

Obituaries

Services tomorrow

COOPER, Cindy — 2 p.m., Calvary Baptist Church, Pampa.
PAYNE, Dean Allen, III — 2 p.m., Sanders Memorial Chapel, Lubbock.

Lillian Imogene 'Jean' Finley, 78

Lillian Imogene "Jean" Finley, 78, of Pampa, died July 27, 2006, at Pampa. Services are pending with Carmichael-Whately Funeral Directors of Pampa. Mrs. Finley was born May 6, 1928, in Wheeler County. She married Carl Finley in 1960 at Longview. She moved to Pampa from Longview two years ago and was a Baptist and a homemaker. Mrs. Finley was preceded in death by two sons, Larry Rodgers and Jerry Wayne Finley; a brother, Wayne Thompson; and her parents, Gerald and Lola Thompson. Survivors include her husband, Carl, of

the home; two daughters, Darla Day of Longview and Debra Hunnicutt of Carthage; a son, Larry Finley of Kilbourne, La.; five brothers, George Thompson and Douglas Thompson, both of Pampa, Jess Thompson of Midland, Jerry Thompson of League City and Dwight Thompson of Groom; a sister, Yvonne Lamb of Lubbock; six grandchildren; and a great-grandchild. The family requests memorials be to BSA Hospice, 800 N. Sumner, Pampa, TX 79065. —Sign the on-line register book at www.carmichael-whately.com.

Dean Allen Payne III, 43

Memorial services for Dean Allen Payne III, 43, of Lubbock will be at 2 p.m., Saturday, July 29, 2006, in Sanders Memorial Chapel with Minister Virgil Webb officiating. He passed away on July 25, 2006, at his home after an extended battle with cancer. Cremation services are under the direction of Sanders Funeral Home. Dean was born on April 6, 1963, in Pampa, Texas, to Carolyn A. and Dean A. Payne, Jr. He graduated from White Deer High School in 1981 and received his associate's degree at N.M.J.C. in Hobbs, N.M. He worked as a manager for Checker Auto

for 21 years and three years for Auto Zone. He married LaurieAnn Cortez in Odessa, Texas, on March 10, 1984. He was a member of Jefferson Street Church of Christ at Hobbs, N.M. He is survived by his wife, LaurieAnn and two sons, Kristian Allen and Ty Alba, of the home; his parents, Carolyn A. and Dean A. Payne, Jr., of Hobbs, N.M.; a brother, Charles Ray Payne and nephew, Reese Eric of Portland, Ore.; and his grandmother, Velora McGee of Pampa, Texas. Memorials are suggested to the Joe Arrington Cancer Center or to Hospice of Lubbock.

Gray County Weather

Today: A chance of showers and thunderstorms, mainly in the afternoon. Mostly cloudy, with a high near 88. Southwest wind around 5 mph. Chance of precipitation is 30 percent. Tonight: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a low around 71. South wind between 5 and 10 mph. Saturday: Partly cloudy, with a high near 95. Southwest wind between 10 and 15 mph. Saturday Night: Partly cloudy, with a low near 73.

South-southwest wind between 10 and 15 mph. Sunday: Partly cloudy and hot, with a high around 97. Southwest wind between 10 and 15 mph, with gusts as high as 25 mph. Sunday Night: Partly cloudy, with a low around 73. South wind between 10 and 15 mph. Monday: Partly cloudy, with a high near 95. South-southwest wind between 15 and 20 mph, with gusts as high as 25 mph. Monday Night: Partly cloudy, with a low around 74. South wind around 15

mph, with gusts as high as 20 mph. Tuesday: Partly cloudy and hot, with a high around 97. South wind between 10 and 15 mph, with gusts as high as 20 mph. Tuesday Night: Partly cloudy, with a low near 74. Wednesday: Partly cloudy, with a high near 94. Wednesday Night: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a low around 70. Thursday: Partly cloudy, with a high near 94.

Stocks

The following grain quotations are provided by Attebury Grain of White Deer.

Wheat	4.35
Milo	4.30
Corn	4.10
Soybeans	4.62

The following 9:30 a.m. N.Y. Stock Market quotations are furnished by Edward Jones & Co. of Pampa.

OXY	106.62	-1.05
BP PLC ADR	72.69	+0.92
Cabot Corp	33.10	+0.63
Celanese	18.84	+0.03
Cabot Oil Gas	50.44	-0.04
Coca Cola	44.38	+0.07
VLO	66.15	+0.62
HAL	32.45	+0.10
TRI	39.08	-0.21
KMI	101.31	+0.01
XCEL	20.03	+0.03
Kerr McGee	70.08	+0.19
XOM	66.45	-0.02
Nat'l Oilwell	63.90	-0.40
Limited	24.55	+0.23
Williams	23.77	-0.15
MCD	34.72	-0.01
Atmos	29.08	+0.08
Pioneer Nat	44.02	-0.37
JCP	63.02	+1.59
COP	67.33	-0.68
SLB	65.35	-1.35
Tenneco	22.05	+0.15
CVX	65.47	-2.26
Wal-Mart	43.90	+0.37
OKE	37.23	+0.30
NS Grp	47.74	-0.14

New York Gold	633.35
Silver	11.38
West Texas Crude	74.54

Economy slows sharply, inflation sees increase

WASHINGTON (AP) — The economy's growth in the second quarter was less than half that of the prior three months as consumers tightened their belts and spending on home building nose-dived. Inflation, however, shot up. The latest snapshot released by the Commerce Department on Friday showed that that gross domestic product grew at an annual rate of just 2.5 percent in the April-to-June period. That marked a big slowdown from the January-to-March quarter, when the economy zipped along at a 5.6 percent annual rate, the fastest in 2 1/2 years.

a 1.8 percent growth rate in final quarter of 2005, when the economy was suffering fallout from the devastating Gulf Coast hurricanes. Even though the economy cooled in the second quarter, inflation heated up. An inflation gauge closely watched by the Federal Reserve showed that core prices — excluding food and energy — jumped at a 2.9 percent annual rate in the second quarter — far outside the Fed's comfort zone. That was up from a 2.1 percent growth rate in the first quarter and marked the highest inflation reading since the third quarter of 1994, when core inflation

'The economy has significantly throttled back but inflation pressures are developing more fully.'

— Mark Zandi, Economist

Gross domestic product measures the value of all goods and services produced within the United States and is considered the best barometer of the country's economic standing. "The economy has significantly throttled back but inflation pressures are developing more fully," observed Mark Zandi, chief economist at Moody's Economy.com. On Wall Street, though, stocks rallied on the hope that slowing growth would convince the Federal Reserve to take a break from raising interest rates. The Dow Jones industrials were up 84 points and the Nasdaq gained 25 points in morning trading. The second-quarter's performance — which reflected the bite of high energy prices and rising interest rates on people and businesses as well as a cooling in the once red-hot housing market — was weaker than the 3 percent pace analysts were forecasting. The 2.5 percent pace was the slowest since

rose at a 3.2 percent pace. The inflation reading was taken before the latest run-up in energy prices. Oil prices hit a record closing high of \$77.03 a barrel on July 14. Gasoline prices also have marched higher, topping \$3 a gallon in many areas. In a separate report from the Labor Department, employers' costs to hire and retain workers picked up in the second quarter, a development that also could raise some inflation concerns. Compensation costs — including wages and benefits — rose by 0.9 percent in the April-to-June period, up from a 0.6 percent increase in the first quarter. Economists were calling for a 0.8 percent rise. Although Federal Reserve Chairman Ben Bernanke said he is concerned about rising inflation, he told Congress last week that the Fed believes moderating economic activity will eventually lessen inflation pressures.

Emergency Services

Pampa PD

Pampa Police Department reported the following incidents for the 24-hour period ending at 7 a.m. today. Fifteen traffic stops were made, resulting in at least one arrest. Traffic complaints were received from the 100 block of South Sumner and the 2200 block of North Hobart. Animal complaints were received from the 2100 block of North Dwight, the 1200 block of North Russell, the 1000 block of South Barnes, the 2100 block of Dogwood, the 700 block of North Russell, the 2100 block of North Wells, and the intersection of Louisiana and Garland streets. Agency assistance was rendered in the 1100 block of South Dwight. Violation of a city ordinance was reported at the intersection of Terry and Primrose streets. A civil matter was reported in the police department lobby. A silent/abusive 911 call was received from the 2800 block of Rosewood. Suspicious person calls were received from the 2100 block of North Sumner and the 1900 block of North Zimmers. Disorderly conduct was reported in the 100 block of West 30th. Criminal mischief was reported at Iglesia Christiana church, 905 E. Beryl. The side of the building was spray painted. Estimated cost of damage is \$200. Criminal mischief was reported in the 1000 block of Mary Ellen. The rear window of a truck was broken, and the window frame was damaged. Estimated cost of damage is \$1,000. Harassment was reported in the 2600 block of Rosewood. A domestic disturbance was reported in the 1300 block of Garland. The incident was verbal only. Assault was reported in the 700 block of North Banks. No injuries were reported. Sexual assault was reported in the

police department lobby. One burglar alarm was reported. Theft was reported in the 1900 block of North Hobart. Theft was reported in the 400 block of Graham. A 3-month-old pit bull valued at \$200 was taken. Theft of service was reported at Best Western Northgate Inn, 2831 Perryton Parkway. A room was not paid for, resulting in an estimated loss of \$90. A gas drive-off was reported at the Taylor Mart, 1342 N. Hobart. Fuel valued at \$54 was taken.

Sheriff

Gray County Sheriff's Office reported the following arrests today. Thursday, July 27 Jordan L. Back, 20, of Pampa was arrested on a motion to revoke probation for driving while intoxicated, second offense. Tariq Carter, 24, of Pampa was arrested in the 1100 block of Neel Road by Pampa Police Department on capias pro fines for failure to signal a turn, displaying expired registration, and two counts each of no driver's license and no insurance; and instanter charges of displaying expired registration, displaying expired motor vehicle inspection, failure to signal a turn, no valid driver's license and no insurance.

Fire

Pampa Fire Department reported the following calls during the 24-hour period ending at 7 a.m. today. Thursday, July 27 7:43 a.m. — One unit and three personnel responded to the 2000 block of Coffee on a medical assist. 9:30 p.m. — One unit and five personnel responded to the 1200 block of Finley on a medical assist.

CITY BRIEFS

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

- CHRISTOPHER CROW Acoustic Promo CD's at The Coffee Shop, 220 N. Hobart.
- DANCE: REBEL Texas, Moose Lodge. Saturday, July 29, 8-? Members and qualified guests.
- FUN, FRIENDLY part-time sales associate for Julie's Hallmark, 125 W. Kingsmill, Pampa.
- GRAND OPENING The Yellow Barn!! See classifieds.
- FOR SALE—large, medium dark wooden round (octagon) coffee table with glass top \$75 Like New! Easy to roll casters on bottom. 665-3379, 662-5837
- INFLATABLE BOUNCERS. Check our selections at www.inflatetexas.com Call Clown Around Party Rental for availability & pricing! 806-282-8222 or 806-681-9853
- PAK-A-BURGER HAPPY Hour-1/2 price drinks 2-5pm. Try our new Mean Green, Pink Panther & Ocean Potion drinks!! 669-2865
- SUMMER CLEARANCE Sale, 50% off, Thurs., Fri., Sat. 9am-9pm, Now And Then, 314 N. Ballard, 663-6024
- VEGGIE TOWN Vacation Bible Sch., July 31-Aug. 4, 6:30-9pm. Register July 30, 4-6pm., Calvary Baptist Church

TRY OUR DELICIOUS SMOKED



BABY BACK RIBS

Texas Rose Steakhouse
2537 Hwy 70 • 669-1009

VEGGIE TOWN VACATION BIBLE SCHOOL
"CONNECTING WITH GOD THROUGH FAITH, JOY, TIME & TRUST"

Calvary Baptist Church • 900 E 23rd
July 31st - August 4th
6:30 PM - 9:00 PM

"EARLY REGISTRATION"

Join the Veggie Tale Gang for Ice Cream Sundaes!
July 30th • 4 pm - 6 pm

Pre-Register for this year's exciting VBS!
FOR CHILDREN ENTERING KINDERGARTEN THRU CHILDREN ENTERING 6TH GRADE

House Republicans plan to vote on minimum wage

WASHINGTON (AP) — Bowing to moderates and seeking to defuse a campaign issue before leaving for vacation, House GOP leaders today planned a vote on a bill to increase the minimum wage to \$7.25 per hour within three years.

The vote comes after almost 50 rank-and-file Republican lawmakers pressed House leaders — who strongly oppose the wage hike and have thus far prevented a vote — to schedule the measure for debate. Democrats have been hammering away on the wage hike issue and have public opinion behind them.

"We weren't going to be denied," said Rep. Steve LaTourette, R-Ohio, a leader in the effort. "How can you defend \$5.15 an hour in today's economy?"

It was a decade ago, during the hotly contested campaign year of 1996, that Congress voted to increase the minimum wage. A person working 40 hours per week at minimum wage makes \$10,700, which is below the poverty line for workers with families.

House Speaker Dennis Hastert, R-Ill., said GOP leaders had yet to determine the specifics of the bill, especially what to add to it to ease the sting on small businesses and other constituencies, such as the restaurant lobby. Lawmakers were hoping to bring it up for a vote by late Friday night, but Hastert said he was not completely certain the vote would occur.

Rep. Howard McKeon, R-Calif., chairman of the House Education and the Workforce Committee, said Thursday that GOP leaders may attach a proposal passed last year that would make it easier for small businesses and the self-employed to band together and buy health insurance plans for employees at a lower cost.

That idea was blasted as a "poison pill" by Democrats and labor unions. The small business health insurance bill exempts new "association health plans" from state regula-

tions requiring insurers to cover treatments such as mental health and maternity care. And opponents fear they would offer inferior or prescription drug benefits.

Opponents of the idea also worry that the new health plans would skim healthier workers from traditional plans, thereby increasing the costs and pressures on those plans.

"It's outrageous the Republican Congress can't simply help poor people without doing something for their wealthy contributors," said Rep. Tim Ryan, D-Ohio.

And Minority Leader Nancy Pelosi, D-Calif., called it a "political stunt" for GOP leaders to attach the minimum wage increase to legislation that's sure to bog down in the Senate. Democrats filibustered the health plans bill in May.

"It's a political stunt to put (the minimum wage increase) on a bill they know is doomed," Pelosi said.

Democrats have made increasing the wage a pillar of their campaign platform and are pushing to raise the wage to \$7.25 per hour over two years. In June, the Republican-controlled Senate refused to raise the minimum wage, rejecting a proposal from Democrats.

It's long been clear that there is wide support for the wage increase in the House, but Republican leaders have a general policy of bringing legislation to the floor only if it has support from a majority of Republicans. Perhaps one-fourth of House Republicans support the wage increase.

Inflation has eroded the minimum wage's buying power to the lowest level in about 50 years. Yet lawmakers have won cost-of-living wage increases totaling about \$35,000 for themselves over that time.

Lawmakers fear being pounded with 30-second campaign ads over the August recess that would tie Congress' upcoming \$3,300 pay increase with Republicans' refusal to raise the minimum wage.

Economy slows sharply, inflation heats up in 2nd Q

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On Wall Street, though, stocks rallied on the hope that slowing growth would convince the Federal Reserve to take a break from raising interest rates. The Dow Jones industrials were up 84 points and the Nasdaq gained 25 points in morning

trading. The second-quarter performance — which reflected the bite of high energy prices and rising interest rates on people and businesses as well as a cooling in the once red-hot housing market — was weaker than the 3 percent pace analysts were forecasting.

The 2.5 percent pace was the slowest since a 1.8 percent growth rate in final quarter of 2005, when the economy was suffering fallout from the devastating Gulf Coast hurricanes.

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The inflation reading was taken before the latest run-up in energy prices. Oil prices hit a record closing high of \$77.03 a barrel on July 14. Gasoline prices also have marched higher, topping \$3 a gallon in many areas.

In a separate report from the Labor Department, employers' costs to hire and retain workers picked up in the second quarter, a development that also could raise some inflation concerns.

Compensation costs — including wages and benefits — rose by 0.9 percent in the April-to-June period, up from a 0.6 percent increase in the first quarter. Economists were calling for a 0.8 percent rise.

Although Federal Reserve Chairman Ben Bernanke said he is concerned about rising inflation, he told Congress last week that the Fed believes moderating economic activity will eventually lessen inflation pressures.

That assessment raised hopes on Wall Street that the Fed might take a breather in its two-year-old rate-raising campaign at its next meeting, on Aug. 8. Some economists, however, continue to predict that rates will be bumped up again at the August meeting to ward off inflation; after that, they think the Fed may move to the sidelines.

The report comes as President Bush is getting low marks from the public for his handling of the economy, according to a recent AP-Ipsos poll.

With energy prices and borrowing costs rising, consumers turned cautious in the second quarter. They boosted their spending at just a 2.5 percent pace, down from a 4.8 percent growth rate in the first quarter. Much of the weakness was in consumers' appetite for big-ticket goods, such as cars and appliances.

Businesses also tightened the belt.

Spending on home building was cut by 6.3 percent in the second quarter, the deepest dip in nearly six years — since the third quarter of 2000. Rising mortgage rates are clipping demand.

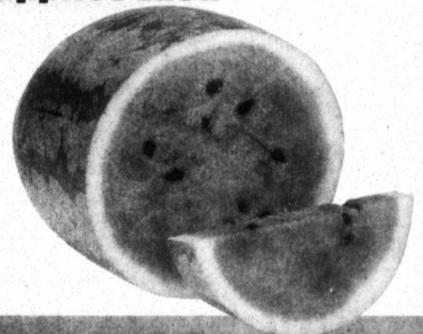
Businesses sliced spending on equipment and software at a 1 percent pace, the first cut in just over three years.



SPECIALS

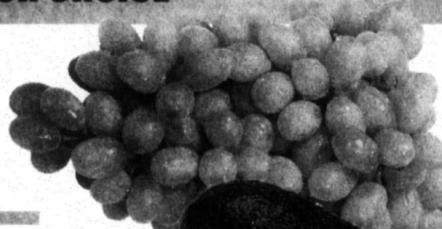
That Will Blow You Away
SALE GOOD JULY 28 - JULY 31
While Supplies Last!

FRESH LARGE WATERMELON
\$2.99 EACH
RED OR YELLOW MEAT
YOUR CHOICE



ASSORTED MELONS 99¢ EACH
ORANGE FLESH HONEY DEWS • CRENSHAW
SANTA CLAUSE OR CANARY MELONS
YOUR CHOICE

WHITE SEEDLESS GRAPES
99¢ LB



SALAD SIZE AVOCADOES
6 FOR \$1.00



ROMA TOMATOES
10 FOR \$1.00



PORK SPARE RIBS
\$1.49 LB



BONE IN SIRLOIN PORK CHOPS
99¢ LB



BEEF SHORT RIBS
\$1.29 LB



BAR S FRANKS
12 OZ PK
2 FOR \$1.00



FRANK'S THRIFTWAY
 "Pampa's Homeowned Since 1967"
300 E. BROWN 665-5451
 Monday-Saturday 7am-9pm • Sunday 8am-8pm
 We Deliver Tuesday & Thursday ... Call For Details

Keahey fund established

A medical expense account has been set up for David Keahey at FirstBank Southwest in Pampa. Keahey is currently await-

ing a lung transplant. For more information or to make a contribution, call (665-2341) or stop by the bank.

Tour

Continued from Page 1

aged to bring water and wear a sun hat and sunscreen.

Lunch will be provided indoors at Miami Community Center, 103 S.

Main. The Cattle Exchange will cater the meal.

Cyclists will spend the night in Canadian.

For more information on MS, talk to a health care professional or contact the National MS Society at www.nationalmssociety.org, telephone 1-800-Fight-MS.

Viewpoints

American media shilling for the enemy

CNN correspondent Nic Robertson recently aired a report from Beirut. Throughout his entire report on "Anderson Cooper 360," Robertson accepted uncritically the claims of a Hezbollah "guide" about what he was seeing.

According to NewsBusters' Rich Noyes: "Robertson touted his 'exclusive' exchange with a Hezbollah propagandist who led him on a tour of a bombed-out block of southern Beirut. Hezbollah claimed to show that Israeli bombs had struck civilian areas of the city, not the terrorist group's headquarters." Wrote Noyes: "The Hezbollah 'press officer,' Hussein Nabulsi, even directed CNN's camera:

'Just look. Shoot. Look at this building. Is it a military base? Is it a military base, or just civilians living in this building?' A few moments later, Nabulsi instructed CNN to videotape him as he ran up to a pile of rubble: 'Shoot me. Shoot. This is here where they said Sheikh Nasrallah, the secretary-general of Hezbollah, is living. This is wrong!'"

At one point Robertson said: "As we run past the rubble, we see much that points to civilian life, no evidence apparent of military equipment."

As he concluded his report, anchor John Roberts gushed, "Well, extraordinary tour that you took there today, Nic. And a lot of people here at CNN say you're

very, very brave for doing it, but we expect nothing less. Nic Robertson in Beirut, thanks very much."

Not once during the entire segment, which was unvarnished Hezbollah propaganda, did Robertson mention that he was being led around by the nose by a Hezbollah propagandist.

All this led NewsBusters to wonder if Robertson is looking to be the next Peter Arnett, the disgraced leftist Aussie journalist who allowed himself to become a mouthpiece for Saddam Hussein.

Robertson finally came

clean on CNN's "Reliable Sources" recently, when he admitted that "... there's no doubt about it. They had control of the situation. They designated the places that we went to, and we certainly didn't have time to go into the houses or lift up the rubble to see what was underneath."



Michael Reagan
Columnist

I f Robertson was alone in allowing himself to be used by the enemy it would just be an isolated incident, but instead, he's just one of a pack of journalists who never seem to be able to support the U.S. or its ally Israel in the war on terror.

Thanks to the mainstream media's constant carping about alleged U.S. or Israeli "brutality," the hands of the American military in Iraq and the Israeli's in Lebanon are tied up in all sorts of politically correct handicaps that prevent them from taking decisive action when that's what is required to win.

Recently on my radio broadcast, I said if I were president for one day ending the war would be the easiest thing in the world. I would simply sign an executive order pulling all embedded reporters out of war zones where America is involved. I'd sign a second executive order having a complete media blackout of the war zone for the next six months.

I had an army lieutenant colonel on the show and I asked him if I did that, how long it would take him to end this war?

"Maybe 30 days or so," he said.

The war goes on longer because of the media's slanted coverage — we can't do what we need to do for fear of the backlash with the media questioning everything we do, everywhere we go.

The media have no problem taking the word of every insurgent posing as an innocent civilian. They ignore the established fact that the insurgent's main strategy is to bury themselves in the civilian population.

See REAGAN, Page 10

Today in History

By The Associated Press

Today is Friday, July 28, the 209th day of 2006. There are 156 days left in the year.

Today's Highlight in History:

On July 28, 1945, a U.S. Army bomber crashed into the 79th floor of New York's Empire State Building, killing 14 people.

On this date:

In 1540, King Henry VIII's chief minister, Thomas Cromwell, was executed, the same day Henry married his fifth wife, Catherine Howard.

In 1655, French dramatist and novelist Cyrano de Bergerac, the inspiration for a play by Edmond Rostand, died in Paris.

In 1821, Peru declared its independence from Spain.

In 1868, the Fourteenth Amendment to the U.S. Constitution, guaranteeing due process of law, was declared in effect.

In 1896, the city of Miami was incorporated.

In 1932, federal troops forcibly dispersed the so-called "Bonus Army" of World War I veterans who had gathered in Washington to demand money they

'It is impossible to write ancient history because we lack source materials, and impossible to write modern history because we have far too many.'

— Charles Peguy
French poet and writer (1873-1914)

were not scheduled to receive until 1945.

In 1945, the U.S. Senate ratified the United Nations Charter by a vote of 89-2.

In 1965, President Johnson announced he was increasing the number of American troops in South Vietnam from 75,000 to 125,000.

In 1976, an earthquake devastated northern China, killing at least 242,000 people, according to an official estimate.

In 2002, nine coal miners trapped in the flooded Quecreek Mine in Somerset, Pa., were rescued after 77 hours underground.

Ten years ago: Federal investigators reported "very good leads" in the hunt for the Olympic bomber, a day after the explosion in Centennial Olympic Park in Atlanta that killed a Georgia woman. President Clinton, addressing a veterans convention in New Orleans, called on Congress to pass expanded anti-terrorism measures.

Five years ago: Alejandro Toledo, Peru's first freely elected president of Indian descent, was sworn into office.



Cowboy diplomacy far from being over

It's amazing how journalism can create instant myths, especially in this age of the Internet and television. Time magazine's big story about the Bush administration ending "Cowboy Diplomacy" is a good example.

Time writes a lead story asserting that there's been a big change in President Bush's approach to foreign policy, and the television chatter heads pick up on it and talk it to death.

In the meantime, nothing has changed in the Bush administration. The claim the writers make that the Bush Doctrine no longer guides foreign policy is nonsense. Presumably, by the Bush Doctrine they mean pre-emptive war and non-negotiable positions. That was three-quarters cow pies from the very beginning. The only pre-emptive wars Bush ever contemplated

were attacks on Afghanistan and Iraq. He was never going near North Korea because of the high number of casualties that would involve.

As for non-negotiable demands, that's still the rule in Bush's foreign policy. He just happens to call ultimatums negotiations, but the U.S. position on both Iran and North Korea remains the same. In the case of Iran, the U.S. position is: Stop all enrichment activities and research, and then we'll talk. In the case of North Korea, it is: Dismantle all your nuclear-weapon programs and missiles first, and then we might talk.

You don't negotiate by

demanding complete surrender at the outset. Therefore, negotiations will fail in both instances, but the pretense of negotiations at least gives Bush an excuse to avoid doing what he's scared to do anyway —



Charley Reese
Columnist

i.e., take military action. That's a problem that people who speak loudly but carry small sticks run into. Once you make a demand and the other party says no, what then are your options? Accept failure? Go to war?

Bush has no choice but to say, "Let's try diplomacy," because he has no viable military options available for either North Korea or Iran. South Korean students are demonstrating against the U.S. even now over trade

negotiations. The South would rebel if the U.S. started talking military attacks against the North. South Korea doesn't want a war because it has the most to lose and nothing to gain by one.

Anybody who thinks South Korea and China would side with Japan against North Korea had better read some history. Koreans and Chinese hate Japan. A Korean friend of mine who used to compete in international taekwon do meets said he always broke the shoulders of his Japanese opponents, even though it cost him penalty points.

An American army colonel told me about a South Korean general who owns a fancy hotel. He has his agents out scouring the region to find young, beautiful and diseased girls, whom

See REESE, Page 10

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Texas Thoughts

By The Associated Press

A sample of editorial opinion around Texas:

■ July 17

Austin American-Statesman on death row for doctors:

Imagine a Texas doctor facing the possibility of the death penalty for performing an abortion on a willing minor or even a grown woman. Although some of the most extreme opponents of abortion might welcome just such a prosecution, the idea probably sounds far-fetched to most Texans.

But the Texas District and County Attorneys Association says in a guide to state laws enacted in 2005 by the Legislature that just such a prosecution is possible, even if it is "undoubtedly

an unintended consequence" of an effort to limit abortions by teenage girls and women in their third trimester unless their health was endangered.

This interpretation of the law, which even abortion activists reject, is worrisome. Remember, abortion itself remains legal, even constitutionally protected under several U.S. Supreme Court rulings. Lawmakers say they never intended to make doctors vulnerable to a capital murder charge, but this is Texas, where an ambitious prosecutor in a strongly anti-abortion county might well decide to score some political points by bringing just such a case if the opportunity arose.

State Rep. David Swinford, chairman of the House State Affairs Committee, doesn't think the associa-

tion is right but he's concerned enough to have asked Attorney General Greg Abbott for a formal legal opinion.

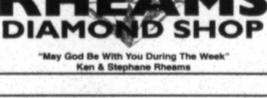
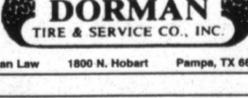
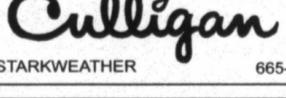
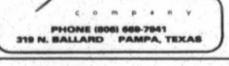
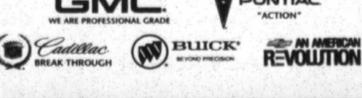
Here's the situation: A law passed in 2003 makes killing an "unborn child" at any stage of pregnancy a capital murder offense. But a legal defense to such a charge is that a doctor was performing a legal abortion.

Then, in 2005, the Legislature passed a law that requires pregnant girls under 18 to have parental permission or a court order to get an abortion and bars most third trimester abortions. Put the two laws together, the prosecutors' guidebook points out, and a doctor who aborted the pregnancy of a woman in her seventh or higher month of preg-

See DOCTORS, Page 10

This Devotional Directory Is Made Possible By The Following Businesses Who Encourage All Of Us To Attend Worship Service

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Warren First Baptist Church Rev. Johnny Funderburg203 N. West First Baptist Church (Mobeetie) Rev. Harvey Patterson Mobeetie Tx. First Baptist Church (Lefors) Chris Webb, Pastor315 E. 4th First Baptist Church (Skellytown) Fines Marchman306 Roosevelt First Baptist Church (Groom) David Kelly407 E. 1St. First Baptist Church (Wheeler) Pastor Dennis Williams601 S. Main First Baptist Church (White Deer) Alan Wilson411 Omohundro St. First Baptist Church (McLean) Pastor Kelly Raymond206 E. 1st St. First Free Will Baptist 731 Sloan St. Grace Baptist Church Bro. Kyle Ohsfeldt824 S. Barnes Harvest Fellowship Church C.W. Parker, Pastor.....1435 N. Sumner Highland Baptist Church Paul Nachtigall, Pastor1301 N. Banks Hobart Baptist Church Rev. Jim Powell1100 W. Crawford Iglesia Bautista Emmanuel (Bilingual) Guillermo "Willy" Jaramillo1021 S. Barnes</p>	<p>Macedonia Baptist Church Rev. I.L. Patrick441 Elm St. New Hope Baptist Church Pastor Darren Willis912 S. 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Lemons, Min. .11923 W McCullough Wells Street Church of Christ 400 N. Wells Westside Church of Christ 1612 W. Kentucky</p> <p>Church of God Priest Park Church of God Eric Horton, Preacher1123 Gwendolen</p> <p>Cowboy Church Cowboy Church in the Arena of Life at McLean Pastor, Ronnie Ferguson 420 Main St, McLean Great Plains Western Church Pastor, Joe Zillman 520 US Hwy. 287, Claude</p> <p>Episcopal St. Matthew's Episcopal Church Rev. Linda Kelly727 W. Browning</p> <p>Interdenominational Trinity Church (McLean) Pastor: Larry Perkins603 Commerce St. Crossroads Country Church Ray OQuin, Pastor13801 Hwy 152</p>	<p>Jehovah's Witness 1701 Coffee</p> <p>Lutheran Zion Lutheran Church Rev. Michael Erickson1200 Duncan</p> <p>Methodist First United Methodist Church Rev. Jeff Taylor201 E. Foster First United Methodist Church (Mobeetie) John UlreyWheeler & 3rd First United Methodist Church (McLean) Rev. Thacker Haynes219 N. 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Sumner Briarwood Full Gospel Church Rev. Lynn Hancock1800 W. Harvester</p> <p>Pentecostal Faith Tabernacle Rev. Ben Corbitt, Pastor610 Naida First Pentecostal Holiness Church Rev. Albert Maggard1700 Alcock Lighthouse Covenant Fellowship Ed & Jennie Barker, Pastors ...1733 N. Banks Open Door Church of God in Christ Elder H. Kelley402 Oklahoma St.</p> <p>Presbyterian First Presbyterian Church 525 N. Gray</p>
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**JESUS CHRIST, THE SAME
 YESTERDAY, TODAY, AND FOREVER
 HEBREWS 13:8**

Religion

The importance of 'brokenness'

Anyone who serves God will discover sooner or later that the great hindrance to his work is not others but himself. He will discover that his outward man and his inward man are not in harmony, for both are tending toward opposite directions. He will also sense the inability of his outward man to submit to the Spirit's control thus rendering him incapable of obeying God's highest commands.

Jimmy Flynn

Church of the Brethren



He will quickly detect that the greatest difficulty lies in his outward man, for it hinders him from using his Spirit. Many of God's servants are not able to do even the most elementary works. Ordinarily, they should be enabled by the exercise of their Spirit to know God's Word, to discern the spiritual condition of another, to send forth God's messages under anointing and to receive God's revelations.

Yet, due to the distractions of the outward man, their Spirit does not seem to function properly. It is basically because their outward man has never been dealt with. For this reason, revival, zeal, pleading and activity are but a waste of time. As we shall see, there is just one basic dealing that can enable man to be useful before God — brokenness.

Notice how the Bible divides man into two parts: "For I delight in the law of God according to the inward man." (Romans 7:22) Our inward man delights in the law of God — "to be strengthened with power by his spirit in the inner man." (Ephesians 3:16) And Paul also tells us: "But if indeed our outward man is consumed, yet the inward man is renewed day by day." (2 Corinthians 4:16)

When God comes to indwell us — by His Spirit, life and power — He comes into our spirit, which we are calling the inward man. Outside of this inward man is the soul wherein functions our thoughts, emotions and will. The outermost man is the physical body. Thus we will speak of the inward man as the Spirit.

The inner man as the soul and the outermost man as the body. We must never forget that our inward man is the human spirit where God dwells as His Spirit mingles with our spirit. Just as we are dressed in clothes, so our inward man wears "an outward man." The spirit wears the soul, and similarly the spirit and soul wear the body.

It is quite evident that men are generally more conscious of the outer and outermost man, and they hardly recognize or understand their spirit at all. We must know that he who can work for God is the one whose inward man can be released.

The basic difficulty of a servant of God lies in the failure of the inward man to break through the outward man. Therefore, we must recognize before God that the first difficulty to our work is not in others but in ourselves.

Our spirit seems to be wrapped in a covering, so that it cannot easily break forth. If we have never learned to release our inward man by breaking through the outward man, we are not able to serve.

Nothing can so hinder us as this outward man. Whether our works are fruitful or not depends upon whether our outward man has been broken by the Lord, so that the inward man can pass through that brokenness and come forth. This is the basic problem.

The Lord wants to break our outward man in order that the inward man may have a way out. When the inward man is released, both unbelievers and Christians will be blessed.

MINISTER'S MUSINGS

Want a glimpse of heaven?

What if God personally appeared to you and asked you if you would like a glimpse of heaven? Is there anyone who would turn Him down? I know I wouldn't. I would say, "You betcha, Lord!"

Then what if He broke the news to you that it wasn't an actual glimpse of heaven, but a glimpse of heaven on earth right here in Pampa. If you are like many Christians, you might assume that it would be a glimpse of your Sunday morning church service.

Well, let me burst your bubble. It wouldn't be at your church, and it wouldn't be at mine either. In fact, if God wanted to give any one of us a glimpse of heaven on earth, it wouldn't take place at any of our churches.

You see, every single church in Pampa is too narrow. We each have our own little world called "our church." We have our own little set of peculiar teachings and traditions and comfort zones, and that just isn't what heaven is going to be like at all.

Heaven is a prepared

place for all faithful disciples of Jesus. Not just the ones who walk like we do and talk like we do. Well, then where would the glimpse come from?

Our church, Hi-Land Christian Church (non-pentecostal), has in the past gotten together with Lighthouse Covenant Fellowship (very pentecostal) and Priest Park Church of God (very pentecostal) for an evening of praise and worship.

It was to be a wonderfully mixed-up evening. Our members probably didn't worship as lively as our brothers and sisters from LCF and PPCG, and I definitely wasn't as well dressed as my bud, Nathan Hopson. Some of the songs were too contemporary for some "old timers," while other songs were too old-fashioned for some of the young whipper-snappers. Some folks were probably way too informally dressed, while others were

"over-dressed to the nines."

You see, our gathering was incredibly, diversely mixed up, lie heaven! Heaven will be composed

of every color of skin, every ethnic group, men, women, rich, poor, educated,

rednecks, red staters, blue staters, democrats, republicans,

Catholics, Protestants, believers who only speak English, believers who can't speak English and believers who never even knew that there was anything called English, so if God was going to take you and give you a glimpse of heaven on earth it would probably be at some type of joint, unity worship service.

If we always stay in our tiny comfort zones, we will make little preparation for our life in Heaven. Heaven will be so diversely mixed-up that we'll probably all be freaked out for the first few minutes we're there. Then we'll get our mind

and heart and spirit focused on the right thing (God) and everything will get better.

If we would just get a little practice here on earth and not be so "my way or the highway," then maybe those first few minutes in Heaven wouldn't be so freaky, so keep your eyes peeled for a mixed up unity worship service and then to! And then maybe, just maybe, we might see a little smile on our Father's face, and wouldn't it feel so much better to put a smile on His face instead of a frown? Wouldn't it be so much better to lift the Lord's spirit instead of break His heart?

And if you get tired of waiting to hear about one of these mixed up unit worship services, then just talk to your church about hosting one. But remember, if you host one, you've gotta invite us "relatives" who drive you nuts. If you only invite the ones you already know and are comfortable with, then no preparation for heaven will be happening.

God bless.

Mike Sublett

Hi-Land Christian



Religion in the news

Appeals court orders review of Colombian Mormons asylum case

SALT LAKE CITY (AP) — A federal appeals court has reversed a decision that would have sent a Mormon couple back home to Colombia, where they say they were threatened because of their religious and political activity.

The 10th U.S. Circuit Court of Appeals ordered the Board of Immigration Appeals to reconsider the case of Herbert Douglas Moscoso-Morales and his wife, Nancy, citing a written death threat delivered in 2002 to the couple's home.

"We know of all your political and informant activities for your Mormon cult," the letter stated, and told them to be gone within 24 hours or be "eliminated."

The couple fled to Salt Lake City and began their battle to gain political asy-

lum. In its July 14 ruling, the Denver-based appeals court said the letter was evidence that the couple had "a well-founded fear of future persecution" should they return home.

According to court records, Moscoso-Morales was raised in The Church of Jesus Christ of Latter-day Saints and was active in church work, and for the past few years had worked as a teacher at a high school in Ibague, about 100 miles west of Bogota.

He said he joined the political campaign of a fellow church member, and also worked with a group dedicated to rooting out corruption in city government.

A few years ago, he said a man told him that he should be instructing his students to become part of FARC, a revolutionary group in Colombia, but

he instead denounced the group. Moscoso-Morales said he was beaten up and received threatening phone calls over several months, in addition to the threatening letter.

While in the United States, the couple said a member of their political organization had been assassinated. An immigration judge had previously ruled that Moscoso-Morales had failed to establish a well-founded fear of persecution.

Mosque of Paris sues satirical weekly over prophet cartoons

PARIS (AP) — The Mosque of Paris has filed suit against a satirical weekly for publishing three cartoons of Islam's prophet. Two of the cartoons were among those published by a Danish

See CHURCH, Page 12

Church briefs

First Baptist Church of Pampa will host a Disaster Relief Training from 8 a.m.-4 p.m. Saturday in the vacant lot west of the church on Ward St. In conjunction with the training, a

free meal will be served at 12 p.m. for area public service personnel. To find out more, call 662-0289.

Century Men



Pictured above are The Century Men on the steps of the United States Capital Building in 2004. This auditioned male chorus will be in concert at First Baptist Church in Pampa at 7 p.m. Sept. 20. The public is invited to attend this special concert.

"Onward Christian Soldiers"

Rev. Sabine Baring-Gould was a brilliant self-taught scholar who developed some eccentricities such as keeping a pet bat on his shoulder as he taught school. He wrote this particular hymn on a Whitsunday's evening in 1865. Whitsunday is better known as Pentecost Sunday. It got its nickname because it became a popular day for new Christians to be baptized. The baptismal candidates marched to the rivers wearing robes of white, and the day became known as "White Sunday" or "Whitsunday." The hymn was not written for war or for soldiers - it was written for children. Sabine wanted to give the village children of Horbury, England a marching song for a trip to a neighboring town for a Sunday School rally.

Ref: Robert J. Morgan

This hymn history brought to you by



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Dear Abby...

By Pauline & Jeanne Phillips

DEAR ABBY: I am a 26-year-old single mom with a 5-year-old daughter. I have been seeing "Rhett," a wonderful, sweet man, for more than a year. I have fallen very much in love with him and he with me -- I think. Ever since Rhett met my daughter, all the fun, romantic, serious stuff we used to talk about has flown out the window. Anytime I try to talk sexy or serious about our relationship, he acts uncomfortable and changes the subject to my daughter and how she's doing in school, what her interests are, how she's feeling, etc. This may sound selfish, but I miss the "us" conversations Rhett and I used to have. I am a mother 24/7. I want my romance back! But I'm afraid if I broach the subject, I'll sound jealous. I am thrilled that Rhett loves my daughter and I know, since he has never had kids, this is a novelty. But it's like the romance has turned into a relationship that's centered exclusively on my daughter. Of course, I want his concern and help in rearing her, but something tells me this isn't normal. Help! -- NOT SELFISH IN GEORGIA

DEAR NOT SELFISH: The "something" that's telling you his behavior isn't normal is your intuition. Please pay attention to your feelings because they are trying to convey something important. By all means, raise the subject with Rhett, and don't beat around the bush. As it stands your romance is dead in the water. He may have hang-ups about being romantically involved with a woman who has given birth -- or his preoccupation with your daughter could be sexual. P.S. If your daughter has not already been made aware of the difference between appropriate and inappropriate touching, she is old enough now.

DEAR ABBY: I am 86 years old. My husband died six months ago, after 60 wonderful years of marriage. As I have been mourning and reliving our life together, my 50-year-old daughter -- my only child -- has informed me that when she was a teenager her father molested her often and raped her one week before her marriage "so she wouldn't be inexperienced," he said. She told me the molestation went on for two years before the rape. (She married at 18.) Why did she have to tell me now? She says it is because she could no longer stand me talking about how "wonderful" he was. Now my heart is broken, and all I want to do is die. Why would someone want to ruin your memories after all this time? Wouldn't it have been better to have left me with my illusion than ruin what life I have left? -- HEARTBROKEN IN DENVER

DEAR HEARTBROKEN: Better for whom? Your daughter has already tried to answer your question. After all those years of keeping quiet, what broke the camel's back was listening to you idealize your husband. What I don't understand is why your daughter kept silent so long, when she should have told you what was happening when she was 16 -- or told the police what happened when she was 18. Please don't think I'm heartless, but you and your daughter will both be better off if you try to see your husband as less of a saint and more of a fallible human being, and forgive each other.

For Better Or For Worse



Zits



Garfield



Beetle Bailey



Marvin



Crossword Puzzle

CROSSWORD

By THOMAS JOSEPH

ACROSS 36 Elicit

1 Ward of 38 In the

5 Panning 39 Talk at

9 Leaflet 40 Costner

11 Keep 1987

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14 Caesar's

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16 "Hmm..."

18 Plug

20 Hallow-

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22 Salamanders

23 "How I

24 Back

25 Pale

27 Writer

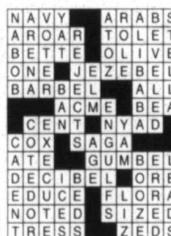
29 Glimpse

30 Gaskets'

32 Ware-

34 Sold-out

35 Some



Yesterday's answer

7 Celtic

8 Straight

9 Excuse

10 Camera

11 Keep

12 Pub

13 Fiat

14 Caesar's

15 Foot the

16 "Hmm..."

18 Plug

20 Hallow-

21 Big dos

22 Salamanders

23 "How I

24 Back

25 Pale

27 Writer

29 Glimpse

30 Gaskets'

32 Ware-

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39 Talk at

40 Costner

41 Painter

42 Diner

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50 Diner

Marmaduke



The Family Circus

THE FAMILY CIRCUS

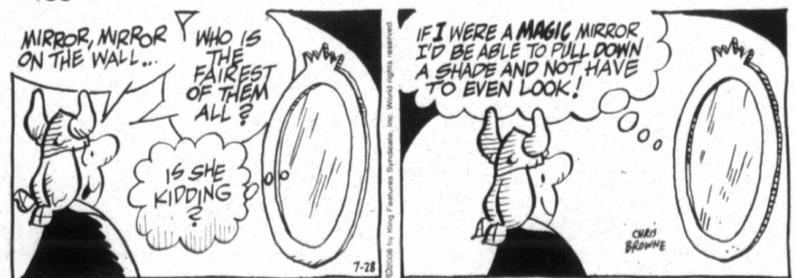
By Bil Keane



B.C.



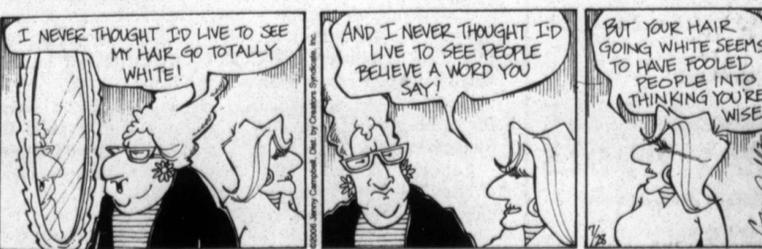
Haggar The Horrible



Peanuts



Flo & Friends



Blondie



Sports Day

Thursday's Golf Notes: Pavin sets record; Wie in second place with 66

U.S. Bank Championship
MILWAUKEE (AP) — Corey Pavin broke the PGA Tour's nine-hole record with a front-nine 26 en route to a 9-under 61 and a three-stroke lead today in the suspended first round of the rain-soaked U.S. Bank Championship.

The 46-year-old Pavin birdied his first six holes and eight of the first nine in his bogey-free round on the Brown Deer Park Golf

Course. Pavin broke the nine-hole mark of 27 set by Mike Souchak in the 1955 Texas Open and matched by Andy North (1975 B.C. Open), Billy Mayfair (2001 Buick Open) and Robert Gamez (2004 Bob Hope Chrysler Classic).

Pavin's 61 tied Ken Green (1988), Gamez (1991) and Steve Lowery (1999) for the lowest round in tournament history.

Arjun Atwal opened with

a 64, Skip Kendall and Cameron Beckman shot 65s and David Frost also was 5 under through 17 holes when play was suspended. Defending champion Ben Crane and 105 other players were unable to finish the round.

Evian Masters

EVIAN, France (AP) — Michelle Wie shot a 6-under 66 for a share of the second-round lead with Lorena Ochoa and Karrie Webb in the Evian Masters.

The 16-year-old Wie, playing in 94-degree heat two weeks after withdrawing from the PGA Tour's John Deere Classic because of heat exhaustion, matched Webb (68) and Ochoa (69) at 9-under 135.

Se Ri Pak (68) was a stroke back, Mi Hyun Kim (71) was 7 under, and two-time champion Annika Sorenstam (69), defending champion Paula Creamer (68) and Lorie Kane (68) were 6 under.

Senior British Open

TURNBERRY, Scotland (AP) — Loren Roberts shot a 5-under 65 for a share of the first-round lead in the Senior British Open with Peter Jacobsen and Craig Stadler.

Roberts, who opened the Champions Tour season with three straight victories, had the only bogey-free round of the day at Turnberry.

Defending champion Tom Watson struggled in his return to Turnberry with a 73. Watson, the winner last year at Royal Aberdeen, won the 2003 tournament at Turnberry.

He also won the 1977 British Open at Turnberry for the second of his five victories in the event.

Deutsche Bank Players' Championship

ALVESLOHE, Germany (AP) — England's Lee Westwood shot a course-record 9-under 63 to take the first-round lead in the Deutsche Bank Players' Championship.

The two-time champion was a shot ahead of Retief Goosen and Robert Karlsson, and had a two-stroke margin over Ian Woosnam, Gregory Havret and Jean-Francois Remesy. John Daly opened with a 72 on the Gut Kaden course.



Pampa News photos by MICHAEL J. STEVENS

Gary Elliott putts on the No. 9 green Thursday afternoon while Gary Hudson (left to right), Boyd Spurlock and Dale Williams look on. The foursome was among those competing in Flight 3 of the Tri-State Seniors Golf Tournament which concluded Thursday. Spurlock finished first in the flight.

Beebe wins Championship Flight; Adams claims Super Seniors as 72nd annual TSSGT wraps up

Tri-State Seniors Golf Tournament
Pampa Country Club
July 27, 2006

Final Championship Flight*

- 1 George Beebe (80, 77, 37) 193
- 2 Duane Pittman (82, 77, 38) 195
- 3 Jay Sherard (85, 79, 35) 199
- 3 Eddie Rice (80, 82, 37) 199
- 5 Gary Bowe (83, 80, 43) 206
- 5 Tommy Tomlinson (84, 79, 43) 206
- 7 Scott Mack (83, 81, 43) 207
- 8 Tommy Wilson (90, 81, 41) 212

Super Senior Flight*

- 1 Tom Adams (73, 83, 38) 194
- 2 Roy Hartman (85, 77, 38) 200
- 3 Frank Howell (82, 82, 37) 201
- 4 Earl Simpson (85, 77, 40) 202
- 5 Ray Morgan (80, 85, 40) 205

*Shortened to 45 holes due to weather

Flight 1**

- 1 Bill Scholz (-2, 5, 1) 4
- 2 Harry Frye (-4, 1, -4) -7
- 3 O.C. Penn (-4, -3, -7) -14
- 4 Tom Murphy Jr. (-10, 1, -9) -18
- 5 Joe Donaldson (-9, -6, -8) -23
- 6 Delmar Jones (-9, -13, -4) -26
- 7 R.W. Stowers (-15, -17, -11) -43

Flight 2**

- 1 Bill Clemmons (2, 1, 3) 6
- 2 Jack Phillips (1, 0, -1) 4
- 3 Steve Stevens (0, 1, -1) 0
- 4 Bob Dantzer (-5, -1, -2) -5
- 5 Norman Sublett (-3, -1, -2) -6
- 6 James Cunningham (-9, -3, -3) -15
- 7 Vern Johnston (-2, -2, -42) -46

Flight 3**

- 1 Boyd Spurlock (-4, 6, -1) 1
- 2 Gary Hudson (-4, -2, -1) -7
- 3 Dale Williams (-9, -1, -2) -12
- 4 Gary Elliott (-2, -8, -3) -13
- 5 Dee Phillips (-3, -9, -2) -14
- 6 Ken Wight (-8, -2, -11) -21
- 7 Mike Fortnin (-8, -7, -7) -22

Flight 4**

- 1 Don Adams (1, 2, 4) 7
- 2 Joe Gonzalez (-1, -5, 8) 2
- 3 Owen Lafferty (-1, -6, 5) -2
- 4 Bill Fontenot (-4, 1, -1) -4
- 5 John Wilson (-4, 0, -3) -7
- 6 Gladwin Gillispie (-5, -2, -3) -10
- 7 Dee Bailey (-5, -5, -2) -12
- 8 Tobe Collins (-9, -7, 1) -15
- 9 Jim Osborne (-3, -14, -5) -22
- 10 Lewayne Hogan (-11, -1, -13) -25

Flight 5**

- 1 J.C. Beyer (0, 4, 9) 13
- 2 Charles Swearingen (3, -1, 4) 6
- 3 Doyle Munkres (2, -2, -1) -1
- 4 Bill Riffe (-2, 1, -1) -2
- 4 Bob Miller (-2, 0, 0) -2
- 6 Sam Bass (-2, -4, 3) -3
- 6 Carl Brown (-5, -1, 3) -3

**Stableford scoring by Chicago points



Tom Murphy Jr. sinks his final putt of the 72nd annual Tri-State Seniors Golf Tournament Thursday afternoon.

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Landis to explain doping result

MADRID, Spain (AP) — Floyd Landis planned to give a news conference today in Madrid about the positive doping result that threatens to wipe out the American's victory in the Tour de France, his lawyer's office said.

It would be the American cyclist's first public appearance since Thursday's announcement by his team, Phonak, that he tested positive for abnormal levels of testosterone after the 17th stage of the Tour.

The office of Landis's lawyer, Jose Maria Buxeda, told The Associated Press that a news conference with the cyclist was scheduled for 11:30 a.m. EDT in the Spanish capital.

Landis denied any wrongdoing in a teleconference with reporters on Thursday and vowed to

clear his name.

"All I'm asking for is that I be given a chance to prove I'm innocent," he said.

Asked repeatedly what might have tripped his test, Landis refused to lay blame on any one thing.

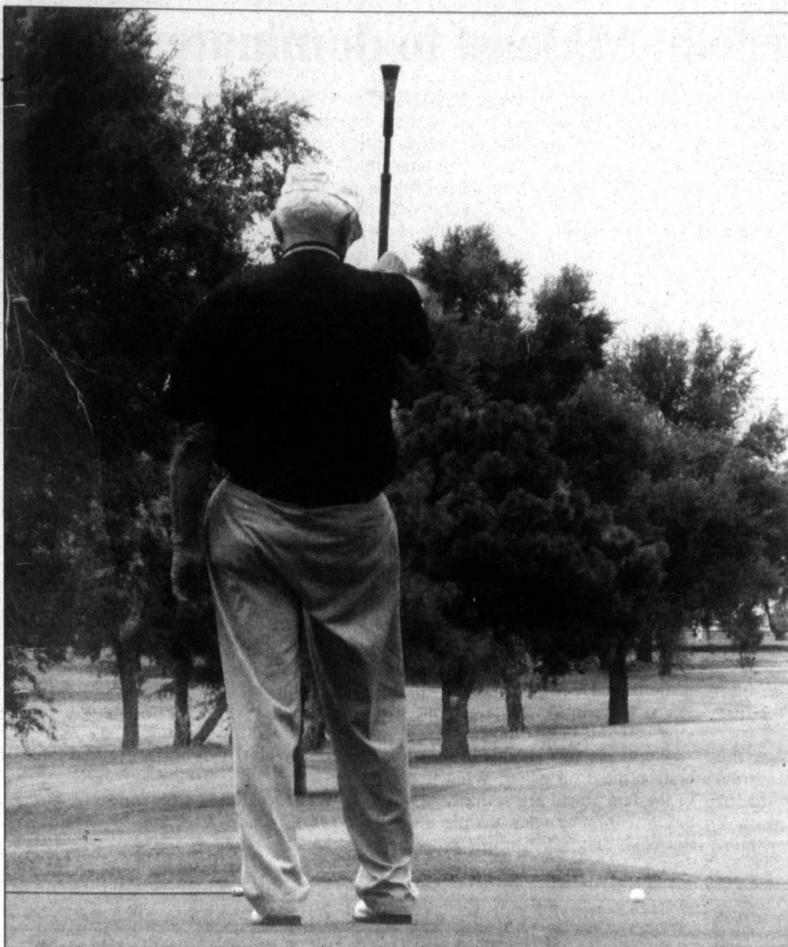
"As to what actually caused it on that particular day, I can only speculate," he said.

Landis had an exemption from the Tour to take cortisone shots for pain in his hip, which will require surgery for a degenerative condition, and was taking an oral medication for hyperthyroidism.

He and his doctor were consulting with experts to see if those drugs might have thrown off his testosterone levels.

See DOPING, Page 9

Careful evaluation



Pampa News photo by MICHAEL J. STEVENS

Bill Soyars lines up a short putt on the No. 9 green during the final round of the 72nd annual Tri-State Seniors Golf Tournament at the Pampa Country Club.

Doping

Continued from Page 8

News of Landis' positive test shocked the cycling world, which has been under a cloud following a wide-ranging doping investigation in Spain that led to the barring of several of the

world's leading cyclists from the tournament.

On the eve of the Tour's start, nine riders — including pre-race favorites Jan Ullrich and Ivan Basso — were ousted, implicated in a Spanish doping investigation.

The names of Ullrich and Basso turned up on a list of 56 cyclists who allegedly

had contact with Spanish doctor Eufemiano Fuentes, who's at the center of the Spanish doping probe. Landis was not implicated in that investigation.

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Texans get Pickett

SANTA CLARA, Calif. (AP) — The San Francisco 49ers traded backup quarterback Cody Pickett to the Houston Texans on Thursday for a conditional draft pick.

Pickett started two games for the 49ers last season — and completed a franchise-low one pass in a loss to Chicago. But the former rodeo cowboy and University of Washington star gained his greatest notoriety from a brief stint as a special-teams player covering kickoffs and punts.

The 49ers will open training camp Friday with quarterbacks Trent Dilfer, Jesse Palmer and Shaun Hill vying to back up Alex Smith.

The 49ers also signed former Houston defensive end Jerry DeLoach, who has started 40 games over five NFL seasons with the Texans and Washington.

San Francisco also

released rookie receiver Chris Baker.



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Red double up Astros, 8-4

HOUSTON (AP) — Elizardo Ramirez lost count of the consecutive strikeouts he had between the third and fifth innings of the Cincinnati Reds' 8-4 victory over the Houston Astros on Thursday night.

He smiled when someone told him after the game he fanned seven in a row, the most by a Red since John Smiley had seven straight against Colorado in 1996.

"I knew I threw a lot of strikeouts," Ramirez said. "I didn't know how many I had. That's nice."

It was the most consecutive strikeouts since Kerry Wood of the Chicago Cubs fanned seven straight against Atlanta in April 2004.

"I felt very good, my concentration was very good," Ramirez said.

Adam Dunn and Ken Griffey Jr. homered and Ramirez also had an RBI double. Dunn went 3-for-3 with four RBIs and Ramirez (4-6) went 6 2-3 innings to win for the first time since June 25, allowing six hits and striking out eight.

"Those seven strikeouts, against major league players, that's a pretty awesome feat," Cincinnati manager Jerry Narron said. "He had real good velocity on his fastball and his curveball

was outstanding."

Lance Berkman, Luke Scott and Eric Munson had RBI singles in the eighth off Reds reliever Billy Bray to make it 6-4, but Todd Coffey came on and struck out Adam Everett to end the inning.

The Astros dropped six games under .500 (48-54) and six games behind the Reds in the crowded NL wild card race.

"We're just not getting on a roll," Houston manager Phil Garner said. "We're not putting anything together."

Dunn and Rich Aurilia added RBI singles in the ninth off Brad Lidge, ending the Houston bullpen's scoreless streak at 27 innings, the longest in the majors this season.

Astros starter Taylor Buchholz (6-9) lasted only two innings as the Reds hammered him from their first at-bat.

Ryan Freel ripped Buchholz's third pitch into the right-field corner for a double and Dunn followed with a liner to left-center for his eighth RBI since the All-Star break.

Griffey then hit his 20th homer of the season and the 556th of his career, a towering two-run drive over the Astros' bullpen in right-center.

GOVERNOR BARKLEY?

Former NBA star switches parties

MONTGOMERY, Ala. (AP) — Former basketball star Charles Barkley says he's switched political teams from Republican to Democrat and is again talking about running for governor in his home state, possibly in 2010.

"I really believe I was put on Earth to do more than play basketball and stockpile money," said Barkley, known as the Round Mound of Rebound. "I really want to help people improve their lives, and what's left is for me to decide how best to do that."

Barkley, a Leeds native who has been an NBA analyst with cable network TNT since his 2000 retirement, has been talking about running for governor of Alabama since he was playing with the Phoenix Suns in the 1990s. In 1995, he said he was considering

running in 1998 as a Republican, but that never materialized.

Barkley continued to identify himself as a Republican until recently, when he switched parties. "I was a Republican until they lost their minds," he said earlier this month.

Barkley said his immediate goal is to get his 17-year-old daughter through high school and into college.

Then he plans to decide on his future, including whether to run for governor.

"I say welcome Charles Barkley. Charles Barkley has been a Horatio Alger story for many people, not only in sports but in business and broadcasting," Joe Turnham, Alabama's Democratic Party chairman, said Wednesday.



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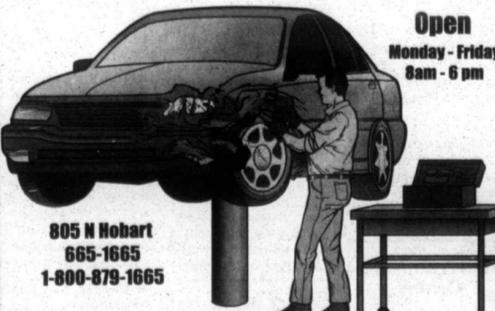
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Reagan

Continued from Page 4

values and a moral standard and they realize that we will do everything in our power to protect innocent people. They blend in with the people and when the innocent civilians they use as human shields are killed they use the deaths as propaganda tools and the media eat it up.

—Mike Reagan, the eldest son of the late President Ronald Reagan, is heard on more than 200 talk radio stations nationally as part of the Radio America Network.

This is how they fight wars. They don't mind women and children dying. That is all part of their strategy. They understand that the U.S., Israel and other civilized nations have

Doctors

Continued from Page 4

Even anti-abortion groups are shying away from such an interpretation, though apparently more because of political reality than principled objection to the idea of such a prosecution. Kyleen Wright, president of Texans For Life Coalition, said murder prosecutions were not the intent of the new law and: "We're not trying to get out ahead of public opinion."

Those who oppose abortion want eventually to make it illegal, she said, with "stiff measures to act as a deterrent" though not capital punishment. After all, she said, even among abortion opponents there are diverse views about the morality of capital punishment.

Sarah Wheat, spokeswoman for NARAL Pro-Choice Texas, said she welcomed the request for the attorney general's opinion because "when it comes to abortion, you can't assume anything."

Wheat is right. Somewhere in Texas a prosecutor is looking at the new abortion law and thinking, "Hmm ..."

nancy or a minor who did not have parental or court permission theoretically could face a capital murder charge.

CONFAB

Blair visits Bush; Mideast to dominate talks

WASHINGTON (AP) — President Bush and British Prime Minister Tony Blair are teamed up against much of the world again, this time in their refusal to criticize Israel's offensive against Hezbollah guerrillas in southern Lebanon or to call for an immediate cease-fire in the Mideast fighting.

The deteriorating crisis that has claimed hundreds of lives — mostly Lebanese civilians — was sure to dominate talks Friday between the allies.

"You know, there are a lot of common interests that they have," White House press secretary Tony Snow said Thursday. "Obviously, there will be discussions on the Middle East."

Bush and Blair come together at the White House as consultations continue on a possible international peacekeeping force to stabilize the more than 2-week-old situation and supplement the Lebanese army. State Department counselor

Philip Zelikow is working in Brussels with European Union foreign policy chief Javier Solana and there were plans for meetings at the United Nations.

Speaking aboard Blair's plane as it flew to Washington on Friday, the prime minister's spokesman said Blair would seek a U.N. resolution to resolve the fighting between Israel and Hezbollah guerrillas. Britain hoped a U.N. resolution could be in place by next week.

Meanwhile, two U.S. Mideast envoys were holding diplomatic talks in the region and Secretary of State Condoleezza Rice said she would fly back to the Middle East, but did not say when.

"I do think it is important that groundwork be laid so I can make the most of whatever time I can spend there," Rice said at a news conference in Kuala Lumpur, Malaysia, where she was attending a conference on Asian issues.

Reese

Continued from Page 4

he keeps exclusively for visiting Japanese businessmen.

You have to remember that the main product in Washington is words. Words pour out of the mouths of politicians, bureaucrats, think-tank propagandists, talk-show hosts, pub-

lic-relations people and journalists in a Niagara volume. Journalists especially put way too much emphasis on words and abstractions like "Cowboy Diplomacy." One has to wonder that if the Bush Doctrine is cowboy diplomacy, why no Washington journalist ever called it that before.

Words are just sounds in the air or code printed on paper. What matters in the real world are actions. Always pay attention to what people do and not what they say. Do this especially

in Washington, where most of the time most of the people don't mean what they say anyway.

I wish Bush would adopt diplomacy, but he doesn't have the mind-set and temperament for it. A successful diplomat always leaves an out for himself and for the people he's negotiating with. Bush hasn't figured that out yet.

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

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The Pampa News Classifieds

<p>1 Public Notice</p> <p>ORDINANCE NO. 1451 AN ORDINANCE AMENDING ARTICLE 13 OF THE CODE OF ORDINANCES OF THE CITY OF PAMPA BY ADDING SECTION 13.02.019 REGULATING THE DRILLING OF A WATER WELL WITHIN THE CORPORATE LIMITS OF THE CITY OF PAMPA; PROVIDING A SEVERABILITY CLAUSE; PROVIDING FOR PUBLICATION AND AN EFFECTIVE DATE. BE IT ORDAINED BY THE CITY OF PAMPA, TEXAS:</p> <p>Section 1. That Article 13 of Chapter 12 of the Code of Ordinances of the City of Pampa, Texas, is hereby amended by adding the following section: "Sec. 13.01.019. Regulating the drilling of a water well. (a) No water well may be drilled within the corporate limits of the City of Pampa, Texas, without complying with the following regulations: (1) An application must be filed with the City's Code Enforcement office to which is attached a plat showing the following: legal description and street address of the property upon which the well is to be drilled; boundary lines of the property upon which the well is to be located; location of the well; depth of the well is to be drilled; and the permit for such well issued by the Panhandle Ground Water Conservation District ("District") whose principal office is located</p>	<p>1 Public Notice</p> <p>in White Deer, Texas. Any water well must comply with all of the rules and regulations of the District. (2) No well may be located nearer than seventy-five feet (75') from the water and sewerlines which provide such service by the City. (3) The well shall not be connected with any of the water distribution lines or discharge to sewer collection lines which provide such utility services to the property. (4) The well will be completed so that none of the water produced will contaminate the water mains or enter the sewer collection lines of the City or any of the service lines on said property. (b) No sales of the water from the well are permitted nor may such water be provided without charge for any off-premises use. (c) A non-refundable administrative fee of Fifty Dollars (\$50.00) shall be paid when the application is filed. (d) If the application complies with these regulations, the code enforcement office shall issue a permit. (e) Any water well existing at the time of the adoption of this Ordinance shall be considered a non-conforming well. If the well ceases to produce water for a period of sixty (60) days, for it to be produced thereafter, the owner must comply with these regulations. (f) This person shall have the right of ingress and egress to the property upon which the well is located during normal business hours to inspect the well to insure compliance</p>	<p>1 Public Notice</p> <p>with these regulations." Section 2. If any section, subsection, sentence, clause or phrase of this ordinance is, for any reason, held to be unconstitutional or invalid, such holding shall not affect the validity of the remaining portions of this ordinance. The City Commission of the City of Pampa hereby declares that it would have passed this ordinance and each section, subsection, sentence, clause, or phrase hereof irrespective of the fact that any one or more sections, subsections, clauses or phrases be declared unconstitutional or invalid. Section 3. This ordinance shall be effective upon its final passage and shall be enforced ten (10) days final publication was provided by law. INTRODUCED AND PASSED on its first reading on the 10th day of July, 2006 PASSED AND APPROVED on its second and final reading this the 25th day of July, 2006, and ORDERED PUBLISHED. CITY OF PAMPA, TEXAS By: Lonny Robbins, Mayor</p> <p>ATTEST: Phyllis Jeffers, City Secretary APPROVED AS TO FORM: Don R. Lane, City Attorney E-82 July 28, 2006</p> <p>5 Special Notices ADVERTISING Material to be placed in the Pampa News, MUST be placed through the Pampa News Office Only.</p>	<p>10 Lost/Found</p> <p>LOST in the vicinity of 1109 E. Foster: 1 dapple Dachshund, 2 black & white puppies. Call 665-8119 or 665-2539 if found. "Reward!" FOUND female black lg. Chihuahua type dog w/ collar, Lea st. area. Call 440-3164.</p> <p>14d Carpentry Carpentry, Roofing, Replacement windows, steel siding & trim Jerry Nicholas 669-9991, 662-8169 CUSTOM HOMES, additions & remodeling. 17 yrs. local exp. Shawn Deaver Constr. Call 662-2977, 665-0354.</p> <p>OVERHEAD DOOR REPAIR Kidwell Construction. 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Please contact Regina or Dee 800-800-0697. EOE. MCLAN Care Center has immediate openings in the Dietary Dept.: cooks & aids. Housing-keeping Dept.: 2 house-keeping aids. CNA's all shifts. Come by to apply or 806-779-2469 for info. HOSTESS, Cook & Wait Staff needed. Apply in person before 11 am. or after 2 pm. Dixie Cafe, Pampa. No Phone Calls PAMPA ISD is accepting applications for a certified gas & diesel mechanic. CDL license is preferred. Apply in person at the personnel office, 321 W. Albert. Mission Petroleum Carriers Local Crude Hauling Earn \$1200-\$1500 w/ky 5 Day Work Week Paid Weekly Direct Deposit Avail. paid vacation 401K/Great Benefits Home Every Night Class a CDL-X req. 1-800-737-9911 ext. 200 small missionrecruiter@mipc.com FRONTIER Feedyard North of Spearman, Tx. are accepting applications for experienced Cowboys. Must have horses & tack. Also accepting application for processors. Call 806-882-4251 or apply on person, ask for John. 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Must be dependable, trustworthy and a people person. Send resumes to Box 21, Pampa News, Po. Box 2198, Pampa, Tx. 79066-2198.</p>	<p>21 Help Wanted</p> <p>FUN, Friendly part-time sales associate for Julie's Hallmark, 125 W. Kingsmill, Pampa. GRAY County Latchkey is seeking applicants to provide child care for school age children, 3 hours daily at school location. Call 806-662-5291 JANITORIAL help wanted, 8 hrs. a night, Monday thru Friday, \$6 per hour. Call Christy White, 664-1885. OILFIELD Trucking Co. needs Drivers, Pushers & Swampers. 1724 McCullough, Pampa 665-0729, 866-415-4104. KELLEY'S Chevron is looking for fast-paced, dependable and self-motivated people to fill one full-time 2pm.-10pm. and one part-time 4:30am.-8:30am. opening. Competitive wages and great working environment. Applications can be picked up and returned to 1020 E. Frederic, Pampa. WANTED: Building Maintenance / Janitor-Special event set-up, tear down, and clean-up. 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EOE m/f/h/v

**JOB OPPORTUNITY:
NATIONAL BANK OF
COMMERCE, PAMPA,
TEXAS, IS TAKING
APPLICATIONS FOR A
DRIVE-UP TELLER.
APPLY AT 1224 N. HO-
BART, PAMPA,
TEXAS. TEN-KEY
SKILLS IS A MUST.
NATIONAL BANK OF
COMMERCE IS AN
EQUAL OPPORTUNITY
EMPLOYER.**

PT-Full Admin Asst.
Needed. Exp. required /
preferred in Quickbooks,
Excel, Word, and / or Auto-
Cad. email resumes to
swm@centramedia.net

48 Trees/Shrubs
PUTTMAN'S Professional
Tree Trimming & Removal.
Fence repair.
Painting.
806-665-4887

49 Pools/Hot Tubs
WE repair all brands of
spas. Call 806-358-9597.
POOLS. All sizes. Priced to
sell. Call 806-358-9597.

50 Building Suppl.
White House Lumber
101 S. Ballard
669-3291

60 Household
MATTRESS Sets
Huge Summer Sale
Quality Mattresses at
lowest prices w/war.
806-677-0400

Summer Sale- Huge
savings! All Leather
Sofas, Loveseats
Recliners 50% off
Elite Furniture
806-677-0400

Factory Direct HOT
TUBS 2006 Models,
Full War. Seats 6
6.5 hp, lounge,
waterfall, aromatherapy
ozonator, limited time-
Free Delivery \$4500
806-670-9337

60 Household

23 of General Electric
side by side refrigerator,
19 cf freezer, nearly new
Kenmore stackable washer
& dryer. 688-3636.

69 Misc.

ADVERTISING Material
to be placed in the
Pampa News MUST be
placed through the Pampa
News Office Only.

8X16 Barn. Portable
building was \$2800, Now
\$2000. Call 806-359-
9597.

TWO large/beautiful portable
office buildings, with
restrooms. Ready to go.
Call 806-358-9597.

14X32 Porch Barn. 6 ft.
loft, portable building.
Gray. Ready to go. Call
806-358-9597.

OAK convert-a-crib with
chest of drawers, high
chair, stroller, carseat.
Call 663-3474 or 665-
1361.

AT The Red Barn: kid's
books, western, cook-
books, novels, chests,
mattresses, cookware.
1420 S. Barnes, Open Sat.
10-5, 665-2767.

69a Garage Sales

**Dream Catcher Flea
Market**
1/2 mile West of Price
Rd. on Borger Hwy.,
left on Western, 1st
house on Right! Open
10-6 Sat. & Sun.

**CITY WIDE
GARAGE SALE
500
block N. Main
Borger, Tx.
Sat. July 29th at
Pick up map at
Downtown
Merchants**

YARD Sale: Sat. 8-? 729
Deane Dr. Bicycles,
Grandfather clock, me-
dusa lamp, wood coat
rack, portable dishwasher,
toys, boys sz. 2 & 8
clothes, jr. clothes, American
Eagle, Hollister, AE
jacket, flip flops.

214 N. Sumner. Saturday
8am-3pm and Sunday
8am-12noon.

1532 N. Christy. Multi-
party. Fri. 5-8pm & Sat.
9-2. Womens & Jr. size
clothing, furniture, lots of
misc. Cash only!

**Yellow Barn
Grand Opening!
Antiques & More!
Friday and Saturday
10:30am-5pm
543 W. Brown
669-2499**

2709 Comanche. Sat. on-
ly, 8-5. Baby things, plus
size men & women's
clothing, furniture, boy's
and girls clothes 0-5yrs.
misc. shop items.

HUNTING, fishing,
camping, knives, motor-
cycle & jeep accessories,
bbq grills, crafts, men &
womens clothes. Too
much to list. No early
birds. Fri. 5p-9p, Sat. 8-
noon. 2015 N. Russell.

69a Garage Sales

THURS. & Fri. 8-noon,
Sat. 8-? 2 queen box
springs & mattress sets,
dryer, loveseat, coffee ta-
ble, & more! 1813 Coffee

2 Family Garage Sale
2520 Beech Lane
Sat. July 29th
8am-??

1528 N. Dwight
Sat. July 29th, 8am-??
Furni., kids clothes, kids
bikes, misc.

30 years accumulation.
601 Powell. Thursday,
Friday, and Saturday 8-5.

TWO Family Garage Sale
2233 Chestnut
Sat. & Sun. 9am-??

GARAGE Sale, 424 Red
Deer, Sat. 8-? Gas stove,
dining room set, clothes,
furn., misc. items

FRI. 6-9pm, Sat. 8-3pm.
2521 Mary Ellen. 1000's
DVDs \$2 ea., VHS \$0.50
ea., dishes, nick nacks, 2
sofa beds, coffee table, etc.
Everything cheap, cheap!!

GARAGE SALE
1913 N. FAULKNER
FRI. & SAT. 7am-??

HUGE Yard Sale: Lots of
everything. Furniture,
clothes, dishes. 1420 Wil-
liston. Fri & Sat. 9-?

2537 Mary Ellen, Sat. 8-?
Boys clothes sz. 10-16,
swim. pool, toys, truck
toy box, Pulse drum set.

PARKING Lot-Yard Sale
Prices! Debbie's Used
Furni, 903 S. Main, Borg-
er, 273-2905, 886-0268

GARAGE SALE
1701 N. Russell
Saturday

GARAGE SALE
1904 Lynn
Sat. morning only!
8am-12 noon

FURN., ladies plus size
clothes, good school
clothes for girls 6+ and
up, Barbie Jeep, 2101 N.
Banks, Fri. & Sat. 8-?

SMALL women's cloth-
ing, various wheels and
tires, and jewels. Sat. only
7-3. 2125 Christine.

LADIES and boys
clothes, dryer. Fri. & Sat.
7am-4pm. 733 N. Zim-
mers.

GARAGE Sale: All
clothes 25¢. 1430 Will-
iston, Fri., Sat., Sun. 8am-
??

BIG garage sale! Mat-
tresses, freezer, dining
furniture, stereo, new p/u
tailgate, kids clothes and
toys, antique dolls, bar
stools & more! 2401 Co-
manche, Sat. 8-12

GARAGE sale Sat. only
7-12. 2327 Evergreen.
Kids and baby items.

BIG Back Yard Sale,
2127 N. Russell. Sat.
Come early!!

GARAGE Sale. 505 &
509 Powell. Sat. only 8-2.

SAT. only 8-2. 504 Po-
well. Very nice infant
boy and infant to 5T girls
clothes, treadmill, sofa,
lots of misc.

2008 Williston, Sat. 29th
only, 7am-12pm, baby
stuff, camper, motorcycle,
weight set.

GARAGE sale 1940 Ev-
ergreen, Sat. 8am-?
Clothes, toys, glider rock-
er. Christmas tree, and
home decor.

69a Garage Sales

BABY items, furniture,
lots of misc. Sat. 9am-
1pm. 2520 Aspen.

2331 EVERGREEN
Teen & Ladies Clothes
& Misc.!!
Sat. 8-2pm.

HUGE Garage Sale.
Name brand clothes, fur-
niture. Must see! Sat.
8am. 2238 Christine.

BACKYARD Sale
421 N. Red Deer St.
Sat. 8-?

GARAGE sale Sat. only
8-5. 2129 N. Christy
Craftsman 20 drawer tool
chest, Craftsman tools,
fishing equipment, 2 love-
seats, & chair, & lots of
misc.

1943 N. Banks, Sat. 8am-?
? Kids & adult clothes,
toys, furni., marbles, old
bottles, guns.

MULTI Family Inside
Sale. Baby-adult clothes,
too many items to list.
Sat. 9-5pm. 609 Doucette.

BIG Sale. 30 yrs. accumu-
lation. Sat., 9-5pm. Anti-
que buffet & hutch. 209 N.
Faulkner.

SAT. 8am-? 2301 Fir.
Children's clothes, furni-
ture, computer, antique
dining rm suit, misc.

712 Magnolia st. Fri. &
Sat. 9-? Huge Yard Sale.
Matt. sets, bedding, sm.
apli., dishes, cookware,
gun cabinet, furni., baby
items, name brands. Over
100 items under a buck!!

SAT. 8-? Lots of nice
clothes-all sizes, mens,
womens & girls toddler.
502 N. Russell.

80 Pets & Suppl.

FREE Golden Retriever
female, 9 mo. old. Call
595-0685 or 662-6162.

FREE Kittens. Excellent
with children. Call 669-
3968.

ENGLISH Setters & Eng-
lish Pointers for sale.
Contact Ronnie 669-6860
or 595-0240.

FOR sale: 10 wk. female
Shi-Tzu, no papers, \$300
and 1 yr. female English
Bulldog, no papers, \$700.
Call 806-274-1400.

1 male, 1 female kittens to
give away to good home.
Call 440-3974.

95 Furn. Apts.

GWENDOLENApts. New-
ly Remodeled. Largest
1&2 bdr. apts. in Pampa.
800 N. Nelson, 665-1875.

LAKEVIEW Apt. 1 & 2
bdr. unfurn. apt. avail.
Ref., dep. req. 669-2981
or 669-4386

97 Furn. Houses

CABIN at Lake Green-
belt. Sleeps 4. Fully fur-
nished w/boat dock. Lease
by day, week or month.
874-1743 leave message.

98 Unfurn. Houses

PICK up rental list from
Gray Box on front porch
of 125 S. Houston, Pampa.

1 bedroom available 8-1-
06. Water & gas paid.
\$350 a month, \$200 de-
posit. Please call 665-
5531.

99 Stor. Bldgs.

TUMBLEWEED Acres,
self storage units. Various
sizes. 665-0079, 665-
2450.

102 Bus. Rent. Prop.

OFFICE Space for rent,
ask about 3 months free
rent. 669-6841

LOWEST Rents in City!
Downtown locations-
stores, warehouses, rec.
facilities. Call 665-4274.

103 Homes For Sale

Twila Fisher
Century 21 Pampa Realty
665-3560, 440-2314
669-0007

95 Furn. Apts.

Beautifully furn. 1
bdr. starting at \$375.
We pay gas & water,
you pay elec. 6 mo.
leases. Pool & laundry
on site.
Caprock Apts.
1601 W. Somerville
665-7149
Mon.-Fri. 8:30-5:30
Sat 10-4

LRG. efficiency, 520 N.
Frost. \$300 mo., bills
paid. 662-7557.

96 Unfurn. Apts.

\$275+ dep. Fresh paint,
appliances. Duplexes,
\$300 1st mo. Candy or
Tim 433-6939, 665-4274

**CAPROCK
APARTMENTS**

1, 2, & 3 bdrm. Starting
at only \$335. 6 mo. lease
available.

* Pool
* Laundry
* Wash/dryer hook-ups
* Club room
* On-site management
* SOFTENED WATER

M-F 8:30-5:30, Sat. 10-4
1601 W. Somerville
806-665-7149

FOR Sale By Owner
129 Walnut Creek
Shown by
Appointment only.
Call 665-7164

GROOM: 4 bdr, 2 ba, LV,
DR, den, sun room, laun-
dry, carport, detached
workshop, 2 lots on cor-
ner, new siding as is con-
dition. \$40,000. Call 806-
248-7453

HOME Sites-Price Acres-
\$30,000, 10 Acre plots. 5
Acres Bowers City Hwy.-
\$10,000. Chaumont Bldg
Sites. 826 W. Foster,
\$17,500. Century 21,
Pampa Realty 669-0007.

MARIE EASTHAM
Realtor
665-4180, 440-3044
Pampa Realty Century 21

**ROD
DONALDSON
AGENT 663-2800
Quentin Williams
Realtors 669-2522**

**SOLD!!
PERRY &
KENTUCKY
MLS 05-6999**

**40 ACRES
FARMLAND
w/ Hwy. Frontage
on edge of Pampa
OE**

**2 LOTS
RABBIT LANE
MLS 05-7161**

**300-306 N. CUYLER
OLD THEATER
10,500 sq. ft.
MLS 05-6984**

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Could Be Here!!
Anyone can sell you a
house, let me find you a
home!!**

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PO Box 1157
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Pampa, TX. 79065
806-669-2500**

Electricians Needed!!
Industrial/Oilfield/Commercial Electrical Con-
tractor is looking for experienced Journeyman
Electricians with a minimum of 2 years experi-
ence. The qualified candidate must possess a
Texas Journeyman's license in order to be con-
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that offers top wages and a great benefits pack-
age including Health & Dental insurance, vaca-
tion, and an IRA retirement plan. Send resume
to PO Box 1157 Pampa, TX. 79066, e-mail to
bwaldrip@macsupplyinc.net, or stop by.

HAPPY BIRTHDAY for Saturday, July
29, 2006:
You swing from fastidious to generous in
attitude and actions this year. In a sense,
others experience you as a constantly
changing enigma. Though this percep-
tion might suit you, the behavior could
cause some problems in the love depart-
ment. You have strong financial instincts
that pay off, but at times, you still could
overworry — be it about money or any
other hot life issue. If you are single, you
can lure anyone toward you. A relation-
ship becomes more likely after
Thanksgiving. If you are attached, you
might want to work on better communi-
cation so that your sweetie understands
what you are feeling and thinking. Curb
a fussiness or a need to criticize. LIBRA
draws you out.

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)
★★★★ Take much needed time to relax
and/or get a project done. You will find
that, many want you involved in their
plans. Don't make this a problem. By
midday, you will be ready to get off your
duff and run with the moment. Use your
innate precision. Tonight: Say yes.

TAURUS (April 20-May 20)
★★★★ Your ingenuity marks the morn-
ing. You might even get as frisky or play-
ful as a child. Let that part of you
emerge. The need to just let your hair
down subsides considerably late this
afternoon. Mellow redefines the day.
Tonight: Spectacular plans aren't always
a necessity.

GEMINI (May 21-June 20)
★★★★ You might want to handle some
personal matters on the home front
before exploding into your social week-
end. Prioritizing and knowing what is
important allow you to enter the next few
social days carefree. Tonight: Whatever
feels right.

CANCER (June 21-July 22)
★★★★ How you choose to express
yourself is up to you. Understand what is
going on with a child or family member.
Give this person some time to chill out,
as he or she might be going to extremes.
Think carefully. Tonight: Happy at home.

LEO (July 23-Aug. 22)
★★★★ Balance your checkbook and
then you can enjoy the remainder of your
day. Financial knowledge, no matter if
your balance is high or low, allows you
to focus on people and events. Schedule
a fun happening. Tonight: Visit with a
new or old friend.

VIRGO (Aug. 23-Sept. 22)
★★★★ You are all smiles and quite
content. Don't allow a rebellious family
member to affect your mood. A purchase
made today could be a touch indulgent.
Decide what you can afford and if it is
the quality you want. Tonight: All smiles.

LIBRA (Sept. 23-Oct. 22)
★★★★ Getting going could be somewhat
tougher than you anticipate. Relax with
what is happening, and your mood will
improve. Midday, you are all smiles. Get
past a hassle. A gracious Libra gets much
further. Use your charm. Tonight: Happy
as a cat.

SCORPIO (Oct. 23-Nov. 21)
★★★★ Dedicate your morning to
accomplishing what you want. A brunch
with family or friends also might be just
what the doctor ordered. If you want to
cocoon, your time will come late this

103 Homes For Sale

1701 Christine. 3 bdr.,
1 ba., fpl., c. h/a, lrg. base-
ment, single gar., near 3
sch. Rear apt. w/ garage.
Corner lot. 440-4070.

1809 Duncan, Pampa. 3
bdr., 1 ba., single gar.
Across from Austin sch.
Call Canadian
806-323-5840

2 bedroom, 1 bath. central
heat and air, large rooms,
detached garage. 2.5
acres. Call 665-8062 for
details.

3 bedroom, 2 bath, central
heat and air at Lake
Greenbelt. \$27,500. Call
874-1743 for more infor-
mation.

BY Owner, 3900 sq. ft. 3
bdr., 2 1/2 ba., game
room, 2 living areas, dbl.
car gar. 1615 N. Russell.
Call after 6pm, 663-6904

CLEAN 2 bedroom, 1
bath, central heat and air.
2 lots on corner. Call 665-
2818 or (325)201-2486
for details.

COUNTRY Living: Nice
3 bd. 2 b, 2500 sq. ft. on 5
acres w/corral & water
well, has a 3 bay shop
w/office & 1/2 bath, lo-
cated 2 mi. South of city.
Call 665-5888, 669-2785.

FOR Sale
2001 Toyota Solara
Gray, 58,000 miles
Nice and Clean!
Call 664-0201

1987 Alum-Lite XL 5th
wheel gooseneck. Sleeps
6 comfortably, queen. sz.
bed, full sz. refrigerator,
new curtains, ac, cargo
luggage rack. Call 665-
0145 lv. message.

114 Recre. Veh.
2004 Toyota Solara SE,
34,000 miles. \$16,900
OBO. Still under factory
warranty, only 1 owner.
Call 665-5096.

103 Homes For Sale

FSBO: 4 br, 1 3/4 bath,
CH&A, new carpet, new
tile, and other new ameni-
ties. 1947 N. Nelson. 665-
3573. \$65,000.

**OPEN HOUSE
2327
CHRISTINE**
Sat., July 29th
11am-6pm.
Sun., July 30th
1-6pm.

2 Maussoum Crypts
Side by Side \$3995.00
Call 440-2449

104 Lots

1987 Alum-Lite XL 5th
wheel gooseneck. Sleeps
6 comfortably, queen. sz.
bed, full sz. refrigerator,
new curtains, ac, cargo
luggage rack. Call 665-
0145 lv. message.

FOR Sale
2001 Toyota Solara
Gray, 58,000 miles
Nice and Clean!
Call 664-0201

2004 Toyota Solara SE,
34,000 miles. \$16,900
OBO. Still under factory
warranty, only 1 owner.
Call 665-5096.

1987 Alum-Lite XL 5th
wheel gooseneck. Sleeps
6 comfortably, queen. sz.
bed, full sz. refrigerator,
new curtains, ac, cargo
luggage rack. Call 665-
0145 lv. message.

FOR Sale
2001 Toyota Solara
Gray, 58,000 miles
Nice and Clean!
Call 664-0201

2004 Toyota Solara SE,
34,000 miles. \$16,900
OBO. Still under factory
warranty, only 1 owner.
Call 665-5096.

115 Trailer Parks

TUMBLEWEED Acres,
Storm Shelters, fenced,
stor. bldg. avail. 665-
0079, 665-2450.

SMALL 2 bdr, 2 ba. mo-
bile home with lot & cel-
lar. 416 Perry, Pampa, Tx.
\$13,000 cash. Call 806-
676-2323

2004 PT Cruiser. Moon
roof. 53,000 miles.
\$10,500. Call 806-665-
0172.

'Fiesta' VBS



Chelsee Whinery has an "Ole" good time as she helps watch over several of the children attending the recent "Fiesta" Vacation Bible School co-sponsored by four local churches.

Church

Continued from Page 6

newspaper that triggered violent protests five months ago, judicial officials said. The suit was filed against Philippe Val, executive editor of Charlie-Hebdo, a satirical magazine, and against the Rotatives publishing house.

The Mosque of Paris said it considers publishing the cartoons "a deliberate act of aggression aimed at offending people of the Muslim religion." The mosque is the largest in France, where about 5 million Muslims live. A preliminary hearing is set for late September.

The weekly published the cartoons in February, putting one on its cover that showed a caricature of a weary prophet with his head in his hands under the title "Muhammad Overwhelmed by the Fundamentalists." A caption under the cartoon reads: "It's hard to be loved by idiots."

The other two drawings were among the 12 originally published last September by the Danish newspaper Jyllands-Posten. Newspapers in Europe and elsewhere reprinted the caricatures earlier this year, triggering protests around the Muslim world.

Val, the Charlie-Hebdo chief, said at the time that he published the caricatures to show support for the Danish press as well as for an editor at the daily France Soir who was fired after reprinting the caricatures.

Five French newspapers have reprinted caricatures of the prophet.

EXPRESS LANE
PENNZOIL QUICK LUBE

GRAND OPENING
JULY 29TH

COME ON BY AND SEE THE REMODELED STORE WITH A DRIVE UP WINDOW AND NEW CAR WASH

FREE HAMBURGERS & SOFT DRINKS 11 AM TO 1PM

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2801 N PERRYTON PARKWAY

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 Monday, July 31 - Friday, August 4
 6:00 p.m. - 9:00 p.m. Nightly
 Briarwood Church
 1800 W. Harvester
 Preschool - 5th grade

Join your friends...bring your friends...make new friends at Friends Club while learning about Jesus as our Best Friend! Hot Dogs, Bounce Houses, & Water Slide on Friday Night! Pre-register by calling 665-7201 and get a Friends Key Ring!

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Dumas 1526 Guyane Plaza (806) 935-6307		Island Phones (806) 274-2225	Dumas Access Wireless (806) 935-9197
			Pampa Office Supply Co. (806) 669-3353
			Perryton Perryton Office Supply (806) 435-4812
			Silverton Bursan Cafe (806) 823-2106
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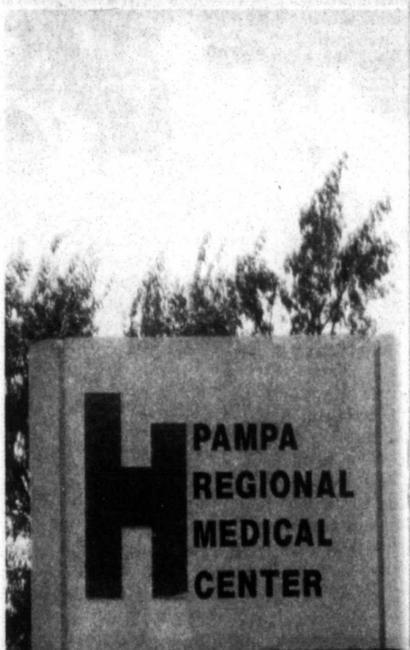
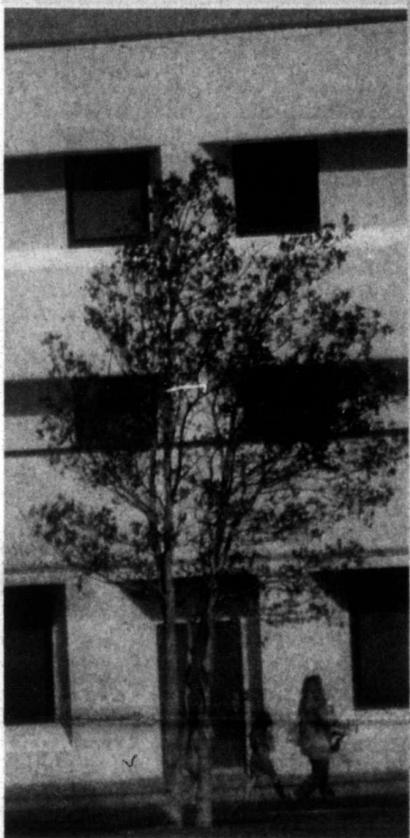
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UNIVERSITY OF TEXAS
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 QUALITY

COMMUNITY CARE

Friday,
July 28,
2006



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My
any
new
flying
aging
me

Local hospital continues to expand services

PRMC marks 25th anniversary, receives Signature Board of Trustees Quality Award

By MARILYN POWERS
Staff Writer

New technology, services and staff mark Pampa Regional Medical Center's 25th anniversary at its current location, One Medical Plaza.

The additions and improvements have prompted the hospital's owner, Signature Healthcare, to name PRMC as its first recipient of the Signature Board of Trustees Quality Award, according to Alan King, chief executive officer of the hospital.

"I've never seen a hospital improve in so many areas in such a short period of time," said Charles Miller, Signature's president.

New magnetic resonance imaging equipment valued at \$2 million is scheduled to arrive in August at PRMC. The hospital's catheterization laboratory has been upgraded and now enables physicians to perform interventional cardiology services, including angioplasty and the insertion of stents, for their patients.

High Plains Radiology has helped PRMC expand its diagnostic capabilities and will help with the hospital's transition to interventional radiology, King said.

Interventional radiology is a minimally invasive, targeted treatment which is performed using imaging guidance and which often replaces open surgical procedures. Small instruments are guided with the use of X-rays, MRI, computed tomography and ultrasound to treat diseases.

A multi-slice CT scanner and fully digital diagnostic imaging system help round out the modern technology available to healthcare workers at the hospital.

A new service at PRMC, the first in the Panhandle, is the hospitalist program, which consists of two physicians who spe-

cialize in caring only for hospitalized patients.

"Hospitalists have been around since the late 1990s, but they have increased in popularity over the last few years to the point that there is a lot of demand for them currently," King said. "Their usual background is in internal medicine. They do not have an office practice to maintain, and their specialty is to focus on the care of hospitalized patients."

Advantages of having a hospitalist program include a lightened load for primary care physicians, and the assignment of a physician to patients who are admitted through the emergency department.

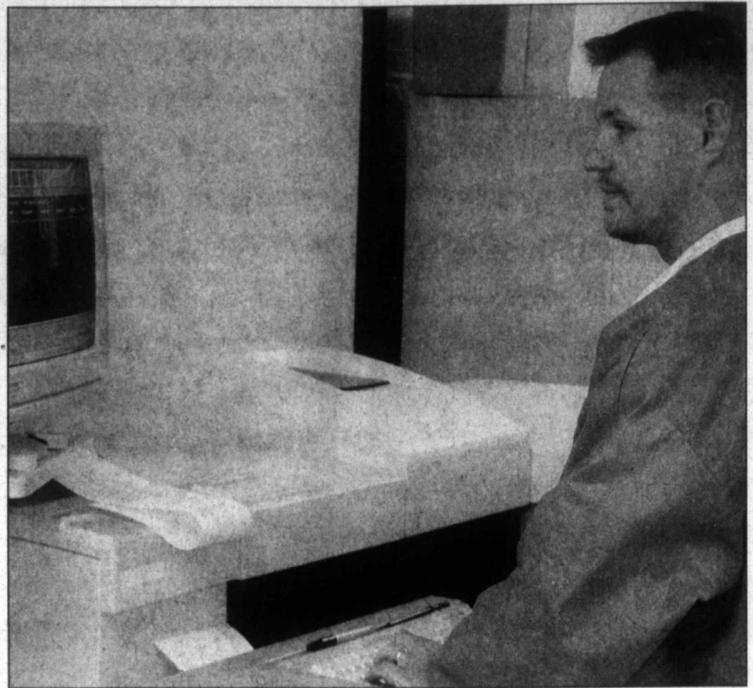
Hospitalists' patients are primarily medical, but they may also assist with surgical patients by performing consultations or co-management.

The hospitalist will maintain regular contact with each patient's primary care physician during the patient's hospital stay. Patients may feel free to speak with their primary care physician at any time during their hospital stay, and once they are discharged from the hospital, they return to their primary care physicians for care.

Drs. James Hall and John Nguyen will be the hospitalists at PRMC.

Hall, an internist, attended medical school at the University of Texas Health Science Center in San Antonio, and completed his internship and residency at the University of Texas Health Science Center in Houston.

Nguyen, an internist and pediatrician, earned his Bachelor of Science degree in biomedical engineering at Tulane University. He attended medical school



Courtesy photo
Richard Hall, director of laboratory services at Pampa Regional Medical Center, runs lab results on a Blood Chemical Analyzer. PRMC operates a full service laboratory.

and residency at Louisiana State University in New Orleans.

Hall is not the only new face at the hospital. Other recent additions to the medical team include Drs. Rebecca Hough, pediatrics; Melinda Hiscock, obstetrics and gynecology; Allan J. McCorkle, psychiatry; Paul Munden, ophthalmology; Steven Silver, cardiology; and Bobby Smith, general surgery.

Hough's husband is expected to join her

in January to offer additional pediatric services. McCorkle is the new co-medical director of the Golden Phoenix Center, PRMC's mental health center.

In 2005, PRMC admitted 2,934 patients, delivered 321 babies, cared for 10,342 emergency room patients, and performed 676 inpatient and 1,208 outpatient surgeries.

Healthy Ideas

(NAPSA) — UnitedHealthcare recently launched the second phase of its Half Tablet Program, which offers free pill splitters to members taking medications approved for splitting by their doctors. The program requires physician approval for enrollment.

Visit heartcheckmark.org to access the free grocery list-builder tool. Click on "Create Your Grocery List" and browse through more than 800 products certified by the American Heart Association to be low in saturated fat and cholesterol. The products are organized

by product manufacturer and by category.

"While I wholeheartedly support broad health reform, we'll never get there if policymakers can't even implement gradual reforms that have broad-based support," said Former Senator John Breaux.

Dentists say it's important to remember to change your toothbrush regularly. The pulsating Oral-B Pulsar has a battery that runs out after three to four months of use to help you remember when to get a new one.

EATING DISORDERS

Prozac didn't help anorexic women involved in study

CHICAGO (AP) — Prozac is one of the antidepressants often used to treat anorexia, but researchers found it didn't stop young women from resuming their self-starving ways.

In a small study, more than half of the women who got Prozac or dummy pills dropped out of the experiment, and few who remained in it kept their weight from dropping into the danger zone. The results underscore the difficulty in curing the troubling eating disorder.

Taken with previous findings, the results indicate the common practice of prescribing antidepressants "is unlikely to provide substantial benefit for most patients with anorexia," the researchers wrote. Their report was in a recent *Journal of the American Medical Association*.

The study follows a research review in April from the government's Agency for Healthcare Research and Quality, which found that no drug effectively treats anorexia. That report said a few behavior treatments can help, including psychotherapy that encourages patients to develop thinking patterns to counteract their unhealthy eating behavior.

The Prozac results aren't surprising because anorexia "is considered one of the most treatment-resistant mental illnesses," said Ellen Astrachan-Fletcher, a therapist and director of the Eating Disorders Clinic at the University of Illinois at Chicago.

In the new study, which lasted a year, the women first had psychiatric treatment and had put on

enough weight to be in the normal range before being given Prozac or placebos. About 27 percent of the 49 participants randomly assigned Prozac maintained a normal weight and finished the study versus 32 percent of 44 women on dummy pills; the differences were not statistically significant. Also, 25 Prozac users and 28 placebo patients dropped out because of weight loss or dissatisfaction with treatment.

One patient, a 17-year-old on Prozac, attempted suicide. While antidepressants have been linked with suicidal behavior in children, the researchers noted that depression often accompanies anorexia, and that anorexia has one of the highest suicide rates of any psychiatric illness.

Passage of time heals pain of loss

By NANCY KOLSTI
UNT News Service

Expectations of empty nest syndrome are often worse than reality, a psychologist says.

Your youngest son or daughter graduated from high school recently, and in a few short weeks, he or she will trade his or her bedroom in your home for a college residence hall.

You're starting to dread the future silence at home and are wondering how you will fill the hours that you previously spent with your son or daughter and attending his or her school and sporting events.

Take heart — the empty nest "is often worse in anticipation than in day-to-day practice," says University of North Texas psychologist Bert Hayslip Jr.

Hayslip, who has studied retirement adjustment and other aging issues for more than 20 years, points out that, more often than not, children who leave do not completely cut off contact with their parents. He advises parents to think of the empty-nest syndrome as a series of life events, instead of a sudden change, but to realize that an empty nest can cause bigger problems to surface "if a couple hasn't tended their marriage while raising their children."

"Some couples may find they no longer have anything in common once the children are out of the house," he says.

Thinking of an empty nest as the loss of children who are "irreplaceable," he says, makes the adjustment more difficult.

"With the empty-nest syndrome, parents typically are dealing with the loss of the parenting role, not with having really lost their child," Hayslip says.

"They're just having to find a new way to relate to their child." Relating to their college-age sons and daughters in this new way, he says, will usually come easily to parents as the months pass.

"As with many things, the passage of time heals the pain of loss," he says.

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TAKE PRECAUTIONS WHEN CLEANING

Hantavirus can result in life-threatening situation

By SKYLA BRYANT
News Editor

Hantavirus season is here, and health officials fear that many may underestimate the threat posed by the deadly illness. Satellite imaging has led researchers in New Mexico to evaluate a heightened risk in the Four Corners Region of the United States.

A study led by Johns Hopkins Bloomberg School of Public Health and the University of New Mexico identified certain risk factors from space, including plant growth and weather patterns, that are highly favorable this year to increased rodent populations, the primary carrier of hantavirus. This information was reported via an electronic news release that cited material from the study which said the risk was up this year from last.

According to Karen McDonald, a Region I public health technician for Zoonosis Department of the Texas Department of State Health Services, the Four Corners Region is actually the point where the borders of Utah, Colorado, New Mexico and Arizona meet.

McDonald said state health officials are taking the risk of hantavirus quite seriously even though Texas is not in

'With hantavirus, getting supportive care as soon as possible is critical.'

— Karen McDonald
State health technician

the projected Four Corners area.

"Even if the study hadn't come out, every spring and fall we put out an article in our newsletter warning of increased risk of hantavirus," the state health technician said.

McDonald said major outbreaks usually manifest in the spring and summer following a particularly wet winter. "Good rain," she explained, "promotes plant growth which feeds the rodent population."

McDonald speculated that the wildfires suffered by the Texas Panhandle earlier in the year may have significantly thinned the rodent population, thereby inhibiting the spread of the disease this summer and fall. She said researchers are finding the fires to have similarly inhibited the spread of rabies and says the same logic may very well apply to hantavirus.

No cases of hantavirus have thus far been detected this year in the region which consists of the 41 counties of the Texas Panhandle. One case, however, McDonald said, was detected south of Region I in the spring.

Hantavirus, McDonald explained, has been known to other countries for many years, often presenting itself as a renal problem resulting in kidney failure. In 1993, the first outbreak of hantavirus occurred in America in the Four Corners Region. The American variety, McDonald said, is usually pulmonary in nature, striking the lungs of its victims.

Thirty-two cases have been diagnosed in Texas since 1993 with the first case occurring in Angelina County.

McDonald said almost half the cases have been in Region I. "You have a perfect rodent population up here. But," she was quick to add, "rodents can, of course, live anywhere."

Much of the Panhandle is agrarian, a condition that often results in a large rodent population which feeds off the quantity of crops. The rodents in turn can cause random hantavirus outbreaks.

The most prevalent strain of hantavirus affecting humans in the state is Sin Nombre, McDonald said. "We had investigated where we actually found, in rodents we sampled, six different strains of hantavirus which is very unusual."

Apparently, only two or three of those strains are associated with human infections.

The most prevalent carrier in the Panhandle, according to McDonald, is the deer mouse. In rats, it is the Hispid cotton rat.

The symptoms include, but are not limited to, the health department official stated, fatigue, fever, chills, muscle aches (mainly in large muscle groups such as the shoulders, thighs and back),

(The following information was lifted verbatim from the Web site of the Centers for Disease Control and Prevention.)

PREVENTION INDOORS AND OUTDOORS

■ INDOORS

•Keep a clean home, especially kitchen (wash dishes, clean counters and floor, keep food covered in rodent-proof containers).

•Keep a tight-fitting lid on garbage, discard uneaten pet food at the end of the day.

•Set and keep spring-loaded rodent traps. Set traps near baseboards because rodents tend to run along walls and in tight spaces rather than out in the open.

•Set Environmental Protection Agency-approved rodenticide with bait under plywood or plastic shelter along baseboards. These are sometimes known as "covered bait stations." Remember to follow product use instructions carefully, since rodenticides are poisonous to pets and people, too.

•Seal all entry holes 1/4 inch wide or wider with lath screen or lath metal, cement, wire screening or other patching materials, inside and out.

If bubonic plague is a problem in your area, spray flea killer or spread flea powder in the area before setting traps. This is important. If you control rodents but do not control fleas as well, you may increase the risk of infection with bubonic plague, since fleas will leave rodents once the rodents die and will seek out other food sources, including humans.

■ OUTDOORS

•Clear brush, grass and junk from around house foundations to eliminate a source of nesting materials.

•Use metal flashing around the base of wooden, earthen or adobe homes to provide a strong metal barrier. Install so that the flashing reaches 12 inches above the ground and six inches down into the ground.

•Elevate hay, woodpiles and garbage cans to eliminate possible nesting sites. If possible, locate them 100 feet or more from your house.

•Trap rodents outside, too. Poisons or rodenticides may be used as well, but be sure to keep them out of the reach of children or pets.

•Encourage the presence of natural predators, such as non-poisonous snakes, owls and hawks.

•Remember, getting rid of all rodents isn't feasible, but with ongoing effort you can keep the population very low.

dizziness, headache, nausea and diarrhea.

McDonald said that much of the time individuals with hantavirus go to the doctor with these or similar symptoms and are diagnosed with the flu. In response, many doctors will send the patient home with instructions to get lots of bed rest and drink plenty of fluids.

The first sign something is seriously wrong occurs when the lungs begin to fill with fluid. At such time, a patient will begin to experience difficulty in breathing. The fluid build-up may collapse the lungs and lead to death if treatment is not sought immediately at this juncture of the illness.

"With hantavirus, getting supportive care as soon as possible is critical," McDonald said.

The incubation period for Hantavirus is one to six weeks. Be sure to tell your physician when suffering from flu-like symptoms if you have been cleaning recently, especially if you have come into contact with mice pellets, a rodent's nest or a dead mouse, McDonald said.

Swimming lessons for children, infants put emphasis on safety

By JAMIE STENGLE
Associated Press Writer

DALLAS (AP) — Josh Mayou frantically sprinted toward the pool after hearing a splash from the backyard where his 3 1/2-year-old son, Logan, was playing.

By the time he got there, a fully clothed, soaking wet Logan was climbing out of the pool, presumably using the skills he'd learned during swimming lessons.

"I know we can't rely on them having all the knowledge to get out of a situation like that, but I truly believe that that helped so much," said Logan's mother, Ashley Mayou, of Cedar Park near Austin.

With drowning the second-leading cause of injury-related death for children ages 1 to 14, many organizations offer swim lessons for young kids and even to infants as young as 6 months. Exactly when the lessons should start is a hotly debated topic, but many swim instructors say the earlier the better.

"The more skills, the more experienced they are, the more likely they are going to be able to handle the unexpected fall into a pool," said Johnny Johnson, a member of the infant and toddler certification committee of the United States Swim School Association, a trade association of about 350 swim schools. "Our parents typically are involved in lessons because they're concerned with their child's safety."

Some medical experts say that while it's one thing to introduce a baby to water in a playful environment, it's quite another to depend on swim lessons for safety. The

American Academy of Pediatrics doesn't recommend swim lessons before age 4.

"You are risking the perception that that child is safe in the water," said Dr. Carrie Loutit, a pediatrician and clinical assistant professor at Lucile Packard Children's Hospital at Stanford, Calif. "A child that age never has

One of the first things children learn at Emler Swim School, where Logan took lessons, is to turn around and kick back to the side of the pool.

"They're learning to be safe and they're loving it," said Jan Emler, president of the company that has four schools in the Dallas-Fort Worth area and one in Austin.

Most schools in the United States Swim School Association advocate a teaching process in which a child goes through a progression of learning skills, including how to hold their breath, balance and move through the water, Johnson said.

"It's a process much like a baby goes through in learning to walk," said Johnson, also president of the Swim for Life Foundation and co-owner of a Blue Buoy Swim School in California. "You guide them through the learning process."

Laura McCavit, 32, of Dallas, enrolled her daughter at 5 months at Emler Swim School. She hoped to make now 1-year-old Ava feel more comfortable around water and be safe when she's near it. She feels she's accomplished that.

"She's never walked to the edge and jumped in," said McCavit, who believes some skills her daughter learned could help if she accidentally tumbled into a pool. "I think she could figure it out. She could certainly do a hard turnaround and not panic and hold onto the edge."

Parents say lessons provide not only a fun way to interact with their child, but also leads to better eating and sleeping afterward.

'The more skills, the more experienced they are, the more likely they are going to be able to handle the unexpected fall into a pool.'

— Johnny Johnson
Swim association member

the skills that you can trust."

Swim instructors tout the safety benefits of starting early, and the Red Cross and the YMCA offer water introduction starting at 6 months.

"I totally disagree that it's inappropriate for an infant to be exposed to the water," said Bob Hubbard, president of the trade association. "You're not drown-proofing them; you are making them water-aware. I would never argue that a child is safe alone in the pool."

The question of when it's best to start really depends on the child, said Don Lauritzen, health and safety expert for the American Red Cross. "The parents have to decide when the child is mature enough for the pool environment," he said.



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Spotlight on Health

*Healthy bathrooms,
healthy families*

(NAPSA) — If you think the bathroom is the busiest room in your house, you may be more right than you know. According to the experts at the health Web site WebMD, the average bathroom contains thousands of germs and viruses—ranging from E. coli bacteria to the rhinovirus linked to colds and flu.



BRUSH UP ON HEALTH. Changing your toothbrush regularly could help protect you from germs.

Of course, that doesn't mean you have to lock your family out of the bathroom, even when it's unoccupied. Just follow a few tips:

• **Healthy Smiles**

First off, store your toothbrush properly to ensure you keep it — and its user — as germ-free as possible. Be sure to keep it up on a countertop, away from the sink and toilet to prevent airborne contamination from splashing water. Also, don't store toothbrushes together in close quarters (a toothbrush cup in a cabinet, for example). Doing so can increase the odds of germs spreading from brush to brush. Be sure to regularly change your toothbrush, too. For example, there is a toothbrush called Oral-B Pulsar that can make remembering easy. It looks like a normal toothbrush, but it uses a battery to power its pulsating bristles that clean deep between teeth. The battery dies after three or four months of use—roughly the same amount of time dentists say you should keep a toothbrush. When the battery goes, the toothbrush should go, too.

• **Raising The Bar**

Experts also say there is some evidence that liquid soap may be more sanitary than bar soap. Bar soap can hold residue from soap dishes and bacteria from the person who used it last. Liquid soaps, such as Ivory Liquid Hand Cleanser, come in self-contained pumps that keep soap fresh and pure. Also, gentle liquid soaps are ideal for teaching kids proper hand washing techniques. Children should know to wash their hands for about 20 seconds (or as long as it takes them to sing their ABC's) at least four times a day, and always after using the bathroom.

• **Throw In The Towel**

Bathroom towels should be hung up to dry immediately after use and regularly washed in hot water with detergent. Tide liquid detergent, for example, can help prevent germs from building up and towels from smelling musty. You may also want to limit the amount of towel sharing that goes on in your house. Encourage each family member to use his or her own towel.

Staying alert to changing symptoms in Parkinson's key to managing disease

Recognizing changing symptoms in Parkinson's Disease may help patients to better manage their condition

(NAPSA) — Parkinson's disease (PD) affects about 1 million people in the United States and 50,000 new cases are diagnosed each year. As researchers learn more about the disease, improved treatment options are possible.

That's good news for people like Paul Ramirez, a World War II veteran and avid dancer. He was first diagnosed with Parkinson's disease in 1999, after his wife saw him shuffling his feet during their daily neighborhood walks. Like many people with PD, Ramirez was treated with a traditional levodopa medication to manage his symptoms.

Levodopa is the most widely used symptomatic PD treatment and has remained the "gold standard" of care for nearly 40 years. The majority of people with PD eventually need levodopa treatment to control their symptoms, even if they begin their therapy with other medications. After several years of treatment with levodopa, however, people with PD may see changes in the way their medication controls their symptoms. Symptoms may return before it is time for the next dose of medication.

For Ramirez, the change in duration of his symptom control became increasingly noticeable after the first two to three years of levodopa treatment. Not only did he find that the onset of daily symptoms was becoming less predictable, he also found that his "off" time was increasing, meaning his motor symptoms, like freezing and slowness of movement, lasted for longer periods of time during each day.

Since Ramirez's PD symptoms were not controlled as long as they could be, he needed to use a walker in order to maintain his balance, which severely limited his ability to participate in the activities that he enjoyed.

"I love to dance, but within a few years of being diagnosed with Parkinson's disease, I found that I not only couldn't dance, but many times I was even too weak to walk. It was very frustrating," says Ramirez.

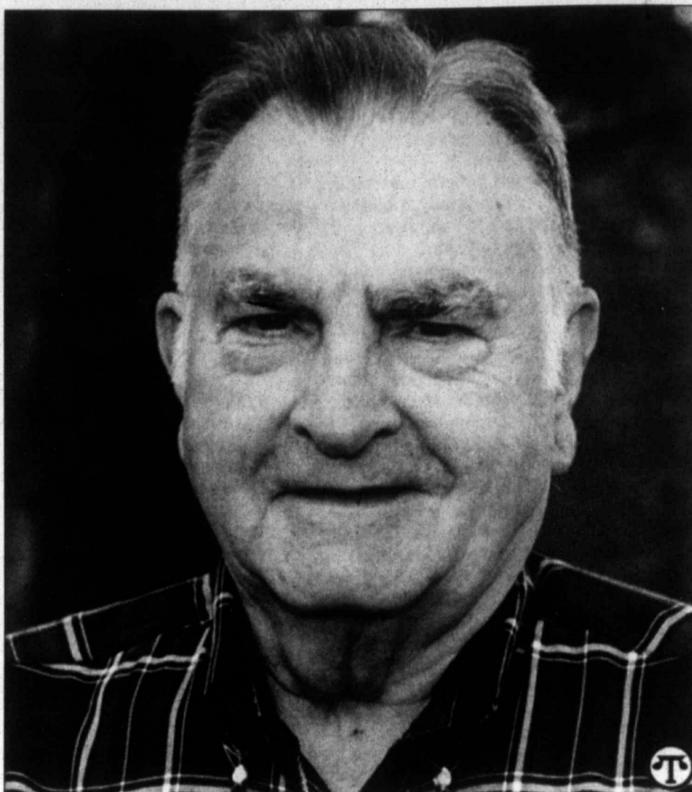
The change in symptom control that he experienced is called "wearing off." Symptoms associated with levodopa therapy "wearing off" can include both motor and nonmotor symptoms. Motor symptoms may include trembling or shaking and nonmotor symptoms may include anxiety or feeling restless. When levodopa medication "wears off," it can make even basic daily activities, such as walking and dressing, difficult for the person with Parkinson's disease.

Ramirez's doctor, Kevin Callera, M.D., staff Adult Neurologist at the NeuroMedical Center in Baton Rouge, La., says, "The good news is that the motor symptoms of 'wearing off' can be treated with newer levodopa medications that can help increase the time levodopa controls the symptoms of Parkinson's disease."

When Dr. Callera saw him in the summer of 2004, the physician noticed that he would have frequent freezing episodes.

Dr. Callera began treating Ramirez with a Parkinson's disease medication called Stalevo(r) (carbidopa, levodopa and entacapone). Stalevo is an enhanced levodopa medication that combines levodopa with two other components to reduce its side effects and extend its benefits. Stalevo tablets are indicated for certain PD patients who have levodopa-related "wearing off" motor complications.

In the year since Ramirez's medication has changed, Dr. Callera says,



Recognizing the signs and symptoms of "wearing off" can help you manage your Parkinson's disease symptoms.

"Ramirez's symptoms have been controlled for four to five hours, versus one to two hours, following each dose of Stalevo." For Ramirez, longer symptom control has enabled him to walk more easily, and that has given him the confidence to try other activities that he once enjoyed.

Dr. Callera urges people with Parkinson's disease to communicate openly with their doctors because different treatment options may be available. However, in order to treat "wearing off," it must first be identified.

A new, free-of-charge information and resource kit is available for people with Parkinson's disease that can help to identify the signs and symptoms of "wearing off." The kit contains a diary card to track when symptoms come back between doses of medication.

To order a free StEP Kit, call 1-866-STEP-KIT (1-866-783-7548) toll-free or visit www.stepkit.net.

Ramirez's story represents the successful treatment with Stalevo (carbidopa, levodopa and entacapone) of an actual patient with Parkinson's disease and experiencing "wearing off." Because every patient responds differently, results may vary. In a clinical trial, Stalevo provided, on average, 1.4 more hours a day of symptom relief than standard levodopa.

EXTRA: Important Information for Patients Regarding Stalevo(r): Stalevo(r) (carbidopa, levodopa and entacapone) tablets are indicated for patients with Parkinson's disease (PD). Stalevo is a medicine that can be used instead of carbidopa/levodopa and Comtan(r) (entacapone) by patients taking those medicines as separate tablets. Depending on levodopa dose and side effects, Stalevo can also be used to replace carbidopa/levodopa when the benefits of levodopa are wearing off. Please ask your health care professional if Stalevo is appropriate for you. Stalevo is supplied as tablets in three strengths: www.stalevo.com.

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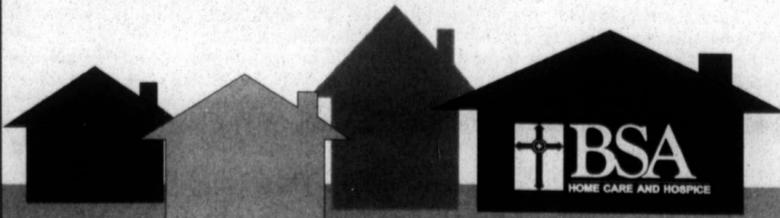
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Fighting the epidemic of crystal meth

(NAPSA) — Help is at hand for changing our approach to dangerous drugs. New resources are being developed and deployed to help rescue Americans from the grip of crystal methamphetamine, or meth.

According to a survey taken in 2004, an estimated 12 million people in the United States ages 12 and older had tried meth at least once, and 1.4 million of those had used it within the last year. In addition, law enforcement agencies nationwide ranked meth as one of the top drugs responsible for increasing violent crime rates in communities, according to a 2003 National Drug Intelligence Center survey.

A new meth toolkit addresses this raging issue with a CD-R that includes seven comprehensive information and action guides for specific audiences, enabling them to work collaboratively and form coalitions to raise awareness and fight the meth epidemic in their communities. The toolkits include:

- A Meth Primer: provides basic facts on meth, myths and truths about the drug, and offers examples and statistics showing that meth is a severe threat to the health and safety of communities.

- A Guide for Community Leaders: includes specific examples of what is working in other communities and steps to build a coalition to combat the meth issue, and identifies how to mobilize local resources and implement plans for meth prevention projects.

- A Guide for Schools: outlines the

signs and symptoms of meth use and exposure, provides tips for school guidance counselors, nurses and administrators on how to help students who are using meth and other drugs, and provides five, 50-minute lesson plan examples that introduce the dangers of meth to students of all ages.

- A Guide for Parents: describes the signs and symptoms of meth use, gives tips for talking to children about meth and other drugs, explains reasons why adolescents use meth, and provides specific examples of what parents can do to keep their children off meth.

- A Guide for Health Care Professionals: outlines the various medical complications of meth use, describes common emergency room treatment procedures for meth users, explains how first responders can help children who have been exposed to meth, and gives example protocols for medical evaluation of children found at a meth lab.

- A Guide for Employers: includes statistics on the high cost of drug abuse and growing rate of meth use on the job, explains what to do if an employee is suspected of drug use on the job, and provides instruction on how to develop a workplace policy that addresses drug addiction.

- A Campaign Resources Guide: provides sample cover letters to community members introducing a meth awareness campaign, three sample press releases to recruit community support and gain media



LEFT: Before meth use. RIGHT: The damaging physical effects after three-and-a-half years of meth use.

attention, printable fact sheets about meth, four sample awareness posters and a meth resource directory.

The meth toolkit from the nonprofit Hazelden Foundation, a national leader in drug and alcohol addiction treatment, also

includes three documentary videos illustrating the devastating effects of meth from a broad range of perspectives.

To order a copy of "Meth: Our Nation's Crisis Toolkit for Change," call (800) 328-9000 or visit www.hazelden.org/bookstore.

St. Jude's: Give a gift that gives back

(NAPSA) — Trying to find just the right gift for the special person in your life? Consider giving a gift that gives back. Buying a gift that benefits a charity rewards the giver, the recipient and a worthwhile cause.

St. Jude Children's Research Hospital(r), the world's premier pediatric cancer research center, offers several unique gift-giving options for the special people in your life. Individuals can help fight childhood cancer by making a donation in a gift recipient's name with a St. Jude Tribute Card. St. Jude's Gift Catalog includes a line of e-cards as well as a collection of printed cards that can be personalized and mailed directly to recipients to fit many occasions, including seasonal greetings, birthdays, anniversaries, memorials, christenings, bar mitzvahs, first communions and more.

For those with wedding plans, honoring wedding guests by making a donation to St. Jude in their name is a remarkable, distinctive way to celebrate the beginning of two lives together. Beautiful personalized scrolls or bookmarks presented

to guests inform them of the special life-saving gift made in their honor. St. Jude Wedding Favors leave a lasting impression on guests and can help make a difference in the life of a child.

To order personalized St. Jude Tribute Cards or Wedding Favors, simply visit www.stjude.org/honor or call (800) 873-6983. Every gift helps fund the fight against childhood cancer, sickle cell disease, pediatric AIDS and other catastrophic illnesses. These gifts allow St. Jude to continue to treat patients without regard to a family's ability to pay.

St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. Founded by the late entertainer Danny Thomas and based in Memphis, Tenn., St. Jude freely shares its discoveries with scientific and medical communities around the world. No family ever pays for treatments not covered by insurance, and families without insurance are never asked to pay. St. Jude is financially supported by ALSAC, its fund-raising

organization. For more information, please visit www.stjude.org.



Give a gift that helps St. Jude patients like Jack.

Stroke the nation's number three killer

(NAPSA) — Stroke is the nation's number three killer and the leading cause of long-term disability in the United States. More than 700,000 Americans will suffer a stroke this year. Yet many Americans do not know the symptoms or what to do when they witness someone having a stroke. The following information is provided to you by the National Institute of Neurological Disorders and Stroke (NINDS), part of the National Institutes of Health.

"Stroke is an unmistakable event. Few other medical conditions come on so suddenly or are so noticeable to a bystander," said John R. Marler, M.D., associate director for clinical trials at NINDS.

A stroke occurs when blood flow to the brain is interrupted. Brain cells die when deprived of oxygen and nutri-

ents provided by blood. Because stroke injures the brain, if you are having a stroke, you may not realize what is happening. But to a bystander, the signs of a stroke are distinct:

- Sudden numbness or weakness of the face, arm or leg (especially on one side of the body);
- Sudden confusion, trouble speaking or understanding speech;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, or loss of balance or coordination; and
- Sudden severe headache with no known cause.

In treating a stroke, every minute counts. New treatments are available that greatly reduce the damage caused by a stroke. But you need to arrive at the hospital as soon as possible after

symptoms start. Knowing the symptoms of a stroke and getting to the hospital quickly can help you act in time to save yourself-or someone you know-from serious long-term disability.

And making changes in your lifestyle can help prevent stroke. NINDS is dedicated to research and education on the causes and treatments and prevention of stroke. Risk factors include family history, high blood pressure, smoking, diabetes, physical inactivity, heavy alcohol consumption, and being overweight. Talk to your doctor. Find out your risks and take action.

More information on stroke is available from NINDS. Order free materials by calling 1-800-352-9424 or by visiting www.ninds.nih.gov/stroke.

MEN'S HEALTH

Knowing your cancer risk ...

(NAPSA) — Prostate cancer is the most common cancer among American men after skin cancer, according to the National Cancer Institute.

Based on this statistic, most people might assume that the majority of American men are well educated about how best to fight prostate cancer, where to turn for more information and what support group an uncle or golf buddy relied on during their respective battles with the disease.

Unfortunately, this is not the case. While women regularly host breast cancer awareness and fund-raising walks across the country, men have been less proactive on matters related to their health, including essential measures such as soliciting second opinions and researching treatment options. The result of this passive approach is that the average man does not always make good, informed decisions about his own health care.

A new program is encouraging men to alter their approach to health care, at least when it comes to battling prostate cancer. Us TOO International Prostate Cancer Education and Support Network, along with Y-ME National Breast Cancer Organization, have founded the "Partner's Program" to help men with prostate cancer and their partners face the diagnosis together, encourage them to seek information regarding treatment options,

and ultimately, make more well-informed treatment decisions.

This program clearly responds to an unmet need. Recently, an Us TOO- and Y-ME-commissioned survey found that, although the majority of men with prostate cancer have heard of both surgery and radiation as treatment options, up to 38 percent don't know that other treatments, such as hormonal therapy, even exist. Even more alarming, less than 50 percent of men with prostate cancer take the time to get a second opinion on their diagnosis or proposed treatment. These facts are sure to concern anyone who loves a man at risk of developing prostate cancer.

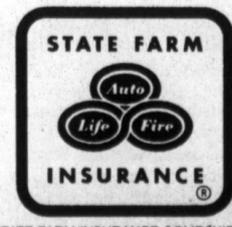
The good news for wives and partners is the survey found that men don't want to face prostate cancer treatment choices alone, making a resource like the "Partner's Program" attractive for both men and women. While men are not typically as open as women on subjects such as prostate cancer, the survey found that almost 70 percent of men age 50 and older indicated that they would like their partner to play an active role in the process of choosing an appropriate course of therapy.

Now, with the help of the "Partner's Program," the average American man may become more proactive about his health. For more information, visit www.ustoo.org or www.y-me.org.



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The facts about caring for the human foot

(NAPSA) — If several hundred tons of pressure seems like a lot to bear, that sum may help you appreciate how hard your feet work.

An average day of walking brings a force equal to several tons of pressure to bear on your hard-working feet. That may explain why your feet are more subject to injury than other parts of the body.

The human foot is a biological masterpiece. It's strong, flexible and functional design enables it to do its job well and without complaint—if you take care of it—yet foot ailments are among the most common health problems. Although some can be traced to heredity, many stem from the cumulative impact of a lifetime of abuse and neglect.

Studies show that 75 percent of Americans experience foot problems at some time in their lives, but few seek medical treatment because they mistakenly believe that discomfort and pain are normal and expectable.

A number of systemic diseases are sometimes first detected in the

feet, such as diabetes, circulatory disorders, anemia and kidney problems. Arthritis, including gout, often attacks foot joints first.

Specialized Care
Your feet require specialized care and Doctors of Podiatric Medicine (DPMs) are the physicians and surgeons who practice on lower extremities, primarily on feet and ankles.

Most DPMs undergo four years of undergraduate work, followed by four years in an accredited podiatric medical school, followed by a hospital-based residency.

A doctor of podiatric medicine can make an important contribution to your total health, whether it is regular preventive care or surgery to correct a deformity.

Since self-treatment can turn a minor problem into a major one, you may want to learn about common ills that affect the feet and promptly see a podiatrist if these conditions occur or persist:

- Athlete's foot is a skin disease, caused by a fungus, that commonly attacks the feet. Signs are

dry scaly skin, itching, inflammation and blisters.

- Blisters are caused by skin friction. They should not be broken but bandaged.

- Bunions are misaligned toe joints that can become swollen and tender.

- Corns and calluses are protective layers of compacted dead skin cells caused by repeated frictions. Do not cut them off.

- Foot odor results from excessive perspiration.

- Hammertoe is a condition in which any of the toes are bent in a clawlike position. Surgery may be necessary to realign the toes.

- Heel pain is generally traced to faulty biomechanics that place too much stress on the heel bone, ligaments or nerves in the foot.

- Heel spurs are growths of bone on the underside of the heel bone. Both heel pain and spurs are often associated with plantar fasciitis, an inflammation of connective tissue.

- Ingrown nails are nails

whose corners or sides dig painfully into the skin.

- Neuromas are enlarged, benign growths of nerves, most commonly between the third and fourth toes, but removal is sometimes necessary.

- Warts are caused by a virus



The human foot is designed to do well if you take care of it and see a podiatrist when you experience pain or discomfort.

and can easily be removed.

The American Podiatric Medical Association recommends these tips to keep feet healthy:

1. Don't ignore foot pain; it's not normal.
2. Inspect your feet regularly for thick, discolored nails, cracks or cuts, peeling or scaling.
3. Wash feet regularly and dry completely.
4. Trim toenails straight across but not too short. Don't cut nails in corners or on the side since this can lead to ingrown toenails.
5. Make sure shoes fit properly.
6. Select the right shoe for the activity you are engaged in.
7. Alternate shoes.
8. Avoid walking barefooted.
9. Be cautious about using home remedies.
10. If you are a person with diabetes, see a podiatric physician at least once a year for a checkup. To learn more about treating foot problems, see the podiatrist.

SPOTLIGHT ON HEALTH CARE: Answer to high drug prices?

(NAPSA) — Have you ever considered splitting your prescription medications to make them last longer? Many people are looking for ways to control their health care costs, especially since the Kaiser Family Foundation estimates that spending on prescription drugs in the United States rises more than 10 percent a year.

Pill splitting is now being recognized as a legitimate way for patients to get the medications they need while saving money. This practice helped the Veterans Administration save almost \$50 million in 2003 on prescription drugs. But it is not for everyone or every medication and patients need to know a few basics before they even consider pill splitting as an option.

Pill splitting works because drugmakers make a handful of popular medicines available in a choice of strengths for the same price. Currently, 16 medications have been approved for splitting, including Lipitor (used to lower cholesterol), Zoloft (an antidepressant) and Valtrex (an anti-viral).

With a doctor's OK, a patient can order his or her medication at twice the needed strength and cut each pill in half. The patient receives half as many pills in each refill but pays half the usual co-payment, for a savings of 50 percent. For example, Lipitor is priced the same in 20-milligram and 40-milligram dosages. A patient may purchase a 40-milligram tablet and then split the medication for his or her daily dosage amount.

Drugmakers argue that there could be

health risks for people who split pills incorrectly or attempt it with inappropriate drugs.

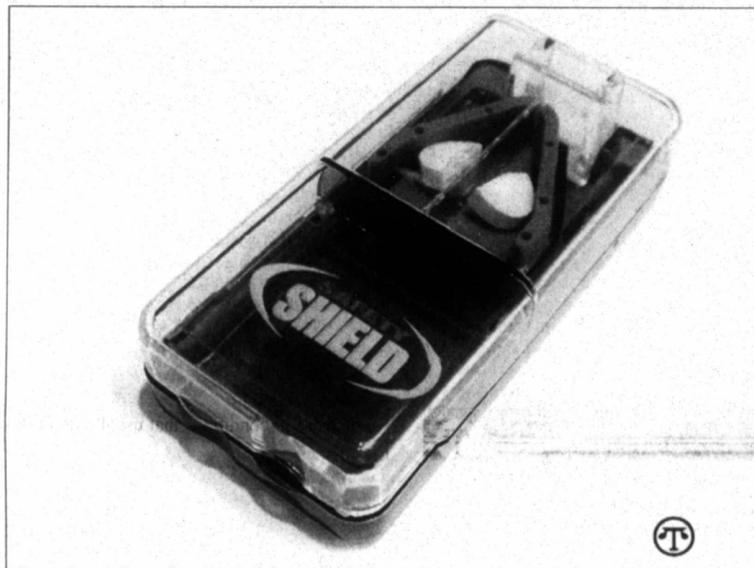
medications.

"Patients should always talk to their physi-

can be a useful tool to save money, especially if you have to take a prescription drug for a long time. But not all pills can be safely split, and this practice is not appropriate for everyone." One company, UnitedHealthcare, recently launched the second phase of its Half Tablet Program, which offers free pill splitters to members taking medications approved for splitting. The program requires physician approval for enrollment.

The following steps should always be followed when considering pill splitting:

1. Consult your physician when considering any changes to your health care. Pill splitting can only be done with your doctor's approval.
2. Make sure your physician knows about all medications you are taking, including vitamins and herbal supplements. It is important for the doctor to know your entire medical history before making recommendations on your prescription drugs.
3. Review the approved list of medications for pill splitting with your doctor to ensure that your medication is included.
4. Always use a pill splitter to cut medications in half and make sure the medication fits securely in the device. Never attempt to cut a pill with a knife, scissors or anything else.
5. Tell your doctor about any changes in your health status that may make it difficult for you to split your medications. He or she may decide with you that returning to whole pills is the best option.



Further, pill splitting is not advised for people who suffer from dementia, severe arthritis or poor vision. In addition, pill splitting may not be a good option for people who take several

medications. "Patients should always talk to their physician before making any change to their care regimen," said Dr. Lewis Sandy, UnitedHealthcare's executive vice president of clinical strategies and policy. "Pill splitting

More Healthy Ideas ...

(NAPSA) — Results from a nationwide Harris Interactive survey, conducted among members of the National Association for Female Executives (NAFE), found that survey participants over the age of 35 with menopausal symptoms also experienced difficult sleeping or insomnia, an unexpected symptom that makes it even harder to cope. Fortunately, data show that low-dose estrogen plant-based therapy is a safe and effective option for women with symptoms.

Your feet require specialized care and Doctors of Podiatric Medicine (DPMs) are the physicians and surgeons who practice on lower extremities, primarily on feet and ankles. A doctor of podiatric medicine can make an important contribution to your total health, whether it is regular preventive care or surgery to correct a deformity. To learn more about treating foot problems, see the podiatrist.

STUDY YIELDS MIXED RESULTS

Raloxifene prevents breast cancer but raises other risks

By **MARILYNN MARCHIONE**
AP Medical Writer

Women with heart disease or a high risk for it would trade one set of odds for another if they took the drug raloxifene to try to prevent breast cancer, a new study suggests.

The drug helped prevent cancer, but raised the risk of blood clots and fatal strokes. It also didn't lower the risk of death, hospitalization or heart attack, as some had hoped it would.

Doctors have been testing this drug as an alternative to tamoxifen for preventing breast cancer and as a way to lower heart disease risks.

Based on the new study's results, "most people would decline taking raloxifene" unless they have a high risk of breast cancer, said Dr. Linda Vahdat, director of breast cancer research at Weill Cornell Medical College.

Dr. Marisa Weiss, a Philadelphia breast cancer specialist who founded the consumer Web site breast-cancer.org, agreed.

"The cardiac benefit wasn't there. The side effects were," and breast cancer is more treatable than life-threatening blood clots and

strokes, she said.

Neither doctor took part in the study, which involved 10,101 postmenopausal women in the United States and 25 other countries. Results were published in a recent edition of the New England Journal of Medicine.

Many of the authors consult or work for Indianapolis-based Eli Lilly & Co., which makes raloxifene and paid for the study. The drug is sold as Evista for treating the bone disease osteoporosis, but the company is seeking approval to market it for breast cancer prevention.

A similar drug, tamoxifen, has long been used to prevent breast cancers whose growth is fueled by the hormone estrogen. A big federal study reported last month that raloxifene was equally effective at preventing the most serious types of breast cancer and with fewer side effects, although some doctors disagree on how large the differences in side effects really are.

That study, called STAR, directly compared the two drugs in women at higher-than-usual risk of developing breast cancer. The new study involved a different group of women — those at

high risk of heart problems — and tested whether raloxifene was better than dummy pills at reducing breast cancer and heart-related risks.

Participants either had clogged arteries or multiple heart risk factors, such as advanced age, diabetes, smoking, high blood pressure or high cholesterol. About 40 percent also had elevated risk of breast cancer, mostly because of their age, but this was not the main reason they were in this study — their heart risk was.

Roughly half were given daily raloxifene pills and the others, dummy pills. Neither they nor their doctors knew who was taking what.

After an average of five years on the pills, deaths and major heart problems were about the same in both groups. Raloxifene users had one-third fewer cases of breast cancer and about half the number of invasive breast cancers — benefits seen previously.

However, 59 of the 5,044 raloxifene users had fatal strokes; only 39 of the 5,057 on dummy pills did, translating to a 49 percent greater risk for those taking the drug.

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Steps diabetics can take in disaster

Catastrophes can pose special challenges to diabetic patients

(NAPSA) — When Hurricane Katrina struck last August, people with diabetes faced particular challenges, especially those using insulin. More than 20 million people in America have diabetes, and many others suffer with other chronic health conditions.

During this year's hurricane and tornado season, Eli Lilly and Company, one of the world's leading manufacturers of insulin, suggests that individuals with diabetes or any other chronic illness should follow the guidelines below, no matter where you live:

- Medicine and supplies should be stored in a defined location to be easily gathered if you must quickly evacuate home or work.
- Keep cool packs in your

freezer to keep medicine cool.

- Compile an easy-to-reach kit including:

- Medical supplies: syringes, cotton balls, tissues, swabs, blood glucose testing strips, blood glucose meter, lancing device and lancets, urine ketone testing strips, items for your therapy and blood sugar monitoring
- An empty hard plastic bottle to dispose of syringes and lancets
- Cooler for insulin
- Pen and notebook
- Glasses
- Copies of prescriptions, insurance cards, medical information and contact list, including caregiver's and physicians' names and phone numbers
- Physician's orders for your child's care on file at

school and in your disaster kit

- Glucagon emergency kit and fast-acting carbohydrate (glucose tablets, orange juice)
- Nonperishable food such as granola bars and water
- First-aid kit, flashlight, whistle, matches, candles, radio with batteries, work gloves
- Supplies for at least a week
- Something containing sugar in case you develop low blood sugar.

"No one can fully anticipate a natural disaster, but with preparation, people with diabetes can manage their disease," said Dr. Sherry Martin, medical advisor, Eli Lilly and Company. "Taking the time to prepare could make a huge difference in an emergency."

If disaster strikes, remember to:

- Maintain meal plan, keep hydrated.
- Monitor blood sugar and record numbers.
- Wear shoes and examine feet often. If a foot wound develops, seek medical attention immediately.
- If relocated, call your doctors as soon as possible to maintain the continuity of your medical care.
- Parents of children with diabetes should identify which school staff members will assist children in an emergency.
- If you are displaced, identify yourself immediately as a person with diabetes so authorities can provide medical care.

For more information, visit www.lilly.com.



Dr. Sherry Martin with an emergency "Disaster Kit" for individuals with diabetes.

What consumers need to know about that nasty old bird flu

(NAPSA) — Before you become overly concerned about "bird flu," there are a few important facts you need to know about this disease.

"Bird flu" is not the same thing as human pandemic flu. "Bird flu"—H5N1 highly pathogenic Asian avian influenza — is a severe disease of birds. All the people known to have gotten it had close contact with infected birds, mostly in rural villages in Asia. Where there is no close contact with infected birds, there's no human disease.

More good news: The food supply is protected. The poultry industry and the U.S. government take Asian avian influenza very seriously because it can threaten commercial poultry. It's spread by migratory birds, so the federal government monitors wild birds in areas where there could be contact with Asian birds.

In addition, security on poultry farms is very tight. Poultry are kept away from wild birds. Strict procedures keep the virus from being tracked into the birds' living space. Poultry farmers' number one priority is to protect their flocks.

The industry and state governments sponsor extensive testing programs to watch for any signs of Asian avian influenza. Under the National Chicken Council's program, which nearly all chicken companies follow, each flock is tested. Any poultry flock found to be infected with Asian avian influenza would be destroyed on the farm and would not enter the food supply.

You can also feel confident about your chicken or turkey dinners. According to the U.S. Centers for Disease Control and Prevention (CDC), you can't get "bird flu" from properly handled and cooked food. Just be sure to follow the instructions already printed on each package of fresh meat and poultry sold in the United



Food for thought: The U.S. Centers for Disease Control and Prevention and other authorities agree: You can't get avian influenza from properly handled and cooked food.

States. The instructions are the same as they have always been — nothing special is needed. On the remote chance that an infected bird got into the food supply, it wouldn't affect consumers. The U.S. Department of Agriculture recommends cooking poultry to a minimum internal temperature of 165 degrees Fahrenheit. This is more than enough to destroy any flu viruses that may be present.

"American consumers don't have to worry about getting the avian flu virus from eating poultry," says Dr. Michael Doyle, director of the Center for Food Safety at the University of Georgia. "We know that if you properly cook poultry, it's safe."

For more information, see www.avian-influenza.info.

Data: Americans not nutritionally fit

(NAPSA) — A recent survey of nearly 700 Americans showed that 72 percent believe they are healthy eaters, yet government data proves otherwise.

The USDA recently revealed that Americans get plenty of protein and carbohydrates, but often fall short on key nutrients such as magnesium, potassium and vitamins C and E.

"Fifty years ago, we only recognized extreme cases of vitamin deficiencies, like scurvy, which is caused by a lack of vitamin C," said Carroll Reider, MS, RD, Nature Made vitamins director of scientific affairs and education. "Science has advanced. We now know that even small amounts of vitamin deficiencies hurt us much more than people realize."

While most Americans appear well fed, a key question is: Are you nutritionally fit? To assess your nutritional condition, Reider posed

the following questions:

Do you shun the sun? People who wear sunscreen, live in northern climates or have darker skin may not receive optimal levels of vitamin D, which is made following exposure to sunlight. Vitamin D helps the body absorb calcium and may also promote ovarian, breast, prostate, heart and colon health. Reider suggests 1,000 IU of vitamin D daily for people who spend most of their time indoors and those who don't synthesize vitamin D easily, such as darker-skinned individuals and the elderly. Vitamin D food sources include milk and fatty types of fish; however, it is hard to achieve optimal intake through food alone. It is also available in supplement form.

Do your meals lack color? Does dinner typically consist of meat, starch and the same green vegetable? For optimal health, add more colors to your diet. Vegetables such

as steamed carrots, peppers and red cabbage add vibrant hues to the dinner plate while citrus wedges brighten the standard bed of greens. Eating a variety of fruits and vegetables maximizes nutrient intake and provides antioxidants, which help fight free radicals that may cause premature aging. "A multivitamin formulated for your age and gender is also a good way to compensate for dietary imbalances," Reider said.

Is fish a regular dish? The American Heart Association recommends two servings of fish per week. Reider suggests salmon and tuna, which are rich in omega-3 fatty acids. Some studies suggest omega-3 fatty acids may promote heart health. Other sources include walnuts, flaxseed or vitamins.

Additional information on how to stay nutritionally fit is available at www.MyVitaminsMatter.com.

Rejuvenate your routine, live healthier

(NAPSA) — Kick the doldrums by incorporating heart-healthy snacks into your family's eating plan. The American Heart Association helps make this simple and easy to do.

• Get the Kids Involved

Turn off the TV and video games and start by creating your grocery list together. The American Heart Association's free, online grocery list builder at heartcheckmark.org is a fun way you and your kids can use the computer to browse through more than 800 certified heart-healthy products. Find your favorite foods, then simply point, click, print- and shop!

At the grocery store, have the kids look for the American Heart Association's red heart with a white check mark on food packages. It's a familiar symbol that helps you quickly and confidently select foods that meet the Association's criteria for heart-healthy levels of fat and cholesterol for healthy people over age 2.

• Get Physically Active

In addition to snacking healthier, make physical activity a part of your family's daily routine. Inactivity is a major culprit in the rising obesity rates among U.S. children, causing an increase in conditions that usually don't devel-

op until adulthood, such as high blood pressure, elevated cholesterol and type 2 diabetes.

You can help your children live healthier lives by following these simple tips from the American Heart Association:

— Set a good example by practicing your own heart-healthy habits, such as playing with your kids and eating sensibly. Keep your eyes on serving size!

— Limit television, movies, videos and computer games to less than two hours a day and substitute the rest of leisure time with physical activity.

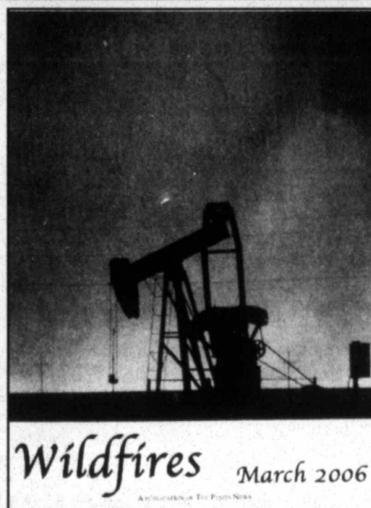
— Give your children some household chores that require physical exertion such as mowing lawns, sweeping floors and taking out the garbage.

— Take advantage of your city's recreation opportunities—from soccer leagues to fun runs and parks. Check out the various camps or organizations that sponsor outdoor activities such as camping, hiking trips and swimming.

To learn more about reducing the risk of heart disease and stroke through good nutrition, visit americanheart.org or call (800) AHA-USA1 for your free copy of the "Shop Smart with Heart" brochure.

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(Texas Agricultural Experiment Station photo by EDITH CHENAULT)

Dr. Stephen Smith, Texas Agricultural Experiment Station professor of animal science, examines beef carcasses at the E.M. "Manny" Rosenthal Meat Science and Technology Center at Texas A&M University. A recent Experiment Station study indicates cattle fed longer on corn will produce beef with more monounsaturated and less saturated fat.

Study shows you can have your beef fat and eat it, too

By EDITH A. CHENAULT
Extension News

COLLEGE STATION — A recent Texas Agricultural Experiment Station study indicates cattle fed longer on certain diets will produce beef with more of the "good" kind of fat.

Dr. Stephen Smith, Experiment Station professor of animal science in College Station, said the study showed the longer cattle were fed corn, the more monounsaturated — and less saturated — fat they produced. Monounsaturated fats are currently viewed as being healthier than other dietary fats, Smith said.

In the U.S., 8-month-old cattle are given a predominately corn diet until they are slaughtered at about 1,200 pounds. With adequate rainfall and good pasture, producers sometimes "background" their cattle on pasture until they are 1 year old, Smith said. After that, they are fed a corn-based diet until they weigh about 1,200 pounds.

"We've always had more corn in this country than we can consume, so we feed it to our livestock," he said.

U.S. consumers "like cattle young and marbled well," because of flavor, he said. Studies have found, however, the marbling and trimmable fat from cattle that are too young is high in saturated fats and trans fats, he said.

Japan, on the other hand, feeds cattle more grass and forage in the beginning. Calves are weaned at 8 or 9 months of age; producers then gradually increase the amount of grain in the diet until they are 28 to 30 months of age.

"They do it in steps," he said. "At the end, they feed corn concen-

trate."

For the study, 16 American Wagyu and 16 Angus steers were purchased as weaned calves. Eight from each breed were fed a high-energy corn-based diet. Eight were fed a diet of coastal Bermudagrass hay supplemented with a corn-based diet. The cattle were fed to 16 to 20 months of age (U.S. endpoint) or 24 to 28 months of age (Japanese endpoint).

The study tested three factors: breed type, diet and slaughter-age endpoint. Of the three, endpoint had the greatest effect on the adipose tissue lipid composition, Smith said. Lipids are organic compounds and include fats.

In an earlier study, researchers found the breed type did not affect marbling scores or the U.S. Department of Agriculture quality grades for Angus and Wagyu steers. The corn-fed steers had higher marbling scores than hay-fed steers of both breeds, Smith said. Steers raised to the Japanese endpoint had higher marbling scores and USDA quality grades than those raised to the American endpoint.

In the latest study, the corn-fed Angus steers raised to the Japanese endpoint "accumulated adipose tissues lipids that were remarkably unsaturated," according to the report.

Also, the adipose tissue from the Wagyu steers "contained higher concentrations of oleic acid and other monounsaturated fatty acids, regardless of diet or endpoint," it said.

"We're not sure that the trans fat in beef, trans-vaccenic acid, is completely bad for you," Smith said.

"We need a human study (to determine that). It may be completely

benign."

Smith and the other researchers theorized when Angus and American Wagyu steers were fed to the normal U.S. standards, the amount of monounsaturated fatty acids and cholesterol of the adipose tissue — the connective tissue that stores cellular fat — would be similar. The amounts would differ when fed to Japanese standards, they also theorized.

But they were proved wrong. Both breeds of steers produced more marbling and less trans and saturated fat the longer they were fed.

Wagyu cattle contribute only a small percentage to U.S. beef production. However, these results indicate that typical domestic cattle such as Angus can be raised to produce fat with a healthier composition, Smith said.

But what about completely grass-fed cattle? They have leaner carcasses, he said.

"The problem with (grass-fed cattle) is the U.S. consumer isn't accustomed to the flavor," Smith said. "It's very strong, and it's something we're just not accustomed to. And the other is that the fat that's produced from grass-fed cattle is higher in saturated fats and trans fatty acids."

Cattle fed longer on corn will have a better flavor, more marbling and monounsaturated fats. But there is a trade-off.

"There are more calories there," he said. "There's no question about that, and if you're watching your calories, grass-fed beef is lower in fat. And I can't argue with that."

The study was published in the international journal *Meat Science* this summer.

MENTAL DEVELOPMENT

Listen to parents: Distractions make learning much more difficult

By RANDOLPH E. SCHMID
AP Science Writer

WASHINGTON (AP) — Your parents were right, don't study with the TV on.

Multitasking may be a necessity in today's fast-paced world, but new research shows distractions affect the way people learn, making the knowledge they gain harder to use later on.

The study, in Monday's Proceedings of the National Academy of Sciences, also provides a clue as to why it happens.

"What's new is that even if you can learn while distracted, it changes how you learn to make it less efficient and useful," said Russell A. Poldrack, a psychology professor at the University of California, Los Angeles.

That could affect a lot of young people. A study by the Kaiser Family Foundation last year found third-graders through 12th-graders devoted, on average, nearly 6 1/2 hours per day to TV and videos, music, video games and computers.

As Poldrack explains it, the brain learns in two different ways. One, called declarative learning, involves the medial temporal lobe and deals with learning active facts that can be recalled and used with great flexibility. The second, involving the striatum, is called habit learning.

For instance, in learning a phone number you can simply memorize it, using declarative learning, and can then recall it whenever needed, Poldrack explained.

A second way to learn it is by habit, "punch it in 1,000 times, then even if you don't remember it consciously, you can go to the phone and punch it in," he said.

Memorizing is a lot more useful, he pointed out. "If you use the habit system, you have to be at a phone to recreate the movements."

The problem, Poldrack said, is that the two types of learning seem to be competing with each other, and when someone is distracted, habit learning seems to take over from declarative learning.

"We have to multitask in today's world, but you have to be aware of this," he said. "When a kid is trying to learn new concepts, new information, distraction is going to be bad, it's going to impair their ability to learn."

That doesn't mean he thinks a silent environment is essential — music can help in learning because it can make the individual happier, he said.

But in general, "distraction is almost always a bad thing."

What Poldrack and his colleagues did was to use brain imaging to study the parts of the brain in use when 14 people were learning.

Participants were asked to predict the weather after receiving a repeated set of cues. During part of the learning, researchers added a second task where participants had to keep a running mental count of high tones that they heard, thus adding an element of distraction.

The results showed that when doing single-task learning, the brain used the region associated with declarative memory, while the habit memory region was associated with dual-task learning.

The dual-task learning did not affect the participants' ability to predict weather at the time, but it reduced their knowledge about the task during a follow-up session later.

"In my opinion, this article represents a significant step forward in understanding the interaction between the various memory systems possessed by healthy human adults and task demands," commented Dr. Chris Mayhonn, who teaches psychology at North Carolina State University.

The results suggest that at least a bit of the information is being learned even when we are distracted by a secondary task, said Mayhonn, who was not part of Poldrack's research team.

By relying on the habit memory system, he said, "We may find ourselves in situations where we have picked up information about performing some task but we are unsure where that information came from."

In some situations this could be dangerous, he added: "For instance, we may find ourselves making decisions based on 'gut feelings' that utilize this implicit information and not realize that our decisions may be biased by where we learned that information."

Mayhonn noted that the experiment was small, looking at 14 people from a limited age range.

"It is difficult to determine how far we can generalize these results," he said. "But I still believe that the results are interesting because they extend previous results and provide direction for future research in the area."

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On the Net:
Proceedings of the National Academy of Sciences:
<http://www.pnas.org>

'What's new is that even if you can learn while distracted, it changes how you learn to make it less efficient and useful.'

— Russell A. Poldrack
Psychology professor

New medicines available to treat rare illnesses

(NAPSA) — Since 1995, America's pharmaceutical research companies have made great strides in fighting rare diseases. More than 160 new medicines to treat rare or "orphan" diseases have been approved by the Food and Drug Administration (FDA) in the last decade alone.

According to the National Institutes of Health, more than 6,000 rare diseases afflict a total of 25 million Americans. And the FDA says 85 to 90 percent of rare diseases are serious or life-threatening, making the search for new treatments and cures all the more important.

"America's pharmaceutical research companies have made incredible progress in

finding new medicines that offer hope to patients with rare diseases," says Billy Tauzin, president and CEO of the Pharmaceutical Research and Manufacturers of America (PhRMA). "Continuing innovation by these companies is the key to developing new medicines and offering patients a chance for a brighter, healthier future."

"A Decade of Innovation: Advances in the Treatment of Rare Diseases"—a new report issued by the National Organization for Rare Disorders, the Genetic Alliance and PhRMA—highlights some of the many important drugs for rare diseases that the FDA has approved in the past decade.

These medicines have helped patients lead very different lives than they would have just a few years ago. For instance:

- Rilutek(r) (riluzole) is the first drug to show any increase in survival among patients with amyotrophic lateral sclerosis, or ALS.

- Also known as Lou Gehrig's disease, ALS is a progressive disease that affects motor nerve cells in the brain and spinal cord, eventually causing the brain to lose its ability to control muscle movement.

- Fabrazyme(r) (agalsidase beta) is the first drug to attack Fabry disease at its root. Patients with the condition—mostly men—are deficient in an enzyme involved in the

breakdown of fats, causing a buildup of fats in their blood vessels and organs. These patients often survive to adulthood, but are at increased risk for stroke, heart attack and heart disease.

While researchers have made significant progress in the fight against rare diseases, they continue working to find more new treatments for people with these rare conditions. Medicines for patients with Crohn's disease, chronic myeloid leukemia, pulmonary arterial hypertension and many more rare diseases are currently in development.

To view the "Decade of Innovation" report, visit www.phrma.org and www.innovation.org.