

**HOUSE LEVELING**  
 Uneven Floors  
 Floor Bracing  
 Cracks In Bricks  
 Sticking Doors & Windows  
 Interior Wall Cracking  
**FREE ESTIMATES**  
**1-800-299-9563**  
 WWW.CHILDERSLEVELING.COM

**DOUG BOYD MOTOR CO.**  
 Have a Safe and  
 Happy New Year!

All in-stock carpet  
**\$12.95 - \$18.95**  
 per sq. yd. installed with pad  
 We will beat any  
 legitimate bid by  
**10%**  
 on any product  
 that we carry!  
**Premier Floor Warehouse**  
 301 S. Cuyler, Pampa TX • 669-7001

# The PAMPAN NEWS

\*\*\*\*\*AUTO\*\*MIXED ADC 750  
 0000471 12/31/2020  
 HERITAGE ARCHIVES  
 2195 BRITANNIA BLVD STE 102  
 SAN DIEGO, CA 92154-6290



Tuesday, Jan. 17, 2012 www.thepampanews.com Volume 107 • No. 234

**75¢** Mind and Body Health Special Section **Harvesters hammer down**  
 \$1.50 weekend New year, new outlook on fitness | p1B PHS wrestling takes fifth at Vernon tournament| p8A

## AFTER SCHOOL SPECIAL



**Kelly Mayberry**, 17, shows Jeremy Whitson, 6, her project on Arthur Miller's play, "The Crucible."

staff photo by Mollie Bryant

## Successful second year for PISD showcase

**MOLLIE BRYANT**  
 mbryant@thepampanews.com

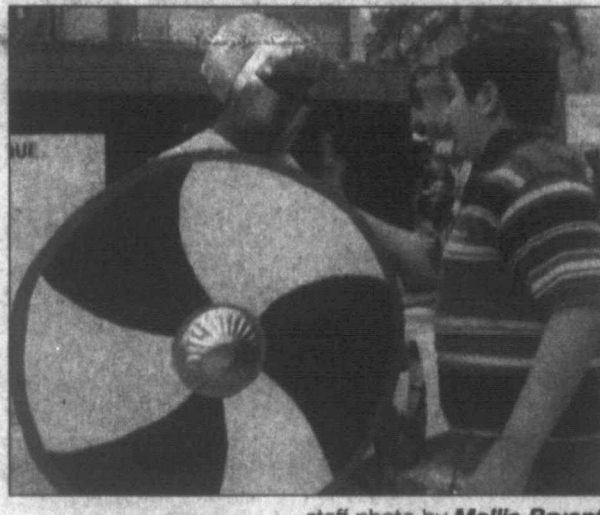
PISD's second annual Educational Showcase had something for everyone last night at Pampa High School. Over 100 tables displayed scholastic undertakings in the district, and performances from Pampa Junior High's choir and band, the PHS choir and band, and both schools' theater students provided entertainment.

Chris Melendez, 18, manned an area while wearing full medi-

eval knight gear. He also built a castle to go with a poem for his English IV class as they studied the medieval period. He said he enjoyed attending the Educational Showcase.

"It's fun, because you get to **SHOWCASE** cont. on page 5A

**Chris Melendez** (left), 18, shows off his knight garb to Anthony Cruz. Melendez built a castle for his English IV class while studying the medieval period. >



staff photo by Mollie Bryant

## Three nabbed with drugs over weekend

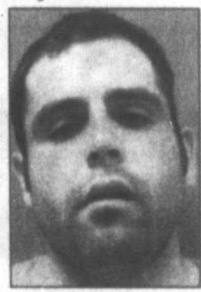
**MOLLIE BRYANT**  
 emailaddress@thepampanews.com

During the weekend, deputies with the Gray County Sheriff's Office arrested three individuals on charges of possession of a controlled substance.

On Friday, January 13, deputies observed a vehicle on the 600 block of Hazel, and when they tried to catch up with the vehicle, the driver got out and ran down an alley. Deputies spoke with the driver, Brian Lane Sealman, 29, and found a bag that contained 5.5 grams of a controlled substance believed to be methamphetamine.

Sealman was arrested at 6:37 p.m., and later bonded out on a \$10,000 bond.

Early Saturday evening, deputies stopped a vehicle for a traffic violation. When the driver, Luis Geraldo Jimenez, 32, showed signs of nervousness, they asked him if he had any illegal items. Jimenez handed over a crystal **DRUGS** cont. on page 3A



**Sealman**



**Jimenez**



**Avila**

## Tickets still available for PHS choir's 'Evening on Broadway'

**ARNIE AURELLANO**  
 editor@thepampanews.com

Reservations are still available for two performances of the Pampa High School choral department's "Evening of Broadway," with the curtains set to rise at 7 p.m. Tuesday and Wednesday in the Heritage Room of the M.K. Brown Civic Center.

Two hundred seats are available for each show, and parent organizer Dana Terry said on Monday that tickets are still available as long as reservations (priced at \$25) are made in advance of show times.

"We really don't want reservations at the door," Terry said, "but we want people to come, definitely. The reason is the food. Reservations come with a full sit-down dinner, and we want to make sure there's enough for everyone."

Meals are homemade by students' parents and include steak, pork tenderloin, Italian green beans, mashed garlic potatoes, dinner rolls and dessert. The real highlight of the

show, though, will be the entertainment, Terry said. Students from all four grades will serenade the diners with songs from Broadway shows, including "The Lion King," "Wicked," "Les Miserables," "Phantom of the Opera," "Annie," "Hairspray," "Aida," "Shrek," "Cinderella," "Shrek," "Legally Blonde," "Jekyll & Hyde," and others.

"It will be an evening well worth the \$25," Terry said. "You get a good meal and some great entertainment from the local high school kids. It's going to be a lot of fun for everyone."

Terry also touted the event for the values it helps instill in the students, as the kids are involved in more than just the night's musical performances.

"I think everyone will be surprised at the professionalism (the kids) show," Terry said. "The students wait the tables. They're the waiters, so there's a lot of experience to be gained from it. ... It makes you very proud to see what the kids can accomplish with hard work and practice." **BROADWAY** cont. on page 3A

## WINTER CLEANING



staff photos by Arnie Aurellano

**Christy Rosales** (top) and **Debbie Donaldson** (right) sandblast and scrape the paint off the glass facade at 113 S. Cuyler St., the former Dolly's Bar and Grill, in downtown Pampa on Friday.

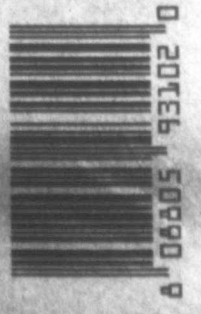
**M & H Leasing**  
**TOP OF TEXAS**  
**LEASE**  
**SIGN THE PLEDGE**  
 Receive free "Don't Text and Drive" finger bands.  
 1945 N. Hobart • 665-2061

**Total Care Health**  
 Caring & Effective Health care for Your Entire Family  
**(806) 688-2273**  
 \* Family Care • Urgent Care  
 Insurance, Cash, and Medicaid  
**Matthew Gill, RN, FNP-C**  
 701 N. Price Rd  
 Pampa, TX 79065

**HouseHunters Realtor**  
 Linda Laycock Broker (806) 662-1312  
 Larry Hadley Associate (806) 662-2779  
 Jordan O'Neal Associate (806) 670-6623  
 Tisha Holman Associate (806) 440-4153


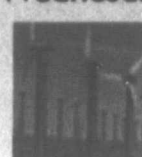
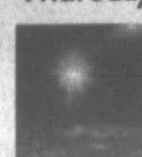
**IN THIS ISSUE:**

Obituaries . . . . . 2A	Comics . . . . . 6A
Local Record . . . . . 2A	Sports . . . . . 8A
Weather . . . . . 2A	Mind & Body Health, 1B
Morning Rush . . . . . 3A	Dear Abby/Puzzles . 2B
The Savage Truth . . . 3A	Classifieds . . . . . 2B-3B
Viewpoints . . . . . 4A	





### PAMPA FORECAST

Today	Wednesday	Thursday
		
High 37 Low 21	High 50 Low 29	High 54 Low 31

**Today:** Sunny, with a high near 37. Wind chill values between 8 and 20. Breezy, with a south wind 10 to 15 mph becoming east. Winds could gust as high as 25 mph.

**Tonight:** Clear, with a low around 21. Wind chill values between 8 and 18. Windy, with a south wind 5 to 10 mph increasing to between 15 and 20 mph. Winds could gust as high as 25 mph.

**Wednesday:** Sunny, with a high near 50. Windy, with a southwest wind between 10 and 20 mph, with gusts as high as 25 mph.

**Wednesday Night:** Clear, with a low around 29. West wind around 10 mph.

**Thursday:** Sunny, with a high near 54. North northwest wind between 5 and 10 mph.

**Thursday Night:** Partly cloudy, with a low around 31. East southeast wind around 10 mph becoming west southwest.

(\*) This information brought to you by...

PRESTIGE

AUTOBODY & ACCESSORIES

101 S. HOBART 806-665-3500

Protect your family with a grille guard, Ranch Hand or Cattleman

### LAST MINUTE ADS

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

**CAJUN DINNER** by PHS Softball Booster Club, Tues. Jan 31, 5-7pm @ PHS Commons. Jambalaya, Etouffée, Gumbo, Shrimp & Bowtie Pasta, Bread Pudding, All You Can Eat \$20/ticket. Call 669-2232, 663-1365 for tickets.

**FIRST BAPTIST Church** of Pampa is now on Pampa's CableOne Channel 8. Sunday 11:00 am and 6:00 pm services.



*We will help you buy or sell your home!*

**Gary Winton: Realtor®/Office Manager**  
806-440-1698  
1712 N. Hobart (806) 665-4595

## Obituaries

### Calvin C. McAdams, 83

Calvin C. McAdams, 83, of Amarillo, died Wednesday, Jan. 11, 2012.

Private services are pending. Arrangements are by Boxwell Brothers Funeral Directors, 2800 Paramount Blvd.

Calvin was born Dec. 8, 1928, in McLean to Herman W. and Elizabeth McAdams.

Calvin graduated from Pampa High School in 1946, attended Texas Tech and then joined the U.S. Air Force in 1951, stationed in Tachakawia, Japan. He was employed by Hart, Shaftner and Marx as a salesman at Blackburn Brothers Clothiers for 30 years, managing the downtown and suburban stores mens' departments. He owned and operated Sav-On Autos on 3rd Street for many years after retirement.

He married Lee Chadwick on July 9, 1954 in Mangum, Okla.

He was a 50-year member of the Grand Lodge of Texas, Master Mason, Palo Duro No. 1239. He was a 32nd mason with the Scottish Rite of Freemasonry, and member of the Khiva Shrine holding many offices through the years, enjoying each and every opportunity to serve. Calvin was a member of the Amarillo Executive Association. Calvin attended Family Worship Center with Pastor Max Beggs.

He was preceded in death by two sisters, Delores Cooper-Hall and JoAnn Kelley.

Survivors include wife, Lee of 56 years of Amarillo; a sister, Gwen Tidwell of Pampa; a daughter, Celia McClintock; son-in-law, Kim McClintock of Comfort; and two grandsons, Matt and Andrew McClintock of San Antonio.

Sign the online guestbook at [www.boxwellbrothers.com](http://www.boxwellbrothers.com).



McAdams

of Hoboken, N.J., Cris Webb of Pampa, and Pat Webb and wife Lesley of Amarillo; two granddaughters, Angie Cotton and husband David of Pampa and Tracy Aloumanis and husband Bill of Sherman; two step-grandchildren, Brandon Brashears and wife Corie of Frisco and Curt Brashears and wife Reanna of Mustang, Okla.; and eight great grandchildren. She was preceded in death by a daughter, Louine Hale; and by a grandson, Ricky Edwards.

Memorials may be made to a favorite charity.

Sign the online register book at [www.carmichael-whatley.com](http://www.carmichael-whatley.com).

### Billie Jo Odell Steele, 52

Billie Jo Odell Steele, 52, died Sunday January 15, 2012, in Pampa.

Services are pending with Carmichael-Whatley Funeral Directors.

Mrs. Steele was born October 23, 1959 in Pampa. She was a graduate of Pampa High School and later attended cosmetology school. After graduating from cosmetology school, she worked for A Cut Above. In 1982, Billie Jo received a kidney transplant from her father.

In April of 2001, she received her second kidney transplant. She married David Steele on November 28, 1991 in Pampa. She was a good wife, sister and aunt.

Billie is survived by husband: David Steele of the home; son: David Lee Steele of Watsonville, California; a sister: Leanna Cowan and husband Danny of Pampa; a brother: Jimmy Odell and wife Ella of Romana, Oklahoma; mother-in-law: Pat Steele of Lefors; 2 nephews: Gabriel Cowan and Daniel Odell and children, all of Pampa; 4 nieces: Raeanna Humphrey and husband Jon, Teddi Cowan, Trysten Plunk and Chloe Allen, all of Pampa; 2 great-nieces: Bridgette Humphrey of Pampa and Jessica Cowan of Houston; a great-nephew: Jaydin Elkins of Pampa, and numerous cousins and friends. She was preceded in death by her parents: Bill and Claudine Odell; a nephew: Douglas Odell; and a great-nephew.

Memorials can be made to the National Kidney Foundation, Amarillo District, 801 S. Fillmore, Amarillo, Texas 79101, or Amarillo SPCA, 11901 S. Coulter, Amarillo, Texas 79119.

Sign the on-line register at [www.carmichael-whatley.com](http://www.carmichael-whatley.com)



Steele

### Evalyn Kitchens, 97

Evalyn Kitchens, 97, died Sunday, Jan. 15, 2012, in McLean.

Services will be at 2 p.m. Wednesday, Jan. 18, 2012, at Memory Gardens Mausoleum with Keith Feerer, minister of Mary Ellen and Harvester Church of Christ, officiating. Burial is at Memory Gardens Cemetery under the direction of Carmichael-Whatley Funeral Directors.

Mrs. Kitchens was born April 21, 1914, in Edmond, Okla. to Lloyd and Belle Tackwell. She moved to Miami as a teenager and graduated from Miami High School in 1932. She married Aubrey Kitchens on Aug. 15, 1932, in Sayre, Okla. He preceded her in death on May 8, 2002. Mrs. Kitchens was a member of Mary Ellen and Harvester Church of Christ. She spent her whole life caring for her family, and her Sunday dinners will be missed by her family.

Survivors include her daughter, Paula Brashears and husband Jim of Pampa; three grandsons, Billy Edwards

## For the record

Cont. from weekend

### Police Department

A burglary occurred at the 300 block of Rider.

Thefts occurred at the 400 block of South Ballard, the 1500 block of North Hobart and the 300 block of North Hobart.

Criminal trespassing was reported.

A suspicious vehicle was reported at the 800 block of South Sumner.

A theft was reported at the 2800 block of North Charles.

A suspicious vehicle was reported at the 700 block of Deane.

**Thursday, January 12**

A suspicious person was reported at the 1300 block of North Coffee.

A prowler was reported at the 1100 block of South Prairie.

### Sheriff's Office

The Gray County Sheriff's Office reported the following arrests for the 24 hour

period ending Thursday, January 12 at 7 a.m.

**Wednesday, January 11**

Jerry Lynn Martin, 32, was arrested by deputies for driving while intoxicated.

Amber Rose Ellwanger, 27, was arrested by police on charges of theft under \$50, failure to maintain financial responsibility, no driver's license, expired registration and failure to appear in court.

Jesus Manuel Leal, 50, was arrested by police for capias pro fine.

Elizabeth Ashley Joiner, 24, was arrested by deputies for capias pro fine times two.

Luis Ramos, 18, was arrested by police for capias pro fine times two.

Daniel Ray Holguin, 22, was arrested by police for no driver's license and failure to appear in court.

Courtney Breckell Johnson, 23, was arrested by police for capias pro fine times two.

...

### Police Department

The Pampa Police Department reported the following incidents for the 24 hour period ending Friday, January 13 at 7 a.m.

Pampa PD reported 15 traffic related incidents.

Animal Control agents and Pampa PD reported seven animal related incidents.

Pampa EMS responded to six medical calls.

**Thursday, January 12**

A burglary of a motor vehicle occurred at the 2500 block of North Mary Ellen.

A theft was reported.

A suspicious person was reported at Nelson and Wells.

Harassment was reported.

A theft was reported.

A threat was reported.

A burglary occurred at the 1000 block of Varnon.

A suspicious person was reported at the 800 block of West Kingsmill.

A suspicious vehicle was reported at the 900 block of South Huff.

A suspicious person was reported at the 1000 block of South Huff.

A suspicious person was reported at the 1100 block of South Huff.

An assault was reported.

A threat occurred at the 900 block of North Gray.

Disorderly conduct was reported.

A suspicious person was reported at the 800 block of Locust.

Disorderly conduct occurred at the 1000 block of North Duncan.

An accident occurred

at the 400 block of North Wynne.

A theft occurred at the 200 block of North Hobart.

Disorderly conduct occurred at the 600 block of North Sumner.

A suspicious vehicle was reported at the 100 block of East Foster.

A burglary of a motor vehicle occurred at the 900 block of East Beryl.

Harassment was reported at the 1100 block of Juniper.

A stolen vehicle was reported at the 600 block of Doucette.

A domestic disturbance occurred at the 1200 block of North Hamilton.

A suspicious person was reported at the 1100 block of Varnon.

A suspicious vehicle was reported 100 block of Panhandle.

**Friday, January 13**

A domestic disturbance occurred at the 1000 block of East Browning.

### Sheriff's Office

The Gray County Sheriff's Office reported the following arrests for the 24 hour period ending Friday, January 13 at 7 a.m.

**Thursday, January 12**

Darrell Braun Tackett, 21, was arrested by deputies on charges of expired motor vehicle insurance and failure to maintain financial responsibility.

Brett Wayne Marney, 23, was arrested by deputies on charges of theft of property and failure to appear in court.

**Friday, January 13**

Joshua Keith Rigo, 27, was arrested by deputies for theft of property.

Subscribe today for news you can trust!

669-2525

CRL

Pump & Supply

24 HOUR SERVICE

Complete Line of Oil Field Supplies

New Location • Larger Selection of Inventory

All Major Manufacturers

Quality Down Hole Pump Repair

Just opened Goodyear Hydraulic Hose & Fittings Shop

<p style="font-weight: bold;">503 Industrial Blvd. Borger, TX 79007 806-274-2692</p>	<p style="font-weight: bold;">1019 W. Alcock Pampa, TX 79065 806-665-0947</p>
--	---

www.crlpump.com

UNDO DAMAGE

Windshield cracks, chips, and breaks fixed in a jiffy!

First Rock chip repair \$25

additional \$10 each

Repair • Replacement • Mobile Service

Chevy Pickups (1988-2006) - \$149

Includes Suburbans, Tahoes and Escalades

Call Us Today for a FREE QUOTE

and let us help answer your insurance questions!

Will match or beat any competitors price!

Weekdays 806-662-0882 • Pampa, Texas • Open Mon-Fri 9am-6pm



# MORNINGRUSH

## Texas primary could be delayed

AUSTIN (AP) — U.S. Sen. John Cornyn says he doesn't expect the Texas primary to be held on April 3 and calls the potential delay "not desirable."

The Texas Republican said Monday he believed a later primary date was likely considering that the U.S. Supreme Court had yet to rule on a dispute over the state's redrawn voting maps.

Minority groups say redistricting maps drawn by the Republican-dominated Texas Legislature last year diluted their voting power, and the Justice Department hasn't given required federal approval. The Supreme Court is considering the state's challenge to federally drawn interim maps.

Cornyn says the high court should respect the Legislature-drawn maps.

Once redistricting is settled, officials need 45 days to mail absentee ballots. The primary is supposed to be held before state party conventions in June.

## Boll weevil's final stand

BROWNSVILLE (AP) — Cotton's long-time enemy the boll weevil is quickly running out of U.S. territory and is now confined to the southernmost part of Texas along the border with Mexico.

And even there, near where the boll weevil first entered the country in the 1890s, farmers aren't finding the destructive bugs in nearly the numbers of years past.

Texas is the country's largest cotton producer and the last state with boll weevils. The southernmost Lower Rio Grande Valley Zone is the last infected area in Texas. An eradication campaign coordinated by the U.S. Department of Agriculture is responsible for the dwindling numbers.

Brad Cowan, a Texas AgriLife Extension Service agent, tells the Brownsville Herald that many Texas growers haven't seen a boll weevil in several seasons.

## Ingleside deal dropped

CORPUS CHRISTI (AP) — A deal to redevelop former Naval Station Ingleside has been canceled because the \$19 million down payment was never made.

Port of Corpus Christi commissioners held a special meeting Monday to rescind the contract with Canyon Supply and Logistics.

A formal letter of default will be sent to Canyon. The Port of Corpus Christi will keep Canyon's initial \$1 million nonrefundable payment and attempt to find other buyers.

Commissioners in November approved selling 187 acres for a complex to be called Canyon Port, similar to one at Port Fourchon, La.

Canyon missed two deadlines, including the latest Jan. 9, for the down payment toward the proposed \$66 million offshore drilling service facility.

Canyon CEO Larry Ramming blamed delays on international banks and said Monday he hopes to still do the deal.

## Licenses for illegals under fire

ALBUQUERQUE, N.M. (AP) — Immigrant advocates and their allies are preparing for another round of rallies in their quest to protect a state law that allows some illegal immigrants to obtain a state driver's license.

The preparation comes as lawmakers ready to begin a new legislative session Tuesday over budget matters and after activists have held community meetings around the state.

Gov. Susana Martinez has said she wants lawmakers to repeal the law.

Marcela Diaz, executive director of Somos Un Pueblo Unido, a Santa Fe-based immigrant advocacy group, said hundreds are expected to take part in a rally and lobbying event Jan. 24.

The New Mexico Catholic Conference of Bishops and the First Unitarian Church of Albuquerque also said they would bring members to lobby lawmakers on keeping the law.

## Homestead Act to be celebrated

ALBUQUERQUE, N.M. (AP) — The National Park Service is looking for New Mexicans who homesteaded land or whose ancestors did to help celebrate the 150th Anniversary of the federal Homestead Act.

Homestead National Monument of America in Nebraska is recruiting volunteers from the 30 states covered by the Act to carry their state's flag at events in May and June.

A May 20 national commemoration event and a Homestead Day parade on June 16 are planned at the southeast Nebraska monument. The volunteer must carry the flag for a mile and a half. A different volunteer may be chosen for each event.

More than 87,312 successful homestead claims were filed in New Mexico covering 25 percent of the state's land.

For information on participating in the events, visit the national monument's website at [www.nps.gov/home](http://www.nps.gov/home).

## Summer schedule to save money

AUSTIN (AP) — Leaders of a Central Texas school district have decided to change the summer schedule to save money on utilities.

Austin Independent School District offices will be closed on Fridays the last week of June and all of July. The district offices will also close for a week this summer.

The Austin American-Statesman reported Sunday that workers were notified of the change when they returned from the winter break. Employees who normally are scheduled for work must take vacation time to cover the week when Austin ISD offices are closed.

The district last summer saved more than \$334,000 with similar cutbacks. Officials estimated the savings will be higher this year because of rising utility costs and the lingering drought.

Come In Or Call For A Quote  
**AUTO • HOME • BUSINESS • LIFE**  
 Gray County Insurance Doing Business As  
**JOHNSTON INSURANCE AGENCY**  
 1712 N. HOBART PAMPA, TEXAS  
 806.665.4133 • 866.665.2788  
 Not The Largest...Not The Smallest...  
 But The Best Rates & Service!

# Tackle your holiday debt now

TERRY SAVAGE  
 Creator's Syndicate

## The Savage Truth on money

Here they come — the post-holiday credit card bills. They're a potent reminder of the cost of the holiday season. In just the one week before Christmas, it's estimated that Americans spent \$44 billion. Much of that last-minute shopping was done in a frenzy of emotion, without thinking about the cost of the gift — or the finance charges that will accrue until the bills are paid.

How will you deal with those bills that start arriving in your mailbox this week? Well, don't just set them aside and let them pile up, hoping to keep the holiday glow alive. Late fees are very costly, and will result in even more interest charges. Open the bills, take a close look — and add up what you owe.

Here are three Terry's Tips for dealing with your credit card bills promptly — even if you can't pay the full balance.

Beware of that comforting little number — the minimum monthly payment. Yes, it keeps your credit in good standing if you pay only that amount, but it leaves such a huge balance that soon you're paying interest not only on your purchases, but on the finance charges from previous months. And the way the minimums are calculated, it could take as long as 30 years to pay off your card if you make only the required minimum monthly payments!

Instead, take the current minimum payment, and double it — and pay that amount. Then write that number down on your checkbook or a post-it on your computer screen — and keep paying that same amount — no matter what the next bill says. If you keep paying double the original minimum, and never charge another penny, your balance will be paid off in less than three years! This

works, no matter what the size of your current balance.

Another way to deal with the problem is to transfer the balance to another card. Just don't fool yourself into thinking that by transferring your balance to another card you are making a dent in your obligation. But if you have a high interest rate card, you can save some money on finance charges — for a while — by transferring your balance.

At [www.LowCards.com](http://www.LowCards.com), there are some tempting card offers of zero percent finance charges for a period of up to a year. That will give you some breathing room while you pay down the balance.

But read the fine print on each offer. When the grace period expires, the rate could jump dramatically. And you may have to pay a balance transfer fee in the month after you transfer — so ask about how much that could cost you. And of course, if your credit is already in trouble, no card issuer wants to deal with your balance.

Don't be a sucker twice. This is the time of year when all kinds of ads and commercials appear offering to help you negotiate your credit card balances. These companies know that in the next few months consumers will be most desperate.

But there is only one place to turn for reliable advice and help. The National Foundation for Consumer Credit has member agencies across the country. If you call its toll-free number — (800) 388-2227 — you'll automatically be connected to the nearest local agency. Or go to

their website at [NFCC.org](http://NFCC.org) for more information.

You can make an appointment for a personal visit, or discuss your situation over the phone. The counseling is free or at a very low cost. And if you just talk to them about the best way to handle your situation, there is no record of the counseling on your credit report.

If you are truly buried in debt, they will help by putting you on a debt repayment program, where you send them one agreed-upon check every month, and they parcel the money out to your creditors, who have agreed to take a lower payment. They can sometimes reduce interest charges and get previous fees waived. This plan does go on your credit report — but can help you to a fresh start.

The agencies do receive subsidies from card issuers — but they are honest and will let you know if bankruptcy is a better alternative.

Credit card debt is a problem that grows like an untreated disease, if you don't pay attention. Despite bankruptcies and charge-offs in recent years, Americans still have nearly \$1 trillion in outstanding credit card balances. You can complain about the banks and card issuers making so much money collecting all that interest and fees. But the best way to get back at them is to use their money for a month — and then pay your balance in full. That's the Savage Truth.

*Terry Savage is a registered investment adviser and is on the board of the Chicago Mercantile Exchange. She appears weekly on WMAQ-Channel 5's 4:30 p.m. newscast, and can be reached at [www.terrysavage.com](http://www.terrysavage.com). She is the author of the new book, "The New Savage Number: How Much Money Do You Really Need to Retire?"*

## Broadway

Reservations can be made by contacting any choir member, calling the high school's choir department at

806-669-4800, ext. 1141, or sending an email assistant choir director Briana Bailey at [briana.bailey@pisd.net](mailto:briana.bailey@pisd.net).

cont. from page 1

## Drugs

cont. from page 1

substance believed to be methamphetamine, and was arrested at 6:58 p.m. He bonded out on a \$3,000 bond.

Saturday night, deputies stopped another vehicle on a traffic violation. The driver, Martin Avila, showed signs of nervousness. He was padded down for weapons and when asked to remove his shoes, deputies found a bag containing 5.3 grams of a substance believed to be methamphetamine.

Avila was arrested at 9:44 p.m., and was later bonded out on a \$10,000 bond.

**JESSICA WHITELY PHOTOGRAPHY**  
 721 W. Kingsmill • (806) 662-6104 • [www.imagesbyjessica.com](http://www.imagesbyjessica.com)

*Precious Memories make Precious Gifts*

**Cinema 4**

Movies Showing  
 Friday, January 13 through  
 Thursday, January 19.

**War Horse (PG-13)**  
 Fri 7:00 9:45  
 Sat 2:00 7:00 9:45  
 Sun 2:00 7:00  
 Mon/Thur 7:00

**Darkest Hour (PG-13)**  
 Fri 7:30 9:45  
 Sat 2:00 4:30 7:30 9:45  
 Sun 2:00 4:30 7:30  
 Mon/Thur 7:30

**Mission Impossible 4 (PG-13)**  
 Fri 7:15 9:45  
 Sat 2:00 4:30 7:15 9:45  
 Sun 2:00 4:30 7:15  
 Mon/Thur 7:15

**We Bought A Zoo (PG)**  
 Fri 7:00 9:45  
 Sat 2:00 4:30 7:00 9:45  
 Sun 2:00 4:30 7:00  
 Mon/Thur 7:00

[www.cinema4pampa.com](http://www.cinema4pampa.com)  
 Coronado Shopping Ctr.  
 638-9192 / 638-9229

**The Right Tires For Your Car**

The proper tires will optimize your vehicle's gas mileage and performance. We have a complete selection of in-stock and special-order tires from every major manufacturer, all at competitive prices. Talk to our experts today about the right tires for your car.

**WANNA BURGER?**

We have **THE BURGER** you grew up with. Serving Pampa Since 1954.

**MON-TUES**  
 Hotdog  
 cheese extra  
**\$1.00**

**Mini Pak-A-Burger,**  
 fries and cherry  
 pie **\$2.99**

Mouth watering  
 Shakes  
 Garlic Fries  
 Pumpkin Pie Shake  
 Fresh Roasted Green  
 Chile & Jalapenos

**Pak-A-Burger**  
 1608 N. Hobart • Pampa  
 669-2865 • Mon-Sat 11-9

You've tried the rest. Now Taste The Best!

Drive-up/Window  
 Delivery to Businesses

and we have **WHEELS**

We have **ALL MAJOR BRANDS** of Tires...

- Passenger
- Light Truck
- Agricultural
- Tractor

Free rotation & balance with purchase of 4 for the life of the tire.

**HUDSON TIRE PROS**

Installing Peace of Mind

**1800 N Hobart**  
**665-5302**  
[hudsontirepros.com](http://hudsontirepros.com)



# Viewpoints

## Today in History

Today is Tuesday, Jan. 17, the 17th day of 2012. There are 349 days left in the year.

### Today's Highlight in History:

On Jan. 17, 1962, ten former winners of rigged TV quiz shows, including Charles Van Doren, pleaded guilty in New York to perjury, admitting they'd lied under oath when they denied being given answers in advance. (All received suspended sentences.)

### On this date:

In 1893, Hawaii's monarchy was overthrown as a group of businessmen and sugar planters forced Queen Lili'uokalani to abdicate.

In 1917, the United States paid Denmark \$25 million for the Virgin Islands.

In 1945, Soviet and Polish forces liberated Warsaw during World War II.

In 1950, the Great Brink's Robbery took place as seven masked men held up a Brink's garage in Boston, stealing \$1.2 million in cash and \$1.5 million in checks and money orders. (Although the entire gang was caught, only part of the loot was recovered.)

In 1961, President Dwight D. Eisenhower delivered his farewell address in which he warned against "the acquisition of unwarranted influence, whether sought or unsought, by the military-industrial complex."

In 1977, convicted murderer Gary Gilmore, 36, was shot by a firing squad at Utah State Prison in the first U.S. execution in a decade.

In 1989, five children were shot to death at the Cleveland Elementary School in Stockton, Calif., by a drifter, Patrick Purdy, who then killed himself.

In 1995, more than 6,000 people were killed when an earthquake with a magnitude of 7.2 devastated the city of Kobe, Japan.

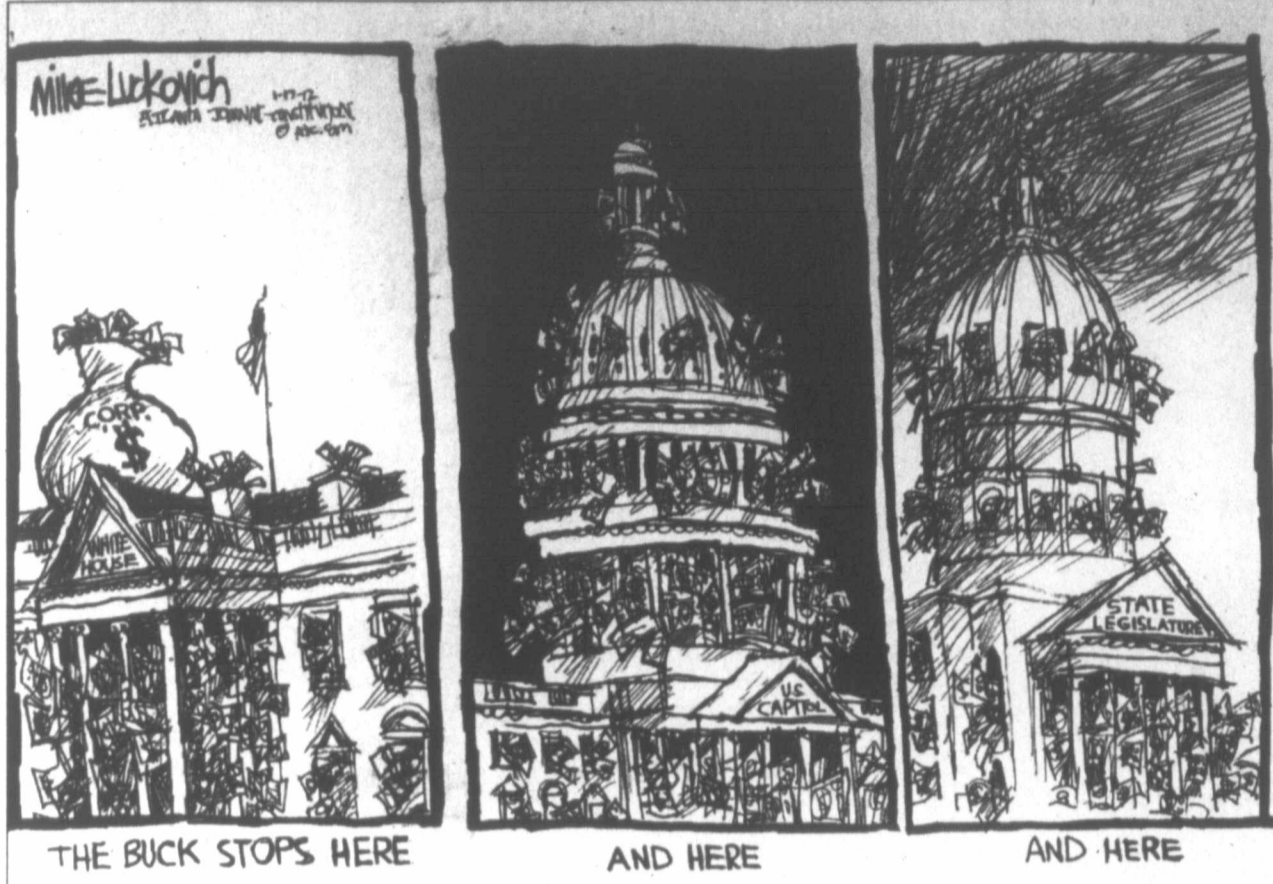
**Ten years ago:** Enron fired accounting firm Arthur Andersen, citing its destruction of thousands of documents and its accounting advice; for its part, Andersen said its relationship with Enron ended in early December 2001 when the company slid into bankruptcy.

**Five years ago:** A year after disclosure of a domestic spying program that President George W. Bush maintained was within his authority to operate, Attorney General Alberto Gonzales announced the administration had shifted its position and would seek the approval of an independent panel of federal judges.

**One year ago:** Apple Inc. announced that its CEO, Steve Jobs, was taking his second medical leave of absence in two years. (Jobs died in October 2011.)

**Today's Birthdays:** Actress Betty White is 90. Hairdresser Vidal Sassoon is 84. Actor James Earl Jones is 81. Talk show host Maury Povich is 73. International Boxing Hall of Famer Muhammad Ali is 70. Pop singer Chris Montez is 70. Rhythm-and-blues singer William Hart (The Delfonics) is 67. Rock musician Mick Taylor is 64. Singer Steve Earle is 57. Singer Paul Young is 56. Actor-comedian Steve Harvey is 55. Singer Susanna Hoffs (The Bangles) is 53. Actor-comedian Jim Carrey is 50. First Lady Michelle Obama is 48. Actor Joshua Malina is 46. Singer Shabba Ranks is 46. Rock musician Jon Wysocki is 44. Actor Naveen Andrews is 43. Rapper Kid Rock is 41. Actor Freddy Rodriguez is 37. Actress Zoëy Deschanel is 32.

**Thought for Today:** "The only thing wrong with immortality is that it tends to go on forever."  
- Herb Caen, American newspaper columnist (1916-1997)



## Texas Senate candidates race to the right

CHRIS TOMLINSON  
Associated Press Analysis

AUSTIN (AP) - The Republican candidates battling to replace retiring Sen. Kay Bailey Hutchison appear to be on a race to see who can strike the right conservative tone: not too moderate, not too Libertarian, but someplace uniquely Texan between the two.

The candidates are trying to claim the mantle of being the "true conservative." Whoever can convince voters they deserve the title will win the nomination, and in Republican-dominated Texas, that means they will likely move to Washington at the end of 2012.

The fiercest competitor is Ted Cruz, the fiery former state solicitor general, who is doing his best to paint the front-runner, Lt. Gov. David Dewhurst, as a timid moderate. Dewhurst has presided over the Senate since 2003 and has hammered out many compromises over the years, and Cruz seems intent on exposing every perceived lapse in Dewhurst's conservatism.

"There is a reason why voters are fed up with a candidate who says anything to get elected," said Cruz, using his best litigator's style at a debate in Austin on Thursday night. "We need to send someone who knows what he believes in, has firm principles, has a lifetime standing and fighting for the Constitution and who has a record as a fighter."

Attorney General Greg Abbott appointed Cruz to represent Texas before the U.S. Supreme Court between 2003 and 2008, but Cruz has never held elected office or sat in a legislative conference room hammering out new law.

Nevertheless, he has won support

from former U.S. Rep. Dick Army and other tea party activists who don't trust Dewhurst. He has the support of Arme's FreedomWorks, a conservative advocacy group that can help Cruz overcome Dewhurst's fundraising advantages and give Cruz a chance to be a serious challenger.

Dewhurst has so far done his best to brush off Cruz and focus his attacks on President Barack Obama. Former Arkansas Gov. Mike Huckabee has formally endorsed Dewhurst and Gov. Rick Perry has informally said he hopes Dewhurst wins. And the lieutenant governor is trying to use his record as a lawmaker to his advantage.

"Over the last three years, President Obama has been trampling on (our) rights, and as a life-long businessman, as someone who loves our country ... that's unacceptable," Dewhurst said. "That's why I am running for the U.S. Senate, to take my unique background and proven conservative experience — having balanced budgets and cut spending — to Washington to take our country back."

Former Dallas Mayor Tom Leppert also emphasizes actions over words, warning voters to only believe some or none of the soaring rhetoric coming from the other candidates. He also tries to walk the same narrow path Dewhurst must take, balancing his experience as a successful businessman with his time in elected office.

In Leppert's case, he brags about serving as the mayor of Dallas and restructuring the Police Department's budget while bringing down the crime rate, among other things.

"We all know what the problem is.

We have overspent, we have over-taxed and we have over-regulated and we have a government that has gone far, far out of control," Leppert said. "For too long we have had professional politicians who love to make speeches, but won't deal with real solutions or won't make tough choices."

Leppert has promised to make those tough choices, regardless of whether they could end his political career.

On the populist, tea party-infused margins of the debate stage on Thursday stood former ESPN football analyst Craig James and Glenn Addison, a funeral home owner and school board member from Magnolia. They share a constitutional fundamentalism that would wipe out most of what the federal government does today and give responsibility for environmental protection, public education and labor law exclusively back to the states.

Neither man has experience in statewide or national politics, but they offered themselves up as the friendly athlete with family values and the every man with common sense who would do better in Washington than anyone with real political experience. They used lively metaphors and self-deprecating jokes that won over the conservative debate crowd and will do well in town hall meetings. But both men must overcome the novelty of their campaigns to convince the electorate to take them seriously.

The key question, though, remains how far right do Texas Republicans want their next U.S. senator to stand. As the state waits to hear when the primary election will take place, voters will have a full conservative spectrum to consider.

## The PAMPA NEWS

403 W. Atchison • Pampa, TX 79065  
806-669-2525 • Fax: 806-669-2520

### Randall Pribble

Publisher  
rpribble@thepampanews.com

### ReDonn Woods

Advertising Manager  
woods@thepampanews.com

### Arnie Aurellano

Managing Editor  
editor@thepampanews.com

### Bernie Frazier

Advertising Representative  
bfrazier@thepampanews.com

### Mollie Bryant

Reporter  
mbryant@thepampanews.com

### Beverly Taylor

Classified Advertising  
classified@thepampanews.com

### Andrew Glover

Reporter  
aglover@thepampanews.com

### Marijane Kent

Composing  
composing@thepampanews.com

### Holley Bimson

Composing  
composing2@thepampanews.com

### Carrie Hair

Accounting  
bookkeeper@thepampanews.com

### Marcus Elkins

Press Supervisor  
press@thepampanews.com

### Sue Pribble

Subscription Manager  
spribble@thepampanews.com

### Chico Ramirez

Circulation Manager  
Circulation2@thepampanews.com

The Pampa News (UPS 781-540) is published daily, except Sundays, New Year's Day, Martin Luther King Jr. Day, President's Day, Memorial Day, Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving Day, and Christmas Day. Periodicals postage paid at Pampa, Texas. Postmaster: Send address changes to The Pampa News, P.O. Drawer 2198, Pampa, TX 79066-2198.

© 2011 The Pampa News

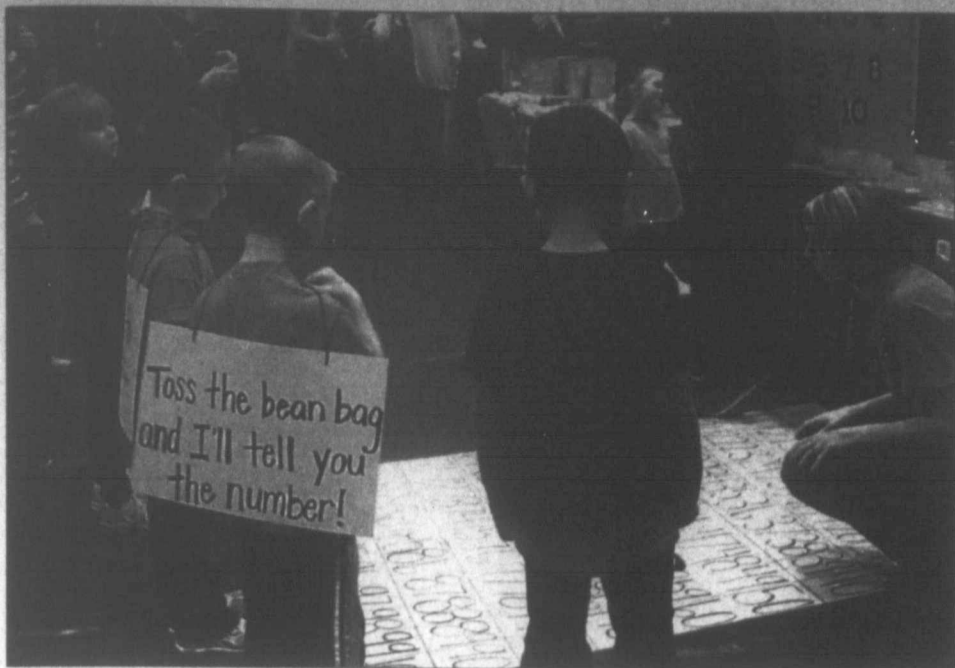


## We welcome your letters

To ensure publication, please adhere to the following guidelines:

- Letters should be brief and to the point. All correspondence will be edited for length and clarity.
- All letters must be signed. Submit your name, address and telephone number with the letter for verification. Only your name and city will be published.
- Defamatory comments will not be published.
- E-mail submissions are welcome.
- The views and opinions expressed here do not necessarily reflect those of The Pampa News or its staff.





staff photo by Mollie Bryant

Gracie Stevens (from left), 6; Jarrett Waggoner, 5; Brant Hill, 5; and Jade Ward, 7, play a bean bag game with kindergarten teacher Patience Ball. The game helps children learn number recognition.



staff photo by Mollie Bryant

Veronica Davis, 7, and Kayden Brown, 6, look through a book of the "Three Little Pigs."



## Dear Abby...

By Pauline & Jeanne Phillips

DEAR ABBY: I'm 23, the only child of a controlling, paranoid, hermit-like and hyper-religious mother and a peace-loving, passive father. I graduated from college last year. Shortly after, my boyfriend and I accepted dream jobs in the same town several hours away from my parents.

Mom was appalled. She "warned" me that I wouldn't last and would come home. Instead, I have embraced my new city and job. Mom is at her wits' end. When I mentioned that my boyfriend had recorded a movie for me, she said he was controlling me via technology. If I tell her about a project I initiated at work, she says my employer is taking advantage of me.

Mom pays for a landline in my apartment that I don't

want, but she insists because she's convinced that cell-phones cause cancer. She calls me constantly, and if I don't answer she leaves frantic messages about how "disrespectful" I am, and how she and Dad are "praying for my soul."

This has gotten out of control. I try talking to her, but she won't listen and laughs at the idea of counseling. She says it's her "job" to tell me what to do. My father agrees that her behavior and approach are wrong, but says she has good intentions and I need to "work with her."

Abby, I don't know what to do. She's becoming increasingly controlling and worried about my soul. I'm worried that my distance is affecting her health. Some advice, please! — WANTS

A HEALTHY RELATIONSHIP WITH MOM

DEAR WANTS: If you return home because you're afraid having moved away and asserting your independence is negatively affecting your mother's health, you will never have a life of your own. Because she laughs at the idea of counseling doesn't mean that YOU shouldn't get some in order to help you separate yourself from her constant efforts to manipulate you.

Her dependence on you is not normal. That's why you should enlist the help of a mental health professional. It will give you some insight in how to deal with her. If you try to "work with her" without that help, she will suck you in and you will never be free.

## Showcase

cont. from page 1

see what everybody is doing," said Melendez.

A team of eighth graders from Wanda Cotter's history class, including Millie Morunda and Dea Vukatana, were decked out in historical garb from the Revolutionary War.

"The Daughters of Liberty did a good job fighting the Revolutionary War at home and working on equal rights for women," said Morunda.

"The Daughters of Liberty took care of businesses, their families and helped save money for guns," said Vukatana.

Morunda and Vukatana both said they enjoyed the showcase.

"I like seeing all the different things people are doing," said Vukatana.

"It's a good experience," said Morunda. "We also get extra credit."

The showcase gave students in the arts a chance to display their talents. Performances ran throughout the evening, with music, theater and dance. Young artists from PHS also displayed work from their current portfolios.

Sanya Catus, 18, had two drawings on display.

"I like to paint," she said. Dylan James Hooker, 17, also had two drawings

on display, one of which juxtaposed an alien next to rapper Lil Wayne.

"We had a contest to show our portfolios to the other classes, and we voted on what we liked the best," said Hooker. "I'm inspired by pop culture and the movie 'Exit Through the Gift Shop.'"

Janette Carrillo, fifth grade teacher at Lamar Elementary, experienced her first Educational Showcase as a new teacher to the area.

"It's nice to see the dif-

ferent programs that the district is working on," she said.

PISD superintendent Barry Haenisch said that the event went well and had a nice turnout.

"The children were really prepared, all of the displays were attractive and all of the performances were excellent," he said. "My favorite part was seeing the faces of the students as they were getting a chance to talk to people about what they'd learned."

[www.thepampanews.com](http://www.thepampanews.com)

## IGLESIA BAUTISTA EMANUEL

### Servicios de Domingo

Escuela Dominical: 10:00am

-Adoración: 11:00am

-Servicio de noche: 6:00pm

Servicio Miércoles: 6:00pm



### ¡Jesus Vive!

Venga ver  
1021 S. Barnes  
665-4330

Pastor  
Willy Jaramillo

**CULBERSON-STOWERS TOYOTA**  
805 North Hobart Street • 665-1665  
[www.culbersontoyota.com](http://www.culbersontoyota.com)

## Buy Now...New Year BLOWOUT

**New 2011 Toyota Camry**

**\$1000**  
Toyota Customer Cash

**New 2011 Toyota Avalon**

**\$1000** or **\*1.9% APR**  
Toyota Customer Cash for 60 months

**New 2011 Toyota Rav4**

**\$500** or **\*1.9% APR**  
Toyota Customer Cash for 60 months

**New 2011 Toyota Venza**

**\$1500** or **\*0.9% APR**  
Toyota Customer Cash for 60 months

**New 2011 Toyota Tundra**

**\$3000**  
Toyota Customer Cash

\*On Approved Credit  
Plus \$99 Dealer Fee. Rates expire 1/31/12

## Start the New Year off right!

Come in and see us to learn more about our Saving Accounts services today!

### National Bank of Commerce

An Office of First National Bank Waupaca, WI

<p><b>Pampa</b> 1224 N. Hobart (806) 665-0022</p>	<p><b>Shamrock</b> 305 N. Main (806) 256-2181</p>	<p><b>Childress</b> 501 Commerce (940) 937-2514</p>
---	---	---



# comics PAGE

## THE FAMILY CIRCUS By Bil Keane

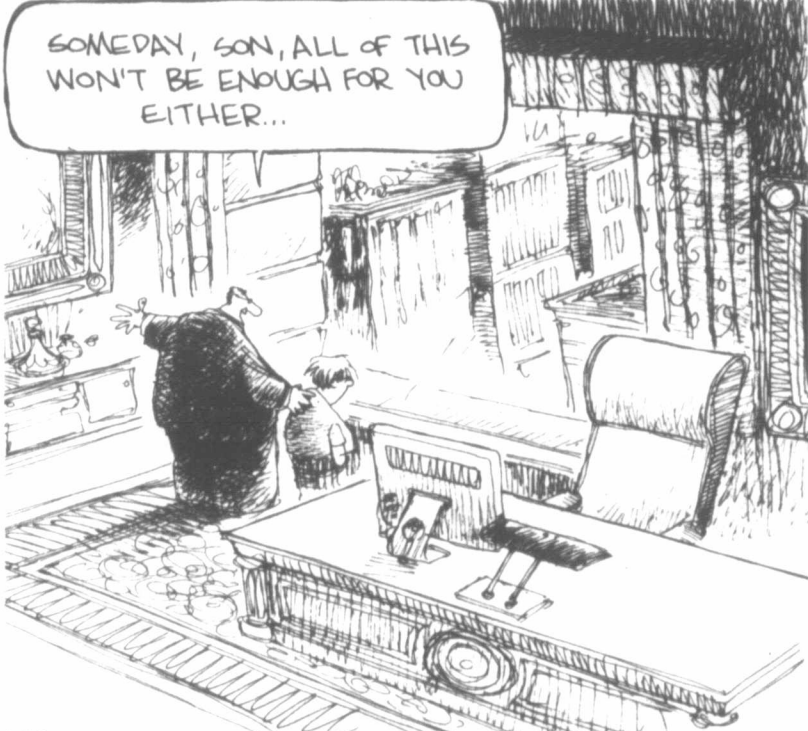


1-17

© 2012 Bil Keane, Inc.  
Dist. by King Features Synd.  
www.familycircus.com

"A little louder, Mommy. My ears still can't hear you."

## Non Sequitur



SOMEDAY, SON, ALL OF THIS WON'T BE ENOUGH FOR YOU EITHER...

© 2012 King Features Syndicate, Inc. All rights reserved. King Features Inc., 100 N. Zeeb Road, P.O. Box 107, Pampa, TX 79783. King Features Inc. is a subsidiary of Universal Uclick. www.kingfeatures.com

## Nest Heads



YOU'RE PUTTING IN AN EXERCISE VIDEO? I THOUGHT YOU WERE GOING TO BED.

I'VE BEEN HAVING TROUBLE FALLING ASLEEP.

AND EXERCISE WILL TIRE YOU OUT?

JUST WATCHING EXERCISE CAN TIRE ME OUT!

## daily horoscope

**HAPPY BIRTHDAY** for Wednesday, Jan. 18, 2012:

This year you juggle personal issues and friendships proficiently. Internally, you might be on the verge of a transformation in your life. Discuss your issues with a wise friend. If you are single, the person you choose today might not be suitable in a year. Date, but don't commit. If you are attached, be patient with your sweetie, as he or she is adapting to your adjustments. SAGITTARIUS makes an excellent healer.

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)

★★★★ Your fiery style and lively nature might not come out immediately. How you approach a problem and what you do with it could change radically. Your ability to move through issues and try uniquely different ideas defines you. Tonight: You need a night of fun.

### TAURUS (April 20-May 20)

★★★ Sometimes it is a pleasure to allow another person to zero in on your priorities and take the lead. Why not? Listen to the feedback and see it change given some time. You could be stunned by this person. Tonight: Try someone else's idea of fun.

### GEMINI (May 21-June 20)

★★★★ You could be taken aback by a situation. Nevertheless, you are able to deal with it once you get your bearings. Others have better suggestions, but ultimately you need to do what works for you. Indulge an unpredictable friend, for now. Tonight: Go along with another's plans.

### CANCER (June 21-July 22)

★★★★ Pace yourself. You could be surprised by what you hear, most likely from someone in authority. You might need to regroup afterward. Remain confident that you have the wherewithal to handle this issue. Tonight: Let your hair down.

### LEO (July 23-Aug. 22)

★★★★ The morning finds you in a funk, but one that leaves quickly. You will be delighted by midafternoon, when a challenge perks you up. Once more, ideas flow, and you emerge as a cheerful and flirtatious person. If possible, curb a tendency to go overboard. Tonight: As you like it.

### VIRGO (Aug. 23-Sept. 22)

★★★★ In the morning, make calls, schedule meetings and, at the same time, breeze past a problem with ease. If you don't allow a situation to become a big deal, it won't be. In the afternoon, turn off your phone and get as much done as possible. Tonight: Home is where the heart is.

### LIBRA (Sept. 23-Oct. 22)

★★★★ If you want to get past a financial barrier, the time is in the a.m. Otherwise, you could be overwhelmed by what might be on your plate. Once opposite sides find a connection, the need for closeness returns. You could feel vulnerable and closed down again, but why? Tonight: Where the action is, of course!

### SCORPIO (Oct. 23-Nov. 21)

★★★★ Use the a.m. for anything important. You are energized and can see the many different sides of an issue. Your intuitive and intellectual skills peak in the morning. By afternoon, your financial savvy may go down the drain. Use care. Tonight: Your treat.

### SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ Though in a funk when you wake up, by the end of the day, you are a shooting star, not to be stopped. You could surprise a child or loved one with your effusive self-expression. If you are single, a new person could enter the picture. Tonight: Others seem to sway with your desires.

### CAPRICORN (Dec. 22-Jan. 19)

★★★★ If you are going to succeed in a key venture, the first part of the day is best. By late afternoon, you need some downtime. Do exactly that. Otherwise, you could become today's grouch of the Zodiac! Tonight: Get some extra R and R.

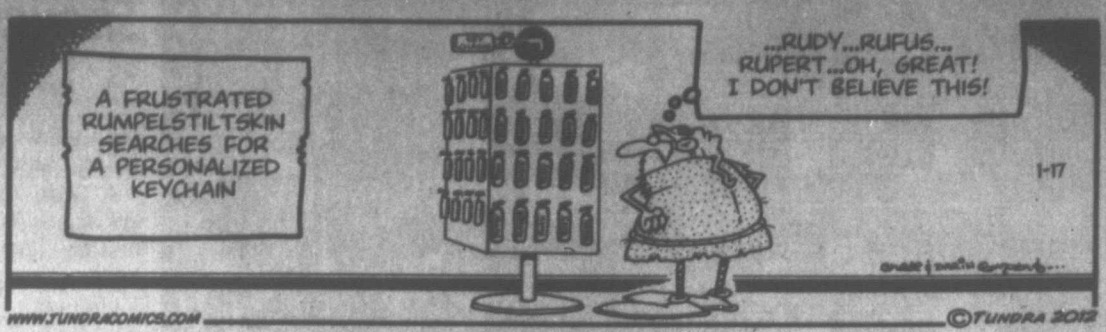
### AQUARIUS (Jan. 20-Feb. 18)

★★★★ You handle a lot and, in the long run, you succeed, complete and/or do whatever is necessary today. Make time for a personal project, too. Schedule a meeting for late in the day, when you can stay a little longer. Tonight: Work with a surprise.

### PISCES (Feb. 19-March 20)

★★★★ Look at the big picture. Once you detach from a difficult situation, you'll feel better. Listen to what is being said more carefully. You will understand where someone is coming from and could see a bias that might be important to identify. Tonight: On top of your game.

## Tundra



A FRUSTRATED RUMPELTILTSKIN SEARCHES FOR A PERSONALIZED KEYCHAIN

...RUDY...RUFUS... RUPERT...OH, GREAT! I DON'T BELIEVE THIS!

## Shoe



GEEZ, SKYLER... HOW DO YOU ALWAYS MANAGE TO GET SO DIRTY?

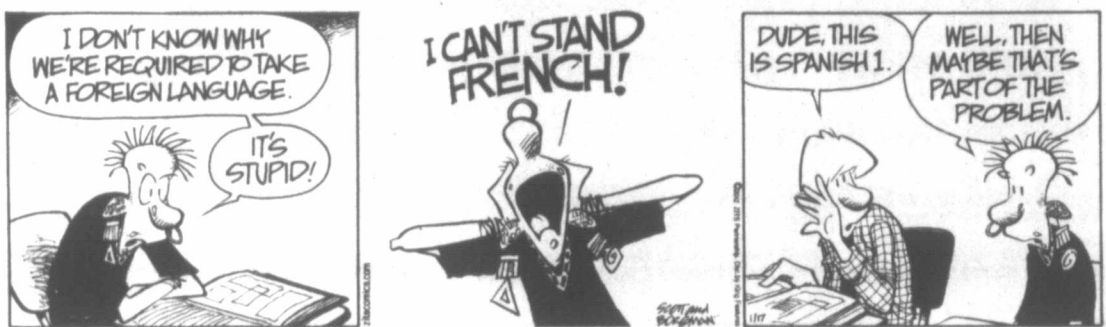
WELL... I'M A LOT CLOSER TO THE GROUND THAN YOU!

## Mother Goose and Grim



ISN'T ANY PLACE SAFE ANYMORE?

## Zits



I DON'T KNOW WHY WE'RE REQUIRED TO TAKE A FOREIGN LANGUAGE.

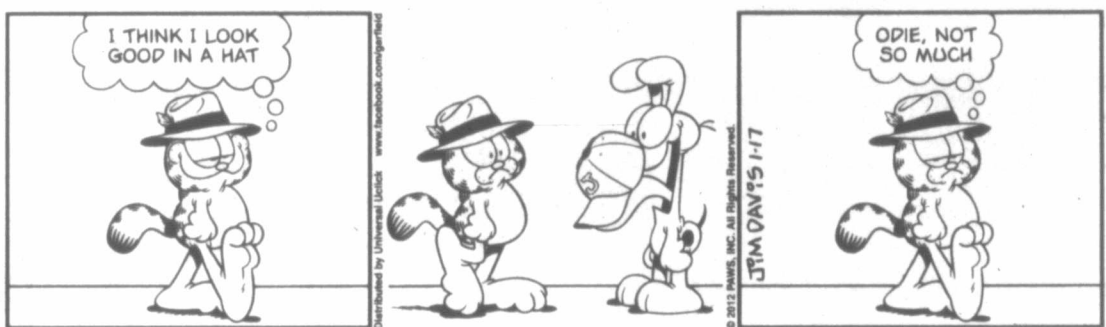
IT'S STUPID!

I CAN'T STAND FRENCH!

DUDE, THIS IS SPANISH I.

WELL, THEN MAYBE THAT'S PART OF THE PROBLEM.

## Garfield



I THINK I LOOK GOOD IN A HAT

ODIE, NOT SO MUCH

## Beetle Bailey

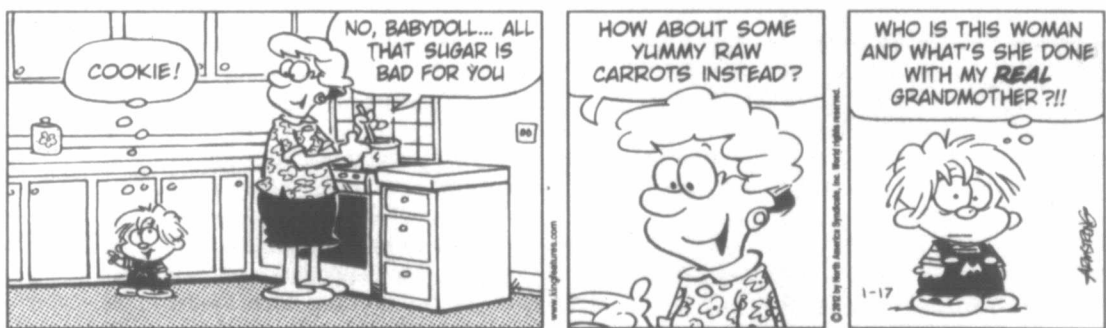


THEY SAY IF YOU GOT THIS CAN CLEAN, I SHOULD BE ABLE TO SEE MY FACE ON THE BOTTOM

WELL, GO AHEAD. TAKE A LOOK

I'LL PAY FOR THIS, BUT IT'LL BE WORTH IT!

## Marvin



COOKIE!

NO, BABYDOLL... ALL THAT SUGAR IS BAD FOR YOU

HOW ABOUT SOME YUMMY RAW CARROTS INSTEAD?

WHO IS THIS WOMAN AND WHAT'S SHE DONE WITH MY REAL GRANDMOTHER?!!

## Hagar The Horrible



WE FOUND THE KING'S RARE COIN CHEST LIKE YOU WANTED, HAGAR!

GOOD

THAT'S STRANGE!

IT'S ALMOST EMPTY!

## Peanuts



HERE, EVERYONE HAS TO FILL OUT ONE OF THESE FORMS..

I DON'T KNOW HOW TO FILL OUT A FORM.. I'M JUST A LITTLE KID!

JUST PUT CHECK MARKS IN THOSE TINY SQUARES

I CAN DO THAT

SCHOOL WAS GOOD TODAY.. WE LEARNED HOW TO FILL OUT FORMS..

## Blondie



DID YOU NOTICE MY TAN?

I'VE BEEN ON VACATION IN THE CARIBBEAN FOR THE LAST WEEK!

SPLAT WELCOME BACK!!!



# Sports

## Under May, boys soccer looks to simplify the game

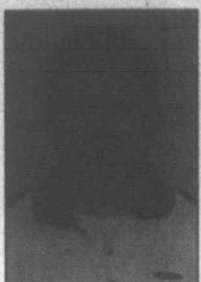
ANDREW GLOVER  
aglover@thepampanews.com

The Pampa Harvesters enter 2012 with a new coach but a familiar face, as Byron May returns, replacing John True.

Before taking over, May was an assistant the last five years. May previously was head coach from 2004 to 2006. True left for an assistant coaching job at Wylie East.

In 2012, May and his team will look to simplify its game in hope for more victories. May said he is excited about the group he gets to coach adding his seniors have made the transition easier.

"They drive each other to work hard," May said. "I don't have to do that. When you as a coach can focus on drill work, technique and fundamentals instead of effort, you know you are going to have good experiences throughout the season."



May

Senior Flavio Gonzalez said it's been easy adjusting to May.

"There really hasn't been a transition," Gonzalez said. "(May) has helped us a lot. I kind of see him as a role model since he's been with us the

last few years."

Senior Isaac Arizu said nothing has changed since True left.

"We are one big family," Arizu said.

The Harvesters are looking to improve from a 1-15-2 season, including a 0-11-1 record in district 5-4A. Three of those losses were by a goal.

May said that the team is going to break down each half of play into the first five minutes, the middle 30 and the

last five minutes.

"Statistically the first five minutes and the last five minutes of each half are when the most goals are scored in high school soccer," May said. "If we are more aware of that, those first minute goals or last minute goals won't happen or, if anything, be in our favor."

May said he inherits an experienced team, with the strongest part being his defenders.

"We lost three main seniors from last year's team in Salvador Lopez, Ryan Stoffle and Enrique Mier," May said. "Those three we were subbing regularly to give them a rest. ... Our starting 11 and next two off the bench are just as experienced as anyone around."

The Harvesters will play practically the same schedule as last season. This season, Pampa is competing in the Amarillo Tournament.

Gonzalez said the team is going to hope for the best.

"We don't know what that is," Gonzalez said. "We are going to try to make playoffs."

Arizu said the team's main goal is to have fun.

"We aren't going to get down if we lose," Arizu said. "If we do, we won't win other games."

May said the team will take steps towards improvement.

"Our goal is to out-hustle and surprise other teams with our speed," May said. "Ultimately at the end of the season, our goal is that every player is glad they were a part of it and feel like they are a better man for being a part of the soccer program."

Pampa opens the season at 7 p.m. today against Amarillo Tascosa at Harvester Field.

## Estes, Graef reach finals in Lubbock

ANDREW GLOVER  
aglover@thepampanews.com

Two Pampa High School swimmers found themselves in the top 16 of their respective events as senior Spencer Estes reached the final in the 50-yard freestyle and sophomore Morgan Graef qualified in the 100-yard breaststroke Saturday at the Lubbock Invitational.

Estes finished eighth with a time of 23.63. Graef finished 16th with a time of 1:19. Head coach Edward Garvin said both swimmers swam well.

"(Graef) was excited because she finally went a 1:19," Garvin said. "They swam hard and made some important improvements."

Swimmers had to qualify for the meet. Pampa sent 10 swimmers. The top 16 in each event advanced to the finals. Garvin said it was a good meet.

"Besides Caprock's one swimmer, we were the only team there that was not 5A," Garvin said. This is a very fast meet."

Though Estes and Graef were the only swimmers that reached the finals, Pampa had other strong performances.

"Our girls 200 medley relay placed 17th (dropped 6 seconds)," Garvin said. "The guys would have placed 16th but was disqualified."

The Harvesters and Lady Harvesters' next meet is district at Lubbock Pete Ragus Aquatic Center January 27 and 28. Both teams are aiming for their 13th straight district title.



Garvin



Estes

## Pampa girls soccer shut out in Frenship

ANDREW GLOVER  
aglover@thepampanews.com

The Pampa Lady Harvesters were hoping to start the season strong but left the Frenship Tournament being shut out in its first three games.

The tournament was played Friday and Saturday. Pampa lost to El Paso Americas 1-0 and Lubbock Coronado 2-0. The Lady Harvesters played to a scoreless tie against El Paso Riverside.

Head coach Libby Garza said the team has things to improve.

"We could have played a lot better," Garza said. "We are learning how to work with each other and get mentally tougher."

Pampa has been shut out in its last 15 games. Garza said she feels alright about her team's performance and hopes it improves.

"The good thing is that its early and we have some time to fix what needs to be fixed," Garza said. "Offense is our weakness right now. We just need to know what to do with the ball in the offensive third."

The Lady Harvesters (0-2-1) host Amarillo Tascosa, 5 p.m. at Harvester Field.

## From START

- Automatics
- A/C
- Power Steering
- AM/FM Radio
- Low Cost Moving Protection Plan
- One-Way Rentals U.S. & Canada Mileage Included
- FREE 24-Hour Road Service
- Auto Transports
- Wiring Adapters



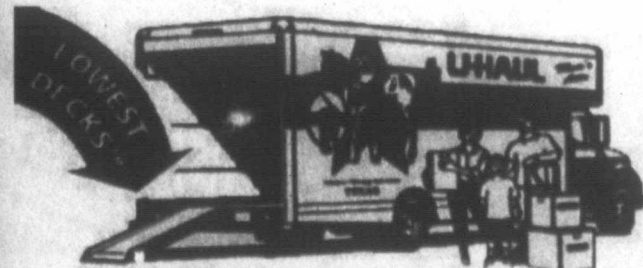
Packing Supplies  
Boxes • Mattress Bags •  
Tape • etc

Dollies

To  
**FINISH!**  
We're here to get you there.



Moving shouldn't be a hassle.  
We're here to make your  
moving experience  
the easiest it's ever been.



# WINK'S

## U-HAUL

228 W. Brown Pampa, Texas  
(806) 665-5710 • (806) 665-1360  
www.uhaul.com

7374

Pampa Realty Inc. 669-0007



312 N. Gray St. Pampa, TX 79065



Real Estate For The Real World

Each Office Independently Owned and Operated  
www.pamparealtor.com

Jim Davidson (BKR/OWNER) ..... 662-9021  
Linda Lapacka ..... 662-9611  
Andrea Walling ..... 664-6227  
Zeb Sollors ..... 664-0312  
Donna Courter ..... 595-0779  
Katrina Bigham ..... 898-8510  
John Goddard (BKR) ..... 595-1234  
Sandra Schuneman (BKR) ..... 662-7291

www.thepampanews.com



# Sports

## PHS wrestling places fifth in Vernon Tournament



photo courtesy of Leah Pearson

ANDREW GLOVER  
aglover@thepampanews.com

The Pampa Harvesters wrestling team followed its strong performance in Hereford with another in Vernon Saturday as it won fifth in a 20-team tournament.

The Harvesters had several wrestlers place in their weight classes. Senior Robert Radke won his weight class. Senior Ryan Pearson finished second. Senior Trent McAnear, junior Samuel

Smith and sophomore Esidro Estrada finished third. Junior Quaid Chennault finished sixth. Junior Bella Wilson finished third.

Head coach Michael Stovall said he feels good about how his team performed.

"We are starting to come around," Stovall said. "I hope we are peaking at the right time."

The Harvesters wrestle in a district dual at Boys Ranch Saturday which will be Pampa's final tune-up before February 4's district tournament at Borger.



Pearson



Radke

Senior Trent McAnear keeps his opponent pinned down during the Vernon Tournament. McAnear finished third in his weight class.

## Lady Harvesters seek victories against Dalhart, Borger

ANDREW GLOVER  
aglover@thepampanews.com

Last season, the Pampa Lady Harvesters were swept by the Dalhart Lady Wolves, with the final loss eliminating Pampa from the postseason. This year, the Lady Harvesters hope to show Dalhart they are a better team when they met 6:00 p.m. Tuesday at McNeely Fieldhouse.

"I'm looking forward to Dalhart," senior guard Kirsten Kuhn said. "We kind of struggled against them last year. There's no doubt we can beat them, hopefully by 10 or more."

Pampa (11-11, 1-1) enters the game coming off its first district loss to defending champion Perryton Friday. The Rangerettes had three runs that outscored the Lady Harvesters 23-0.

Dalhart (14-8, 1-1) is coming off a 56-24 victory over Borger. The Lady Wolves' key player is their senior post, Jeana Sbyesma. Last

year, Sbyesma scored in double digits and grabbed at least 10 rebounds against Pampa. Senior post Kailyn Troxell said she will have to play strong against Sbyesma.

"If we keep playing defense like we have been and make some shots we should be fine," Troxell said.

Head coach Gene Valentine said it will be a challenge defending Sbyesma but is confident in his team's help defense.

"When (Perryton's) Lacey Herbert was getting the ball, we had people tipping balls," Valentine said. "Hopefully we can push the ball up court. You can't set an offense if you are chasing people."

Valentine said he's pleased with his team's intensity and hopes it continues Tuesday.

"If we can keep our intensity, we should be fine," Valentine said.

Pampa will also be looking to extend its home winning-streak to five games.

On Friday, the Lady Harvesters rematch with Borger. The teams met in the district opener January 10 with Pampa winning 73-25. Last season, the Lady Harvesters won both games in Borger.



Troxell



Kuhn



Valentine



staff photo by Joe Murray

Senior Kirsten Kuhn drives in a Dec. 12 game against Miami. The Lady Harvesters hope to extend their home winning streak to five against Dalhart.

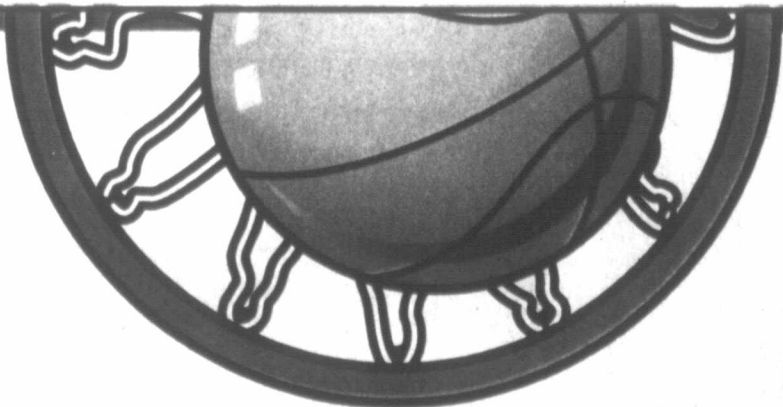
### DISTRICT 1-3A BASKETBALL STANDINGS

School	DW	DL	D%	W	L	%
Perryton	2	0	1.000	17	5	.773
Dalhart	1	1	.500	14	8	.636
Pampa	1	1	.500	11	11	.500
Borger	0	2	.000	4	16	.200



Fetch your copy of  
**The Pampa News**  
today!

(Or call 669-2525  
to have it delivered  
with your mail.)



### Optimist Basketball Sign-ups

January 16, 18, 19, & 20  
5:30 - 7:00 p.m.

Boys ages - 3rd & 4th grade/5th & 6th grade  
601 E. Craven  
for more information contact  
Kevin Davis 664-2542

7530

## Financial Aid Facts

### Did you know?

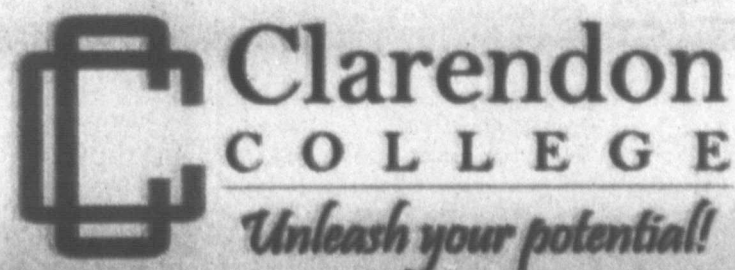
During the 2010-11 academic year, we awarded Financial Aid to 1,576 students totalling almost **\$7,000,000**.

So far for 2011-12, 1,059 students have been awarded over **\$2,500,000**.

More than 75% of our students receive some form of Financial Aid.

We are currently enrolling for Spring Classes including Vocational Nursing, HVAC, Welding, Office Technology, Cosmetology & Wind Energy.

Call today to find out more about your Financial Aid options!



Unleash your potential!

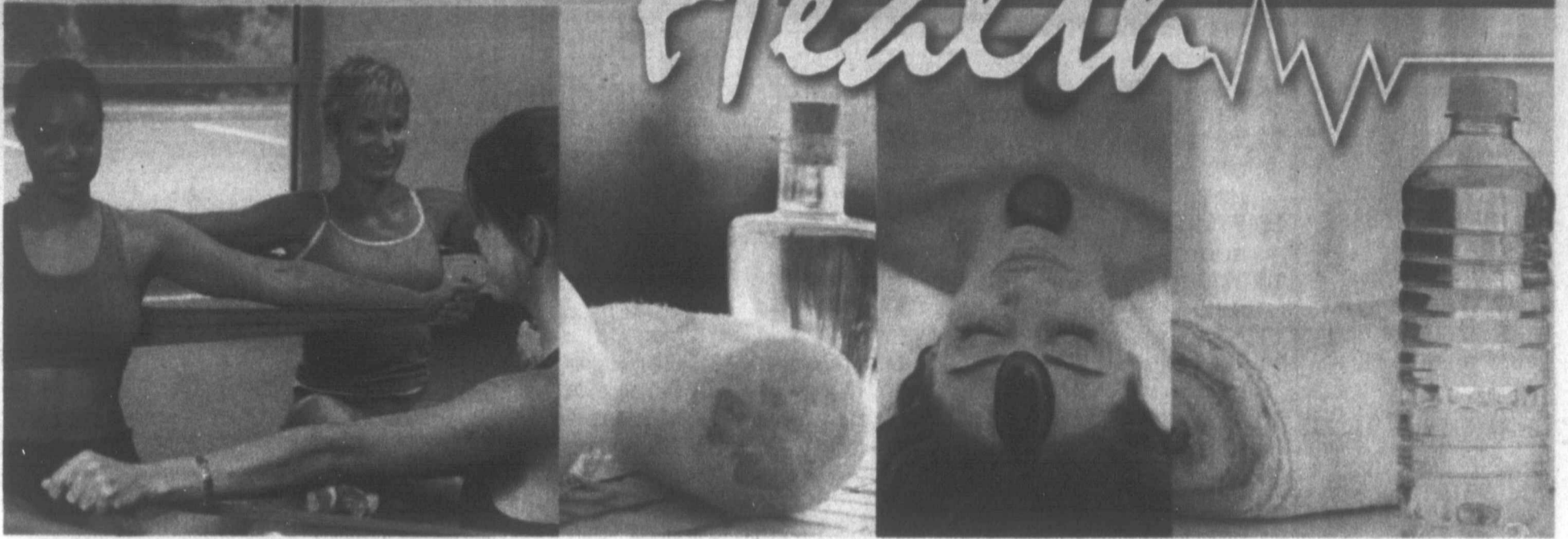
1-806-665-8801 | www.ClarendonCollege.edu

7564



# MIND *and* BODY

## Health



### New year, new outlook

Turn of calendar is perfect timing for focus on fitness

As the calendar turns to a new year, the focus of men and women often shifts as well. After the hectic holiday season has come and gone, many people re-dedicate themselves to their personal health and well-being. That renewed dedication might be thanks to all those big holiday meals or it might just be a result of the new calendar year being symbolic of a fresh start.

Regardless of the reasons behind this renewed vigor, the opportunities to make the next 12 months a healthier 12

months abound. While losing weight might be the most popular resolution, there are a host of other health-related resolutions individuals can make to improve their lives over the next 365 days.

**Resolve to reduce stress**  
Stress is a major part of most adults' lives, and that's especially so after the hectic holiday season when men and women are pulled in so many different directions. Work is a common cause of stress, but family and personal finances, especially nowadays, are big sources of stress as well. This year,

resolve to reduce stress in all aspects of life. At the office, analyze ways in which you can manage time more effectively, including how to best prioritize work projects so you don't always feel as if you're up against a wall. Outside the office, recognize the importance of maintaining a personal life and its relation to reducing stress. Spending time with friends and family can relax you and provide a welcome respite from the stress of the office.

**Resolve to eat better**  
Losing weight and

adopting a healthier diet are not necessarily the same thing. While a healthier diet might help you lose weight, the goal of adopting a healthier diet is to improve overall health. A healthy diet can strengthen the body's immune system, making it easier to fight cold, flu and other ailments. A healthy diet can also help in the battle against any preexisting conditions. For example, replacing salt with healthier and flavorful herbs can help

**FITNESS** cont. on page 4B

#### NUTRITION

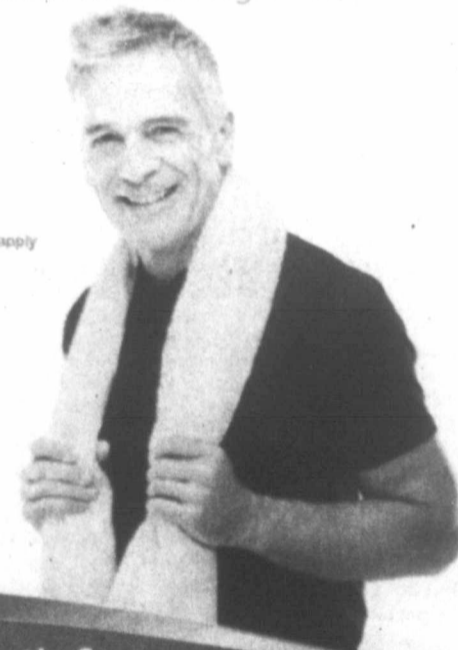
### Daytime drowsiness?

Do you find yourself reaching for a can of soda or a cup of coffee during the day to banish fatigue? Many do. But you may want to grab a bottle of water instead. Research indicates that lack of water is the No. 1 trigger of daytime fatigue. Therefore, not only can drinking adequate supplies of water keep you refreshed, it can also help to keep you more awake — even during a boring business meeting.



**PAMPA'S BEST FITNESS FACILITY AT THE BEST PRICE!**  
under new management

**\$0** JOINING FEE  
with your first months payment  
Expires Jan 31, 2012  
Some restrictions may apply



INDOOR: SWIMMING - TENNIS  
BASKETBALL - VOLLEYBALL  
RACQUETBALL - FREE WEIGHTS  
CARDIO ROOM - WALKING TRACK  
HOT TUB - SAUNA and more...

**Pampa Youth & Community Center**  
1005 W. Harvester - 806-665-0748

## SAVE ON ALL FITNESS

<p><b>\$589<sup>99</sup></b> SALE SAVE \$310 NordicTrak® T5.5 treadmill 00624975</p>	<p><b>\$599<sup>99</sup></b> SALE SAVE \$300 NordicTrak® E5.7 elliptical 00623945</p>	<p><b>\$399<sup>99</sup></b> SALE NordicTrak® GX 4.0 recumbent cycle 00621973 <b>SAVE \$200</b></p>
<p><b>\$889<sup>99</sup></b> SALE NordicTrak® C 900 treadmill 00624989 <b>SAVE \$610</b></p>	<p><b>\$379<sup>99</sup></b> SALE SAVE \$220 Proform® CrossWalk 397 treadmill 00624843</p>	<p>Fitness equipment requires some assembly.</p>

Sale Prices good thru 1/17  
1623 N. Hobart • 665-7570

**Sears**  
Hometown Store

**NOW AVAILABLE!**



**New Life**  
Wellness Center  
start a New Life!

Services provided at **New Life Wellness Center** will



Formerly **Ford Family Chiropractic**...New Name...same caring Doctors & Team Members working together to help you **Live Well!!!**

Physical Therapist **Joshua Godwin** & Team Members are ready to help you take the **Next Step** in your recovery



**Pain relieving** therapeutic procedures provided by our Medical Doctor **Dr. Dennis Ice** to save you trips to Amarillo for these services.

Urgent Care...Family Care...Pain Management  
...Medical Weight Loss provided by Family Nurse Practitioner **Matthew Gill, RN, FNP-C** to round out our **TOTAL CARE HEALTH FACILITY**



Therapeutic & Relaxing Massage

The **WEIGHT STOPS HERE**, in this Doctor directed weight loss program



Located at:

(806)665-7261

701 N. Price Rd., Pampa TX 79065  
www.NewLifeWellnessCenter.org

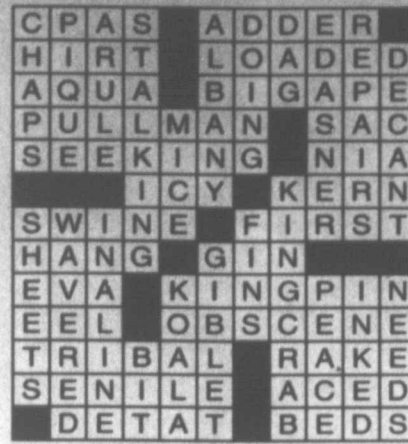


# IN THE CLASSIFIEDS!

## CROSSWORD

By THOMAS JOSEPH

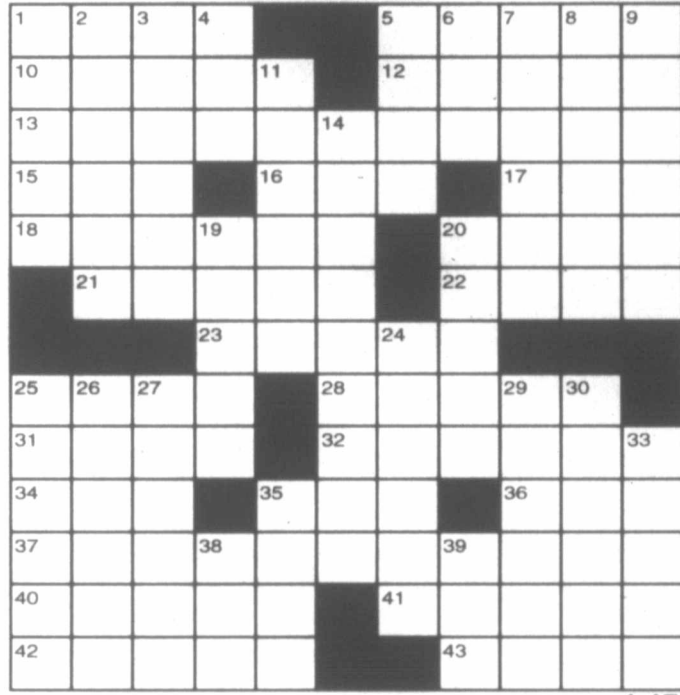
- ACROSS**
- 42 Lusty
  - 1 Get — looks
  - the crack of dawn
  - 43 Cuts off
  - 5 "Race" playwright
  - 10 Sturdy
  - 12 Japanese film genre
  - 13 Vacationer's help
  - 15 Shade source
  - 16 Young fellow
  - 17 Mess up
  - 18 Tourist's car
  - 20 Jason's ship
  - 21 Dismay
  - 22 Manipulative sort
  - 23 Wanderer
  - 25 Job for Sherlock
  - 28 Dunderhead
  - 31 Rainbow shapes
  - 32 Later, perhaps
  - 34 Gaza org.
  - 35 Signing need
  - 36 Memorable time
  - 37 Undecided person
  - 40 Like movies on cable
  - 41 Conclude successfully
- DOWN**
- 1 Aisle worker
  - 2 Combined
  - 3 Female grad
  - 4 Frank McCourt book
  - 5 Hotel worker
  - 6 Termite's cousin
  - 7 Bishops' toppers
  - 8 Come into view
  - 9 Intense fear
  - 11 Presidential middle name
  - 14 Places of toil
  - 19 Melodies
  - 20 Tax cheat's worry
  - 24 Venus' love
  - 25 Softener measure
  - 26 Dahl of films
  - 27 Torch holder
  - 29 Boxing combo
  - 30 Shredded
  - 33 Bends out of shape
  - 35 Cats and dogs
  - 38 Nasty dog
  - 39 — Aviv



### Yesterday's answer

- 11 Presidential middle name
- 14 Places of toil
- 19 Melodies
- 20 Tax cheat's worry
- 24 Venus' love
- 25 Softener measure
- 26 Dahl of films
- 27 Torch holder
- 29 Boxing combo
- 30 Shredded
- 33 Bends out of shape
- 35 Cats and dogs
- 38 Nasty dog
- 39 — Aviv

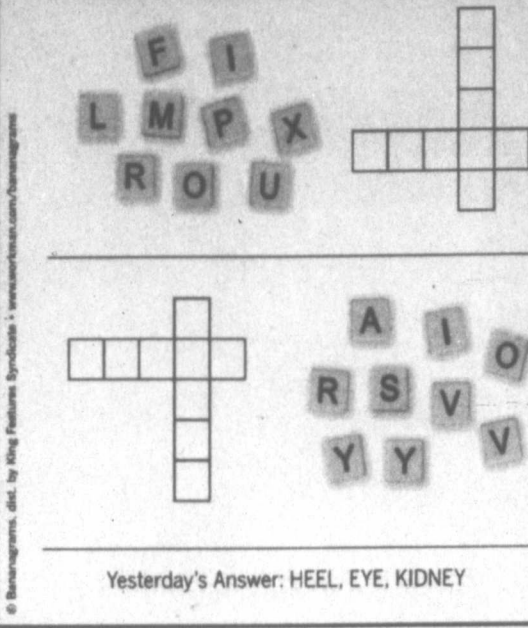
**NEW CROSSWORD BOOK!** Send \$4.75 (check/m.o.) to Thomas Joseph Book 2, P.O. Box 536475, Orlando, FL 32853-6475



1-17

## BANANAGRAMS!

For each bunch below, rearrange the letters to form two intersecting words that fit into the corresponding grid.



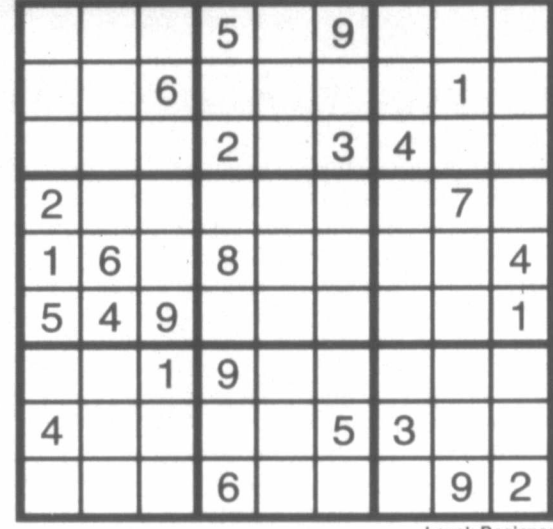
Yesterday's Answer: HEEL, EYE, KIDNEY

117

## Sudoku

Answer to yesterday's puzzle:

7	2	6	3	9	5	1	4	8
1	5	3	4	8	6	7	2	9
4	9	8	7	1	2	5	6	3
8	6	2	5	4	1	9	3	7
3	7	5	8	6	9	2	1	4
9	1	4	2	3	7	6	8	5
2	8	9	1	7	3	4	5	6
6	4	1	9	5	8	3	7	2
5	3	7	6	2	4	8	9	1



Level: Beginner

# The Pampa News Classifieds

## CONOCOPHILLIPS Borger Refinery Borger, Texas

ConocoPhillips is an international, integrated energy company with operations in more than 30 countries. As the third-largest integrated energy company in the United States, ConocoPhillips' goal is to deliver energy in a safe, environmentally and socially responsible manner.

More than 29,700 ConocoPhillips employees work worldwide to consistently deliver top performance and value to maintain the company's global market position. Employees' individual talents and strengths combine to create a diverse and energized work force within ConocoPhillips. Headquartered in Houston, Texas, ConocoPhillips stock is listed on the New York Stock Exchange under the symbol "COP."

The ConocoPhillips Borger Refinery is located in Borger, Texas, in the Texas Panhandle approximately 50 miles northeast of Amarillo, Texas. The refinery processes 146 mbpd of medium and heavy gravity sour crudes plus fractionates 50 mbpd of mixed natural gas liquids. The Borger Refinery produces LPGs and motor fuels products for the Rocky Mountains, West Texas and Central U.S. market areas. Additionally, the refinery produces pentane and heptane solvents for specialty products applications. The refinery also markets coke as a fuel for cement manufacturing and power generation facilities.

**We have opportunities at our Borger Refinery in Borger, Texas as a Yardman which is an entry level maintenance position.** The Borger Refinery provides extensive training to employees, both classroom and on-the-job. Below are some of the basic requirements as well as some job specific requirements for this position.

- High school diploma or GED equivalent
- Minimum of 2 years of continuous recent full-time work experience
- Must be at least 18 years of age
- Must have a valid driver's license
- Legally authorized to work in the United States on a regular full-time basis without restrictions
- Willingness to perform/comply with the following:
  - o To work at least an 8-hour rotating shift and up to a 12-hour rotating shift, which includes some weekends and holidays
  - o To work overtime
  - o To work in enclosed spaces, such as tanks and silos
  - o To work near large, hot, high-speed machines
  - o To climb up to 250 feet in height
  - o To lift a minimum of 50 pounds
  - o To work around chemicals, including acids and bases
  - o To wear fire retardant clothing and personal protective equipment (such as steel-toe shoes, ear and eye protection)
  - o To maintain your face daily so that a respirator/face mask can seal properly (some examples include being free of facial hair and/or clean shaven)
  - o To perform fire fighting duties
  - o To work outside in harsh weather conditions
  - o To work with petroleum products that are under high pressure and heat
  - o To read technical procedures and materials in English
  - o To learn computer software associated with process operations

A Yardman performs a wide variety of manual labor tasks with varying day-to-day work assignments. A Yardman position is an entry level position at the Borger Refinery with excellent progression opportunities into Operations and Maintenance crafts. The entry level rate of pay for this position is \$17.91/hr with a pay increase after 9 months to \$20.76/hr and again in another 9 months to \$22.71/hr. From a Yardman position, an employee has the opportunity to progress into Operations or Maintenance. The entry level rate of pay for an Operator is \$25.12/hr with an increase every 12 months reaching top Operator pay of \$32.16/hr after 36 months. The entry level rate of pay for a Maintenance craftsman is \$25.09/hr with an increase every 12 months reaching top craftsman pay of \$33.53/hr after 48 months.

For consideration and more information on the specific qualifications for this position, apply online at: [www.conocophillips.com/careers](http://www.conocophillips.com/careers) and click on "enter" in the ConocoPhillips Careers section, then on "search" in the Job Search area. You can search by job titles or job requisition numbers. This job is called Yardman - Entry Level Position - Borger Refinery Requisition #00E33.

All applications must be submitted electronically via the ConocoPhillips website by January 22, 2012. An electronic resume must be attached to your electronic application. To seek computer help with the on-line application visit your local area Workforce Commission office.

ConocoPhillips is an equal opportunity employer

### 1 Public Notice

**NOTICE OF SHERIFF SALE OF TEXAS COUNTY OF GRAY**  
By virtue of Orders of Sale issued out of the Honorable 223RD DISTRICT COURT of GRAY County in the following cases on the 3rd day of January, 2012, and to me, as Sheriff, directed and delivered, I will proceed to sell at 10:00 AM on the 7th DAY OF February, 2012, which is the first Tuesday of said month, at the Official door of the Courthouse of said GRAY County, in the City of PAMPA, Texas, the following described property, to wit:  
**Cause No. TAX-2064 GRAY COUNTY, ET AL vs. JACKSON, COLIN & ELONDA**  
Tract 1: Lot Thirty-six (36), in Block Eight (8), Prairie Village, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-2918 GRAY COUNTY, ET AL vs. GREEN KATHERINE M**  
Lot Sixteen (16), Seventeen (17), and Eighteen (18), all in Block Nineteen (19), Thut Heights, an Addition to the City of Lefors, Gray County, Texas  
**Cause No. TAX-3473 GRAY COUNTY, ET AL vs. GUINN, JERRY H TRUST**  
Lot Five (5), in Block Two (2), Crow Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3493 GRAY COUNTY, ET AL vs. HUGHES, THOMAS B III**  
Lots Eighteen (18) and Nineteen (19), in Block Twenty-five (25), Wilcox Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3528 GRAY COUNTY, ET AL vs. GRISSOM, CARLOS J ESTATE**  
Lot Seventeen (17), in Block One (1), Parkhill Annex Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3555 GRAY COUNTY vs. BURKS, JIMMY D**  
Lot One (1), in Block Two (2), Gordon, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3290 GRAY COUNTY, ET AL vs. RIVERA, ROSA LINDA**  
Lots Twenty-one (21) and Twenty-two (22), in Block Thirty-five (35), Wilcox Addition to the City of Pampa, Gray County, Texas, including the 1982 mobile measuring

### 1 Public Notice

12'x44' **Cause No. TAX-3365 GRAY COUNTY, ET AL vs. ORTIZ IRMA & JOSE**  
Lots Twenty-five (25) and Twenty-six (26), in Block Eleven (11), Wilcox Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3397 GRAY COUNTY, ET AL vs. WOODS, BIL-LIE YOUNG**  
East Seventy-five feet (E 75') of Lot Eight (8), in Block Eight (8), Crawford Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3411 GRAY COUNTY, ET AL vs. WOODRUFF, PAMELA J.**  
The South thirty feet (S 30') of Lot Fifteen (15), and the North thirty feet (N 30') of Lot Sixteen (16), all in Block Fifty-three (53), Fraser Annex, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3468 GRAY COUNTY, ET AL vs. SOTO, JULIO & MARTINEZ, ANGELICA**  
Lot Two (2), in Block Two (2), Littleton, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3473 GRAY COUNTY, ET AL vs. GUINN, JERRY H TRUST**  
Lot Five (5), in Block Two (2), Crow Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3493 GRAY COUNTY, ET AL vs. HUGHES, THOMAS B III**  
Lots Eighteen (18) and Nineteen (19), in Block Twenty-five (25), Wilcox Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3528 GRAY COUNTY, ET AL vs. GRISSOM, CARLOS J ESTATE**  
Lot Seventeen (17), in Block One (1), Parkhill Annex Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3555 GRAY COUNTY vs. BURKS, JIMMY D**  
Lot One (1), in Block Two (2), Gordon, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3558 GRAY COUNTY,**

### 1 Public Notice

**AL vs. MYERS, LARRY DON**  
Tract B-1-B, in Suburbs 156, Gray County, Texas  
**Cause No. TAX-3562 GRAY COUNTY, ET AL vs. BAKER, TIMOTHY A**  
The West forty feet (W 40') of Lot Eleven (11), and all of Lot Twelve (12), all in Block Thirty-one (31), Original Town of Pampa, Gray County, Texas  
**Cause No. TAX-3564 GRAY COUNTY, ET AL vs. JOHNSON, J.J. ESTATE**  
Lot Four (4), in Block Two (2), Cohen Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3592 GRAY COUNTY, ET AL vs. HOSEA, RUBY ESTATE**  
Lot Twenty-four (24), in Block One (1), Routson Subdivision, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3595 GRAY COUNTY, ET AL vs. DEFEVER, RODNEY D**  
The West Eighty-one feet (W 81') of Lot Sixteen (16) in Block Forty-three (43), Wilcox Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3600 GRAY COUNTY, ET AL vs. PEREZ, AUGUSTIN MORALES & PEREZ, AUGUSTIN P JR**  
All of Lot Fourteen (14), and 50' x 92' of Lot Fifteen (15), all in Block Five (5), Hillcrest Terrace Subdivision, Gray County, Texas  
**Cause No. TAX-3606 GRAY COUNTY, ET AL vs. WHITE, JAMES**  
Lot Five (5), in Block Three (3), Haggard, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3609 GRAY COUNTY, ET**

### 1 Public Notice

**AL vs. MCGEE, GORDON**  
Lots Three (3) and Four (4), in Block Thirteen (13), Shaw, an Addition to the City of Lefors, Gray County, Texas  
**Cause No. TAX-3612 GRAY COUNTY, ET AL vs. COON, EDNA ESTATE**  
Lot Eight (8), in Block Sixteen (16), Talley, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3630 GRAY COUNTY, ET AL vs. JOHNSON, BOB**  
Lot Five (5), Six (6), and Seven (7), all in Block Fourteen (14), Wilcox, an Addition to the City of Pampa, Gray County, Texas  
**Cause No. TAX-3640 GRAY COUNTY, ET AL vs. LESLY, WILLIAM G. ESTATE**  
Lots Nineteen (19), Twenty (20), and Twenty-one (21), all in Block Sixty-five (65), Original Town of McLean, Gray County, Texas  
**ALL BIDDERS MUST COMPLY WITH SECTION 34.015 OF THE TEXAS PROPERTY TAX CODE.**  
Levied on the 9th day of January, 2012, as the property of said Defendants to satisfy the judgments rendered in the above styled and numbered causes, plus all taxes, penalties, interest, and attorney fees accrued to the date of sale and all costs recoverable by law in favor of each jurisdiction. GIVEN UNDER MY HAND THIS 9th day of January, 2012.  
*Don Copeland*  
SHERIFF,  
GRAY COUNTY, Texas  
By *Joe D. Montgomery*  
Deputy

O for t  
apost  
hins  
1-16  
Z C  
J Q  
W T  
S  
NEV  
OTH  
JAR:  
O  
for t  
apost  
hins  
1-17  
UT  
M N  
W V  
Y  
HE  
TO  
Pa  
C  
312 N.  
Re  
Th  
Each Co  
7593  
AUST  
1922  
2200  
1130  
2541  
1901  
TRAV  
8463 V  
932 C  
916 C  
919 S  
1424-  
2113  
1829  
1609  
1824  
2125  
1612  
WILS  
533 P  
612 P  
OTHE  
612 V  
503 V  
804-8  
400 S  
600 C  
609 C  
Perry  
120 S  
1175  
30th  
FM 1-  
30th  
220 F  
500 V  
748 S  
802-3  
117-  
1801  
845 S  
420 V  
Harve  
FM 2-  
1435  
523 V  
301 V  
23rd  
405 V  
220 F  
401 V  
Chau  
Dogw  
Wall  
Fraser  
Holly  
Dogw  
Jupit  
Jupit  
Visi



The Pampa News is now on facebook!  
Go to facebook and search for The Pampa News

www.thepampanews.com

**AXYDLBAAXR  
is LONGFELLOW**

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

**1-16 CRYPTOQUOTE**  
ZCPTCQ. KDTGSMQM FQ XZC  
JQ ZRIESCY, FZE WFQ DSYFW  
WT WZHA WT FSREQHO.  
— X F Z D H Q E J Z I M Q H Z S D Q  
**Saturday's Cryptoquote:** ON ONE HAND, WE'LL NEVER EXPERIENCE CHILDBIRTH. ON THE OTHER HAND, WE CAN OPEN ALL OUR OWN JARS. — BRUCE WILLIS

**AXYDLBAAXR  
is LONGFELLOW**

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

**1-17 CRYPTOQUOTE**  
UT NMXVS YVNYHV QSV RNUAR  
MN MQHO, ZNAJVSQB MUNA  
WVZNEVB UEYNBBUWHV.  
— G Q E V B P X U B M H V S  
**Yesterday's Cryptoquote:** ANYONE, PROVIDED HE CAN BE AMUSING, HAS THE RIGHT TO TALK TO HIMSELF. — CHARLES BAUDELAIRE

**Pampa Realty Inc. 669-0007**

**Century 21** Pampa MLS & Amarillo MLS  
312 N. Gray St. Pampa, TX 79065  
**Real Estate For The Real World**  
Each Office Independently Owned and Operated

Jim Davidson (BKR/OWNER).....	662-9021
Linda Lapacka, GRI, ePro.....	662-9611
Andrea Walling.....	664-6227
Zeb Salors.....	664-0312
Donna Courter.....	595-0779
Katrina Bligham.....	898-8510
John Goddard (BKR).....	595-1234
Sandra Schuneman (BKR).....	662-7291

**AUSTIN SCHOOL DISTRICT** North and Northeast

1922 Grape St.....	\$225,900	4/2.75/3 - 3283 SF/GCAD
2200 Dogwood Ln.....	\$192,500	4/2/2 - 2629 SF/GCAD
1130 Williston St.....	\$147,900	4/2/2 - 2711 SF/GCAD
2541 Christine St.....	\$129,500	3/1.75/2 - 2050 SF/GCAD
1901 Fir.....	\$110,000	3/1.75/2 - 2102 SF/GCAD

**TRAVIS SCHOOL DISTRICT** West and Northwest

8463 Western St. + 6.33 acres.....	\$225,000	2/1/2 - 1225 SF/GCAD
932 Crane Rd.....	\$155,000	3/2/2 - 1634 SF/GCAD
916 Crane Rd.....	\$150,000	3/2/2 - 1710 SF/GCAD
919 Sierra Dr.....	\$149,000	4/2/2 - 1761 SF/GCAD
1424-1426 Dwight.....	\$149,000	2704 SF/GCAD Duplex
2113 Lynn St.....	\$125,900	4/2/2 - 2077 SF/GCAD
1829 Zimmers St.....	\$95,000	3/2/2 - 1511 SF/GCAD
1609 Dwight St.....	\$85,900	3/1.75/2 - 1550 SF/GCAD
1824 Chrissy St.....	\$84,900	3/1.75/1 - 1870 SF/GCAD
2125 Lynn St.....	\$79,900	3/1.75/2 - 1521 SF/GCAD
1612 Summer St.....	\$67,900	3/2/2 - 1073 SF/GCAD

**WILSON SCHOOL DISTRICT** Southeast Pampa

533 Powell St.....	\$69,900	3/1/2 - 1372 SF/GCAD
612 Powell St.....	\$55,000	3/1/0 - 1166 SF/GCAD

**OTHER AREAS** Outside Pampa City Limits

612 Ware Av, Groom.....	\$130,000	3/1.75/4 - 1637 SF/CCAD
503 Ware Av, Groom.....	\$128,000	4/2.75/1 - 2828 SF/CCAD
804-805 W. Jackson Ave, WD.....	\$120,000	4/2/2 - 2536 SF/CCAD duplex
400 S. Popham, WD.....	\$67,900	3/1/0 - 1494 SF/CCAD
600 W 3rd Av, WD.....	\$67,500	3/1/1 - 1100 F/CCAD
609 Gulf, Lefors.....	\$34,995	2/1/1 - 898 SF/GCAD

**COMMERCIAL PROPERTY & LAND**

Perryton Parkway.....	\$2,503,828	9.58 acres east of hospital
120 S. Gillespie St.....	\$4,100/mo	For Lease - 7,372 SF/GCAD
11756 Hwy 152.....	\$2,500,000	12 acres, 2 bldgs 25,000 SF each
30th & Charles St.....	\$1,400,000	45.9 acres of land N of Walmart
FM 14 Rd, Lefors.....	\$530,000	530 acres w/water well
30th & Charles.....	\$435,600	5 acres in city limits
220 N Ballard.....	\$395,000	Lt. Comm. 4 bath 6,782 SF/GCAD
500 W Harvester Av.....	\$350,000	Lots south of United
748 S Price Rd.....	\$350,000	3 Ac. + 14,400 warehouse offices
902-308 W Foster.....	\$309,900	4 Retail Outlets 10,874 SF/GCAD
117 - 121 Ballard.....	\$230,000	24,500 SF/GCAD
1801 Alcock St.....	\$185,000	Office Building, 3,100 SF/GCAD Café
845 S Hobart/900 Wilks St.....	\$175,000	4 Lots + 10' on north
420 W Foster Av.....	\$165,000	Houston Lumb & Gas Station
Harvester St.....	\$150,000	60 x 110 Bldg Lots
FM 2300 & 1-40, Groom.....	\$145,000	Quonset & 6 +/- acres
1435 Alcock St.....	\$135,000	2 Bldg, 3,200 SF/GCAD, 1,020 SF/GCAD
1421 Hobart St.....	\$105,000	Smoke House 1816 SF/GCAD
523 W Foster Av.....	\$85,000	7,598 SF/GCAD
301 & 305 W Foster Av.....	\$75,000	3,500 SF/GCAD each
23rd & Crescent Dr.....	\$65,000	Lot 4 Blk 1 North Crest Sec 1
405 W Foster Av.....	\$65,000	2,000 SF/GCAD C H/A
220 E Francis.....	\$57,500	1/1 745 SF/GCAD Comm.
401 W Foster Av.....	\$47,000	2,500 SF/GCAD w/basement & overhead doors
Chaumont Addition.....	\$35,000	Lots 1 & 2 Block 2
Dogwood Ln.....	\$22,000	Lots 15-17 & 40' of 18
Wall St.....	\$15,000	1/2 Block
Fraser Annex #3 28th.....	\$10,000	Lot 8, W45' Blk 71
Holly Lot 10.....	\$10,000	Residential Lot 85' x 120'
Dogwood Ln.....	\$9,000	Lot 2 & 40.35' of Lot 1
Jupiter St.....	\$9,000	Lot 3 Blk 4 Country Club Heights
Jupiter St.....	\$6,500	Lot 7 Blk 3 Country Club Heights

**Office Hours: M-F 8-5, Saturday 9-2, Sunday call our agents.**  
Visit our web page at: [www.pamparealtor.com](http://www.pamparealtor.com)

**1 Public Notice**

**NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS**  
Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.  
**CONSTRUCTION / MAINTENANCE / BUILDING FACILITIES CONTRACT(S)**  
Dist/Div: Amarillo Contract 0904-00-143 for THERMOPLASTIC STRIPING in POTTER County, etc will be opened on February 07, 2012, at 1:00 pm at the State Office.  
Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at [www.txdot.gov](http://www.txdot.gov) and from reproduction companies at the expense of the contractor.  
NPO: 39072  
State Office Constr. / Maint. Division  
200 E. Riverside Dr. Austin, Texas 78704  
Phone: 512-416-2540  
Dist / Div Office(s)  
Amarillo District District Engineer 5715 Canyon Dr Amarillo, Texas 79105-2708  
Phone: 806-356-3283  
Minimum wage rates

**1 Public Notice**

are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.  
B-44 Jan 17, 24, 2012

**5 Special Notices**

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

**13 Bus. Opp.**

HAVE large Pool Hall for lease. Great downtown location. Call for details, 665-1875.

**14d Carpentry**

CUSTOM Building & Remodeling. New Homes & Additions. Shawn Deaver Const., 806-662-2977.

**OVERHEAD DOOR REPAIR**

Kidwell Construction. Call 669-6347, 806-663-0192.

**14e Carpet Serv.**

NU-WAY CLEANING SERVICE Bob Marx Owner-Operator. Call 665-3541.

**14h Gen. Serv.**

COX Fence Company. Repair old fence or build new. Free estimates. Call 669-7769.

**14s Plumbing**

JACK'S Plumbing 715 W. Foster 665-7115

**14w Air Cond/Heat**

BROWNING'S Heating & Air and Refrigeration Specialists since 1964!! 665-1212.

**14h Gen. Serv.**

HOUSE Cracking? In bricks or walls? Childers Brothers, Inc. 800-299-9563, 806-352-9563

**21 Help Wanted**

NURSES Unlimited, Inc. is seeking enthusiastic attendants to assist clients in the home with personal care, meal prep and light house-keeping, P-T. EOE Call 1-888-859-0631.

**70 Musical**

BLACK Pearl drum set, Zildjian symbols, double pedals-DW 7000, SP mutes \$700, 806-669-2108.

**80 Pets & Suppl.**

FOR ADOPTION Siamese, Calico, Orange, Tabby, Gray. Spayed / Neutered & shots. Call 665-4901 lv. msg.

**89 Wanted To Buy**

NEED Money Now? We will give you top \$\$ for your house. Call us today, 665-1875

**95 Furn. Apts.**

MIDWEST Precision Testing has an immediate opening for a Lab Technician. Candidate will be responsible for water analysis and general chemistry, will train but must be analytical. Send resume to: [neil\\_ray@mwptlab.com](mailto:neil_ray@mwptlab.com)

**96 Unfurn. Apts.**

NEW Queen Mattress Sets! Sale Price \$246. Red barn, 1424 S. Barnes, 665-2767

**98 Unfurn. Houses**

PICK up rental list, in the Black Box, at 125 S. Houston, Pampa.

**99 Stor. Bldgs.**

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

**102 Bus. Rental**

DOWNTOWN office space for rent. Utilities & cleaning service provided. Ample parking. 669-6823

**103 Homes For Sale**

2 Bedroom House For Sale, Has To Be Moved. \$1000. Call 662-6798.

**115 Trailer Parks**

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

**120 Autos**

2007 Kia Sportage Lx. Super clean. Loaded. Low miles!! \$11,470. Call 661-3561

**121 Trucks**

2008 F350 King Ranch dually truck, 4 wd, leather. Nice truck. \$35,650. Call 661-3561

**122 Trucks**

2008 Suburu Tribeca Limited. Tan leather. Really nice. Low miles. \$20,940. 661-3561

**123 Trucks**

2008 Nissan Frontier Nismo 4wd truck. Red. Off road special. \$20,350. 661-3561

**Local Beauty Professionals**  
Your guide to...  
Look and feel your best! This guide is a list of local salons and parlors that want to cater to you!

List your salon today!

**Massage Therapy**  
Cathy Potter, Holly Albert & Brittany Shuman  
1224 N. Hobart, Suite 9  
(806) 669-0013

**Massage Advantage**  
Trena Moore, LMT  
701 N. Price Road  
(806) 665-7261

**Massage Therapy**  
Magic Moments  
By Genna  
By Appointment Only  
806-662-4586

**69 Misc.**

CEMETERY Plots, Sec C, Block 96, Spaces 1, 2, 3 \$1475 ea. Memory Gardens. 806-373-3799

**70 Musical**

BLACK Pearl drum set, Zildjian symbols, double pedals-DW 7000, SP mutes \$700, 806-669-2108.

**80 Pets & Suppl.**

FOR ADOPTION Siamese, Calico, Orange, Tabby, Gray. Spayed / Neutered & shots. Call 665-4901 lv. msg.

**89 Wanted To Buy**

NEED Money Now? We will give you top \$\$ for your house. Call us today, 665-1875

**95 Furn. Apts.**

MIDWEST Precision Testing has an immediate opening for a Lab Technician. Candidate will be responsible for water analysis and general chemistry, will train but must be analytical. Send resume to: [neil\\_ray@mwptlab.com](mailto:neil_ray@mwptlab.com)

**Operations Manager**

Railserv is looking for operational leader for a rail-related operation. Position involves maintaining a safe work place, training other employees, motivating employees and maintaining high morale, provide high level of customer service, perform administrative duties (payroll, purchases, work scheduling, etc.). Must be willing to work any shift, outside, in all types of weather. Benefits include insurance (medical, life and dental), company matched 401k savings plan, bonus opportunities, paid vacation and holidays. Drug-free workplace, background check required. Please forward resume to: [hr@railserv.biz](mailto:hr@railserv.biz) or fax to 770-996-6830 EOE M/F/H/V

**EXPRESS Lane Lube**

Center now hiring! Exp. pref. but not necessary. Must have valid dr. license Apply in person 2801 Perryton Pkwy.

**49 Pools/Hot Tubs**

FACTORY Reconditioned Demo Spa. With Warranty! Priced to Move! Call Morgan Spa 806-358-9659.

**69 Misc.**

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

**96 Unfurn. Apts.**

APTS. Houses Duplexes. Ref. & dep. req. Lakeview Apts. 669-4386

**CAPROCK APARTMENTS**

1, 2 and 3 bedrooms with rent starting as low as \$395 / mo. Pool and on-site laundry, W/D hookups in all 2 & 3 bdrms. 665-7149

**INDUSTRIAL OILS UNLIMITED, LLC**

Strong, growing company looking to add DRIVERS in the Pampa office. Local deliveries, great benefits and pay commensurate with experience. Class A CDL with current Hazmat and Tanker Endorsements, or must obtain Hazmat and Tanker Endorsements within 60 days.  
Apply in Person 8565 Co. Rd 12 1/2, Pampa, TX Mon-Fri 9-4pm or call 806-669-2171

**Come check out**

Collingsworth General Hospital in Wellington, TX. CGH is a rural 13 bed facility making a difference in our community. We currently have a full-time RN position avail.  
**Benefits include:**  
RNs start \$25/hr + % exp  
RN night diff \$4/hr  
RN WE night diff \$1/hr  
Paid CEU  
Additional certification pay  
Flexible scheduling  
Relocation expenses up to \$2500  
Health, dental & vision ins.  
Contact Tamara Noble (806)447-2521 Ext. 348 Po Box 1112 Wellington, TX 79095  
Complete an application online at [www.collingsworthgeneral.net](http://www.collingsworthgeneral.net)



## Now hear this... Understanding ear infections

Ear infection, also known as otitis, is a common illness that strikes kids everywhere.

An estimated 75 percent of children under age 3 will experience at least one ear infection — and half of these children will have three or more ear infections before reaching 3 years old.

Many people wonder why children suffer more ear infections than adults. The Eustachian tubes in children's ears are straighter and smaller than those of an adult and make it easier for bacteria to enter the middle ear through the nose and throat.

Dr. Justin Smith, a pediatrician with Professional Association for Pediatrics in Abilene, said symptoms of ear infection include fever, pulling at the ears and redness of the eardrum. According to Smith, environmental issues such as exposure to smoke can also be a risk factor for ear infections.

"Exposure to cold and wet is not as much of a factor as some people think," he said.

Treatment can include oral antibiotics, which can be liquid or pills. Injections are a last resort and most cases of ear infection in children are cleared up with only one visit to the doctor's office and one round of medication. Chronic ear infections are a different story and may require more than one visit and even placement of tubes in the ears to resolve the issue. Referral to an ear, nose and throat doctor is done in those extreme cases.

Dr. Joe Hubbard at Comanche County Medical Center said there are three types of ear infections: Ear canal infection, middle ear infection and inner ear infection.

Hubbard says the ear canal can appear red and irritated. That is normally caused by swimming or bathing or external manipulation, such as with Q-tips. Treatment is usually ear drops. Middle ear infections are hard to detect, but can be diagnosed with an otoscope, an instrument which allows the physician to inspect the eardrum for redness and fluid. It is treated with medication. The last type of ear infection is inner ear. It is diagnosed with symptoms rather than visual signs. The patient may complain of dizziness and vertigo — or loss of balance. These symptoms usually occur after the patient has recovered from a virus. The scillia — or fine hair in the inner ear — are damaged and causes problems. This condition has to work itself out over time, according to Hubbard. Inner ear infections must be diagnosed carefully though, Hubbard said, as these symptoms also mimic symptoms of a stroke, so begin careful while diagnosing is crucial.

Prevention methods are to avoid exposing your child to smoke, immunize them, along with providing them with a good diet and hygiene practices, so they can stay healthy.

## Thinking about all-natural remedies?

### A little primer on what Mother Nature keeps in her medicine cabinet

As prevalent as prescription medications are, all-natural remedies for common illnesses and conditions are still a viable alternative to prescription medications for many people. But are these all-natural options safe?

In 2011, Apple founder Steve Jobs lost his battle with pancreatic cancer. Reports indicate that Jobs, a devout Buddhist, delayed surgery and other traditional treatments for almost a year while he participated in holistic treatments for the cancer. Some of these included juice fasts, bowel cleansings, acupuncture, herbal supplements, and even a vegan diet. Eventually, Jobs had surgery, but some experts feel he waited too long.

Although conventional care is often an effective means to treating illnesses and other conditions, there are many doctors who agree that implement-

ing natural remedies at times can be safe and effective. Furthermore, not all natural remedies are without merit, and some traditional medicines are actually derived from natural, plant-based ingredients themselves.

According to surgeon and author, Dr. Walter C. Thompson, "Herbal medicine is safe because it's natural. After researching the literature, one can truly say that, at the very least, herbal medicine is safer than conventional drugs."

Those thinking about incorporating natural remedies into their health regimen can consider the following options.

**Nervousness and anxiety:** Try lettuce, chamomile, valerian, and rose petals.

**Pain relief:** Use omega-3 fatty acids, green tea, ginger root, and turmeric.

**Itchiness:** Witch hazel, jewelweed and aloe vera are effective.

**Feminine issues:** Parsley, basil and goldenseal can alleviate symptoms associated with menstruation.

**Antibiotics:** Oregano and garlic are purported to have antibiotic qualities and can fend off harmful bacteria.

**Infections:** Honey has long been used to heal and as an antibacterial and antifungal remedy.

Many natural foods are effective in preventing and fighting cancer as well.

Although natural remedies can be effective, it's important for pregnant women to avoid any herbs and plant supplements until discussing the risks/benefits with their doctors. Also, some natural remedies can interact with prescription drugs or increase their potency, so it's important to talk to a doctor about any plans.

## Vitamin D might combat depression symptoms

People experiencing the blues, feelings of depression and other mood disorders might be able to use vitamin D to alleviate symptoms of depression. New studies point to low blood levels of vitamin D as a culprit in depression. Simply increasing these levels offers marked improvement.

A study conducted by VU University Medical Center in Amsterdam found that low levels of vitamin D may be linked to depression and other psychiatric illnesses. The Amsterdam research, which tracked over 1,200 people aged 65 to 95, showed that blood vitamin D levels were 14 percent lower in individuals with major and minor depression compared with non-depressed participants.

A study in the United States indicated that vitamin D deficiency occurred more often in certain people, including African-Americans, city dwellers, the obese, and those suffering from depression. People with vitamin D levels below 20 ng/mL had an 85 percent increased risk of depression compared to those with vitamin D levels greater than 30 ng/mL.

Vitamin D has long been recognized as a nutrient essential to the development and maintenance of strong bones. It has also recently been discovered to be of crucial importance to several aspects of overall health. Being deficient in vitamin D has been linked to a number of disorders, including cancer, autoimmune disease, diabetes, and now depression.

Vitamin D, also known as the "sunshine vitamin," is one of the few vitamins the body can produce. The

body can get all the vitamin D it needs simply by being out in the sun with ample skin showing to absorb the rays. However, increased awareness about skin cancer, the importance of sunblock and wearing clothes that protect skin from harmful UV rays has decreased many people's production of vitamin D considerably. In the United States, the National Health and Nutrition Examination Survey found that nearly three-quarters of Americans are deficient in vitamin D.

Although there are some food sources of vitamin D (salmon, tuna, mackerel and vitamin D-fortified dairy products, such as milk), the best way to get the vitamin is through moderate sun exposure. According to an article in U.S. News and World Report, it's impossible to produce vitamin D from the sun during the winter if you live north of Atlanta because the sun

never gets high enough in the sky for its ultraviolet B rays to penetrate the atmosphere. But during the summer, when UV-B rays hit the skin, a reaction takes place that enables skin cells to manufacture vitamin D. If you're fair skinned, experts say going outside for 10 minutes in the mid-day sun — in shorts and a tank top with no sunscreen — will give you enough radiation to produce about 10,000 I.U. Darker-skinned individuals may need a little more time.

During the winter and for an extra boost, you will need to take an oral supplement. A doctor can help determine how much you need based on a simple blood test.

With anxiety, depression, risk for heart attacks and a number of other health problems associated with low levels of vitamin D, it may be in your best interest to supplement with the vitamin.

## Fitness

reduce high blood pressure, and many people cannot even taste the difference once they start eating.

### Resolve to exercise more

Much like changing a diet, exercising more is often seen as a means to weight loss. While that's a positive side effect of daily exercise, the goal should not be to lose weight. Instead, the goal of daily exercise is to get healthier. According to the American College of Sports Medicine, exercise helps lower the risk of heart disease and hypertension by 40 percent while lowering the risk of depression by 30 percent. In addition, men and women with a family history of diabetes should know that regular exercise lowers their risk of type 2 diabetes by nearly 60 percent. So while exercise is a great means to losing weight, it's even better at helping reduce the risk for serious disease.

When incorporating exercise into a daily routine, start slowly and gradually work your way up to more vigorous exercise regimens. Going full speed from the outset is a great way to increase risk of injury, which could actually restrict your ability to exercise for some time.

### Resolve to quit smoking

To nonsmokers, keep up the good work.

For smokers, perhaps some statistics are enough to get you on the path toward quitting smoking:

- More than 150,000 Americans were projected to succumb to lung cancer in 2011, according to the National Cancer Institute.

- The Canadian Cancer Society estimated that 20,000 Canadians would lose their lives to lung cancer in 2011.

- More than 6 percent of all deaths in the United Kingdom in 2011 were related to lung cancer, according to Cancer Research UK.

If those statistics aren't enough to get men and women serious about quitting smoking, consider the negative effect secondhand smoke has on your loved ones. The American Cancer Society notes that roughly 3,000 nonsmoking adults experience lung cancer caused by secondhand smoke in the U.S. each year. When making a resolution this year, smokers' top priority should be to quit smoking.

When making resolutions at the start of a new year, men and women often focus on healthy resolutions. But healthy resolutions go beyond losing a few extra pounds, and many involve dedication throughout the year to improve overall health this year and for years to come.

cont. from page B1

Think **Success!**  
Boost business by advertising with The Pampa News! Not only can we provide Graphics Design services, but we are a daily newspaper that is delivered to over 4,000 homes. What better way to get the word out? Call today!



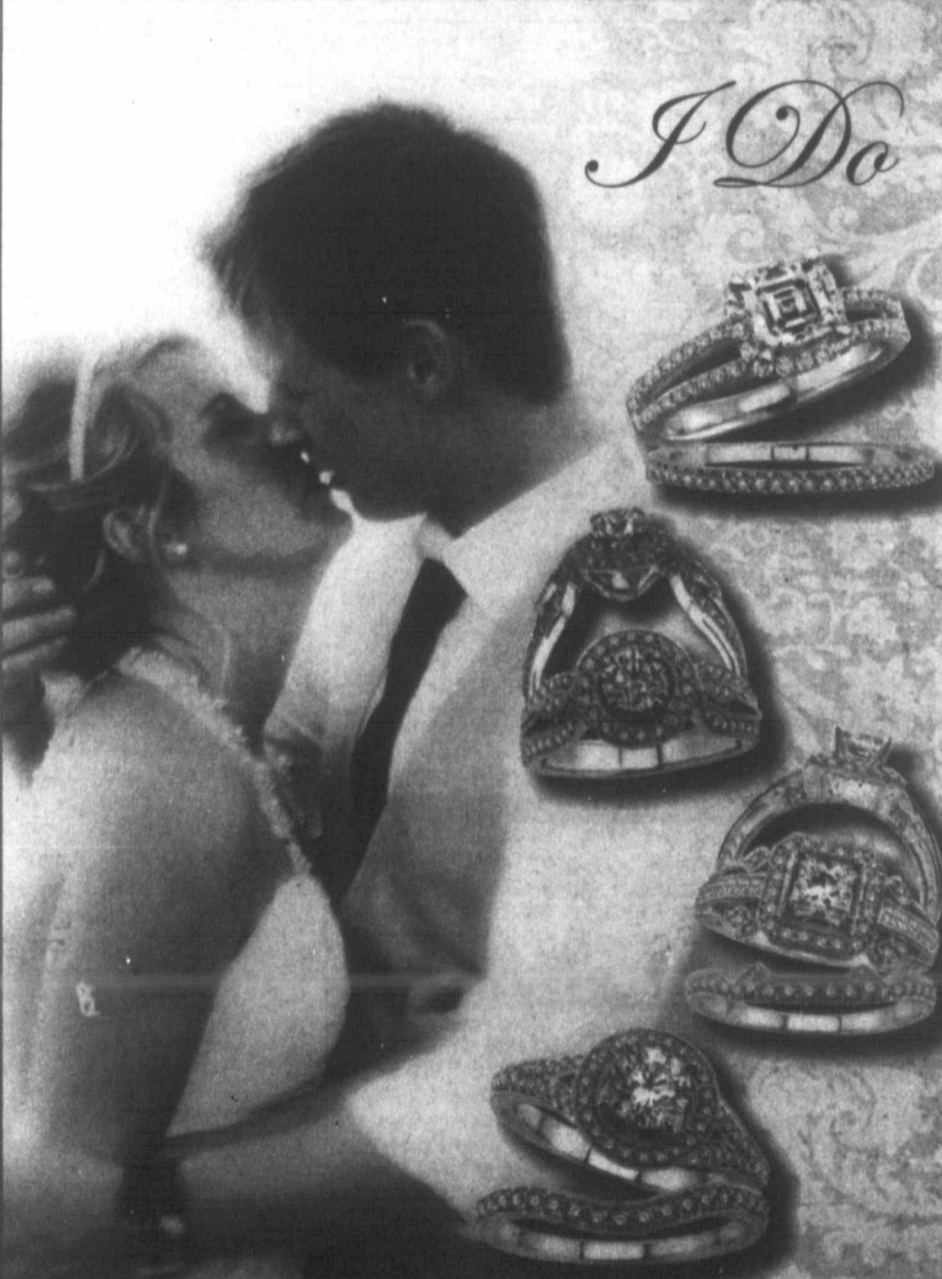
For information about our rates or services, call:  
Redonn Woods — 662-5837  
Ad Sales Manager  
Sue Pribble — 662-8595  
Sales Associate  
Beverly Taylor — 669-2525  
Classified Ads

**Carpet - Vinyl - Hardwood - Laminates**

Step Up the look of your home with New Flooring

We are your Kitchen and Bathroom Remodels Headquarters

**THE FLOOR STORE** 2110 Perryton Pkwy - Pampa  
WK: 806-665-4455  
FAX: 806-665-5507  
sales@pampafloorstore.com



*I Do*

ASHI  
ENGAGEMENT  
&  
WEDDING  
RINGS  
AVAILABLE  
AT

**RHEAN'S DIAMOND SHOP**  
111 N. CUYLER  
665-2831  
7007 Business of