

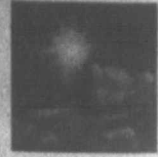
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Volume 107 • No. 242

Fitness tips for Fido • Cintron, Gill set up in Pampa | **p1B, 3B** Harvesters look to avenge district losses | **p10A**



PAMPA FORECAST

Today	Friday	Saturday
		
High 54 Low 33	High 53 Low 25	High 46 Low 25

Today: Mostly sunny, with a high near 54. Wind chill values between 20 and 30 early. North northwest wind between 10 and 20 mph, with gusts as high as 25 mph.

Tonight: Partly cloudy, with a low around 33. Wind chill values between 23 and 28. South wind 5 to 10 mph increasing to between 15 and 20 mph. Winds could gust as high as 25 mph.

Friday: Mostly sunny, with a high near 53. North northwest wind between 15 and 20 mph, with gusts as high as 25 mph.

Friday Night: Mostly cloudy, with a low around 25. Northeast wind between 15 and 20 mph, with gusts as high as 30 mph.

Saturday: Mostly sunny, with a high near 46. North northwest wind between 5 and 15 mph.

Saturday Night: Mostly clear, with a low around 25. South southwest wind between 5 and 10 mph.

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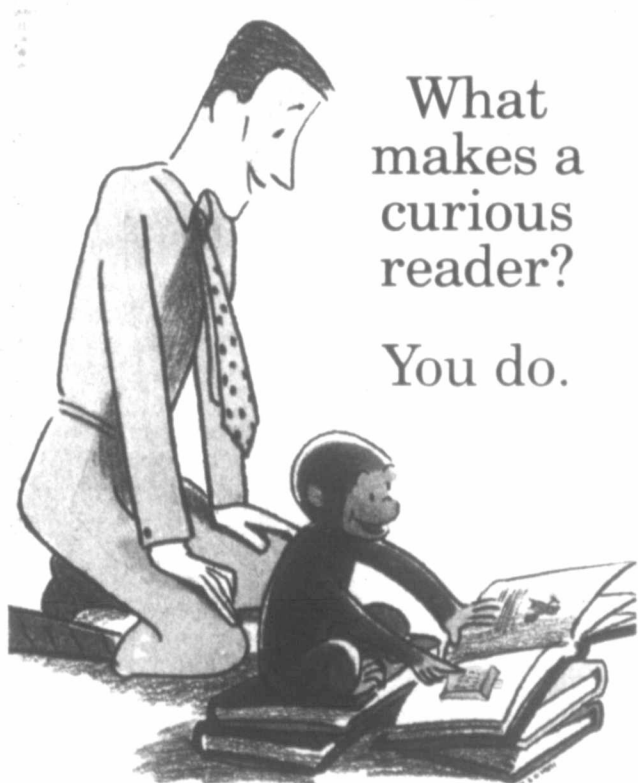
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Obituaries

Agnes C. Webb, 93

Agnes C. Webb, 93, of Phoenix, formerly of Pampa, passed away January 13, 2012, in Chandler, Ariz.

Services will be held at 11 a.m. on Saturday January 28, 2012, at the St. Matthew's Episcopal Church of Pampa with Rector Linda Kelley officiating. A luncheon for family members will follow in the church parish hall. Burial will take place in the Miami cemetery beside her husband Francis Evan Webb, who preceded her in death in 1976.

Agnes was born January 17, 1918, in Meade County, Kan., to John W. Cornelsen and Katherina Classen Cornelsen. She was the 11th born child of a family of eight brothers and nine sisters. Her family were farmers and part of the Dutch Mennonite settlements around Meade.

Agnes received her basic education in Meade County, attending one of the many one room schools, and received her vocational training as a certified hair stylist in the state of Texas. She worked as a hair stylist for a short time in the town of Miami, where she met her future husband, Francis Evan Webb. They were married on December 12, 1942, in Santa Ana, Calif. She was a homemaker most of her life, but she worked as a house mother at the Genesis Houses in Pampa, for troubled teens after her children left home. She was a Cubs baseball fan, a good pool-shark and liked joining the family on camping, sail-



Webb

ing and family reunion trips. Sewing and cooking were her favorite past-times and her family benefitted with her gifts of quilts, afghans, and a lifetime of fabulous meals, especially her pot roast. The family loved to play games: dominoes, Upwords, Skip-Bo, and Uno, to name a few.

She was known for her good solid old-fashioned morals, her ability to "tell it like it is", and her love and welcoming demeanor for every visitor. She was feisty, clever, and quick-witted; a person that one could confide in and bare their soul.

For her first 18 years, she lived in Meade, moving from there to Amarillo, where she resided for several years. After her husband was discharged from the military in 1945, they made their home in Pampa for the next 50 years. The family attended St. Matthew's Episcopal Church where Agnes was an active member of the Altar Guild. She moved to Phoenix, in 1994 to be with her family there, where she resided until her death.

She is survived by her son, James Louis Webb of Kansas City; her daughter and son-in-law, Rose and Mark Gibson of Phoenix; and her daughter, Glenda Webb of Phoenix. Her daughter, Vickie Veazey preceded her in death. Other survivors include her sister, Betty Leakey of Fowler, Kan.; her sister, Esther Brockert of Ponca City, Okla.; and her brother, Anthony Cornelson and his wife Peggy of Bonham. Her surviving grandchildren are David (wife-Melinda) and Christopher Webb of Covington, La., Beth and Trent Veazey of Houston; Vanessa Fargie and Wendy and Liam Gibson all of Phoenix, and Jessica (husband - Matt) and Brooke Runyon of Mandeville, La. Grandson, Michael Webb, preceded her in death. She truly loved her family.

Memorial contributions may be made in her name to her favorite organizations: Genesis House of Pampa, Good Samaritan of Pampa, American Lung Association or St. Matthew Episcopal Church Day School.

For the record

Police Department

The Pampa Police Department reported the following incidents for the two day period ending Saturday, January 21 at 6:30 p.m.

Pampa PD reported 59 traffic related incidents.

Pampa EMS, Pampa PD, the Pampa Fire Department and the Lefors Volunteer EMS responded to 15 medical calls.

Animal Control agents and Pampa PD reported 14 animal related incidents.

Pampa PD had 6 ongoing investigation.

Friday, January 20

Found property was reported in the 200 block of W. Kingsmill Avenue.

Theft was reported in the 900 block of N. Hobart Street.

A suspicious person was reported in the 1100 block of W. Foster Avenue.

Criminal mischief was reported in the 100 block of Panhandle Drive.

Criminal mischief was reported in the 600 block of Cuyler Street.

Burglary was reported in the 200 block of W. Kingsmill Avenue.

Harassment was reported in the 2000 block of Duncan Street.

Suspicious person was reported in the 700 block of N. Hobart Street.

Hit and run was reported in the 1100 block of Seneca Lane.

Disorderly conduct was reported in the 100 block of E. Harvester Avenue.

Suspicious person was reported in the 500 block of S. Ballard Street.

Disorderly conduct was reported in the 1000 block

of W. Wilks Street.

Theft was reported in the 1300 block of N. Christine Street.

Disorderly conduct was reported in the 600 block of E. Frederic Avenue.

Stolen vehicle was reported in the 200 block of W. Kingsmill Avenue.

Phone harassment was reported in the 1100 block of Perry Street.

An alarm was reported in the 1800 block of N. Wells Street.

Theft was reported in the 1400 block of Hobart Street.

Domestic disturbance was reported in the intersection of Barnes and Frederic Street.

Domestic disturbance was reported in the 2100 block of North Hobart Street.

Grass fire was reported three miles north of Lefors.

A threat was reported in the 1100 block of Sirroco place.

An assault was reported in the 700 block of Sloan Street.

Burglary was reported in the 1000 block of N. Wells Street.

An assault was reported in the 1300 block of Garland Street.

A suspicious person was reported in the 1600 block of E. Highway 60.

A suspicious person was reported in the intersection of Russell and Kentucky Avenue.

Violation of protective order occurred in the 2100 block of N. Nelson Street.

Disorderly conduct occurred in the 1600 block of W. Somerville Street.

Disorderly conduct occurred in the 1000 block of

W. Wilks Street.

Fraud was reported in the 1400 block of N. Hobart Street.

A suspicious person was reported in the 1000 block of S. Christy Street.

A suspicious person was reported in the intersection of Francis and Warren.

A 911 hangup was reported in the 1300 block of E. Frederic Avenue.

A suspicious vehicle was reported in the 1200 block of S. Hobart Street.

A suspicious vehicle was reported in the 1000 block of Varnon Drive.

A suspicious person was reported in the 2400 block of N. Charles Street.

A suspicious vehicle was reported in the 1400 block of N. Hobart Street.

A welfare check was made in the 2300 block of Mary Ellen Drive.

Domestic Disturbance was reported in the 1100 block of Cinderella Drive.

Violation of City Ordinance was reported in the 1000 block of E. Fisher Street.

Saturday, January 21

A suspicious person was reported in the 400 block of N. Carr Street.

Domestic disturbance was reported in the 1100 block of Cinderella Drive.

Suspicious person was reported in the 1200 block of S. Finley Street.

Suspicious person was reported in the 700 block of S. Henry Street.

A fire investigation occurred in the 100 block of W. 30th Street.

An abandoned vehicle was reported in the 2100 block of N. Williston Street.

A welfare check was made in the 500 block of

Montagu Avenue.

A suspicious vehicle was reported in the 2500 block of N. Perryton Parkway.

Criminal mischief was reported in the 1000 block of N. Wells Street.

Criminal mischief was reported in the 400 block of N. Lefors Street.

Disorderly conduct was reported in the 900 block of W. Twiford Street.

Assault was reported in the One Medical Plaza.

Alarm was reported in the 1000 block of W. Wilks Street.

Hit and run was reported in the 2100 block of N. Sumner Street.

A sewer choke was reported in the 1700 block of N. Coffee Street.

Domestic disturbance was reported in the 700 block of Mora Avenue.

Burglary was reported in the 900 block of E. Beryl Street.

A suspicious person was reported in the 100 block of W. 30th Avenue.

Disorderly conduct was reported in the 600 block of N. Dwight Street.

Disorderly conduct was reported in the 400 block of S. Graham Street.

Disorderly conduct was reported in the intersection of Kentucky and Sumner.

Sewer choke was reported in the 1600 block of N. Coffee Street.

Disorderly conduct was reported in the 1000 block of N. Wells Street.

Sewer choke was reported in the 400 block of E. Brown Street.

Disorderly conduct was reported in the 1300 block of N. Starkweather area.

Police report will be continued in Friday's edition.

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Sonogram rule challenged

AUSTIN (AP) - The Center for Reproductive Rights is asking for a rehearing of its argument that a law requiring a sonogram before an abortion is unconstitutional.

Two weeks ago the Fifth Circuit Court of Appeals lifted an injunction preventing Texas from requiring doctors to conduct a sonogram. The law also requires the doctor to show the woman the sonogram image, to play the fetal heartbeat aloud and to explain what the doctor sees, whether the woman wants to hear it or not.

The three-judge panel ruled that the law is constitutional and said a lower court was wrong to stop Texas from enforcing it.

The center is asking for a rehearing by the entire appeals court to reconsider the earlier decision, which they say is wrong.

Texas is currently enforcing the law.

Where seldom is heard...

ALBUQUERQUE, N.M. (AP) - Colorado's tourism chief is apologizing for disparaging remarks he made about New Mexico to the Wall Street Journal.

After the paper ran an article about New Mexico's efforts to boost tourism through a rebranding campaign, Colorado tourism director Al White responded, "So how about this for a theme: 'New Mexico...just south of Paradise!' That would have saved New Mexico the \$2.5 million it spent on the effort."

White tells KRQE-TV it was just an attempt at humor and he meant no ill will. In fact, he says the comments weren't even original. He says about a decade ago someone from Wyoming said the same thing about Colorado.

New Mexico Secretary of Tourism Monique Jacobson says she didn't take the comment personally and invited White to come south to ski.

Scratch-off game benefits vets

AUSTIN (AP) - A new Texas lottery game has veterans in mind with \$2 scratch-off tickets saying "Honoring All Who Served."

Lottery officials say sales began this week for the Veterans Cash game.

Proceeds will help benefit the Fund For Veterans' Assistance, part of the Texas Veterans Commission. Organizers say the fund helps pay for transportation of vets to medical facilities, counseling, housing, legal assistance and career training.

More than 8.2 million Veterans Cash tickets are for sale, offering a total of about \$10.7 million in prizes.

Higher prices boost Conoco

NEW YORK (AP) - Higher oil prices are making it easier for ConocoPhillips to complete a massive transformation this year.

The Houston company said Wednesday that profits rose 66.1 percent in the fourth quarter. Much of that came from the sale of pipelines and other assets that rose in value with the price of oil.

From October to December, ConocoPhillips earned \$3.39 billion, or \$2.56 per share, compared with \$2.04 billion, or \$1.39 per share a year earlier. Revenue increased 17.2 percent to \$62.4 billion.

ConocoPhillips is in the final stages of a three-year overhaul of its worldwide operations. Since 2010, the company shed \$10.7 billion in assets, including some of its least profitable businesses, and it plans to sell more than \$1 billion more by the end of 2012.

It also will spin off its refining business into a separate company, Phillips 66, before June.

Alleged horse rustler arrested

LAS VEGAS, N.M. (AP) - A case of horse rustling in northern New Mexico. The Las Vegas Optic reports state livestock authorities arrested and charged a 41-year-old man with stealing 41 horses over the past year from people in the Mineral Hill area.

Court documents show Benny A. Padilla of Las Vegas faces 42 criminal charges. He was booked into the San Miguel County Detention Center Jan. 13 and ordered released on Jan. 18.

Bogus coin dealer gets 5 years

AMARILLO (AP) - A federal judge in Texas has sentenced a bogus coin dealer to five years in prison for scamming mainly elderly customers out of more than \$600,000.

Michael D. Amato was sentenced Tuesday in Amarillo and ordered to make restitution. Amato in October pleaded guilty to transportation of stolen property.

Investigators say Amato represented himself as a dealer who appraised, bought, sold and exchanged coins for Excell Marketing Group in Patchogue, N.Y.

Prosecutors say Amato made calls to solicit business in Texas, California, Nebraska, Pennsylvania and Washington, but never paid for or returned coins sent to him by customers.

Amato must report to federal prison on Feb. 21.

South TX zoo announces birth

BROWNSVILLE (AP) - An endangered Western lowland gorilla born at a South Texas zoo has met some of the family.

Officials with the Gladys Porter Zoo in Brownsville on Tuesday allowed the infant, born Jan. 15, to join other creatures at the Gorilla Island exhibit.

Zoo officials say the mother, named Martha, and baby spent their first days separate from the group to ensure a close bond.

Authorities believe the baby is male, but are not sure because the mother has kept the newborn close. Authorities hope to name the baby once its gender is confirmed.

Zoo spokesman Jerry Stones says Martha is a good mother, nurturing babies before she started having five of her own. The father is a silverback gorilla named Moja.

New planting map reflects climate change

WASHINGTON (AP) - Global warming is hitting not just home, but garden. The color-coded map of planting zones often seen on the back of seed packets is being updated by the government, illustrating a hotter 21st century.

It's the first time since 1990 that the U.S. Department of Agriculture has revised the official guide for the nation's 80 million gardeners, and much has changed. Nearly entire states, such as Ohio, Nebraska and Texas, are in warmer zones.

The new guide, unveiled Wednesday at the National Arboretum, arrives just as many home gardeners are receiving their seed catalogs and dreaming of lush flower beds in the spring.

It reflects a new reality: The coldest day of the year isn't as cold as it used to be, so some plants and trees that once seemed too vulnerable to cold can now survive farther north.

"People who grow plants are well aware of the fact that temperatures have gotten more mild throughout the year, particularly in the wintertime," said Boston University biology professor Richard Primack. "There's a lot of things you can grow now that you couldn't grow before."

He uses the giant fig tree in his suburban Boston yard as an example: "People don't think of figs as a crop you can grow in the Boston area. You can do it now."

The new guide also uses better weather data and offers more interactive technology. For example, gardeners using the online version can enter their ZIP code and get the exact

average coldest temperature.

Also, for the first time, calculations include more detailed factors such as prevailing winds, the presence of nearby bodies of water, the slope of the land, and the way cities are hotter than suburbs and rural areas.

The map carves up the U.S. into 26 zones based on five-degree temperature increments. The old 1990 map mentions 34 U.S. cities in its key. On the 2012 map, 18 of those, including Honolulu, St. Louis, Des Moines, Iowa, St. Paul, Minn., and even Fairbanks, Alaska, are in newer, warmer zones.

For example, Des Moines used to be in zone 5a, meaning the lowest temperature on average was between minus 15 and minus 20 degrees. Now it's 5b, which has a coldest temperature of 10 to 15 degrees below zero.

Those differences matter in deciding what to plant. Griffin, Ga., used to be in zone 7b, where the coldest day would average between 5 and 10 degrees. But the city is now in zone 8a, averaging a coldest day of 10 to 15 degrees. So growing bay laurel becomes possible. It wasn't recommended on the old map.

Mark Kaplan, a New York meteorologist who helped create the 1990 map, said the latest version clearly shows warmer zones migrating north. Other experts agreed.

The 1990 map was based on temperatures from 1974 to 1986, the new map from 1976 to 2005. The nation's average temperature from 1976 to 2005 was two-thirds of a degree higher

than it was during the old time period, according to the National Climatic Data Center.

USDA spokeswoman Kim Kaplan, who was part of the map team, repeatedly tried to distance the new zones on the map from global warming. She said that while much of the country is in warmer zones, the map "is simply not a good instrument" to demonstrate climate change because it is based on just the coldest days of the year.

David W. Wolfe, a professor of plant and soil ecology at Cornell University, said that the USDA is being too cautious and that the map plainly reflects warming.

The revised map "gives us a clear picture of the 'new normal' and will be an essential tool for gardeners, farmers and natural resource managers as they begin to cope with rapid climate change," Wolfe said in an email.

The Arbor Day

Foundation issued its own hardiness guide six years ago, and the new government map is very similar, said Woodrow Nelson, a vice president at the plant-loving organization.

"We got a lot of comments that the 1990 map wasn't accurate anymore," Nelson said. "I look forward to (the new map). It's been a long time coming."

Nelson lives in Lincoln, Neb., where the zone warmed to a 5b. Nelson said he used to be in a "solid 4," but now he has Japanese maples and Fraser firs in his yard GCO trees that shouldn't survive in a zone 4.

Vaughn Speer, an 87-year-old master gardener in Ames, Iowa, said he has seen rebud trees, one of the earliest blooming trees, a little farther north in recent years.

"They always said rebuds don't go beyond U.S. Highway 30, but I'm seeing them near Roland," 10 miles to the north, he said.

Cinema 4

Movies Showing Friday, January 20 through Thursday, January 26.	Showing Friday/ Friday, January 27 through Thursday, February 2.
The Devil Inside (R) 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	Man On A Ledge (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
Underworld 4 (R) 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	One For The Money (PG-13) 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
The Darkest Hour (PG-13) Fri 7:30 9:45 Sat 7:30 9:45 Sun 7:30 Mon/Thur 7:30	The Devil Inside (R) 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
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	Underworld 4 (R) 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
We Bought A Zoo (PG) Fri No Showings Sat 2:00 4:30 Sun 2:00 4:30 Mon/Thur No Showings	

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Republican candidates prepare for Univision forum

primary on Jan. 31.

Republican presidential candidates Mitt Romney, Newt Gingrich and Rick Santorum will be participating separately in a forum at the Univision TV network in Miami.

Univision is the nation's largest Spanish-language television network. The forum Wednesday is co-sponsored by Miami-Dade College and the U.S. Hispanic Chamber of Commerce.

Romney has additional events Wednesday in Miami and Orlando.

Gingrich is giving a lecture on Latin American policy at Florida International University and visiting Coral Springs and then Cocoa, Fla., for a space industry round table and a town hall.

Santorum is speaking at a rally in Naples before participating in the Univision forum.

Ron Paul has no events scheduled in Florida, which holds its Republican

TX jail reopens after 2 1/2 years

ODESSA (AP) - A West Texas jail is to reopen 2 1/2 years after financial and management woes forced it to close.

The Presidio County Jail is to open Wednesday after it passed inspection by the Texas Commission on Jail Standards. The Odessa American reports The U.S. Marshals Service will inspect the lockup in Marfa on Wednesday to approve it to house federal prisoners.

Jail Administrator Mary Byrne says the Big Bend county would be reimbursed \$65 a day for each federal inmate housed in the 112-bed jail.

Marfa is 177 miles southeast of El Paso, and the closest jail is the 56-bed Brewster County Jail 22 miles to the east in Alpine.

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Viewpoints

Today in History

Today is Thursday, Jan. 26, the 26th day of 2012. There are 340 days left in the year.

Today's Highlight in History:

On Jan. 26, 1942, the first American Expeditionary Force to go to Europe during World War II arrived in Belfast, Northern Ireland.

On this date:

In 1788, the first European settlers in Australia, led by Capt. Arthur Phillip, landed in present-day Sydney.

In 1837, Michigan became the 26th state.

In 1841, Britain formally occupied Hong Kong, which the Chinese had ceded to the British.

In 1861, Louisiana passed an Ordinance of Secession, becoming the sixth state to break free from the United States.

In 1870, Virginia rejoined the Union.

In 1939, during the Spanish Civil War, rebel forces led by Gen. Francisco Franco captured Barcelona.

In 1950, India officially proclaimed itself a republic as Rajendra Prasad took the oath of office as president.

In 1962, the United States launched Ranger 3 to land scientific instruments on the moon - but the probe ended up missing its target by more than 22,000 miles.

In 1992, Democratic presidential candidate Bill Clinton, appearing with his wife, Hillary, on CBS' "60 Minutes," acknowledged "causing pain in my marriage," but said past problems were not relevant to the campaign.

In 1998, President Bill Clinton forcefully denied having an affair with a former White House intern, telling reporters, "I did not have sexual relations with that woman, Miss Lewinsky."

Ten years ago: In a preview of his State of the Union address, President George W. Bush pledged in his Saturday radio address to "work to create jobs and renew the strength of our economy."

Five years ago: The White House said President George W. Bush had authorized U.S. forces in Iraq to take whatever actions were necessary to counter Iranian agents deemed a threat to American troops or the public at large. Defense Secretary Robert Gates told a news conference that a congressional resolution opposing President Bush's troop buildup in Iraq undercut U.S. commanders and emboldened the enemy.

One year ago: Speaking in Manitowoc, Wis., President Barack Obama campaigned vigorously for his revamped economic message, warning that other countries were grasping for first place in the global marketplace as the U.S. fell down on the job.

Today's Birthdays: Actress Anne Jeffreys is 89. Actress Joan Leslie is 87. Cartoonist Jules Feiffer is 83. Sports-caster-actor Bob Uecker is 77. Actor Scott Glenn is 73. Singer Jean Knight is 69. Activist Angela Davis is 68. Rock musician Corky Laing (Mountain) is 64. Actor David Strathairn is 63. Alt-country singer-songwriter Lucinda Williams is 59. Rock singer-musician Eddie Van Halen is 57. Actress-comedian-talk show host Ellen DeGeneres is 54. Actor Paul Johansson is 48. Actress Jennifer Crystal is 39. Actor Gilles Marini is 36. Actress Sarah Rue is 34. Country musician Michael Martin (Marshall Dyllon) is 29.

Thought for Today: "Time is not measured by the passing of years but by what one does, what one feels, and what one achieves." - Jawaharlal Nehru, Indian statesman (1889-1964)



Obama speech: Into campaign arena

WASHINGTON (AP) - President Barack Obama, having watched his Republican adversaries pound him for weeks, got his turn Tuesday, using his State of the Union speech to land the first major counterpunch of the still-forming 2012 election.

It came before a prime-time audience of millions that the GOP candidates can only envy, even if their fiery debates are turning heads.

Obama didn't mention Mitt Romney or Newt Gingrich in his third State of the Union address. But the GOP contenders were never far from mind. Obama demanded economic fairness for Americans on the same day that Romney revealed paying a relatively modest 14 percent in taxes on his \$21 million in 2010 income.

"You can call this class warfare all you want," Obama said, chiding Republicans. "But asking a billionaire to pay at least as much as his secretary in taxes? Most Americans would call that common sense."

Obama could not use the State of the Union's formal setting for a purely political speech, of course. But he invited a symbolically telling guest to the crowded House chamber: the secretary who works for investor Warren Buffett, a billionaire who says the U.S. tax code unwisely lets him pay a lower tax rate than his clerical staff.

Obama called his new proposal for a minimum 30 percent tax on millionaires the "Buffett rule."

It would have doubled Romney's tax bill. It also dings Gingrich, who wants to eliminate the capital gains tax. As Romney noted in Monday's GOP debate in Tampa, Fla., he would pay essentially no income taxes under Gingrich's plan.

The tax quarrel is one of the philosophical differences splitting the two parties, which have grown so hostile in Congress that it's impossible for the president to pass anything but the blandest of initiatives. Last year's showdowns over spending bills and

the debt ceiling brought the government to the brink of shutdowns and triggered a credit rating downgrade.

Yet a number of lawmakers, especially those elected with tea party help, answer to constituents who detest compromise and say a federal government meltdown might not be a bad idea.

Congress' GOP leaders declared Obama's ideas dead in dismissive statements early Tuesday, hours before his speech. Obama went the other way, pitching ideas for job training, clean energy and other topics.

These issues will play a role in the general election, once the GOP picks its nominee. But the dominant issue will be Obama's handling of jobs and the economy.

That severely limits his ability to focus on his first three years in office, except for foreign achievements such as the killing of Osama bin Laden. And it forces him to argue that he still can accomplish good things despite a bitterly gridlocked legislative branch.

Until Tuesday, the Republicans' wildly unpredictable presidential race had dominated political news, leaving Obama largely on the sidelines. Romney, the former Massachusetts governor, and Gingrich, the former House speaker, express open disdain for the president, blaming him for nearly every lost job and foreclosed home.

Romney was particularly pointed Tuesday in Tampa, one day after a Republican debate widely seen as his best in a while.

"High unemployment and record home foreclosures," Romney said. "Debt that's too high and opportunities that are too few. This is the real state of our union. But you won't hear stories like these in President Obama's address tonight."

Obama "will make the opening argument in his campaign against a 'do-nothing Congress,'" Romney said.

"It's shameful for a president to use the State of the Union to divide our nation."

Actually, a "do-nothing Congress" is only one of Obama's planned campaign themes. His aides know the economy might undo him, but they also detect big vulnerabilities in the Republican candidates.

Gingrich has a long history of unorthodox ideas, combative relations with supposed allies and lucrative Washington consulting contracts, which Romney is highlighting this week.

Romney's record at the corporate-restructuring firm Bain Capital proved to be a ho-hum issue in the Republican primary. But it might trouble independent voters next fall, when Democrats would paint Romney as an uncaring plutocrat who pays low taxes and eliminates jobs with barely a thought.

The approaching campaign might emancipate Obama in a sense. The gridlocked and toxically divisive capital can be a dreary place. He may not relish another grueling year of campaigning across the country. But at least he can get away from Washington and utter a few ideas without having them immediately declared dead, foolish or worse.

Obama likes the phrase, "You campaign in poetry but govern in prose." Today's more apt rendering might be, "You campaign in Reebocks and govern in leg irons."

Running shoes surely aren't the preferred attire of a president. They'd rather use the office's power and prestige to pursue policy goals.

In Washington's poisonous atmosphere, however, running for re-election might give Obama his best chance to break free from the logjams for a while and try to recapture the enthusiasm and joy of 2008.

Romney, Gingrich or some other Republican will be waiting, eager to make him answer for a nation still trying to turn an economic corner.

The PAMPA NEWS

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By axing parks, politicians are stealing

"Sorry, we're closed." In one of the saddest signs of the times, this message is popping up all across the country, as governors and legislators are cutting off funds (and shutting off access) to one of the finest, most popular assets owned by the people of our country: state parks.

More than 6,600 of these jewels draw some 700 million visitors a year to their grand vistas, historic sites, abundant wildlife, majestic forests, cascading waters, expansive beaches, nature trails, campgrounds, educational centers and lodges.

Parks are a tangible expression of America's democratic ideals, literally a common ground for every man, woman and child to enjoy, learn, absorb ... or just be.

Especially for the middle class and the poor -- the great majority of our people who can't jet off to luxury resorts for a getaway for vacation -- these spaces offer a form of real wealth, something of great value that each of us literally "owns," knitting us together as a community and nation.

Yet so many spiritually shriveled, small-minded and short-sighted state officials are snuffing out this invaluable, uniting social force. They are stupidly treating parks as nothing but a budget number or a piece of the "nanny state" to be axed in the name of ideological purity. Worse, they are sacrificing parks in order to keep the tax-dodging moneyed elites who pay for their campaigns from paying even a dime more in taxes.

The majority of states have been closing many of their parks, slash-

ing hours and services at others or simply handing the public's asset to profiteering corporations. Idaho's governor has proposed eliminating the entire parks department; California shut the gates of a fourth of the state's parks last year; officials in Arizona and Florida intend to privatize their parks; Washington state has cut off most of its park funding; and Ohio has okayed oil drilling in its parks to replace state financing.

As Woody Guthrie said of outlaws, "Some'll rob you with a six gun/Some with a fountain pen." This is theft by the in-laws, the political insiders who're stealing The People's property -- stealing from America itself.

Check out the robbery in my state of Texas. Things tend to be bigger here -- bigger hair and hats, for example, bigger money and egos ... and bigger thievery by political con men.

Last year, the gang of GOP hucksters who control our state government pulled off a huge heist, covering it up with an equally huge boast: "We balanced our budget. Not by raising taxes but by setting priorities and cutting government spending," bragged the gang leader, Gov. Rick "Oops" Perry. How'd they fill the \$27 billion shortfall that they themselves had created by their previous budgetary mismanagement? By stealing money from already poorly funded programs -- from education to parks -- that ordinary Texans count on.

People here are justly proud of their



JIM HIGHTOWER

94 parks, but many of these treasures are now understaffed, open fewer hours and in disrepair because the system's budget was whacked by 21.5 percent in order to spare the wealthiest families and corporations in this enormously rich state from paying a teensy bit more in taxes.

But that was only part of the robbery. A state sales tax on sporting goods, dedicated by law to help finance the people's parks will generate about \$236 million this year and next. But the governor and his legislative henchmen raided this pile of revenue, filching two-thirds of it for the state's general fund so they could claim that they "balanced our budget (without) raising taxes."

To replenish some of the tax money taken by The Perry Gang, the head of parks for the Great State of Texas is now engaged in a shocking spectacle: public begging. In a video played at 11 December press conferences in state parks across Texas, the chief of a major state agency is reduced to shaking a tin cup, pleading for \$4.6 million in donations. "Please act now to help keep our state parks open for all Texans to enjoy," he beseeches.

These right-wing politicians howl that they want to shrink government -- but they are the shrunken ones, and the narrowness of their vision is diminishing what it means to be American.

Jim Hightower is a nationally syndicated columnist.

Severe storms drench Texas, spawning tornadoes

HOUSTON (AP) — Buckets of rain and powerful winds that apparently spawned several tornadoes swept across Texas on Wednesday, forcing drivers to abandon cars on flooded roads but not dropping enough water to make up for a historic dry spell.

The squall of storms swept from north to south, first pounding Dallas and Fort Worth overnight. At dawn, rescue workers were able to peek into car windows to make sure people weren't stuck in cars stranded in windshield-high water.

As the storms inched south and settled over Central Texas and Austin, record amounts of rain — more than 5 inches in some areas of the capital — drenched areas that just a few months ago battled the most devastating wildfires the state has ever seen.

At least one tornado touched down in northeast Austin, damaging an industrial park and a few homes, but causing no injuries, said Chris Morris, a meteorologist with the National Weather Service in New Braunfels. In total, the National Weather Service was investigating at least half a dozen tornadoes statewide.

By midday in Houston, some roads and freeways were flooded, and the Houston Independent School District cancelled all afterschool activities. The National Weather Service will survey damage in Pearland after residents reported a possible tornado touching down in town about 18 miles south of Houston.

Despite the damage, the downpour was seen as a blessing in some regions, including Washington County, a rural area northwest of Houston that hasn't seen much rain this year.

"It's really nice to see some of the cows in the county have water after all these months," said Robert Smith, the county's emergency management coordinator. "I think the cows are doing a jig."

Near San Antonio, some areas got more than 9 inches of rain, and the National Weather Service sent experts to survey storm damage to determine whether a tornado touched down overnight. The San Antonio Fire Department made 14 rescues, pulling people out of their vehicles after they drove into rising waters.

By Wednesday morning, weather was so severe east of Austin that the Bastrop Independent School District closed schools for the day, just months after consoling students who had lost their homes and belongings in drought-sparked wildfires. At least two other school districts experienced delays and closures, and one asked

parents to bring their children to school after the roof of the building that houses the school buses was damaged.

The National Weather Service also will have to survey damage to confirm whether a tornado or straight-line winds toppled trees and power lines, damaged businesses, blew out windows, flattened barns and ruined rooftops throughout Washington County and downtown Brenham, a town about 60 miles northwest of Houston. No one was injured.

Another apparent tornado damaged a tire shop in Somerville, and the third was spotted in Waller County.

Still, meteorologists said Wednesday's storms would not be enough to end a drought that has parched Texas for more than a year.

"Certainly, it's not a drought-buster. We have a long way to go to dig out of a big hole," said Clay Anderson, a meteorologist with the National Weather Service for the Austin and San Antonio region.

It was, however, one of the biggest rain events some parts of the state have seen in months. A record 5.66 inches of rain dropped on the Austin-Bergstrom International Airport between midnight and early Wednesday, Anderson said. Some areas east of Austin and San Antonio got more than 9 inches of rain.

Unfortunately, though, only 4 inches of rain fell in

areas that recharge the aquifers that are a major source of water for Austin and San Antonio.

Pat McDonald, a National Weather Service meteorologist in New Braunfels, said the most rainfall recorded from the storm was in Caldwell County, where 9.3 inches fell in Uhlard.

Even before the storms reached Houston, wind gusts of up to 50 mph brought down power lines, leaving thousands without power. An airport spokeswoman said several flights were delayed at the city's two airports because of wind, rain and tornado warnings.

Victor Murphy, a climate expert with the National Weather Service, said these storms could bring enough rain to some parts of North Texas — including Dallas and Fort Worth — to pull them out of drought conditions, but that won't be clear for another week.

But areas of South and southeast Texas that are in severe and exceptional drought will get only minor relief, Murphy said. The streams, reservoirs and lakes are too low to be refilled by one line of storms.

"It's just an improvement," he said. "This drought's too severe and too prolonged for one rain event to just end the drought, especially in areas like Houston and Central Texas."

Guthrie

cont. from page 1A

least the United States, that Woody's finally being recognized not only around the world but in his own neighborhood. ... We started Pampa's Tribute to Woody Guthrie in 1991, and we've been working all that time to get Pampa to acknowledge the fact that Woody Guthrie was a hometown boy, that he did accomplish a lot, that he is recognized across the country."

Mayor Brad Pingel informed Bray on Tuesday that the matter was not an action item and therefore not up for a vote at the meeting, though he added that the city staff will look into the matter and review its options.

SWCD

cont. from page 1A

to leave a rich legacy for future generations. As a result, this is the focal point the public speaking contest", added Ritter.

The annual soil stewardship public speaking contest program is a partnership between the Texas FFA, the Vocational Agriculture Teachers Association of Texas, the Texas State Soil and Water Conservation Board, the Association of Texas Soil and Water Conservation Districts and locally led soil and water conservation districts.

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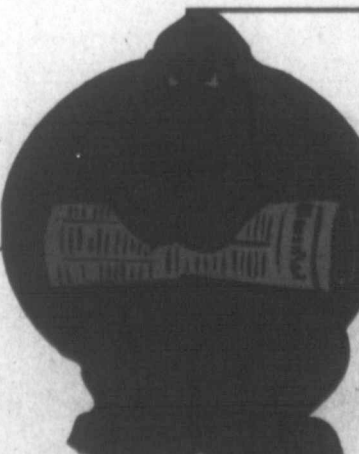
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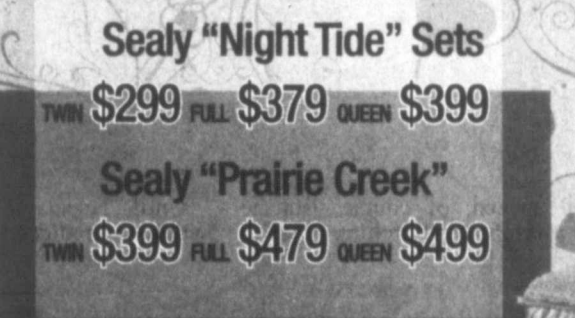
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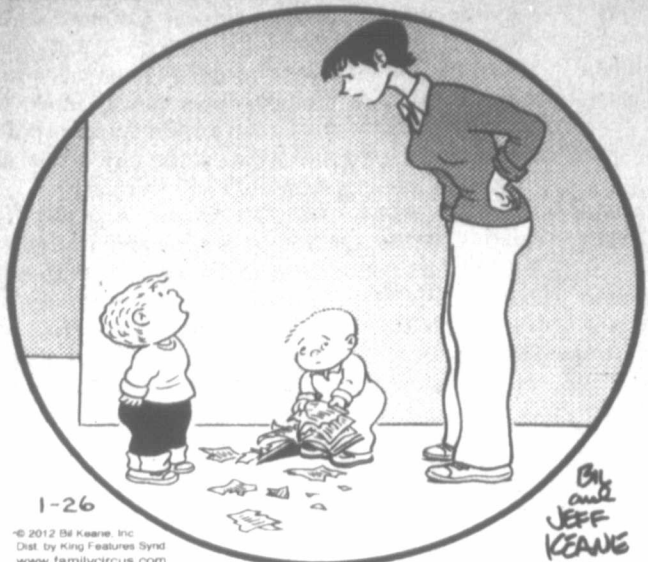
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THE FAMILY CIRCUS

By Bil Keane



1-26

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"Is this the year PJ is gonna be old enough to know better?"

Non Sequitur



Nest Heads



daily horoscope

HAPPY BIRTHDAY for Friday, Jan. 27, 2012

You'll become unusually gregarious and spontaneous this year. People from your past might not always be comfortable with this side of you. If you are attached, remain sensitive to your significant other as he or she adjusts to the "new you." If you are single, you'll certainly have your choice of suitors. Take your time getting to know them. You could make a purchase of a new car or computer out of the blue, surprising not only others but you as well. Others find you to be unpredictable. ARIES brings out the wildness in you.

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive;

3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19)

★★★★ You might not be at your best when you wake up, but you will be before you know it. Understand what someone expects. Nevertheless, your actions could stun others, and maybe even you, too. Excitement surrounds you. Tonight: Make hay while you can.

TAURUS (April 20-May 20)

★★★ Your mind zeros in on a personal or professional matter. The good news is that your thinking is on target. Assume a less dominant role for now in different facets of your life, and allow others to come forward. Tonight: Take a time-out.

GEMINI (May 21-June 20)

★★★★ As focused as you might be on work, by the afternoon, your mind drifts elsewhere. How you handle a situation could change radically. Lighten up in a meeting. Much information comes forward, some of which might not be all fact. Tonight: Be spontaneous.

CANCER (June 21-July 22)

★★★★ Your mind drifts to many possibilities, perhaps not coinciding with the matter at hand. By the afternoon, events or self-discipline encourages greater concentration. You could be jolted by someone's reaction. Tonight: Out late.

LEO (July 23-Aug. 22)

★★★★ Reach out for other people, especially those who are experts or who know more in areas you are exploring. The type of information you will receive might be slightly avant-garde. A new beginning becomes possible if you can work with another person's thought process. Tonight: Opt for something different.

VIRGO (Aug. 23-Sept. 22)

★★★★ Deal with others directly. You might wonder what is going on behind the scenes. Clearly, someone shows unusual caring and wants to be closer to you. This situation could exist in your professional and/or personal life. Remain sensitive to this person. Tonight: Go with a surprise.

LIBRA (Sept. 23-Oct. 22)

★★★★ You might want to defer to another person. Truth be told, you aren't seeing the situation fully. Ask for more feedback from others. Knowing that others might pick up on something you don't allow greater give and take. The unexpected runs riot. Tonight: Go with the most fun invitation.

SCORPIO (Oct. 23-Nov. 21)

★★★ You will clear out more in less time. What you see as a new possibility could surprise you. Do a better job of listening to an associate or friend. If you do, you will see another path. Greet new technology with a smile. Tonight: Make it easy.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ You could be flabbergasted by another person's behavior. Your sense of humor emerges when dealing with this person. If you pull back some, you'll gain a new perspective. Just lie back and become more connected with this person's energy. He or she is a natural mental stimulus. Tonight: Be imaginative.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ You might wish that you had stayed closer to home by the afternoon. If you can arrange to make it an early day, do. In that situation, you become more open and able to move on a key idea. Don't be surprised by a roommate or situation that pops up. Tonight: Order in.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Finish up a project before getting on the phone and returning calls. News might be so stunning that you could be speechless. Give yourself time, and you will adjust. A lighter and more upbeat frame of mind helps you understand what needs to be done. Tonight: Hang out with friends.

PISCES (Feb. 19-March 20)

★★★★ Get as much done as you can in the first part of the day. You might not understand everything that you are seeing, and you might not need to. A risk that won't cause too much damage if it goes south might be worth it. Tonight: Your treat.

Tundra



Shoe



Mother Goose and Grim



Zits



Garfield



Beetle Bailey



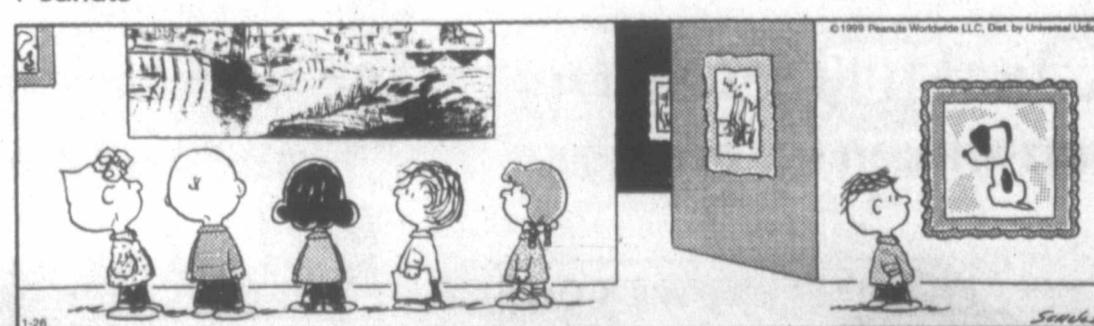
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Hagar The Horrible



Peanuts



Blondie



Beverly

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Census releases Indian tribe data

FLAGSTAFF, Ariz. (AP) — Almost half of American Indians and Alaska Natives identify with multiple races, representing a group that grew by 39 percent over a decade, according to U.S. Census data released Wednesday.

Of the 5.2 million people counted as Natives in 2010, nearly 2.3 million reported being Native in combination with one or more of six other race categories, showcasing a growing diversity among Natives. Those who added black, white or both as a personal identifier made up 84 percent of the multi-racial group.

Tribal officials and organizations look to Census data for funding, to plan communities, to foster solidarity among tribes and for accountability from federal agencies that have a trust responsibility with tribal members.

The bump in the multi-racial group from 1.6 million in 2000 to nearly 2.3 million in 2010 was higher than that of those who reported being solely of Native descent.

"When information comes out and is available for our tribes and tribal communities, we have a lot of issues going back to identity," said Mellor Willie, executive director of the National American Indian Housing Council. "Who is Indian?"

The Census figures, released during a presentation at the National Museum of the American Indian in

Washington, D.C., also include people living in the United States who consider themselves indigenous to Central and South America. Tribal officials say it's the best snapshot of Native people available, but the data is often supplemented with tribal enrollment figures or other surveys and studies.

Amber Ebarb, with the National Congress of American Indians' Policy Research Center, said the data also is used to track trends among states and regions, determine the mobility patterns of Natives and figure out how best to deliver services to Natives or conduct outreach.

"It's kind of a function of geography," she said. "There's this trend where single-race American Indians live in tribal communities and multi-race Natives live farther."

The Blackfeet Nation in Montana had the highest proportion of people who reported being part of more than one racial group or tribe at 74 percent. Among Alaska Native groups, the Tlingit-Haida had the highest proportion of mixed-race Natives at 42 percent.

The number of Natives identifying with at least one other race increased in all but three states from 2000 to 2010, according to the Census.

Some tribes were less diverse. Of the 34,000 people who identify as Yup'ik, an Alaska Native tribe, 29,000 said they were affiliated with

no other race. The Navajo Nation, whose reservation stretches into New Mexico, Utah and Arizona, had the highest proportion of people who identified as Native and nothing else at 86 percent of its 332,000 population, Census officials said.

The Navajo Nation comes in second in population behind the Cherokee's 819,000 population, 65 percent of whom identify with another race.

Census Director Robert Groves said the bureau has projected that the overall Native population will increase to 6.8 million in 2030 and about 8.6 million in 2050. Both multi-racial Natives and Natives alone grew at a rate higher from 2000 to 2010 than the U.S. population at large.

Among other findings: —Seventy-eight percent of Natives live off tribal reservations but many live in counties close to reservations, particularly throughout the West, including Oklahoma.

—The majority of Natives live in 10 states: Arizona, California, Florida, Michigan, New Mexico, New York, North Carolina, Oklahoma, Texas and Washington.

—The population of multi-racial Natives jumped by more than 50 percent in 18 states, and by more than 70 percent in North Carolina, Delaware and South Dakota.

BANANAGRAMS!

For each word or phrase below, rearrange the letters to spell two new words that are synonyms. For example, WIZARD PEAR can be rearranged to spell AWARD, PRIZE.

BILGE RIAG
[] [] [] [] [] []
CRADLE REST
[] [] [] [] [] []
NUTTY LOCAL
[] [] [] [] [] []
REVOLT CHEERS
[] [] [] [] [] []

Yesterday's Answer: CAUCUS
Y N G U L C
M B H O R N O B

126

Alleged cartel hit man convicted in Texas

McALLEN (AP) — A federal jury on Wednesday convicted an alleged hit man for a Mexican drug cartel on racketeering, conspiracy and weapons charges, about two years after a jury at his earlier trial deadlocked on similar counts.

Gerardo Castillo Chavez, also known as "Cachetes," or Cheeks, was the first of 34 defendants named in the 51-page indictment to go on trial. Fourteen have now been convicted. A judge declared a mistrial in his first trial.

Prosecutors alleged Castillo, 25, was part of a larger drug-trafficking conspiracy run by the Gulf drug cartel and the Zetas terror squad.

Court records show the conspiracy's primary objective was moving cocaine and marijuana from Mexico into Laredo and on to Dallas.

Between 2001 and 2008, the organization, known collectively as "La Compania," or the company, moved hundreds of drug loads into the United States. Cash proceeds from drug sales and guns followed the route back to Mexico. The cartel employed a network of safe houses for its drug loads

and gunmen on both sides of the border. The Zetas, whose founders came from Mexican special forces, have since split from the Gulf cartel and are now among Mexico's most powerful cartels in their own right.

The hit squads, of which prosecutors alleged Castillo was a member, were used to intimidate and eliminate rivals. Castillo was implicated in the shooting deaths of two men and the attempted murder of two others.

Prosecutors presented testimony from law enforcement officers and convicted members of the Zetas over the first five days of the trial.

Defense attorney Roberto Balli told jurors in his opening statement last Wednesday that the government's case rested on the word of convicted murderers with an incentive to help prosecutors. Two of the convicted assassins had testified at Castillo's first trial, but another captured since provided some of the trial's most gripping testimony.

Wenceslao Tovar Jr., once part of the security detail for the Zeta commander overseeing Nuevo Laredo, testified last week that he

remembered seeing Castillo at a Zetas training camp in San Fernando, Tamaulipas. He said that Castillo was staying six bunks away from him in a barn at a ranch where Zeta recruits were trained in weapon use, house raids and killing.

Jurors began deliberating Tuesday and started Wednesday by saying they had a verdict on one count but questions about the others. At 10:30 a.m. jurors told the judge they were deadlocked, but U.S. District Judge Micaela Alvarez denied the defense's motion to declare a mistrial and sent them back to continue their discussions. Less than four hours later they returned their verdict of guilty on all five counts.

Balli maintained in both of Castillo's trials that the government had the wrong man. He told jurors federal agents were looking for a man named Armando Garcia, the name in the original indictment, when they arrested Castillo in Houston in 2009.

After the trial, Balli said his client was understandably disappointed, but already looking forward to an appeal. The appeal will

be based in part on testimony presented to jurors that Balli argues was not relevant to the charges at hand and only served to bias jurors against Castillo.

"The fact that in this case they're (prosecutors) presenting all these extraneous acts...and by listening to all these other acts it prejudiced them (jurors) against him (Castillo)," Balli said.

Castillo faces up to life in prison. His sentencing was scheduled for April 30.

Sudoku

Answer to yesterday's puzzle:

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

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

Level: Intermediate

CROSSWORD

By THOMAS JOSEPH

ACROSS

- 1 Addition column
- 5 Team
- 10 Highway ramp
- 11 Two-some
- 12 Depend
- 13 Out of bed
- 14 Refrigerator feature
- 16 Make figures
- 20 Some Louvre paintings
- 23 Like '60s fashion
- 24 At — (baffled)
- 25 Make a point
- 27 Marks a ballot
- 28 Aloud
- 29 Diner freebie
- 32 Float need
- 36 Form couples
- 39 Singer Guthrie
- 40 Wading birds
- 41 Pride member
- 42 Rapper's entourage
- 43 Pursue

DOWN

- 1 TV's Hatcher
- 2 Suit
- 3 Khar-toum's river
- 4 Thwarts
- 5 Tender spots
- 6 Idiosyncrasy
- 7 Good times
- 8 Hearty brew
- 9 Bear's lair
- 11 Bakery buys
- 15 Play makeup
- 17 In a frenzy
- 18 Shredded
- 19 First place
- 20 Long skirt
- 21 Tina's TV co-star
- 22 Snow-man's carrot
- 25 Blueprint number
- 26 Ranch pens
- 28 Flight makeup
- 30 Piano parts
- 31 Biting
- 33 War of 1812 port
- 34 Lotion additive
- 35 Cowled one
- 36 Vitality
- 37 Before today
- 38 Auditor's org.

S	H	A	M			A	L	E	S			
T	O	T	E	D		A	R	E	N	A		
O	N	E	N	O		R	E	N	A	L		
R	E	A			R	O	M	A	N	C	E	
M	Y	S	T	E	R	Y		I	T	S		
	S	E	E	M	E		W	E	S			
					M	I	S	E	R			
	E	S	P			T	A	I	N	T		
A	L	I				W	E	S	T	E	R	N
F	A	N	T	A	S	Y		V	I	E		
R	I	G	O	R		A	B	A	T	E		
O	N	I	O	N		S	I	D	E	D		
S	E	N	T				G	A	R	Y		

Yesterday's answer

- | | |
|----------------------|---------------------|
| 19 First place | 30 Piano parts |
| 20 Long skirt | 31 Biting |
| 21 Tina's TV | 33 War of 1812 port |
| 22 Snow-man's carrot | 34 Lotion additive |
| 25 Blueprint number | 35 Cowled one |
| 26 Ranch pens | 36 Vitality |
| 28 Flight makeup | 37 Before today |
| | 38 Auditor's org. |

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1	2	3	4		5	6	7	8	9
10					11				
12					13				
14				15					
			16				17	18	19
20	21	22					23		
24						25	26		
27					28				
29			30	31					
			32				33	34	35
36	37	38					39		
40							41		
42							43		

1-26



Dear Abby...

By Pauline & Jeanne Phillips

DEAR ABBY: My 12-year-old daughter, "Mandy," was invited to a friend's birthday party along with 12 other girls. They were told to meet at the mall where they'd "go shopping" together, then go for a sleepover afterward.

The birthday girl told her friends to bring money as gifts. Well, she raked in more than \$300 then proceeded to spend it all on herself while her friends stood and watched. Mandy returned home the next day and told me that although the girl spent the money on herself, her mom did buy them each a beverage.

Abby, I gave my daughter \$20 to go to the party, thinking the money would be for all of their fun — not the birthday girl's financial gain. I thought your readers might want to learn from my mistake. These days, a birthday party may not be a party at all! — HORRIFIED IN WICHITA

DEAR HORRIFIED: While this may have been shocking to you, the kind of party you have described may be acceptable to your daughter and her circle of friends. The birthday girl's intentions could have been made more clear — she re-

quested money as gifts and instructed everyone to meet at the mall. However, they accepted the invitation on her terms. The sleepover may have been the party. I hope they were fed after the mall crawl because they must have been starving.

DEAR ABBY: My dad died unexpectedly last year, three months before my 18th birthday. He had been kicked out of the house a few months prior to that because he was a horrible alcoholic who destroyed everything he ever cared about. He froze to death, alone.

My boyfriend is my soul mate. He has been my only source of support since Dad died. Mom ignores everything and has left me alone to go through all of this, spending my Social Security on vacations we could never have afforded before. My best friend is away at school in a different state and I'm more alone than ever. How am I supposed to survive all this alone? — ALWAYS ALONE

DEAR ALONE: Please accept my sympathy for the tragic loss of your father, who paid the ultimate price for his addiction. You

write well and are obviously intelligent. If you're still in school, counseling may be available for you if there is a counselor on staff. Because your mother is emotionally unavailable and your best friend is out of state, your friend's mother might be willing to listen and advise you during this difficult period.

DEAR ABBY: My mother-in-law is a widow. She says she no longer wants to be addressed as Mrs. because she is not married. I thought that once married you were always a Mrs. unless you choose to be a Ms. Isn't it proper for a widow to be addressed as Mrs.? — DAUGHTER-IN-LAW IN WASHINGTON STATE

DEAR DAUGHTER-IN-LAW: As a widow your mother-in-law can continue to use her married name — or adopt any name she chooses. If she prefers not to be called Mrs. her wishes should be respected. Some widows prefer to be called "Mrs. John Jones" for the rest of their lives, while others do not. If your mother-in-law prefers "Ms. Betty Jones," that's fine, too. It's a personal choice.

Sports

Harvesters played to their potential against Perryton

I know my last column about the Harvesters basketball team created a stir. I completely understand that our team is made up of 15-, 16-, 17- and some 18-year olds and aren't professional athletes. That doesn't mean they are free from criticism. In practice and during games they receive teaching from Dustin Miller and Matt Embry. Our young athletes can also take criticism. Tuesday night, it showed.

ANDREW GLOVER

In the first quarter, senior Cole Engle nailed three open three-pointers. In the second half, he another three and sank four crucial free throws in the fourth quarter. Engle's strong play helped divert Perryton's attention away from Latigo Collins.

Collins, who had struggles in the second half, carried the team Tuesday with 21 second half points. At the line, Collins was perfect. In the fourth quarter he made the game-changing play, getting fouled outside the three-point line. Collins understands his role and makes sure he delivers.

Junior Derrek Pollard played strong down low. He hit his shots inside for eight points. The junior also was strong on the boards. Defensively, Pollard racked up a couple of blocks. If Pollard can continue to step up his game, he will become another option on offense and be someone opposing offenses will fear.

Junior Tyler Powell continues to play strong. Powell has also been a contributor on the glass. Tuesday night, he found himself among the leaders on the scoreboard. The junior forward has a lot of potential and will probably be one of our

leaders next season.

Tuesday night the bench made impressive strides. Senior Laketon Harris hit two three pointers that helped Pampa distance itself. The others may not have contributed on the scoreboard but still helped the Harvesters' cause. Juniors Jonathan Cox and Ty Hutto provided an energy boost. Cox tipped a ball that Pampa recovered and kept the Rangers off the board. Senior Jesus Cabrales played strong down low defensively and let Pollard and senior Reid Miller rest on the bench. If the reserves can continue to play well, Dustin might rely on his starters less and give those players some time.

I have to admit those first two losses are still frustrating. Tuesday night, the Harvesters showed how well they can play at their full potential. If this team can continue to play that way it can achieve great things. I'm sure on Friday and Tuesday, Dalhart and Borger will

see a different Pampa then they faced in the first week of district. Hopefully, by the time mid-February rolls around, no one will even think about those first two losses.

The purpose of my last column wasn't to demean these individuals but to help them. I am well aware of the talent each member of this team has and how good this team can be when everyone is playing at their best. It's not in my job description to support the team or be an advocate. However, just like the fans, I want the best for the team. I hate having to grill Dustin and his players after losses. It's my hope in the first weekend of March, we are back in Lubbock, Texas, and fighting for a trip to Austin.

Andrew Glover is The Pampa News sports reporter. He can be reached online at aglover@thepampanews.com.

Basketball pictures from Gray County 1/24/12

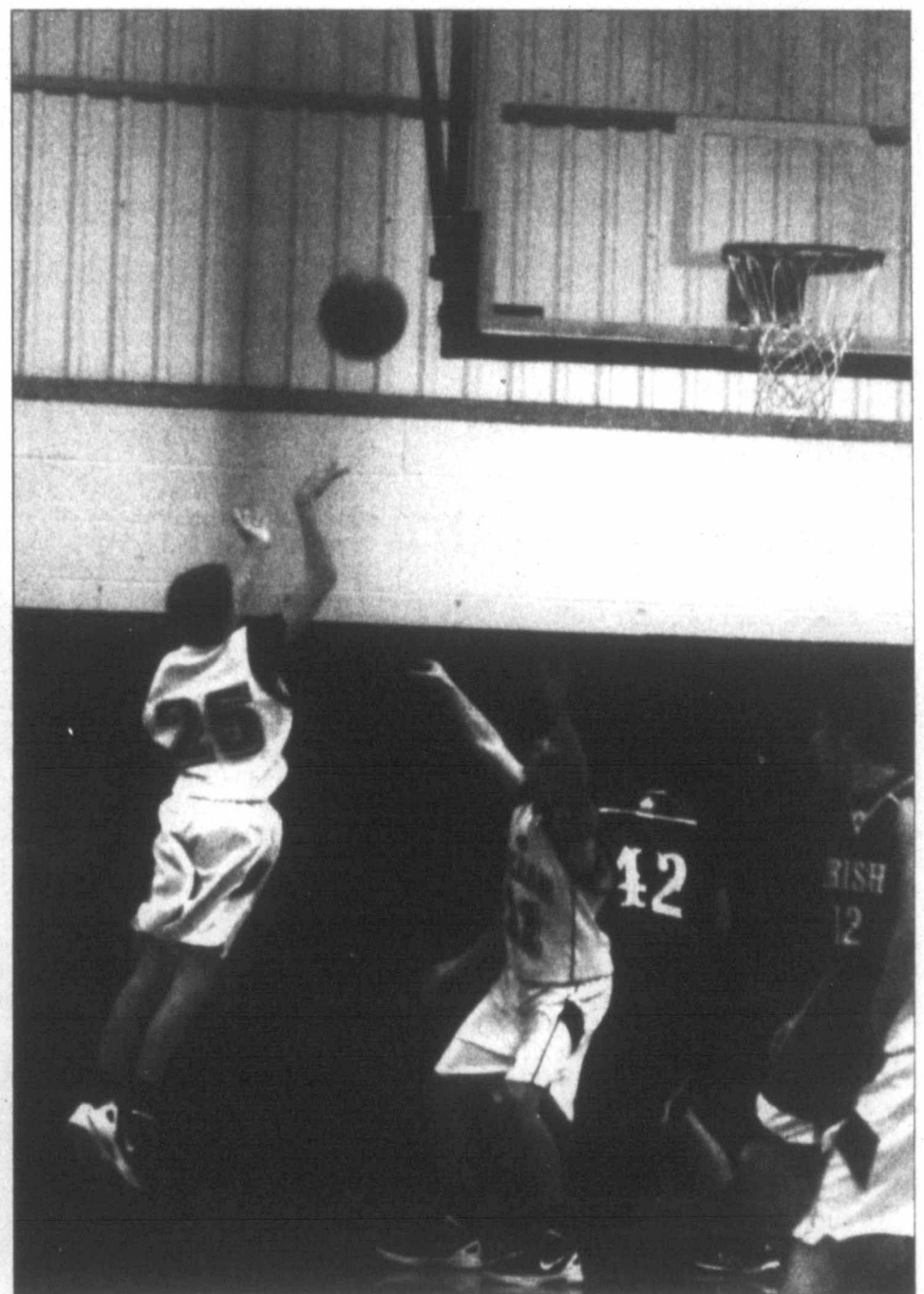
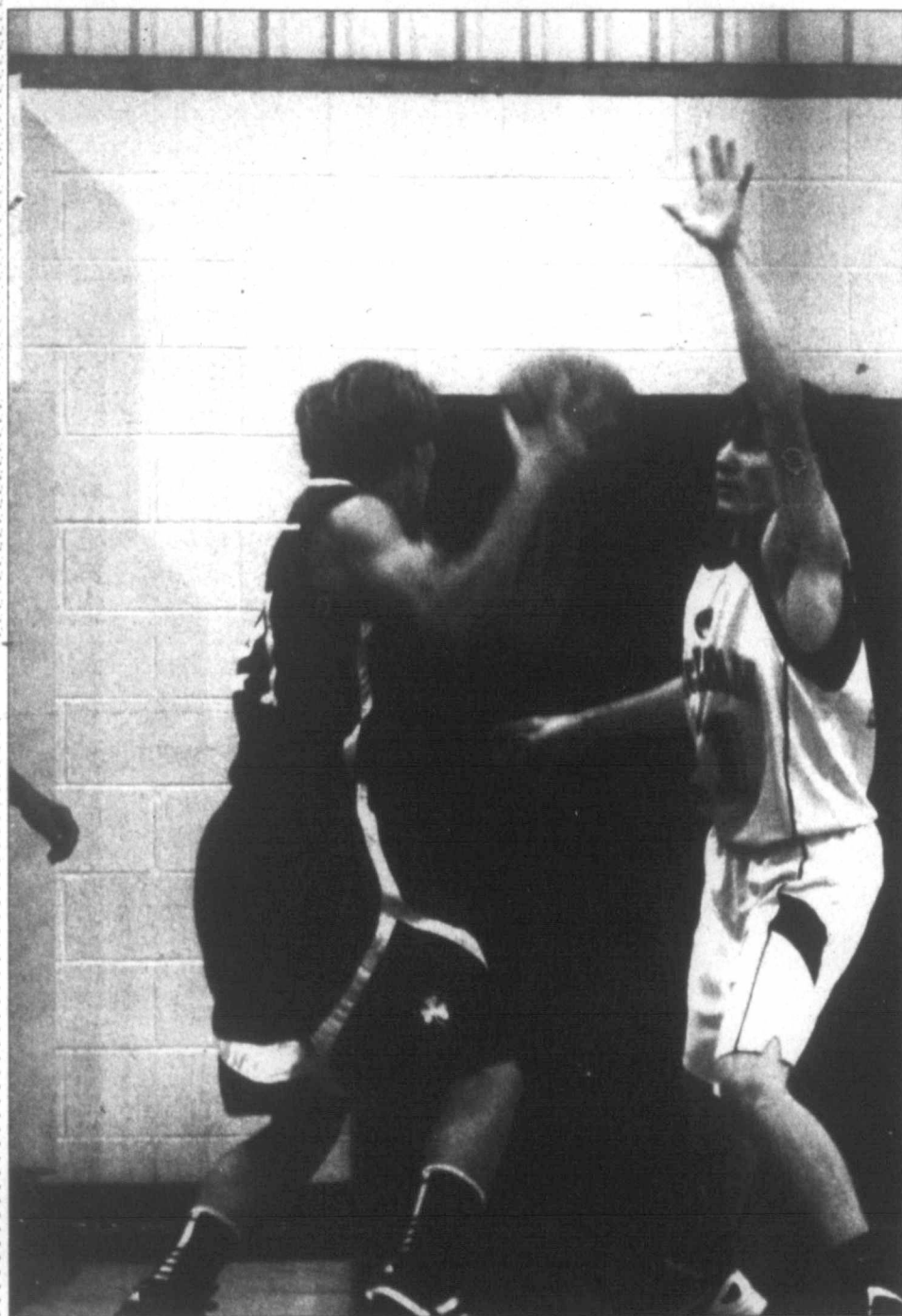
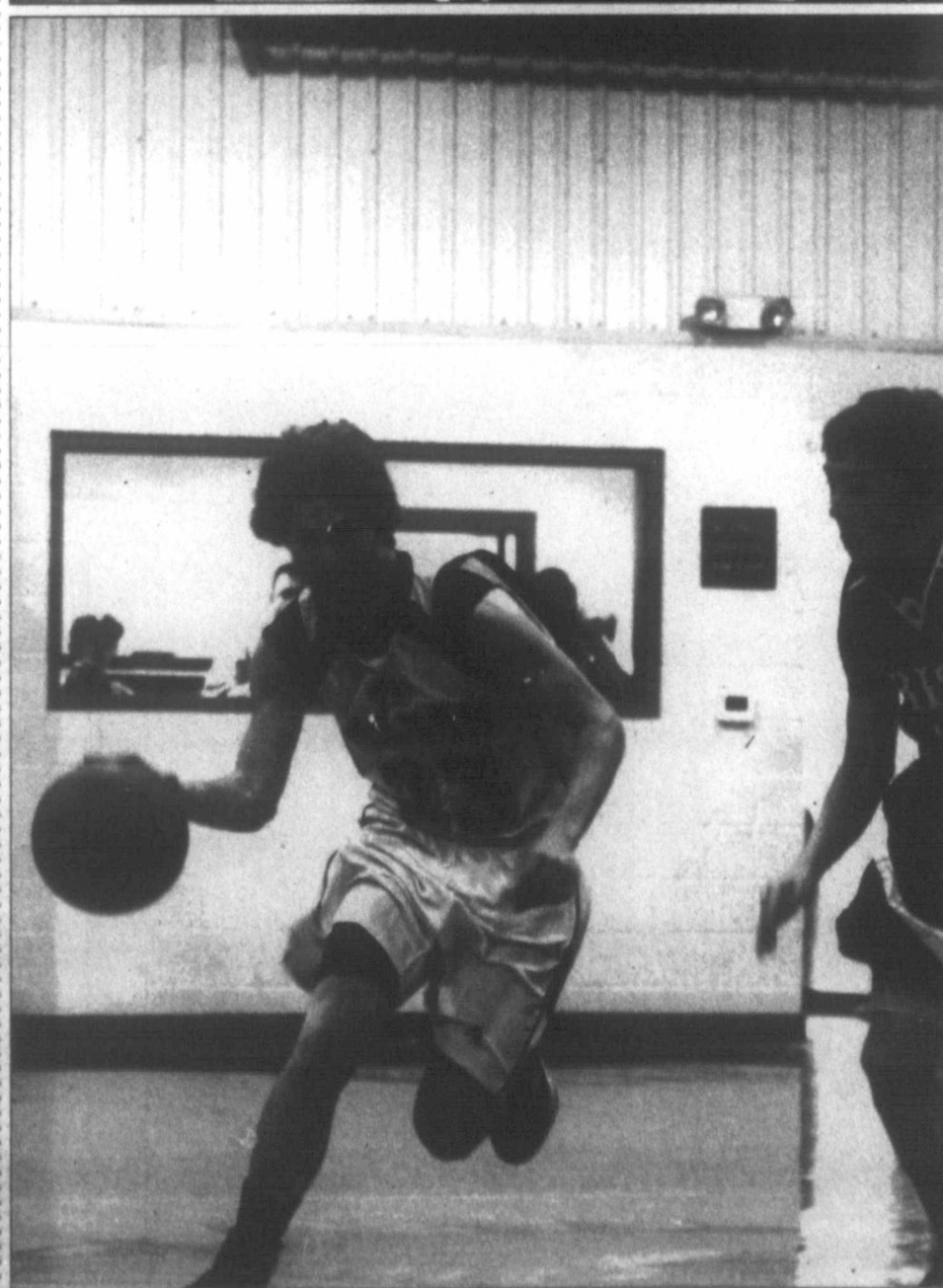


photo courtesy of **Amy Herring**

TOP LEFT: Senior Chance LaRoe closes in on a Shamrock ball handler Tuesday in McLean. The Tigers lost 68-49. **TOP RIGHT:** Freshman Braxton Cooper shoots a jumper. **BOTTOM:** Senior Jordan Herring dribbles past a



Pampa News

athletes



of the week



Delaney Clendening
Pampa High School



Logan Karbo
Pampa High School

Pampa High School senior basketball player **Delaney Clendening** is *The Pampa News* Female Athlete of the Week. Clendening scored on an offensive rebound at the buzzer Friday to defeat the Borger Lady Bulldogs. Clendening is one of the leading scorers on the team.

Pampa High School senior tennis player **Logan Karbo** is *The Pampa News* Male Athlete of the Week. Karbo won three doubles matches in practice match against Randall Saturday. Karbo is seeking a return trip to regionals in the spring. This is Karbo's first athlete of the week honor for 2011-12.

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Sports

PHS boys basketball seeks to avenge Dalhart, Borger losses

ANDREW GLOVER
aglover@thepampanews.com

After getting its first district win against Perryton Tuesday, the Pampa Harvesters hope to show the Dalhart Wolves and Borger Bulldogs that they are a different team when they meet for a second time.

"(That win) was huge," senior Cole Engle said. "It put us back in the run for the district title."

The Wolves (15-5, 2-1) host Pampa 7:30 p.m. Friday. Dalhart beat Pampa 55-47 in overtime on January 17. Pampa struggled to hit shots, especially from the outside and allowed Dalhart to stay in a zone defense. Head coach Dustin Miller said his team will have to play more aggressive on offense.

"We have to get to the rim and the free throw line better," Miller said. "That will allow us to be better shooters from the perimeter."

Senior Latigo Collins said Pampa needs to hit shots.

"Our defense (against Dalhart and Borger) was great," Collins said. "We just didn't hit shots. Hopefully we get something rolling."

The Wolves' size also created problems as it was able to get offensive

rebounds and hit second chance shots. Junior Tyler Powell said they should play better after getting a victory.

"The win gave us a boost," Powell said.

The Harvesters (14-7, 1-2) will host Borger 7:30 p.m. Tuesday. The Bulldogs won 50-45 in overtime January 20. Pampa struggled to contain Jamon Hearon and Grant Boren. Hearon scored 10 points and was able to drive past Pampa defenders and get to the rim. Boren scored 16 points. Boren hurt the Harvesters from outside with four threes.

Engle said they have to know where the shooters are.

"Our back side defender has to be aware of the swing pass which has gotten our opponents open threes," Engle said.

Miller said he thought his team played well defensively and hopes it can repeat that performance.

"We did a great job on Hearon last time," Miller said. "We let Boren hit a couple but as a team we held them to 42 in regulation."

Powell said the team has to play confident in both games.

"We talked about confidence being a big key in the (Perryton game)," Powell said. "We just have to have confidence and go do it."



Engle



Miller



Collins



Powell



staff photo by Andrew Glover

Junior Derrek Pollard grabs a rebound against Perryton Tuesday. Pollard had a strong presence inside.

PATERNO'S DEATH

Thousands mourn for former coach Paterno at funeral service

STATE COLLEGE, Pa. (AP) — With students, alumni and fans lining the streets, Joe Paterno's funeral procession drove slowly Wednesday past Beaver Stadium and through the town where the longtime Penn State football coach lived and worked for more than 60 years.

Thousands of mourners waited on the sidewalks, four deep and more in some places, for a glimpse of the electric-blue hearse carrying Paterno's casket. The convoy also included buses filled with Paterno's family, former players and other guests.

As a silent crowd looked on, the procession passed a library that bears Paterno's name on its way to Pine Hall cemetery, the final resting place of the man who led the Nittany Lions to five undefeated seasons.

"The things he did for athletes, the things he did for all students actually — that alone earns our respect to say one final goodbye," said Alex Jimenez, a sophomore from Manapalan, N.J., standing directly across from the Paterno library.

Jay Paterno, the coach's son and quarterbacks coach, sent a message to the mourners via Twitter.

"Thank you to all the people who turned out for my father's procession," he wrote. "Very moving."

The elder Paterno died of lung cancer Sunday at 85. He served as the school's head football coach for 46 years and won two national titles before being fired in November in the wake of a child sex-abuse scandal involving a former assistant.

The last few months have been emotionally wrenching for the school's students and alumni, but mourners over the past two days have focused on the inspiration

Paterno provided to them, his accomplishments both on and off the field, and his philanthropy of which the library is one example.

Two days of public viewing that ended about noon Wednesday drew large, somber crowds, despite a wait that lasted hours. Members of Penn State's rugby team handed out hot chocolate Wednesday morning and took donations for the Special Olympics and the student run dance marathon fundraiser — the two efforts Paterno's family requested receive donations in lieu of flowers.

Paterno's family arrived about an hour before the funeral service on two blue school buses, the same kind the coach and his team rode to home games on fall Saturdays. His wife, Sue, was first off the bus, followed by Jay.

A who's who of Paterno connections followed. His defensive coordinator, Tom Bradley, walked down the sidewalk with Penn State and NFL great Franco Harris. "Today's Mass was a celebration. We laid to rest a great man," Bradley said. "He meant so much to so many people."

First in line for Wednesday's public viewing was David Brown, who left his home in Greensburg at midnight and drove more than two hours to State College, then prepared to wait a few hours outside until the doors opened.

"I wouldn't have been surprised if there were 1,000 people here," he said.

Behind him was John Myers, 70, who drove more than two hours from Tamaqua to arrive at 5 a.m. — three hours before the viewing was scheduled to begin.

"It's worth it," Myers said. "Joe was one of the best, if not the best, football coaches ever."

Yet he was ousted just 9 days before disclosing his diagnosis. Paterno's son, Scott, has said his father was not broken-hearted and remained upbeat until the end of his life. Scott and Jay Paterno were among the pallbearers carrying their father's casket.

Jerry Sandusky, the former assistant coach at the center of the abuse scandal, has been charged with molesting 10 boys over a period of 15 years. He has pleaded not guilty and is on bail, awaiting trial. Paterno was criticized in the days after Sandusky's arrest for not going to authorities outside campus when he was told of an allegation against the retired assistant in 2002. Paterno did notify two of his superiors at Penn State.

Mike McQueary, the then-graduate assistant who told Paterno about the alleged assault, went both to the public viewing and the funeral. Also at the service was former athletic director Tim Curley, who along with former university official Gary Schultz, is accused of perjury and failure to notify authorities about the McQueary allegation.

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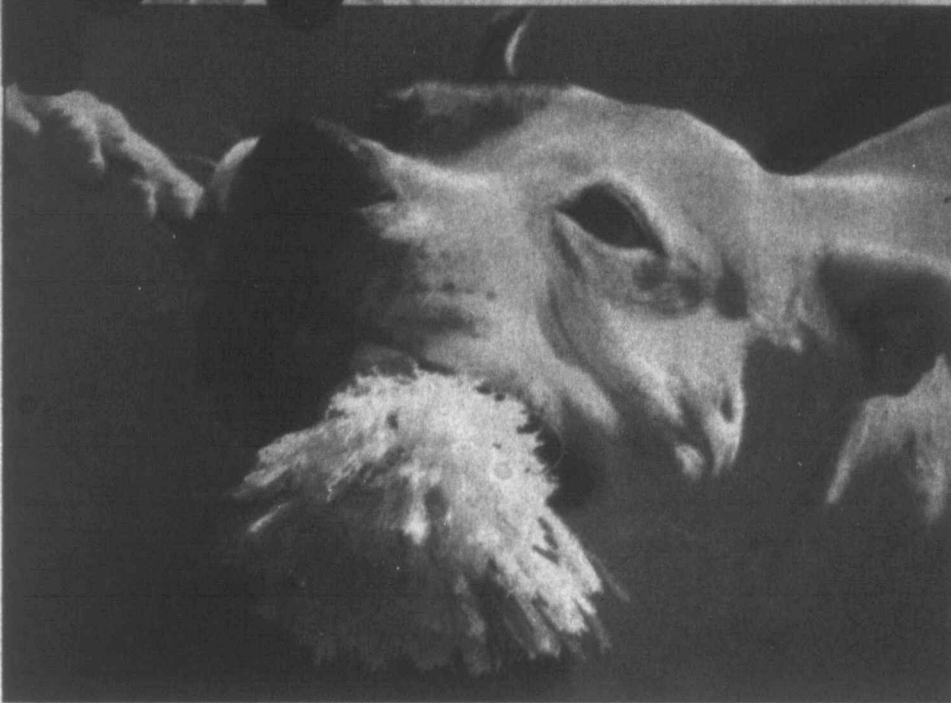
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all about pets



Playing with a dog on a daily basis can help the dog remain both physically and mentally healthy.

Fitness tips for Fido

Keep man's best friend healthy

Dog owners are well aware that caring for man's best friend has taken on a greater responsibility in recent years. Perhaps that's a result of the popularity of the cable channel Animal Planet or the television show "The Dog Whisperer," each of which has helped to educate dog owners about caring for their canines.

Caring for a dog might be a daily responsibility, but it's one that's often enjoyable for both dogs and humans alike. Dog owners concerned about their best friend's health or those simply hoping to avoid problems down the road can adopt a daily routine that ensures Fido stays active and healthy for years to come.

- Freshen up the dog's water. While this might seem obvious, keeping fresh water in a dog's bowl is something many owners overlook, sometimes leaving the same water in a dog's dish for days on end. Unfortunately, when that happens owners are allowing dirt and dust to build up in the water, which can also become

stagnant and prove a great breeding ground for insects if the bowl is outdoors. Humans need a certain amount of water each day to stay healthy, and so do dogs. Change the dog's water at least once per day and twice if the dog eats two meals per day. Also, keep an eye on the water bowl and refill it whenever it's empty. Be sure to clean inside the water bowl at least once per day, and pay attention to any dirt buildup on outdoor water bowls and clean accordingly.

- Feed the dog healthy pet food. Though it might seem fun and friendly to feed a dog directly from the dinner table, it's best to only feed the dog high quality dog food. All dogs are different, and dog owners should consult their veterinarian as to which food is best for their particular breed. While less expensive dog foods might be appealing, keep in mind such foods might be the equivalent of fast food restaurants for humans, which often provide little or no nutritive value.

HEALTHY cont. on page B2

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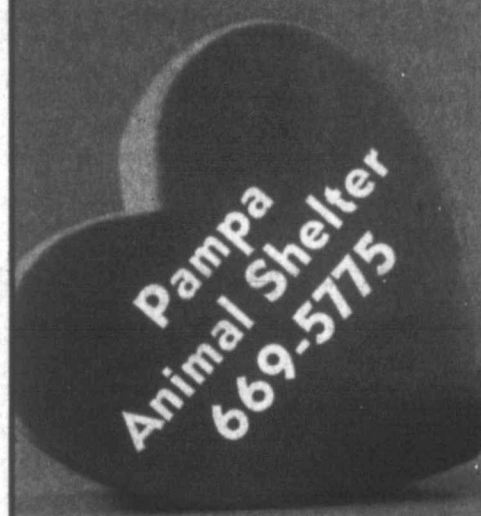
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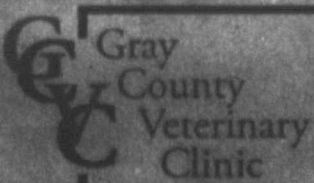
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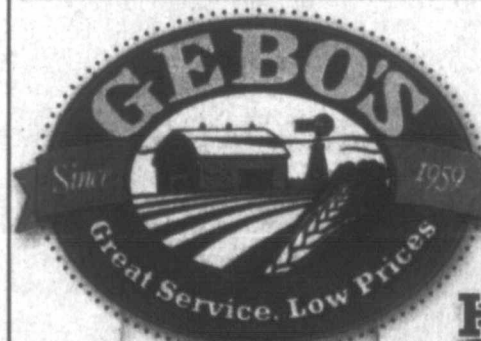


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all about pets



Keeping a pet leashed is one way to safeguard against runaways.

What should you do if your pet runs off?

We give them shelter, affection, food, and entertaining toys. But once the front door opens, some pets have their minds set on escape. A cat may dart, a dog may sneak. Either way, getting outdoors unattended can spell trouble.

It's impossible to count all of the runaway pets, but estimates suggest hundreds of thousands of pets go missing every year. Many of these pets end up in shelters where, unless they're adopted, they face euthanasia.

A lost pet can be devastating for an owner. Pets are extended members of the family, and their presence in the home can be immediately missed. Should a pet get loose, there are some steps to take.

- Cats are territorial and aren't likely to venture where other cats reside. If you know where stray cats often congregate, look elsewhere for your kitty. Bring along a cat carrier and urge the cat inside with a treat.

- Some dogs will see something interesting in the distance and chase after it. Others will run a perimeter around the neighborhood. Focus on a 5- or 6-block radius around your home to find a lost dog.

- If a pet is located, do not chase the animal. He or she may see it as a game and evade capture. Lure the pet in with a treat.

- Some animals can find their ways home. Give it a little time and the pet might just return home.

- If it's been several hours and the pet hasn't been found, visit area shelters to see if he or she has been picked up. Check with shelters that aren't in the immediate vicinity, too. Animals can wander great distances when lost.

- Post pictures of the pet around the neighborhood and ask if the mail carrier can distribute "lost pet" fliers.

- Shelters have different rules regarding how long they hold an animal. Some will do so for a few days before putting the animal up for adoption or putting it down if it's a shelter that euthanizes.

Preventing pets from getting lost is the key to avoiding the heartache and lost sleep searching for a missing pet.

- If a dog is allowed to remain outdoors unleashed, do so only in a fenced-in yard.

- Be sure to license and register the pet with the city or town in which you live. Display the license and an ID tag on the pet's collar.

- Use leashes and animal crates when transporting pets to and from the car.

- Invest in a permanent radio-frequency identification microchip. An RFID chip is the size of a grain of rice and is injected under the excess skin by the shoulders of the pet. It contains contact information should the pet be found. Many shelters have the scanners necessary to read the chip's frequency.

- Be aware of your pet when opening the door. Don't leave doors and windows open if your pet is a known escape artist.

Healthy

- Take the dog out every day. Few animals on earth are as naturally active as dogs. Dogs need daily exercise to stay healthy both physically and mentally, so owners should make certain their dog gets substantial physical activity every day. A walk around the block might suffice for smaller breeds, while a trip to the dog park where Fido can run, jump and play with other dogs might be best for medium-sized or larger breeds. Avid outdoors people should take their dog along for hikes through the woods or along for any other excursions they feel their dog can handle. Consult a veterinarian for the recommended daily amount of exercise depending on the breed, but know that all breeds of dogs need exer-

cise as part of their daily routine.

- Play with your dog. A healthy dog isn't one that's just physically healthy, but one that's mentally healthy as well. Dogs need attention on a daily basis, as most breeds are highly susceptible to boredom. Make time to play with your dog every day, as play time with a dog can help it avoid feelings of boredom while providing stimulation for the dog. In addition to playing with the dog, try to include an activity such as teaching the dog to fetch the frisbee. Such activities pull double duty, providing the dog both exercise and mental stimulation, not to mention fun for the dog, owner.

- Give the dog some freedom. The conventional

Individuals often view their pets as extended members of the family. People want to bring their pets along on vacations or while traveling to visit family and friends.

Until recently, it was more difficult to travel with dogs and cats. But as more and more hotel chains recognize the strong connection between people and pets, those chains are growing increasingly flexible in hosting four-legged guests.

For those who will be traveling with pets, there is a right and wrong way to do so. Having a plan of action is essential to safeguard the safety and comfort of all involved. Follow these tips to ensure everyone enjoys their R&R as much as possible.

- Establish the travel method and route in advance. Go online or scour travel maps to determine the best route to your destination. Depending on the length of travel, layovers may be needed to sleep, refuel and simply stretch the legs. Determine which areas will be safe for walking a dog roadside, and look for rest stops with areas to exercise pets. Experimenting with different routes virtually also enables travelers to choose the most direct, most scenic or another route that fits with their travel plans. Some GPS devices can also alert to lodging and traffic conditions.

- Stock up on supplies. Much as parents would bring along essentials while traveling with children, the same concept should be applied when traveling with a pet. Be sure to pack food, treats, toys, bedding, and any of the other creature comforts from home. It also may be a good idea to bring along a recent copy of the pet's immunization records to ensure that he or she is up to date on all shots. Bringing records can also serve as a safeguard if the pet needs to be seen by a veterinarian while away from home.

- Purchase bottled water. While on the road, take the time to give pets the opportunity to drink water to stay hydrated. Keep in mind that once a pet grows acclimated to a certain type of water at home, a change in that water may cause temporary digestive upset. To avoid accidents or discomfort, travelers may want to bring water from home or purchase bottled water.

cont. from page 1

wisdom that a dog can be chained in the backyard and left there for hours has thankfully fallen by the wayside. Nowadays, such behavior from dog owners is commonly viewed as abuse. Dogs should not be chained for extended periods of time, and exposing dogs to the elements of nature for prolonged periods is potentially very dangerous. A dog's fur, regardless of its thickness, can only protect it against winter weather for so long, and dogs can overheat very quickly in warmer climates. If the dog must be chained, make sure the chain is long enough to allow for significant mobility and do your best to minimize the amount of time the dog is on the chain.



Safe traveling with pets means keeping them properly restrained while in the car, whether it's with a pet seatbelt or harness, pet gate (if you have an SUV) or carrier, like the one pictured above.

- Contact pet-friendly hotels. Many hotels allow guests to bring along a pet, provided a security deposit is given. Some may have requirements, such as the dog must be caged at night or when left alone in the room. Some pet-friendly hotels can also recommend restaurants that allow leashed dogs.

- Travel safely. When a

cat or dog is riding along in a car, it is always best to have the pet restrained. This protects the animal in the event of an accident and also protects the other occupants of the car from injury. Pet seatbelts or harnesses can be used. For motorists with SUVs there are pet gates that can be installed to keep the animal secure in the back part of the vehicle.

Traveling with pets can be an enjoyable experience if proper precautions and planning go into the trip. Be sure to heed the requirements of the establishment where the family will be residing, and inquire as to the pet laws of cities, towns and provinces to act in a responsible manner when out exploring.

The best hope is the right match

Dog Talk with Uncle Matty

MATTHEW "UNCLE MATTY" MARGOLIS
Creator's Syndicate



Some things can't be blamed on boot camp.

The culprit here is poor breeding, and you can't reverse genetic makeup. Not yet, anyway. You can't reverse it. You can't cure it. The best you can do is control it.

I talked to the woman who wrote this letter. Her mother, Zoey's current handler, is 70 years

old and lives alone in an apartment. Taking Zoey for a walk necessitates negotiating hallways, an elevator, the lobby and the sidewalks that lead, finally, to the park — and then back again. Several times a day. Every day.

Under these circumstances, the opportunities for incident are many.

But that's not what people want to hear. They want to hear it's not that bad, it'll go away or, as one trainer told these people, the dog will grow out of it.

But she won't grow out of it. She'll grow into it. It'll become her normal. And absent professional intervention and the right environment, it'll get worse.

Everybody wants to save the dog. But what does that mean? Does it mean keeping the dog alive? Period. Or does it mean more? Helping the dog to better get along in the world? Finding the dog a world that better suits her? Matching the dog with a person better equipped to accommodate her needs?

For Zoey, the right match is her best hope. You could save a dog like this with the right environment. Zoey needs space and exercise. She needs to live in a house with a large yard. She requires a secure fence and a strong handler, someone who either is a professional dog trainer or behaviorist, or is able to hire one.

As it stands, Grandma is risking everything — her apartment, her savings, her friends and social interactions, even her life — to save a dog whose genes demand more than she can give. Personally, I think they both deserve better.

Woof!

Dog trainer Matthew "Uncle Matty" Margolis is co-author of 18 books about dogs, a behaviorist, a popular radio and television guest, and host of the PBS series "WOOF! It's a Dog's Life!"

MIND and BODY Health

PRMC welcomes Cintron as newest OB-GYN on staff

MOLLIE BRYANT
mbryant@thepampanews.com

Dr. Miguel A. Cintron, a gynecologist, joined the Pampa Regional Medical Center (PRMC) staff at the beginning of this week.

Cintron received his Bachelor of Science at the Catholic University of Puerto Rico before studying medicine at the University of Puerto Rico. He did his OB-GYN residency at the University District Hospital in San Juan, Puerto Rico.

Cintron says his parents influenced him to enter the medical field.

"My father was a physician. I grew up in an environment in which both my mother and father were in health care professions. I think medicine, when I was growing up, gave me options on how I can do what I like to do," he said. Cintron has practiced in Harlingen, Texas since 1992, where he currently has a private practice.

"Gynecology is an interesting specialty, and I think all specialties need to conform to your personality. You're dealing with both healthy patients (and) patients you can help in a positive manner," he

said. "Obstetrics, of course, is one of the most revered lines of work, because you're bringing in new life. But at the same time, you can help (the) quality of women's lives in a very impactful and permanent manner. So it offers you the opportunity to do outpatient work, inpatient work in surgery, and it really offers you (a chance) to make a difference."

W. Robert Cooper, the Provider Based Clinic Director at PRMC, is looking forward to more physician recruitment to the area.

"It is going to be exciting to establish physicians within the community who are interested in rendering quality care to the community, along with the current quality care physicians that we have," said Cooper. "I look forward to working with Dr. Cintron, and others that we bring in, in order to develop this concept."

"Currently, we're working to see what happens within the community using the relationships of the hospital with current providers, to see how many physicians we're going to need in the concept, and so we're happy to work with anyone to make this happen," he added.



staff photo by **Arnie Aurellano**

Matt Gill is the new nurse practitioner at New Life Wellness Center.

Nurse practitioner Gill settles in at New Life Wellness Center

ARNIE AURELLANO
editor@thepampanews.com

Dr. Mark Ford of the New Life Wellness Center beamed as he sat behind his desk on Wednesday, reflecting on the newest addition to the facility.

"We had a two-legged stool and we needed to add the last leg," Ford said. "We had the chiropractic care and we had the physical therapy. To complete that picture, we needed to add the medical care. That way, we'd have one stop service for patients."

That third leg arrived on the day after New Year's, as nurse practitioner Matt Gill joined the staff at New Life. Gill brings with him a background that includes work in orthopedics with Pampa's David Hampton, as well as experience in urgent and primary care. It's a well-rounded arsenal, Gill said, that comes in handy in dealing with the kinds of ailments that often come with working in the same building as a chiropractic practice.

"What's exciting to me about this is I get to see a lot of different kind of patients that I normally wouldn't have seen coming from the chiropractic side," Gill said. "That fits in with my roots of where I started with the orthopedic practice here in town, working for Dr. Hampton. I get to see that part of it, but I also get to see some primary care stuff that comes in — common colds, sore throats, things of that nature."

"Coming into a place like (New Life Wellness Center) where you see a lot of a certain kind of patient, the orthopedics background definitely comes in handy. But you're also in a community

where there's more than that that needs to be seen. There's patients out there who are sick. There's patients out there that kind of have a little bit of blood pressure, but not enough to go to Amarillo and see a cardiologist. There's patients out there that may have cut themselves cutting bread in the kitchen. That's where the family practitioner part of it comes in."

"He can handle everything," Ford said, "anything you would normally see your primary care physician for. Matt's highly trained, as nurse practitioners are. That's their role. ... Primarily, people that come to see us are coming with different neu-

rological, muscle or skeletal complaints. But we might check their blood pressure and it's high, and so, if they don't have a primary care physician or if they're super busy that day or maybe we would normally send them to the E.R. even though it's not that serious, instead, we could send them to Matt, he can evaluate them and we can go from there. Maybe they have uncontrolled diabetes and they see us and they're not monitoring properly, we can get them into Matt and he can help with that."

Generally, nurse practitioners work under collaboration with a medical doctor, **GILL** cont. on page B4



Avoid injury during your workout

Perhaps no New Year's resolution is as common as resolving to get in shape. After a holiday season filled with treats and social gatherings, it's no surprise many people hope to shed a few pounds once the season has come and gone.

With exercise on the minds of many, it's a good time to go over a few pointers to ensure that the next trip to the gym does not end in injury.

- Be careful of "no pain, no gain." Many beginners feel their workout isn't working if it's not hurting. While mild pain is to be expected, it's up to the individual to determine if the pain is indicative of something bigger. Swelling and extreme stiffness are not normal, and individuals should cease working out if either of those problems arise. For beginners, expect muscle soreness after the first couple of workouts. This can be painful, but it's often a result of working muscles that have not been taxed in quite awhile. This pain should subside, and once the muscles grow accustomed to being worked, the pain, stiffness or soreness should no longer appear after a workout (this may take a workout or two for the muscles to get used to it). If the pain persists, do not continue to exercise through an injury. Any persistent pain should be discussed with a physician.

- Know your limits. Beginners need to be especially aware of their exercise limits. Initially, they shouldn't attempt to do exercises their bodies can't handle. Lifting too much weight is common for beginners. Ideally, lift smaller amounts when beginning a workout to get the motion of the exercise down pat. As workouts progress, a person can then gradually add weight. Many fitness professionals feel adding 10 percent each week is a safe and effective approach, but individuals will know after a few workouts what works best for them. It's good to push

oneself, but don't push too hard and increase the risk of injury.

- Work with a trainer. Personal trainers can help beginners immensely. Trainers can teach beginners how to use machines and stretch properly and can answer any questions beginners commonly have. Trainers can be expensive, but many gyms offer one or two free personal training sessions to new members. Once those free sessions are finished, individuals can continue with the trainer or choose to go on their own. But if the free sessions are made available, beginners should take advantage of those sessions to help get their fitness routine off on the right foot.

- Fewer repetitions, more sets. A common mistake when beginning an exercise regimen is to dive right in without really knowing the ins and outs of a routine. For example, many people load up on repetitions (reps), feeling the more reps the more effective a workout will be. However, beginners often find fewer reps but additional sets is more effective. So instead of doing 4 sets of 10 reps, do 5 sets of 8 reps. This might seem too small to make a difference, but beginners often tire near the end of a set, and doing fewer reps per set can help them avoid fatigue and make the most of each repetition and set.

- Stay hydrated. Drink water throughout an exercise regimen to remain hydrated. Maintaining proper fluid levels helps avoid cramping and dehydration, which can bring their own batch of painful side effects, including nausea and heart palpitations. For those who workout in the early morning, be sure to drink water before working out to overcome any dehydration that may have occurred while asleep. For those who workout after work, be sure to drink water throughout the day so the body is fully hydrated when the time comes to hit the gym.

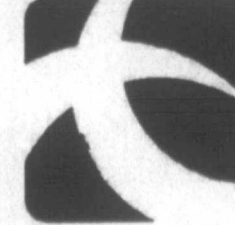


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MIND and BODY Health



Gill

cont. from page B3

and Gill is no different, practicing in association with Dr. Tony Cook of Canadian. However, Ford said that, with the all-in-one nature of the center, he and Gill also work in concert with other providers around Pampa.

"The other day, we had a lady with a broken foot," Ford said. "She came in for her regular treatment with me, and she said, 'Could you check my foot out? I hurt it this morning.' 'I looked at it, and I could tell there was a big problem. I brought her in to Matt, we X-rayed her and found out she was fractured. He splinted her and we got her over to Dr. Hampton. It saved her a trip to the E.R.'"

Ford said that he was thrilled to have Gill join the team.

"He's from this area. He had worked here before in Amarillo doing urgent care so he could develop his skills, and he was ready to come back and do a full urgent care/family care thing. Well, that's exactly what we needed. I'd been praying about it and God dropped him in our laps."

Both Ford and Gill said that Gill's addition to the New Life team is a move to complement and enhance the existing medical options in

the Pampa area.

"Especially with the atmosphere in our town right now, the hospital's in transition and we've had a lot of doctors leave," Ford said. "We're trying to do everything we can to keep our local patients in the surrounding areas coming to Pampa instead of having to go elsewhere, especially our older patients who maybe don't have transportation and things like that."

"There's a lot of people in Pampa that don't have health care that we can sure help out," Gill said. "There's a limited number of providers here for the amount of people, so if they're having trouble getting in to see somebody, we can take them here pretty immediately and then have them follow right back up with their primary care so that people aren't going without healthcare. They're getting seen when they need to get seen at reasonable cost. It's kind of like everybody helps everybody."

"The patients can get seen, we get to see the patients and they can follow up with their primary care physicians so they know what's going on. Hopefully, it's viewed like that by the other providers in the community."

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