

Sunday's Weather

HIGH
85
LOW
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See expanded weather on Page 2

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Schools to get funds to battle obesity in children

AUSTIN — In the continued fight against childhood obesity, Texas Comptroller Susan Combs has offered the state's public schools and charter schools an opportunity to receive \$20 million in grants during the next two years to support in-school physical education, nutrition and fitness programs for students in grades 6, 7 and/or 8.

Combs announced the new Texas Fitness Now grant program, aimed at middle school students attending schools where enrollment is at least 75 percent economically disadvantaged.

"Texas Fitness Now will provide crisis money for our schools," Combs said. "Childhood obesity and type 2 diabetes among children is an epidemic that we, as a state, must address now. Obesity cost Texas businesses an estimated \$3.3 billion in 2005 and could cost employers \$15.8 billion annually by 2025 if the trend continues."

Approximately 700 schools qualify for Texas Fitness Now grants. The minimum grant is \$1,500, and schools can get more, based upon their enrollment. More than 270,000 students could benefit from the

grants. "The U.S. Surgeon General's office reports that overweight children have a 70 percent chance of becoming overweight or obese adults," Combs said. "Texas Fitness Now will help teach kids the importance of physical activity and fitness and lay the foundation for a life of healthy choices and lifestyles as they grow into adulthood."

Combs secured funding for the grants in the 2008-09 state budget (General Appropriations Act, Article III, Rider 89) and developed the rules for the Texas Fitness Now pro-

gram in conjunction with the Texas Education Agency (TEA) and other interested stakeholders. TEA will administer the program, evaluate grant applications and award the funds to schools.

Acting Commissioner of Education Robert Scott said, "I appreciate the leadership Comptroller Combs has shown on improving the lives of Texas children. The Texas Education Agency is ready to work with her to improve the health and fitness of our stu-

See OBESITY, Page 3

Ramp construction



Courtesy photo

Lake Meredith workers were busy at the Double R boat ramp at Harbor Bay last week. The ramp was closed Thursday so maintenance personnel could lengthen the launch ramp. All boat launch traffic should use the Sanford-Yake Marina boat ramp or the Fritch Fortress boat ramp until the Double R ramp is reopened. Repairs should take approximately a week to 10 days, depending upon weather conditions. See story on page 9.

City garage sale offers residents chance for green

By MARILYN POWERS
Staff Writer

Pampa residents can "go green" in two ways Aug. 11 at the annual city-wide garage sale sponsored by the Greater Pampa Area Chamber of Commerce.

Residents have the opportunity to be environmentally friendly by recycling their unwanted items via the sale, which also gives them the chance to earn some green folding money, said Chamber of Commerce Interim Executive Director Keith Pitner.

Deadline to sign up to participate as a seller in the garage sale is 5 p.m. Aug. 3. Entry forms are available at the Chamber of Commerce office at 200 N. Ballard. Entry fee is \$20.

Participating sellers will hold their sales at a location of their choosing. A map and list of participants will be advertised in an edition of The Pampa News during the week before the sale. The maps and addresses will also be available at the Chamber of Commerce office.

Sale hours will be 9 a.m. to 4 p.m., Pitner said.

"Last year, we had 71 participants. This year, we hope to have more," he said.

CC to launch search for president

By KERRI SMITH
Staff Writer

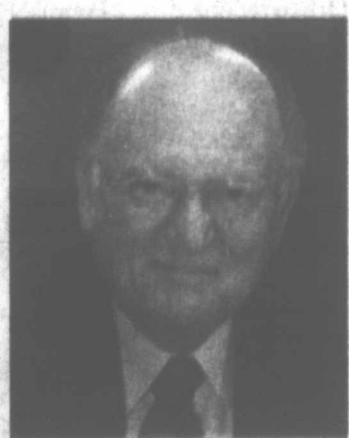
The interim president of Clarendon College, Dr. William Auvenshine, was recently in Pampa to meet with David Bradford, associate dean of Clarendon College Pampa Center to discuss what qualities the college should look for while searching for the next president of the campuses.

Auvenshine succeeds Dr. W. Myles Shelton, who resigned as president of Clarendon College in June to take a position

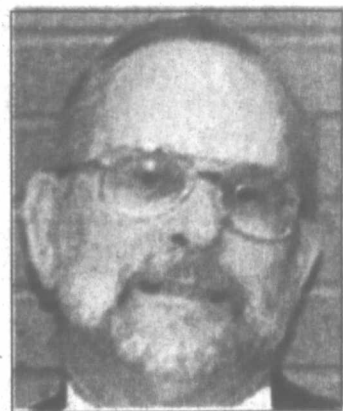
as president of Galveston College. Auvenshine and Shelton actually just traded places since Auvenshine was the interim president of Galveston College.

"I retired as president of Hill College in Hillsboro in 2004 after serving in that position for 20 years," Auvenshine said. "I directed the Texas Heritage Museum, the Hill College Press and the Civil War Research Center at Hill College for a few

See COLLEGE, Page 3



Auvenshine



Bradford

Funds established for victims of hardships

Corey Hernandez

A memorial fund has been set up for Corey Hernandez at FirstBank Southwest to assist with the financial burden of funeral expenses after the death of her husband, Miguel Hernandez, on July 20 who died at the age of 41.

Miguel Hernandez was an employee of West Texas Landscape and Corey Hernandez

works for the Pampa Police Department as the evidence technician.

To contribute to this fund, donations can be made at FirstBank Southwest at 300 W. Kingsmill or can be mailed to P.O. Box 1181, Pampa, Texas 79066. Please note on check the money is for the Corey Hernandez memorial fund. For more information, contact Lynette at 665-2341.

Doyle Clendennen

A medical fund has been set up for Doyle Clendennen at First State Bank of Miami to assist in paying the estimated \$10,000 - \$12,000 cost for ambulance transportation back to Pampa from the Pueblo, Colo., hospital where he is receiving medical care for a stroke.

Clendennen had a stroke while on vacation in Colorado and is expected to be in the hospital there for three or

four weeks. When he is able to be transported back to Pampa, he has been told he will have to ride in an ambulance the entire way and this will not be covered by insurance.

To contribute to this fund, go by First State Bank of Miami at 120 W. Kingsmill or mail it to that same address. Please note on the check that this donation is for the Clendennen fund. For more information, contact Linda Crawford or Jimmy Stone at 665-3669.

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Sunday	Monday	Tuesday
		
Partly cloudy	Partly cloudy	Partly cloudy

Sunday: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a high near 85.
 Sunday Night: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a low around 69.
 Monday: A 30 percent chance of showers and thunderstorms.
 Monday Night: A 20 percent chance of showers and thunderstorms.
 Tuesday: A 30 percent chance of showers and thunderstorms.
 Tuesday Night: A 20 percent chance of showers and thunderstorms.

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SWEET CORN! Becky Wieck from Etter will be at MK Brown, Wed. Aug. 1st, Only, 7:15am-10am.

Obituaries

Bonnie Jean Burch, formerly of White Deer, passed away in Bremerton, Wash., July 15, 2007.

She is survived by daughters, Jan Kuhr and Barbara Pettinger; three grandchildren; and four great-grand-

children, all of Washington. In lieu of memorials or flowers, please remember the American Diabetis

Association or your favorite charity.

George Wesley Hofsess, 91

George Wesley Hofsess passed away peacefully at home in Ventura, Calif., on July 21, 1007, at the age of 91.

He was born Aug. 5, 1915, in Partridge, Kan., where he grew up on a small farm. He was a graduate of Kansas State University, where he met the love of his life, Frances Ann Esmond. They were married on June 8, 1940.

George's career with Cities Service Gas and Oil in Texas was interrupted by World War II, when he served his country in the

U.S. Army Air Corps as a Captain. He was a B-17 pilot and flew many missions over both France and Germany.

He was shot down once over France and escaped back to England. Then on April 27, 1944, George was shot down over Germany and spent the duration of the war as a prisoner of war in a Nuremburg internment camp.

His brother, Lt. Col. Russell Hofsess, with the famous Seventh Army, began a tireless search for him. The climax came just before Germany surren-

dered, when George walked out of a prison camp into the arms of his brother.

George retired from the Cities Service Gas and Oil after 35 years of service as an Engineer. Following retirement, George and Frances moved to Ojai, Calif., where Frances became a well-known artist, and George enjoyed playing golf and tennis. After most of his life in Kansas and Texas, he especially enjoyed the times spent near the ocean.

He is survived by his wife, Frances; daughters, Anne Stamos and husband Lucas

of San Jose, Calif., and Julie Antal and husband Tom of Minneapolis; and grandson, Grant Murray of San Jose.

He was predeceased by his parents, Edwin and Mima Hofsess; five sisters; and his brother.

He was loved by his family and will be dearly missed by all those who knew him. He has gone to be with the Lord. Blessed be his memory!

Arrangements were under the direction of Charles Carroll Funeral Home.

Josephine Lewis Lawler, 92

Josephine Lewis Lawler, 92, of San Jose, Calif., died July 23, 2007. Mrs. Lawler was born Nov. 9, 1914, in Pampa, Texas, and graduated from Pampa High School in 1931.

She married John H. Lawler of Amarillo June 1, 1934. Mr. Lawler worked for

Dancigar Refinery in Pampa until 1942, when the family moved to San Jose, Calif. He preceded her in death.

She was also preceded in death by her parents, Joe H. and Leta Lewis of Pampa; brother, Joseph Farrington Lewis of Homestead, Fla.; and daughter-in-law, Harleen

Lawler of Gilroy, Calif.

Survivors are daughter, Louise Pynchon and husband Bill of San Francisco, Calif.; son, David Lawler of Gilroy, Calif.; brother, James Abram "Abe" Lewis of Pampa; sister-in-law, Evelyn Lewis of Homestead, Fla.; and daughter-in-law, Harleen

Pynchon and wife Kim of Douglas, Wyo., Ben Lawler and wife Barb of Los Gatos, Calif., Matt Lawler and wife Mimi of San Jose, Calif.; granddaughter, Debbie Buhlman and husband Bill of Antioch, Calif.; and 10 great-grandchildren.

James Horace McDonald, 89

QUITAQUE — James Horace McDonald, 89, of Quitaque, father of a Pampa resident, died Wednesday, July 25, 2007, at Lubbock.

Services were Saturday in First Baptist Church at Quitaque with Vestal

Blakley and Jeff Addison officiating. Burial was in Flomot Cemetery at Flomot under the direction of Chancellor Funeral Home.

Mr. McDonald was born Oct. 19, 1917, in Wheeler County, to John W. and

Bessie Putman McDonald. He married Elizabeth Reed on Feb. 22, 1941, and was a lifelong member of Quitaque's First Baptist Church.

Survivors include his wife, Elizabeth of Slaton;

three sons, Lynn McDonald of Idalou, Lee McDonald of Pampa and Lonnie McDonald of Littlefield; a daughter, Patsy Hilbers of Idalou; nine grandchildren; and 14 great-grandchildren.

Man says unaware of wife's decomposing body

HARLINGEN, Texas (AP) — A man whose wife's decomposing body was found in a storage room of

their home said he thought she had left him.

Eugene Pilow, who said that diabetes have damaged the nerves in his nose, said he noticed his wife was missing on July 12. Three days later, his daughter found his wife's body in storage room in the back area of the home.

"I never smelled anything and I still don't smell anything," he said. "I thought she had run away from home again — especially after I

noticed an envelope with \$250 was missing."

Harlingen police expect to get toxicology test results Monday that will help them determine 50-year-old Alicia Pilow's cause of death, police spokesman David Osborne said. He said that initial autopsy results were inconclusive.

Her body was in a back area of their home in a storage room filled with household items including large kitchenware, rolls of toilet

paper and paper towels, Pilow said.

"It wasn't a room that was visited on a regular basis," he said.

After he decided to give his cats away because he couldn't take care of them by himself, his daughter went to his home July 15 to pick one up.

"She went to the last storeroom in the back of the house to look for the cat carrier and she found the body," he said.

Emergency Services

Sheriff

Gray County Sheriff's Office recorded the following arrests before 8 a.m. Saturday.

Friday, July 27

Timothy Carroll Pritchard, 23, of Shamrock was arrested by Texas Department of Public Safety and charged with theft by check, over \$20 and under \$500.

Adam Jaramillo, 23, of Pueblo, Colo., was arrested by GCSO on a forgery charge, a bond surrender for failure to identify, on insufficient bond for fraud, and on a capias pro fine for failure to pay.

Danny Kay Ely, Jr., 23, of McLean was arrested by GCSO on a probation violation for possession of a controlled substance/methamphetamine.

Saturday, July 28

William Klink, 47, of Pampa was arrested by Pampa Police Department and charged with possession of less than 2-ounces of marijuana and possession of drug paraphernalia.

Jeremy Klink, 19, of Pampa was arrested by Pampa PD and charged with possession of less than 2-ounces of marijuana and possession of drug paraphernalia.

Dustin Klink, 22, of Pampa was arrested by Pampa PD and charged with possession of less than 2-ounces of marijuana and possession of drug paraphernalia.

Eric Klink, 21, of Pampa was arrested by Pampa PD and charged with possession of less than 2-ounces of marijuana and possession of drug paraphernalia.

Jerry Cruz, 20, of Pampa was arrested by Pampa PD on a capias pro fine for no seat belt and on a charge of evading arrest.

Fire

Pampa Fire Department reported the following calls between 7 a.m. Tuesday and 7 a.m. Saturday.

Tuesday, July 24

1:04 p.m. — One unit and three personnel responded to the 1300 block of Price Road on an odor investigation.

9:55 p.m. — One unit and four personnel responded to the 400 block of Red Deer for smoke ventilation.

10:40 p.m. — One unit and two personnel responded to the intersection of County Roads 9 and E on a rubbish fire.

Wednesday, July 25

10:56 a.m. — Three units and seven personnel responded to the 2500 block of West Highway 152 on an electrical short.

11:56 a.m. — Three units and seven personnel responded to the 800 block of Beryl on a smoke scare.

Thursday, July 26

2:06 a.m. — One unit and three personnel responded to the 2000 block of Duncan on a call for lifting assistance.

12:02 p.m. — Two units and six personnel responded to the 1500 block of Kentucky on a fire alarm.

5:15 p.m. — One unit and four personnel responded to the 500 block of Doyle on a call for lifting assistance.

6:33 p.m. — One unit and three personnel responded to the 100 block of East Harvester on arcing power lines.

Friday, July 27

10:40 a.m. — One unit and three personnel responded to the 1200 block of Garland on a call for medical assistance.

11:30 a.m. — One unit and three personnel responded to the 400 block of Doyle on a call for medical assistance.

4:29 p.m. — One unit and two personnel responded to a Dumpster fire in the 1500 block of North Hobart.

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Obesity

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dentists.”
To be eligible for a Texas Fitness Now grant, a school must ensure that students in grades 6, 7 and/or 8 participate in physical activity for either 30 minutes a day or 225 minutes per two-week period for the entire school year and must have a physical education curriculum that meets the standards of the National Association of Sports and Physical Education.

In addition, the school must:
• Have or be in the process of adopting a Coordinated School Health Program required by the Texas Education Code;
• Have a quality physical education program based on the Texas Essential Knowledge and Skills (TEKS) that combines education, fitness and nutrition;
• Have submitted a wellness and nutrition policy to the Texas Department of Agriculture as

required by law;
• Have established a School Health Advisory Council to review and make recommendations for using the grant;
• Have certified physical education teacher(s); and
• Conduct a campus fitness evaluation before Oct. 15 and again at the end of the school year, using an assessment instrument adopted by the state education commissioner and provided free-of-charge to participating schools.

The Texas Association of School Boards (TASB) says Texas Fitness Now grants could help participating schools become models for fitness education throughout the state.
“This program rewards innovative thinking in the fight against childhood obesity,” said Julie Shields, TASB’s Assistant Director of Governmental Relations. “It motivates districts to get creative in their physical education classes, but at the same time, it also recognizes that to develop these programs for Texas students costs money. Hopefully,

all Texas students will benefit from lessons learned at those schools thinking outside of the box and getting results.”

Texas Fitness Now grants may be used to support and enhance physical education, including buying PE equipment; buying equipment to track students’ progress, such as heart monitors and pedometers; selecting or developing an effective physical education curriculum and instructional materials; and training teachers and school administrators to help their students become fit and adopt healthy lifestyles. Schools must use at least 25 percent of the funds for nutrition education.

Texas Agriculture Commissioner Todd Staples particularly applauds the program’s nutrition component. The Texas Department of Agriculture oversees the state’s school nutrition policy.

“A well-balanced diet and plenty of exercise are vital for the health and well-being of all Texans — especially our young Texans,” Staples said. “Texas

farmers and ranchers are natural partners in producing and providing healthy, nutritious food for children and will be strong allies in all school fitness efforts. I applaud the Legislature and Comptroller Combs for their foresight on this program.”

The Texas Association for Health, Physical Education, Recreation and Dance (TAHPERD) commends the Texas Fitness Now program.

“There are two major challenges for our professionals to deliver a quality physical education program in Texas schools; one is funding, and the other is the large teacher to student ratio,” said TAHPERD Executive Director Diana Everett. “This grant program will enable many of our teachers and administrators to address at least one of our challenges. Through the Texas Fitness Now grant program, professional physical educators can seek the equipment and resources to teach lifetime habits of physical activity and fitness to their students.”
“We believe we will see meas-

urable, positive results from incorporating more activity into the school day and teaching students to make healthier choices,” Combs said. “We urge all eligible schools to take advantage of this opportunity to start solving the childhood obesity problem.”

The deadline for schools to apply for a Texas Fitness Now grant is Oct. 1. More information, including program guidelines and a list of frequently asked questions, is available online at the Comptroller’s Web site: www.window.state.tx.us <<http://www.window.state.tx.us>>. The actual grant application is available on TEA’s Web site at: <http://www.tea.state.tx.us/opge/forfund/pe/tfn/proguide.doc>.

Schools may also contact Marissa Rathbone at TEA, (512) 463-3064, for more information about the Texas Fitness Now program, or TEA’s Division of Formula Funding, (512) 463-8525, for more information about grant funding.

Report: NASA let astronauts fly drunk

By MARCIA DUNN
Associated Press Writer

CAPE CANAVERAL, Fla. (AP) — After drinking heavily, an astronaut flew on a Russian spacecraft and another was cleared to fly on a space shuttle, according to interviews by a panel of outside experts, the panel’s chairman said Friday.

In the case of the shuttle, the mission was delayed for mechanical reasons and the astronaut wanted to fly a jet from Florida back home to Houston, said Col. Richard Bachmann, head of the panel, created to assess astronaut health. He said he didn’t know the outcome.

“In none of these can we say factually they did or did not occur,” he added, speaking by telephone to a news conference held in Washington. He said it was not the panel’s mission to investigate allegations and that NASA would have to ferret out details.

The independent panel was created by NASA after the arrest of astronaut Lisa Nowak in February on charges she

tried to kidnap her rival in a love triangle.

In a statement Friday, NASA said that it is unaware of any astronauts who were drunk before a flight but that it is investigating. It said the panel failed to give the space agency any details of the allegations.

NASA has long had a policy that prohibits any drinking in the 12 hours before an astronaut flies a training jet. The space agency said that policy has historically been applied to spaceflights, too. But as a result of the panel’s report, the rule will officially be applied to spaceflights, NASA said.

The panel said that astronauts and flight surgeons told the committee about heavy drinking by crew members just before flights. Also, the panel said alcohol is freely used in the crew quarters, where astronauts are quarantined at the Kennedy Space Center in the three days before launch.

Only four paragraphs of the 12-page report dealt with alcohol use by astronauts.

“Two specific instances were described where astronauts had been so intoxicated prior to flight that flight surgeons and/or fellow astronauts raised concerns to local on-scene leadership regarding flight safety,” the panel. “However, the individuals were still permitted to fly.”

The eight-member panel included experts in aerospace medicine and medical legal matters, and clinical psychiatrists, all affiliated with government agencies.

The panel said that NASA is not set up in such a way to deal with alcohol use by astronauts.

“The medical certification of astronauts for flight duty is not structured to detect such episodes, nor is any medical surveillance program by itself likely to detect them or change the pattern of alcohol use,” the panel wrote.

The panel recommended that NASA hold individuals and supervisors accountable for responsible use of alcohol, and that policies be instituted involving drinking before flight.

Thank You

Thank You...

Triangle Well Service Company would like to thank the Lefors Fire Department, Lefors EMS, Eddie Joe Roberts, Gray County Sheriff Department, Texas Highway Patrol, Curtis Well Service, Bob Douthit, Don Winegeart, Roy Lott and David Boyd for all the services provided on July 25th. Due to everyone’s quick response the driver of the overturned transport is doing fine. The driver wishes to express his personal appreciation and heartfelt thanks! Thanks to an organized group of Law Enforcement and Volunteers.

From the Staff and Employees of Triangle Well Service

Journalist joins energy group

WICHITA FALLS — Leading oil and gas journalist Kurt S. Abraham has joined the Texas Alliance of Energy Producers as Director of Professional Development, association president Alex Mills said.

Abraham will be based in the Alliance’s Houston office, where he will draw upon his extensive knowledge of the oil and gas industry to take on a wide range of program development, membership services and special projects.

“A highly respected international oil and gas journalist of Kurt’s experience and quality is a welcome addition to our staff,” Mills said. “He understands the many technological, financial and political challenges inde-

pendent producers in Texas are facing and has the skills sets and connections to help take on some of the toughest issues.”

A veteran publishing and broadcast journalist for more than a quarter century, Abraham comes to the Alliance from a seven-year stint as the managing and international editor of Gulf Publishing Co.’s World Oil magazine, where he worked for 23 years in a series of editorial positions. He also spent two years as the corporate international editor of Hart Publications Inc.

Abraham was awarded a B.A. degree in journalism and business administration from Texas A&M University in December 1980.

College

Continued from Page 1

years after retiring. I then came out of retirement in 2006 to serve as interim president of Galveston College while they conducted their presidential search.”

He stayed at that position until Shelton was chosen and then Clarendon College selected him to fill in while they conduct a similar search for a new president.

“I began this position a few weeks ago,” Auvenshine said. “We are in the process of forming a search committee to come up with a profile of what attributes they want the new president of Clarendon College to possess. We want to get input from Gray County and Pampa residents also since we have the branch here in Pampa.”

Once the committee comes up with a profile, Auvenshine said the college will advertise nationally for a president. He expects this process and search to take approximately 8 to 12 months.

Helper is car-jacked

ISLANDIA, N.Y. (AP) — So much for gratitude.

James Scarabino was driving along New York’s Long Island Expressway early Thursday when he stopped to help a motorist stranded on the side of the road near a wrecked 2007 Chevrolet Corvette.

The motorist came around, pushed Scarabino out of the driver’s seat and then drove off in his 1994 Chrysler LHS, police said.

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Viewpoints

Veterans deserve better than they're getting

The story early last week about injured Iraq war veterans suing the U.S. Department of Veterans Affairs because of frustration on delays in health care was sad.

But it appears that help is on the horizon.

The veterans claim the VA broke the law by denying them disability pay and mental health treatment.

A soldier's life is not easy by any means. They put their lives on the line every day following sometimes questionable orders.

They put up with horrible conditions, often having to live in the field without running water or comfortable beds.

And when they return, after surviving war condi-

tions, the VA does not have the resources to take care of them.

But that may change.

On Wednesday, a presidential commission, headed by former Sen. Bob Dole, R-Kan., and Donna Shalala, health and human services secretary during the Clinton administration, urged broad changes to veterans' care that would boost benefits for family members helping the wounded, establish an easy-to-use Web site for medical records and overhaul the way disability pay is awarded. The Associated Press reported.

President Bush received the 29-page report in the Oval Office, shortly after the Senate passed legislation Wednesday morning to

expand brain screenings, reduce red tape and boost military pay.

That is the good news. The bad news is that it took so long for action.

The lawsuit accuses the VA of cheating some veterans by working with the Pentagon to misclassify post-traumatic stress disorder claims as

pre-existing personality disorders to avoid paying benefits, according to the AP. The VA and the Pentagon have denied those charges.

The VA is struggling to meet the growing demands of veterans who have served

in Iraq and Afghanistan.

The government that sent these young men and women to battle zones owes it to them to give them the best care available.

If that means adding staff and resources, it should be done without question.

Perhaps congressional leaders should vote for increases in veterans' care before voting themselves pay raises in midnight sessions.

A VA spokesman said he could not comment on a pending lawsuit.

Earlier this month, a federal appeals court in San

Francisco issued a strong rebuke of the VA in ordering the agency to pay retroactive benefits to Vietnam War veterans who were exposed to Agent Orange and contracted a form of leukemia, according to the AP.

"The performance of the United States Department of Veterans Affairs has contributed substantially to our sense of national shame," the opinion from the 9th U.S. Circuit Court of Appeals read.

VA Secretary Jim Nicholson has announced he will step down in October.

He had said he would add mental health services and hire more suicide-prevention coordinators after suicide incidents.

The suit also mentions

that in 2002 government investigators warned that the VA needed to fix its backlog of claims system.

The lawsuit says, according to the AP, Nicholson and other officials insisted on a budget in 2005 that fell \$1 billion short, and they made "a mockery of the rule of law" by awarding senior officials \$3.8 million in bonuses despite their role in the budget foul-up.

The VA's backlog of disability payments is between 400,000 and 600,000, with delays of up to 177 days to process an initial claim and an average of 657 days to process an appeal.

Wednesday's action was long overdue.

These veterans deserve better.

Dennis Spies
Editor



Today in History

By The Associated Press

Today is Sunday, July 29, the 210th day of 2007. There are 155 days left in the year.

Today's Highlight in History:

On July 29, 1981, Britain's Prince Charles married Lady Diana Spencer in a resplendent ceremony at St. Paul's Cathedral in London. (The couple divorced in 1996.)

On this date:

In 1588, the English attacked the Spanish Armada in the Battle of Gravelines, resulting in an English victory.

In 1890, artist Vincent van Gogh, 37, died of a self-inflicted gunshot wound in Auvers-sur-Oise, France.

Our readers write

Grief interrupted ...

To Mr. Harold Comer: Shame on you.

I am submitting this letter as a result of your display of lack of compassion and unethical, immoral, inhumane and disrespectful treatment of my family and me.

I want everyone who reads this to know that my husband, Miguel Hernandez, passed away on July 20, 2007. On Tuesday, July 25, 2007, at approximately 10 a.m., you requested (demanded) that Judge Waters issue a subpoena for me to appear in District Court!

Then Judge Waters states that if I do not appear in court a bench warrant will be issued for my arrest!

The Pampa Police Department, 31st District Attorney's Office and the Gray County Sheriff's Office repeatedly informed everyone that I was trying to bury my beloved husband.

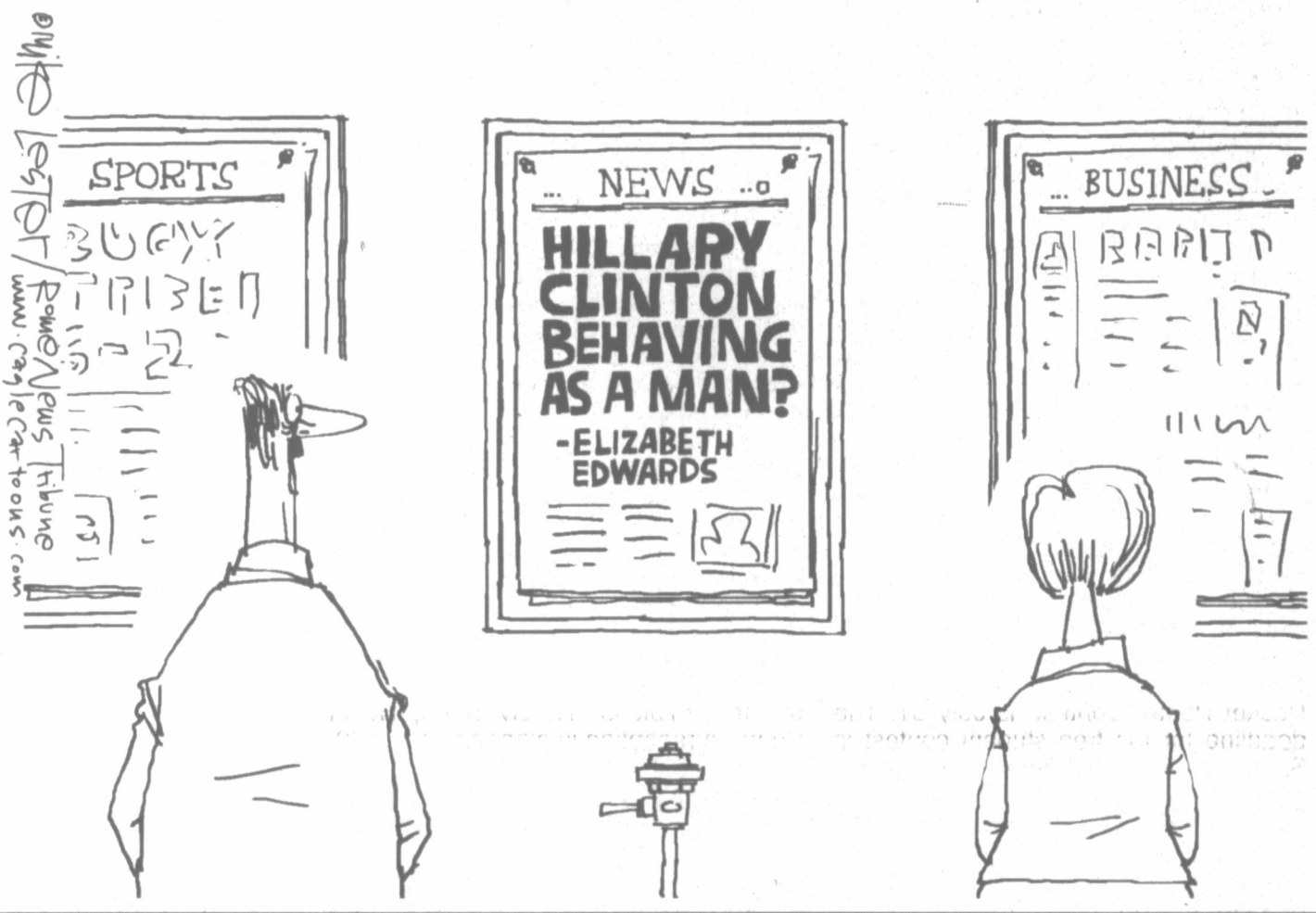
Still you persisted. The sheriff's department came to my residence in search of me as well as going to the funeral home. They were unable

to locate me since I was still trying to take care of business. As a result of your persistence the police department began assisting the sheriff's office in order to prevent me from being arrested. They finally located me at my home. I was then told that I needed to appear in court. My son and I were then escorted to the courthouse.

Once at the courthouse a deputy was standing at the doors and served me the subpoena. I was crying and shaking uncontrollably in grief and disbelief that this was being demanded of me on the day of my husband's vigil and rosary.

When I arrived at the courtroom doors I attempted to enter the courtroom. I was denied access and taken into a small room. You came into the room telling me that you were sorry for my loss and had two questions to ask of me. The alternate who was standing in for me could have answered these two questions.

See LETTER, Page 5



Yuppies tapped out on bottled water

I feel bad for the bottled-water people.

Back in the late 1980s, young upwardly mobile professionals — yuppies, if you recall the term — suddenly had cash to burn. This was the baby-boom generation. It demanded the good life — the best of everything.

The baby boomers rejected the simple approach of their cost-conscious parents. To heck with Folgers; they demanded freshly roasted specialty coffees (Starbucks). To heck with Budweiser; they wanted specialty beers (microbrews). And to heck with fresh water that poured right out of your kitchen tap; they wanted bottled spring water from exotic mountain locations.

Older generations never could understand the concept of bottled water. My father ("the Big Guy") sure-

ly couldn't. Big Guy: You want to pay money for something that comes out of your kitchen tap? Yuppie: That's right. Big Guy: But you're paying \$10 a gallon for something you already have. Yuppie: Only the best for me. Big Guy: But tap water is nearly FREE.

And so it was that the trendy crowd turned the bottled water market into a gold mine. By 2004, some 41 billion gallons were sold — that's upwards of \$100 billion in revenue. But suddenly the bottled-water party is over.

Many of the same trendy

folks who made bottled water hip have decided to stop drinking it because another trend is more hip.

According to Newsday, bottled water is bad for the environment. It requires some 50 million gallons of oil each year to produce the plastic bottles in which it is contained.

Add to that the energy burned to produce and ship it and you have the save-the-environment people breathing down your neck.

Suddenly, New York and other cities are spending big money on advertising campaigns that encourage people to forsake bottled water — that encourage people to drink the water that comes

out of their kitchen taps.

Some restaurants are banning bottled water, too.

"We don't look at it as losing money, we look at it as investing in the world," Del Posto, co-owner Joe Bastianich, told Newsday. He said his restaurant will make and sell its own mineral water on-site using tap water.

That's right, tap water. Tap water is suddenly chic. And I can't think of a concept that better illustrates the nuttiness of our country.

America's fresh, clean, safe water is the envy of the world. Throughout the history of mankind, civilizations sought to pipe fresh water into homes — remember the Romans — and many civilizations are still failing at it.

Any sane fellow knows

See PURCELL, Page 6

Tom Purcell
Columnist



Idle American: When flowers say it best ...

"And who knoweth whether thou art come to the kingdom for such a time as this?"

These are the final 16 words of the 14th verse, fourth chapter, Book of Esther, King James version of the Holy Bible.

The scripture has been fleshed out to full sermon proportions countless times. It speaks to God's impeccable timing and rarely has been so fitting for nature as well.

God's flowers, nodding by the millions in silent salute across the 60-mile stretch from Austin to Stonewall, beautified the good-bye trail for Lady Bird

Johnson. A passion of this sweet-spirited former First Lady was promotion of wildflowers for Texas' roadsides. The blossoms hung around extra-long this year, extending one of their best-ever seasons, perhaps for "such a time as this."

We can't script growing seasons, or, for that matter, blow-outs. A bus carrying mourners blew a tire en route to the burial, and several cars in the cortege stopped to offer rides.

My guess is that plenty of folks pitched in to retrieve the tire remnants.

Helping out is a Texas tradition, particularly when folks need a ride and when smoking hot rubber is marring a patch of beautiful flowers. ...

Press coverage of Mrs. Johnson's death was gentle, detailed and dignified. One account included her years-ago conversation about possible epitaphs. She opined that it would be fine if they stated: "Lyndon built four dams,

and Lady Bird planted three trees."

The radio and TV guys failed to do their homework — or maybe they forgot — how Texans pronounce some words, regardless of their spelling. Most Texans know that we call it the "PERD-inales River," even though it is spelled "P-e-d-e-r-n-a-l-e-s."

Some national news folks repeatedly called it "PED-DER-nales."

The Johnsons loved this river and the home place nearby. Soon after LBJ declared in 1968 that he would not be a candidate for re-election, it was clear that

See NEWBURY, Page 6

Don Newbury
Columnist



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Heard Jones

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Events calendar

- **Clarendon College-Pampa Center** is currently taking enrollment for an upcoming CPR Basic Life Support Class. The class will be conducted from 8 a.m.-5 p.m. Sept. 15 in Pampa Center Room 106. Participants completing the one-day course will receive an AHA card valid for two years. For more information, call the college at 665-8801.
- **Youth For Understanding** is an international student exchange organization seeking host families in August. For more information, call 1-800-872-0200.
- **Coffee Memorial Blood Center** of Amarillo will bring its Bloodmobile to the local Wal-Mart from 2-7 p.m. July 30 for a blood drive. Participants will get a T-shirt and a box of Girl Scout cookies. For an appointment or for more information, call 1-877-574-8800.
- **The postmark deadline for Hi-Plains Poetry's "Adult Poem in Your Pocket Poetry Contest"** is July 31. The deadline for the free student contest is Sept. 15. Adult members pay \$3 per entry. The fee for non-members is \$5. Rules and membership applications can be found at www.poetmariannelogan.com on the Internet.
- **The Texas Department of State Health Services** will be offering immunization clinics for vaccines that give protection against several childhood diseases including polio, diphtheria, lock jaw (tetanus), whooping cough (pertussis), measles, rubella, mumps, HIB (haemophilus influenzae Type B) and chickenpox (varicella). Flu vaccines may also be offered at designated clinics.

- The TDH will charge money to help with the cost of keeping the clinic open. The amount charged will be based on family income and size, and the ability to pay. The following clinic(s) will be offered: 9:30-11:30 a.m. and 1-3 p.m., Aug. 1 and 15, TDH, 736 S. Cuyler, Pampa.
- **Texas Panhandle Mental Health Mental Retardation** will offer "Dating Smart" from 2-4 p.m. Aug. 1, 3, 8 and 10 for girls 15-16 years of age. Cost of each class is free. "Dating Smart" will be presented at the agency's Children's and STAR facility, 1500 S. Taylor, in Amarillo. For more information or to register for the classes, call (806) 359-2005 in Amarillo or (806) 363-7695 in Hereford.
- **Carson County Square House Museum** in Panhandle will host an exhibition with Jim Jordan, an area photographer, in the Hazlewood Gallery of the museum throughout August. The name of the exhibit is "Rarely Seen, Never Seen." A reception is planned from 2:30-4 p.m. Aug. 5 at the museum.
- **Panhandle-Plains Historical Museum** in Canyon will conduct a free storytelling workshop from 10:30 a.m.-4 p.m. Aug. 6 in Hazlewood Lecture Hall of the museum. Volunteers who attend the workshop will learn how to incorporate storytelling into guided tours. From 10:30-11:30 a.m., Education Coordinator Millie Vanover will deliver a presentation on volunteer opportunities at the museum. Eldrena Douma McMenamy, a Hopi storyteller of Canyon, and Dr. Trudy Hanson, a speech communication professor, will present an additional workshop from 1-4 p.m.

KACV-TV planning summer membership drive

AMARILLO — The KACV-TV Summer Membership Drive is scheduled for Aug. 11-19. Highlights of the on-air campaign include "Blue Man Group: Inside the Tube," "Last of the Breed: Willie, Merle and Ray Price" and "Andre Rieu: Radio City Music Hall - Live from New York."
During the pledge period, KACV asks viewers to make contributions to offset national and local programming costs and outreach services for preschool literacy. Contributors are eligible for special "thank you" gifts for their pledges including tickets to the Dec. 4 performance of Blue Man Group in Amarillo. Viewers can get tickets through KACV during the drive before tickets go on sale through the Amarillo Civic Center.
"The Blue Man Group was a huge success last year and getting your tickets through KACV not only helps out a wor-

thy cause in Amarillo, but offers you an evening of fun with your family," said Missy Macon, membership coordinator for KACV.
After a very successful first year, the KACV Kid Club is launching again this September. Membership in the Kids Club is being offered as one of the special thank you gifts during the drive.
"It is a great way for kids to get involved in public television," said Macon. "Membership in the Kids Club is \$35 per child and is good for one year. Members get discounts to all Kids Club special events; receive special birthday messages, mailings, and free books."
Licensed to Amarillo College, KACV broadcasts 24 hours a day on Channel 2. The station serves the entire Texas Panhandle. Area communities should check local listings for cable and translator channels.

Letter

Continued from Page 4

I looked you directly in the eyes and asked what I could possibly tell you in the condition I was in. You explain to me that you have to defend your client to the best of your abilities. I do not believe that if my shoe were on your foot you would have even been in court defending any-

one! You will do well to remember what you have done to my family and me and when or if the time ever comes, practice what you preach.
My final words to you Mr. Comer are you should think twice about your actions. There is no criminal in the world who is more important to my children or me than my husband and their father.
**Corey Hernandez, Anthony Hernandez and Cassandra Hernandez
Pampa**

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**Sunday July 29th 10:30 am at McLean Cowboy Church
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Widely regarded as one of America's most effective ministers, conference speakers and trainers, Van Crouch challenges individuals to achieve excellence in their lives. Van's past experience gives him an enthusiasm for life, a spontaneous sense of humor and a genuine interest in people.



Van entered the ministry after ranking as a national sales leader with the American Express Company and as a qualifying member of the insurance industry's prestigious Million Dollar Roundtable. He has authored the best selling Book Stay in the Game.
Van Crouch communicates the "good news" with a fire that only comes from a life changed by the power of God and will motivate you to raise your level of expectations. He will cause your attitude to become more positive, your problems smaller, your self-esteem and confidence will grow and your self-doubts disintegrate.
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Area's 18th annual Sew Fair to be 'Over the Top'

AMARILLO — For those who love to sew or even those with a limited interest in sewing as a craft, the 18th annual Sew Fair, entitled "Over the Top," will offer something for each participant, said Sue Church, Texas Cooperative Extension family and consumer science agent for Potter County.

The event will take place Aug. 13 at the Texas A&M University Agricultural Research and Extension Center, 6500 W. Amarillo Blvd. Registration, beginning at 1 p.m., will take place on site this year.

The first session will run from 1:30-4 p.m., with the second session scheduled from 6 - 8:30 p.m., Church said. Admission is \$8 for both session, or \$5 for the evening only. Included with the admission will be a packet that includes patterns and instructions

for completing items demonstrated and opportunities for door prizes to be given away.

The Sew Fair will kick off with a trunk show, "The Many Looks of Log Cabin," she said. Presenters Cynthia Shattles and Freddie Seaman, former Extension personnel and members of several quilting guilds, will showcase designs that can evolve from the basic log cabin quilt pattern. They will show quilts they have created and examples of quilts featured at national quilt exhibitions.

For those who have a collection of T-shirts, the participants will learn a technique for preserving memories by assembling a t-shirt quilt, Church said.

The Palo Duro Handweavers and American Sewing Guild members also will

present a fashion show of wearable art created through workshops offered by each of the guilds, she said.

Following the fashion show will be a refreshment break, where attendees can visit with guild members about their associations and view community service project ideas that the Potter Extension Education Association clubs are involved with throughout the year, Church said.

As a wrapup of the afternoon session, Jean Smith, Jenelle Brock and Julie Neusch, members of county Extension Education clubs, will present mini-demonstrations on gift-giving ideas to make for the upcoming holidays.

Starting off the evening session will be Virginia Roksandich with "Just One More

Chance," Church said. She will share an idea for a fabric covering to add a little class to readily available vinyl lawn chairs. Other ideas for dressing up the backs of chairs will be offered.

More mini-demonstrations will be presented by club members Diane Holland, Kathaleen Emberson and Jenelle Brock and include quick and easy ideas for the crafter.

The steps for creating a "Big Top" Fashion Jacket designed by Teresa Sarzinsky will be demonstrated by Alby Peters, Church said.

Concluding the program, Brock and Church will provide instructions for making European pillowcases that use that on-hand stash of lace. A special feature will be the

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Newbury

Continued from Page 4

he wanted to retreat to the ranch.

"The first year back home, I'm going to sit in a rocking chair on the front porch," he declared. "And if I enjoy it, the second year, I may rock."

Alas, he didn't get to sit or rock very long. He died at age 64 in 1973, just four years after leaving the presidency, and a month after the death of Harry S. Truman. ...

Renowned journalist Bill Moyers is fondly remembered as the President's press secretary. Once he was asked about dealing with news people day after day, from early morning until late night.

It was, of course, a "can 'til can't" meat-grinder, like many Washington assignments.

He claimed a mantra that served him well. His was to "tell the truth whenever possible, but never lie."

Moyers came to mind when my wife and I stood in line at a popular new burger joint in Fort Worth. Oh, it wasn't the hamburgers that made me think of him. I was reflecting on Lady Bird's death. (I thought of the coincidence that both attended Marshall High School, albeit in different eras. She walked the stage in 1928; he in 1952.)

Upon entering the café, my wife nudged me, whispering, "That man behind us is a minister."

I asked, "Do you know something I don't?"

This time, she was particularly adamant about total reliance on intuition.

I turned to the man, asking the obvious: "Are you a minister?"

He gave a "sorta/kinda" answer. His name is Benjamin Roy

Chamness. I'd call Dr. Chamness a preacher's preacher. He's been pastor of numerous Texas churches, but now they call him Bishop Chamness. The Central Texas Conference he serves includes more than 300 churches in one of Methodism's largest geographical areas.

I give my wife an "A-plus" for intuitiveness. There are only four other Methodist bishops in Texas, but he was the only one in the hamburger line that Saturday night.

Bishop Chamness, who has served in virtually every ministerial role, redefines humility. He'd prefer being called a "good ole' boy" from Carthage. He married the former Joye Stokes, a Henderson gal, 47 years ago. With sparkling eyes and a ready smile, she looks like a preacher's wife. They have two sons, six grandchildren and love hamburgers.

—Dr. Newbury is a speaker and writer in the Metroplex.

Two QuickBooks short courses in offing for farmers, ranchers

AMARILLO — Courses covering the business accounting program QuickBooks Pro will be offered in Amarillo and Lubbock in August, a Texas Cooperative Extension specialist said.

In these two-day courses, participants will use a case study to learn the program in

a hands-on setting, said DeDe Jones, Extension risk management specialist in Amarillo. The software program is used by many agriculture lenders and producers.

Each participant will develop cost and profit centers, enter transactions and create reports, Jones said. Program tips will be discussed throughout the course. No prior computer experience is necessary.

The courses will be from 9 a.m. to 4 p.m. each day. The Amarillo course will be Aug. 22-23 and the Lubbock class will be Aug. 28-29, both at the respective Texas A&M University System Agricultural Research and Extension Centers.

The \$75 course registration fee covers computer lease payments and teaching materials, she said. Couples will be charged only one registration fee if they share a

computer.

Class size for each course is limited to 13 in order to provide hands-on experience for all participants, Jones said.

Pre-registration by Aug. 17 is requested for each course. To register or for more information on this program, call Jay Yates in Lubbock at 806-746-4056, or Jones at 806-677-5667.

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Purcell

Continued from Page 4

you don't drink the water

when you're visiting Mexico or many other countries on two-thirds of the planet. You don't drink it because it's polluted and poisoned and all kinds of little living enti-

ties are swimming around waiting to attack your innards.

But in America, virtually all our water is safe. Virtually every home in every part of the country has a kitchen tap that offers an unlimited supply of it. You pull the tap and out it comes — safe, clean water.

Our tap water is a reflection of our country — a reflection of how incredibly successful the American experiment has been. It's also a reflection of how lazy and ignorant and unaware so many Americans have become — because we take our water for granted.

Until recently, we demanded the "best" water — the stuff that comes in bottles. And now that is bad for us, too.

The whole bottled-water concept makes me wonder how many other things we're taking for granted.

Our freedom? In many places around the world, the government runs everything (Cuba, for instance) and the people have nothing — BECAUSE the government runs everything.

Yet some Americans are eager to dismantle the system that created our wealth because they think the government can do better — the same people who used to think bottled water was better.

All I know is the older I get, the wiser my father becomes. He knew 20 years ago or more that the bottled-water trend was just that — a nutty trend.

If only the rest of America was as wise as the Big Guy. —Tom Purcell is a humor columnist nationally syndicated exclusively by Cagle Cartoons.

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Texas' babies could be missing out on screenings

AUSTIN — Nearly 90 percent of all babies born in the United States — more than double the percentage in 2005 — live in states that require screening for at least 21 serious disorders, according to the latest March of Dimes Newborn Screening Report Card. Texas has made great strides in advocacy and awareness in the last few years. But today, the state of Texas still only requires screening for 27 of the 29 core conditions.

The March of Dimes endorsed the 2004 report of the American College of Medical Genetics that calls for every baby born in the U.S. to be screened for 29 genetic or functional disorders. If diagnosed early, all of these devastating conditions can be successfully managed or treated to prevent severe consequences.

Two years ago, after the March of Dimes endorsement, only 38 percent of

infants were born in states that required screening for at least 21 of these 29 core conditions. As a result of four years of intensive advocacy efforts by March of Dimes chapters and their partners, that percentage has increased to 87.5, or about 3.6 million babies.

During the 2005 Texas Legislative Session, House Bill 790 was passed by State Rep. Myra Crownover and required the Texas Department of State Health Services to expand newborn screening in Texas to include all 29 disorders to the extent funding is available. Enough funding was appropriated to expand from 7 newborn screenings to the current 27. During the 2007 Texas Legislative Session, the March of Dimes advocated for additional funding to include cystic fibrosis in the newborn screening panel in Texas.

"According to the Cystic

'According to the Cystic Fibrosis Foundation, Texas has the third largest population of patients with cystic fibrosis, yet does not require screening at birth.'

— Dee-Ann Dobson
Chair of the March of Dimes State Public Affairs Committee

Fibrosis Foundation, Texas has the third largest population of patients with cystic fibrosis, yet does not require screening at birth," stated Dee-Ann Dobson, chair of the March of Dimes State Public Affairs Committee.

"Although we were not successful with securing the additional funds to include cystic fibrosis in the screening panel this session, the March of Dimes and its volunteers remain committed to ensuring that cystic fibrosis is added to the panel."

The March of Dimes will also continue its advocacy work to ensure all newborns in Texas are screened for hearing loss, the last disorder in the newborn screening panel. Texas currently screens some, but not all newborns for hearing loss. The March of Dimes advocates that all newborns should be offered this important screening as hearing loss is one of the most common birth defects.

According to the Texas Department of State Health Services, 31 Texas newborns have been screened and diagnosed with a disorder on the expanded panel since the expansion of newborn

screening in December of 2006. Although Texas is working hard to ensure every newborn has a chance to lead a healthy life, there is still work to be done on the federal level to support states that have yet to implement expanded newborn screening.

"While this important expansion of newborn screening is very good news for families, the lives of 500,000 newborns who still aren't tested hang in the balance," said March of Dimes President Dr. Jennifer L. Howse. "Despite the pleas of parents, clinicians and advocacy groups, the United States still lacks consistent federal guidelines for newborn screening. Babies must be screened to receive immediate treatment necessary to survive and lead healthy lives. The lack of federal guidelines makes it

See INFANTS, Page 8

Fair

Cont. from Page 6

demonstration of the entredeux technique that gives a look of luxury to fine linens, Church said.

The floral-themed t-shirt quilt demonstrated earlier in the program will be raffled off at the conclusion of the Sew Fair, she said.

Sponsors of the Sew Fair are the Potter Extension Education Association and Texas Cooperative Extension-Potter County.

For more information about the Sew Fair or tickets for the quilt raffle, call the Extension office at 806-373-0713.

Scholarship award



COURTESY PHOTO

Terri Williams, Pampa Altrusa Club president, from left, Debra Hill, recipient of the Altrusa Geraldine Rampy Adult Vocational Award, and Rochelle Lacy, Altrusa Scholarship Committee chair. Hill was presented the award at a recent Altrusa meeting. She plans to use the \$1,000 award to attend Clarendon College-Pampa Center.

Spanish food manager training scheduled in Borger

BORGER — A Spanish-only version of the Food Manager Certification Training will be offered by Texas Cooperative Extension on Aug. 20-21 at Frank Phillips College in Borger, according to Sandra Duke, Extension agent in Hutchinson County.

The two-day course, scheduled from 8 a.m. to 5 p.m. each day, will be held in the Classroom Learning Complex, Room 38, Duke said. A fee of \$89 per person will be charged to cover the examination and the course

book, "Food Safety: It's Our Business."

The course will cover food safety and sanitation, food flow and the Hazard Analysis Critical Control Point program, and managing the operation, Duke said. This will help prepare a staff of knowledgeable and trained employees.

Other benefits Duke outlined include:

- Increased customer satisfaction because of attention to food safety;
- Improved profits through control of food costs and

- waste;
- Improved relationships with health officials; and
- Access to information that will allow training of staff on-site.

"Upon passing the certification examination, you will fulfill state requirements for Certified Food Manager status," Duke said.

All registrants must bring photo identification in order to take the exam, she said.

Mail completed registration forms with a check or money order to: FPM care of Rebecca Dittmar, 352 Kleberg, 2253

TAMU, College Station, Texas 77843-2253.

For more information about the course in Borger, contact Duke at 806-878-4026 or go to the Web site: <http://hutchinson-tx.tamu.edu/> to print off a registration form. For additional courses offered in the area, look on the state Extension Web site: <http://foodsafety.tamu.edu/>.

Duke asked those calling her office with questions to please have a translator for English if needed, because the office staff does not speak Spanish.

PPHM

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Friday, August 3 Free admission
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8:00 pm *The Rounders* (1965) - PPHM

Saturday, August 4 \$5 for adults, \$3 for children
Noon *Hud* (1963) - Varsity Theater
2:30 pm *Lone Star Cinema: A Century of Texas in the Movies*
lecture by film historian Don Graham - PPHM
4:00 pm *Ride Lonesome* (1959) - Varsity Theater
7:00 pm *The Good Old Boys* (1995) - PPHM

Sunday, August 5 \$5 for adults, \$3 for children
1:00 pm *The Last Picture Show* (1971) - Varsity Theater

Gene Autry, Roy Rogers and John Wayne films will be shown in PPHM's Llano Theater all three days. Free with museum admission.



The project was made possible in part with a grant from Humanities Texas, the state partner of the National Endowment for the Humanities.

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Question: During freezing temperatures in the winter, do I need to empty my pond or leave it alone?

Answer: If you have a small pond and don't have fish it is best to remove water and if there is no reason to leave pumps, statues, etc... then remove them. If you have fish in your pond it should be at least 30" deep and have an aerator and pond de-icer for your fish to stay out during winter.

Question: How much salt can I use in my pond?

Answer: Ponds with plants - 1 pound per 100 gallons
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Thomas L. Baker, OD

Infants

Continued from Page 7

difficult for states to get support for needed legislation," she said.

In states that don't follow the ACMG recommendations, March of Dimes staff and volunteers continue to work with governors, legislatures, health departments and parent groups to advocate for expanded newborn screening on a state-by-state basis. March of Dimes volunteers remain committed to ensuring that the last two disorders, cystic fibrosis and hearing screening are added to the newborn screening panel in Texas. Contact the March of Dimes at 512-477-3221 ext. 106 and join the efforts to help the babies of Texas get access to comprehensive screening.

Nationwide, a discouraging 6.1 percent of babies are born in states that required screening for only 10 to 20 of the core conditions and 6.2 percent of newborns will get screening for fewer than 10 conditions. "Disparities in state newborn screening programs mean some babies may die or develop brain damage or other severe complications because they are not identified in time for effective treatment," said Dr. Howse.

"All babies across America should receive the benefits of being screened for all of these 29 core conditions," said Dr. Howse.

This is the fifth consecutive year the March of Dimes has analyzed state-by-state newborn screening requirements, creating a snapshot of the nation's progress toward improving the health of infants and children. The March of Dimes contracted with the National Newborn Screening and Genetics Resource Center to survey each state's newborn screening requirements. The snapshot shows that the nation is on target to meet the March of Dimes goal of having all babies screened for 20 or more of the recommended panel of genetic disorders by 2008.

The March of Dimes supports two pieces of federal legislation, the 'Newborn Screening Saves Lives Act,' sponsored by Sen. Christopher J. Dodd (D-CT), Sen. Orrin Hatch (R-UT), Rep. Lucille Roybal-Allard (D-CA), and Rep. Mike Simpson (R-ID) and 'The Screening For Health of Infants And Newborns (SHINE) Act of 2007,' sponsored by Sen. Hillary Rodham Clinton (D-NY) and Rep. Thomas Reynolds (R-NY).

These bills would lay the groundwork for national guidelines and authorize funding for several new federal initiatives designed to increase educational resources for parents and health care providers, improve follow-

up care for infants, provide assistance to states expanding and improving their newborn screening programs and develop new screening tools for additional life-threatening disorders.

"We call on Health and Human Services Secretary Mike Leavitt to help give all babies a fighting chance for a healthy life through expanded newborn screening," said Dr. Howse.

The ACMG recommendation to screen for 29 conditions has been endorsed by clinicians and researchers alike, including the American Academy of Pediatrics (AAP) and the federal Health and Human Services Secretary's Advisory Committee on Heritable Disorders and Genetic Diseases in Newborns and Children. Both the March of Dimes and the AAP have called for a national newborn screening standards as well as federal funding to help states improve their screening programs.

A list of which screening tests are provided by each state can be found on the "Peristats" section of the March of Dimes Web site at marchofdimes.com/peristats which is updated regularly, or at the National Newborn Screening and Genetics Resource Center Web site at genes-r-us.uthscsa.edu <<http://genes-r-us.uthscsa.edu/index.htm>>.

"Regardless of how many screening tests are mandated by individual states, parents and health professionals should be fully informed of the benefits and availability of comprehensive newborn screening," Dr. Howse said. "It's also advisable for parents to receive information on screening tests for those conditions for which there is not yet treatment," she stated.

Parents can find a brochure about the recommended newborn screening tests online at the March of Dimes Web site at marchofdimes.com/nbs <<http://marchofdimes.com/nbs>>.

Those who live in states where newborn screening is limited can arrange privately for additional tests, often at additional expense to the family or health plan. Parents should check with their doctor or their state health department for a list of providers of these screening tests.

The March of Dimes is a national voluntary health agency whose mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality. Founded in 1938, the March of Dimes funds programs of research, community services, education, and advocacy to save babies and in 2003 launched a campaign to reduce the rate of premature birth. For more information, visit the March of Dimes Web site at marchofdimes.com or its Spanish Web language site at nacersano.org.

OIL & GAS

Drilling Intentions

Intentions to Drill
HEMPHILL (WILDCAT) Cimarex Energy Co., Flowers '61', Sec. 61,B-1,H&GN, PD 10900', for the following wells:

#16, 2200' from South & West line of Sec.
#17, 467' from South & 617' from East line of Sec.

HEMPHILL (BUFFALO WALLOW Granite Wash) Noble Energy Production, Inc., Graham, Sec. 46,A-2,H&GN, PD 14000', for the following wells:

#4625P, 1610' from South & 627' from East line of Sec.
#4626P, 1500' from South & 2475' from East line of Sec.

HEMPHILL (BUFFALO WALLOW Granite Wash) Samson Lone Star, L.L.C., #1013 Glisan Steen, 1320' from North & West line, Sec. 13,M-1,H&GN, PD 14770'. Recompletion

HEMPHILL (HEMPHILL Granite Wash) Cimarex Energy Co., #5070 Hobart Ranch, 788' from South & 799' from East line, Sec. 70,A-2,H&GN, PD 13600'. Recompletion

HEMPHILL (WILDCAT & HEMPHILL Granite Wash) Mewbourne Oil Co., #2232 J.T. Brown, et al 'D', 467' from South & 904' deom S/West line, Sec. 223,C,G&MMB&A, PD 11000'.

HEMPHILL (WILDCAT & N.W. MENDOTA Granite Wash) Cimarex Energy Co., #6 Webb '194', 3315' from South & 200' from West line, Sec. 194,C,G&MMB&A, PD 11000' (BHL: 3335' from South & 467' from West Sec. line) Directional well

ROBERTS (WILDCAT & CLARK MARTIN Granite Wash) Cordillera Texas, L.P., #1092H Clark Martin, 50' from North & 1175' from East line, Sec. 92,C,G&M, PD '11300' (BHL: 467' from North & 1175' from East Sec. line) Horizontal

ROBERTS (WILDCAT & WEST CANADIAN Upper Morrow 'A') Unit Petroleum Co., #1 Mahler 'A', 1660' from North & 824' from East line, Sec.

1,Y, A. Studer, PD 10650'.
ROBERTS (WILDCAT & SHREIKEY Granite Wash) Samson Lone Star, L.L.C., #2 My Baby, 2156' from South & 467' from West line, Sec. 3,B-1,H&GN, PD 12500'.

WHEELER (WILDCAT & DYCO Granite Wash) Dominion Oklahoma Texas E&P, Inc., #7 Hunter '34' 507' from South & 467' from West line, Sec. 34,M-1,H&GN, PD 14688'.

WHEELER (WILDCAT & FRYE RANCH Granite Wash) Questar E&P Co., #5023 Puryear, 2200' from South & 1430' from West line, Sec. 13,3,H&GN, PD 17700'.

WHEELER (STILES RANCH Atoka) Apache Corp., #504 Stiles '4', 467' from South & West line, Sec. 4,A-3,H&GN, PD 18000'. Recompletion

WHEELER (STILES RANCH Granite Wash) Newfield Exploration Mid-Con., Inc., #9 Huff Ranch '48', 800' from South & 1300' from East line, Sec. 48,A-3,H&GN, PD 15850'.

Gas Well Completions

HEMPHILL (BUFFALO WALLOW Granite Wash) Noble Energy Production, Inc., #4623P Graham, Sec. 46,A-2,H&GN, spud 3-12-07, drlg. compl 3-18-07, tested 5-7-07, TD 12806', PBDT 12706' —

HEMPHILL (BUFFALO WALLOW Granite Wash) Noble Energy Production, Inc., #5718P Holland 'C', Sec. 57,M-1,H&GN, spud 3-16-07, drlg. compl 4-2-07, tested 6-24-07, TD 11915', PBDT 11850' —

HEMPHILL (BUFFALO WALLOW Granite Wash) Noble Energy Production, Inc., #5725P Holland 'C', Sec. 57,M-1,H&GN, spud 3-18-07, drlg. compl 3-31-07, tested 6-24-07, TD 12000', PBDT 11904' —

HEMPHILL (BUFFALO WALLOW Granite Wash) Samson Lone Star Ltd. Partnership, #4 Yeager, Sec. 9,4,AB&M, spud 1-6-07, drlg. compl 4-13-07, tested 6-18-07, TVD 11175', MD 13529', Horizontal

See INTENTS, Page 9



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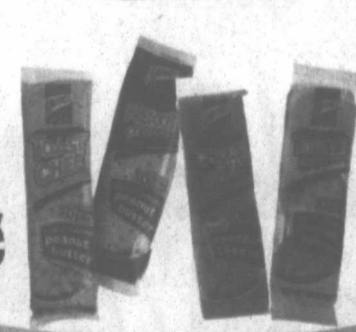
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COMBO NO. 5	SPICY POPCORN CHICKEN & 32 OZ. TALLSUP	\$2.69	COMBO NO. 10	2 BEEF & BEAN BURRITOS & 32 OZ. TALLSUP	\$2.59

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Rotary Club



Pampa News Photo by KERRI SMITH

A Paul Harris Fellow award was presented at a recent Rotary meeting by the new district governor, Dr. Michael Graves, right. Judge Lee Waters made a \$1,000 monetary donation to the Rotary Annual Programs Fund, which helps with educational and humanitarian efforts, in his son's honor. Pictured from left are wife Diane Waters, daughter-in-law Erin Waters, Judge Lee Waters and son Colby Waters.

Free symphony coaching open to student musicians

AMARILLO — Students whose strings skills have gotten rusty over the summer break can refresh themselves at "Tune Up," a free new workshop sponsored by the Amarillo Symphony.

Students can attend one of a pair of two-day sessions on Aug. 9-10 and Aug. 13-14 to get hands-on training from symphony musicians. Pre-registration, which is highly encouraged, can be done by calling the symphony office at 376-8782.

"Tune Up will have two great results," said Jill Bradford, symphony violist and conductor of the Amarillo Youth Sinfonia and Amarillo Youth Philharmonic. "One, the students will get a head start for their school orchestras, with the help of insightful training with the symphony musicians. And they'll also get ready for a new year with the Amarillo Youth Orchestras."

Tune Up will replace the traditional audition process for students in the Sinfonia and Philharmonic, the ensembles designed for less-experienced student musicians. Auditions for the Amarillo Youth Symphony, the top ensemble, will be held Aug. 23-24.

"This is a great opportunity for young musicians across the area to get top-notch instruction without having to pay for it," said Susan Buelow, the Symphony's director of artists and education.

The Aug. 9-10 sessions run from 9 a.m. to noon. The Aug. 13-14 sessions run from 6-9 p.m. Both pairs of sessions will be held at Stephen F. Austin Middle School, 1808 Wimberly St.

The Amarillo Youth Orchestras' first public concert of the season will be held at 3 p.m. Nov. 4 in the Globe-News Center for the Performing Arts.

Since 1924, the Amarillo Symphony has been filling audiences with an unbridled enthusiasm for the performance and discovery of great orchestral music. As the only professional orchestra in the Panhandle area, the Symphony employs 85 skilled musicians to perform for more than 2,300 subscribers each year.

In addition to its regular concerts, the symphony offers an array of successful education programs, from youth orchestras to specialized music programs for underprivileged children, bringing the gift of music to thousands of young people throughout the Texas Panhandle each year.

For more information, please contact Nathan Newbrough, executive director, at (806) 376-8782 or via e-mail at nathan@amarillosymphony.org.

Intents

Continued from Page 8

HEMPHILL (HEMPHILL Douglas) Cordillera Texas, L.P., #4 Shell Fee '13', Sec. 13,41,H&TC, spud 11-25-06, drlg. compl 12-8-06, tested 5-17-07, potential 3673 MCF, TD 8291', PBTD 8200' —

HEMPHILL (HEMPHILL Granite Wash) Cordillera Texas, L.P., #461 Rogers, Sec. 81,A-2,H&GN, spud 11-21-06, drlg. compl 12-18-06, tested 5-16-07, potential 482 MCF, TD 11702', PBTD 11604' —

HEMPHILL (WASHITA CREEK Penn) Kaiser-Francis Oil Co., #5 Elmercreek Ranch, Sec. 255,C,G&MMB&A, spud 2-21-07, drlg. compl 3-22-07, tested 6-19-07, potential 5274 MCF, TD 13670', PBTD 13668' —

HEMPHILL (N.W. MENDOTA Granite Wash) Dominion Oklahoma Texas E&P, Inc., #1 Mendota Ranch '15', Sec. 15,1,I&GN, spud 3-27-07,

drlg. compl 3-27-07, tested 5-7-07, TD 11740', PBTD 11455' —

WHEELER (STILES RANCH Atoka) Apache Corp., #501 Stiles '1', Sec. 1,—,AB&M, spud 2-8-07, drlg. compl 4-7-07, tested 5-30-07, potential 6555 MCF, TD 16794', PBTD 16757' —

WHEELER (STILES RANCH Granite Wash) Newfield Exploration Mid-Con., Inc., #10 Britt Ranch 'D' 5, Sec. 5,2,B&B, spud 11-28-06, drlg. compl 4-20-07, tested 6-4-07, potential 23480 MCF, TVD 15520', MD 15454' — Directional well

WHEELER (STILES RANCH Granite Wash) Newfield Exploration Mid-Con., Inc., #8 Britt Ranch 'E' 8, Sec. 5,2,B&B, spud 12-30-06, drlg. compl 3-19-07, tested 6-14-07, potential 9743 MCF, TD 15864', PBTD 15864' —

WHEELER (WEST-PARK Granite Wash) Samson Lone Star Ltd. Partnership, #3 Holt '19', Sec. 19,RE,R&E, spud 4-15-07, drlg. compl 5-4-07, tested 6-20-07, TD 14400', PBTD 14318' —

Double R ramp at Meredith temporarily out of order

FRITCH — Maintenance personnel at Lake Meredith National Recreation Area recently closed the Double R boat ramp at Harbor Bay. The launch ramp has been closed so it can be lengthened.

"Falling lake levels have made it necessary for us to pour more concrete to pro-

vide the lake access that visitors expect," said Jimmy Muncy, chief of maintenance at the lake.

The lake level at the time of the announced construction project was 55.08-feet.

All boat launch traffic is being re-directed to Sanford-Yake Marina boat ramp or to Fritch Fortress boat ramp

until the Double R is reopened. Officials anticipate the Double R will be accessible by approximately Aug. 2.

A Lake Meredith boat decal is necessary to operate a boat on the lake. For questions about lake access or boat permits, contact the lake at (806) 857-3151.

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Sports Day

Bonds pulls within 1 of Aaron's record with 754th homer

SAN FRANCISCO (AP) — For months, Barry Bonds has deflected all the questions about his pursuit of Hank Aaron's home run record.

It was too premature. He still had a long way to go to 755.

Now that he's only one swing from tying the Hammer, there's no dodging talk of the hallowed mark.

"It's sinking in now," Bonds said.

The San Francisco star hit a soaring drive for his 754th home run Friday night — and Hammerin' Hank, he's right behind you now.

Bonds sent a 2-1 pitch from rookie Rick Vandenberg over the wall in left-

center in the first inning for a solo shot in the San Francisco Giants 12-10 win over the Florida Marlins.

Bonds walked in his next four plate appearances and will likely resume his pursuit Saturday night, when Dontrelle Willis starts for the Marlins.

"Tonight was a great night," Bonds said, joined in his postgame news conference by wife, Liz, daughter, Aisha, and son, Nikolai. "The ball was just carrying."

Bud Selig wasn't there to see this homer, sending MLB president and chief operating officer Bob DuPuy in his place. The commissioner was back in Milwaukee, preparing to go

to Sunday's Hall of Fame induction ceremony in Cooperstown, N.Y.

Bonds did hear from Michael Jordan, though. A taped message from the NBA great played on AT&T Park's video board between innings.

"It was great seeing the board, and having Michael Jordan say what he said was phenomenal," Bonds said.

After a brief pause to put specially marked baseballs in play, Bonds had drawn ball one and ball two — with boos raining down on Vandenberg — before a called first strike. Then, the 84 mph changeup was gone — a drive estimated at 420 feet.

"I wanted to throw it down and I left it hanging up and he hit out," Vandenberg said. "I knew he got real good wood on it. I knew when I let it go I didn't bury it or finish it all the way. I just left it up. If a pitch is up, you're going to get hurt, obviously."

As usual, Bonds stood and watched his ball sail away, then began yet another trot and pumped his fist along the way. "754" flashed on the main scoreboard, and Bonds blew kisses to his family when he crossed home. Then, Bonds hugged hitting coach Joe Lefebvre in the dugout. Lefebvre has been working closely with the 43-year-old slugger dur-

ing his recent struggles. "I wasn't caught up in the moment," Bonds said. "Yesterday I sat around and studied my films. There were things that I got away from."

Fans, already on their feet for Bonds' first at-bat, screamed in delight when it was clear he had homered — Bonds' first at home since he connected for No. 750 on June 29 against Arizona's Livan Hernandez. "Barry! Barry!" they chanted as he rounded the bases.

"He knew he got it," Giants manager Bruce Bochy said. "After that he didn't get many pitches to hit."

Hundreds of fans held their cell phones in the air to

take pictures after Bonds' home run and during each of his other plate appearances. They booed when he drew the walks.

"The only thing different was he was just trying to throw his arm out of socket," Bonds said. "His velocity went from one extreme to another on my next at-bats."

The fan who retrieved No. 754 was Eric Stormer, a general contractor and season ticketholder from nearby Martinez.

In his first chance to tie Aaron, Bonds walked on five pitches in the third inning. He also walked in the fifth, sixth and eighth innings.

Veteran outfielder Kenny Lofton comes up big in his return to Cleveland

By The Associated Press

Kenny Lofton's first at-bat as a member of the Cleveland Indians in six years was anticlimactic. By the end of the night, however, fans were thrilled to have the veteran back.

Lofton began his third go-round with Cleveland by getting three hits and playing left field for the first time as the Indians beat the visiting Minnesota Twins 10-4 on Friday night.

Jhonny Peralta added two home runs for Cleveland.

"It was emotional at first," said Lofton, who was traded from Texas for minor league catcher Max Ramirez earlier in the day. "The fans were cheering and I was trying to calm myself down the first time up. I didn't know what to expect and it was nice to go out there and show the fans I have a little bit left."

He struck out in his first at-bat,

but provided a spark during the Indians' six-run third.

After Josh Barfield reached on an error and Sizemore walked, Lofton dropped a bunt that bounced off the plate, and by the time Bonser grabbed it, he had no chance of throwing out the speedster.

In other AL games Friday, it was New York 8, Baltimore 7 in the completion of a suspended game; Baltimore 4, New York 2; Boston

7, Tampa Bay 1; Kansas City 6, Texas 1; Chicago 4, Toronto 3; Los Angeles 11, Detroit 6; and Seattle 7, Oakland 1.

Lofton, a lifetime leadoff hitter and center fielder, batted second and played left. He finished 3-for-5 with an RBI in his first game for Cleveland since leaving after the Indians were eliminated in the 2001 playoffs.

That was the last time they made the postseason, and the Indians are

hoping Lofton can help them get back.

"We got a shot in the arm," pitcher Paul Byrd said of Lofton's arrival. "We got somebody who knows how to win in playoff situations, a gamer. We got a guy with character and a guy we are excited to have in the clubhouse."

Lofton received a loud cheer as he ran out to left. The five-time All-Star center fielder could only recall playing there in an All-Star game.

Singh stroke behind Canadian Open leaders; Weir struggles to make cut

MARKHAM, Ontario (AP) — The last time Vijay Singh and Mike Weir got together in the Canadian Open, the big Fijian beat the Canadian in a dramatic playoff in the 2004 tournament at Glen Abbey.

Three years later, Singh was pulling for his struggling playing partner to make the cut in the national championship.

"I was rooting for Mike," Singh said. "It's good for the game and good for Canada that he's playing the weekend."

While Weir managed to make the cut by a stroke, Singh shot a 6-under 65 on Friday to finish the second round a shot behind leaders Steve Allan and John Mallinger.

"I'm looking forward to playing a solid weekend," Singh said. "Win or lose, I'll go out there and try to play my game."

Weir nearly missed the cut for the second straight year and 11th time in 16 starts in the tournament. The 2003

Masters champion was 1 under after rounds of 71 and 70.

"It was a struggle all the way around," Weir said. "I'll go to the range and try to figure it out. I've got to play really well to get back into this thing. You never know when your game can come around."

Allan followed his opening 64 with a 68 to match Mallinger (66) at 10-under 132 on Angus Glen's North Course. Tripp Isenhour (68) joined Singh at 9 under.

"I've been playing well, but just haven't cracked the big finish," said Allan, a 33-year-old Australian who won the 1998 German Open and 2002 Australian Open.

Allan birdied the par-3 17th, hitting his tee shot within inches on the 206-yard hole, then saved par on the par-4 18th with a 10-foot putt.

"It's generous off the tee and I'm driving it well," Allan said.

Mallinger had five birdies in his bogey-free round.

"My driving's been great this week," Mallinger said. "When you drive well here you get some good looks at the pins."

Singh made a 40-foot putt from just off the green on the par-3 14th to reach 8 under, and briefly tied Allan for the lead with a two-putt birdie on the par-5 15th. The three-time major champion also made a 25-footer for par on 17.

"The golf course isn't very difficult, but the pin placements are," Singh said. "The pin placements are very much on little slopes and you've got to be on the correct side of the pin. A lot of times you're 6, 8 feet away, but you have to read it so well and make a perfect putt to make it."

The 44-year-old star won the season-opening Mercedes-Benz Championship and the Arnold Palmer Invitational in March to push his PGA Tour victory total to 31. He has won a tour-record 19 times since turning 40.

Butler home run enough for Brian Bannister as Royals beat Rangers

KANSAS CITY, Mo. (AP) — Brian Bannister is starting to put together some very impressive outings.

Bannister pitched seven shutout innings and Billy Butler hit a three-run homer as the Kansas City Royals beat the Texas Rangers 6-1 on Friday night.

Bannister held the Rangers to four hits, striking out six and walking two. The right-hander won his last start in Detroit, when he also went seven innings and gave up four hits. He allowed a run in that one.

"I think it was very similar to the Detroit outing last time," Bannister said. "I had the same approach and kind of the same results. I think the hitters were pretty patient at first and made me work, got a couple of hits here and there."

"I think I eventually got them to swing earlier in the count and start working

more game, which was the plan."

Sosa hit his team-leading 16th homer and the 604th of his career with two out in the eighth to snap the Royals' 17-inning scoreless streak. Soria became the 366th big league pitcher to yield a home run to Sosa, whose previous homer against the Royals came July 18, 2000, off Blake Stein.

Acquired last December in a trade with the New York Mets for reliever Ambiorix Burgos, Bannister (7-6) threw a season-high 116 pitches, 76 for strikes, before being replaced by Joakim Soria to start the eighth. Bannister retired 12 straight after Sammy Sosa's single in the third inning. With Sosa on first and Michael Young on second, Mark Teahen ran down Marlon Byrd's long fly to right-center.

"I think that was one of the biggest plays of the

game," Bannister said. "I tried to throw it past him and he got good wood on it, but just not good enough, and Teahen was able to run it down."

Rangers manager Ron Washington credited Bannister with pitching a great game.

"Bannister didn't give us much. We had a couple of opportunities, but he did not give in to it," Washington said.

After Mark Grudzielanek singled and Mark Teahen walked, Butler homered to center in the first off Jamey Wright to give Kansas City a 3-0 lead. Butler, the Royals' rookie designated hitter, is batting .351 with six doubles, three home runs and 24 RBIs in 19 games.

"It was a slider that he got up, not where he wanted to throw it," Butler said. "I'm glad I didn't miss that."

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Teeing off



J.C. Staples of Windcrest, Texas, tees off on hole 3 as Amarillo's Mike Fortin watches from behind at the Tri-State Senior Golf Tournament at the Pampa Country Club. Pampa News photo by JORDAN REAGAN

Peavy records first win since June 19

HOUSTON (AP) — Jake Peavy is back to winning and all it took was a minor adjustment in his delivery.

Peavy allowed a run in seven innings, Milton Bradley homered and Brian Giles had a season-high three RBIs in the San Diego Padres' 9-4 victory over the Houston Astros on Friday night.

It was the first win for Peavy (10-5) since June 19 against Baltimore. He was 0-4 in his previous five starts.

Manager Bud Black said Peavy worked with pitching coach Darren Balsley on some mechanical adjustments, and it seemed to work.

"He stayed a little taller over the rubber and his arm had a higher slot. That resulted in a better angle and created more of a downhill plane for his pitches," Black said.

Peavy, whose 9.3 strikeouts per 9 innings leads the National League, allowed four hits and struck out eight for the Padres, who won for only the second time in the last eight games.

"It made a big difference," Peavy said of the adjustment. "I was throwing the ball downhill more. I think I may have just drifted away from the correct delivery. It was something I was doing mentally more than anything but the adjustment made me stay more behind the pitch."

Peavy is 5-0 with a 0.98 ERA on the road this year and his 2.41 season ERA remains second in the NL. So he didn't think wholesale changes were needed.

"I didn't feel like I was pitching badly before," he said. "I had three or four quality starts in that stretch (of losses) and a couple of them were against shutouts."

But I wasn't doing my job either."

The Padres' 12-hit attack impressed Black. "It was good to see us keep tacking on runs as the game went on," Black said. "We got a lot of two-out hits and we haven't been doing that lately."

Giles' two-out single in the eighth was a two-out hit.

"It was one of those nights when everybody up and down the lineup contributed," Giles said. "Hopefully that'll get us going."

The Astros knew what they were up against with Peavy.

"Usually those good guys, if you don't break through them early, you're not going to get them," manager Phil Garner said. "They get into a groove and that's what he did."

"He just got stronger as the game went on. We had one good chance early and we didn't capitalize on it."

The Astros scored once and had two men on in the first. But Mike Lamb and Luke Scott struck out to end the threat.

"That was pretty much our one opportunity," Lamb said. We needed to have better at-bats and score some more runs because obviously, he's one of the better pitchers in the National League. When you get opportunities, you need to capitalize."

Woody Williams (5-12) went six innings and allowed four runs and eight hits with two walks as the Astros' three-game winning streak ended.

It was Williams' first appearance of the season against the Padres. The 41-year-old spent the previous two seasons in San Diego.

Cadel Evans, Alberto Contador racing against the clock as dope tainted Tour reaches its climax

ANGOULEME, France (AP) — Teetering on collapse, the Tour de France found reason to hope the race, not embarrassing doping scandals, soon would reclaim the spotlight.

A slim margin of 1 minute, 50 seconds separates leader Alberto Contador of Spain and Cadel Evans of Australia. Suddenly, Saturday's time trial promises a competitive finish, a reprieve from the rumors and jeers of recent days.

The 104-year-old race is still reeling from the ouster of former overall leader Michael Rasmussen, who left a pack of dispirited riders heading toward Paris, burdened by the latest jolt to the sport.

Not Contador and Evans. The two riders, each going for a first victory in this event, realize the 35-mile

race against the clock could decide the winner.

"In this time trial, everything can change — my entire life can change," Contador said.

Added Evans: "We will know all the answers out on the road tomorrow."

Contador has a time cushion and in Discovery Channel sporting director Johan Bruyneel, a cool head who helped Lance Armstrong to seven straight Tour wins.

"I saw him (Contador) this morning by the bus, and he seemed to be quite nervous," Redant said. "He is not allowed to fail now. He can only win. So for a young guy ... he has to stay calm. He's now the favorite."

The 24-year-old Contador would be the Tour's youngest winner since Jan Ullrich in 1997.

"Tomorrow is the most difficult day of my career as an athlete," Contador said after Friday's 18th stage, which was won by Sandy Casar.

Redant stepped up the mind games further.

"It's a big gap (1:50), but if you lose that you have a really big failure," Redant said. "He's a young guy, and it would be fine for cycling if a young guy like that can win the Tour. But it's a lot of stress ... and for him I hope he can cope with it. I know Cadel is very relaxed, he's very confident, and that's a big advantage of course."

Bruyneel turned the tables on Evans.

"Evans has to have a great day, and things would have to go really badly for Contador," Bruyneel said. "The best will win."

Owens opens Cowboys camp happy, healthy

SAN ANTONIO (AP) — Guess what Terrell Owens is up to now?

After all his antics over the past few years, it's understandable to be braced for anything. That's why the reality might be a surprise: T.O. is healthy, happy and ready for a calm second season with the Dallas Cowboys.

"I hope so," he said. "I'm feeling good, looking good — so I've got to play good."

Last season was a weird one, even by his standards.

It can't be called a disappointment because Owens led the NFL in touchdown catches and Dallas made the playoffs after missing out for

two years. However, Owens constantly was in the news for all the wrong reasons: a preseason hamstring injury, an accidental overdose on painkillers, squabbles with his position coach, a testy relationship with head coach Bill Parcells, the most dropped passes in the league ... and more.

"I think there was a lack of concentration on my part and I can't fault anybody but myself," Owens said, referring to the drops and the overall season. "I can't really put my finger on it. I just know it wasn't there."

Further probing is useless. With a smile, Owens cites "a memory lapse" when it

comes to specifics about the dramas of 2006.

"Anything with reference to last year is a non-issue," he said. "We are trying to really focus on this year. ... We are going to make this a happy season."

In that case, he's off to a good start.

Evidence of a new T.O. began in May, when he caught passes at the team's first offseason minicamp despite having a doctor's note to be on the sideline because he was coming off two surgeries on his right ring finger. How's that for a first impression on new coach Wade Phillips and the new offensive coaches?



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To view a detailed job description with skill requirements and to apply for this position, go to www.chevron.com/careers and enter "Technical Assistant" into the Keywords field. All applicants must apply via the Chevron online application process.

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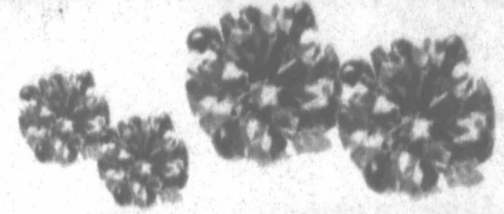


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COURTESY PHOTO

25 years

Keyes Pharmacy is giving away prizes for their 25th anniversary celebration. Owner Merlin Rose presents Rosa Brewer with a lipid panel and fasting glucose gift certificate from Pampa Regional Medical Center.



COURTESY PHOTO

Entries are now available for the Top O' Texas Rodeo and Kid Pony Show to be staged Aug. 19-25 at the Top O' Texas Rodeo grounds here in Pampa. The Kid Pony Show is open to young cowboy and cowgirls like (back row, left-right) Colten Ensey, Samantha Touchstone, (front row, l-r) Jacob Touchstone and Caden Ensey. The Kid Pony Show is open to children 15 and younger. Entries are being accepted for mutton busting as well. Kid Pony Show contestants age 7 and under may compete in this event. Entries are limited to six contestants each night on a first come, first serve basis. Prizes will be awarded each night. The deadline to enter the Kid Pony Show or the mutton busting is 5 p.m. Thursday, Aug. 16 at the rodeo office, 200 N. Ballard. For more information, call the office at 669-0434.



COURTESY PHOTO

Lions camp

This summer Brody Gilbert of Pampa attended Texas Lions Camp in Kerrville. Brody was sponsored by Brad Pingel of Pampa Lions Club. The camp offers camping opportunities for children between the ages of 7 and 16 who have visual, hearing or physical disabilities.

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Lifestyle

Coffee pairing

Sweet... and Savory

FAMILY FEATURES

Coffee is the perfect accompaniment to a sweet treat, but the unique nuances of coffee bring out the flavors in savory dishes as well — much like wine. Coffee's aromatic flavor notes — berries, caramel, cocoa, flora, nuts and spice — excite the palate. And when paired with different foods, the flavors of each sip are enhanced by every bite.

Coffee takes on complex and rich flavor notes unique to its region of origin, creating a taste tapestry for your tongue. For example, the new Uhora Blend, developed by Starbucks master blender Andrew Linnemann and renowned chef Marcus Samuelsson, is elegant, with a layered complexity of delicate floral, citrus and herbal notes, blended from East African coffees.

The Uhora Blend (ubora is Swahili for "excellent quality") not only pairs perfectly with Starbucks new artisan pastry also created with Samuelsson — Caramelized Apple Pecan Coffee Cake, but it also offers an ideal complement to Samuelsson's Harissa-Roasted Turkey Breast.

Joya del Dia Blend (Jewel of the Day) has clean, delicate flavors and a soft cocoa finish, blended from Colombia, Guatemala and Costa Rica coffee beans. Sip it with Starbucks and Samuelsson's moist and tender Chocolate Cinnamon Bread.



Geography Is a Flavor

Take a sensory journey around the world by exploring the flavors in your coffee cup.

- Latin America coffees are most familiar because Central and South America produce more coffee than any other growing region. Coffees from Latin America are celebrated for great balance, medium body and a clean finish. A tangy brightness and consistent quality make Latin American coffee ideal for blends.
- Coffees from the Asia-Pacific region are popular for smooth, earthy, and exotic flavors, with low acidity and full body.
- In Africa, the original birthplace of coffee, the coffees generally have a rich flavor, sparkling acidity, unique floral or wine-like qualities, and medium to full body.

Available for a limited time exclusively at Starbucks, check out "Discovery of a Continent: Foods, Flavors and Inspirations from Africa," Marcus Samuelsson's newest cookbook, which shares his personal stories of the land, the people and the traditions of Africa through his artfully prepared dishes.

The new Uhora and Joya del Dia Blends, as well as both new artisan pastries, will be available at Starbucks beginning Aug. 28.

For more information, visit Starbucks.com.

Caramelized Apple Pecan Coffee Cake

Prep time: 40 minutes
Cooking time: 1 hour 45 minutes

Makes 12 servings

3/4 cup coarsely chopped pecans, divided

Cinnamon Streusel Topping

1/4 cup packed light brown sugar

1 teaspoon ground cinnamon

1/2 tablespoon unsalted butter, melted

Apple Filling and Topping

1/4 cup granulated sugar

1 large Granny Smith apple, peeled, cored and cut into 3/8-inch dice

1/2 vanilla bean, split lengthwise, seeds scraped out

Coffee Cake Batter

1 cup all-purpose flour

1 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon ground cinnamon

1/8 teaspoon salt

Pinch ground ginger

Pinch ground cloves

1/3 cup plain whole yogurt

1/4 cup unsweetened applesauce

1/3 cup packed light brown sugar

1/3 cup granulated sugar

1 large egg

3 tablespoons unsalted butter, melted and cooled

Preheat the oven to 350°F. Grease 9 x 1 1/2-inch round baking pan and set aside.

Spread pecans on baking sheet or jelly-roll pan and toast in oven until lightly browned, about 10 to 15 minutes. Set aside to cool.

Streusel Topping: In medium bowl, combine light brown sugar and cinnamon. Stir in butter until well combined and mix in half of pecans. Set aside.

Apple Filling and Topping: In small heavy-bottomed saucepan, cook sugar over moderately low heat. Without stirring, shake pan to help sugar melt evenly, until melted and dark golden. Remove saucepan from heat and carefully add apples and vanilla bean pod and seeds (mixture will vigorously steam and caramel will harden). Cook mixture over moderate heat, shaking pan and stirring occasionally, until caramel is dissolved, liquid has evaporated and apples are tender but still hold their shape, about 10 to 15 minutes. Discard vanilla bean pod. Spread apples on sheet pan to cool.

Coffee Cake Batter: In large bowl whisk together flour, baking powder, baking soda, cinnamon, salt, ginger and cloves. In another medium bowl, whisk together yogurt, applesauce, brown sugar, granulated sugar, egg and butter until smooth. Pour wet ingredients into dry mixture and mix until well combined with large spatula. Fold in half the cooled apple filling and remaining pecans and pour into prepared pan. Sprinkle with half the streusel and top with remaining apple filling. Sprinkle with remaining streusel and bake until toothpick inserted in center comes out clean, about 25 to 30 minutes. Let cool 20 minutes and cut into 8 wedges. Serve warm or at room temperature.

Perfect Pairing: Soft floral and spicy notes of coffees such as Starbucks Uhora Blend, Ethiopia Sidamo or Arabian Mocha Sanani accent the cake's apple tartness.

Chocolate Cinnamon Bread

Prep time: 30 minutes Cooking time: 50 minutes

Makes 16 servings

Chocolate Batter

3 sticks unsalted butter, at room temperature

3 cups granulated sugar

5 large eggs, at room temperature

2 cups all-purpose flour

1 1/4 cups Dutch-processed cocoa powder

1 tablespoon ground cinnamon

1 teaspoon salt

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1 cup buttermilk

1/4 cup water

1 teaspoon vanilla extract

Cocoa-Spice Sugar Crust

1/4 cup granulated sugar

3/4 teaspoon ground cinnamon

1/2 teaspoon Dutch-processed cocoa powder

Pinch ground ginger

Pinch ground cloves

1/4 cup decorating or sparkle sugar

Preheat oven to 350°F. Grease two 9 x 5 x 3-inch loaf pans and line bottom of pans with parchment paper.

Chocolate Batter: In bowl of electric mixer, cream together butter and sugar with paddle attachment on medium speed, until light and creamy about 5 minutes. Beat in eggs, one at a time, beating until each egg is completely incorporated before adding the next and scraping down sides of bowl several times.

Meanwhile, in medium bowl, sift together flour, cocoa, cinnamon, salt, baking powder and baking soda. In another bowl, whisk together buttermilk, water and vanilla. With mixer on low speed, alternately add flour mixture and buttermilk mixture to batter, beginning and ending with flour and beating just until blended. Divide batter between the two pans, shake pans to even tops and set aside.

Cocoa Spice Sugar Crust: In another small bowl, whisk together sugar, cinnamon, cocoa, ginger and cloves. Sprinkle surfaces of both batters with decorating sugar. Sprinkle with cocoa sugar mixture, dividing evenly. Bake until toothpick inserted in center comes out clean, about 45 to 50 minutes. Let cool completely, run thin knife around sides to release breads and remove from pans.

Perfect Pairing: Pair with Starbucks Joya del Dia Blend, which has a soft cocoa finish that's intensified by the bread's deep chocolate flavor. Also try with Guatemala Antigua, Colombia Nariño Supremo or House Blend and discover how surprisingly complex and distinct each sip tastes.

Harissa-Roasted Turkey Breast With Stuffing

Prep time: 30 minutes Cooking time: 1 hour 30 minutes

Makes 6 to 8 servings

1 6-pound bone-in turkey breast (skin on)

Salt and freshly ground black pepper

4 garlic cloves

2 cinnamon sticks

1/2 medium yellow onion, finely chopped

1 cup harissa sauce (a fiery red paste)

Stuffing (recipe follows)

Preheat oven to 400°F. Rinse turkey under cold water and pat dry.

Sprinkle on all sides with salt and pepper. Stuff garlic cloves, cinnamon sticks and onion into neck cavity, and seal it closed with wooden skewer or toothpick. Gently rub harissa over and under skin.

Place turkey breast skin side up on roasting rack in roasting pan and cover with foil. Roast, basting occasionally with juices that accumulate in bottom of pan, until an instant-read thermometer inserted into thickest part of breast reads 160°F and juices run clear, about 1 1/2 hours. During last 20 minutes of cooking remove foil to brown skin. Let turkey rest at least 20 minutes before carving.

Stuffing

1/4 cup olive oil, divided

2 tablespoons lightly crusted almonds

1/2 loaf white bread, cut into 1-inch cubes (about 4 cups)

2 medium parsnips, peeled and cut into 1-inch cubes

2 cinnamon sticks

3 garlic cloves, cut in half

3 shallots, cut into 1/4-inch dice

2 quinces, peeled, cored, and cut into 1-inch cubes

1 tablespoon harissa sauce

1 cup chicken stock

1/2 cup orange juice

1 tablespoon honey

2 teaspoons chopped thyme

1 teaspoon salt

1/2 cup raisins

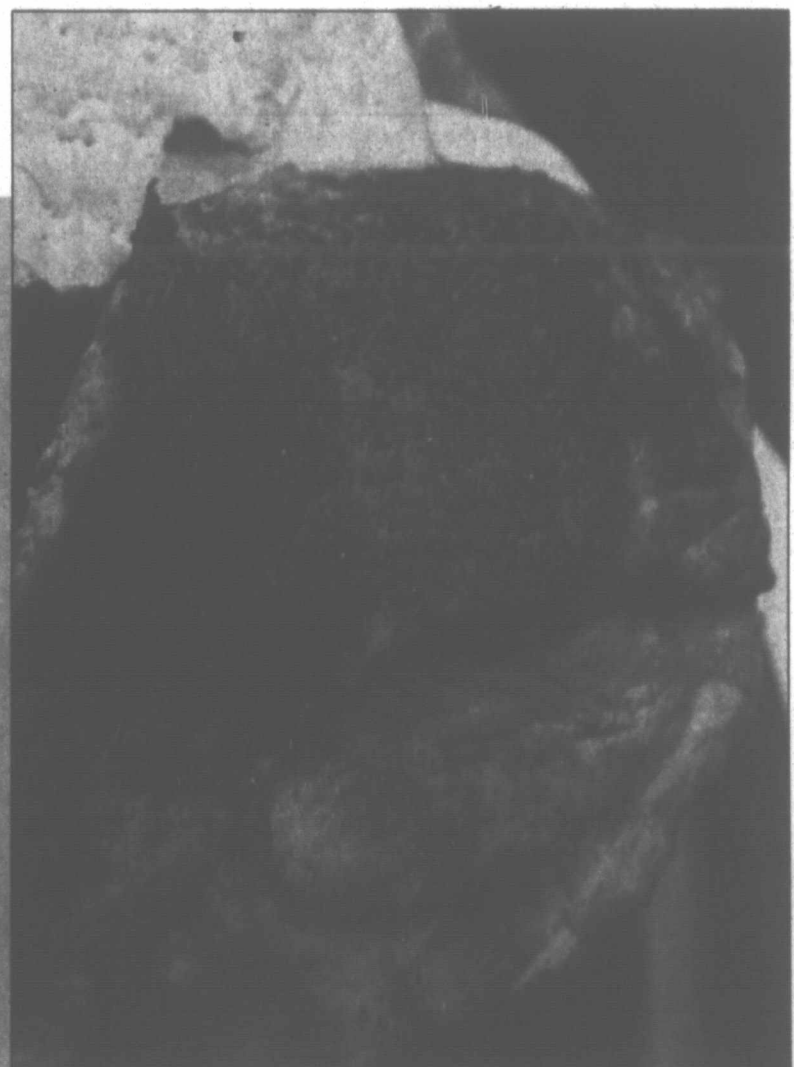
1 tablespoon chopped parsley

Heat 2 tablespoons olive oil in large sauté pan over medium heat. Add almonds and bread cubes and sauté 5 minutes, or until golden brown. Remove from heat and set aside.

Heat remaining 2 tablespoons olive oil in Dutch oven or other large pot. Add parsnips and cinnamon sticks and sauté about 5 minutes. Add garlic, shallots, quinces and harissa and sauté until garlic is golden, about 5 minutes. Stir in chicken stock, orange juice and honey, reduce heat to low, and simmer 15 minutes.

Add thyme, salt, raisins and almond and bread cube mixture and stir until well combined. Cook over low heat, stirring frequently, until heated through. Stir in chopped parsley.

Perfect Pairing: Starbucks Uhora Blend, a blend of East African coffees, will complement the spices and herbs in this dish. The spices (cinnamon, caraway, coriander) in this dish are reminiscent of spices such as cardamom that are often combined with coffee in East Africa as part of coffee ceremonies to celebrate coffee and community.



Did you know?

(NAPSA) — "There's no replacing the agent when it comes to finding solutions for your financial needs," says Scott Perry, president of Bankers Life and Casualty Company, a national insurance company specializing in serving the needs of seniors. For more information, visit www.bankers.com and click "Senior Resources."

Home design is getting a lot more detailed thanks to new, low-maintenance products. Certainteed's Restoration Millwork(tm) Exterior Trim is made from solid cellular polyvinyl chloride (PVC) that looks and feels like lumber but needs no painting. For more information, visit www.certainteed.com.

When grilling, use a marinade to tenderize the meat. Most meats should be mari-

nated in the refrigerator for a minimum of three hours, although overnight works best. If you're making your own, a quality vinegar, such as Heinz Vinegar, can serve as a good base.

Experts state, homeowners are wise to wash their drapery fabrics or use an environmentally friendly cleaning service that doesn't use perchloroethylene (PERC) — a harmful substance often used by dry cleaners that can cause adverse health effects. Visit www.ado-usa.com to learn more.

The Food and Drug Administration (FDA) advises people to proceed with caution when purchasing medications. One of the best places to get up-to-the-minute information on the topic of drug counterfeiting is the Web site www.BuySafeDrugs.info.

Shank, Carpenter Wedding

Kaylee Anne Shank and Mark Austin Carpenter were united in marriage June 16 at Briarwood Church in Pampa. Pastor Steve Watson of Frisco performed the ceremony.

The bride is the daughter of Mr. and Mrs. Ron Shank of Pampa; and is the granddaughter of Bessie Appleton and the late Vernon Appleton of Buffalo, Okla., and Mary Shank of Oklahoma City, Okla., and the late Perry Shank.

The groom is the son of Mr. and Mrs. Steve Carpenter of Pampa; and is the grandson of LeRoy and JoAnne Proctor and the late Walter A. Carpenter Jr. and Virginia Carpenter.

Sister of the bride, Andrea Shank, was maid of honor. The bridesmaids included Molly Seabourn of Big Sky, Mont., and



Kaylee A. Shank and Mark A. Carpenter

Kelli Cone of Fort Worth. Brenden Carpenter,

brother of the groom, served as best man. The groomsmen included Ben Carpenter, cousin of the groom of Amarillo, and Nathan Carpenter, cousin of the groom of Keller.

Lucas Shank, cousin of the bride of Oklahoma City, and Ryan Jackson of Fort Worth served as ushers. Music was provided by Candice Carpenter, cousin of the groom, Kip White, both of Lubbock, and pianist Myrna Orr.

The bride is currently employed as a manager at Hollister in Fort Worth. The groom is currently employed as a drafter at American Masonry Supply in Arlington.

The newlyweds honeymooned in Puerto Vallarta, Mexico, and New York City, N.Y. They currently reside in Euless.

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Teryn Stowers and Vince Gonzalez
Jennifer Schroeder and Leif Claassen
Ashley Derington and Aaron Waldrip
Jenna Albus and Chandler Bowers
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Hendricks, Aiken Wedding

Meredith Claire Hendricks and Brett William Aiken, both of Phoenix, Ariz., were married July 7 at First Baptist Church in Pampa with the Rev. Barry Owens, of the church, officiating.

The maid of honor was Pam Furhmeister of Lubbock. The bridesmaids were Beth Alcox and Janelle Styne of Plainview.

Standing up as best man was Devin Harjes of New York City, N.Y. The groomsmen were Brian Benavides of Morton and Robert Sullivan of Lubbock.

Ushering guests to their seats were Nathaniel Carter of Odessa, Mark Espina of San Antonio, Travis Hyde and Andy Midkiff, both of Lubbock.

Christina Barrs of Lubbock and Stephanie Nelson of Pampa handled the guest book.

Music was provided by soprano Julie Whitis who sang "Ave Maria" by Schubert and "The Lord's Prayer" by Malotte; pianist Wanetta Hill of Pampa; and the String Quartet at Texas Tech University in Lubbock consisting of Abi



Meredith C. Hendricks and Brett W. Aiken

Rhoades, Danielle Doty, both on violin, Allison Dobbs on viola and Jessica Cheadle on cello.

A reception followed the service in fellowship hall of the church with Lindsay Spearman of Katy, Dottie Fraser of Amarillo and Brenda Tucker of Pampa serving the bride's table and Leslie

Smith of Pampa serving the groom's.

The bride is the daughter of Roy and Roberta Hendricks of Pampa, and Doyle and Regina Young of Waco; and is the granddaughter of Dell Brown and the late Wayne Brown, and Don and Julia Hendricks, all of Pampa.

The groom is the son of

Eileen Aiken and the late Harold Aiken of Lubbock; and is the grandson of Jane Durham and the late Ralph Durham of Lufkin, and Arthur and Daisy Aiken of Brevard, N.C.

The bride graduated magna cum laude from TTU with a degree in vocal performance and is currently pursuing a master's of music degree in musical theater performance at Arizona State University. She conducts private voice lessons and is employed by La Musique Academy and St. Anthony on the Desert Episcopal Church.

The groom studied theater performance at South Plains College in Levelland and at Universal Studios in Orlando, Fla. He is currently pursuing an acting and technical theater career in the Phoenix metroplex area and is employed by Mesa Encore Theater and Hillstone Restaurant Group.

The newlyweds honeymooned in Ocho Rios, Jamaica, and intend to make their home in Phoenix.



Mr. and Mrs. Bill McGill

McGILL ANNIVERSARY

Bill and Helen McGill of Pampa will observe their 40th wedding anniversary Aug. 1.

Bill McGill and the former Helen Wright were married Aug. 1, 1967, at Pampa.

Children of the couple are David and Deanna McGill of Pampa and Jason and Delisa Hendrick of Amarillo. They have four grandchildren.

Briefs ...

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Along the Florida Panhandle, there are tasteful celebrations of the culture, food and wine of the beautiful coastal area. For a lineup of events, visit the Walton County Tourist Development Council at www.beachesofsouthwalton.com.

Cradle call



Marvin 'M.J.' Contreras

Marvin James "M.J." Contreras was born at 1:25 a.m. June 17 at Northwest Texas Hospital in Amarillo, to Joy Hilbern and Allen Contreras of Pampa. At birth, the infant weighed 4-pounds, 14.8-ounces and was 18-inches long. M.J. is the grandson of Peggy and the late Marvin Smith, and Debbie Fisher, all of Pampa, and Alex and Barbara Contreras of Sourlake; and is the great-grandson of Lilly and the late Louis Contreras of Memphis, Texas, Ann and Jesse Cannon of Pampa, and Helen Bradsher of Canyon.

Martin, James Wedding

The nuptials of Pamela K. Martin of Pampa and Mike James of Amarillo took place June 23 in the VFW hall in Pampa. Parents of the bride are Danny and Nelda Martin, and Jewell and Beverly Snider of Pampa. Parents of the groom are Mike James, and Jimmy and Donna Blocker of Amarillo.

Ricky Martin, of Body of Christ, presided over the ceremony.

The bride's honor attendant was sister of the bride, Angela Fennell of Amarillo. The bridesmaids



Pamela Martin and Mike James

were Becky Loggins, Christy Ferguson, both of Pampa, and Stephanie James, daughter of the groom of Amarillo.

Jack Loggins of Pampa acted as best man. The groomsmen were Joey James, Josh James, both sons of the groom, Roper Barr, RoDee Barr and Rylan Hathcoat, all sons of the bride.

The wedding reception was also held at the VFW with Trudy Manhart and Mayra Heredia serving the guests.

The newlyweds plan to live in Pampa.



Mr. and Mrs. Mike Towry

TOWRY ANNIVERSARY

Mike and Cyndi Towry of Pampa recently celebrated their 25th wedding anniversary.

Mike and the former Cyndi Park were married July 23, 1982, in Pampa at the home of the bride's parents.

Both are lifelong Pampa residents.

Mike works for Fluid Compressors Partners. Cyndi is a secretary at Pampa Learning Center.

The couple have one child, Nate Towry, of the home.

Menus

Week of July 29-August 3

Kid's Cafe-Wilson

MONDAY
Sloppy joes, chips, pickles, carrot sticks, fruit.

WEDNESDAY
Fried chicken, mashed potatoes, gravy, asparagus, bread, fruit.

Kid's Cafe-Lamar

TUESDAY
Chicken sandwiches, chips, lettuce, tomatoes, dessert.

THURSDAY
Chili dogs, chips, corn, fruit.

Kid's Cafe-Briarwood

FRIDAY
Beef noodle meal, English peas, salad, fruit.

Senior Citizens

MONDAY
Chicken fried steak or mushroom chicken/pasta, mashed potatoes, Italian green beans, beets, beans, German chocolate cake or vanilla pudding cups, slaw, tossed or jello salad, hot rolls or cornbread.

TUESDAY

Swiss steak or baked cod/rice, tater tots, fried okra, California blend, blackeyed peas, cherry chocolate cake or blueberry cream pie, slaw, tossed or jello salad, hot rolls or cornbread.

WEDNESDAY

Roast beef brisket/brown gravy or cook's choice,

mashed potatoes, macaroni/tomatoes, cream corn, beans, spice cake or lemon icebox pie, slaw, tossed or jello salad, hot rolls or cornbread.

THURSDAY

Chicken strips or liver and onions, mashed potatoes, baby carrots, English peas, beans, ugly duckling cake or chocolate pie, slaw, tossed or jello salad, hot rolls or cornbread.

FRIDAY

Catfish/hushpuppies or beef enchiladas, potato wedges, cheese hominy, beans, red velvet cake or tapioca cups, slaw, tossed or jello salad, garlic bread sticks, hot rolls or cornbread.

Meals On Wheels

MONDAY
Chicken spaghetti, pickled beets, peas, pineapple.

TUESDAY

Sausage and rice casserole, green beans and tomatoes, pears, cornbread salad.

WEDNESDAY

Soft tacos, pinto beans, Spanish rice, peaches.

THURSDAY

Swedish meatballs/noodles, lima beans, carrots, apple-sauce.

FRIDAY

Oven-fried chicken, mashed potatoes, green beans, jello.

Club news

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

Red Hat Dollies

The Red Hat Dollies of Pampa met July 19 at Pampa Senior Citizens Center with Shirley Nicholson presiding.

The following business was conducted and announcements made:

—Helen Baumgardner presented each member with a gift and inspirational verse.

—Members agreed to meet for refreshments between regular meeting dates.

—Aileen Ruddick will preside at the next meeting.

—Baumgardner and Sidney Jackson took red hats to Pampa Nursing Center as a community service project.

The next meeting will be at 11 a.m. Aug. 16 at Pampa Senior Citizens Center. New members are welcome.

Heritage Art Club

Heritage Art Club of Pampa met July 2 at Pampa Senior Citizens Center with President Theresa Maness presiding and Jennie Barker serving as hostess.

Present at the meeting were Maness, Marjie Holland, Ruth Barrett, Louise Ward, Edie Hudson, Barbara Stubblefield, Barker, Raylene McGeein and two guests, Janice Sackett and Nancy Crites.

Members Betty McCrackin and Roxanna Hendricks were absent.

The following business was conducted and

announcements made:

—Minutes were approved as read by Secretary Stubblefield.

—The Nominating Committee made its recommendations for the next club year. The nominees were unanimously elected. They are Hudson, president; Hendricks, first vice president; Stubblefield, second vice president; Barker, secretary; Holland, treasurer; and McGeein, parliamentarian.

—Crites, project teacher for June and July from C.C. Campana Art Studio in Pampa, delivered the final lesson in her two-part pres-

entation on china painting.


—Members participated in Secret Pal gift exchange.

The next meeting will be the "August Mixer," which traditionally marks the

See CLUB, Page 4-B

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Leslee Ammons & Rocky Diffendaffer
Karissa Intemann & Vance Sherrill
Kelli Martin & Ricky McCoy
Jennifer Frogge & Eljio Hernandez
Jenna Albus & Chandler Bowers
Samantha Cenederos & Blake Helms
Michelle Gomez & Joe Resendiz
Lauren Walters & Brandon Miller
Rebekah Warner & Zachary Elliot
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Breastfeeding at work tough task

(NAPSA) — A new survey by the National Women's Health Resource Center (NWHRC) and Medela, Inc. reveals one-third (32 percent) of new mothers give up breastfeeding less than seven weeks after returning to work because of significant barriers. This percentage is even higher for those new moms aged 18 to 24, at 51 percent.

"If mothers can make it past seven weeks while working, our survey shows they are more likely to continue breastfeeding for six to 12 months. Companies should encourage breastfeeding with a lactation program not just at corporate headquarters, but throughout the organization," explains Irene Zoppi, RN, MSN, IBCLC and Medela's clinical education specialist.



Many work environments are falling short of supporting women and providing the resources they need to succeed at breastfeeding while working. According to the survey, the biggest barriers include no privacy, inflexible schedules, lack of refrigeration to store breast milk and insufficient or lack of company policies to allow them to take an adequate number of breaks to pump. In fact, while 60 percent of the survey respondents believe that the perception of breastfeeding in the workplace has grown more positive in recent years, 35 percent feel that there has been no change and 5 percent consider it to have grown more negative.

The survey also shows mothers working in retail or service environments were least likely to breastfeed for six months or more after returning to work. Only 23 percent were able to do so compared to 42 percent of those who work from home or own a business and 31 percent who work in other environments, including office or classroom, factory or non-office and health care.

"There are so many health benefits to breastfeeding for both mom and baby," stated Elizabeth Battaglini Cahill, RN, executive vice president of NWHRC. "All new moms should have the equal opportunity to continue to breastfeed after returning to work, regardless of their industry or age."

To help new mothers transition back into the workforce while continuing to successfully breastfeed, the NWHRC and Medela are offering a free tip card at www.healthywomen.org. For additional information on breastfeeding, visit www.medela.com and www.healthywomen.org.

CHILDREN'S HEALTH

Kids taking charge of their health

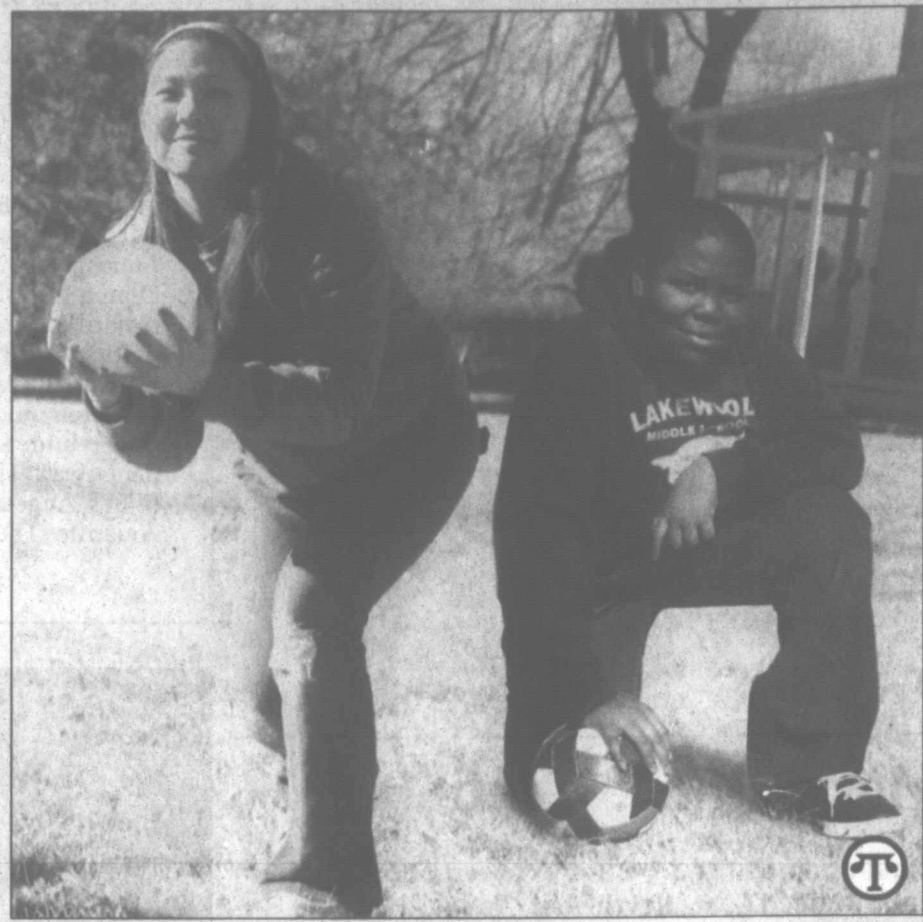
(NAPSA) — According to the Mayo Clinic, in just two decades, the prevalence of childhood obesity has doubled for U.S. children ages 6 to 11 and tripled for American teenagers. It's an epidemic that can have serious health consequences.

Fortunately, kids are taking initiative and signs are pointing to the beginning of a kids' movement to improve their health. One example is the Roosevelt Elementary School in Fresno, California, whose kids are "running across America" by contributing to a collective count of miles with a pedometer. To date, these kids have figuratively crossed the country twice.

And 260,000 kids have pledged to join Nickelodeon's Let's Just Play Go Healthy Challenge—an on-air and off-air campaign centered on helping kids improve health and wellness in their own lives and communities—and have committed to getting healthy since the program launched in 2006.

Making sure kids live healthier lifestyles can be "child's play"—especially if children get pointers on nutrition and fitness by participating in fun programs, like those found at local Boys and Girls Clubs of America or through Nickelodeon's Let's Just Play Go Healthy Challenge.

The Let's Just Play Go Healthy Challenge, developed by Nickelodeon in partnership with the Alliance for a Healthier Generation, is helping kids change the outcome of their generation and measuring their pledges to adopt healthier lifestyles. Part of the network's five-year-old "Let's Just Play" health and wellness campaign, it includes tools for kids such as a monthly personalized health tracker, which allows kids to keep an online journal that tracks their daily activities and food intake, and an



One way to get kids excited about eating better and staying fit is a show that challenges kids to do just that.

interactive game where kids are encouraged to get up and be active.

Each monthly episode of the Let's Just Play Go Healthy Challenge provides kids with practical tips to help get them started on the road to healthier lifestyles, such as:

- Drink a glass of water for every other beverage you drink.
- Walking is a great low-impact exercise. Walk at least 30 minutes a day.
- Pump up your activity while watching TV by getting up and

active. During commercials, try stretching, sit-ups and marching in place.

"Instead of regular potato chips, try baked chips or whole grain crackers with low-fat cheese.

"During lunch, replace unhealthy side items with fruit or raw vegetables at least three days a week.

Kids and families can log on to www.nick.com/letsjustplay to register to take the Let's Just Play Go Healthy Challenge or get more information.

Newsmakers

The United States

Achievement Academy recently announced Tyler Smith of Skellytown was named an All-American Scholar.

All-American Scholars must earn a 3.3 or higher grade point average to qualify for the distinction. Smith was nominated for the award by Debbie Sewell. He attends White Deer High School.

All-American Scholars

will appear in the All-American Scholar Yearbook, published nationally.

"Recognizing and supporting our youth is more important than ever before in America's history," said Dr. George Stevens, founder of the academy. "Certainly, winners of the All-American Scholar Award should be congratulated and appreciated for their dedication to excellence and achieve-

ment."

The Academy selects USAA winners based upon the exclusive recommendation of teachers, coaches, counselors and other qualified sponsors.

Smith is the son of Glen and Anita Smith of Skellytown; and is the grandson of Johnny and Angela Sandoval of Amarillo, and Larry Smith of Fritch.

FOOTBALL FEVER

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 MANDY PETERSON PAMPA HIGH SCHOOL Here's To A Winning Year We Are So Proud Of You Love Mom & Dad	 MANDY PETERSON PAMPA HIGH SCHOOL Here's To A Winning Year We Are So Proud Of You Love Mom & Dad	 MANDY PETERSON PAMPA HIGH SCHOOL Here's To A Winning Year We Are So Proud Of You Love Mom & Dad	 MANDY PETERSON PAMPA HIGH SCHOOL Here's To A Winning Year We Are So Proud Of You Love Mom & Dad	 MANDY PETERSON PAMPA HIGH SCHOOL Here's To A Winning Year We Are So Proud Of You Love Mom & Dad
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To Be Published On August 27 In The Annual Football Fever Special Edition Of The Pampa News. Deadline To Submit Pictures And Information Is August 17. Call 669-2525 For Pricing Information.

Club

Continued from Page 3-B

beginning of the club's new year. New officers will be installed. Hendricks will act as hostess.

Altrusa

Altrusa International Inc., of Pampa met July 24 at Pampa Country Club with President Terri Williams presiding. Sonja Rogers, Erika Hill, Debra Hill and Kenzie Clendenen attended as guests. Sandra McKinney served as greeter.

The following business was conducted and announcements made:

—Brenda Tucker reported on the International Convention for the Accent. Tucker, Kerrick Horton, and Kadda

Schale attended the convention held recently in Orlando, Fla., at the Disney Contemporary Resort.

—Rochelle Lacy introduced Hill, recipient of the Geraldine Rampy Vocational Award. Hill plans to use the award at Clarendon College-Pampa Center.

—Terry Barnes and Chris May with Pampa Regional Medical Center presented the program. May, a physical therapist at the center, gave a power-point presentation on the various types of therapy available there.

—Sherri Schaible announced an ice cream social at the home of Barb Hahn July 31 at 6:30 p.m.

—Guest night is scheduled Aug. 28. Members were asked for names for the invitation list.

The next meeting will be 12 p.m. Aug. 14 at First United Methodist Church.

Lifestyles Policy

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

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

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

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

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

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

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

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

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

Dear Abby...

By Pauline & Jeanne Phillips

DEAR ABBY: This summer, three of my good friends are being married. I am happy for each of them and plan to attend their weddings. However, being 25 and in my first job, I am on a limited budget. What is the appropriate amount to spend to attend a wedding with a guest? It does not help that one of the brides-to-be continually "reminds" me and the rest of our friends how much the wedding is costing her and her fiancé -- \$100 a person, and how she hopes to get it all back in monetary gifts for the wedding. I am appalled that she expects her guests to pay their way to her extravagant wedding. Should I feel pressured to give the exact amount that she is requesting? — **PUZZLED IN PENNSYLVANIA**

DEAR PUZZLED: You should, indeed, feel pressured because that is what your "good friend" is shamelessly doing. But do not give any more than you can comfortably afford. Take the bull by the horns, spell out your financial situation to her, and ask whether you'll be welcome if you can't come up with the "entrance fee." True friends do not treat each other this way. If you're afraid your friendship will be over if you do it, allow me to point out that if she feels shortchanged, it will be over anyway.

DEAR ABBY: My 27-year-old gay stepson, "Lance," returned from New York City last winter -- out of work and informing us that he's HIV-positive. He has not sought medical assistance, and has men overnight. I care deeply for Lance. I worry about his physical and mental health, and I don't know what to do. His father and I cannot afford to pay his medical bills, and he lives in our garage. With no job, and apparently depressed and in denial, Lance has already attacked me physically and has been rude and insulting -- but most of all he does nothing to help his own situation. We have to buy his food and cigarettes and have supplied him with a computer. How can I help him? — **SICK WITH HEARTACHE IN SANTA ROSA, CALIF.**

DEAR SICK WITH HEARTACHE: It is very important that your stepson be medically and psychologically evaluated, because what he is doing is endangering not only himself but also his overnight "guests." The sooner he gets counseling and medication, the sooner he can get on with his life. While there is still no cure for HIV, there have been enough medical advances that the condition can be managed for many years. This means that people with HIV can live productive and satisfying lives -- but only if they get the treatment they need. My advice is to stop enabling this young man and insist that he get treatment if he is to continue living at home. Your nearest gay and lesbian community center can refer you. To locate it, go to www.lgbtcenters.org.

DEAR ABBY: My daughter, "Lola," has a friend whose mother wants to take her for a pedicure when she stays the night this weekend. I am totally against a 10-year-old getting one and think it's a waste of money. I have had only three pedicures in my life. I'm 37, have a job and I am responsible with my money. Do I let her do it, and if so, should I offer to pay? Help! — **HIGHER PRIORITIES IN RICHLAND, WASH.**

DEAR HIGHER PRIORITIES: If the other mother would like to take Lola for a pedicure along with her daughter, I see no harm in it. Let her go, and allow the other mother to treat her -- which is what she appears to be offering to do.

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

For Better Or For Worse



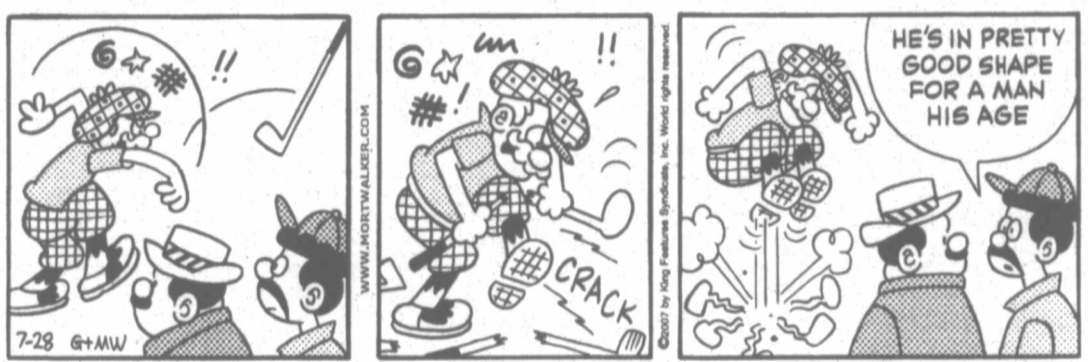
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Garfield



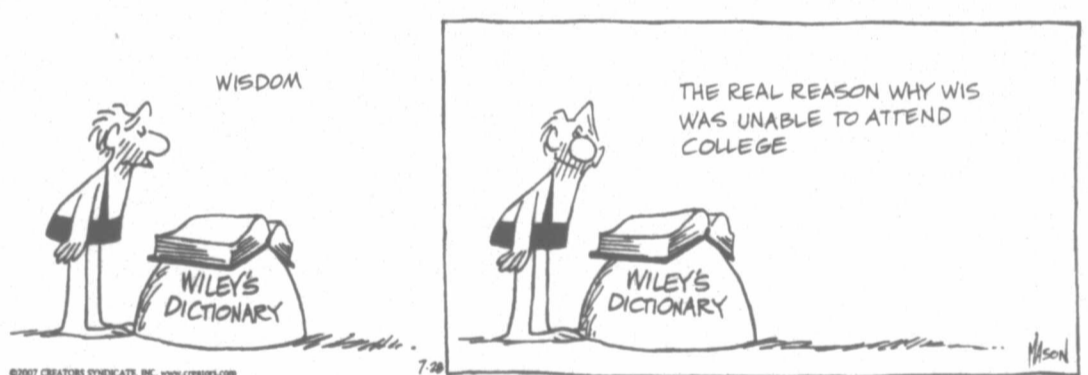
Beetle Bailey



Marvin



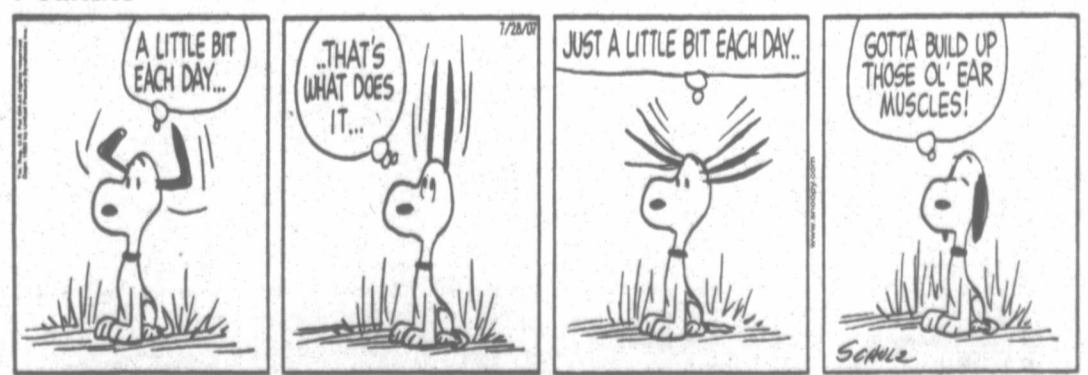
B.C.



Hagar The Horrible



Peanuts



Blondie



Crossword Puzzle

CROSSWORD

By THOMAS JOSEPH

ACROSS 44 Shades

- 1 Beach critter
- 5 Beliefs
- 9 Beach setting
- 10 Some love songs
- 12 Birth-related
- 13 Caesar's land
- 14 Mobile home?
- 16 Bishop or rook
- 17 Favorite
- 18 Swing group
- 20 Squelch
- 22 Some linemen
- 23 Come up
- 25 Sprit, e.g.
- 28 Oxonian's rival
- 32 Ring swing
- 34 First número
- 35 Bruins legend
- 36 Shipping ban
- 38 Overlooks
- 40 Modify
- 41 Print units
- 42 Rings
- 43 Race finish

- DOWN
- 1 Swiss lodge
- 2 Turn
- 3 Bedouin, e.g.
- 4 Explain to death
- 5 Luggage clip-on
- 6 Be litigious
- 7 Singer Ethel
- 8 Maroon
- 9 Gingerly cookies
- 11 Beach bits
- 15 Portable filmer
- 19 "It's — real"
- 21 Divide
- 24 Day for observance
- 25 Sailing boat
- 26 Sanction
- 27 Serengeti setting
- 29 Slow mover
- 30 California team
- 31 Rude fellows
- 33 Track great
- 37 Moises of the Mets
- 39 Call on

Yesterday's answer

1	2	3	4	5	6	7	8	9	10	11
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Marmaduke



"It's hard to finish a game when Marmaduke catches the ball."

The Family Circus

THE FAMILY CIRCUS By Bil Keane



"If you don't look down, my room isn't so messy."

Flo & Friends



SUNDAY AFTERNOON / EVENING												JULY 29, 2007										
TVData	12pm	12:30	1pm	1:30	2pm	2:30	3pm	3:30	4pm	4:30	5pm	5:30	6pm	6:30	7pm	7:30	8pm	8:30	9pm	9:30	10pm	
KACV	Business	Texas	Secret Files	Secret Files	Secret Files	Secret Files	Secret Files	Secret Files	Time Goes	My Hero	Monarch of the Glen	Nature "Shark Mountain"	Mystery! (N) (DVS)	Tuscan	Road Trip							
KAMR	Quest II: The Official Film	kinetic.tv	kinetic.tv	CORR Off Road Racing	ATP Tennis: Indianapolis Championships	Paid Prog.	Paid Prog.	Dateline NBC (N) (D)	Simpsons Amer Dad	Family Guy Family Guy	News (N) American Idol	Rewind										
KCTD	Paid Prog.	Paid Prog.	Movie *** "Mumford" (1999) Loren Dean																			
KFDA	Cycling Tour de France	Road to the PGA Champ.	PGA Golf Canadian Open - Final Round (Live)																			
KVII	Golf Senior British Open - Final Round		Arena Football: Arena Bowl XXI - Destroyers vs. SaberCats																			
A&E	Intervention Drug addicts	Intervention "Anthony"																				
AMC	(10:00) Movie *** "The Godfather, Part III"	Mad Men "Ladies Room"	Movie *** "The Godfather" (1972, Drama) Marlon Brando, Al Pacino, James Caan, etc.																			
ANPL	Amazing Animals	Wild Kingdom	The Real Lost World																			
BET	Movie *** "Purple Rain" (1984, Musical) Prince, etc.		Movie *** "Baby Boy" (2001, Drama) Tyrese Gibson, etc.																			
DISC	Sharks in a Desert Sea	Perfect Shark	Robo Shark	Anatomy of a Shark Bite	Jaws of the Pacific																	
DISN	Movie *** "Zenon: The Zequel" (2001) (D)	Suite Life	Montana	So Raven	Phil	Jory	Cory															
ESPN	NASCAR Countdown	NASCAR Racing Nextel Cup - Alstaltle 400 at the Brickyard (Live)																				
ESPN2	Bowling	Bowling	Series of Poker	WTA Tennis: Bank of the West Classic Final	Series of Poker																	
FAM	Sabrina	Sabrina	Movie *** "Dennis the Menace" (1993) (D)																			
FSSW	Paid Prog.	Rodeo	High School Basketball	Halls Fame	Deat Wild	Spotlight	Fight League															
FX	"Tears"	Movie *** "Men of Honor" (2000) Robert De Niro, Cuba Gooding Jr., etc.																				
HGTV	My Kitchen	Kitchens	Decorating	Decorating	Mission	Mission	Dime															
HIST	Lost Worlds	Lost Worlds	Lost Worlds	Lost Worlds	Lost Worlds	Lost Worlds	Lost Worlds															
LIFE	(11:00) "The Suspect"	Movie "Amber's Story" (2006) Elisabeth Röhm, etc.																				
NICK	Nicktoon	SpongeBob	SpongeBob	Neutron	OddParents	Avatar	TEENick															
SCIFI	Movie "Boo" (2005, Horror) Dee Wallace-Stone, etc.		Movie *** "Shallow Ground" (2005) (D)																			
SPIKE	The Kill Point	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn	CSI: Crime Scn															
TBN	Evans	Mark Finley	Conley	Paula White	King Is	Bishop P.	Cornestone															
TCM	Movie *** "Plunder of the Sun"		Movie *** "Wake Island" (1942)																			
TLC	Trading Spaces	Property Ladder	Property Ladder	Property Ladder	Property Ladder	Property Ladder	Property Ladder															
TNT	Movie *** "Underworld" (2003) Kate Beckinsale, etc.		Movie *** "Spider-Man" (2002, Action) Tobey Maguire, etc.																			
TVLAND	Bonanza	Bonanza	Bonanza	Bonanza	Bonanza	Bonanza	Bonanza															
UNI	Película "La Sangre de un Valiente" (1992, Drama)		Diosas Gruperas																			
USA	"Con"	Movie *** "Red Dragon" (2002) Anthony Hopkins, etc.																				
WGN	MLB Baseball Chicago Cubs at Cincinnati Reds (Live)																					
WTBS	My Boys	My Boys	My Boys	My Boys	My Boys	My Boys	My Boys															
HBO	Dodgers	Movie "How to Eat Fried Worms" (1993)		Movie *** "The Devil Wears Prada" (2006) (D)																		
MAX	(11:30) Movie "Prime"	(15) "I Still Know What You Did Last Summer" (1987)																				
SHOW	"The Longest Yard"	(05) Movie *** "The Spanish Prisoner" (1998)																				
TMC	"The Scarlet Letter" (12:50) Movie "The Silent Partner" (1940)																					

MONDAY AFTERNOON / EVENING												JULY 30, 2007									
TVData	12pm	12:30	1pm	1:30	2pm	2:30	3pm	3:30	4pm	4:30	5pm	5:30	6pm	6:30	7pm	7:30	8pm	8:30	9pm	9:30	10pm
KACV	Mr Rogers	Needle Art	Your Home	Painting	Reading	Jay Jay	Arthur	Maya	Cyberchase	Curious	Clifford-Red	Fetch! With	News-Lehrer	Antiques Roadshow	History Detectives (N)	Power of Ar	C. Rose				
KAMR	Days of our Lives (N)	Passions (N) (D)	The Tyra Banks Show	Rachael Ray (N) (D)	Ellen DeGeneres Show	News (N)	NBC News	News (N)	Entertain	America's Got Talent (N) (D)	Singing Bee	Law & Order: SVU	News (N)								
KCTD	Judge Mathis (N)	The People's Court	Divorce Ct.	Divorce Ct.	Judge	Judge	Malcolm	Simpsons	King of Hill	70s Show	Friends	Raymond	Hell's Kitchen	Hell's Kitchen (N)	News (N)	The Insider	Raymond				
KFDA	News (N)	Bold & B.	As the World Turns (N)	Guiding Light (N) (D)	Dr. Phil (N)	Inside	Jeopardy!	News (N)	News	Millionaire	How I Met	Christine	Two Men	Rules	CSI: Miami	(N) (D)	News (N)				
KVII	Midday (N)	One Life to Live (N)	General Hospital (N)	Judge Judy	Judge Judy	Oprah Winfrey	News (N)	ABC News	News (N)	Fortune	Wife Swap	(N) (D)	Six Degrees	Martina McBride	(N) (D)	Nightshade					
A&E	CSI: Miami	(N) (D)	24 (N)	Crossing Jordan (N)	Crossing Jordan (N)	American Justice	Cold Case Files	CSI: Miami	(N) (D)	CSI: Miami	"Rap Sheet"	The Sopranos	(N) (D)	(13) The Sopranos	(N) (D)						
AMC	(11:30) Movie *** "The Fog"		Movie *** "The Ninth Gate" (1999) Johnny Depp, Frank Langella, etc.																		
ANPL	Growing Up... "Baboon"	Meerkat	Meerkat	Growing Up "Marsupial"	Animals	Animals	Buggin' With Ruud														
BET	Access	BET Now																			
DISC	Sharks of South Africa	Shark Battlefield	Summer of the Shark	Great White Attack: True	Shark Roulette																
DISN	Movie *** "Beethoven's 4th" (2001)	So Raven	Montana	Montana	Suite Life	Suite Life	Cory														
ESPN	(11:30) SportsCenter	Best of 1st and 10	Lines	Football	NFL Live	Burning	Horn	Interruption	SportsCenter (Live)	MLB Baseball Philadelphia	Phillies at Chicago Cubs (Live)										
ESPN2	(11:00) ESPN First Take	Bull Riding: Xtreme Bulls	NASCAR Racing Nextel Cup - Alstaltle 400 at the Brickyard	NASCAR (N) (Live)	Football	Yearbook	Yearbook	Hall of Fame													
FAM	Fam. Mat.	Fam. Mat.	Step-Step	Step-Step	Boy World	Boy World	Sabrina	Gilmore Girls	(N) (D)	8 Rules	8 Rules	Grounded	Kyle XY (N)	(D)	Greek "Picking Teams"	Whose? 700 Club					
FSSW	High School Basketball	Texas Steps 5A Final	Longhorns	Sooner	Go! Life	Baseball	Billiards: World Champ.	Poker Superstars II	In Focus	Spotlight	High School Basketball										
FX	Fear Factor (N)	Spin City	Spin City	Dharma	King of Hill	70s Show	70s Show	Movie *** "The Italian Job" (2003) Mark Wahlberg, etc.													
HGTV	To Sell	Dime	Decorating	Decorating	Divine	Challenge	First Place	Freestyle	Remix	Dime	What I Did	Offbeat	If Walls	House	To Sell	First Place	Decorating	24 Hour	House	My Kitchen	My House
HIST	Modern Marvels	Modern Marvels	Modern Marvels "Nuts"	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels	Modern Marvels
LIFE	"An Unexpected Love"	Movie "Her Perfect Spouse" (2004) Tracy Nelson, etc.																			
NICK	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	SpongeBob	Avatar	OddParents	SpongeBob	Drake	School	Zoey 101	OddParents	Neutron	Drake	SpongeBob	Videos	Fresh Pr.	Fresh Pr.	Fresh Pr.	Fresh Pr.
SCIFI	Twilight Z.	Twilight Z.	Twilight Z.	Twilight Z.	Twilight Z.	Twilight Z.	Ripley-Believe	The X-Files "The Gift"	Stargate SG-1 "Tangeni"	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise	Star Trek: Enterprise
SPIKE	Most Amazing Videos	Star Trek: Next Gener.	Star Trek: Next Gener.	Star Trek: Next Gener.	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager
TBN	First Know	Paula White	Living Today	This Is Day	The 700 Club	John Hagee	Rod Parsley	Macedonian Call Annual fundraising event.	Behind	Chironna	Jeffrey	Bible	Van Impe	Macedonian Call							
TCM	"Place"	(45) Movie "Meeting at Midnight"																			
TLC	Younger	Younger	Baby Story	Baby Story	Baby	Baby	Home Chef	Home Chef	Moving Up												
TNT	Judging Amy (N)	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"	Law & Order "Prejudice"
TVLAND	Munsters	Addams F.	Bonanza	Leave	Addams F.	Munsters	Munsters	Griffith	Griffith	Little House	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith	Griffith
UNI	Tropico	Accorralada (N)	Código Postal	El Gordo y la Flaca	Primer Impacto (N)	Que Locura	Noticiero	Yo Amo a Juan	Amar sin Limites	Destilando Amor	Cristina José Feliciano	Impacto									
USA	Movie *** "Blow" (2001) Johnny Depp, Penelope Cruz, etc.		Movie *** "The Bourne Identity" (2002) Matt Damon, etc.																		
WGN	WGN News at Noon (N)	The Greg Behrendt Show	Funnest Home Videos	Cooby	Cooby	Moehsa	Home Imp.	Funnest	Funnest	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos	Funnest Home Videos
WTBS	Harvey	Harvey	Fresh Pr.	Fresh Pr.	Home Imp.	Home Imp.	Yes, Dear	Yes, Dear	King	King	Seinfeld	Seinfeld	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond	Raymond
HBO	(11:15) "Bee Season"	Costas NOW (N)		Movie *** "The Little Rascals"																	
MAX	(11:30) Movie "Running Scared" (N)	Movie *** "New Jack City" (1991)		(15) Movie *** "A Sound of Thunder" (2005) (D)																	
SHOW	(11:15) "Diggs" (N)	(05) Movie *** "Texasville" (1990) Jeff Bridges, etc.		(15) Movie *** "Happy Endings" (2005) Tom Arnold, etc.																	
TMC	(11:50) Movie "Hockey Mom" (2004)	(20) Movie "The First Power" (1990)		(05) Movie *** "Kontroll" (2003) Zoltan Muci, etc.																	

TUESDAY AFTERNOON / EVENING												JULY 31, 2007									
TVData	12pm	12:30	1pm	1:30	2pm	2:30	3pm	3:30	4pm	4:30	5pm	5:30	6pm	6:30	7pm	7:30	8pm	8:30	9pm	9:30	10pm

THURSDAY AFTERNOON / EVENING AUGUST 2, 2007. Table with columns for time slots (12pm to 10pm) and rows for various TV channels (KACY, KAMR, etc.) listing programs and movies.

FRIDAY AFTERNOON / EVENING AUGUST 3, 2007. Table with columns for time slots (12pm to 10pm) and rows for various TV channels (KACY, KAMR, etc.) listing programs and movies.

SATURDAY AFTERNOON / EVENING AUGUST 4, 2007. Table with columns for time slots (12pm to 10pm) and rows for various TV channels (KACY, KAMR, etc.) listing programs and movies.

MEETINGS & PSAs

CENTER FOR CULTURAL INTERCHANGE. The center seeks host families for foreign exchange students. Host families must provide the guest student with a room and two meals a day. For more information, call 1-800-605-2341.

EMF. Educational Merit Foundation, a non-profit, Texas-based, student exchange organization, is seeking host families for high school students from Europe. For more information, call (972) 495-3868 or 1-800-467-8363.

FAN BOOKLET. The Financial Assistance Network in Washington, D.C., is offering the following booklets, "Free & Low Cost Medical Care" and "How to Get Government Help To Pay Your Energy Bills." The first booklet includes information on how and where to get free and low-cost medical care under the Federal Hill-Burton program. The second booklet gives information on how and where to get government help to pay your heating bills. Consumers can obtain a copy of "Free & Low Cost Medical Care" by sending \$5 to cover printing, postage and handling to: Financial Assistance Network - Free & Low Cost Medical Care Booklet, Dept. MCB-0725, P.O. Box 60848, Washington, DC 20039-0848. To

get a copy of "How to Get Government Help To Pay Your Energy Bills" send \$5 to: Financial Assistance Network - Government Help for Energy Bills, Dept. GHEB-1219, P.O. Box 60848, Washington, DC 20039-0848. The information is also available at www.FinancialAssistanceNetwork.org. FEAR NOT FOUNDATION. The Fear Not Foundation offers free to the public Lee Crull's "Ten Golden Rules for Safety," a "kidnap-proof" set of guidelines to help children protect themselves from would-be predators. Crull is an elite ex-commando, former undercover agent, and professional bodyguard. For more information, send a business size SASE to: The Fear Not Foundation, P.O. Box 403, Syracuse, NY 13215; or go on-line to www.GoodForYouAmerica.com and click on The Fear Not Foundation to link to the "Ten Golden Rules."

FEI BOOKLET. The Free Enterprise Institute in Washington, D.C., is offering the booklets "The 100 Most Popular Government Giveaway Programs" and "Directory of Micro Loan Sources." Consumers can obtain a copy by sending \$5 to cover the cost of printing, postage and handling to: Free Enterprise

Institute, 100 Government Giveaways - Dept. 100GG-0110 or Micro Loan Sources - Dept. DMLS-0313, P.O. Box 96071, Washington, DC 20090-6071; by calling (202) 595-1031; or by visiting www.FreeEnterpriseInstitute.org on the World Wide Web.

FHRC BOOKLET. Family Health Research Council offers the booklets "Overcoming Depression and Anxiety" and "Getting the Sleep You Need." The booklet gives information on how and where to get free and low cost prescription drugs to treat depression and anxiety. Consumers can obtain a copy by sending \$5 to cover the cost of printing, postage and handling to: Fulfillment Center East, Overcoming Depression and Anxiety, P.O. Box 3176, Elmira, NY 14905-3176; or Regional Fulfillment Center, Sleep Booklet #143, P.O. Box 692634, Boston MA 02269-2634. For additional information, visit the Council's website at www.FamilyHealthResearch.org

FIT. Foundation for Intercultural Travel is seeking host families for exchange students. Students bring their own spending money for clothes, entertainment and other expenses and provide their own

medical insurance as well. Host families agree to room and board and to include the exchange student in the family. For more information, call (877) 439-7862.

FSA. USDA's Farm Service Agency has launched a redesigned website located at www.fsa.usda.gov on the Internet. The redesign includes user-friendly features and easily accessible on-line FSA forms.

HEIFER PROJECT INTERNATIONAL. First Presbyterian Church, 525 N. Gray, is currently accepting aluminum cans for recycling. Proceeds will benefit Heifer Project International, an Arkansas-based service organization which provides livestock (chickens, pigs, sheep, cattle) along with training and support services to families and communities worldwide. For a limited time, donations will be matched 3-1 by a private foundation. HPI is a non-denominational not-for-profit agency. For more information, call the church office at 665-1031. Office hours are 9 a.m.-4 p.m., Monday-Thursday, 9 a.m.-12 noon, Friday and before 10:45 a.m. Sunday. For more information about HPI, call 1-800-422-0474 or visit http://www.heifer.org on the Internet.

At military burn unit, difficult recoveries bring stress, bonds

By SHARON COHEN
AP National Writer

SAN ANTONIO (AP) — The five badly burned soldiers arrived around 11 p.m., sedated and swathed in bandages from head to foot — the screech of the plane's wheels on the tarmac and waiting ambulances marking the end of a 7,500-mile journey.

Dr. Kevin Chung waited inside Brooke Army Medical Center as the ambulance convoy zipped through its gates. He knew the soldiers were coming in from Germany, after being evacuated from Iraq.

A three-continent marathon, and this was the finish line.

Now Chung and some 30 doctors, nurses and others took over.

They cut open the men's bandages and, using diagrams of the human body, mapped the soldiers' burns — shading in red for third-degree, blue for second-degree — to plan for surgery.

They called the soldiers' families. They needed permission to operate.

Quickly. The men had been injured days earlier when a roadside bomb turned their Bradley fighting vehicle into an inferno. One man who had escaped ran back to help a trapped comrade.

"This one's the hero," Chung said, as the first stretcher rolled in.

"They're all heroes," a nurse replied.

Chung did a bronchoscopy to check the "hero's" lungs. He threaded a fiber-optic scope into the tube connecting the soldier to a ventilator. Tar-like soot deposits appeared on a video monitor.

To Chung, it looked as if someone had smoked 100 packs of ciga-

rettes in 10 minutes.

If this soldier — the one who had escaped — had so much lung damage, what about the men who had been trapped?

He examined them and answered his own question.

Their lungs were worse.

Brooke's burn center — the only one of its kind for the nation's military — has its own rhythms and rituals.

The center's 40 beds are tucked in a fourth-floor wing of the sand-colored hospital at Fort Sam Houston. In the halls and on the walls, there are constant reminders of the war — the scarred young men, the clocks set to Iraq and Afghanistan time.

This is a place where patients celebrate every small step toward recovery and where a clenched-teeth grimace speaks more eloquently than words.

It's also a place with a quiet sense of urgency.

Doctors operate in womb-like, 90-degree heat, sometimes six at once working on a soldier; nurses, in boots, masks and long gowns, sweat as they scrub down patients in steaming showers; families congregate, longing for the day loved ones will emerge from the cocoon of bandages.

In another era, another war, many patients probably would never have made it this far.

But troops today have better body armor, fast evacuation from the battlefield to war zone hospitals, then state-of-the-art treatment in Germany and the United States.

Brooke has special teams that fly to Landstuhl Regional Medical Center in Germany to bring home the most severe cases on a C-17

transport, sometimes handling emergencies in midair.

Once patients arrive at Brooke, skin grafts are usually done within 24 hours to stave off infection, the major cause of death. Decades ago, doctors waited days or weeks to do surgery.

"The faster you get the burn off the patient, the better off you're going to do," says Dr. David

"You have to believe that you're doing the best thing for the patient by helping them survive," Renz says. "You have to believe that in the end, when all is said and done, they will be glad they made it through."

Chung woke from a quick nap on his office couch the morning after the five badly burned soldiers arrived, and walked down the hall to check on them.

All were stable. But the news quickly turned grim.

One soldier went into shock. His heart, lungs and kidneys failed. He died without regaining consciousness.

With burns, Chung says, patients can rally, then suddenly take a turn for the worse — all the while dealing with excruciating pain.

"I can't think of a more devastating injury," he says. "In the most tragic instances a lot of us say to ourselves ... sometimes life is worse than death."

Of the five burn patients, one was transferred out of intensive care.

The "hero" was rebounding, too. Then an infection set in — and he died.

Within three weeks, four of the five were gone.

Chung had lost patients before, but each one, he says, leaves him shaken.

"You walk a tightrope," he says. "I tell the family members that they need to be realistic. At the same time, I don't want to be the person to take away hope. How can you justify giving up on anybody?"

Chung always reminds himself of the most critically burned patient he helped treat who survived.

That would be Merlin German.

German's survival is a story of numbers:

Burned over 97 percent of his body.

Nearly 17 months in the hospital.

More than 40 surgeries, and counting.

Practically everyone who has met the Marine describes him with one word: Miracle.

Sitting in the therapy gym, sucking on a "fentanyl pop" — a plastic stick tipped with a morphine-like painkiller — he pulls a T-shirt of his own design from his gym bag.

On the front, it says: "Got 3 percent chance of surviving; What ya gonna do?" The back lists four options: "a. Fight Through. b. Stay Strong. c. Overcome Because I Am A Warrior. d. All Of The Above!" The last one is circled.

But living choice "d" isn't easy.

It means one surgery after another, learning to walk again with grafts and adjusting to a ripple-scarred face.

But more than two years after German, 21, nearly died from a roadside bomb, he has a steel resolve and a tremendously supportive family led by his mother, Yvonne.

Last December, after months of practice, he donned his Marine dress blues and hit the dance floor at Brooke's Holiday Ball.

He surprised his mother, taking her into his wounded arms, gliding across the room to a Rod Stewart song, "Have I Told You Lately That I Loved You?"

The crowd stood and applauded. And cried.

'Sometimes life is worse than death.'

— Dr. Kevin Chung

Barillo, chief of the flight evacuation team.

Brooke's burn center also treats civilians. But these days there is a steady flow of wounded from Iraq and Afghanistan — more than 570 thus far, of which only about 6 percent have died. Many survivors, however, are permanently scarred. Some also suffer from blast-related wounds, such as head injuries or fractures. Others can't walk, cut their food or tie their shoes.

"We now have an entirely new population of burn survivors ... with oftentimes lifelong and life-changing injuries," says Dr. Evan Renz, a Brooke surgeon.

Some will recover. Others will learn new ways to become independent.

Researchers find obesity in social circles

By ALICIA CHANG
AP Science Writer

If your friends and family get fat, chances are you will too, researchers report in a startling new study that suggests obesity is "socially contagious" and can spread easily from person to person.

The large, federally funded study found that to be true even if your loved ones lived far away. Social ties seemed to play a surprisingly strong role, even more than genes are known to do.

"We were stunned to find that friends who are hundreds of miles away have just as much impact on a person's weight status as friends who are right next door," said co-author James Fowler of the University of California, San Diego.

The study found a person's chances of becoming obese went up 57 percent if a friend did, 40 percent if a sibling did and 37 percent if a spouse did. In the closest friendships, the risk almost tripled.

Researchers think it's more than just people with similar eating and exercise habits hanging out together. Instead, it may be that having relatives and friends who become obese changes one's idea of what is an acceptable weight.

Despite their findings, the researchers said people should not sever their relationships.

"There is a ton of research that suggest that having more friends makes you healthier," Fowler said. "So the last

thing that you want to do is get rid of any of your friends."

The study was published in Thursday's New England Journal of Medicine and funded by the National Institute on Aging.

Researchers analyzed medical records of people in the Framingham Heart Study, which has been following the health of residents of that Boston suburb for more than a half century. They tracked records for relatives and friends using contact information that participants provided each time they were examined over a 32-year period.

In all, 12,067 people — all Framingham participants — were involved in the study.

After taking into account natural weight gain and other factors, researchers found the greatest influence occurred among friends and not in people sharing the same genes or living in the same household. Geography and smoking cessation had no effect on obesity risk.

On average, the researchers calculated, when an obese person gained 17 pounds, the corresponding friend put on an extra 5 pounds.

Gender also had a strong influence. In same-sex friendships, a person's obesity risk increased by 71 percent if a friend gained weight. Between brothers, the risk was up by 44 percent and 67 percent between sisters.

Indiana University statistician Stan Wasserman said while the study was

clever, it had its limitations because it excluded relationships outside of the Framingham group.

Obesity is a global public health problem. About 1.5 billion adults worldwide are overweight, including more than 400 million who are obese. Two-thirds of Americans are either overweight or obese.

Much of the recent research focus has been on the intense hunt for obesity genes involved in appetite or calorie burning. Treatment has been mainly centered on helping individuals curb their weight through better diet and fitness.

The findings could open a new avenue for treating this worldwide epidemic. The researchers said it might be helpful to treat obese people in groups instead of just the individual.

"Because people are interconnected, their health is interconnected," said lead author Dr. Nicholas Christakis, a Harvard sociologist.

Obesity experts not involved in the research said the results back up what they have suspected all along — that people look toward one another for what is an acceptable weight.

"If you're just a little bit heavy and everyone around you is quite heavier, you will feel good when you look in a mirror," said Dr. David Katz, director of Yale University's Prevention Research Center.

Study says diet soda drinkers are at risk

By JAY LINDSAY
Associated Press Writer

BOSTON (AP) — People who drank more than one diet soda each day developed the same risks for heart disease as those who downed sugary regular soda, a large but inconclusive study found.

The results surprised the researchers who expected to see a difference between regular and diet soda drinkers. It could be, they suggest, that even non-calorie sweet drinks increase the craving for more sweets, and that people who indulge in sodas probably have less healthy diets overall.

The study's senior author, Dr. Vasan Ramachandran, emphasized the findings don't show diet sodas are a cause of increased heart disease risks. But he said they show a surprising link that must be studied.

"It's intriguing and it begs an explanation by people who are qualified to do studies to understand this better," said Vasan, of Boston University School of Medicine.

However, a nutrition expert dismissed the study's findings on diet soda drinkers.

"There's too much contradictory evidence that shows that diet beverages are

healthier for you in terms of losing weight that I would not put any credence to the result on the diet (drinks)," said Barry Popkin, of the University of North Carolina in Chapel Hill, who has called for cigarette-style surgeon general warnings about the negative health effects of soda.

Susan Neely, president of the American Beverage Association, said the notion that diet drinks are associated with bulging waistlines defies common sense.

"How can something with zero calories that's 99 percent water with a little flavoring in it ... cause weight gain?" she said.

The research comes from a massive, multi-generational heart study following residents of Framingham, Mass., a town about 25 miles west of Boston. The new study of 9,000 observations of middle-aged men and women was published Monday online in the journal *Circulation* of the Dallas-based American Heart Association.

The researchers found those who drank more than one soda per day — diet or regular — had an increased risk of metabolic syndrome, compared to those who drank less than one soda.

Metabolic syndrome is a cluster of symptoms that increase the risk for heart disease including large waistlines and higher levels of blood pressure, blood sugar, cholesterol and blood fats called triglycerides.

At the start of the study, those who reported drinking more than one soft drink a day had a 48 percent increased prevalence of metabolic syndrome compared to those who drank less soda.

Of participants who initially showed no signs of metabolic syndrome, those who drank more than one soda per day were at 44 percent higher risk of developing it four years later, they reported.

Researchers expected the results to differ when regular soda and diet soda drinkers were compared, and were surprised when they did not, Vasan said.

But Popkin said that result isn't that surprising. He said much of the market for diet sodas are people who have unhealthy lifestyles and know they need to lose weight — with the other portion being thin people who want to stay that way. That means many people drinking diet sodas have unhealthy habits that could lead to increased heart disease risks, whether they drink diet soda or not.

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Mission

Prison terms symbolize decline of radical environmentalists

By **WILLIAM MCCALL**
Associated Press Writer

EUGENE, Ore. (AP) — More than a decade after they began setting fires across the West, remnants of the radical Earth Liberation Front stood before a federal judge, one by one, to hear her decide: Had they committed acts of domestic terrorism?

First, Stanislas Meyerhoff.

Quiet, shy, his hair turning gray at 30, the slightly built Meyerhoff was dwarfed by the angular expanse of the courtroom.

"I was ignorant of history and economy and acted from a faulty and narrow vision as an ordinary bigot," Meyerhoff said, in May.

"A million times over I apologize ... to all of you hardworking business owners, employees, researchers, firemen, investigators, attorneys and all citizens whose property was destroyed, whose holidays were ruined, whose welfare was thwarted, and whose sleep was troubled."

And so a violent chapter in the environmental movement ended —

with a whimper. Once feared by some and admired by others for their willingness to use any means necessary, these militants are in decline.

"Radical environmentalism failed," said James Johnston of Forest Service Employees for Environmental Ethics. "Whether radical environmentalists admit it or not, they failed."

Although crimes by environmental and animal-rights militants still occur, they have been sporadic. And although authorities cannot declare victory over radical militants, the movement has been significantly weakened.

Johnston and other activists, community members, investigators and experts agreed that environmental protest by arson had pretty much run its course long before "Operation Backfire," a joint task force of federal and state agencies, began making arrests in 2005.

They say the environmental movement remains strong — building on the work of grass roots activists, or supporting mainstream

advocates such as former Vice President Al Gore, or going deeper underground to avoid the fate of the 10 activists brought to justice in Eugene.

"The environmental problems on the planet aren't getting any better, they're getting worse," said Jim Flynn, former editor of the Earth First! Journal and a veteran of protests in Eugene. "People will do what it takes to either try and stop environmental degradation, or draw attention to it."

But by 2001, the movement was already over for most of the ELF cell known as "The Family."

Bound by youth, idealism and frustration over the ineffectiveness of more traditional environmental protest methods, they had turned to secret meetings, codes and stealth attacks on private and public property, setting fires in the dead of night to draw attention to their cause.

Among other targets, they ignited logging trucks, a slaughterhouse, SUVs at a car dealership, ranger stations and a government

lab, causing \$40 million in damage from 1996 to 2001.

The largest chunk of that damage was done in October 1998 to a ski resort in Vail, Colo., by William Rodgers, the man at the heart of the cell.

Short, red-haired and intense, Rodgers ran down a mountainside from bucket to hidden bucket of diesel and gasoline, setting them aflame while a young woman he had recruited, Chelsea Dawn Gerlach, waited for him in the truck they had used to transport the fuel.

Rodgers is dead now, committing suicide in an Arizona jail cell just before Christmas in 2005. He had been working at a book store he co-founded when an informant in Eugene set off a series of arrests.

During the heyday of "The Family," Rodgers was an influential and charismatic leader.

"He was a zealot in the classic sense of the word," Johnston said.

For some, it went beyond charisma. He had what was called a "Svengali-like hold" on Gerlach,

who was a 16-year-old high school student in Eugene when she first met Rodgers at an Earth First! camp in Idaho. She developed a crush on the 28-year-old man who had adopted the nickname "Avalon," after the mythical island where King Arthur went after his death.

Gerlach immersed herself in Rodgers' writings about sabotage and incendiary devices, progressed to participation in planning and strategy for "The Family," then moved to roles in arson that "ran the gamut and included research, reconnaissance, lookout, device-assembler, driver and communicate writer" — all according to court documents filed by federal prosecutors, the source of much of what is known about the ELF cell.

When the group broke up in 2001, Gerlach became romantically involved with another co-defendant, Darren Thurston, who helped her support herself by selling marijuana and ecstasy until her arrest in December 2005.

More women over 30 seek treatment for eating disorders

By **AMY FORLITI**
Associated Press Writer

MINNEAPOLIS (AP) — Kelli Smith was nervous as she walked into the Philadelphia treatment center, seeking help at last for her anorexia. Looking around at the other patients, she was struck by how young they seemed.

"I just kind of looked around and I thought, 'Oh, where is someone my age?'" recalls Smith. At age 31, she found herself face-to-face with teenagers and 20-somethings.

Eating disorders such as anorexia and bulimia have long been considered diseases of the young, but experts say in recent years more women have been seeking help in their 30s, 40s, 50s, and older. Some treatment centers are creating special programs for these more mature patients.

Most of the women in this age group who seek treatment have had the problem for years, said Dr. Donald McAlpine, director of an eating disorders clinic at Mayo Clinic in Rochester, Minn. "The epidemiology is pretty clear that anorexia and bulimia both peak in the late teens, early 20s," yet "a lot of (patients) continue to be symptomatic right on through to middle life."

People who study eating disorders suggest several reasons there might be more women over 30 seeking treatment for what is typically a young woman's problem: growing public awareness, social pressure to be thin and an aging group of baby boomers.

National statistics on eating disorders are hard to come by, but data from some treatment centers suggest a steady increase.

In the Minneapolis suburb of St. Louis Park, Park Nicollet Health Services' Eating Disorders Institute saw 43 patients ages 38 and older in 2003 — about 9 percent of its total patients. For the first six months of this year, the institute has treated nearly 500 patients 38 and older, about 35 percent of its total.

The Renfrew Center, a network of treatment centers in the eastern U.S., said about 20 percent of the 522 patients treated at its Philadelphia center in 2005 were 30 or older. In 2006, about 13 percent of the 600 patients were in that age group.

"Whatever this is — if it's an increased awareness, if it's a response to being in midlife — those numbers are staggering," said Carol Tappen, director of opera-

tions for the Eating Disorders Institute.

Women over 30 who seek treatment tend to fall into three categories, said Holly Grishkat, who directs outpatient programs at Renfrew.

Some have had an eating disorder for years. Others had a disorder in remission that resurfaced because of new stress in life, such as a divorce or loss of a parent. A third group, the smallest of the three, includes women who develop an eating disorder late in life.

Of Renfrew's patients over age 30 in 2005, about 60 percent first suffered from an eating disorder at 18 or younger. Nearly 20 percent said they were 30 or older when they first encountered the problem.

While body image is an issue for any age group, women over 30 are dealing with problems that teens don't have, such as work, divorce, stepchildren and aging parents.

"It's not about wanting to be the cheerleader or being the homecoming queen," said Tappen. "It's much bigger than that."

They also are dealing with an aging process, or childbirth, that changes the way they look.

"One day, (a woman) wakes up and the kids are gone and she has a sense that nobody really needs her. She looks in the mirror and she says, 'My body is shot,'" said Tappen. "This woman says, 'You know, that's it. I'm going on a diet.'"

Tappen said the aging of the huge baby boomer population may be one reason the Eating Disorders Institute has seen more older patients. Not only are there now more people in this group, but this population has traditionally been image-conscious, she said.

"Baby boomers have always cared about how they looked, what they wear," she said. "I think a lot of eating disorders years ago went undiagnosed because it was the thing to do."

The Eating Disorders Institute is building a new facility, set to open in 2009, that will offer a treatment track for mature patients.

Grishkat, of The Renfrew Center, encourages older women to seek age-specific treatment programs. Some may be embarrassed to get help alongside very young women. Also, some older women may take on maternal roles for younger girls when they should be focusing on themselves, she said.

"It's not a lost cause at 30, 40, 50 years old," she said. "You can still get better."

BY **JACQUELINE BIGAR**

HAPPY BIRTHDAY for Sunday, July 29, 2007:

You attract many people this year. Much of this year will be about juggling a very active social schedule, perhaps both professionally and personally. Understand exactly what you need to do in order to move forward and have life more to your liking. Often you will weigh what approach is the most effective for dealing with others. Understand that your inner voice will be important. If you are single, admirers will not be the problem; making a relationship work with all the excitement and people surrounding you could be the issue. If you are attached, learn to give your sweetie as much time as possible. You will be happier that way, and so will your significant other. **AQUARIUS** loves people like you, but often is more of a friend.

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) ★★★★★ Juggle all the wonderful people and invitations in your life. You might have an extraordinary few days where you and others are all smiles. Socialize, my dear Ram. Tonight: Who ever said the romp needed to end?

This Week: Zero in on what you want Monday and Thursday.

TAURUS (April 20-May 20) ★★★★★ You might be amazed by what occurs with an authority figure. Could this person be becoming a wild thing right under your very nose? Allow more fun. Let the sparks fly. Tonight: Take your cue from another person. This Week: Tuesday and Wednesday, you are hot. Go for what you want.

GEMINI (May 21-June 20) ★★★★★ Understand how much silliness surrounds you right now. Not everything or everyone acts in a set mode. Sometimes some general wildness and letting go could recharge your batteries. Admire someone's decisions. Tonight: Speak your mind. This Week: Get the full story first, then

HAPPY BIRTHDAY for Monday, July 30, 2007:

You have a dynamic and creative year ahead of you. Your resourcefulness comes forward, and you deal with others directly. Never back off from what is workable, though you might need to fine-tune the possibilities. You have the ability to jump over barriers and solve problems. A key partnership plays a strong role in your life. If you are single, many people will enter your life, including someone quite significant. If you are attached, your bond warms up considerably, especially in 2008. Enjoy. Focus on basics. **AQUARIUS** understands basic concerns. Listen to their advice.

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) ★★★★★ Naturally aiming high is a byproduct of your high-energy sign, though breaking down a project into small increments does work as well. Friends encourage unusual and dynamic thinking. Meetings support your actions. Tonight: Don't stop, please. Friends surround you!

TAURUS (April 20-May 20) ★★★★★ You take charge and follow through on what needs to happen. Others' perspectives might change because of your insight and vision for the future. Now act on those qualities in order to maximize your abilities. Investigate rather than dictate. Tonight: Others know who's boss!

GEMINI (May 21-June 20) ★★★★★ Zero in on the big picture as you begin a project or during the process of an endeavor. Choices and projects could change substantially. You like what

your decisions will be solid. **CANCER** (June 21-July 22) ★★★★★ Extravagance can be way too easy with someone rooting you on. You also might not really want to say "no." If that is the case, honor your desires and don't make them someone else's — OK? Tonight: Let a happening spin out and continue.

This Week: Someone feels that he or she is right. Let the story play out.

LEO (July 23-Aug. 22) ★★★★★ The Full Moon delights many Leos, if they can just relax. Listen to others, and see what is really being offered. You might be overwhelmed, but that will pass once you return to your Lionesque ways. Throw yourself into the middle of the action. Tonight: Let it happen.

This Week: Let others play their music while you decide if you want to put words to their songs.

VIRGO (Aug. 23-Sept. 22) ★★★★★ Suddenly you might feel overwhelmed with all that you have to do and must accomplish. Others are frolicking away, and you want to join them. Look at what is really going on. Perhaps you need some downtime. Tonight: Get needed rest.

This Week: Demands take priority, but at the end of the next few days, you will feel good.

LIBRA (Sept. 23-Oct. 22) ★★★★★ Toss yourself into the activity and maximize what is going on. Some of you could be entering a very flirtatious period, or an old love could be returning. Can you deal with what others are putting on your plate? Tonight: Don't forget a special person who really cares.

This Week: Creatively examine what is happening, then plug in your creativity to obtain resolutions.

SCORPIO (Oct. 23-Nov. 21) ★★★★★ Home is where the heart is, and you enjoy every single moment there. Many people might be trying to get your attention or distract you. Let it go. Right now honor roommates and family. Tonight: Order in. This Week: Understanding will come forward if you are ready to look.

SAGITTARIUS (Nov. 22-Dec. 21) ★★★★★ Communication has a frenetic tone — yours included. Be precise and be willing to reiterate in as many different ways as necessary. Your popularity could bowl you over, as you have so much to do and say. Tonight: Out and about.

This Week: You speak your mind, and others will answer.

CAPRICORN (Dec. 22-Jan. 19) ★★★★★ Be careful with money, as you easily could make a mistake counting or paying. Also, others could be a touch extravagant on your bill. Be willing to cut spending and maybe disappoint someone. Tonight: Count your change! * This Week: Use your excellent communication skills, and the days will flow.

AQUARIUS (Jan. 20-Feb. 18) ★★★★★ The Full Moon in your sign signals a go with what you deem important. People will probably play a very strong role in your choices, as they should. Zero in on what you think you want. Make plans in the same vein. Tonight: Happy as a cat. This Week: Beam into the week the force you really are.

PISCES (Feb. 19-March 20) ★★★★★ Your understanding can help someone over a bump. Help this person through a problem, and you will see ear-to-ear smiles. Right now, take your seat and willingly be a passenger, not a driver. You will accomplish more this way. Tonight: Private time. This Week: Not until Tuesday will you feel up to snuff, when you will make up for lost time.

BORN TODAY
Singer Wanya Morris (1973), Sen. Elizabeth Dole (1936), Poet Laureate Stanley Kunitz (1905)

Jacqueline Bigar is on the Internet at <http://www.jacquelinebigar.com>.

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you see happening. And why not? You are the director and the producer. Originality always leaves its mark. Tonight: Kick back and allow your mind to meander.

CANCER (June 21-July 22) ★★★★★ Working closely with others suits the warm, caring Moon Child. However, often you are too vested in having a situation work out your way. Invest in greater understanding, and focus on cooperation. Tonight: Try the same theme in a personal relationship!

LEO (July 23-Aug. 22) ★★★★★ Others might seem to be in control. Be smart and don't let fellow comrades know that you are simply along for the ride. The impossible could occur when you least expect it. Honor your priorities and guide someone to your top topic! Tonight: Say "yes" to one, and a diplomatic "no" to the many other invitations.

VIRGO (Aug. 23-Sept. 22) ★★★★★ Knowing that all good things have to come to an end sooner or later will help you maximize the moment. Don't try to break down a door, rather walk through open and accessible areas. Maximize your energy. Tonight: Time to kick back and play great music.

LIBRA (Sept. 23-Oct. 22) ★★★★★ Your creativity emerges, allowing more growth and doors to open. Communication could be abundant. You might want to rethink your options. Understanding encourages ingenuity. Be more playful with a child or loved one. Tonight: So what if it's Monday when approaching your personal life?

SCORPIO (Oct. 23-Nov. 21) ★★★★★ You might want to revise your thinking concerning an investment or domestic matter. Real estate and security play an abnormally heavy role in your

choices. Think positively, and you'll come up with solutions. Tonight: Kick back and spend time at home.

SAGITTARIUS (Nov. 22-Dec. 21) ★★★★★ You are optimistic and gregarious. What a combo! Listen to someone you care about. He or she has a lot to share. Let your imagination and sixth sense come forth. You are far more on the ball than you realize. Tonight: Listen well.

CAPRICORN (Dec. 22-Jan. 19) ★★★★★ Your instincts serve you well, especially financially. Still, keep a firm handle on spending and limits. You might not believe what will come up if you simply flow mentally and don't overthink. Tonight: Your treat.

AQUARIUS (Jan. 20-Feb. 18) ★★★★★ Aim for more of what you want. Listen to someone who really is a friend and who comes through for you over and over. The obvious comes forth; read the signs and signals clearly. Tonight: Let your imagination speak. **PISCES** (Feb. 19-March 20) ★★★★★ Take a step forward and listen to what is necessary. Understanding will emerge if you can go with your instincts. Take charge of a situation that could impact your life. In the long run, you must. Tonight: Soul-searching time. Go within for answers.

BORN TODAY
Singer, musician Paul Anka (1941), actress Hilary Swank (1974), author Emily Bronte (1818)

Jacqueline Bigar is on the Internet at <http://www.jacquelinebigar.com>.

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DEARIE - This 2 bedroom home has been completely redone. New paint, new carpet, new kitchen counter tops, new fixtures, new bath fixtures and lights. New roof. New exterior paint. 7-7647.

DUNCAN - Large open living and formal dining room. Kitchen has lots of storage. Den area off kitchen. 1 3/4 baths, lots of storage. Corner lot. double garage in back. MLS 07-7642.

QARLAND - Two bedroom home with 1 bath. Extra large garage with good storage in front. MLS 07-7525.

GRAPE - Lovely colonial home with custom built entertainment center. Isolated master bedroom. Master bath has a jacuzzi and a separate shower. Storm cellar, shop could be a 3rd garage. Sprinkler system, nicely landscaped yard. 4 bedrooms. MLS 07-7578.

H. HOBART - Commercial lot on a corner in a great location. Owner is willing to remove the green house. The lot has 28,283 sq. ft. Priced at \$69,900. MLS 06-7514.

JUNIPER - Nice three bedroom home close to Travis School. Neutral color paint throughout. Large yard. Wall heat. Single garage. MLS 07-7653.

ZIMMERS - Corner lot. Three bedrooms, 1 3/4 baths, central heat and air, large den with fireplace. Home is total electric. Double garage. MLS 07-7642.

E. 8TH - LEFORS - Well cared for three bedroom, 1 bath home with central heat and air. Double garage. Price right at \$22,900. MLS 06-7426.

CHESTNUT - Three bedroom home with a gas log fireplace. Storm cellar, home has some hardwood floors, other updates have been made. Kitchen has been updated with flooring. Single garage. MLS 07-7655.

ROSEWOOD - Nice three bedroom home with large living area. Back yard is beautifully landscaped. New ceramic tile in kitchen and dining area. 1 3/4 baths and carport. Close to school. MLS 07-7670.

HARVESTER - 1.47 acres across from the Country Club. This property is inside the city limits. Priced at \$19,500. MLS 07-7620.

69.26 ACRES Close to city. Great highway frontage. Approximately 1 1/4 miles west of Pampa on Hwy 60. MLS 07-7696.

161.05 ACRES Good grassland close to city. Located beside national equipment on Gray S. MLS 07-7699.

H. CUYLER - Old movie theatre with 10,500 sq. ft. built in 1950. Building has had asbestos removed. Ready for someone to complete for their needs. Lot to North 25 x 140' completely fenced goes with building. MLS 05-6984.

H. CUYLER - Commercial lot close to downtown. MLS 06-7242.

Becky Baton 669-2214 Roberta Bebb 665-6158
Heidi Christner 665-6388 Joan Heary 669-5201
Dorel Schorn 669-6984 Sandra Bronner 665-4218
Linda Burt 665-5525 Dennis Edmondson 669-6582
Rod Donaldson 665-2800
JUDI EDWARDS GRI, CRS MARILYN REAGY GRI, CRS
BROKER-OWNER 665-3697 BROKER-OWNER 665-1449

Visit our new site at www.quentin-williams.com
E-mail our office at qwr@quentin-williams.com

21 Help Wanted

NOW HIRING General Laborers Must be at least 18 & submit to drug test. Apply in person at

West Texas Landscape

Please No Phone Calls!!!

LOCAL Delivery Drivers

for Pampa, TX. Class A CDL req. with Hazmat & Tanker endorsement. Salary based on experience. Health & Dental ins., 401K and uniforms provided. Call 806-595-0495 Mon.-Fri., 7:30-4:30pm.

ATMOS ENERGY

Atmos Energy has an immediate opportunity for a Service Technician in Pampa, Texas.

HS / GED required, plumbing exp. preferred. Must be 18, drug test & background checks.

Respond by mail, fax or email: Atmos Energy, P.O. Box 1121, Lubbock, TX 79408 806-798-4416 employment-wtx@atmosenergy.com No phone calls. EEO / AA / M / F / DV

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1-888-891-8764 Toll Free El camino a casa más rápido, más simple, y más conveniente.

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AUSTIN SCHOOL DISTRICT North and North East

210 W. Harvester	\$326,400	5/3/75/2 - 3262 SF/GCAD
2700 Duncan	\$325,000	4/2/5/2 - 3830 SF/GCAD
1 Cypress Point Rd	\$245,900	3/2/2 - 2000 SF/Approx.
2701 Beech	\$235,000	4/3/5/2 - 3710 SF/GCAD
12012 White Acres	\$192,000	3/2/2 - 2176SF/GCAD
1615 N. Russell	\$179,900	3/2/5/2 - 3311SF/GCAD
101 W. 19th	\$137,500	2/2/2 - 2381 SF/GCAD
129 E. 27th St.	\$130,000	4/1/75/2 - 1467 SF/GCAD
111 E. 28th	\$119,900	3/2/1 - 1780 SF/GCAD
2328 Comanche	\$99,500	3/1/75/2 - 1512 SF/GCAD
2616 Comanche	\$94,500	3/1/75/2 - 1588 SF/GCAD
1022 Mary Ellen	\$80,000	2/1/1 - 1480 SF/GCAD
2700 Seminole	\$78,000	3/2/0 - 1284 SF/GCAD
1919 N. Russell	\$72,000	3/1/75/1 - 1143 SF/GCAD
1420 Hamilton	\$65,000	4/2/1 - 1377 SF/GCAD
1125 Duncan	\$63,980	3/2/1 - 1828 SF/Ownr.
2231 Mary Ellen	\$59,900	3/1/1cpt - 1386 SF/GCAD
E 28th	\$19,900	.95 x 126 ft Lot
0000 Seminole	\$13,000	2 Lots/WB Sell Separately

LAMAR SCHOOL DISTRICT South West

703 W. Brown	\$125,000	3 Bldgs Commercial
1000 S. Wilcox	\$37,000	4/2/0 - 1900 SF/Ownr

TRAVIS SCHOOL DISTRICT West and North West

2117 N. Wells	\$138,000	3/2/1 - 2122 SF/GCAD
1605 N. Sumner	\$95,000	3/1/75/2 - 1277 SF/GCAD
1929 Zimmers	\$77,500	3/1/75/2 - 1258 SF/GCAD
2218 N. Nelson	\$74,500	3/1/0 - 1634 SF/GCAD
2217 Zimmers	\$67,000	3/1/1 - 1087 SF/GCAD
1909 N. Wells	\$65,000	3/1/1 - 1284 SF/GCAD
2133 N. Wells	\$62,000	3/1/1 - 1269 SF/GCAD
809 N. Dwight	\$59,900	3/2/1 - 1081 SF/GCAD
2504 Rosewood	\$54,000	3/1/1cpt - 1081 SF/GCAD
1932 Faulkner	\$49,990	4/1/75/0 - 1852 SF/GCAD
813 N. Walker	\$49,990	3/1/5/0 - 1352 SF/GCAD
1129 Seneca Lane	\$45,000	3/1/1 - 864 SF/GCAD

WILSON SCHOOL DISTRICT South East

12240 Hwy 60	\$175,000	3/2/2 - 2632 SF/GCAD
106 S. Cuyler	\$95,000	3/2/0 - 3560 SF/GCAD
1405 E. Francis	\$75,000	2/1/3 - 1441 SF/GCAD
420 Jupiter	\$69,000	3/1/5/1 - 1170 SF/GCAD
1100 E. Foster	\$42,500	3/1/2 cpt - 1170 SF/GCAD
1212 Dorby	\$42,000	3/1/1 - 877 SF/GCAD
1112 Dorby	\$39,900	3/1/1 - 897SF/GCAD
433 Graham	\$35,000	3/1/0 - 1107 SF/GCAD

OTHER AREAS Outside Pampa City Limits

640 Acres Magic City	\$740,000	Ranch
530 Acres Near Lefors	\$530,000	Ranch West Of Lefors
0000 Main St., White Deer	\$150,000	Lots W of RR & N of Main
6232 FM 291, Altonred	\$125,000	4/2/1 - 2000 SF 5 Acres
801 Grimes, White Deer	\$51,000	3/2/2cpt - 1400 SF/CAD
207, 5, 1 Swift, White Deer	\$50,000	Church & 2 Small Houses

COMMERCIAL PROPERTY

30th & Charles	\$.3f & \$1 sf	50.9 Acres N of Walmart
1701 N. Hobart	\$640,000	1.556 Acres Commercial
210 West Harvester	\$326,400	5/3/75/2 - 3262 SF/GCAD
1437 N. Hobart	\$325,000	Clements Cleaners
420 W. Foster	\$165-400,000	Houston Lumber Co.
Hwy 60 Ranch House Motel		Ranch House Motel
1300 Barnes	\$150,000	Lonc Star Club
703 W. Brown	\$125,000	3 Buildings w/Workshops
1122 Alcock	\$80,000	3.360 SF Bldg

Pampa Realty Inc. 669-0007

Jim Davidson (BKR) 662-9021
Robert Anderwald 665-3367
Katrina Bingham 898-8610
Christa Carpenter 664-0463
Donna Courter 598-0779
Twila Fisher (BKR) 440-2314
Rebecca McCall 662-2190
Melba Musgrave 440-3130
Zeb Sailors 664-0312

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Average A Home A Month represents an average based upon homes bought or sold through CENTURY 21 franchise during 1995. *2007 Century 21 Real Estate Company's "Franchise and Workmark of Century 21 Real Estate Company" is a registered trademark and service mark of Century 21 Real Estate Company. CENTURY 21 is a registered trademark and service mark of Century 21 Real Estate Company. CENTURY 21 is a registered trademark and service mark of Century 21 Real Estate Company.

21 Help Wanted

EXPERIENCED Deisel Mechanic wanted, must have references, Hwy 207 S., Borger Tx. 866-415-4104 or 806-273-6300.

EXPERIENCED oiled

winch truck driver, truck pushers wanted, Hwy 207 S., Borger Tx. 866-415-4104 or 806-273-6300.

GREAT opp. Manager

needed for small Pampa motel. Great for couple or individual. 665-1875.

PART-TIME Provider

needed for Pampa patients. Above average pay. Nurses By Prescription, 806-355-189

21 Help Wanted

* KENNEL Tech needed for local animal hospital. Must be mature, responsible & available for limited weekend hours. Please send resume to Box 45, c/o The Pampa News, P.O. Box 2198, Pampa, TX 79066-2198.

SIGN-ON BONUS \$300 Nurse Aide Positions 6-2 & 2-10 open, will train and certify, competitive wages, shift differential. Apply in person 1000 S. Kiowa, Wheeler Tx. See Donna Cox RN DON or Angie Kincannon, LVN ADON.

21 Help Wanted

FULL time employment, must be at least 18. Insurance, vacation, sick leave & retirement. Bartlett's, 500 W. Brown.

FULL or part time sales person needed. Store open 7 days a week. Pay based on exp. Paid vacation and health insurance avail. Send resume to Box 48, c/o Pampa News, PO Box 2198, Pampa, TX. 79066.

EXPERIENCE bookkeeper, manual system, White House Lumber Company general office, Buck Worley, 665-8475.

21 Help Wanted

WHITE Deer ISD is now accepting applications for a Certified Elementary (possibly 4th grade) Teaching position. Submit resumes with certification, references and cover letter to Mr. Danny Ferrell, Supt., P.O. Box 517, White Deer, TX 79097. E-mail: danny.ferrell@region16.net or fax: 806-883-2321. Applications may be obtained from White Deer ISD Administration Bldg., 601 Omohundro Street, White Deer, Texas, or by calling 806-883-2311, ext. 100, EOE.

21 Help Wanted

BROOME Optical is expanding and is looking for a Doctor's Tech. Exp. is a plus, but will train the right person. Please come by office at 1916 N. Hobart & fill out application.

CREDIT / COLLECTIONS position avail. Exc. tele. skills plus computer knowledge req. Exc. benefits. Applications / resumes being accepted at W-B Supply Co., 111 Naida St., P.O. Drawer 2479, Pampa, EOE

21 Help Wanted

Attention-OTR Drivers! We Want You! Great Pay, Top Miles, Home Time, Benefits, Safety / Referral Bonuses + Much More! CDL A w/ Hazmat req. Call Anytime 1-866-913-7537 Ext. 1

ACCOUNT REP. Wanted

Must be self motivated and have reliable transportation. Sales experience preferred but not necessary. Insurance, 401(k), and paid vacation.

Mail resume to: Box 50 C/o the Pampa News PO Box 2198, Pampa Tx 79066

Part-Time After School Jobs! REWARDING WORK & GREAT PAY Therapist Technician I

Texas Panhandle MHMR in Pampa is in search of applicants for part-time After School positions in a day program setting with students ages 3 to 21. Program will begin August 27 and go until May 30. High school diploma / GED and a Texas Drivers License required. No exp. is needed. We offer Monday-Friday, 4 hr. daytime shifts from 2:30pm-6:30pm with an hourly wage of \$7.85. Call, come by workshop, or download application off website to apply.

Texas Panhandle TPMHMR Mental Health Retardation 901 Wallace Amarillo, TX 79106 806-358-1681 An Equal Opportunity Employer

PT HS-Graduate needed (10 hrs./wk) to supervise and care for elementary age children. M-F 3pm-5:30pm. 665-7474 createbeat@createbeat.org

PT high sch. grad to help elementary age children with homework. M-F 3pm-5:30pm. 665-7474 createbeat@createbeat.org

INSTRUCTORS to teach private and group lessons for all ages, needed in Art, Theatre, Voice, Instrumental (piano, guitar, flute, etc.), writing, other mediums. 806-665-7474

21 Help Wanted

BAPTIST ST. ANTHONY'S HEALTH SYSTEM in Amarillo, named a Top Hospital by U.S. News and World Report, is currently seeking CNA's for Pampa Hospice / Home Care. This successful candidate must be Texas licensed and possess good communication skills.

Applications are available on line at www.bsahs.org or mail to Human Resources, 1600 Wallace Blvd., Amarillo 79106

W & W Fiberglass Tank Co. is looking for Shop & Production Labor. Immediate openings with 48+ hours/week. Wages based on exp. Apply in person @ 100 N. Price Rd.

CRALL Products is looking for Shop Welders-Wire. Immediate openings with 50+ hours/week. Wages based on exp. Apply in person @ 2930 Hwy 152, Pampa.

NEED person for handling cash, gen. office duties, 10 key, keyboarding a must! Replies to Box 51, c/o Pampa News, PO Box 2198, Pampa, TX.

49 Pools/Hot Tubs

HOT TUB Gorgeous. Brand New. Seats 6, Lounger, Therapeutic Jets, Waterfall. Lifetime Factory War., Free Cover, Chemicals & Delivery! \$4,500. 806-677-0400

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

60 Household JULY SPECIAL All Pillow-Top Mattress Sets in stock 15% off, 15 to 20 yr. War. Starting @ \$189. Layaways avail. w/ no interest! 806-677-0400

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

MEMORY Gardens of Pampa, Garden Devotion Section C, Lot #230, Spaces 6, 7, 8. Call 665-7489.

WINK & Karan invite you to store your rv at Crossways Storage, 12072 E. Frederic, 662-6089

BOOKS, lots of furniture, cookware, tools. Red Barn, 1420 S. Barnes, Sat. 10-5. 665-2767. Buy and Sell.

INTERESTED in starting a Local Hash House Harriers Club in Pampa? I started one in Baghdad, Iraq. (lostlake3@yahoo.com) If interested email me at samari55@yahoo.com It's fun & worldwide. Google "HashHouseHarriers"

RARE, hard to find Little Tikes Playhouses. Have six. (Ship, Barbie, Treehouse, etc.) Little Tikes Picnic tables (lrg) and country kitchens. Jeeps, 486-1017.

NEARLY NEW Summer Clothing Clearance Sale 50-75% Off 2216 N. Hobart

80 Pets & Suppl. FREE need to find a good home for a blonde short hair male Chihuahua. Call 669-0915.

FREE Border Collie/Blue Heeler puppies to good home. 898-1013 or 898-1514.

KITTENS, free to good home. Call 669-2563.

80 Pets & Suppl.

GREAT Dane Puppies Ready To Go! Only 3 Left! Full Blooded. Parents on site. Now Asking \$200. Call 662-1987.

2 Free Jack Russell Terrier/Chihuahua puppies, 1 male & 1 female. Will be small. 886-1795.

95 Furn. Apts.

Equal Housing Opportunity All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination." State law also forbids discrimination based on these factors. We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

1 bdr. apt. in Pampa, all bills paid. \$400 mo. Newly remodeled. Avail. Aug. 1st. Call 886-5459.

EFF. apts. & rooms \$150 a week and up. Apts., trailers, mobile homes, & houses all furnished. Cable TV, phone, linens, maid service daily or weekly. 669-3221.

RANCH House under New Management. Daily & weekly rates. Dble. & single rooms avail. Refrig., microw., cable & internet. 669-1616.

NUMEROUS Houses, Apts., Duplexes & Commercial properties thru-out Pampa for rent. Call 665-4274 or 665-1875.

BENT CREEK APARTMENTS *Lovely 2 & 3 Bdr. Apts. *All Single Story Units *Electric Range *Frost-Free Refrigerator *Blinds & Carpet *Washer/Dryer Connec. *Central Heat/Air *Walk In Closets *Exterior Storage HUD ACCEPTED 1400 W. SOMERVILLE PAMPA 806-665-3292

PAMI APTS SENIORS OR DISABLED RENT BASED ON INCOME ALL UTILITIES 1200 N. WELLS 669-2594

THE Schneider House, now leasing apts. Seniors or disabled, utilities included. Stop by 120 S. Russell or call 665-0415.

97 Furn. Houses WATERFRONT Lake Greenbelt, 3/3/3. Lrg. elegant br. home, w/ private dock. Built by JC Daniels, close to golf course. Serious inq. only. Lease \$9500 mo. 806-353-8429.

Kiss your landlord goodbye! If you can afford to rent, you can afford to buy! *0 Move In *100% Financing *Low Monthly Payments Call Sandy @ Allied Home Mortgage Capital Corp. for your free prequal. today. 806-236-4117 1800 S. Western St., Ste A, Amarillo, TX 79106. Certain restrictions apply

FOR Sale 1113 Darby View House 8:00 am-6pm \$10,500.00

FOR sale: 4 bedroom, 3 bath, front carport, oversized double garage in back. Shown by appt. only 669-0911 or 886-2056.

FSBO 2/1/2 car port 333 N. Christy \$35,000 no owner finance 669-0759 or 440-1709

GROOM FSBO. Wonderful 2 bdr., 1 ba., dining, carport. Easy to maintain. Low taxes. Roll-in shower, oversz. yard, worksh. w/ 1/2 ba. 248-7453, 433-8808.

98 Unfurn. Houses

CONDO. 3 bdr., 1 1/2 bath, washer / dryer hook-up, fpl., swimming pool. 1143 E. Harvester. 665-3788 or 665-6936. Avail. Aug. 15, 2007.

2/1, oversize garage, washer-dryer hookups, central heat/air. \$475 mo., \$400 dep. References. 665-1122.

3 bedroom, 2 bath home. Call 669-3672 or after 6pm., 665-5900.

NEWLY remodeled 2 bdr. home. Hardwood floors, big back yard. \$650 mo., \$550 dep. 504 Doucette. 610-929-1761.

3 Bdr. Central Heat & Air 625 N. Christy References 440-1969

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

102 Bus. Rent. Prop. OFFICE Space for rent, ask about 3 months free rent. 669-6841.

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

117 N. Cuyler in Pampa's best downtown business block. 55' front x 90' deep, balcony. Call 669-3333 or 669-3684.

103 Homes For Sale Twila Fisher Century 21 Pampa Realty 665-3560, 440-2314 669-0007

2123 Beech. Beautiful brick home! 2 bedroom, 1-3/4 baths, central air & heat, garage. Great shop w/ carport, storm cellar in fenced yard. For appt. call 806-874-3290, 670-7564

3 Bedroom Foreclosure! Only \$24,900! For listings, 800-544-6258 ext. F094.

3 bedroom, garage, storage, new carpet, flooring and paint. Bank financing available. 662-7557.

608 Red Deer. 3 bdr., 1 1/2 ba. Owner will not finance. Call 806-665-6978, 806-663-1207, 806-669-7706.

AUSTIN Sch. District, 2 bedroom home, 1 bath, 1 car garage. \$30,000. Call 595-0779.

BRICK / siding, 2650 sq. ft., 3 bdr., 1 3/4 ba., livrm, w/ fpl., dining rm., family room. Spr. sys., 2 car garage, full basement. Owner will not finance. 1201 Mary Ellen. 664-0043.

BY OWNER, 804 N. Christy, 3 bedroom, 2 bath. Good neighborhood. Owner will not finance. Call 664-0015

FOR Sale 1113 Darby View House 8:00 am-6pm \$10,500.00

FOR sale: 4 bedroom, 3 bath, front carport, oversized double garage in back. Shown by appt. only 669-0911 or 886-2056.

FSBO 2/1/2 car port 333 N. Christy \$35,000 no owner finance 669-0759 or 440-1709

GROOM FSBO. Wonderful 2 bdr., 1 ba., dining, carport. Easy to maintain. Low taxes. Roll-in shower, oversz. yard, worksh. w/ 1/2 ba. 248-7453, 433-8808.

103 Homes For Sale

HIGHEST CASH PAID FOR HOUSES! CALL 665-1875

HOUSE for sale as is. The house has new carpet & paint thru-out. New heater & water heater. Call 1-806-553-4798 between 8am-3pm for more info. After 3pm email julie.d.radcliff@us.army.mil

HOUSE needs work. \$750 down payment. Owner will finance. 704 N. Gray. Have other homes. 610-929-1761

I WILL FINANCE 1324 STARKWEATHER 1424 N. RUSSELL CALL 806-665-4595

Its not NO. Its HOW & When! Problem credit? Let us take a peek. Specializing in Creative Loan Products & Superior Service. Call Sandy @ Allied Home Mortgage Capital Corp. for your free prequal today. 806-236-4117. 1800 S. Western St., Ste A, Amarillo, TX 79106. Certain restrictions apply.

LEASE with option to buy. 3/1/1. Totally updated and super nice!! 2127 Nelson. \$58,900. 665-5667.

NEWLY remodeled 1700 sq. ft. brick home. 1818 Evergreen. 3 / 1.75 / 2, new appl., new roof, new flooring thru-out. Fireplace. Huge back yard. Call 662-2029.

OPEN HOUSE, Sun. 2-4, 1309 Starkweather. 3/2/1. 1987 sq. ft. Completely remodeled. Swimming pool, fpl., beautiful kitchen. 665-4590, 440-1429.

"Small But Nice" 2 Bdr., 1 Ba. Refinished Wood Floors Small Garage Steel Siding Storm Doors & Storm Windows Evap. Air Radiant Gas Heat MLS 07-7718 \$27,000

Keller Williams Realty 721 W. Kingsmill 669-2799

Sandra Schuneman 662-7291 Maxine Watson 662-9052

104 Lots PRICE Reduced on 1.47 Acre Tract adjoining country club. Call Quentin Williams, 669-2522.

113 RV Parks RED DEER VILLA RV RANCH by day, wk, mo. 2100 Montagu W. Lrg. lots-must see. 669-1122.

HIDDEN Acres RV Park, by day, wk, mth, quiet & competitive rates. 1708 W. Kentucky, 665-6217.

114 Recre. Veh. 32' Winnebago, like new. 3/2 wheel trailers (1 cycle, 1 dolly, 1 reg.) 616 Bradley, 664-6618

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

120 Autos '05 Dodge Quad Cab, 1500 SLT Hemi, 20" wheels 16k miles, power everything!

'99 Cadillac STS, New Tires & Brakes, 99k miles, loaded! Call 663-0264

2001 Mitsubishi Eclipse Spider GT convertible, 78,000 miles, hater gas, \$9,500 obo. 440-4072

1998 Red Mustang V6 112,000 miles \$4500 662-3665

2000 Dark Blue Grand Prix GT. 4 door, fully loaded, sun roof, new tires, 73,000 mi. \$6900. Please call 440-3508.

FOR sale: 1998 Mazda 626. Low mileage, excellent condition. 806-665-0422.

FOR Sale 1998 Pontiac Grand Am. Call 898-2699.

OnePlus Realty 669-7000

INDUSTRIAL SITE
Approx. 2 Ac fenced with water well in a great location! 1800 W. McCullough. Look at the possibilities for only, \$47,500. MLS 07-7728

2302 FIR
Large corner lot with fruit trees and pond, come with this 3/2 home in Austin school District. Great move-in condition. MLS 07-7676

NEW ON MARKET
2132 Hamilton. Just remodeled showplace. Almost everything new. Ready to move-in. 3 or 4 BR in great location. Hurry-this one won't last long! MLS 07-7723

JUST LISTED
2100 Zimmers. Corner lot. 2 living areas, large den with WB fireplace. 2 or 3 BR with office. 2 garages. Call today for your personal showing. MLS 07-7724

FOR ALL REAL ESTATE SERVICES IF YOU WANT THE BEST FORGET THE REST CALL GAIL SANDERS TODAY! Buying and Selling Pampa for over 30 years 806-669-7000



NEW LISTING - 1601 HOLLY ST. Beautiful wooded corner lot, 4 bedrooms, 2 full bathrooms, double garage. Vaulted ceiling in kitchen and dining room, some new interior texture and paint, all floor coverings are less than 3 yrs. old. Master bathroom is currently being remodeled. PRICED TO SELL AT ONLY \$95,000.00.

2232 CHESTNUT A friendly lifestyle is yours in this charming 3 bdrm, 1 1/2 bath home. Located in an established neighborhood, it features beautiful landscaping, large deck, outdoor grilling center, shop & playhouse. Original restored hardwood floors, new interior texture and paint. REDUCED TO SELL AT \$89,500.00.

2734 COMANCHE A home you'll be proud to own on a quiet corner lot. 3 bdrm. traditional, graciously-sized rooms, 1 3/4 baths, 2 bay garage. Family room with woodburning fireplace, office or hobby room just off kitchen, dining room. REDUCED TO \$105,000.

DISCOVER WHITE ACRES! A new subdivision just outside the city limits offering new construction homes at affordable prices. 1-3 acre lots, well water, planned future features include fishing pond, paved road & more. All home sites offer beautiful views.

12004 WHITE AC. RD. Near completion, this home offers lots of space including a finished basement. Generous size rooms, crown molding, whirlpool tub in master bath, lots of windows and a pellet burning stove to keep you cozy. This home is handicapped accessible. 3/2/2.1 acre. \$219,000.00.

12002 WHITE AC. RD. Tall ceilings, acid stained concrete floors, whirlpool tub, covered porch. Just a few features offered in this home under construction. Act now and choose your colors 3/2/2.1 acre \$189,000.00.

Sue Baker, Agent ... 669-SOLD (7653)
www.tejasrealestate-pampa.com

NEWSPAPER CARRIER needed for The Pampa News

Apply in person 403 W. Atchison No Phone Calls Please

Petroleum Bulk Drivers
Eastex Crude Company is taking applications in Pampa, TX. Applicants must have a Class "A" CDL with Hazmat and Tanker endorsements. *Home Daily *Full Benefit Package (903)856-2401 x-137 (800)443-8580 Clint

LABORERS and equipment operators needed in Borger. Call 1-800-346-2745 Mon. through Fri. 8:30-5, ask for Sherry.

CASE MANAGER I-III MH Service
Coordination / Child (Regional)-2 positions Salary: \$23,933.04-\$31,617.33/yr. with generous benefit package
Child / Adolescent Case Manager for Perryton / Regional MH clinics. Responsible for case management duties: coordinating treatment planning and providing ongoing assessment. Will also fill in at other regional sites when needed. Will be responsible for providing after hour crisis prevention on rotation. Must be able to respond within one hour. Qualifications: Bachelor's degree from an accredited college or university with a major in Psychology or Human Service Field. One (1) year experience for CM II and two (2) years experience for CM III. Prefer two (2) years working with children and their families. Bilingual a plus. Please apply at Texas Panhandle TPMHMR 901 Wallace Amarillo, TX 79106 806-358-1681 An Equal Opportunity Employer

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