to his standards and let my children be children and have fun.

If the kids are going to have friends overnight, I make sure asked her what was wrong and it's on a night when he'll be she said her dad had hit her. We gone. Our children can't go barefoot in the yard, and our shoes must be removed at the door and kept in perfect alignment. If the children eat cookies at the kitchen table, he complains about the crumbs.

He was gone this weekend. The children and I cleaned the house, picked lemons from our trees and baked him a homemade pie, and prepared a nice dinner for him. When he got home all he did was yell because someone had tracked mud on the porch. He never even said hello. My 3-year-old kept saying, "Daddy, we made you a pie and cooked supper," but he wouldn't stop griping.

Please help. Divorce is not an option because it would destroy the children. How can I get him to realize that his obsessive-compulsive disorder is hurting our family? He thinks it is normal.

-AT MY WIT'S END IN TEXAS

DEAR WIT'S END: Your husband's behavior is "normal" O for him. It won't to escalate. If Tracy does not change until you realize that the only thing more destruc- be made by calling tive to a child than divorce is ChildHelp U.S.A. The phone trying to please a sick parent

DEAR ABBY: I have been Thankfully, it is one that's treatable.

Please don't wait any longer to assert yourself. Do not back down. When a 3-I work full time, commute year-old can recognize that doesn't make sense, it's time

DEAR (ABBY: Every Wednesday Ngo to a teen hiphop class to dance and have fun. On one of those occasions, my friend "Tracy" came to class crying. My friends and I asked her why, and she said it was because she was on the phone too long. She showed us the bruises on her arms and legs. They looked very bad.

I told Tracy she could come home with me and she said, "No thanks. I'm fine." This week, she didn't make it to dance class. If she shows up with bruises again, should I make her come home with me and call the police? Please, Abby, I don't want Tracy to get hurt anymore.

-- SAD AND CONFUSED IN SAN DIEGO

DEAR SAD AND CON-FUSED: If it happens again, get the dance teacher involved. It is important that an adult document what is happening, and teachers are required by law to report abuse. You are a caring friend, and Tracy is lucky to have you. It is not unusual for an abuse victim to protect her (or his) abuser. The victim may be afraid that speaking out will cause the abuse return to class, a report can number is (800) 422-4453.

For Better Or Worse































Please give me one



UM HE'S CREATED

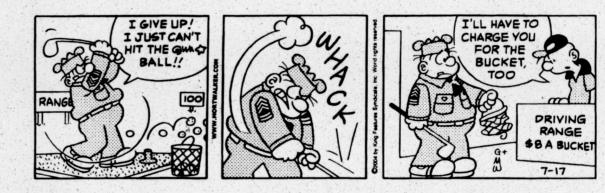
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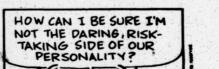
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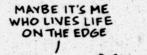


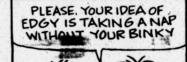
Beetle Bailey



Marvin









HEMPHI Tonkawa) L Anderson R 2400' from \ 8400'.

HEMPHI WALLOW (Corp., #561 1650' from PD 13500'. HEMPHI WALLOW (Corp., #400. 2310' from PD 13500'. HEMPHI

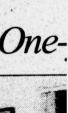
WALLOW

CANYON Aviation H and West University a ger and bett to the ani Camp set fo the WTAM

> 'It's W

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who is impossible to please. For their sakes, if not for yours, DEMAND that your **COPYRIGHT 2004 UNIVERSAL** husband consult a therapist PRESS SYNDICATE about his problem.

Marmaduke







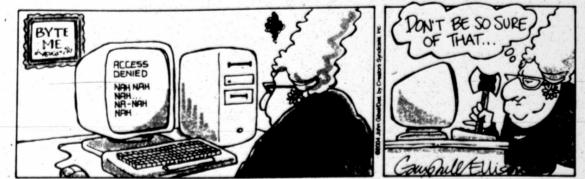
Didi Hou recently honor of the Meree

Upla

AUSTIN Upland co 2004 is es lion acres, both 2002 first forec acreageran be release 2004. Pla American estimated down 15 year. Accordi released Agricultur Service, estimates peanuts, v drybeans a down from "Some acreage sh of higher were weat Director reported. Sorghur is expecte lion acres. from last expect to | acres, dow 2003. Planted estimated acres, dov 2003; har 1.6 millio



Flo & Friends



C



The Pampa News — Sunday, July 18, 2004 — 7

Drilling Intentions

Intentions to Drill

HEMPHILL (WILDCAT & ALPAR Tonkawa) Latigo Petroleum Texas, L.P., #1 Anderson Ranch '97' 800' from North & 2400' from West line, Sec. 97,41,H&TC, PD 8400'.

HEMPHILL (WILDCAT & BUFFALO WALLOW Granite Wash) Patina Oil & Gas Corp., #5611P Dixon, 2310' from South & 1650' from West line, Sec. 56,M-1,H&GN, PD 13500'.

HEMPHILL (WILDCAT & BUFFALO WALLOW Granite Wash) Patina Oil & Gas Corp., #4003P Fillingim, 467' from North & 2310' from West line, Sec. 40,M-1,H&GN, PD 13500'.

HEMPHILL (WILDCAT & BUFFALO WALLOW Granite Wash) Patina Oil & Gas

Corp., #5616P Keeton, 467' from South & East line, Sec. 56,M-1,H&GN, PD 13500'. HEMPHILL (WILDCAT & BUFFALO WALLOW Granite Wash) Patina Oil & Gas Corp., #0806P Noah, 2310' from North & West line, Sec. 8,4,AB&M, PD 13500'.

HEMPHILL (WILDCAT & BUFFALO WALLOW Granite Wash) Patina Oil & Gas Corp., #4005P Fillingim, 2173' from North & 467' from West line, Sec. 40,M-1,H&GN, PD 13500'.

HEMPHILL (WILDCAT & BUFFALO WALLOW) Granite Wash) Patina Oil & Gas Corp., #4101P Hefley, 467' from North & East line, Sec. 41,M-1,H&GN, PD 13500'. HEMPHILL (WILDCAT & BUFFALO WALLOW Granite Wash) Peak Operating of

See DRILLING, Page 8

WT Aerospace Camp offering more

"It's going to be a wonder-

CANYON — The Texas Aviation Historical Society and West Texas A&M University are thinking bigger and better when it comes to the annual Aerospace Camp set for July 26-30 on the WTAMU campus.

ful, fun, busy week," Col. Don Watson, camp director, said. "We've added a grade level to the camp and expanded the curriculum." Aerospace Camp offers a full week of aviation educa-

'It's going to be a wonderful, fun, busy week. We've added a grade level to the camp and expanded the curriculum.'

- Col. Don Watson Camp director

One-year pin

to the camp and wi led the curriculum." ect ospace Camp offers a lau eck of aviation education for students in grades six through nine. Campers will take part in hands-on activities and field trips while following a NASA curriculum

to enhance lessons about flight and space travel. The camp's expanded curriculum includes astronomy, rocketry and more.

Dr. Paul Fisher, assistant professor of physics, and Dr. James Espinosa, assistant professor of mathematics and physics, will meet with the campers to discuss astronomy and rocketry. Canyon rocket enthusiast Howard Palechek will help with a rocket building project for the camp's rocket launch on campus Friday,

See CAMP, Page 8

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Didi Houghton, administrator at Meredith House, recently presented Amy Arjona with a gold pin in honor of her one-year anniversary as a member of the Meredith House "team."

Upland cotton up 7 percent

AUSTIN — Texas percent. Upland cotton acreage for 2004 is estimated at 6 million acres, up 7 percent from 260,000 both 2002 and 2003. The first forecast of harvested acreage and production will 250,000 be released on August 12, cent from 2004. Planted acreage of Acrea American Pima cotton is beans estimated at 17,000 acres, 250,000 down 15 percent from last year. Public for the second seco

According to figures released by the Texas Agricultural Statistics Service, planted acreage estimates for sorghum, corn, peanuts, winter wheat, hay, drybeans and sunflowers are down from last year.

"Some of this year's acreage shifts were a result of higher prices and some were weather related," State Director Robin Roark reported.

Sorghum planted acreage is expected to total 2.8 million acres, down 12 percent from last year. Producers expect to harvest 2.4 million acres, down 16 percent from 2003.

Planted acreage of corn is estimated at 1.8 million acres, down 2 percent from 2003; harvested acreage, at 1.6 million acres, is down 3

Texas's peanut planted acreage is estimated at 260,000 acres, 5 percent less than 2003. Harvested acreage is forecast at 250,000 acres, down 7 percent from 2003.

Acreage planted to soybeans is estimated at 250,000 acres, which is a 25 percent increase from last year. Producers expect to harvest 225,000 acres, 25 percent more than last year.

Planted acreage of winter wheat, at 6.3 million acres, is down 5 percent from last year. Harvested acreage, at 3.7 million acres, is up 7 percent from last year's crop and up 3 percent from the May forecast.

Texas's harvested acreage for all hay is estimated at 4.95 million acres, down 6 percent from last year.

Other planted acreages for 2004 include dry beans at 15,000 acres, down 70 percent and sunflowers at 45,000 acres, down 24 percent from 2003.

United States Upland cotton acreage is estimated at 13.7 million acres, up 3 percent from last year. Corn

See COTTON, Page 8

8 — Sunday, July 18, 2004 — The Pampa News

Drilling

Continued from Page 7

Texas, L.L.C., #7059 L.A. Johnson, 1600' from North & 660' from West line, Sec. 59,M-1,H&GN, PD 13500'

HEMPHILL (WILDCAT & N.W. MENDOTA Granite Wash) Samson Lone Star Ltd. Partnership, #2016 Campbell, 1513' from North & 2594' from East line, Sec. 16,1,I&GN, PD 14000'

ROBERTS (WILDCAT & ALPAR-PEARSON Brown





Dolomite) Range Production Co., #2153 Wood, 2630' from North & 467' from West line, Sec. 153,13,T&NO, PD 5000'. WHEELER (WILDCAT & BUFFALO WALLOW Granite Wash) Peak Operating of Texas, L.L.C., #1051 Finsterwald, 660' from North & West line, Sec. 51,M-1,H&GN, PD 12400'

WHEELER (WILDCAT & STILES RANCH Granite Wash) Newfield Exploration Mid-Con, Inc., #6 Britt Ranch '14', 1150' from South & 2250' from West line, Sec. 4,2,B&B, PD 15700'

Applications to Recomplete HUTCHINSON (NORTH HUTCHINSON Granite Wash) Strat Land Exploration Co., #3 Holt, 467' from North & 2173' from East line, Sec. 52,5-T,T&NO, PD 7200'.

Amended Intentions to Drill GRAY (WILDCAT & EAST PANHANDLE) Chesapeake Operating, Inc., Ashby, Sec. 3,30,H&GN, PD 3900'. Amended well for the following wells: #303, 1260' from North & 560' from East Sec. line.

#403, 1400' from South & 1209' from East Sec. line. HEMPHILL (BUFFALO WALLOW Granite Wash) Upland Resources, Inc., #1 Ramp7Walker '31', 467' from North & 2640' from East line, Sec. 31,A-1,H&GN, PD 12500'. Amended to change well number from #2

Oil Well Completions

WHEELER (WEST BRITT RANCH Granite Wash A) Stallion Energy, Inc., #207 Britt, Sec. 7, A-3, H&GN, spud 2-12-04, drlg. compl 3-30-04, tested 4-4-04, flowed 13.8 bbl of 60 grav oil + 15 bbls. water thru - choke on 24 hour test, GOR 6522, TD 12750', PBTD 12592' -

Gas Well Completions

HEMPHILL (BUFFALO WALLOW Granite Wash) Samson Lone Star Ltd. Partnership, #2 Fillingim '44', Sec. 44,M-1,H&GN, spud 1-31-04, drlg. compl 2-25-04, tested 4-23-04, potential 4777 MCF, TD 13275', PBTD 12682' ----

ROBERTS (TUFFY Upper Morrow) Upland Resources, Inc., #3 Skeeterbee, Sec. 30,44, J.A. King, spud 3-31-04, drlg. compl 6-2-04, tested 6-3-04, TD 8675'

amp

Continued from Page 7

July 30.

Campers also will visit the University's Hastings **Electronic Learning Center** and work with Ron Mashburn, instructor of computer information systems, to research topics ranging from the history of aviation to the international space station. The campers will turn their research into power point presentations for parents and visitors at the camp's graduation luncheon July 30.

During field trips to English Air Field on July 27-28, campers will get an opportunity to see how a hot air balloon works, learn about gliders and view an L-5, a military liaison aircraft from the 1940s. Students will learn about payload success through a balloon launch at the Classroom Center. They also will participate in a variety of simulations including docking, fueling and flight-space experiences.

Cost of the camp is \$150 which includes a camp tshirt, camp patches, field trips, noon meals and materials. For more information, call WTAMU the Education Continuing Center at 806-651-2037.

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Altrusa award

Chleo Worley recently received a 25-year membership plaque from Altrusa International Inc., of Pampa. Worley served as club president from 1983-84 and from 1989-90.



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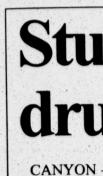
lab."

-Dr. John W.

Pickens College of

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animal science

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to benefit industry, students

WTAMU's Software-Testing Lab to for problems like network stress, denial of Benefit Industry, Students and Curriculum services or virtually any other component

CANYON — The T. Boone Pickens College of Business at West Texas A&M University plans to take a hard look at software when it launches the Software and Networks Security Testing Lab (SoNST Lab) on campus.

Expected to be up and running by Sept. 1, the SoNST Lab will be a self-sustaining entity that industry can utilize to test software (beta testing) or the viability of new software concepts (alpha testing).

Moreover, West Texas A&M administrators say

their facility will be the only software-testing lab of its kind in the southwestern United States.

At the SoNST Lab, researchers will be able to simulate various environments to test software and network security systems

of software quality. As a major component of its testing, the lab will be We greatly able to simulate up to one appreciate these million site hits per secdonors. They will ond. be among the first

Three principal benefactors donated start-up costs and leading-edge equipment totaling about \$200,000 to get the SoNST Lab off the ground. Those benefactors are the Fred and Louise Joachim Foundation; SAGE-Inc. (System Advisory Group Enterprises-Inc.); and Spirent Communications, Inc. "We greatly appreciate

these donors. They will be among the first clients of the software testing lab," Dr. John W. Cooley, dean of the Pickens College of Business, said. "This lab will provide a

See LAB, Page 9

Organic families try eating right at right price

By MICHAEL HILL Associated Press Writer

ALTAMONT, N.Y. (AP) - They buy rice at a co-op, fruit at farm stands and organic beef on Sundays. when supermarkets cut prices to clear the shelves.

Janelle Fletcher and her husband adopted those strategies to achieve two goals that can seem incompatible: Feeding their family of five organic food and staying within a middleclass budget.

Even as organics move

Cotton

Continued from Page 7

acreage, at 81.0 million, is also up 3 percent from 2003, while sorghum acreage is

from its health food niche into the mainstream, premium prices remain in many cases. Health-conscious families are left to find creative solutions to eat naturally on a budget. It can involve a bit of hunting and gathering, bulk-buying, and thinking outside the grocery cart.

"We do eat well despite not being wealthy," Fletcher said. "That's one thing I don't quibble about."

Organic food accounts for slightly less than 2 percent of U.S. food sales. The market has been on a healthy

down 14 percent at 8.1 million acres.

Nationally, producers expect to plant 74.8 million acres of soybeans, up 2 percent from 2003, and 1.4 million acres of peanuts, up 3 percent.

growth spurt. Organic food sales almost tripled from 1997 through 2003 to \$10.38 billion, according to the Organic Trade Association. Industry officials expect the double-digit annual growth to continue.

Mad cow disease scares and concerns about pesticide-laden produce are among the factors cited for organic's popularity. But an overarching reason appears to be that consumers are more interested about what is in their food, whether it's

See EATING, Page 9

Winter wheat planted acreage is estimated at 43.5 million acres, down 3 percent. U.S. producers expect to harvest 34.8 million acres, down 5 percent from last year.

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The SoNS' multiple pur least of wh offer student information exposure to software-tes methodology

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"Anybody organic stuff back," said family live N.Y. "My ch organic chic better. The fa a better qual

Organic fo lier for a nu including hi and econom recent trip t ket showed selling for head than co coli and orga ing a third ribeye steak two dollars

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Cummins buying club bunch of pe purchasing straight fro Liz Welch. in-law, said up with for Minneapoli to order c

Study to explore how certain drugs impact feedlot cattle

CANYON - Dr. Guy Loneragan, assistant professor of animal science and veterinary epidemiologist at West Texas

'Use of antimicrobial drugs in livestock is under scrutiny right now, but there is no evidence as to whether or not it is a safe practice as far as human health is concerned."

> -Dr. Guy Loneragan Assistant professor

evaluate how certain drugs affect feedlot cattle and, ultimately, humans.

"Antimicrobial" is a general term that refers to a group of drugs that includes antibiotics, antifungals, antiprotozoals and antivirals.

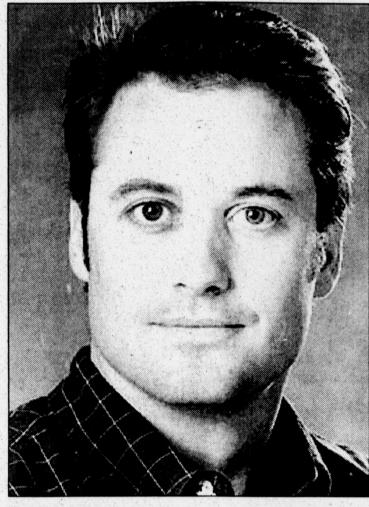
This effort will focus on the antibiotics most commonly used in feedlots. Antibiotics are important drugs used to treat bacterial infections in animals and people. Bacteria that develop resistance to antibiotics become more difficult and expensive to treat; this can result in life-threatening infections.

According to Loneragan, it remains unclear whether treating meat-producing livestock with antibiotics leads to humans being infected with antibiotic-resistant bacteria.

"Use of antimicrobial drugs in livestock is under scrutiny right now, but there is no evidence as to whether or not it is a safe practice as far as human health is concerned," Loneragan said. "At the present time, some people believe antibiotic use in agriculture is a concern while others believe it is of no concern. We will provide sound data that will enable policy makers to formulate regulatory decisions scientifically, not merely speculatively."

Joining Loneragan as investigators are Drs. Mindy

A&M University, will direct a project that has been awarded \$1.47 million in funding by the United States Department of Agriculture's Cooperative State Research Education and Extension Service. The three-year project, "Feedlot production practices and their impact on pre- and post-harvest antimicrobial susceptibility patterns of enteric bacteria," was developed to



Dr. Guy Loneragan

Brashears, a microbiologist at Texas Tech University; Randy Singer, an epidemiologist at the University of Minnesota; and Mike Engler, president and CEO, and Dan Thomson, director of veterinary services, with Cactus Feeders, Inc.

The research team led by Loneragan will conduct two cutting-edge studies, the first of which involves cattle that are fed low doses of antimicrobial drugs. They will look at what happens over time to the animals' bacteria.

In the second study, the team will look at what happens to individual cattle that receive injectable antimicrobial

See PROJECT, Page 12



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"This independent testing **Continued from Page 8**

great service to U.S. indus-

Lab

lab will engage our students and engage our faculty," Dr. Amjad Abdullat, head of the Department of Computer Information Systems, said. pursued each year. "Students who are experi-

by the SoNST Lab is expected to take a minimum of 3-4 weeks, and Cooley said about four projects will be The laboratory will be

Each project undertaken at 806-651-2530 or Dr. Amjad Abdullat at 806-651-2444 aabdullat@mail.wtamu.edu.

try, which invests many billions of dollars in software development annually. Our aim will be to prevent, find and correct defects so that we can help improve software quality and reduce costs associated with developing it."

The SoNST Lab will serve multiple purposes, not the least of which will be to offer students and computer information systems faculty exposure to state-of-the-art software-testing tools and methodology.

Eating

Continued from Page 8

carbs, fat, hydrogenated oils or chemicals. Organic advocates offer one more reason: flavor.

"Anybody who tries the organic stuff, you don't go back," said Fletcher, whose family lives near Albany, N.Y. "My chicken soup with organic chickens is so much better. The fat is better. It has a better quality."

Organic food can be costlier for a number of reasons, including higher labor costs and economies of scale. A recent trip to the supermarket showed organic broccoli selling for a dollar more a head than conventional broccoli and organic carrots costing a third more. Organic ribeye steaks were priced for two dollars more a pound.

Ronnie Cummins of the Minnesota-based Organic Consumers Association said people always ask him how to eat organic affordably. He points them beyond the supermarket.

Cummins suggests food buying clubs, which allow a bunch of people to pool their purchasing power and buy straight from wholesalers. Liz Welch, Cummins' sisterin-law, said her family teams up with four others in their Minneapolis neighborhood to order cases of organic

enced with and capable of performing software testing are a very sought-after commodity. Thanks to this testing lab, our students now will be exposed to and knowledgeable of certain software applications before they even hit the market.

"This will give our students a competitive advantage over graduates from other institutions as we develop a workforce to meet the needs of software and network security segments in Texas."

macaroni & cheese, tomatoes and natural sodas. Cummins also advocates

Community Supported Agriculture, in which people agree to pay a "share" of a farm's operating expenses. In return they get regular deliveries of whatever crop is coming in, be it peas, patty pan squash or rhubarb.

Alice Waters, the Berkeley, Calif., restaurateur and sustainable agriculture guru, advises people to go straight to the source and buy food at farmers' markets. She also says people should grow their own, noting that even city dwellers have access to community gardens.

A keystone of many organic strategies is buying grains and other dry goods in bulk. Local food cooperatives are stocked with bins of brown rice, quinoa, cayenne, raisins and nuts. The cooperatives shave costs by having shoppers provide their own packages. Shoppers also can get discounts in return for working a set number of hours each month.

While buying in quantity makes economic sense, it requires planning. What can a family cook do with a mound of bulgur? Fletcher made organic meatballs. Waters suggests preserving and pickling when possible, like canning tomatoes when the harvest bounty makes them dirt cheap.

Waters admits the organic consumers.org/

located in Classroom Center, Room 104 and will have a dedicated connectivity, which will be physically separate from the University's network.

Researchers will disseminate results through journal and conference publications, technical reports and public domain software.

For more information about the Software and Networks Security Testing Lab at West Texas A&M University, contact the **Pickens College of Business**

lifestyle can be time-consuming but said the canning, pickling and preparation can be an enjoyable activity shared by the family.

And yes, getting kids to eat their grains can be a challenge. But parents report success.

"I've convinced my 6year-old to eat oatmeal and raisins in the morning instead of what he'd like to eat, which would be a breakfast cereal with a lot of sugar in it," Cummins said.

The good news, in Cummins' view, is that it's getting easier to root out organic bargains. He said the organic market is getting big enough so that sales are more common. Holly Givens of the Organic Trade Association said the margin between organic and conventional products has been closing.

Higher prices linger, though. Fletcher recalls passing over tempting organic strawberries for \$3.50 a pint after seeing nonorganic berries at half the price.

"I could get two of them for the same price, so I didn't buy (organic)," she said.

On the Net:

Organic Trade Association: http://www.ota.com Consumers Organic

Association: http://www.organic-

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10 — Sunday, July 18, 2004 — The Pampa News

Sports Day

Ruidoso Downs track says field set for Zia Futurity

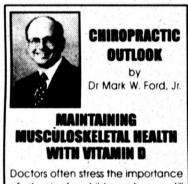
field for one of the richest will run on Aug. 1 as part of New Mexico bred races ever the annual Zia Festival with took shape last week, more than \$900,000 in pursaccording to a press release es scheduled to be distribfrom Ruidoso Downs Race uted over 11 races.

'He was easily the best horse. at least the second half of the race. I think he'll be tough in the final."

- Freddie Martinez Jockey

Track & Casino, as 14 time trails were run at Ruidoso Downs.

With a final purse of more than \$315,000, Jackspots led a stout group of home breds as the fastest qualifier for the Zia Futurity, the release said.



of vitamins for children who are still growing. Doctors of chiropractic size how important nutrients

NEW MEXICO — The The final of the Zia Futurity

Racing for owner Edwin Mayer of San Angelo, Jackspots broke alertly but found himself behind New Mexico Spring Futurity winner Famous Phoebe, the track release reports. Half-way through the 400 yard race, the son of Jacksboro exploded, passing the early leader and Call Me Fast First to win by a half-length while stopping the electronic timer in :19.428.

Jacksboro, trained by Fred Danley, notched his second win from three lifetime Jockey Freddie races. Martinez, who ironically picked up the mount from absent Alvin Brosette, was elated with the horse's effort.

"He just kind of ran with the pack for a while," the winning jockey said. "But then he just exploded. He was easily the best horse, at least the second half of the race. I think he'll be tough in the final."

Qualifying second while annihilating his competition was Ruidoso Quarter Horse Sale Futurity winner Win Mir, the press release said. The son of Dean Miracle won the eighth trial heat of the day by a widening three lengths. The win was Win Mir's third straight over the Ruidoso Downs racing strip. "He seems to love this race track," said trainer Blane Wood. "He's put daylight between him and his



Texas

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the "ping" of There is minum bats League, the league in t players.

More tha 75 colleges pion Cal-Sta 12 schools gural TCL s playing 54 early Augus

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ngeles, 29; Womack, St. I

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Blalock, Texas

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CGuillen, Det

Damon, Bosto

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Tampa Bay, 5

24; Blalock, T

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Cleveland, 16

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York, 63.

STRIKEOU

are for seniors and the elderly as well. Research indicates that up to one-third of all people age 65 and older and up to half of those over age 80 suffer injuries from falls. Vitamins may help reduce the number of falls.

Researchers reviewed five studies involving more than 1,200 patients who took a certain amount of vitamin D per day, usually with calcium. After adjusting for study differences, they concluded that vitamin D intake reduced the odds of falling by 22 percent, compared with patients who received either calcium or placebo. The reduction in falls was attributed to the favorable effect of vitamin D on muscle strength. Patients who took higher doses of vitamin D, 700 to 800 international units (IU) daily, fared better than patients receiving 400 IU per day. In at least one study, vitamin D appeared to reduced the risk of falls

Your chiropractor, who specializes in the maintenance of a healthy musculoskeletal system, can advise you on nutrients that will help strengthen bones and muscles. In addition to supplements, you can also add vitamin D fortified foods and beverages to your diet, or increase sun exposure as long as precautions against UV rays are taken.

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See RACE, Page 11

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Pampa News photo by ReDONN WOODS

Ray Boring and Rusty Tapp show off two sets of golf clubs to be given away at Pampa Lions Club Day/Night Golf Scramble Friday, Aug. 6 at Hidden Hills Golf Course. Registration for the golf scramble is set for 5:30 p.m. Hamburger and drinks will be provided. There is a \$45 entry fee for participants. For

more information, call Hidden Hills at 669-5866 and ask for David.

PHS football camp starts July 19, Ralph Depee, D.D.S. organizers still accepting entries Member American Association The Pampa High School of Orthodontists Football Camp is just around Orthodontics For the corner. The camp, open to grades Children and Adults 3-9, starts Monday, July 19, and lasts through Friday, Free exam and estimate of cost July 23. Third through sixth grade Free second opinion players can expect to attend 8a.m. to 11a.m. each day. Insurance filed Seventh through ninth grade players will attend from 1304 Coffee St. 5p.m. to 8p.m. each day.

All players are to report to Harvester Field.

Registration forms are at Holmes available

Sporting Goods, 304 South August 20 at 7:00 p.m. Cuyler in Pampa or at the PHS athletic office, 101 Randy Matson.

Compete the form and return it along with payment to: PHS Football, 111 East Harvester, Pampa, Tx 79065 Registration fee is \$50 per

camper. Players can also register at the field on the first day of reporting.

For more information, at 669-4830.

be a scrimmage against Frenship at Nazareth on

Junior Varsity also has a scrimmage against Frenship at 5:00p.m. that day in pampa.

On August 27 there will be a Varsity game against Perryton at Perryton at 7:30p.m.

The first home game for the Varsity Harvesters will be on September 3 at 7:30 p.m. against Clovis.

Other highlights of the please contact the Pampa season's schedule are High School athletic office Homecoming on October 1 at 7:30 p.m. against The first game for the Plainview and Senior Night Harvester varsity team will on November 5 at 7:30 p.m. against Caprock.

PITCHING Mulder, Oakla PMartinez, Bo 4.12; Schilling .727, 2.00.



Continued

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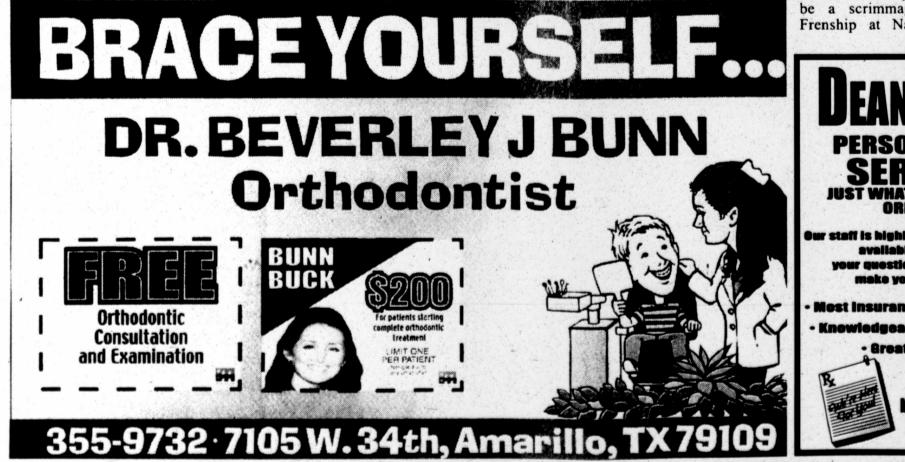
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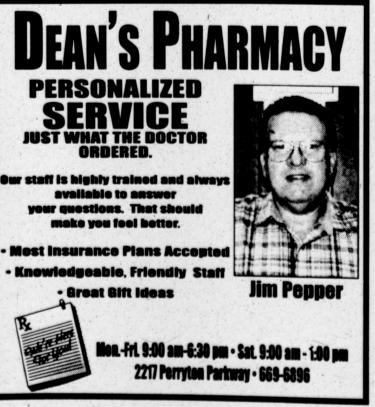
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Texas Collegiate League

No pings, only cracks, in collegiate league

WEATHERFORD, Texas (AP) -Spent sunflower seeds litter the ground. Rock music blares from the stadium speakers as the college players take pregame batting practice.

The hitters pepper baseballs many tattered and worn, none newly white — to all parts of the field. Some are caught by players in the outfield, a few fly over the wall.

But something is missing. Where's the "ping" of the bat?

There is none. There are no aluminum bats in the Texas Collegiate League, the first wooden-bat summer league in the Southwest for college players.

More than 200 players from about 75 colleges — including NCAA champion Cal-State Fullerton and eight Big 12 schools — are playing in the inaugural TCL season. The eight teams are playing 54-game schedules through early August.

"It's a competitive atmosphere ... really good baseball," said Travis Reagan, a catcher from Rice who lives in Lubbock. "It's not like I'm taking a summer off just because I want to be close to home."

Instead of having to go to the Cape Cod League in Massachusetts or where the pay is low and the days are

maybe Alaska to play in a wooden-bat league, Reagan got to stay in Texas with the Weatherford Wranglers.

The players, because of their amateur status, don't get paid. They live with host families and some even have part-time jobs during the day.

Alex Rollin, a pitcher from Cal Berkeley, is spending the summer in a house on the lake with his host family. But it's not like a vacation.

While he jokes about being a secretary at a real estate office, where his primary duty is answering the phone, that job allows him to earn some money before his daily routine as a pitcher for the Graham Roughnecks.

"I wake up at 7 a.m., my host family will feed me breakfast and take me to my job," Rollin said. "I work from 8-12, probably take a little nap and get a little sleep, then about 3:00 or so, I get ready for the game and head to the field, warm up and play our game. Then I do it all over again."

That is part of the experience of the TCL, which like other summer leagues provides more than just a chance to play with wooden bats. Professional prospects get a taste of what things might be like in the minor leagues,

The only thing missing are overnight trips, since the longest bus ride is only about two hours. Most are much shorter.

But adjusting to the wooden bats is still the hardest part for most players.

"It took me a couple of games and a few round of batting practice to get the timing down," said Weatherford third baseman Braedyn Pruitt, the Atlantic Sun Conference's top freshman last spring after hitting .337 at Stetson. "It's a smaller sweet spot, but it doesn't seem so bad any more."

Pruitt, like Reagan and Rollin, played in the TCL's first All-Star game. In the first 22 games, Pruitt hit .296 with three home runs, just one less than he had in 56 college games.

Wayne Poage began considering the TCL five years ago when he was athletic director at Dallas Baptist and somebody approached him with the idea. Last summer, Poage finally got the needed financial backing from former Texas Rangers minority owner Gerald Haddock and the league was put together in 10 months - about half the time normally needed to for

Hamilton pulls out of Tour de France

The Pampa News — Sunday, July 18, 2004 — 11

By JEROME PUGMIRE **Associated Press Writer**

PLATEAU DE BEILLE, France (AP) - American rider Tyler Hamilton pulled out of the Tour de France because of an ailing back Saturday, eliminating one of the top threats to Lance Armstrong's bid for a record sixth straight title in cycling's premier race.

Hamilton, who rides for Phonak, climbed into a team vehicle shortly before the halfway mark in the 13th stage, a 127.7-mile course from Lannemezan to Plateau de Beille.

His severe back pain was less noticeable in the early, flat stages than in the Pyrenees, which the race entered Friday.

"He has bruising all down the left of his back," Phonak manager Urs Freuler said. "When you are in a climb you need the output from the back muscles. Tyler could not generate the power only from his legs."

"Yesterday (Friday) was not so good, and so this morning we knew he had this problem," Freuler added. "It is not a happy situation for us, but the rest of the team is very strong."

Freuler said Hamilton, a former U.S. Postal Service teammate of five-time Tour winner Armstrong, was not immediately available for comment.

In the sixth stage July 9, Hamilton fell hard in a big crash and hurt his back in a pileup, landing on the pedal of another bike.

The 33-year-old cyclist from Marblehead, Mass., also had been "very upset" the past two days after his dog, Tugboat, was euthanized after being diagnosed with cancer, the Tour's Web site said.

On Friday, Armstrong built an impressive lead over his top rivals. He finished 3 minutes, 27 seconds ahead of Hamilton, extending his overall lead to 4:22 over the Phonak leader, who was in 20th place.

A year ago, Hamilton thrilled crowds by riding most of the Tour with a broken collarbone sustained in an early crash. He finished fourth in the 2003 Tour and had hopes of winning this year after switching from Team CSC.

Hamilton, equally adept at mountain climbing and time trials, broke his back in 1992 while training with the University of Colorado's Alpine ski team.



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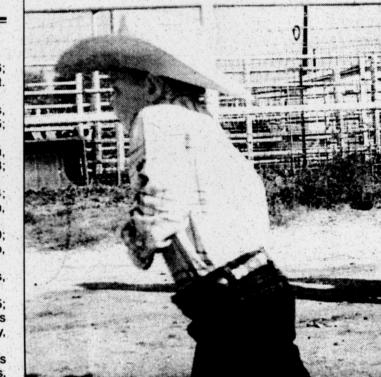
Margaret Hill

DOUBLES-Overbay, Milwaukee, 37; DeLee, Chicago, 30; Matsui, New York, 29; Loretta, San Diego, 29; Castilla, Colorado,

TRIPLES-JWilson, Pittsburgh, 7; Pierre, Florida, 7; DRoberts, Los Angeles, 6; 9 are tied with 5

HOME_RUNS-Thome, Philadelphia, 29; Dunn, Cincinnati, 25; Pujols, St. Louis, 23; Bonds, San Francisco, 23; Beltre, Los Angeles, 22; JDrew, Atlanta, 21; Edmonds, St. Louis, 21; SFinley, Arizona, 21

STOLEN BASES-Podsednik, Milwaukee, 35; DRoberts, Los ngeles, 29; Pierre, Florida, 21; BAbreu, Philadelphia, 20; Rollins, Philadelphia, 16; Freel, Cincinnati, 15; Izturis, Los Angeles, 14



Major League Leaders

By The Associated Press

NATIONAL LEAGUE

BATTING-Bonds, San Francisco, 362; Helton, Colorado, 346; Casey, Cincinnati, .345; Overbay, Milwaukee, .338; Rolen, St. Louis, .332; JWilson, Pittsburgh, .329; JEstrada, Atlanta, .328.

RUNS-Pujols, St. Louis, 75; BAbreu, Philadelphia, 73; Bonds, San Francisco, 71; Helton, Colorado, 67; JDrew, Atlanta, 65; Clayton, Colorado, 65; LGonzalez, Arizona, 62.

RBI-Rolen, St. Louis, 82; Castilla, Colorado, 74; BAbreu, Philadelphia, 64; Thome, Philadelphia, 64; Pujols, St. Louis, 63; Overbay, Milwaukee, 62; Burrell, Philadelphia, 62

HITS-JWilson, Pittsburgh, 118; Loretta, San Diego, 114; Overbay, Milwaukee, 113; Pierre, Florida, 110; Biggio, Houston, 109; Helton, Colorado, 104; Rolen, St. Louis, 104.

29; JEstrada, Atlanta, 28; Helton, Colorado, 27.

such a venture.

Womack, St. Louis, 14; RSanders, St. Louis, 14.

PITCHING (10 Decisions)-Milton, Philadelphia, 11-2, .846, 4.62; Schmidt, San Francisco, 11-2, .846, 2.51; PWilson, Cincinnati, 9-2, .818, 3.59; Clemens, Houston, 10-3, .769, 2.62; VSantos, Milwaukee, 9-3, .750, 3.80; Ishii, Los Angeles, 11-4, .733, 3.94; Lima, Los Angeles, 8-3, .727, 4.32.

STRIKEOUTS-RJohnson, Arizona, 154; Schmidt, San Francisco, 134; BSheets, Milwaukee, 133; Clement, Chicago, 128; Clemens, Houston, 121; OlPerez, Pittsburgh, 117; Oswalt, Houston, 116.

SAVES-Graves, Cincinnati, 33; Benitez, Florida, 30; Kolb, Milwaukee, 27; Gagne, Los Angeles, 24; Hoffman, San Diego, 23; Mesa, Pittsburgh, 23; Herges, San Francisco, 22; Isringhausen, St. Louis, 22

BATTING-IRodriguez, Detroit, .362; Mora, Baltimore, .347; MRamirez, Boston, .342; VGuerrero, Anaheim, .341; MYoung, Texas, .332; ASanchez, Detroit, .325; CGuillen, Detroit, .325.

RUNS-VGuerrero, Anaheim, 74; Lawton, Cleveland, 71; Damon, Boston, 70; CGuillen, Detroit, 66; Crawford, Tampa Bay, 65; MYoung, Texas, 65; ARodriguez, New York, 63; Sheffield, New York, 63.

RBI-DOrtiz, Boston, 78; VGuerrero, Anaheim, 77; MRamirez, Boston, 77; Tejada, Baltimore, 75; VMartinez, Cleveland, 70: Blalock, Texas, 69; CGuillen, Detroit, 67.

HITS-MYoung, Texas, 128; ISuzuki, Seattle, 121; VGuerrero, Anaheim, 120; IRodriguez, Detroit, 116; Crawford, Tampa Bay, 113; CGuillen, Detroit, 110; Blalock, Texas, 109; ASoriano, Texas, 109; Damon, Boston, 109; MRamirez, Boston, 109.

DOUBLES-DOrtiz, Boston, 33; THafner, Cleveland, 30; MRamirez, Boston, 28; Belliard, Cleveland, 27; BRoberts, Baltimore, 26; VMartinez, Cleveland, 25; VGuerrero, Anaheim, 25.

TRIPLES-Figgins, Anaheim, 13; Crawford, Tampa Bay, 12; CGuillen, Detroit, 8; MYoung, Texas, 6; Infante, Detroit, 5; JoCruz, Tampa Bay, 5; Lofton, New York, 5.

HOME RUNS-MRamirez, Boston, 26; ARodriguez, New York, 24; Blalock, Texas, 23; DOrtiz, Boston, 23; Konerko, Chicago, 22; VGuerrero, Anaheim, 20; Teixeira, Texas, 19.

STOLEN BASES-Crawford, Tampa Bay, 38; BRoberts, Baltimore, 22; ISuzuki, Seattle, 21; Figgins, Anaheim, 20; ASanchez, Detroit, 18; ARodriguez, New York, 18; Lawton, Cleveland, 16.

PITCHING (10 Decisions)-CILee, Cleveland, 10-1, .909, 3.81; Mulder, Oakland, 12-2, .857, 3.21; Rogers, Texas, 12-3, .800, 4.21; PMartinez, Boston, 10-3, .769, 3.64; Buehrle, Chicago, 9-3, .750, 4.12; Schilling, Boston, 11-4, .733, 3.16; JRincon, Minnesota, 8-3, .727, 2.00.

Big money is right. The

Zia Futurity was first run in

1991 with a purse value of \$14,750. This year's winner

will receive a check for

more than \$151,000 or more

Pampa News photo by DELLA MOYER

Little rodeo-goer

Kyler McClendon of Miami at the JRCA Rodeo recently.

Martin Road lake to benefit from fish-stocking program

Each year, the Inland news release said. Fisheries Division of the able-size channel catfish nity fishing lakes statewide Fishing program. This program is designed to provide increased fishing and natural resource education opportunities for city residents and children.

Martin Road community fishing lake in Amarillo will be stocked with channel cat-Aug. 19, and will receive website approzimately 22,000 fish, a www.tpwd.state.tx.us.

A valid Texas fishing Texas Parks and Wildlife license is required for any-Department stocks catch- one that doesn't meet state exemption guidelines. There into more than 200 commu- is a minimm length limit of 12 inches and a daily bag as park of the Texas Urban limit of five catfish in any combination on all community fishing lakes. Only fishing by pole and line is permitted.

For more information on statewide and community fishing regulations consult a 2003-2004 Texas Parks and Wildlife Outdoor Annual fish throughout the summer. available at any license The lake will be stocked retailers or the Texas Parks with fish on July 22 and and Wildlife Department

GOOD DURING JULY 2004 ONLY!

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Race

Continued from Page 10

competition since we brought up to Ruidoso than 10 times the value of Downs. That's certainly a the first Zia Futurity, the nice type of horse to have release from the race track when we run back in the final for the big money."

GOOD DURING JULY 2004 ONLY! GET YOUR "FRIEND" TO BUY 1/4 PAGE AT REGULAR PRICE AND GET A 1/4 PAGE FOR YOUR BUSINESS FREE BOTH ADS MUST RUN BEFORE DISCOUNT IS RECEIVED

said.

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12 — Sunday, July 18, 2004 — The Pampa News



Jerry Taylor, front, and Jerry Foster, both of Amarillo, battle it out at the lawnmower races in Pampa recently.

Project

Continued from Page 9

drugs through therapeutic treatment of pneumonia.

"Cactus Feeders' collaboration is a testament to the cattle-feeding industry's desire to provide consumers with

sure that their production decisions are based on sound data. Their involvement shows that they want quality data just as much as the United States Department of Agriculture does."

The study will be conducted in one of Cactus Feeders' large feedyards in Texas.

"U.S. beef is the safest in the world, but we can't rest on our laurels," Loneragan said. "Everyone involved in

lot of respects is the economic lifeblood of the Texas Panhandle."

Students at West Texas A&M will benefit from the project, too. Loneragan said that it will be a tremendous opportunity for graduate students to get hands-on experience at the front line of beef cattle research that will include advanced analytical epidemiology, cutting-edge DNA fingerprinting, and determining how bacteria grow in

Free Water For Final Rince Wash Levels... \$5 Regular • \$6 Deluxe • \$7 Super 11824 HWY. 60 • 669-2750 COMPLETE BRAKE REPAIR SHOCKS/STRUTS AUTO & TRUCK TIRE REPAIR COMPUTER DIAGNOSTICS VISA NHEEL ALIGNMENT "We Sell Name Bratid Tires"

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- CARTER

than 10 The PH Starla K All U Official "Reco importar Dr. Ge "Certain ners sho dedicatio

the most wholesome product possible," this exciting research is interested in different antimicrobial concentrations. Loneragan said. "They want to make enhancing the safety of beef, which in a

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Sunday, July 18, 2004 — The Pampa News

Lifestyle

NEWSMAKERS

Ben Watson, of the financial-services firm Edward Jones, recently achieved the professional designation of Accredited Asset Management Specialist.

Watson successfully completed the Accredited Asset Management Specialist or AAMS Professional Education Program from the Denver-based College for

Financial Planning. Those who complete the program, pass a final exam, and sign a code of ethics and disclosure form earn the AAMS designation.

This advanced training offers investment professionals the hands-on information needed to provide planning-oriented advice. Study topics range from understanding the asset management process to understanding asset allocation and strategies.



Watson

Edward Jones traces its roots to 1871 and currently serves more than 6 million clients. The firm offers clients a variety of investments, such as certificates of deposit, taxable and non-taxable bonds, stocks and mutual funds.

FORT WORTH — Tammy Wilbon, a former Pampa High School student and teacher, was named to the Dean's List for the fall 2003 and spring 2004 semesters at Texas Wesleyan University School of Law.

Ms. Wilbon, daughter of Charles and JoAnn King, earned a scholarship in the amount of \$2,000 for academic performance. She attends law school part-time and teaches English at Nimitz High School in Irving.

A resident of Arlington, Ms. Wilbon is currently undecided as to what specified area of law she will practice upon completion of her law degree.

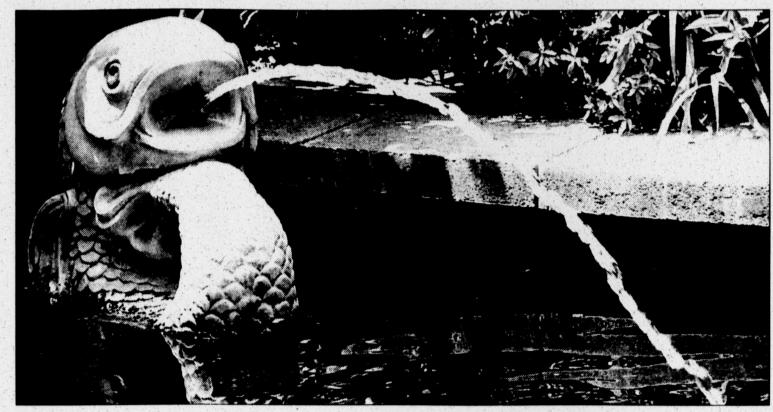
The United States Achievement Academy recently announced Pampa High School student Kelsie Wyatt was named an United States National Award Winner in honor roll.

The Academy bestows USAA awards upon fewer than 10 percent of all American high school students. The PHS student was nominated for the award by Starla Kindle, a counselor at PHS.

All USAA award-winners will appear in the USAA Official Yearbook, published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history," said Dr. George Stevens, USAA executive director. "Certainly, United States Achievement Academy winners should be congratulated and appreciated for their dedication to excellence and achievement."

The Academy selects USAA winners based upon the exclusive recommendation of teachers, coaches, counselors and other qualified sponsors. Other criteria includes academic performance, interest and aptitude, leadership qualities, responsibility, enthusiasm, motivation to learn and improve, citizenship, attitude and cooperative spirit and dependability. Wyatt is the daughter of Kelly and Brandi Wyatt of Pampa and is the granddaughter of Monty and Ettavie Michael and Joe and Wynona Gilleland, all of Pampa, and Ralph Wyatt of Clovis, N.M.



A fish-shaped fountain is tucked in one corner of a koi pond at the home of Paul and Laverne Coronis, 1917 Mary Ellen.

Water gardens attract visitors

By MARILYN POWERS Staff Writer

Water gardens and koi fish ponds are growing in popularity with Pampa area homeowners, according to Loyd Waters of Las Pampas Koi and Water Garden Society.

The society sponsored its seventh annual water garden tour Saturday of 15 gardens in and near Pampa. The number of gardens on the tour was down from last year due to damage caused by the severe thunderstorm which hit Pampa on June 21, although the number of water gardens and fish ponds in and around the city is growing, Waters said.

Saturday's schedule featured a twilight tour as well as a daylight tour. The twilight tour, from 8:30 to 11 p.m., was as well-attended last year as the daylight tour, held this year from 10 a.m. to 5 p.m., Waters said. Not all gardens were on both tour lists.

Each year, the tours draw between 500 and 600 viewers, Waters said.



This koi pond features a waterfal

Ryan Dean Bennett of Pampa, son of Nadine Bennett and the late Ronnie Bennett, was recently selected by Clarendon College for inclusion in the 2004 edition of Who's Who Among Students in American Junior Colleges.

Students are chosen for this honor by a campus nomination committee and by editors of Who's Who. The honor is awarded to students who display academic achievement and who participate and exercise leadership in extracurricular activities.

Over the past 38 years, the Who's Who program has honored and rewarded the individual scholastic excellence of outstanding campus leaders.

The annual directory was first published in 1966.

STILLWATER, Okla. — A total of 2,449 students were recently awarded degrees from Oklahoma State University at the conclusion of the 2004 spring semester, according to the Office of the Registrar.

Students earning diplomas included Amanda Deeanne Taylor, bachelor of science degree, of Canadian; Kristi Danielle Walling, BS, of Pampa; and Lauren Diane Weaver, BS, of Wheeler.

Club news

Club news is published strictly on a first come, first serve basis due to space limitations. The deadline each week for Sunday's paper is Wednesday at 5 p.m., (Tuesday at 12 noon on holidays such as Thanksgiving and Christmas.) The deadline does not guarantee publication that week. Thank you.

Altrusa

Altrusa International Inc., of Pampa met July 13 at Pampa Country Club with President Billie Dixon presiding. Jane Jacobs and Myrna Orr served as greeters. Monica Pfitzner attended as a guest.

The following business was conducted and announcements made:

-The club regretfully accepted resignations from Cindy Aler, Jackie Collins

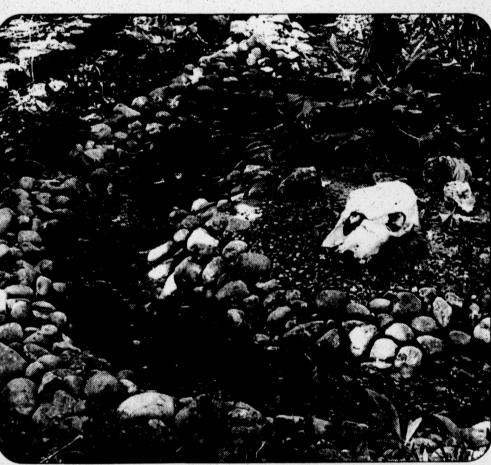
and Mina Graham. —Jane Jacobs was appointed recording secretary to replace Aler. —The proposed 2004-2005 budget was accepted. —Chleo Worley was presented a 25-year member-

ship plaque. —Anne Stobbe, Aler and Joan Gray-Soria received award certificates for outstanding service.

-Rochelle Lacy reported on ASTRA Club's summer "Lunch in the Park" project. The club has been assisting with the lunch program at Marcus-Sanders Park.

-Myrna Orr reported that Pampa Regional Medical Center Auxiliary made a donation of gift items to be given to Schneider House in Pampa.

The next meeting will be at 7 p.m., July 27 at Pampa Country Club.



Gene and Esther McAdoo, 915 N. Gray, created a stream which winds across their back yard to a koi pond.



at one end at the home of Gerald and Charlene Wright, 501 N. Nelson.

Pampa News photos by Marilyn Powers



A well-rounded frog is one of several lawn ornaments at the home of Gerald and Charlene Wright, 501 N. Nelson.

A fire plug, firefighter's hat and Dalmatians hint at the owner's profession in the water garden of Gary and Donna Stevens, 1019 N. Frost. Stevens is fire marshal for the City of Pampa.



An old-fashioned water pump

serves as a water fountain in

the back yard of Loyd and

Thelma Waters, 1939 Evergreen.

2-B — Sunday, July 18, 2004 — The Pampa News

Justice of the Peace Joe Martinez unites Pampa couple in marriage

Sheila Puentes and Kenton Cargal, both of Pampa, were wed June 28 by Justice of the Peace Joe Martinez at the office of the Justice of the Peace.

The maid of honor was Arlene Puentes of Pampa.

The groom's attendants were Kandi and Kristen Cargal of Pampa.

The newlyweds were blessed by Pete Hernendez at 1138 S. Faulkner following the ceremony.

The bride is the daughter of Raymundo and Esperanza Puentes of Pampa. She is set to graduate from Pampa Independent School District in 2005 and plans to pursue a nursing degree at Clarendon College with the goal of becoming a registered nurse.

The groom is the son of Ken and Dorinda Cargal of Pampa, is the grandson of Kenneth and Marlene Hamby of Miami and Loren and Ina Cargal (deceased) of Skellytown and is the great-grandson of Buna Gudgel of McLean. He also will graduate from PISD in 2005 and plans to major in mechanics at Clarendon College following graduation.

The newlyweds intend to make their home in Pampa.

Sheila Puentes and Kenton Cargal

Waterbury anniversary dinner in offing



Mr. and Mrs. Edwin Waterbury of Pampa will celebrate their 50th wedding anniversary with a family dinner July 24 at Pampa Country Club.

Edwin Waterbury and Patsy Cheek were married at 4 p.m. July 25, 1954, at the Full Gospel Church in Perryton with the Rev. Olen Bachler officiating.

The couple has pastored churches in various parts of the country, most recently at Balko Apostolic Faith Church in Balko, Okla.

Mrs. Waterbury is originally of Perryton.

Children of the couple are Kayla and Jim Best of Katy, Keith and Robin Waterbury of Plano and Kylon and Christine Waterbury of

Menus

Week of July 19-23

PISD Summer Nutrition Program MONDAY

Breakfast: French toast sticks.

Lunch: Steak fingers or pizza, mashed potatoes, green beans, peaches, rolls. TUESDAY

Breakfast: Scrambled eggs, toast.

Lunch: Chicken nuggets or pizza, mashed potatoes, English peas, pineapple, rolls.

WEDNESDAY

Breakfast: Pancakes. Lunch: Cheese nachos or pizza, pinto beans, Spanish rice, sliced apples. THURSDAY

Breakfast: Apricot Fruit-A-Roo.

Lunch: Chicken salad sandwiches or pizza, vegetarian beans, carrot stocks/dip, peaches.

FRIDAY Breakfast: Cereal, toast. Lunch: Hamburgers or French fries, pizza, lettuce/tomatoes, pickles, pears, pudding.

Lunch in the Park MONDAY

Lunch: Pizza, trail mix, fruit cups, milk. TUESDAY

Lunch: Ham sandwiches, cheese portion, juice, fruit cups, milk. WEDNESDAY

Lunch: Hamburgers, cheese portion, pickles, fruit cups, milk.

THURSDAY Lunch: Chicken salad sandwiches, carrot sticks, fruit cup, milk.

FRIDAY Lunch: Bean burrito, trail mix, fruit cups, pudding, milk.

> **Kid's Cafe JULY 20**

Ravioli, corn, green beans, pears, garlic toast. **JULY 22**

mushroom chicken/angel hair pasta, mashed potatoes, cream corn, Italian green beans, beans, strawberry cake or chocolate pie, slaw, tossed or jello salad, hot rolls or combread.

TUESDAY Leg quarters and stuffing/giblet gravy or Salisbury steak, scalloped potatoes, spinach, beets, beans, spice cake or cherry cheesecake, slaw, tossed or jello salad, hot rolls or

combread. WEDNESDAY

beef Roast brisket/brown gravy or cook's choice, mashed potatoes, okra, carrots, beans, red velvet cake or blackberry cobbler, slaw, tossed or jello salad, hot rolls or cornbread.

THURSDAY

Chicken strips or barbecued sausages/onion rings, potato salad, English peas, cheesey hominy, beans, cinnamon swirl cake or coconut cream pie, slaw, tossed or jello salad, hot rolls or cornbread.

FRIDAY

Catfish/hushpuppies or moch filet mignon, potato wedges, turnip greens, blackeyed peas, devilsfood cake or tapioca cups, slaw, tossed or jello salad, garlic bread, hot rolls or cornbread.

Meals On Wheels MONDAY

Spaghetti, meat sauce, green beans, bread sticks, blueberries.

TUESDAY Polish sausage, cheese grits, mixed greens, cake.

WEDNESDAY Tater tot casserole, cabbage, blackeyed peas, pumpkin bars.

THURSDAY

pinto beans, combread,

pudding.

Ham, breaded okra,

Mr. and Mrs. Edwin Waterbury

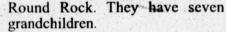


Amy Hayes & Ben Rodriguez Naomi Reeder & Matthew Kirkpatrick Kim Jones & Josh Ellis Mayla Conner & Ricky Arreola Monica Gutierrez & Stephen Vanderpool Mandy Baggett & Bradley Sherman

On Eagle's Wings 113 N. Cuyler 2665-0614 2006 900 6 900 9 9

EVERYTHING

Downtown Pampa • 669-1091



Hamburgers, burger salad, chips, fruit, cookies. Senior Citizens MONDAY

Chicken fried steak or

FRIDAY Chicken alfredo, asparagus, garlic bread, pears.

Jones, Ellis to make home in Alabama

Kimberlee Jones of lowing the service in the par-Pampa and Joshuah Ellis of Madison, Ala., were wed July 3 at the First Christian Church building with Kurt Jones, evangelist at the Church of Christ in Rosenberg, officiating.

The maid of honor was Caryn Lowrey. The bridesmaids were Amber Jones of Rosenberg and Sarah Ellis of Pampa.

The best man was Dan Chaney of Gainesville, Fla. The groomsmen were Chris Tucker of Phoenix, Ariz., and Dylan Ellis of Pampa. The ushers were Matt. Cobb of White Deer, Dagan McCann of Pampa and Kaleb McCann of Oklahoma. The candlelighters were Lindsey Couts of Pampa and Patricia' Gregory of Santee, Calif.

Joni Davis of Pampa. A reception was held fol- home in Madison.

GOING OUT OF BUSINESS

NEW MARKDOWNS!

HURRY IN FOR BEST SELECTION

lor of the church building with Lena Mendoza, Kavla Mendoza, Margo Mendoza and Lauren Couts, all of Pampa, and Marilyn Gregory of Santee serving the guests.

The bride is the daughter of Kent and Karen Jones of Pampa. She graduated from Pampa High School in 2000 and attended Frank Phillips College for two years.

The groom is the son of Clint and GayLynn Couts of Pampa and Justin Ellis of McAllen. He graduated from PHS in 2000, attended Frank Phillips College for two years and Texas Tech University for one year. He is currently enrolled in a preacher training program in Madison. The newlyweds honey-

Registering the guests was mooned in Williamsburg, Va., and intend to make their



Joshuah Ellis and Kimberlee Jones

Lifestyles Policy

1. The Pampa News will not be responsible for photographs used in announcing births, weddings, engagements or anniversaries. We also reserve the right to refuse publication of photographs of poor quality. Photographs cannot be returned unless they are accompanied by a self-addressed, stamped envelope. They may be picked up in the office after appearing in the paper.

2. All information must be submitted by 5 p.m. Wednesday (12 noon Tuesday before a holiday such as Thanksgiving or Christmas), prior to Sunday insertion.

3. Engagement, wedding and anniversary news only will be printed on Sunday.

4. Engagement announcements will be published if the announcement is submitted at least one month before the wedding, but not more than three months before the wedding.

5. Bridal photos and information will not be accepted in The Pampa News office later than one month past the date of the wedding.

6. Anniversary announcements will be published for celebrations only of 25 years or more and will not be published more than four weeks after the anniversary date.

7. Birth announcements will only be published for 0- to 3-month-olds. (See form for more details.)

8. Forms are available from the office 8 a.m. to 5 p.m., Monday thru Friday, or by sending a SASE to The Pampa News, P.O. Box 2198, Pampa, TX 79066-2198.

9. Two anniversary pictures may be placed for a \$25 charge or four extra lines may be added to announcements for \$25 (\$50 for both).

The Pampa News — Sunday, July 18, 2004 — 3-B

CLINIQUE BONUS TIME

Mini Wristlet in Lavender Satin

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Acne Solutions Spot Healing Gel

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Clinique Makeup Quad: NEW Eye Shadow Velvet in Beige Velvet, NEW Eye Shadow Soft Shimmer in Sierra Glaze, Soft-Pressed Powder Blusher in Plum Gorgeous, Long Last Soft Shine Lipstick Mini in Berry Freeze

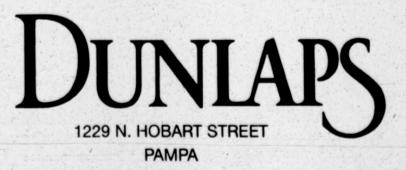
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Yours with any Clinique purchase of \$19.50 or more.

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4-B — Sunday, July 18, 2004 — The Pampa News

Sark, Duke make New Mexico, **Colorado honeymoon destination**

Cherie Sark of Pampa and Robert Duke Sr. of Darrouzett were wed June 12 at First United Methodist Church in Canadian with Less Hall officiating.

The bridal attendant was Charla Shults, twin sister of the bride of Pampa. The flower girl was Casey Sark, daughter of the bride of Pampa.

The best man was Kay Duke, brother of the groom of Darrouzett.

The ushers and candlelighters were Blake Sark, son of the bride of Pampa, and Robert Duke Jr. and Draylen Duke, both sons of the groom of Darrouzett.

Registering the guests was Christle Brown, sister of the bride of Panhandle.

Music was provided by K'Leigh Duke, niece of the groom, and Brett Duke, cousin of the groom, both of Darrouzett.

A reception was held following the service in fellowship hall of the church with Caryn Lowrey of Amarillo, Kim Jones and Ashley Winton, both of Pampa, and Tina Godino of Canadian serving the guests.

The bride is the daughter of Dorothy and Phil Pennington of Grapevine and Bill and Linda Frost of Pampa. She is a graduate of White Deer High School and worked at Cable One for the last five years.

The groom is the son of Bessie Lea and Bob Duke of Darrouzett. He graduated from Darrouzett High School and in addition to farming and ranching in Lipscomb County manages Howard Equipment in Booker.

The newlyweds honeymooned in New Mexico and Colorado and intend to make their home in Darrouzett.

Cradle call

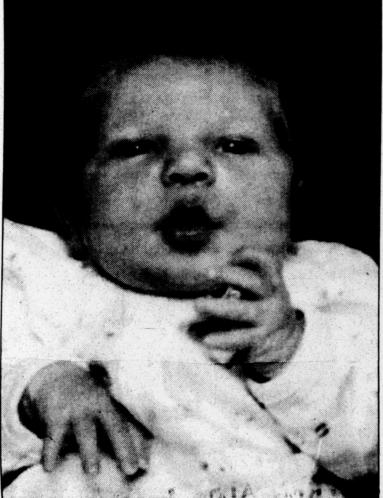


Cherie Sark and Robert Duke Sr.

Susie Isabell & Rusty Ferguson **Belinda Spencer & Jeff McKee** Maegan Dyer & Richard Conner **Kim Jones & Josh Ellis Becky Aderholt & Kaleb Snelgrooes** Brianna Brown & David Smith Mandy Bagget & Bradley Sherman Monica Gutierrez & Stephen Vanderpool Laneé Stubblefield & James Laden Rachel Bowers Biagini & Nick Biagini Tami Brookshire & Tony Freelen Melissa Lawrence & Aaron Wagner

Bridal Regist

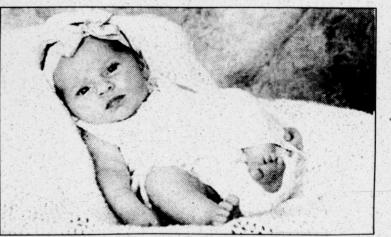
Center • 669-74



Jacob Andrew Howe

Jacob Andrew Howe was born at 6:28 p.m. June 5 at Pampa Regional Medical Center, to Devlin Carey Howe and Misti Dawn Howe of Pampa. At birth, the infant weighed 9-pounds, 6.2-ounces and was 21inches long. Relatives include grandparents, Jimmy and Elizabeth Johnson of Pampa and Dwight and Ginger Howe of Amarillo; and greatgrandparents, Josie Phillips, Leon Greene and Dwayne and Barbara Howe.

Marlee Quarles



Marlee Quarles was born at 3:37 p.m. June 17 at Baptist-St. Anthony's Hospital in Amarillo, to Chad and Amy Quarles of Pampa. At birth, the infant reigned 7-pounds, 11-ounces and was long.

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Elijah Scott Anderson

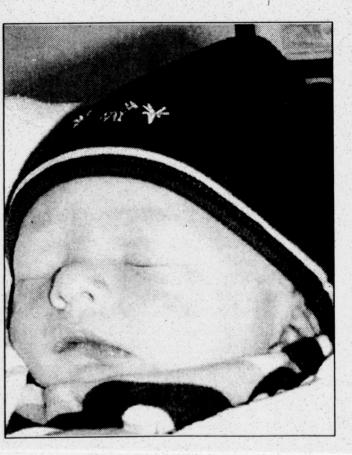
Elijah Scott Anderson was born at 12:13 p.m., July 8, to Chris and Paula Anderson of Amarillo. At birth, the infant weighed 7-pounds and was 19-inches long. Relatives include grandparents, John and Debbie Jackson of Woodward, Okla., and Jeff and Letha Anderson of Pampa; great-grandparents, **Don and Billie Witt and Paula** L. Jackson, all of Woodward, **Charles and Polly Gillingham** of Borger and Ed and Arvella Anderson of Amarillo; and great-great-grandparents, Lena Anderson of Hugoton, Kan., and Arville Watkins of Amarillo.

Bridal Registry ...

Becky Aderholt • Kaleb Snelgrooes Mandy Baggett • Bradley Sherman Monica Gutierrez • Stephen Vanderpool Ashley Laycock • Dennis Talbott

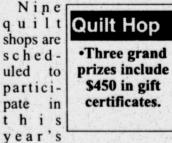
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Area quilters await area quilt 'shop hop'

The Second Annual Top of Texas Quilt Shop Hop of the Texas Panhandle and New Mexico is set to get under way July 29 and will continue through Aug. 1.

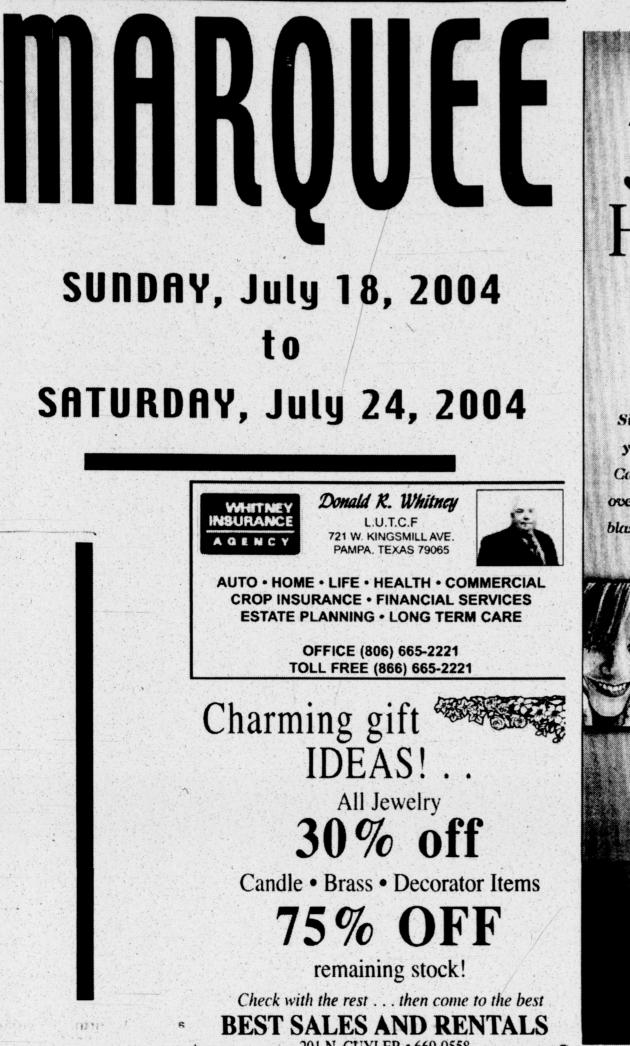


event including Sands Fabrics and Quilt Corner in Pampa.

The hop will include three grand prizes - \$450 in gift certificates, a basket of quarters valued at \$200 and a basket of quilt "goodies" worth \$150.

Other specials, refreshments, door prizes and free sampler patterns await all who attend the hop.

A bus tour is planned. For more information, contact Sands Fabrics at 669-7909.



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Americar Cancer Society

SABL

WANTED: WALKERS ALIVE & WELL REWARD: \$\$\$ FOR ACS "Relay for Life"

is the only fund-raiser the American Cancer Society sponsors in our local area.

The local "Relay for Life" is in need of a number of volunteers to form teams to walk with us on Saturday, September 11, 4 PM at Pampa's Recreation Park. Businesses, churches and other organizations are challenged to join in this fun, important, and worthwhile event.

To find out more, please join us for lunch provided courtesy of Pampa Regional Medical Center

Friday, July 23rd

NOON

Pampa Chamber of Commerce Community Room Please contact Cherri Waites to RSVP 663-5857 or <u>cherri.waites@triadhospitals.com</u>

8-B — Sunday, July 18, 2004 — The Pampa News

Menopause relief runs the gamut of therapies

AUSTIN - Hormone therapy for menopause symptom relief is not a new idea, according to Margery Gass, MD, a gynecologist based in Cincinnati, OH. Dr.

Gass spoke recently to a group of physicians at TexMed 2004, the Texas Medical Association annual conference.

"In 1896, the Landau Clinic in Germany ground up ovaries to treat patients. with menopausal problems," she said. "There was the thought that there was a deficiency, not a normal phase of life. Later, pregnant mare urine was used." Now, hormone replace-

ment therapy, usually estro-

estrogen and progestin, are commonly prescribed to help relieve maddening symptoms.

Across America, millions of menopausal women may be hoping their hot flashes are just flashes in the pan. Hormone replacement ther-

You find answers when

gen or some combination of experiencing menopausal national five-year Women's symptoms and the subject of a number of highly publicized studies, remains controversial.

> Some studies have shown that estrogen can increase the risk of stroke, heart disease, and breast cancer in some women. Yet, Dr. Gass,

Health Initiative (WHI) estrogen study, said the risks are low and patients must evaluate quality of life issues to determine whether hormone replacement therapy is the right course of action for them.

"The risks are small, but apy, prescribed for women a lead investigator of the real risks," she said.

"Partic larly for younger menopausal women (ages 50-59), the number of women who have a bad event is very low risk." Dr. Gass gave a historical

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perspective of hormone replacement therapy and presented findings from a

See RELIEF, Page 12 B

Horoscope Monday, July 19, 2004

July 19, 2004:

You have a way of making money with case. You become a troubleshooter at work, finding caster ways to the same goal. Your laughter and good humor come from an intrinsic understanding of who you are and your ability to pull back and understand more. You often get ideas from dreams. You have good stincts with money investments Others like the way you talk and handle yourself. If you are single, you might need to fight to keep that status. Do you really want to? If you are attached, your relationship will benefit from your easy way and style. Make your home life even more important this winter. Add to your home. Do something you both want to do. LEO likes you

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

ARIES (March 21-April 19) *** * The fun and games continue, even if it is Monday. Adjust your plans to new information and different ways of handling a problem. Your lively and resourceful mind emerges, coming up with one solution after another Tonight: Don't act like it's Monday. TAURUS (April 20 May 20) *** Investigate new ideas involv ing a partnership, finances and creating greater security. Work on a minor refriends adjustment to your vision. Build on your strong sense of self and well-SCORPIO (Oct. 23-Nov. 21) being. Talk about changes. Tonight: Put your feet up. GEMINI (May 21-June 20)

**** Keep asking questions especially if you're not hearing the answers you need or the replies don't make sense. Your questioning and curi-

you follow research, advice and your instincts (for a change). Others might

mean well but often don't come up

with great ideas that will last or work

Support yourself. You choose not to

share certain private matters. You will

enjoy your time alone more than ever.

Choose your words with care,

because what you say can make a dif-

ference. If you are single, carefully

check out the person you are interest-

ed in. You might find that this person

isn't all that you think he or she is. Be

sure that this person is emotionally

available. If you are attached, you both will gain from frequent romantic

getaways together. You start acting

like you have just met. LEO helps you

July 18, 2004:

make money

Horoscope Sunday, July 18, 2004

HAPPY BIRTHDAY for Monday, ous attitude helps you become a winner SAGITTARIUS (Nov. 22-Dec. 21) in your immediate circle of friends. **** Your fire energizes many Tonight: Out and about but especially you -- to seek out unusu-CANCER (June 21-July 22)

others don't. Partners and associates are *** Expenses increase, especially if you don't eye efficiency in your daily only too happy to work with new con cepts and ideas. Tonight: Relax and life and at work. What are your priori read a good book or listen to a favorite tics here? Discuss alternative ways of reaching the same goals and keeping piece of musi CAPRICORN (Dec. 22-Jan. 19) more money in your pocket. Be gener **** You deal with others well. ous to yourself, for a change. Tonight especially on a one-on-one level. You

LEO (July 23-Aug. 22) have the right answers for each person because of your ability to look at each situation with new eyes. That ability **** You are powerful, unbeat able, charismatic and resourceful separates you from others. Tonight: Get together with a dear friend. These characteristics emerge during your day, especially as you tackle issues and avoid a power play. Speak AQUARIUS (Jan. 20-Feb. 18) your mind loud and clear in a meeting. **** Others step up to the plate light. Go for what you want. and want to toss the ball to you. You are

VIRGO (Aug. 23-Sept. 22) likely to hit a home run out of the blue Your goals and/or immediate circle of *** Your intuitive strength emerge friends might be changing. Be creative when dealing with a boss or higher-up. You understand where you might need and open to others. Tonight: Go along with another's plans to back down or make a personal djustment. Do just that, and you'll gain PISCES (Feb. 19-March 20) * * * You might be more entrene the type of long-term results you desire in work than you realize. Be more upbeat with those who seek you out. A Tonight: Get a good night's sleep. LIBRA (Sept. 23-Oct. 22)

boss or superior needs information from you. Share as much as you know **** Aim high and go for your desires. You have the ability to make what you want happen. Do needed You make quite a difference at the office: Tonight: Take a brisk walk and research and read between the lines. Trust your intellectual sense. Adjust plans, knowing full well what you let go of your work. want. Tonight: Hook up with your BORN TODAY

Actor Anthony Edwards (1962), musician Brian May (1947), former Gov. ★★★ Others push hard, but you gain William W. Scranton (1917) anyway, you stubborn Scorpio! Carefully think through an answer that

involves finances and your career. You might want to put a little more of your-Jacqueline. Bigar is on the Internet at http://www.jacquelinebigar.com. (c) 2004 by King Features Syndicate Inc. self into your pursuit of a career. Take charge. Tonight: Get guidance from a





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Fitness: Pregnant women now urged to exercise, stay fit

ALBANY, N.Y. (AP) - The last thing Rachel Pisciotta wanted was to be a couch potato during her pregnancy. So with her doctor's support, the three-time marathon runner tweaked her workout routine to accommodate her growing belly.

Pisciotta scaled back on her running to avoid overheating, but managed to compete in two 5K races during the first trimester. When the jerky motions of running were too uncomfortable, she switched to brisk walking during the last three months. She also did weight training and exercised on an elliptical trainer.

Not so long ago, many doctors took a conservative approach on recommending physical activity for expectant mothers. There were fears about the unknown effects of exercise and concern that overexertion might cause a miscarriage or harm the fetus.

In the late 1980s, new research forced the medical community to rethink old notions. Scientists found that active pregnant women often had trouble-free pregnancies and did not increase their or their baby's risk for health problems. Some studies even found that women who exercised regularly endured labor better, although exercise did not shorten the time spent in labor.

Even more recent research has further pointed to the growing benefits of physical activity during pregnancy, most notably the finding that exercise may reduce by half a woman's risk for a type of diabetes known as gestational diabetes mellitus.

For Pisciotta, who gave birth to son Joseph in April 2003, working out relieved the stress of impending motherhood and made her feel in control of her inevitable weight gain. "I was terrified that if I went from exercising a lot to doing nothing, I'd blow up to a very large size," said Pisciotta, who works at the University of Rochester Medical Center in upstate New York. After her son was born, she took up running again to lose the 38 pounds. A year later, her fitness is close to her prepregnancy level and she even ran a halfmarathon in May, her first major competition in 13 months. Two years ago, the American College of Obstetricians and Gynecologists revised its guidelines to relax previous restrictions on how much exercise mothers-to-be should get. Healthy, active women with uncomplicated pregnancies are now encouraged to follow the federal guidelines for adults, which calls for at least 30 minutes of

HAPPY BIRTHDAY for Sunday, CANCER (June 21-July 22) **** You might be prone to spending more than usual. Whatever You have a way of making money, if plans are occurring, know that you can say "no." A partner or friend encourages you to go hog-wild. A secret needs to be kept just that, even

> if you're dying to share it. Tonight Be reasonable with money This Week Make money. Think "vacation." You'll get much more done with a goal in mind. Just decide which desire you want to aim for. LEO (July 23 Aug. 22)

CAPRICORN (Dec. 22-Jan. 19) on around you. You can do no wrong, as you can tell. A friendship could become a lot more if you want it to. Be careful with this person's feelings, especially if you're not interested. Tonight: Whatever makes you happy Tonight Add more spice to

Others expect a lot, and you deliver until Thursday, when fatigue hits. SAGITTARIUS (Nov. 22-Dec. 21) **** Hop in the car for a day trip. If you can't do that, plan a weekend away for the near future. Make calls to those at a distance whom you care about. Some information that you are given might not be 100 percent accurate. Tonight: Go along with another's plans.

This Week: You must detach in order to get anything accomplished. Take charge Tuesday, and you will relish in your success **** You are personality plus, if you cannot already tell by what goes

**** Schedule more time today with an important friend or loved one. You need this special time together: Don't make plans with the outside world; choose an activity that is per sonal and enjoyable to both of you,

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) * * * * A friend wants to whoop it up right now. You're not exactly opposed to that idea, as you hop on out the door. You're likely to go to extremes and not care. A conversation could have a very loving or flirtatious tone. Tonight: Don't hold back. This Week: You're both high and low Be a perfectionist Tuesday and Wednesday Maximize your efficiency during this period TAURUS (April 20-May 20)

★★★ Deal with basics, especially around your home and family Someone might pressure you very hard to do what he or she wants Remember this is your day. Take your time. Read the paper. Veg out ome Tonight Order in This Week You slowly come into

your power. On Tuesday, tap into your innate resourcefulness. There are problems only solutions GEMINI (May 21-June 20)

**** You can stay home if you want, but make phone calls and reach out for others. Share your good mood with others. A neighbor enjoys catching up on news. A drive or movie could prove most relaxing. Tonight: At a favorite spot This Week. On Monday, clear your desk and return calls. Use Tuesday

and Wednesday to complete your Socialize and network work.

This Week: You toar into the week. and end the week on the same tone You are a force to be dealt with. VIRGO (Aug. 23-Sept. 22) *** Take your time, and if you want to, take the day off. Everyone needs a day just for him- or herself. Why should you be any different

Whether you are napping or just curl-ing up with a good book, relax. You don't do enough for yourself. Tonight: Be mysicrious. Be unavailable. This Week: You're like the tortoise this week. Slow and steady works You also might know much more than others do about a key matter.

LIBRA (Sept. 23-Oct. 22) **** You might not want to settle down into your Sunday routine. In fact, you might not want to slow down at all. If you have a child, go and play together and be more childlike. If you are single, a new friend could be delightfully fun. Tonight: Go

for what you want. This Week: On Monday and Thursday, you're like a steam engine. unlikely to stop. Still, you might run of gas on Tuesday and Wednesday

SCORPIO (Oct. 23-Nov. 21) ★★★★ All eyes turn to you. You seem to be the one who makes decisions and decides what you want. If you are attached, don't forget to include your sweetie. A lot might be shared with this person that adds to the warmth between you. Tonight: A must appearance.

This Week: Pressure builds all week.

This Week: A partner wants to work with you and only you. Give it a shot, and don't say "no." Teamwork and detachment draw the applause of oth-AQUARIUS (Jan. 20-Feb. 18) **** Please don't worry about

your plans. Just answer your phone of be available to someone who knocks on your door. You might be surprised by what drops in your lap. Your car-ing about a key person builds. Tonight: So what if tomorrow is Monday? This Week: Others hold the cards this week. Let them play them. You will

some useful insights PISCES (Feb. 19-March 20) *** Be honest with yourself about what you need to get done. Use today well and clear out some of these projects. You will feel much better as a

result. Center yourself. Your family pitches in and will help if you want Let the good feelings flow. Tonight Get a head start on tomorrow This Week: You achieve a lot by Tuesday, when others seek you out You might need to shut your door if you want to have a weekend.

BORN TODAY South African President Nelson Mandela (1918), director Paul Verhoeven (1938), astropaut John Glenn (1921) ... Jacqueline Bigar is on the Internet at

http://www.jacquelinebigar.com.(c) 2004 by King Features Syndicate Inc

 Diabetic Supplies Bathroom Safety Much More Equipment

See FITNESS, Page 12 B







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is LONGFELLOW

One letter stands for another. In this sample, A is used for the three L's, X for the two O's, etc. Single letters, apostrophes, the length and formation of the words are all hints. Each day the code letters are different. 7-17 CRYPTOQUOTE

FTB YHZSB EDB YJXR IEH YLHRLZDQ JDX YHEIBRRZED EH SJMMZDQ ZR JD ZDFZWJFB NDECMBVQB EI ZFR LQMX

RZVB. — UJWBR AJMVCZD Yesterday's Cryptoquote: WE COULD NEVER LEARN TO BE BRAVE AND PATIENT IF THERE WERE ONLY JOY IN THE WORLD. — HELEN KELLER



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TOP LOCATION for this lovely home on corner lot. Large family room with WBFP, 3 bdrms., 1 3/4 baths, 2 storage bldgs. Traditional styling with lots of space! \$89,000. MLS6112

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ROOM TO PLAY Ideal for the large family. 4 bdrms., 5 baths, small bsmt., great kitchen and family room combo. At only \$33.12/sq. ft., this house is a bargain! \$169,500. MLS6308

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The Pampa News — Sunday, July 18, 2004 — 9B

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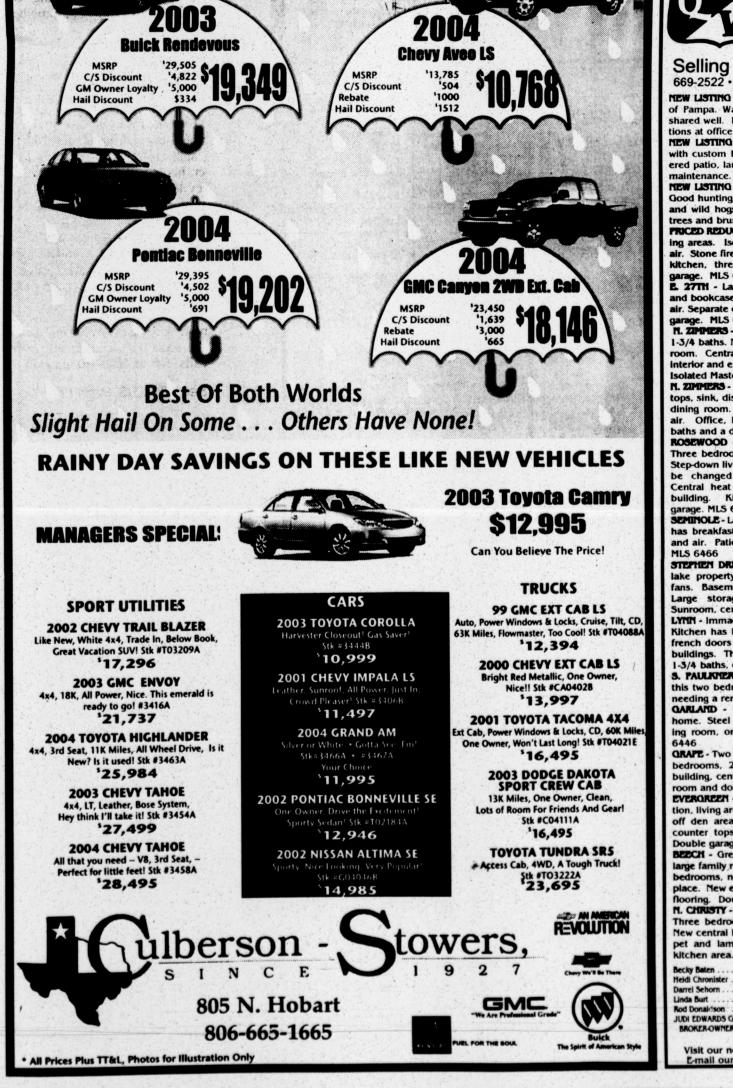
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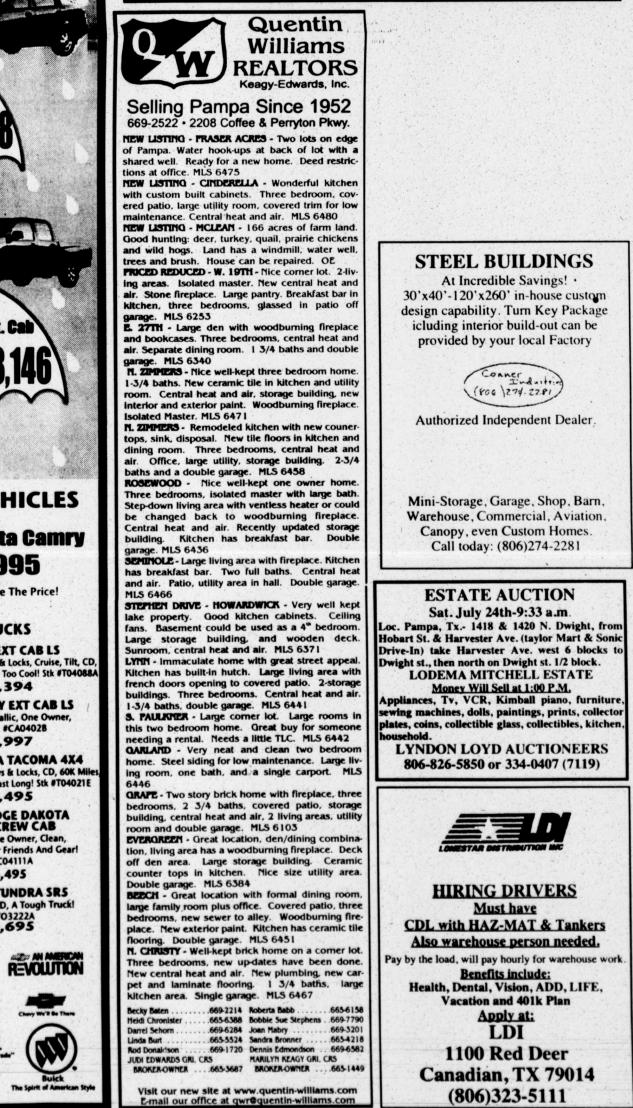
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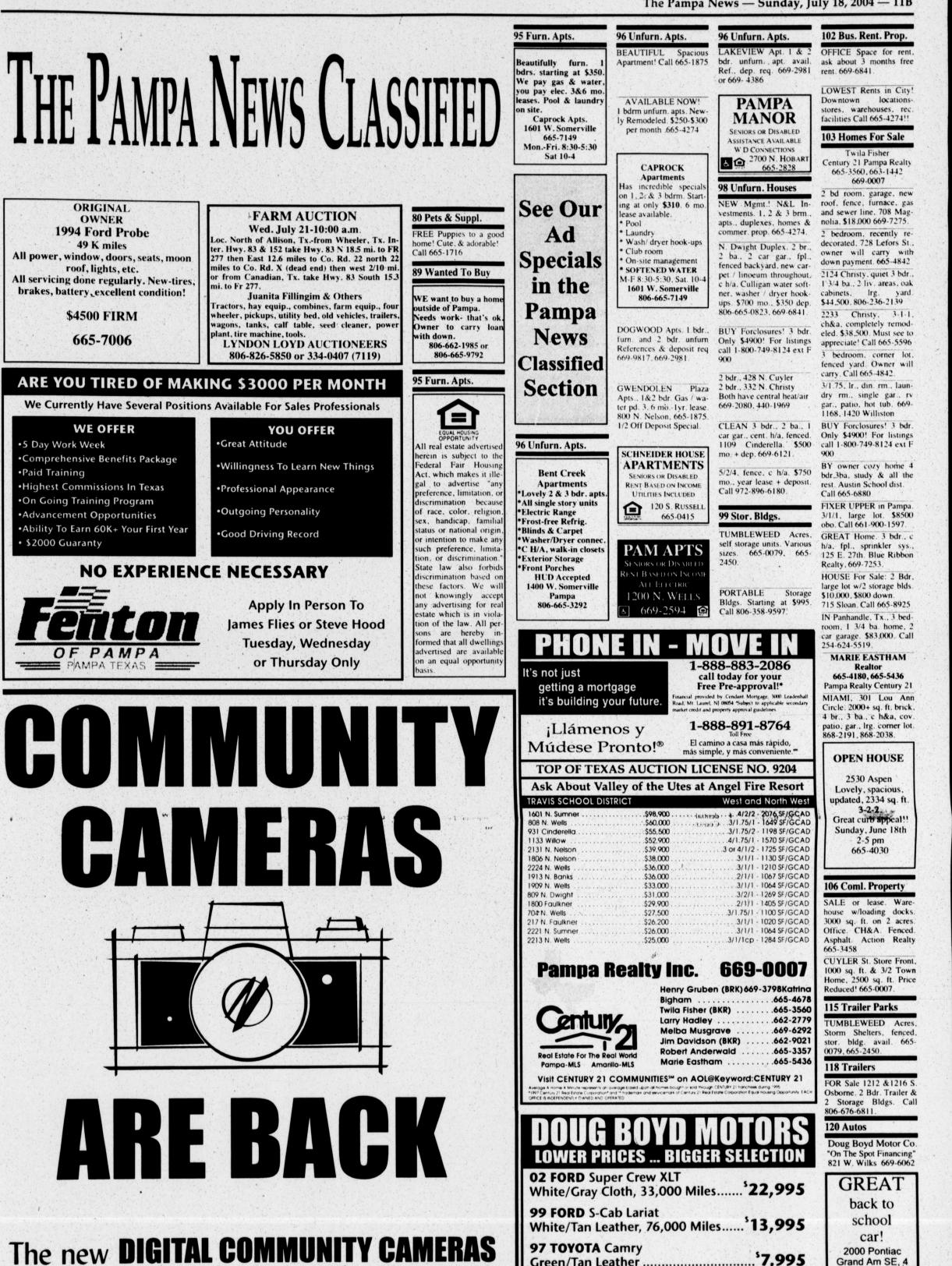
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The Pampa News — Sunday, July 18, 2004 — 11B

are here! We want to share with our readers events throughout the community ... so come by to borrow a camera for Church Socials, Family Reunions, School Activities or Any Other Ideas You Have!



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Award program seeks to honor outstanding country physicians

IRVING — The good old-fashioned country doctor is fading from American culture. Those few who remain typically work longer hours, treat more patients and earn less money than their urban counterparts,, according to a press release from Staff Care, a Dallas-based temporary physician staffing firm.

Yet few doctors accomplish so much for a community. One saved a North Carolina coastal community from Hurricane Isabel's destructive winds. Another battled colon cancer while treating patients from several West Virginia mountain counties.

A doctor in Pennsylvania revived his town's struggling economy. Then there's the physician who single-handby working over 100 hours each week at the age of 74.

The Country Doctor of the Year Award, now in its 10th year, recognizes the work of America's top rural physicians. Staff Care sponsors the annual award, presented to a physician who best exemplifies the spirit, skill and dedication of America's rural medical practitioners.

While 20 percent of Americans live in rural areas, only 10 percent of all doctors practice in small communities. Some 460 rural hospitals closed since 1980, leaving physicians with little support.

In addition, many patients at rural facilities carry no medical insurance, returned by Sept. 3.

alone.

edly saved a rural Mississippi hospital almost one in five are elderly and 16 percent live in poverty. Yet the great country doctors persevere.

"Each year, rural practitioners rally communities, keep struggling hospitals open, and save lives," says Joe Caldwell, executive vice president of Staff Care. "They deserve recognition."

Anyone may nominate a worthy physician. The award will be presented in December.

Nomination forms for the 2004 Country Doctor of the Year award may be requested by calling 866-756-0002 or by visiting www.countrydoctoraward.com.

Materials must be completed and

Relief

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number of studies. Because data regarding hormone therapy use is variable and incomplete, women should make informed decisions based on their own needs, Dr. Gass advised.

Dr. Gass said one of these, Premarin, is among the top 10 prescriptions filled in this country, with millions of women taking it daily. Women who suffer from

Fitness

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moderate exercise a day several times a week.

Women who never regularly worked out, but who want to start during pregnancy should talk to their doctors first.

Fitness centers around the country are increasingly recognizing this change in attimenopause have complained of hot flashes, anxiety, insomnia, night sweats, moodiness, tooth loss, breast tenderness, and vaginal discomfort, among other maladies.

However, hormone replacement therapy has taken a number of hits. In April, the National Institutes of Health (NIH) instructed thousands of women participating in a study of the Women's Health Initiative, a large multi-center trial, to stop taking their pills and begin the follow-up phase of

otherwise sedentary women.

the study. The 11,000 healthy

postmenopausal women in

the halted segment of the

study were taking estrogen

Yet, despite its risks, many

"At least once a week, I

She added, "Menopause is

women wouldn't think of

stopping their hormone pills.

have a patient who tells me

she just feels better on hor-

very disruptive for some peo-

ple. A woman may not want

sweat dripping off of her in a

meeting; it has a very nega-

tive impact. Others may want

mones," said Dr. Gass.

tude. Community gyms are adding new exercise programs designed for pregnant and postpartum women. Their popularity has also spurred the opening of specialty gyms that focus on prenatal exercises such as yoga.

Raul Artal, who heads the department of obstetrics, gynecology and women's health at St. Louis University School of Medicine, noted that pregnancy is a good time to introduce lifestyle changes such as increased exercise to

"Pregnancy should not be a state of confinement. It's a

unique time for behavior modification," said Artal, who helped draft the exercise guidelines for expectant mothers.

Despite the boom in fitness, pregnant women are still advised to avoid contact sports like basketball and hockey. Activities such as horseback riding and downhill skiing are also discouraged because of the risk of a more 'natural' menopause." The symptoms generally get better with time, according to Dr. Gass, but she counsels her patients to explore their options and make informed decisions.

"I've been a fan of lowdosage hormone replacement therapy for 20 years."

Currently, the Food and Drug Administration advises postmenopausal women who use or are considering using estrogen or estrogen with progestin to discuss the benefits and risks with their physician.

falling and possible injury.

While swimming is generally safe, expectant mothers are warned against scuba diving because it may create gas bubbles in the fetus' circulatory system. They should also take into account altitude sickness and avoid activities higher than 6,000 feet.

Fitness experts warn that pregnant women who experience dizziness, vaginal bleeding, or any sign of discomfort should immediately halt their workout.



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