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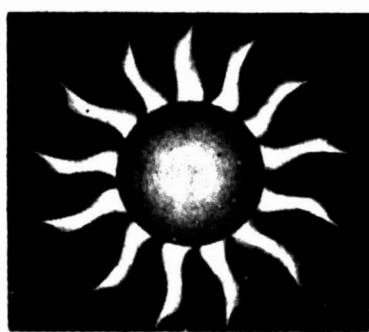
Pampa

Vol. 92 No. 162 • Pampa, Texas
50¢ Daily • Sunday *1

Pampa Cyber News

Internet For the New Millennium

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High today, 85
Low tonight, 55
For complete weather details, see Page 2.

PAMPA -- Businesses along Atchison and Foster were short on water pressure today because of a broken water main.

City officials, working on the break at Atchison and Gray, said they expected to have it repaired by mid-afternoon.

LEFORS -- The Lefors City Council will meet at 7 p.m. tonight at Lefors City Hall.

Included on the agenda is the possible hiring of a part time meter reader, replacing roll-up doors on the city barn, leasing a copier and applying for a beautification grant.

LEFORS -- The Lefors school board will meet at 7 p.m. Tuesday at the elementary school library.

Among items on the agenda is a discussion of the district and campus improvement plans.

LUBBOCK (AP) -- The Texas Supreme Court goes on the road again this week -- this time, to conduct hearings in Lubbock.

The court will convene at the Texas Tech School of Law in its fourth appearance outside of Austin this century.

The court's nine justices will hear three cases on Tuesday in the law school's courtroom. Two of the cases are appeals of Lubbock cases, while the third addresses a broader question of law regarding the rules under which class action cases can proceed.

- Fred Hamlin, 76, father of a Pampa resident.
- Edna V. Richardson, 84, sister of a Pampa resident.
- Dell Mathis, 82, a former Pampa and Lefors resident.

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Good Neighbor service make State Farm unique.

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Panhandle teens suffer electrical burns

By NANCY YOUNG
Managing Editor

Two Panhandle High School students are in Texas Tech University Medical Center's Burn Unit in Lubbock in satisfactory condition today following an electrocution Sunday morning while they were working on a farm south of Panhandle.

Kirk Land, 18, a senior at Panhandle High, and Chris

Lloyd, 16, a senior at Panhandle High, and Chris Lloyd, 16, a junior, also a student at Panhandle High, were working on the Billy Bob Brown Farm south of Panhandle around 10 a.m. Sunday morning when the boys saw a skunk enter an aluminum irrigation pipe.

In an effort to remove the skunk from the irrigation pipe, the boys lifted the pipe and it touched a high-line wire causing

burns to the boys' hands, feet and legs.

Land and Lloyd were transported to Baptist/St. Anthony's in Amarillo by Panhandle Emergency Medical Services before they were sent on to the Lubbock Burn Center.

Panhandle High School Principal Greg Slover told *The Pampa News* he talked with Lloyd's mother this morning. He said she reported Chris will probably undergo a skin graft on

his leg at the burn center tomorrow. Slover said the electrical current entered through the boys' hands and exited through their lower limbs.

Skin grafting on Lloyd is necessary due to the burns he received when the electrical current exited near his ankle.

Slover reported both teenagers are active at Panhandle High School as both are members of the 1999 Panhandle Panthers Football team. Prior to the begin-

ning of football season Land was considered all state potential on the team. He is a running back. Slover said he is really a "good trackster" also at PHS.

Lloyd plays center and defensive tackle on the Panther team. Both boys are also involved in the agriculture program at the school, said Slover.

Carson County Sheriff's department also responded to the scene of the accident Sunday morning.



Jesus, the hot air balloon, took flight today shortly after sunup in the first mass ascension of the Christian Balloon Festival at the Cross of the Plains in Groom.

Christian balloon fest takes flight in Groom

Jesus went airborne shortly after 8:30 a.m. today in Groom. Wafting on a cool southwesterly breeze, Jesus, the hot air balloon, crossed into Gray County west of Grandview-Hopkins about 9 a.m. today, headed toward Pampa.

Gone were the multitudes that came to Groom Sunday night. Instead of the thousands that gathered at the Cross of the Plains Sunday night for the glow of four hot air balloons, several hundred people arrived before dawn to see Jesus, the hot air balloon, lift off into the clear blue panhandle sky today.

The Christian balloon fiesta at Groom has been a year in the making, according to Steve Thomas.

Thomas designed and built the 190 foot tall Cross of the Plains in Groom as a testimony to his faith.

Last year, he said a number of hot air balloonists on their way to the annual balloon festival in Albuquerque approached him with the idea of having a Christian balloon festival at Groom.

The balloonists were going to try last

year, but the weather wouldn't cooperate, said Bob Schaible with the Merritt Ministry out of Tracy, Calif.

"Everything is based on the weather," Schaible said, "and we've been praying all year."

His prayers were answered today with clear skies, a light breeze and 50 degree temperatures at dawn.

Schaible led the gathered crowd, including four Groom Independent School District busloads of students, in a prayer at the Cross of the Plains just as a fiery red sun broke the eastern horizon.

Then Schaible and his crew began the laborious task of spreading out the Jesus balloon and, with the help of Groom residents, filling it with air.

The Jesus hot air balloon dwarfed the other hot air balloons in the fields adjoining the Cross of the Plains. Schaible said the Jesus balloon is 110 feet tall when fully inflated, 100 feet wide and 65 feet deep. It is filled with 258,000 cubic feet of air. Most hot air balloons have a capacity of about 77,000 cubic feet of air.

"Just as God is an awesome God," Schaible said today, "this balloon is an awesome balloon."

Schaible and his team along with five other teams came to Groom from the Albuquerque balloon fest Sunday night.

Following an afternoon of services at the cross site, Schaible and three other teams filled their balloons as darkness descended and in the twilight of the evening against the background of the largest cross in the western hemisphere, set off their burners to light up the balloons in what balloonists call a "glow."

The balloonists participating in Sunday night's glow were Schaible, Becky and Paul Lassalle of Louisiana, Gary and Jane Sines of Missouri and Bill Woodhead of Oregon.

Rusty and B.K. Elwell of Amarillo joined the group today for this morning's ascension.

"They're all independent pilots," said Gary Brightman of Schaible's team. "They're Christian pilots we've spoken with during the past year."

Pampa youths visit and deliver donations to Columbine student

By JEFF WEST
Staff Writer

The pain and damage done at the shooting at Columbine High School continues for some students but so does the generosity of people in Pampa, Gray County as well the rest of the country.

That point was brought home recently when Pampa residents J.B. Horton and Tracy Peet made a trip to Colorado recently to present a check for \$2,000 to Richard Castaldo. The money was raised from donations and from pledges when Horton,

Peet, Tory Peet, Richard Williams and Ignacio Ruiz held a 24-hour Putt-A-Thon here earlier where they played 5,000 holes of golf each.

Castaldo remains in a wheelchair after being shot several times including a bullet that came close enough to his spine to leave him paralyzed from the waist down. His great aunt Diane Birdsell and some cousins live in Pampa and alerted others to the young man's plight.

While doctors give Castaldo a 10 percent chance of walking his parents have

constructed a special "wheelchair accessible" room complete with a roll-in shower and voice controlled lights for him.

Horton, who organized the Putt-A-Thon said that Castaldo was in good spirits when they arrived and had gone back to school.

"He was quiet and reserved but you could see he was trying to get on with his life," Horton said.

Others, including Elton John who gave \$10,000 and Rosie O'Donnell, who donated \$3,000 have also contributed money to help with

expenses but Horton said anyone wishing to help further could send cash donations to Castaldo Supplemental Care Trust, First Bank of Littleton, Attention: Annette, P.O. Box 2738, Littleton CO 80161.

While Castaldo has been recovering he has also been visited by members of the Denver Bronco and by country singer Shania Twain among others.

"We really appreciate the support from Pampa and Gray County," Horton said. "It was nice to see so many people help."

Teenager hurt in second accident

A Panhandle woman who is still recovering from a deadly collision was once again involved in an accident over the weekend.

Nakisha Horton, 19, Panhandle, was one of the passengers in a pickup truck driven by Justin Sober May 30, that crashed at Highway 273 and Loop 171 that killed Stacey Seahorn and put Horton in an Amarillo hospital for several weeks. Horton is still undergoing physical therapy.

Sober is under indictment on two counts of vehicular assault and one count of vehicular manslaughter for the wreck, in which officials charge Sober was legal intoxicated.

Saturday she was again a passenger, this time in a 1993 Suburban that was struck by Jesus Delgado Martinez, 61, 333, N. Faulkner, who was cited for failure to yield right of way when the 1981 Ford pickup he was driving struck the Suburban driven by Kaisi Rae Summers, 20, Amarillo at Hobart and Foster just before 8 p.m. Saturday.

An ambulance was dispatched to the scene but it was sent back only to be recalled to the scene. Horton later was taken to Pampa Regional Medical Center by private vehicle where she was treated and released.

British announce bovine waterbeds

LONDON -- Every night, according to a British marketing executive, 12 million cows go to bed hurting.

Kenneth Dangelo, a marketing executive with the UniPoly Group, the parent company of Atlanta Water Beds manufacturer Georgia Duck, says a British innovation which recently made its North American premier at Canada's Outdoor Farm Show can provide these cows comfort, hygiene and welfare.

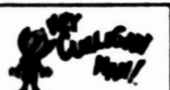
"People usually mock it at first," says Chris Buckley, the bed's distributor. "They think it's a bit outlandish, overdoing it a bit for cows. But it's all about how the cows react to the benefits. The wear and tear on joints, the swelling and burning of hocks, is gone. We really believe this is the answer."

As the cows step onto the beds, water inside is displaced under each foot providing stability. When they lie down, the water-filled area absorbs the impact on their knees as the surface conforms to an individual ergonomic shape corresponding to the cow's body and weight.

The London Free Press reports that there are about 15,000 such water beds in use in Europe, mostly for dairy cattle.

Earlier this year, Pasture Mat from Promat Ltd. introduced at the Western Fair Farm Show a bed for cattle stalls made of recycled automobile tire rubber. The Seaforth-based firm also developed the Poly Pillow, a corrugated, triangular plastic tube that replaces concrete or wooden barriers in traditional stalls, enabling cows to stretch out and not risk injury.

Culligan 806-665-5729
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The Panhandle Country SHOPPER Call Today For More Information 806-669-2525

Daily Record

Services tomorrow

RICHARDSON, Edna V. — 2 p.m., Vega United Methodist Church, Vega.

Obituaries

FRED HAMLIN

FLOWER MOUND — Fred Hamlin, 76, father of a Pampa resident, died Saturday, Oct. 9, 1999, at Medical Center of Lewisville. Graveside services were to be at 2 p.m. today in Electra Cemetery at Electra. Burial will be under the direction of Mulkey-Mason Funeral Home of Lewisville.

Mr. Hamlin was born Aug. 25, 1923, at Russellville, Ark., to James and Hattie Kelley Hamlin. He married Martha N. Stansel at Electra. He worked for Mobil Oil Company from January 1954 until retiring in 1984.

He was a U.S. Army veteran, receiving the Purple Heart and serving during World War II and with the 1st Cavalry Division during the Korean Conflict. He belonged to Masonic Lodge #1067 in Electra.

He was preceded in death by two brothers; and by a sister.

Survivors include his wife, Martha McLroy Hamlin of Flower Mound; three daughters, Ann Coulon of Arlington, Jorja Pool of Flower Mound and Jo Logue of Pampa; a sister, Milere Crain of Quinton, Okla.; two brothers, Leon Hamlin of Oklahoma City, Okla., and Raymond Hamlin of Fort Worth; seven grandchildren; and three great-grandchildren.

The family requests memorials be to American Heart Association or to American Cancer Society.

EDNA V. RICHARDSON

AMARILLO — Edna V. Richardson, 84, sister of a Pampa resident, died Saturday, Oct. 9, 1999. Services will be at 2 p.m. Tuesday in Vega United Methodist Church at Vega with the Rev. Johna Campbell and James Peach, pastor of First Baptist Church, officiating. Burial will be in Memorial Park Cemetery under the direction of Vega Funeral Home.

Mrs. Richardson was born near Zybach in Hemphill County. She had been an Amarillo resident since 1966. She was a retired farmer, a ballroom dance instructor and founder and board member of Richardson Seed Incorporated.

She belonged to Ford Home Demonstration Club, Vega United Methodist Church and United Methodist Women.

She was preceded in death by a daughter, Lois Faye Richardson; a grandson; and a great-grandson.

Survivors include a daughter, Jo Anne Cook of Vega; three sons, Wayne Richardson and Donnie Richardson, both of Vega, and Mike Richardson of Perryton; two sisters, Agnes Brumfield of Pampa and Ruby Risley of Grover Beach, Calif.; a brother, Alvin Forrest of Portales, N.M.; 11 grandchildren; 15 great-grandchildren; and a great-great-grandchild.

The family will be at the home of Jo Anne Cook, south of Vega, and requests memorials be to a favorite charity.

The body will be available for viewing until 7 p.m. today and from 10 a.m.-12 noon Tuesday.

DELL MATHIS

HOOVER, Okla. — Dell Mathis, 82, a former Pampa and Lefors resident, died Friday, Oct. 8, 1999, at Liberal, Kan. Services were to be at 2 p.m. today in Hooker Church of Christ with Neville Buchanan and Gary Moore officiating. Burial will be in Hooker Cemetery under the direction of Roberts Brothers Funeral Home.

Mrs. Mathis was born at Elida, N.M. Her family moved to Pampa then to Lefors where she attended school, graduating in 1934. Following graduation, she worked at the Post Office in Lefors.

She married Floyd Mathis in 1940 at Pampa. The couple lived in Artesia, N.M., Lefors and Amarillo prior to moving to Hooker in 1950. She was a bookkeeper at Liberal Savings and Loan for 10 years and at First National Bank for nine years.

She belonged to Hooker Church of Christ for 48 years and was a Bible school teacher.

Survivors include her husband, Floyd; two sons, Joe Mathis of Guyton, Okla., and Bryan Mathis of Hooker; a sister, Jo Inman of Dallas; three grandchildren; and a great-grandchild.

The family requests memorials be to Black Masa Bible Camp, Camp Billy Joe, in care of Roberts Brothers Funeral Home, P.O. Box 745, Hooker, OK 73945.

Police report

The Pampa Police Department reported the following arrests and reports during the 48-hour period ending at 7 a.m. today.

Saturday, Oct. 9

Salvador Rodriguez, 22, 417 N. Faulkner, was arrested on charges of no valid drivers license, no liability insurance and expired tags.

Theft of a gold ring was reported in the 1200 block of South Faulkner.

Assault was reported in the 1400 block of North Hobart

Disorderly conduct/language was reported in the 800 block of East Kingsmill.

Sunday, Oct. 10

Alfredo Romero Armendariz, 32, 427 Crest, was arrested on charges of driving while intoxicated.

Armando Anguiano, 17, 600 Sloan, was arrested on charges of no valid drivers license and no liability insurance.

Benita Salazar Soto, 36, 608 N. Wayne, was arrested on failure to appear and traffic warrants.

Burglary of a building was reported in the 1200 block of E. Francis.

Sheriff's Office

The Gray County Sheriff's Department reported the following arrests during the 48-hour period ending at 7 a.m. today.

Saturday, Oct. 9

Michael Ray Hartzell, 30, 1100 E. Kingsmill, was arrested on charges of issuance of bad checks and violation of probation.

William Miller, 47, Lefors, was arrested on charges of public intoxication.

Sunday, Oct. 10

David Edward Heuston, 42, 1824 N. Barnes, was arrested by the DPS on charges of driving while intoxicated and possession of a controlled substance.

Accidents

The Pampa Police Department reported the following arrests during the 48-hour period ending at 7 a.m. today.

Saturday, Oct. 9

Jesus Delgado Martinez, 61, 333. N. Faulkner, was cited for failure to yield right of way when the 1981 Ford pickup he was driving struck a 1993 Suburban driven by Kaisi Rae Summers, 20, Amarillo at Hobart and Foster. A passenger in the Suburban, Nakisha Horton, 19, Panhandle, was taken to Pampa Regional Medical Center by private vehicle where she was treated and released.

Charges are pending against Aaron Gifford for driving while intoxicated, dependent on blood tests, after he rolled his 1982 Chevrolet pickup 3.8 miles south of Pampa on Highway 273. Gifford made a sharp turn to the right and slid into a ditch sideways, according to DPS reports. His left wheels dug into the dirt and he flipped two and a half times landing on his roof. He was taken to Pampa Regional Medical Center where he is listed in stable condition.

Ambulance

The Rural/Metro reported the following calls during the 24-hour period ending at 7 a.m. today.

Saturday, Oct. 9

1:49 p.m. — A mobile ICU responded to the 1700 block of Hamilton and transported one to Columbia Medical Center.

2:31 p.m. — A mobile ICU responded to Pampa Regional Medical Center and transported one to Northwest Texas Hospital in Amarillo.

6:26 p.m. — A mobile ICU responded to the 1100 block of Prairie and transported one to Amarillo.

8:00 p.m. — A mobile ICU responded to the 1300 block of North Hobart. No one was transported.

8:12 p.m. — A mobile ICU responded to the 1300 block of North Hobart. No one was transported.

Sunday, Oct. 10

2:56 a.m. — A mobile ICU responded to the 200 block of West Kingsmill. No one was transported.

3:04 a.m. — A mobile ICU responded to Starkweather and Louisiana. No one was transported.

12:21 p.m. — A mobile ICU responded to the 1600 block of North Banks. No one was transported.

2:03 p.m. — A mobile ICU responded to the loop 171 and Highway 273 and transported one to Baptist St. Anthony's Hospital in Amarillo.

7:45 p.m. — A mobile ICU responded to the 1300 block of Garland. No one was transported.

Monday, Oct. 11

5:25 a.m. — A mobile ICU responded to the 700 block of Malone and transported one to Pampa Regional Medical Center.

Fires

The Pampa Fire Department reported the following calls during the 24-hour period ending at 7 a.m. today.

Saturday, Oct. 9

7:53 p.m. — Two units and five personnel responded to the 1400 block of Hobart on a motor vehicle accident; no transport.

Sunday, Oct. 10

2:58 a.m. — Two units and five personnel responded to a motor vehicle accident at the intersection of Starkweather and Virginia; no transport.

11:50 a.m. — Two units and six personnel responded to a false alarm at One Medical Plaza.

1:59 p.m. — Two units and six personnel responded to a motor vehicle accident at Hwy. 273 and Loop 171; one patient was transported to PRMC.

Stocks

The following grain quotations are provided by Attebury Grain of Pampa.

Wheat	1.97	Coca-Cola	52 1/2	dn 9/16
Milo	2.65	Columbia/HCA	22 5/16	dn 5/16
Corn	3.19	Euron	39 1/2	up 9/16
Soybeans	4.17	Halliburton	35 11/16	up 1/16
		IRI	4 7/16	dn 1/16
		KMI	24	up 3/16
		Kerr McGee	53 3/8	up 1
		Limited	44 9/16	up 5/16
		McDonald's	43 9/16	up 5/16
		Mobil	95 1/8	up 1/16
		New Atmos	24 3/16	up 1/16
		NCE	31 9/16	up 1/8
		Peeney's	33 3/4	dn 1/16
		Phillips	46 9/16	up 1/16
		Pioneer Nat.	10 3/16	up 1/8
		SLB	56 11/16	up 1 5/8
		Tenneco	16 1/16	dn 7/16
		Texasco	61 3/16	up 5/8
		Ultramar	25 3/8	dn 5/16
		Wall-Mart	54 5/8	dn 3/4
		Williams	37 9/16	dn 3/16
		Yukon	320 1/2	dn 3/16
		New York Gold	320 1/2	dn 3/16
		Silver	5.53	dn 3/16
		West Texas Crude	20.90	dn 3/16

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

Amoco	53	up 3/16
Arco	85 11/16	up 1/8
Cabot	22 13/16	up 1/16
Cabot Oil	16 1/16	up 3/16
Chevron	86 7/8	up 1 1/2

Lubbock council plans to vote power to keep records in secret

LUBBOCK, Texas (AP) — The Lubbock City Council plans to vote itself the power to meet, vote and keep records in secret. The Lubbock Avalanche-Journal reported Sunday that the plan to be considered Thursday is intended to conceal information about city-owned Lubbock Power & Light from competitors as the state's electric utility industry is deregulated.

State open-meetings and open-records laws bar elected officials from voting behind closed doors. Secret sessions have been allowed only for discussion of such specific topics as legal strategies, personnel issues or real estate transactions. Any related votes had to be taken in public.

"This is uncharted water," said Richard Casner, a city attorney who drafted the proposed amendments city ordinances governing council meetings. "We're all just feeling our way through."

The changes would be allowed under a new state law that took effect Sept. 1, officials

said. Most of the changes are two years away. Until then, rural co-ops, municipally owned operators and private utility companies will prepare for competition by planning new transmission and distribution lines and power plants and modifying rates and contractual obligations.

The city of Lubbock wants to do that in private, as well as take any related votes and keep any related records secret.

Council member Alex "Ty" Cooke is a past president and current board member of the Texas Public Power Association. He said a competitor could use open records laws to learn what the city pays for certain operating costs. The competitor could use that information to adjust its price for a competitive advantage. The city, meanwhile, has no means to learn about the operating costs of a private company.

"It's a competitive issue," Cooke said. "You can't throw us into a deregulated environment without protecting some competitive issues. We can't com-

pete when our competitor is standing there waiting for an open record."

Another provision council members are expected to pass would allow spending by LP&L of up to \$100,000 without City Council approval. The current limit is \$25,000.

The provision would be used for emergency purchases or to enter interlocal agreements with other providers, Cooke said.

"It would allow us to function more like the private sector. We wouldn't have to wait two or three weeks for a council meeting," he said.

Cooke denied that the proposal is meant "to hide anything. Some stuff you've got to keep secret, otherwise somebody will eat your sack lunch."

He said the city already competes with Amarillo-based Southwestern Public Service Co., which serves about a third of Lubbock's households. He said SPS has used open records laws to learn about LP&L's operations, as have other utilities.

Trustee says money scandal wasn't superintendent's fault

CORPUS CHRISTI, Texas (AP) — A school trustee says it's not fair to blame Superintendent Abelardo Saavedra for a scandal involving thousands of dollars in district money spent in topless bars because there's no oversight policy in place regarding district credit cards.

"There's never been any intent to violate any rules or policies by me or any of our board members because there aren't any," trustee Rene Vela said.

"We're just following unwritten policies," he said. "We all have to accept some responsibility."

"The job of the board is to set policy and goals," Vela said. And no policies have been in place to account for board travel or spending, on the district credit card.

But that will soon change.

CCISD board trustees meet Monday to discuss the policy for use of district-issued credit cards.

For the past two decades, CCISD's superintendent and assistant superintendents were allowed to approve their expenses on district-issued credit cards without the oversight of a third party or even each other.

Several other school districts said that's a practice they couldn't live with. Instead, school districts in Austin, El Paso, Fort Worth, Houston and Plano all have some system of review for high-level official's credit card spending.

In Corpus Christi, a review by the Caller-Times of CCISD credit card statements revealed more than \$20,000 in charges to Saavedra's district-issued credit card that were

explained as meals with staff or board members.

An earlier Caller-Times review also showed that Thomas W. "Buff" Marlin, a former assistant superintendent, charged more than \$5,200 to his card for visits to topless bars for which he later reimbursed the district.

Reports of the CCISD's problematic credit card policy has led officials at the El Paso Independent School District to review their procedures, said Joe Loya, associate superintendent of finances.

But, Loya said, the superintendent already sends his credit card bills to the finance office for review of purchases.

"It's not just common sense, but a good internal control," Loya said. "You want somebody else to review expenditures and make sure you're in compliance."

Former homecoming royalty swarm to small town for high school reunion

VIDOR, Texas (AP) — Too many cooks might well spoil the soup, but officials here have decided the more queens, the merrier the homecoming.

There will be 39 former homecoming queens in the Vidor High School court this year.

The slew of hometown sweethearts might seem excessive — but that's what homecoming in Vidor is all about.

Some of the women will wing into town from Ohio. Others could practically throw a rock from their parlors and hit their alma mater.

The women's paths have scattered since their glittering night of glory on the Pirates football field.

There have been marriages and divorces, escapes from Vidor and returns to Vidor.

Tammy Hext, the 1980 queen, went on to win the Miss Texas crown.

Jo Taylor of the class of '56 took on the job of tracking down the former queens.

She figured about 20 of them would show up for the extravaganza — the 20 who still call Vidor home.

"I was amazed at the response," Ms. Taylor said.

Still, it's a small feat compared to

a few years ago. Ms. Taylor lured all but five of the 102 previous football captains back to Vidor three years back.

And when the former big men on campus flood the town, sparks fly.

Diana Wallis Pierce, 1968 queen,

chose first one husband, and later a second, from among the former high school captains.

The Pirates band marches every year in flashing black and gold.

Fireworks streak the dark skies, and flaming batons flicker in the palms of majorettes.

City Briefs

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

BAND INSTRUMENT Repair. Hearn Service Center, 669-9591, 669-2369.

LOST OCT. 7th, watch. 868-2081.

HARVESTER LANES Quarter Mania!!! Starts Oct. 11, every Mon. 5-10 p.m. \$5 cover charge per person, 25¢ games, 25¢ shoe rental, 25¢ hot dogs, 25¢ drinks!

POWER STONE beaded bracelets are here! Select sterling jewelry 25-50% off. Great styles of Fall clothing arriving daily. Twice Is Nice.

LARGE P/C desk hutch, \$100. 669-6533 after 5:30 p.m.

SUNSET BAR & Grill Oct. 15, 16th, featuring "Wolf Creek" from New Mexico.

ORANGE TABBY cat (neutered male), missing from 2500 bl. Chestnut. Cat has seizure disorder & needs medication. Please call 669-6030.

TRUCK STUFF- Pampa's complete 1 stop accessory truck & SUV shop, now open, 420 W. Brown, 669-7815.

WILL SIT With The Elderly. 669-7101

Weather focus

PAMPA — Sunshine today with a high of 85 degrees. Clear tonight with a low in the mid-50s.

Tuesday should be sunny with a high between 85 and 90 degrees and a low of 50 degrees over night.

Wednesday will be cooler with a partly cloudy sky and a high between 80 and 85.

Thursday should be mostly clear with highs between 85 and 90 degrees.

Friday, the temperature should be in the low 80 degree range.

PANHANDLE — Monday, sunny with a high in the lower 80s. Southwest wind 10-20 mph. Monday night, clear with a low in the lower 50s. Tuesday, mostly

sunny with a high near 85. 3 to 5 day forecast, Wednesday, partly cloudy and cooler. Low in the lower 40s. High near 75. Thursday, mostly clear. Low in the middle 40s. High in the lower 80s. Friday, mostly clear. Low in the upper 40s. High around 80.

STATEWIDE — Most of Texas was treated to another fair, sunny day on Sunday, as the state looked forward to another week of pleasant conditions.

A high pressure system over the western half of the state resulted in clear skies and high temperatures in the 70s and 80s. Winds were light and variable in the Panhandle and gusty in the southern portion of West Texas.

Temperatures in North Texas

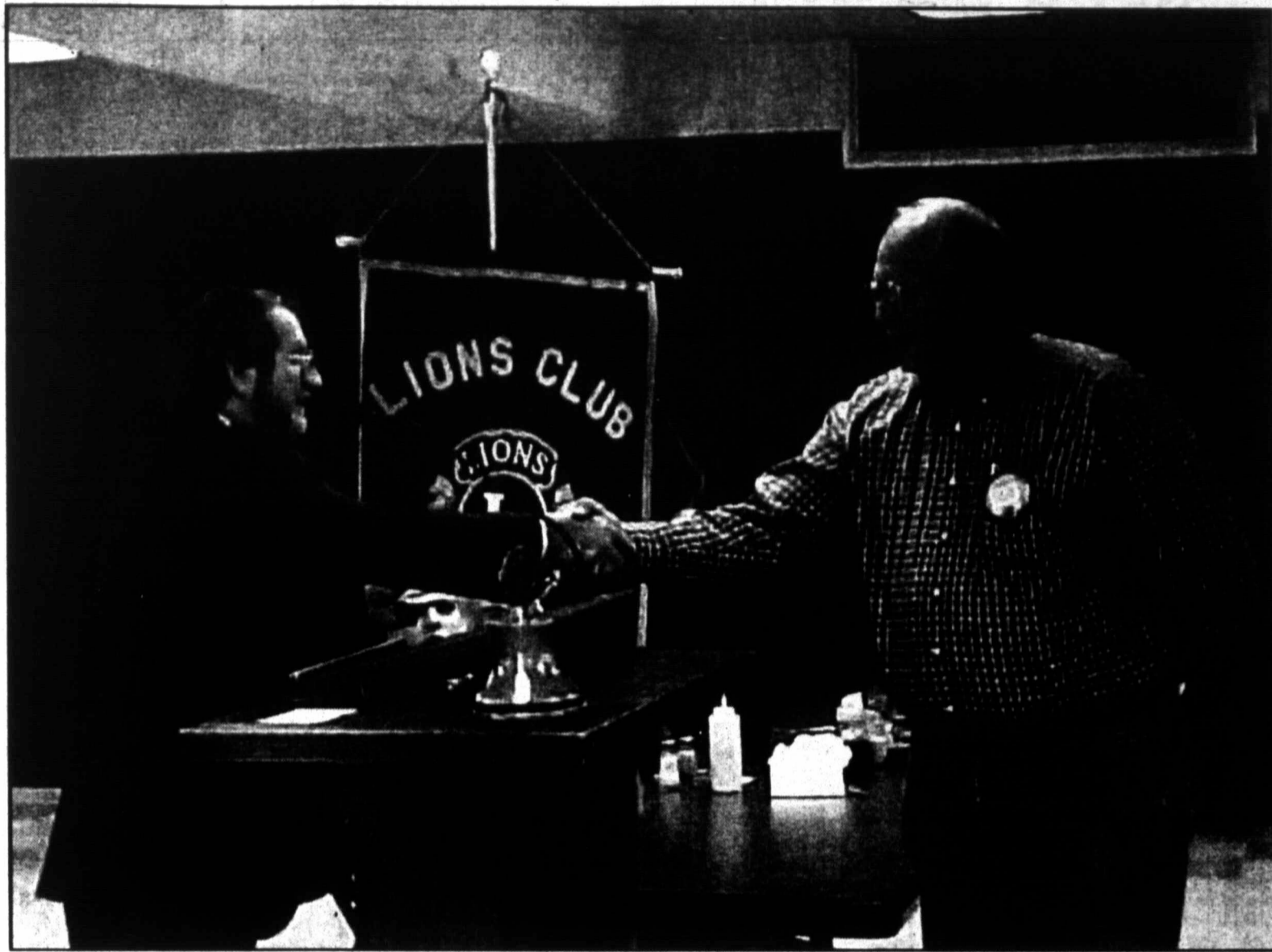
ranged from the lower to upper 80s, with northeasterly winds ranging from 5 to 10 mph. There were widely scattered patches of fair weather clouds but skies were mostly clear across the region.

In South Texas, a few showers developed over the Coastal Plains from Victoria to Houston and Beaumont. But conditions were mainly warm and sunny, reaching 90 degrees in the Rio Grande Valley.

Forecasters expect similar conditions to continue, with highs mainly in the 70s and 80s and lows in the 50s and 60s. High pressure should be reinforced by the middle of the week, enabling the pleasant weather to last at least into next week.

Classifieds 669-2525

Lions Club



(Special photo)

Pampa Lions Club Second Vice President Lee Porter, right, is congratulated by 2T-1 District Gov. Ray White, left, upon receiving his key pin award for sponsoring two or more new members. The Lions Club will be hosting its annual broom sale Monday, Oct. 18 in the parking lot of Bank of American at the corner of Ballard and Foster and on Tuesday, Oct. 19 at National Bank of Commerce parking lot at the corner of Kentucky and Hobart.

Better Business Bureau offers booklet on Y2K

Arlington, Va. — As the year 2000 approaches, Y2K disaster-related fears are intensifying. Scam artists know this and are only too eager to take advantage of consumers and businesses seeking to safeguard their equipment, finances or loved ones from "impending" computer and electronic malfunctions.

Better Business Bureaus' report incidences of disreputable businesses peddling "miracle" hardware/software solutions; con artists soliciting personal information (social security numbers and bank account and credit card numbers) from unsuspecting consumers seeking to protect their finances during the change-over to the new century; offers of overpriced survival kits; and unsolicited e-mails selling religious memorabilia "guaranteed" to guard against the coming "end of the world."

A new publication produced by the BBB is now available to educate consumers and businesses about these and other Y2K-related promotions. Titled "Year 2000 and You," the BBB publication features the latest Y2K preparedness information from the BBB system, the American Red Cross, the Federal Trade Commission and the Federal Deposit Insurance Corp.

"The BBB's brochure will help consumers and businesses alike to recognize the most common Year 2000 scams and to take proactive, common sense steps to protect against problems that might arise from Y2K," said James L. Bast, president of the Council of Better Business Bureaus.

Created with input from top government, association and industry leaders, the BBB's Y2K brochure has easy-to-use checklists and user-friendly text that shows consumers how to respond wisely to legitimate concerns that arise from potential Y2K computer problems.

The following are just a few of the con artists and scams this BBB publication warns against:

- Opportunists looking for investors to finance phony Y2K solutions.
- Consultants or businesses selling services or software that aren't Y2K compliant or don't fix Y2K problems as promised.
- Solution providers pitching miracle Y2K solutions at "too good to be true" prices.
- Exorbitant prices being charged for services and so-called "survival supplies" (i.e. bottled water, candles, canned foods, "guaranteed" access to fuel, etc.).

—Y2K-specific scams such as: The Bogus Banker scam; Credit Card "Stickers"; Trojan Book Safes; Funny Money Scam; and The Bogus Bells.

The BBB publication also offers a check list of "common sense" steps to prepare for the Year 2000. Included are recommendations from the American Red Cross that are pertinent in the event of any potential disaster crisis.

To order a copy of this BBB publication, contact your local BBB (www.bbb.org/bureaus) or send \$2 and a SASE to the CBBB Publication Fulfillment Dept., 4200 Wilson Blvd., Arlington, VA, 22203 (bulk copies are available at significant discount prices). A copy of the brochure is posted on the BBB central website at www.bbb.org/library/y2k.html.

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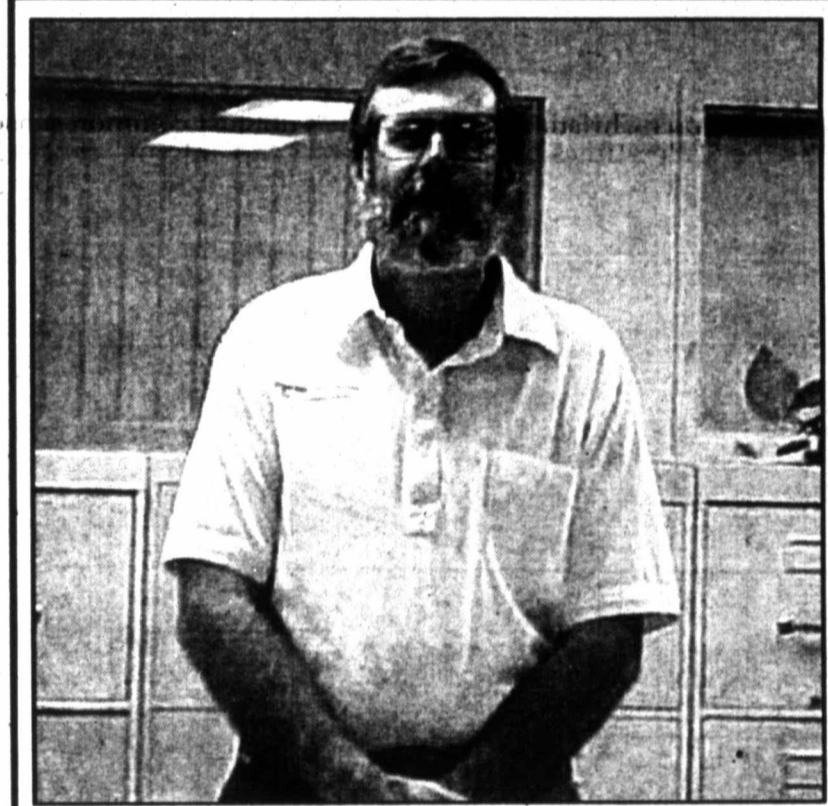
Calendar of events

PAMPA AREA LITERACY COUNCIL
Pampa Area Literary Council office will be open from 9 a.m.-3 p.m. Tuesday and Thursday. For more information, call 665-6000.
CLEAN AIR AL-ANON
Clean Air Al-Anon will hold

weekly meetings on Tuesdays and Thursdays at noon at 810 W. 23rd. For more information, call 669-3988.
TRALEE CRISIS CENTER
Tralee Crisis Center will offer Volunteer Training for people interested in working with victims of domestic violence, sexual

assault and other crime victims. Training sessions will be from 6-9 p.m. beginning Tuesday, Aug. 24 at TCC, 310 S. Cuyler. For more information, call Diane Wells at 669-1131 or 1-800-658-2796. RSVP by Aug. 17.
CROWN OF TEXAS HOSPICE
Crown of Texas Hospice will present "Hospice - Living Life to the Fullest" from 1-4 p.m., Tuesdays and Fridays, Sept. 28-Oct. 29 at the Meredith House, 812 W. 25th St. For more information, call (806) 372-7696 or 1-800-572-6365. This educational series is being offered free as a service to the community. Contact hours are available for nurses and the course is worth 3.0 CEUs for other professionals.

MISS TEEN ALL AMERICAN
Pageant officials are seeking applicants for the 2000 Miss Texas Teen All American Pageant slated Nov. 13 and 14 at DFW Lakes Hilton in Grapevine. To qualify, the applicant must be 13-19 years of age as of Aug. 1, 2000, must have never been married and must be a legal resident of the U.S. To apply, send a recent photo, name, address, telephone number, date of birth and short bio by fax, 1-304-242-8341, or mail to: Dept. C - Miss Texas Teen All American, 603 Schrader Ave., Wheeling, WV 26003-9619.



Chamber of Commerce 'Stars Over Pampa' Top 10

Name: Robert "A." Bob Marx
Place, date of birth: Feb. 26, 1951, Pampa Highland General Hospital, Pampa.
Schools: Stephen F. Austin Elementary, Robert E. Lee school, Pampa High School, West Texas State University.
Occupation: Owner-operator of No-Way Cleaning Service.
Married: Johnnie, May 27, 1982.
Children: Seven godchildren, 2 great-godchildren.
How long have you been a resident of Pampa? 46 plus years.
Hobbies: Golf, cooking, telling jokes, calling talk radio.
Organizations: Chamber of Commerce, Chamber Goldcoat, Chamber Retail Trade Committee, Big Brothers/Big Sisters, United Way, Salvation Army, Boy Scouts, Clean Pampa Inc., Coffee Blood Bank donor.
Church: Presbyterian.
What is your outlook for Pampa in the new millennium? By keeping the faith, all working together as a community, grateful for what our town has, not what it does not have. Showing those who don't help how much fun it is to be a team player for our town. There are always two things to remember. Winners never quit, quitters never win, and tough times don't last but tough people do. We all know Pampans are not quitters. Thank you very much Pampa. God bless Pampa, our citizens, our state and our nation.
—Bio for Country Fair

SHRINE MEETING
Pampa Shriners will meet at 6 p.m. Oct. 15 at the Sportman's Club on South Barnes. Bring a covered dish. Entertainment will be Betty Crawford and Robert Brewer.
CHILDREN'S CHRISTMAS FUND BENEFIT
Sayre Masonic Lodge and Sayre Rotary Club will hold a benefit auction for the Children's Christmas Fund beginning at 1 p.m., Sunday, Oct. 17 in the conference room of the Western Technology Center at Sayre, Okla. Hunting enthusiasts should attend the auction for quality hunts on land not hunted except for the auction. Also on Oct. 17, Sayre chapter of Future Business Leaders of America will begin serving Indian Tacos beginning at 11:30 a.m. For more information, call (580) 928-5720 after five and (580) 497-2458 before five.
CLARENDON COLLEGE
Clarendon College-Pampa Center will offer Internet I during October and Excel during November. To register or for more information, call Pampa Center at (806) 665-8801.
HARRINGTON HOUSE
The 1999 tour season for Harrington House, 1600 Polk Street in Amarillo, is currently underway. The house is open to tours from 10 a.m.-12:30 p.m. Tuesdays and Thursdays through mid-December. Each tour, limited to four people over 14 years of age, is 50 minutes long. For more information or to

arrange a tour, call (806) 374-5490.
FALL CRAFT SHOW
The Third Annual Fall Craft Show is slated from 9 a.m.-3 p.m. Saturday, Nov. 6 at the Activity Building in Claude. The event is being sponsored by Family Community Education Clubs in Armstrong Co. For more information, call the Armstrong Country Extension office at (806) 226-3021.
COLGATE YOUTH SERVICE CONTEST
Local Boy Scouts, Girl Scouts, Boys and Girls Clubs, Girls Inc., Camp Fire and 4-H organizations are invited to enter their best community service projects in the "Colgate Youth for America" campaign. Cash grants of up to \$2,000 will be awarded to the most creative and best executed projects from local clubs and troops between March 1, 1999, and March 1, 2000. Entry forms are available through regional offices of the national organizations or by sending a SASE to: Colgate Youth for America Campaign, P.O. Box 1058, FDR Station, New York, NY 10150-1058. Entries must be post-marked by March 15, 2000, and are also available on-line at www.colgate.com.

IF YOU'RE UP TO THE CHALLENGE COME JOIN THE ELITE!
Practice starts Oct. 4 at Clarendon College Gym.
Mon. Tues. Thur. 7:00 to 8:30 pm
Any Questions call 665-8321 or 665-8711
The Pampa Takedown Club
WRESTLING!
It's What it's All About

CINEMA
1st Run
Superstar (PG-13)
Fri. & Sat. 7:10 & 9:00
Sun. thru Thurs. 7:10
Sat. & Sun. Matinee 1:55
1st Run
Random Hearts (R)
Fri. & Sat. 7:00 & 9:20
Sun. thru Thurs. 7:00
Sat. & Sun. Matinee 1:45
2nd Week
For The Love Of The Game (PG-13)
Fri. & Sat. 7:00 & 9:20
Sun. thru Thurs. 7:00
Sat. & Sun. Matinee 1:45
3rd Week
Sixth Sense (PG-13)
Fri. & Sat. 7:05 & 9:10
Sun. thru Thurs. 7:05
Sat. & Sun. Matinee 1:50

United Way
Loaned Executive Debbie Robertson



Debbie Robertson believes that our Pampa United Way efforts are essential in reaching out and touching the lives of the people in our community. With everyone working together, we are strengthening our society. As a loaned executive, Debbie is looking forward to working with Pampa business to present the United Way to their employees. She will be assisting business in United Way presentations and contribution collections.

Debbie Robertson is a first time United Way Volunteer. She is a loaned executive from the Pampa Independent School District. Debbie is a board member of the Lovett Memorial Library, Chairperson of Community Resource Coordination Group, a member of Phi Delta Kappa, the Texas Council of Administrators of Special Education, and the Council of Educators for Students with Disabilities. Debbie is the Special Populations Director for the Pampa Independent School District. She and her husband, David, have three children, Shelley and Ken Brantley, and Rodney Robertson.

Pampa Chamber of Commerce Country Fair
PRESENTS
"Stars Over Pampa - A Hollywood Night Country Style"
October 16th, 1999
5 p.m. to 12 midnight
MK Brown Civic Center
You are cordially invited to celebrate the 1999 Country Fair Hollywood Style
For ticket information call 669-3241
Live Music from the band Insufficient Funds, Great Food from Local Restaurants, Cash Drawings, Auctions, Bingo and Fun, Fun, Fun

Talking About Being Gay Is Path to Social Acceptance

DEAR ABBY: I was lunching with five or six co-workers the other day and the topic turned to gay rights. During the conversation, one of them said, "I don't know why they have to talk about it." I was shocked speechless because everyone at the table knew that I am gay. Later, I thought of all the things I should have said. Then I compiled a list of reasons why we talk about it. If you think it's worthwhile, please print it on Oct. 11, because that is National Coming Out Day.



Abigail Van Buren

SYNDICATED COLUMNIST

straight people wouldn't know who we are, nor would they realize that their friend, co-worker, sibling, parent or child is gay. When straights don't know that someone they love is gay, they often don't stop to think how unfair it is that gay people can be legally discriminated against in 37 states.

DEAR ED: Whether to come out or not is a personal decision, and one that should not be taken lightly. However, your reasons present a strong argument in favor of doing so, and I'm pleased to print them on National Coming Out Day to encourage those who might be hesitant about identifying themselves. It's OK to be gay, and it's OK to be yourself.

jobs. We could be expelled from most schools, the government could close bars that had lesbian and gay patrons, we couldn't be priests or ministers, and we were banned from many professional organizations. Twenty-five years ago, we could be jailed or institutionalized for being gay.

Laws still exist that prevent gay people from adopting, that take our children from us, that allow us to be jailed for making love to our partners, that permit straight people to refuse to rent to us, or serve us in restaurants for no other reason than that we are gay. It was "talking about it" that led to the repeal of hundreds of those laws.

2. If we didn't talk about it, enlightened people wouldn't be teaching their children that it's wrong to call people "faggot," and that it's wrong to treat gay people differently from straight people. (My parents never told me otherwise.)

3. If we didn't talk about it,

5. I talk about it because otherwise, straight people tell me anti-gay jokes and use anti-gay language in front of me.

6. I talk about it because so many other people cannot. In the U.S. military, men and women lose their jobs for saying, "I am gay," which should be a direct violation of their First Amendment rights.

7. I talk about it because I want folks to see that most gay people are average people, not the monsters that straight people are taught that we are. Prejudice like that is the reason that many gay men and women are beaten up or murdered in the streets.

8. I talk about it because my straight friends are surprised when I say that a movie they liked was awful — completely missing the fact that the gay characters were outdated stereotypes.

REASONS WHY WE TALK ABOUT IT

1. Until we started talking about it, laws were enacted by straight people telling gay people what they were and were not allowed to do.

Forty-five years ago, nothing could be sent through the U.S. mail about love or intimacy between gay people. Thirty years ago, openly gay people could be fired from government

yet, as you are in a creative process. Not all commitments can be made immediately. Think about a loved one or child; what would make him happy? Take the extra time to do something special for him. Tonight: Get some exercise.

LEO (July 23-Aug. 22)

*** Emphasis is on your home life. Think through decisions that involve family and your residence. You might want to renovate or change a specific room. Now is not the moment to decide, but the moment to dream and create. Call your mother or an older relative. They love hearing from you! Tonight: Nap, then decide.

VIRGO (Aug. 23-Sept. 22)

**** In some way, you could feel like you are continually rehashing old matters. You may actually have to do this again, because others aren't processing or hearing you. Don't fight the currents. Take time for yourself, read a good book during lunch or maybe browse through a bookstore. Tonight: Easy does it.

LIBRA (Sept. 23-Oct. 22)

**** Build stronger financial foundations. Now is a great time to investigate different IRAs or perhaps restructure your budget. Make no commitments just yet; you might have more research to do. Schedule meetings for later in the day. Tonight: Return calls.

SCORPIO (Oct. 23-Nov. 21)

***** Take charge and organize your desk. Though you beam in positive happenings, nothing quite sticks today. Make this an easy day to relax and roam. Hook up with friends and co-workers.

Much that you do might have to be done over, anyway. Make friends, visit and socialize. Tonight: Treat yourself well.

SAGITTARIUS (Nov. 22-Dec. 21)

*** Take some time away from the grind if you can. A day off could enhance your performance exponentially, allowing you to make up for the time away. Listen to another's complaints, but don't react to them yet. You will hear them again! There is more to this story. Tonight: Feeling renewed.

CAPRICORN (Dec. 22-Jan. 19)

**** Sometimes you need to keep harping on the same point in order to be heard. Right now, you cannot help yourself, and you keep saying the same thing over and over. Stop and consider other ways to spread your message. Listen to an associate; make time for a key meeting. Tonight: With friends, but make it an early bedtime.

AQUARIUS (Jan. 20-Feb. 18)

*** Check out a new project idea instead of committing to it right away. Another might have a totally different idea of what is workable. Explore options and different approaches. Don't permit a feeling of heaviness to get to you. Stay upbeat. Tonight: A must appearance turns out to be fun.

PISCES (Feb. 19-March 20)

**** Explore other ideas; let your imagination come forth. Refuse to get stuck in limited thinking. Seek others; ask for advice on how to break past a barrier. You will gain more by brainstorming with those who don't always agree with you. Tonight: Answer your e-mail.

BORN TODAY

Actress Susan Anton (1950), actor Kirk Cameron (1970), opera singer Luciano Pavarotti (1935)

For Better or For Worse



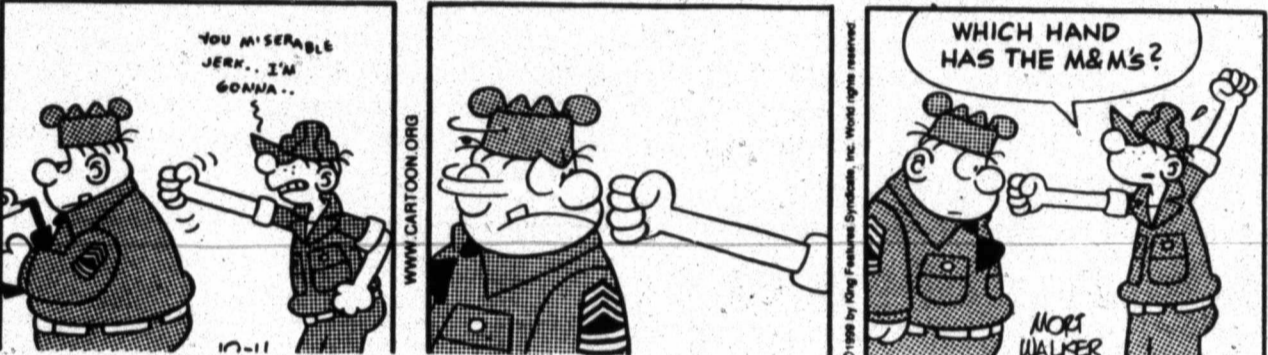
Zits



Garfield



Beetle Bailey



Marvin



B.C.



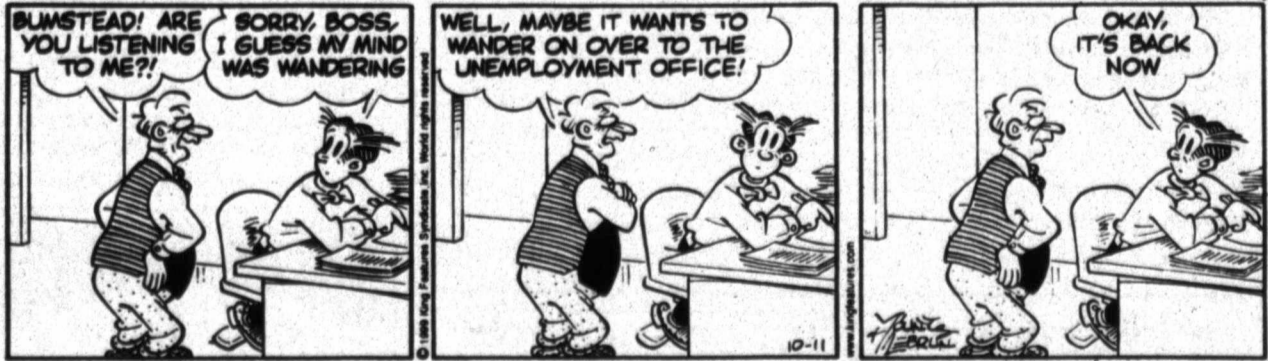
Hagar The Horrible



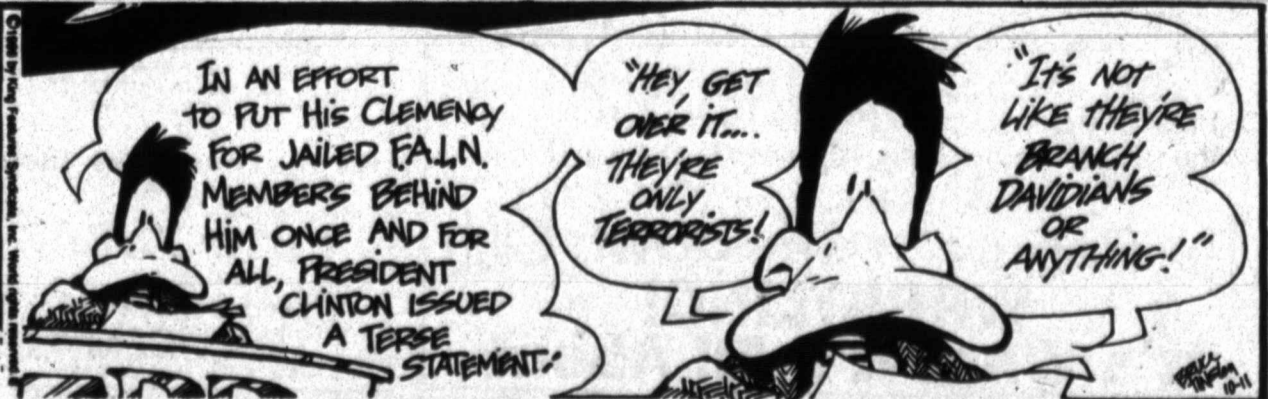
Peanuts



Blondie



Mallard Filmore



Horoscope

TUESDAY, OCT. 12, 1999

BY JACQUELINE BIGAR

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)

*** Work carefully with partners today. Making headway is a slow process. Quite possibly, you will have to repeat a conversation you had recently. Handle joint finances; pay bills. Take time with an associate and let him outline his priorities. Detach from details if possible. Tonight: Relax and watch a movie.

TAURUS (April 20-May 20)

*** Sometimes it is quite clear that the cards aren't in your hands. Let others make the decisions and reach out for you. Listening to another's opinions doesn't mean you have to agree with them. Maintain work priorities. Don't let yourself get distracted. Tonight: Visit with a dear friend.

GEMINI (May 21-June 20)

*** You may have decided, before, to start that diet or go visit the doctor for a checkup. Making decisions without follow-through is worthless. Take a hard look at these areas of your life and be honest with yourself. Schedule important appointments. Tonight: Walk the path of moderation.

CANCER (June 21-July 22)

**** Use your imagination and let ideas float in. Refuse to make decisions

Crossword Puzzle

By THOMAS JOSEPH

ACROSS

1 Burger team

5 Bitter

10 On the roof

11 Gave for a time

13 Soprano Te Kanawa

14 Magic word

15 Shade source

17 Coffee dispenser

18 Gull, e.g.

19 Aussie hopper

20 Picnic pest

21 Will name

22 Burn with water

25 Iks

26 Survey

27 "Cheers" role

28 Yankee Doodle Dandy

29 Resumes

33 Precious stone

34 Show-recording need

35 Black Sea port

37 Actress Lancaster

38 More neat

39 State

40 Magna



Saturday's answer

12 Gift givers

16 Peel

21 Visitors' opposition

22 Tap

23 Funny

24 City near Oakland

25 "The Odd Couple" director

Gene

27 African expanse

29 Boob tube

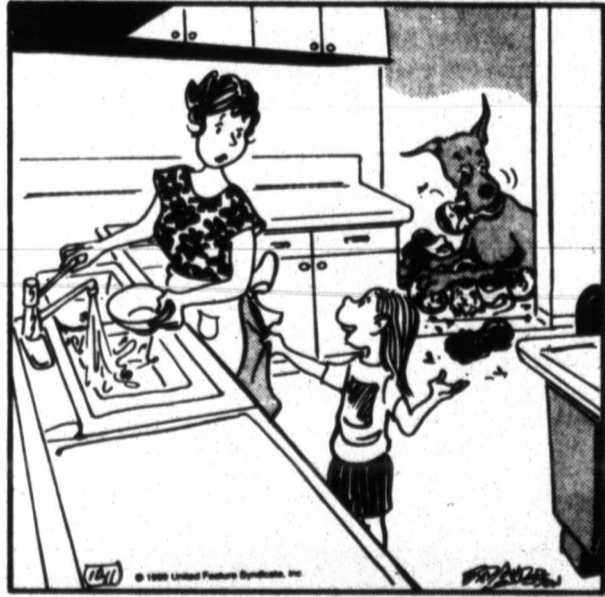
30 Soothing balm

31 Agitated

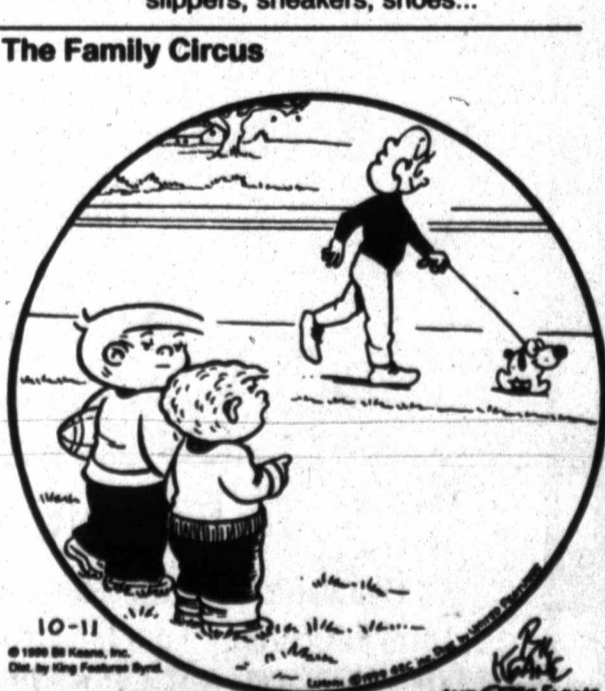
32 Fruit basket choices

36 Knight address

Marmaduke



The Family Circus



"I think Luann calls her dog Puddles 'cause that's what he likes to run through after it rains."

STUMPED?

For answers to today's crossword, call 1-900-454-7377/ 99¢ per minute, touch-tone/rotary phones. (18+only.) A King Features service, NYC.

Senior scenes



(Pampa News photo by Nancy Young)

Lloyd Simpson, center, was recognized for his long standing achievements in the Knights of Columbus at St. Vincent's Catholic Church. Charles Albus, left, presented him with his Fourth Degree Honorary Life Membership Award as Jim Lummus, field agent for the Knights of Columbus, assisted in the ceremony.

Simpson receives high honor ...

By NANCY YOUNG
Managing Editor

An active member of his church and community for many years, Lloyd Simpson was recently awarded one of the highest honors a member of the Knights of Columbus can receive.

Simpson, 81, was presented with his Fourth Degree honorary life membership award last week by members of the local Knights of Columbus group. He received the award after many, many years work in the St. Vincent's Catholic mens' group.

A member of the local group since Aug. 1, 1957, he has served in many leadership capacities in the organization including trustee, Grand Knight and on numerous committees. He was named Knight of the Year in 1964 of the local group. Simpson became a Fourth Degree member on April 1, 1971.

Presenting the award was Charles Albus, past Faithful Navigator of the

Fourth Degree. Also on hand for the presentation to Simpson was field agent of the Knights of Columbus, Jim Lummus also of Pampa.

Simpson's daughter, Paula, was also present for the presentation. She is currently principal of St. Vincent's Catholic School. A 48-year resident of Pampa, Simpson, 81, retired in 1992 after a long tenure as a local businessman.

Congratulations on the achievement were sent to Simpson from the Supreme Knight Virgil Dechant. In his congratulatory letter Supreme Knight Dechant said, "The Supreme Board of Directors is privileged to award you Fourth Degree Honorary Life Membership in recognition of your long and faithful service to the Order." He also praised Simpson for his dedication to the organization.

Simpson was born in Wellington and grew up in and around McLean. He and his twin brother, Floyd, were the first of nine children.

He served in the U. S. Army from

1936-1939 and in World War II from 1941-1945. He served with the 2nd Infantry Division in Europe and received the Bronze Star and Purple Heart.

While on leave in 1943, he married Rita Simpson of Fredericksburg. The couple lived in Hobbs, NM, after the war and moved to Pampa after the birth of their first child, Jerry.

In 1951, Lloyd established Utility Oil Co. and continued as owner and operator until his retirement in 1992.

He served as city commissioner during 1962-1963 and has been an active member of St. Vincent de Paul Catholic Church as well as the Knights of Columbus.

In addition to his son, Jerry, and daughter, Paula, he also has a daughter, Connie Largin. He is grandfather to four grandchildren.

Currently residing at his home in Pampa, he enjoys spending time with his family and watching football.

- He was named Knight of the Year in 1964 of the local group. Simpson became a Fourth Degree member on April 1, 1971.

- In 1951, Lloyd established Utility Oil Co. and continued as owner and operator until his retirement in 1992.

- Simpson was born in Wellington and grew up in and around McLean. He and his twin brother, Floyd, were the first of nine children.

More Americans living past 100, Census says

WASHINGTON (AP) — At age 98, Ella May Stumpe really didn't want a computer.

Arthritis had prevented her from recording a century of memoirs with her typewriter, and her friends were pushing her to buy a PC so she could keep writing.

"I didn't want to buy it. I really bought it to get them to not bother me anymore," Mrs. Stumpe said. She looked at the computer sitting in her room and saw a "white elephant," she said.

Five years later, Mrs. Stumpe, now 103, has mastered word processing and has written two books, including one titled, "My Life at 100."

For Mrs. Stumpe, like for more and more Americans, reaching the century mark doesn't necessarily mean slowing down.

A Census Bureau report released Wednesday finds the nation's centenarian population overwhelming-

ly female and doubling this decade. Women living in the Midwest have the best chance of living to 100, the report suggests.

"More than anything else, the reason I have survived to this age is a moderate way of life," said Mrs. Stumpe, who grew up in North Dakota, which had the 11th highest percentage of centenarians among its population in 1990. She now lives in Frederick, Md.

Mrs. Stumpe, who changed her diet to nonacidic foods after suffering an ulcer at age 30, offers advice for those yearning to live long: "I do not go for the modern teenage diet of hamburgers and pizza and stuff like that."

The Census Bureau reported that its analysis of 1990 data found that four out of five U.S. centenarians are women. Iowa had the highest percentage of residents in their 100s, a tiny .0261 percent of the total population, closely

followed by South Dakota at .0256 percent. Three other Midwest states — Nebraska, Kansas and Minnesota also finished in the top 10. The others in the top 10 were Connecticut, Massachusetts, Mississippi, Montana and the District of Columbia.

The 1990 Census counted 37,306 people aged 100 or over, but bureau analysts believe that inaccurate birth and death records inflated that number and that the figure was actually closer to 28,000, the report said.

"A lot of people don't know how old they are and if you don't have a record and you're old you may want to be one hundred plus. It's kind of a magical age," said Victoria Velkoff, co-author of the report.

Nonetheless, the bureau estimates there are now nearly 70,000 people age 100 or older, almost double the 1990 total.

California, New York and Florida had the most residents past the century mark. But when measured as a percentage of population, these big states trailed those in the Midwest.

Dr. Tom Perls, a principal investigator for the New England Centenarian Study that researches aging, said genetics probably is the primary reason for the region-

al cluster of centenarians frequently referred to as the "longevity belt." It stretches from Minnesota to Nova Scotia, he said.

"There were genes passed down through the generations that have inhabited these regions that are probably excellent for getting to extreme old age. That's what we call a founder effect," Perls said.

Florida, with the largest senior population, ranked just 23rd in the percentage of centenarians in its population. The Census Bureau suggests that's because the healthier "young old" may be flocking to Florida, while the "older old" return to their home states for family care, the report said.

Alaska ranked last for centenarians both as a percentage and for total numbers.

The report also echoes findings that women outnumber men among the very old.

Women age more slowly than men, Perls said, and among women, the onset of cancer, stroke and Alzheimer's may be delayed by 10 years. Elderly women also survive illness and chronic conditions like heart disease more often than men, he added.

Anna Groupe, 104, of

Sherburn, Minn., spends her days reading the local papers and her copy of "Portals of Prayer." Born in 1895 when Grover Cleveland was president, Mrs. Groupe doesn't know why she has lived so long. But she remembers an active youth of horseback riding and farm work with her German immigrant parents.

"I drove a horse and buggy four miles to high school to get a high school education. I was never late because my dad always had the horse hitched," Mrs. Groupe said.

Her husband, Arthur, died at age 87 in 1982. She now lives with her 78-year-old daughter, Mildred Johnson, on the same farm where she grew up. "I take care of her and she takes care of me," Mrs. Johnson said.

The numbers ...

Number and percentage of residents 100 years or older in each state, according to a Census Bureau study released Tuesday:

State	No.	Centenarians Pct. of Population
IA	724	.0261
SD	178	.0256
DC	140	.0231
NE	364	.0231
MS	579	.0225
KS	511	.0206

CT	675	.0205
MA	1216	.0202
MN	877	.0200
MT	159	.0199
ND	125	.0196
RI	195	.0194
MO	922	.0180
VT	101	.0179
AR	418	.0178
ME	215	.0175
NY	3120	.0173
WI	835	.0171
WV	304	.0170
AL	677	.0168
PA	1940	.0163
OK	509	.0162
OR	458	.0161
FL	2083	.0161
NJ	1227	.0159
IL	1800	.0157
WA	713	.0147
KY	535	.0145
OH	1570	.0145
IN	793	.0143
DE	95	.0143
TN	689	.0141
SC	489	.0140
LA	582	.0138
MD	615	.0129
NC	844	.0127
CA	3774	.0127
GA	809	.0125
TX	2077	.0122
NM	185	.0122
MI	1132	.0122
HI	132	.0119
WY	53	.0117
NH	128	.0115
VA	713	.0115
ID	115	.0114
AZ	390	.0106
CO	347	.0105
NV	68	.0057
UT	88	.0051
AK	18	.0038

Study links depression to 'silent stroke'

DALLAS (AP) — If you're over 50 and suffer from depression, you may have experienced a minor stroke without even realizing it.

Researchers say they have found a connection between

depression and "silent strokes," brain abnormalities that occur when small blood vessels in the brain become blocked or rupture. They're called silent because they lack classic stroke symptoms such as slurred speech, blindness and lack of motor skills.

"As we get older, the risk for stroke goes up," said Dr.

David C. Steffens, the study's lead author and an associate professor of psychiatry at Duke University Medical Center. "The same risk factors for stroke may be the risk factors for late-life depression."

Researchers studied 3,660 elderly people in 1993 in four communities — Forsyth County, N.C.; Sacramento

County, Calif.; Washington County, Md., and Pittsburgh. They released their findings Sept. 30 in *Stroke*, a journal of the American Heart Association.

Doctors viewed the patients' brains through MRIs — magnetic resonance imaging — to look for small lesions in the basal ganglia. The basal ganglia act as a relay station between various parts of the brain.

The lesions, less than 3 millimeters in diameter, appear to have been caused by small strokes. A millimeter is roughly equal to the thickness of a paper clip.

The subjects answered a questionnaire about energy levels, mood, sleep patterns and concentration, which could indicate depression.

Researchers divided patients into four groups based on questionnaire scores. By comparing the most and least depressed, they found that reports of severe depression occurred 40 percent more among those with basal ganglia lesions.

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Healthy vision

By Dr. John W. Klein



Blepharitis

Blepharitis is a chronic inflammation of the eye lids. It is one of the most common problems we see in the office. Basically, there are two main causes:

1. Staphylococcus. This is a bacterial infection of the lids which commonly begins in childhood and continues throughout adulthood. It produces scales, matter, and chronic redness of the lid margin. Staph. may cause ulceration of the lids, crust, broken eye lashes and characteristic collar scales on the lashes. Also seen are dilated blood vessels, actual loss of lashes, sties and chalazia. Sometimes the cornea and conjunctive become infected and scarred, if left untreated.

Treatment is directed at keeping the lids immaculately clean by scrubbing with Q-tips and a mild baby shampoo. Once under control, lid scrubs may be decreased and used only intermittently depending on the severity of the disease. Antibiotic drops and ointments are also helpful in controlling this condition. Only in recalcitrant cases are oral antibiotics necessary. Sometimes cortisone drops relieve the bothersome symptoms of irritated red lids. Hot packs help dilate the blood vessels and bring in the healing powers in the bloodstream. They also help open and clean out the infected pores. Even with the best of treatment, staph. blepharitis can be a continuing nuisance and a difficult disorder to eliminate completely.

2. Seborrhea. This is a very commonly seen entity as well. Here the lid accumulates greasy, waxy scales along their margins. The glands of the lid produce abnormal quantities and qualities of tear film. This film normally coats, protects and lubricates our eyes. The lid involvement may be just a portion of the overall skin disease which affects the areas of the chest, back, scalp, and behind the ears.

Treatment is again directed at lid cleanliness with washes, rinses and hot packs as outlined above. Prescription eye drops are also helpful. The other affected areas of the body should also be treated with appropriate shampoos and medicines. Many factors contribute to the overall picture of this disease including hormones, nutrition, general physical condition and stress.

Separating these two forms of Blepharitis from each other is sometimes very difficult, as they frequently appear together. The important thing to remember is that they both can almost always be controlled with vigorous treatments and good patient cooperation.

(Dr. Klein is a practicing ophthalmologist in Pampa and Amarillo)

Study: Obesity cuts lives short

In the largest study ever done on obesity and mortality, researchers reported today that people run the risk of dying earlier simply because they are overweight.

The risk was there even among people who didn't smoke and were otherwise healthy during their middle years, according to the study of more than 1 million Americans. It was conducted by the American Cancer Society and published in the New England Journal of Medicine.

It settles once and for all any lingering questions about whether weight alone increases the risk of death and disease, said Dr. JoAnn Manson, a Harvard University endocrinologist and preventive-health specialist.

"The evidence is now compelling and irrefutable," Manson said. "Obesity is probably the second-leading preventable cause of death in the United States after cigarette smoking, so it is a very serious problem."

The study found an especially clear association between excess weight and a higher risk of dying from heart disease or cancer.

And unlike a similar study last year that suggested being overweight is less of a problem as people grow older, this study found many more

deaths among overweight people of all ages, especially those over 75.

More adults and children are overweight than ever before, with 55 percent of American adults weighing more than they should.

"The message is we're too fat and it's killing us. We need to come up with ways as a society to eat less and exercise more," said American Cancer Society epidemiologist Eugenia Calle, lead author of the study.

Black women were found to be the only exceptions to the rule. The study found the most obese black women did not have a significantly higher risk of premature death than slender black women.

That poses a fascinating scientific riddle, said June Stevens, a University of North Carolina professor of nutrition. "Although I had seen this in several other studies, I wasn't ready to believe it was true," she said. "Now I'm thinking maybe this is true, and we need to figure out why."

Still, Stevens and Manson said the study probably understates the risks of obesity for black women.

"It would be really unfortunate if we became more complacent about obesity in blacks than in whites," Manson said.

The researchers studied participants in the national Cancer Prevention Study II from 1982 through 1996. The average age at enrollment was 57.

The researchers calculated each subject's body mass index, or BMI, a ratio of weight to height, and tracked them for age and cause of death. The results were adjusted for age, education, physical activity, alcohol use, marital status, use of aspirin as a blood-thinner, consumption of fats and vegetables, and use of estrogen supplements.

Among healthy, non-smoking white men and women and black men, the researchers found a gradually increasing risk of death beginning with a BMI of 25, which is 150 pounds for a 5-foot-5 woman and 174 pounds for a 5-foot-10 man.

The fattest white men, with a BMI of 40 or more — 278 pounds on a 5-foot-10 frame — were 2.58 times more likely to die than their healthiest peers, men of the same height weighing 153 to 170 pounds. White women with a BMI of 40 or greater — 240 pounds for a 5-foot-5 woman — were twice as likely to die as their counterparts who weighed 132 to 148 pounds.



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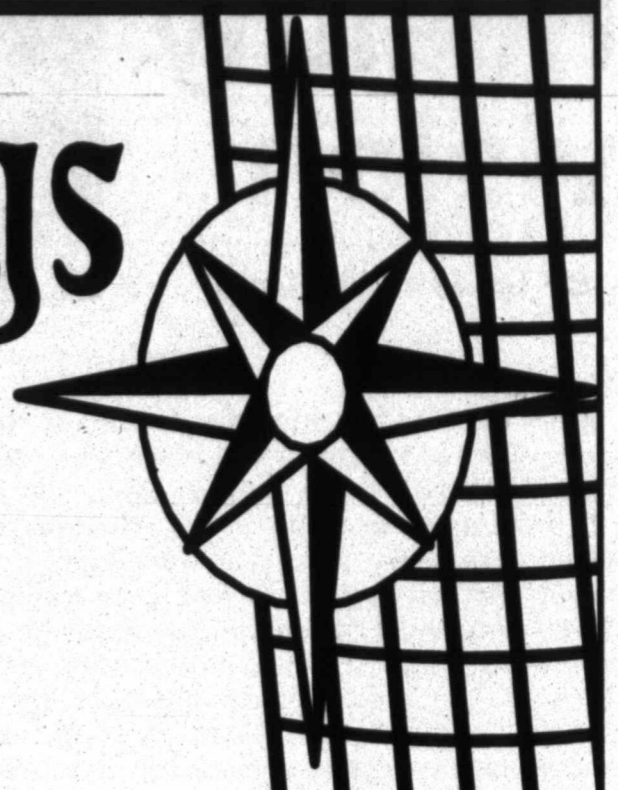
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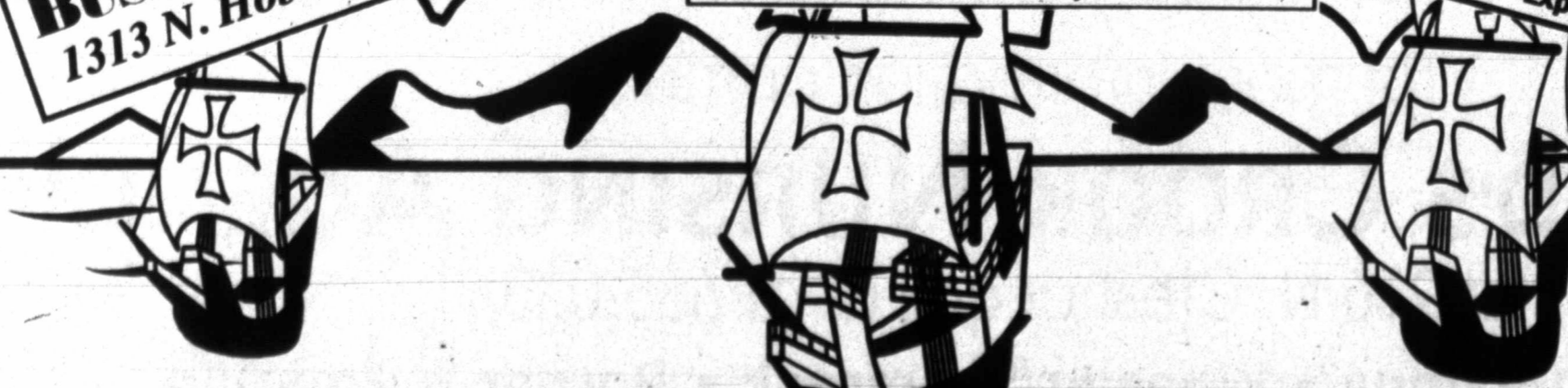
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SPORTS

Notebook

FOOTBALL

OAKLAND, Calif. (AP) — The Denver Broncos lost another Pro Bowler to injury when tight end Shannon Sharpe fractured his collarbone, yet somehow managed to finally win a game in the post-John Elway era.

Brian Griese did a decent Elway impersonation as the Broncos blew a 13-point half-time lead before winning 16-13 over the Oakland Raiders on Sunday.

Griese threw for 234 yards and led the Broncos (1-4) on an Elway-like drive at the end of the first half.

Denver held the Raiders (2-3) to 55 yards rushing. The Broncos also had six sacks.

Jason Elam kicked field goals of 48, 47 and 26 yards for the Broncos, who also got a 3-yard scoring pass from Griese to Rod Smith. Michael Husted kicked field goals of 47 and 19 yards for the Raiders, who also scored on a 21-yard pass from Rich Gannon to Derrick Walker.

BASEBALL

ARLINGTON, Texas (AP) — The Texas Rangers will spend the winter facing the bizarre dilemma of trying to fix something they don't really think is broken.

Again. For the second straight year, the powerful offense that carried the Rangers into the postseason fell asleep in the playoffs. Texas scored one run in a three-game sweep by New York, exactly like last October.

"I cannot explain what happened," said Rafael Palmeiro, who challenged for the Triple Crown all season, then had just three singles in the playoffs. "I'll think about it all winter and maybe tell you why in spring training. Right now, it's kind of hard to believe."

The Rangers won 95 games, the most in franchise history, behind an offense that averaged 5.83 runs per game and hit a majors-best .293.

In the playoffs, they batted .152 and were shut out twice, mainly because they went 0-for-13 with men on second or third. Texas' only run came on a solo homer by Juan Gonzalez in Game 2, and the Rangers have just two runs in their last 60 innings in the playoffs.

"I don't see this as a step backwards," manager Johnny Oates said. "I know that our goal is to move forward and win a world championship. I'm confident that it will happen here soon."

"I have a few months to analyze what went on this playoff and see how we can score. It seems like we had no problem scoring most of the year, yet come these three games we can't smell home plate."

Pitching and defense, the usual cornerstones for success in baseball, have never been Texas traditions. Bashing baseballs has always been the Rangers style, for better or worse — mostly worse.

But in 1996, they slugged their way to their first division title and even won their first playoff game. Three years and two division titles later, Texas still has just one postseason win.

The 3-0 loss Saturday night was the Rangers' ninth straight in the playoffs against the Yankees. Even though New York went on to win the World Series in '96 and '98, that's of little consolation.

"There are certain teams throughout history in all sports that have a nemesis," shortstop Royce Clayton said. "They happen to be ours."

The same old, same old is hurting the Rangers off the field, too.

Attendance this season was down from last year, with fewer than 40,000 fans attending crucial games in late September.

Harvester rally falls short against Caprock

AMARILLO — Caprock jumped out to a 34-7 lead and held on the second half to defeat Pampa 34-27 in a District 3-4A opener Saturday afternoon at Dick Bivins Stadium.

Pampa made a strong rally the second half, but time simply ran out on the Harvesters, who had cut the Longhorn lead to seven points on a 1-yard plunge by quarterback Kaleb Snelgrooves with 1:40 left in the game.

The clock expired when Caprock was forced to punt on its next possession.

"It was just a devastating loss for us. It really puts our back to the wall as far as making it to the playoffs," said Pampa head coach Dennis Cavalier.

In positive statistics, Pampa had Caprock beat everywhere

except on the scoreboard. The Harvesters had more total yards, 373-310, and first downs, 27-13, but Pampa lost three fumbles. Caprock didn't have a turnover.

"We made a lot of errors. In a normal game it just makes it nearly impossible in 48 minutes to come back and win. I was pleased with the way our guys fought back under difficult circumstances in the second half," Cavalier said. "We just have to learn from it and go on from here."

The big difference in the contest was the play of Caprock quarterback Tanner Craven, who threw for 276 yards and two touchdowns.

Pampa came roaring back in the second half behind tailback Tristan Perry and the quarterbacking of Snelgrooves.

Perry was the game's leading rusher with 109 yards on

20 carries while Snelgrooves scored all three second-half touchdowns.

Ramon Martinez scored Pampa's other TD in the first quarter.

Martinez, however, suffered a knee injury in the second quarter and is expected to out four to six weeks.

"I'm so disappointed for Ramon," Cavalier said. "He's got such a wonderful spirit and he's a warrior out there on the field."

Martinez could be back if the Harvesters make the playoffs. The senior tailback has averaged 5.1 yards per carry and scored three touchdowns this season.

Caprock 17 17 0 0 —34
Pampa 7 0 7 13—27

C - Shane O'Dell 52 pass from Tanner Craven (Falko Bakic kick)

C - Paul Caplan 26 fumble return (Bakic kick)
C - Bakic 37 FG
P - Ramon Martinez 1 run (Justin Barnes kick)
C - J. Fields 71 pass from Craven (Bakic kick)
C - Ricky Valdez 1 run (Bakic

kick)
C - Bakic 19 FG
P - Kaleb Snelgrooves 1 run (Russell Robben kick)
P - Snelgrooves 1 run (Robben kick)
P - Snelgrooves 1 run (kick failed)

Clarendon comeback foils Bucks

WHITE DEER — Clarendon staged a second-half comeback to defeat White Deer 21-14 in a District 6-2A contest Friday night.

White Deer had a 14-0 lead at halftime as Aaron McKean scored two touchdowns on runs of 21 and 2 yards.

Clarendon, sparked by Dee Thompson, rallied in the second half to spoil White Deer's chances to win its first game of the season.

Thompson scored two of Clarendon's three TDs in the second half on runs of 19 and 6 yards. Clarendon's other score came on a 19-yard pass from Colt Floyd to Sam Holton.

Kevin Ware had two extra-point conversions for the Bucks.

White Deer falls to 0-6 for the year and 0-1, in district play. Clarendon is 4-2 and 1-0.

The Bucks host Highland Park on Friday night.

Eagles shock Dallas

PHILADELPHIA (AP) — Charles Johnson slumped against a wall in the hallway at Veterans Stadium, smiling widely while doing a telephone interview.

Doug Pederson walked by and offered a playful jab: "Is that the president?"

No, but a touchdown for the Philadelphia Eagles sure seemed enough to warrant a call from the Oval Office. A victory over the archrival Dallas Cowboys was unthinkable.

Somehow, both happened on Sunday. Pederson connected with Johnson on a 28-yard touchdown pass with 67 seconds left as the previously clueless Eagles came back from a 10-point fourth-quarter deficit to beat Dallas 13-10.

The Eagles (1-4) awakened from a slumber that saw them go 18 quarters, 57 possessions and two days shy of a month without an offensive touchdown. They had lost 20 of 23 games and got their first victory since Dec. 3, 1998.

"It feels great," Johnson said. "I was getting tired of facing the media every week. ... A lot of people have taken a lot of heat."

Now, it is the Cowboys' turn. Dallas (3-1) saw its best start since winning the Super Bowl in 1995 go awry against an Eagles team that had shown itself to be utterly futile in its first four games and three quarters under coach Andy Reid.

The Cowboys were erratic on offense after losing Michael Irvin, their career receiving leader and five-time Pro Bowl selection, to a scary neck injury in the first quarter.

Irvin's head hit the turf awkwardly as he was tackled after an 8-yard reception late in the first quarter. He was taken to the spinal trauma unit of Thomas Jefferson Hospital, where tests showed he had swelling in the spine near the base of the neck but could move his arms and legs.

After Norm Johnson's 48-yard field goal cut it to 10-3 with 11:48 left, the Eagles stopped Dallas on third-and-18 from the Philadelphia 41.

Pederson connected with Johnson for 36 yards down the middle. But rookie lineman Doug Brzezinski's holding penalty wiped out a screen pass to Duce Staley that would have tied the game. Instead, the Eagles settled for a 31-yard field goal that cut it to 10-6 with 5:42 left.

The Eagles stuffed Smith on second-and-2 and third-and-2 inside the Dallas 40. Toby Gowin shanked a 28-yard punt out of bounds, setting up the winning touchdown drive.

"I was really disappointed that we couldn't make 2 yards," Cowboys coach Chan Gailey said.

On third-and-7 with the clock winding toward the one-minute mark, Pederson zipped pass to Johnson on a slant route. Johnson split the Dallas zone, caught the ball at the 10 and sprinted to the goal line, diving for the elusive touchdown.

So stunned was Johnson that he scored, he said, "I got up and started looking for a flag or something."

Volleyball celebration



(Pampa News photo by Lacy Plunk)

Pampa High students Charity Nachtigall (right) and Cali Covalt do high 5's after the Lady Harvesters score a point against Caprock in a volleyball match last weekend at McNeely Fieldhouse. The Lady Harvesters won 15-9, 15-6, and will play at Dumas on Tuesday night. Pampa and Dumas are tied for second in the District 3-4A standings.

Boston bombs Tribe

BOSTON (AP) — Cleveland manager Mike Hargrove lost track of the damage Boston inflicted on his Indians, and the guy in the Green Monster's manual scoreboard could barely find enough crooked numbers to keep track of the record-breaking rout.

Twenty-three runs.
Twenty-four hits.
A 16-run margin of victory.
All playoff records.

"It was embarrassing. It was humiliating," Indians catcher Sandy Alomar said after the Red Sox beat Cleveland 23-7 to force a deciding fifth game in the first-round series. "But the good part about it is that none of those runs mean anything tomorrow."

The teams return to Cleveland for Game 5 tonight, and with Pedro Martinez nursing a sore back, neither team will have its ace. Charles Nagy will start for the Indians and Bret Saberhagen will pitch for Boston.

"We still have to go out there and win. And they still have to go out there and win," Varitek said. "But we weren't the ones who were up 2-0."

John Valentin had two homers and seven RBIs as Boston broke the record for postseason runs set when Lou Gehrig and Joe DiMaggio led the Yankees to an 18-4 victory over the New York Giants in Game 2 of the 1936 World Series.

Mike Stanley had five of Boston's 24 hits, and Valentin and Jason Varitek had four apiece. Trot Nixon and Jose Offerman each had five RBIs and Varitek had a record five runs as Boston scored in every inning but the sixth.

Boston outscored 19 of 26 NFL

teams on Sunday, and if not for Wil Cordero's solo homer in the ninth inning the Red Sox would have matched Cleveland's Indians and Browns combined.

"We're right back in that hunt now," said Boston manager Jimmy Williams, whose team had fallen behind 2-0 in the series and lost stars Martinez and Nomar Garciaparra to injury in the process. "It's one game for both of us."

Known more for curses than for comebacks, the Red Sox lost 18 of 19 postseason games before beating Cleveland 9-3 in Game 3 on Saturday. But that mildly one-sided victory was nothing compared to the one Boston put together in Game 4.

"We had to win. That was our basic position. We had to win or go home," Williams said. "So now we have another shot against a good club. Hopefully it works out for us."

Only once since the division series was added to the playoffs in 1995 has a team won the best-of-5 series after losing the first two games — Seattle did it to the Yankees that first year.

And now the Red Sox — of all teams — have a chance to make it two.

The very same Red Sox who lost the 1948 AL pennant in a one-game playoff with the Indians, and blew a 14 1/2-game lead over the Yankees in 1978 to lose a one-game playoff on Bucky Dent's home run.

And the very same Red Sox who lost the 1946 World Series after leading the St. Louis Cardinals three games to two, then blew a 3-2 lead in the '86 Series after Bill Buckner's notorious Game 6.

CANYON — The Pampa girls' cross country team demonstrated why they are ranked No. 2 in Class 4A Saturday at the Buffalo Stampede.

Pampa had five runners finish in the top nine to win the meet with 24 points. Berger finished a distant second with 62 points. Canyon was third with 88.

Beth Lee, who hasn't placed lower than third in any meet this season, led the Lady Harvesters with a third-place finish of 11:54. Samantha Hurst followed in fifth place (12:09). Rebecca Fatheree was sixth (12:17). T'Andra Holmes eighth (12:30). Vanessa Orr ninth (12:43). Anna Resendiz 11th (13:01), and Marci Hansen 12th (13:08).

Others competing for Pampa were Amanda White 20th (13:34) and Andrea Lee 28th (13:46).

The Lady Harvesters have

now won five of six meets, placing second in the other one. Going into last weekend's meet, Pampa was ranked No. 2 in the state by *Texas Track & Field News*. They are entered in the Lake Meredith Meet on Saturday.

In the boys' division, Pampa's Gonzo Salazar placed fourth with a time of 17:42. Jay Gerber was 23rd (18:11), Matthew Crow 28th (19:44) and Chad Platt 34th (20:06).

Canyon scored 42 points to win the boys' division, followed by Palo Duro at 44.

"We're still awaiting injuries and sickness to be gone so we can compete as a team," said Pampa coach Mark Elms about his boys' team.

In the junior varsity girls' division, Jamie Clay was 79th (16:28) and Kimberly Porter was 94th (16:48) for Pampa.

South Division looks wide open in Big 12 Conference

By OWEN CANFIELD
AP Sports Writer

While Nebraska and Kansas State continue to be the class of the Big 12's North Division, the race in the South appears as wide open as Oklahoma State's offense.

You read that right. The Cowboys junked their conservative approach — for one game, at least — in beating Texas Tech 41-21 on Saturday night to further muddy the South Division water.

Their victory, coupled with Oklahoma's wild loss to Texas at the Cotton Bowl, means every team in the South has at least one loss.

Texas overcame an early 17-0 deficit to win 38-28 on Saturday and now is atop the South standings with a 2-1 record in league play. Texas A&M, Texas Tech, Oklahoma and Oklahoma State are all 1-1.

The only sure bet in the South appears to be Baylor, which is 0-3 in conference play and looks to be headed for a fourth straight last-place finish.

"The win means that we're back on the winning track," Oklahoma State coach Bob Simmons said. "It keeps us very much in the hunt for the South Division championship."

That may still be a longshot, given that quarterback Tony Lindsay remains sidelined with a knee injury and the next three games are against Kansas State, Texas A&M and Texas.

But at least the Cowboys gave future opponents a little bit to think about with their game plan against Texas Tech, a team that had beaten them four straight times.

Oklahoma State used two reverses on its first drive, the second of which resulted in a touchdown. The Cowboys lined up with five receivers several times. They succeeded on a flea-flicker.

It was a far cry from the conservative play calling used in consecutive losses to Mississippi State and Nebraska.

"We were hungry," cornerback Alvin Porter said. "We came out and played like the real Oklahoma State played the first two weeks of our season."

THE Pampa NEWS

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Astros hope new stadium will bring better playoff luck

HOUSTON (AP) — It all seems so familiar: another division title, another playoffs flop.

Maybe a change of scenery will help the Houston Astros, who move from the Astrodome to Enron Field next season.

"I'll be glad to leave the Astrodome," pitcher Jose Lima said. "I don't know if it's a curse or not. It's nothing against the Astrodome but we don't want to come back."

Why? "We don't win here in the playoffs," he said.

After fighting through an injury-and-illness filled season to win their third straight NL Central title, the Astros repeated their postseason disappearing act. The Killer B's — Craig Biggio, Derek Bell and Jeff Bagwell — combined to hit .143 (5-for-35) with no RBIs.

"I refuse to say it's choking," Bagwell said. "All I can tell you guys is I did the best I could. I just didn't get the hits when I needed to. But one thing you've got to understand is it's not that easy to get here. We're a winning team. We've won three division titles and we'll come through sooner or later."

Atlanta swept the Astros in 1997, and San Diego beat Houston in four games last year.

"I'm sure if we get in next year, the stigma we came in with this year will come in even greater," Astros manager Larry Dierker said. "I don't see any reason why that can't be turned around, but the hard thing is having to spend six more months to try to get back in again."

"Sometimes, a team will get in once and go all the way, and in our case, we've been in three years in a row and we haven't made it past the first step."

It will be another year's wait, too, for Bagwell and Biggio.

"You can say whatever you want about Baggy and me not hitting," Biggio said. "But we came a long way during the season and it's a team thing. It wasn't for any lack of effort."

Bagwell, a contender for MVP in the regular season, is a career

.304 hitter but he's only hitting .128 in the playoffs. Bagwell hit 42 homers and stole 30 bases in the regular season, joining Barry Bonds as the only players to accomplish the feat twice in major league history.

Biggio led the majors with 56 doubles and became the first NL player since Joe Medwick in 1937 to hit 56 doubles. Biggio is a .292 career hitter in the regular season but only .119 in the playoffs.

Bell slumped to .236 this season and played in only one game against the Braves. He's hitting .094 for the Astros in the playoffs.

Despite their playoff failure, the Astros head into the off-season with a positive feeling about the difficulties they overcame to win the division on the final day of the regular season.

The Astros had 14 players spend time on the disabled list including two, Ricky Gutierrez and Jack Howell, who were there twice. Biggio and Bagwell were the only opening day starters who didn't go on the DL.

Houston played the entire season with All-Star left fielder Moises Alou, who hurt a knee before spring training. His replacement, Richard Hidalgo, missed the final two months with an inflamed left knee.

Third baseman Ken Caminiti hobbled through much of the season with a strained right calf muscle and didn't blossom until the playoffs.

Even the staff got hurt. Dierker collapsed in the dugout from a seizure on June 13 and had brain surgery to malformed blood vessels. Hitting coach Tom McCraw took a three-month leave for treatment of prostate cancer and first-base coach Jose Cruz missed 34 games while receiving treatment for our players' abilities," general manager Gerry Hunsicker said. "But unless we're able to step up and get a couple more players, it will be hard to take the next step. I think we've been the underdogs and as long as the other teams are spending \$10 million and \$20 million more than we are, it's hard to think we won't continue to be the underdogs."

Begay wins Michelob on 2nd playoff hole

WILLIAMSBURG, Va. (AP) — Notah Begay made up two strokes on two others over the last two holes in spectacular fashion Sunday, then won the Michelob Championship with a 4-foot par putt on the second hole of a playoff with Tom Byrum.

"I just want to know when they are going to schedule some more events in Virginia," Begay said. Last year, he shot a Nike Tour-record 59 in Richmond.

"Inexplicable, the emotions," he said. "I told my caddie on the second hole in the playoff I felt like I was suffocating with the rain and the cloud cover and the situation. There were a lot of things going through my head."

Begay, the only American Indian on the PGA Tour, won for the second time in his rookie season when Byrum drove left on the 427-yard 16th hole at Kingsmill, had to chip it back into the fairway and left his 15-foot par putt short.

Begay, whose drive was down the middle, left his approach just short, but chipped out of the deep, tangled rough to about 4 feet and made the putt, capping a comeback that started on the 71st hole with him trailing Byrum and Mike Weir.

Begay, two shots down heading to the par-3 17th, closed within one when he made a 40-foot birdie putt while Weir and Byrum both two-putted for pars.

On No. 18, Begay's drive stopped close to a lake on the left side of the fairway, but gave him a flat lie and perfect angle at the pin, set on a tier on the back right of the green. He again drew roars when he hit it to 20 feet.

Weir, whose drive was well right, had no choice but to lay up, then hit his approach to about 15 feet. Byrum's second shot, from a greenside bunker, went about 10 feet past the hole, giving him the shortest of the three putts.

Begay, who putts from both sides depending on the slope of the green, stood over his right-

handed, rolled it, waited and pumped his fist as it dropped for a 68.

Weir, who had held or at least shared the lead throughout the final round, then missed his to the left, drawing groans from the gallery and ending his bid with a 70.

"I really let them in the tournament. I had a lot of chances — unbelievable chances — to distance myself and I didn't do it and they capitalized," Weir said. "I hit it close all day, but I just couldn't buy one," the left-hander said after finishing third. "... I brought my 'A' game and I brought my 'D' putter."

Byrum, seeking his first victory since the 1989 Kemper Open and already assured a high enough finish to move him into the top 125 in earnings, read his putt from the behind the hole, on the right and behind the ball, then made it for a 68.

That sent both back to the 18th tee with 10-under 274 totals.

On the first playoff hole, Begay's drive came to rest on a steep uphill slope that left him no choice but to hit it back into play. He did, and after Byrum's second failed to hold the back tier of the green, Begay's shot did the same.

Byrum had a chance to ice it, but his first left-to-right effort up the hill reached the slope, rolled along the edge and back down near Begay's ball.

"I thought I took a fairly safe route," said Byrum, who earned \$270,000 to Begay's \$450,000. "I just didn't hit it hard enough."

Both then two-putted, sending them to the par-4 16th.

Fittingly, in a weekend when the deep rough and hard greens of the 6,853-yard River Course at Kingsmill made the event a battle of perseverance, Begay won despite four bogeys, including the one on the first hole of the playoff.

Barry Cheesman closed with a 67 and finished alone in fourth at 276, with Nick Faldo (67), Jay Don Blake (66) and Tom Scherrer (69) another shot back.

Scoreboard

FOOTBALL

NFL Glance
By The Associated Press
All Times EDT
AMERICAN CONFERENCE

East	W	L	T	Pct.	PF	PA
Buffalo	4	1	0	.800	104	73
New England	4	1	0	.800	110	93
Indianapolis	2	1	0	.667	86	64
Miami	2	1	0	.667	75	60
N.Y. Jets	1	3	0	.250	72	87
Central						
Jacksonville	3	1	0	.750	99	48
Tennessee	3	1	0	.750	104	87
Baltimore	2	2	0	.500	86	73
Pittsburgh	2	3	0	.400	100	90
Cincinnati	1	4	0	.200	73	152
Cleveland	0	5	0	.000	43	123
West						
San Diego	3	1	0	.750	84	68
Seattle	3	1	0	.750	85	72
Kansas City	2	2	0	.500	104	86
Oakland	2	2	0	.500	91	84
Denver	1	3	0	.250	64	98
NATIONAL CONFERENCE						
East	W	L	T	Pct.	PF	PA
Dallas	3	1	0	.750	110	62
Washington	3	1	0	.750	150	118
N.Y. Giants	2	2	0	.500	88	94
Arizona	1	3	0	.250	58	102
Philadelphia	1	4	0	.200	67	96
Central						
Green Bay	2	1	0	.667	88	87
Chicago	3	2	0	.600	86	87
Detroit	2	2	0	.500	82	86
Tampa Bay	2	2	0	.500	59	53
Minnesota	2	3	0	.400	97	97
West						
St. Louis	4	0	0	1.000	142	47
San Francisco	3	2	0	.600	99	136
Carolina	1	3	0	.250	83	82
New Orleans	1	3	0	.250	67	72
Atlanta	1	4	0	.200	61	112

Sunday's Games
Late Games Not Included
Atlanta 20, New Orleans 17
Chicago 24, Minnesota 22
Cincinnati 18, Cleveland 17
Philadelphia 13, Dallas 10
Kansas City 16, New England 14
Buffalo 24, Pittsburgh 21
San Diego 20, Detroit 10
St. Louis 42, San Francisco 20

BASEBALL

Postseason Baseball
At A Glance
By The Associated Press
All Times EDT

New York Giants at Arizona
Baltimore at Tennessee
Denver at Oakland
Miami at Indianapolis
Tampa Bay at Green Bay, (n)
OPEN: Carolina, Seattle, Washington Monday's Game
Jacksonville at New York Jets, 9 p.m.
Sunday, Oct. 17
Cleveland at Jacksonville, 1 p.m.
Indianapolis at New York Jets, 1 p.m.
Miami at New England, 1 p.m.
Minnesota at Detroit, 1 p.m.
Oakland at Buffalo, 1 p.m.
Philadelphia at Chicago, 1 p.m.
Pittsburgh at Cincinnati, 1 p.m.
St. Louis at Atlanta, 1 p.m.
Tennessee at New Orleans, 1 p.m.
Seattle at San Diego, 4:05 p.m.
Carolina at San Francisco, 4:15 p.m.
Green Bay at Denver, 4:15 p.m.
Washington at Arizona, 8:20 p.m.
OPEN: Baltimore, Kansas City, Tampa Bay Monday, Oct. 18
Dallas at New York Giants, 9 p.m.

VOLLEYBALL

Pampa Middle School

Oct. 4
8th Grade
Pampa A def. Pampa A 15-10, 15-11.
Herford B def. Herford B 15-5, 4-15, 15-13.
7th Grade
Herford A def. Pampa A 15-3, 9-15, 15-9.
Herford B def. Pampa B 15-12, 15-6.
Herford 7th Grade Tournament
Oct. 2
Westover A def. Pampa A 15-9, 15-17, 15-9.
Herford A def. Pampa A 15-9, 15-10.
Pampa A def. Clovis Marshall 15-3, 15-2.
Pampa placed third in consolation.
Westover won championship.
Westover def. Pampa 15-10, 8-15, 15-12.
Herford def. Pampa 15-5, 15-9.
Pampa def. Clovis Marshall 15-5, 15-3.
Pampa placed third in consolation; Dumas won championship.

BASEBALL

Postseason Baseball
At A Glance
By The Associated Press
All Times EDT

Division Series (Best-of-5)
American League
New York vs. Texas
Tuesday, Oct. 5
New York 8, Texas 0
Thursday, Oct. 7
New York 3, Texas 1
Saturday, Oct. 9
New York 3, Texas 0, New York wins series 3-0

Cleveland vs. Boston
Wednesday, Oct. 6
Cleveland 5, Boston 2
Thursday, Oct. 7
Cleveland 11, Boston 1
Saturday, Oct. 9
Boston 5, Cleveland 3
Sunday, Oct. 10
Boston 23, Cleveland 7, series tied 2-2
Monday, Oct. 11
Boston (Saberhagen 10-6) at Cleveland (Nagy 17-11), 8:17 p.m. (FOX)

National League
Atlanta vs. Houston
Tuesday, Oct. 5
Houston 6, Atlanta 1
Wednesday, Oct. 6
Atlanta 5, Houston 1
Friday, Oct. 8
Atlanta 5, Houston 3, 12 innings
Saturday, Oct. 9
Atlanta 7, Houston 5, Atlanta wins series 3-1

Arizona vs. New York
Tuesday, Oct. 5
New York 6, Arizona 4
Wednesday, Oct. 6
Arizona 7, New York 1
Friday, Oct. 8
New York 9, Arizona 2
Saturday, Oct. 9
New York 4, Arizona 3, 10 innings, New York wins series 3-1

League Championship Series (Best-of-7)
American League
(FOX)
Wednesday, Oct. 13
Boston-Cleveland winner at New York, 8:15 p.m.
Thursday, Oct. 14
Boston-Cleveland winner at New York, 8:15 p.m.

World Series (Best-of-7)
(NBC)
Saturday, Oct. 23
American League at National League, 8:05 p.m.
Sunday, Oct. 24
AL at NL, 8:05 p.m.
Tuesday, Oct. 26
NL at AL, 8:20 p.m.
Wednesday, Oct. 27
NL at AL, 8:20 p.m.
Thursday, Oct. 28
NL at AL, 8:20 p.m., if necessary
Saturday, Oct. 30
AL at NL, 8:05 p.m., if necessary
Sunday, Oct. 31
AL at NL, 8:05 p.m. EST, if necessary

College football: At the halfway point

By RICHARD ROSENBLATT
AP Football Writer

It's halftime. Here's a look at who's in and out of the national title race, who's hot and who's not, who's breaking through and who's breaking down at the midway point of the season:

TITLE TALK

Florida State and Penn State are in; Michigan and Georgia are the latest to drop out of the national title picture. The Seminoles and Nittany Lions are ranked 1-2 for the fourth straight week and a title showdown matching grand ol' guys Bobby Bowden vs. Joe Paterno in the Sugar Bowl on Jan. 4 would be a fitting grand finale.

Florida State (6-0), playing without suspended star Peter Warrick, held off Miami 31-21 on Saturday at Doak Campbell Stadium, extending the nation's longest home winning streak to 27 games and longest unbeaten streak to 44 games.

"I'm just glad to be here after the stuff that happened to us last week," Bowden said after collecting career win No. 298. Warrick, a top Heisman Trophy contender, could also miss next Saturday's game against Wake Forest as his legal problems are addressed this week following last week's arrest on a grand theft charge.

Penn State (6-0), with a 31-7 victory over Iowa, is one of two unbeaten Big Ten teams after Michigan and Minnesota were knocked off on Saturday — the Wolverines losing to No. 5 Michigan State 34-31; the Golden Gophers to No. 17 Wisconsin 20-17 in overtime.

The Seminoles' toughest game should be Nov. 20, when they play No. 7 Florida (5-1), a 31-10 winner over LSU, although Bowden still has to outcoach his son, Tommy, when he brings the 'Noles to Clemson in two weeks.

The Lions have a tougher road to New Orleans, begin-

ning Saturday when No. 18 Ohio State (4-2, 1-1) visits Happy Valley. Then, there are games against No. 20 Purdue, Michigan and Michigan State.

Enter Nebraska (6-0, 3-0 Big 12), ranked No. 3 this week after a 49-14 blowout of Iowa State. The Cornhuskers, with Eric Crouch throwing for two TDs and running for another against the Cyclones, appear ready for yet another title run. But they still have games against No. 13 Texas A&M (4-1, 1-1) on Nov. 6 and No. 9 Kansas State (5-0, 3-0) the following week — both in Lincoln.

Other unbeaten with title hopes include No. 4 Virginia Tech (5-0) after a 58-20 rout of Rutgers; Kansas State; and Michigan State.

"There are still a few of us hanging around," Bowden said.

WHO'S HOT

1. Michigan State (6-0, 3-0 Big Ten): The Spartans finally produced the big win that could turn coach Nick Saban into a hero after years of fans calling for his ouster. Bill Burke threw for a school-record 400 yards and two TDs and Plaxico Burress caught 10 passes for a school-record 255 yards in the Spartans' stunner over the Wolverines (5-1, 2-1).

"I feel more confident in my team than I ever have," Saban said. "This is the happiest I've ever seen the players, the happiest I've ever seen our fans. I know how much this game means to them."

Bring on Purdue, Wisconsin, Ohio State and Penn State.

2. Mississippi State (6-0, 3-0 SEC): What can you say about a team off to its first 6-0 start in 55 years, but surprise, surprise. The Bulldogs are the only unbeaten team left in the SEC, but still have the tough part of their schedule remaining with games against Alabama, Arkansas and state rival Mississippi.

3. Syracuse (5-1, 2-0 Big East):

The Orangemen have fared better through the first half of the season than they did in Donovan McNabb's four years as quarterback. With Troy Nunes calling signals most of the time, Syracuse is a final-second, end-zone completion away from being 6-0 (an 18-13 loss to Michigan). The Orangemen are at Virginia Tech on Saturday.

4. Hawaii (4-2, 2-1 WAC): From a 19-game losing streak — longest in the nation — to a four-game winning streak in coach June Jones' first season. A 38-19 loss to Rice on Saturday night ended the run, but Jones has the Rainbow Warriors on their way to a bowl game.

5. Maryland (4-1, 1-1 ACC): Last year, the Terrapins won three games. The Terps only loss came against No. 8 Georgia Tech, and they stayed close for most of three quarters.

Honorable mention: East Carolina (5-1); Vanderbilt (4-2).

WHO'S NOT

1. The Pac-10 Conference (28-26): No teams in the Top 25 this week, and every team has at least two losses. Arizona, a pre-season No. 4 pick, is 4-2 but was blown out by Penn State and Stanford. UCLA improved to 3-3 after a 34-29 win over Oregon on Saturday night.

2. Notre Dame (3-3): Communication breakdowns cost the Fighting Irish two wins, and then Michigan State went out and beat them up for loss No. 3. After six games, there were high hopes for five wins.

3. Ohio State (4-2, 1-1 Big Ten): Anyone figure the Buckeyes for two losses before they played Penn State and Michigan?

4. Virginia (3-3, 2-2 ACC): Get blown out by powerful Virginia Tech, fine. But Saturday's 24-17 OT loss to Duke at Charlottesville? Unacceptable.

5. Big East entry of Miami (2-3, 0-0): West Virginia (1-4, 0-1) and Rutgers (0-5, 0-2). The Hurricanes have dropped three

in a row; the Mountaineers are out of ammo based on losses to Maryland and Navy; and the Scarlet Knights may duplicate 1997's record — 0-11 — after winning five games in '98.

Honorable mention:

Louisville (3-3); LSU (2-3).

BREAKTHROUGHS

(Subtitle: Biggest Upsets)

1. Cincinnati 17, Wisconsin 12
2. New Mexico State 35, Arizona State 7
3. East Carolina 27, Miami 23
4. Louisiana Tech 29, Alabama 28
5. North Texas 21, Texas Tech 14

Honorable mention: San Jose State 44, Stanford 39; Alabama 40, Florida 39 OT.

BREAKDOWNS

(Subtitle: Sidelined)

1. Ricky Williams, RB, Texas Tech (season-ending knee injury)
2. Marc Bulger, QB, West Virginia (broken finger, out indefinitely)
3. Carson Palmer, QB, USC (broken collarbone, out as long as six more weeks)
4. Ronald Curry, QB, North Carolina (season-ending ruptured Achilles' tendon)
5. Barry Alvarez, coach, Wisconsin (awaiting knee replacement surgery; off sidelines indefinitely)

Also: Boo Williams, RB, South Carolina (knee); Najeh Davenport, RB, Miami (knee); Brandon Streeter, QB, Clemson (collarbone).

On Sunday, Bowden said Warrick's arrest on a charge of grand theft and his indefinite suspension have ended his Heisman Trophy chances.

"That's probably blown," Bowden said.

If Warrick returns to the team, his coach had some advice: "I would tell him to take a very back seat, a very back seat. You go out there and play the best you can play and don't even think about the Heisman."

Texas defense recovered in time to stop OU

DALLAS (AP) — The annual Oklahoma-Texas game had all the makings of a rout.

The Sooners bolted to a 17-0 first-quarter by passing and running circles around a bewildered Texas defense.

Then came the hit that sparked a defensive stand that ultimately led to a 38-28 Texas victory Saturday.

Texas senior defensive end Aaron Humphrey slammed into Oklahoma quarterback Josh Heupel at the Sooners' 5, knocking the ball loose.

Although the officials ruled that Heupel's arm had been moving forward and called it an incomplete pass, it was clear the Longhorns' 10th-rated defense had finally gotten off its heels.

"I thought I can't get out

like this," Humphrey said. "We just teed off on him. I eventually figured out the rhythm of the shotgun. He had the same rhythm all the time."

Texas' offense found its groove about the same time, patiently crawling back into the game behind three Kris Stockton field goals and a touchdown pass from quarterback Major Applewhite to tie it 17-17 at the half.

Applewhite added two more touchdown passes in the second half and Hodges Mitchell ran 21 yards for a TD to complete the rally. Mitchell finished with 204 yards on 30 carries.

It was the largest comeback victory for Texas (5-2, 2-1 Big 12) since the Longhorns rallied from 17 down to beat

Texas A&M 21-17 in 1965.

"There's a defining point in every season and this can be it for us," said Texas coach Mack Brown, who earned his 100th career victory with the win.

Heupel completed 11 of his first 12 passes for 181 yards and two touchdowns in the first quarter before the Texas defense knew what hit it.

Once they settled into the unfamiliar scheme of six defensive backs and three down linemen, the Longhorns held Heupel to 130 yards over the next three quarters and no more touchdowns.

Texas defenders blitzed and harassed Heupel into three interceptions and several wobbly throws.

"We had a great start," Heupel said. "Everything was going so well, but it all fell

apart."

Applying pressure on Heupel made the difference, said UT defensive coordinator Carl Reese.

"Our kids were walking on egg shells (in the first quarter)," Reese said.

"When they scored 17 points, we didn't get in his face one single time. Then we had a field day," Reese said.

It was the second time in as many weeks the Sooners (3-2, 1-1) let an opponent rally to win. Oklahoma led Notre Dame 30-14 in the second half before the Irish rallied to win 34-30.

"We'll be fine," said Sooners first-year coach Bob Stoops. "We don't hang our heads. We've just got to get better. We've got to be able to win these games."

West Texas A&M researchers test liquid crystal devices

CANYON — Lasers, laser beam splitters and expanders, mirrors, oscilloscopes and other big-ticket instruments of precision are positioned strategically atop a 4,500-pound optical "air" table like pieces on a chess board. The purpose of these apparatuses in the Killgore Research Center at West Texas A&M University might not be crystal clear to the casual observer, but scientists from Switzerland to Japan and throughout the United States understand WTAMU's contributions to liquid crystal research.

Liquid crystals — the state of matter that has both liquid and crystalline characteristics — are capable of inexpensively storing and retrieving information at high rates of speed and in three-dimensional form.

"We can make a device for just a few dollars that shows tremendous potential for holographic memory storage," Dr. Gene Carlisle, WTAMU professor of chemistry, said. "Our latest crystals are glued between two pieces of glass along with an organic dye and a polymer. It's exactly 22 microns thick, about half as thick as a human hair."

Carlisle is being assisted in his research by Dr. Yong-Jing Wang, a visiting research professor from China and Wang's wife, Manlin Pei, who earlier this year wrote her WTAMU thesis on the topic. They test the storage and retrieval capabilities of his liquid crystals through diffraction-shooting intersecting laser beams through the crystals. One beam carries information, while the other beam seeks to retrieve it. Built on legs of shock-absorbing compressed air, the optical table assures precision as the beams bounce off mirrors and travel through

a series of instruments placed about the table. "Our studies are still in the basic research phase," Carlisle said. "It is not our objective to do work on the application but to develop knowledge that can be put to use five years down the line. But our device has applications in high-speed switching devices used in computing and telecommunications."

Because they have many of the optical properties of solid crystals, liquid crystals are presently used in wrist watches, pocket calculators and the flat screens on laptop computers.

The WTAMU researchers recently authored a paper, "Polymer-Enhanced Diffraction Efficiency in an Azo-Dye Doped Liquid Crystal," which they recently presented at the Optical Society of America meeting in Santa Clara, Calif. Scientists as well as corporate and military representatives from around the world attended the meeting.

"Our presentation went extremely well," Carlisle, the paper's primary author, said. "Our paper describes the experimental preparation and nonlinear optical characterization of a liquid crystal device capable of holographic memory storage. This is not a completely new line of research, but I'd have to say we're in the game early on this."

The WTAMU research team has plans to present two more papers this month. They will deliver "Degenerate Four-Wave Mixing Study of a Methyl-Red Doped Nematic Liquid Crystal," on Oct. 21 at the Joint 55th Southwest/15th Rocky Mountain Regional Meeting in El Paso.

And they plan to present "Diffraction Study of a Methyl-Red Doped Nematic Liquid Crystal," on Oct. 29 at the Texas Section of the American Physical Society Meeting in Austin.

WTAMU's liquid crystal research is sponsored by grants from the Welch Foundation and WTAMU's Faculty Enhancement fund.

Mexico authorities arrest two U.S. citizens for gun-smuggling charges

MEXICO CITY (AP) — Mexico has arrested two U.S. citizens on charges of smuggling and stockpiling illegal weapons, the attorney general's office said Sunday.

The Americans, arrested in the central state of San Luis Potosi on Sept. 29, were identified as Robert James Bryce and Paula Sue Keller and are accused of entering Mexico with false documents. Authorities didn't give their hometowns.

The attorney general's office said Bryce had a .32 caliber gun at the time of his arrest. Police then obtained a search warrant

for Bryce's home and found four rifles, nine guns, eight clips, 195 cartridges and 17 knives and swords.

Police later raided a ranch in San Luis Potosi that Bryce is believed to own, in which a 16 year old armed with a 9mm gun and another man were arrested.

The attorney general's office said Texas authorities had issued arrest warrants against the two suspects on gun-smuggling charges, but didn't say which county issued the warrants. U.S. authorities have not presented an extradition request.

ACADA programs educate about drugs

This article is one in a series of profiles on the agencies and organizations supported by Pampa United Way. This information is being provided by Pampa United Way as part of its 1999 "Caring Hearts Build Hope" fund-raising campaign.

The Amarillo Council on Alcoholism and Drug Abuse has been in Pampa since 1996 and has provided high-quality education and prevention programs about the use and abuse of alcohol and drugs and about the disease of alcoholism. The Council on Alcoholism and Drug Abuse advocates neither a "wet" nor "dry" philosophy, but rather promotes responsibility and moderation for adults who choose to drink and recognizes abstinence as the effective approach for arresting the disease of alcoholism. The agency's educa-

tional programs provide current scientific and factual information on alcohol, drugs and alcoholism, and state-of-the-art programs for the prevention of sub-

The Amarillo Council on Alcoholism and Drug Abuse has been in Pampa since 1996 and has provided high-quality education and prevention programs about the use and abuse of alcohol and drugs and about the disease of alcoholism.

stance abuse among all age groups.

ACADA provides the following:

—Educational programs for businesses, schools, churches, civic organizations and criminal justice.

—Evaluation, referral and counseling for substance abusers and their family members.

—Family education programs weekly.

Adult children of alcoholics education program.

—Aftercare support groups for adult substance abusers and family members.

—Intervention training for concerned people of substance abusers.

—Outpatient program weekly.

ACADA has been excited about the program in Pampa and currently has a Level IV Outpatient Program for adults and Aftercare. ACADA has many wonderful stores it could share but the exciting part is that client evaluations of the program are extremely high and many clients come back just to say hello or share their stories with those who are presently enrolled. That speaks for itself.

If you have concerns about a member of the family or a friend, do not hesitate to call the Pampa Office and let the staff evaluate and see what needs to be done in your particular situation.

ACADA is pleased to be a part of the Pampa community and thanks you Pampa for helping with the United Way funding you've provided to aid its clients.



Danny Cowan



Beverly Taylor

... 669-2525

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Heart medication may delay blindness from vision disorder, scientists say

NEW YORK (AP) — A standard heart drug delayed blindness in mice with a condition resembling retinitis pigmentosa, raising doctors' hopes in the battle against the genetic disorder that afflicts up to 200,000 Americans.

The drug, diltiazem, sold under such names as Cardizem and Tiazac, is approved for treating high blood pressure and angina. French scientists tested it in mice and presented their findings in the October issue of the journal *Nature Medicine*.

Scientists are now trying to arrange for studies in humans.

"If the treatment could postpone the occurrence of blindness by a few years, it would be a big achievement, but this remains to be demon-

strated in humans," said one of the study's authors, Serge Picaud of Louis Pasteur University in Strasbourg, France, and INSERM, the French equivalent of the National Institutes of Health.

Picaud said RP patients should not start taking the prescription drug on their own in hopes of treating the eye disease. He also noted that the doses given to the mice were much higher than what people take for heart conditions.

"It's a milestone," Dr. Jerry Chader, chief scientific officer of the Foundation Fighting Blindness, said of the study. He said it shows that a drug known to be relatively safe might slow down at least some forms of RP.

He, too, warned that RP patients should not flock to the drug because of the possibility of side effects. Interested patients could discuss the study with an ophthalmologist who specializes in RP, he said.

"What we don't know is whether this is going to be effective in humans," he said.

RP is actually a group of diseases that gradually destroy the eye's light-sensing cells, called rods and cones. No treatment is known to stop the progressive blindness, though doses of vitamin A can retard it slightly in some cases.

Defects in more than 100 genes cause the various types of RP, which strike at a variety of ages. Only a few percent of RP cases come from the defective gene duplicated in the mice, but the drug treatment might work in other cases as well, Chader said.

He noted that in people, the kind of RP mimicked in the mice can be a particularly virulent form that is detected in childhood or the early teens and leads to early vision loss. So a protective therapy might have to start in early childhood, raising issues of safety, he said.

Side effects of diltiazem can include headaches, dizziness and a slowed heartbeat.

Picaud said his study did not involve any money from the pharmaceutical industry.

It is not clear how diltiazem retarded blindness in the mice. The drug is one of a class called calcium channel blockers, so-named because they block charged particles of calcium from passing through pores on the surface of cells.

Kids Q&A

Q: Do I need extra calcium while breastfeeding my baby?

A: Breastfeeding women who have difficulty meeting their basic calcium needs might benefit from calcium supplements, such as the 200 to 250 milligrams found in multivitamins given to pregnant and nursing women. But, if your diet is already calcium-rich, you probably don't need them, said Dr. Steven Abrams of the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

Studies have shown that giving nursing women supplemental calcium has had no effect on their mineral balance, which is why the calcium recommendations for nursing and non-nursing women are exactly the same: 1,000 milligrams per day for those 19 years of age and older and 1,300 milligrams for those 18 and younger.

Although women do lose some bone mass to support milk production, breastfeeding is not detrimental to a woman's overall bone health, according to Abrams. That's because once menstruation resumes, the situation is readily reversed. Some breastfeeding might actually decrease the risk of postmenopausal osteoporosis.

There are some groups of women, however, who might benefit from more calcium while breastfeeding, Abrams said. These include women breastfeeding more than one infant, those who have had closely spaced pregnancies and nursing adolescents.

Q: Can maltodextrine be eaten by a child with celiac disease?

A: In the U.S., all commercial maltodextrine, a carbohydrate often used in commercial baking and confectionary processes, is produced from cornstarch and can be safely eaten by those with celiac disease, says Dr. Buford Nichols, a physician who studies starch metabolism at the USDA/ARS, Children's Nutrition Research Center at Baylor College of Medicine in Houston. However, in other countries maltodextrine can be made from wheat, which makes consuming imported foods containing this ingredient ill-advised.

Individuals with celiac disease have a sensitivity to gluten, a protein present in wheat, rye, barley and oats, but not in corn or rice. Exposure to

gluten triggers an inflammatory response in the small intestine that decreases the surface area available for nutrient and fluid absorption.

Depending on how much and which sections of the small bowel are affected, individuals with celiac disease can experience diarrhea, weakness, weight loss, anemia, osteopenic bone disease, skin rashes or other symptoms related to intestinal malabsorption.

Because these symptoms can be severe, Nichols encourages those with celiac disease to check food packages and make sure those containing maltodextrine have been produced domestically.

Q: What are good non-dairy sources of calcium?

A: Boning up on good plant-based sources of calcium might be easier than you think, says Becky Gorham, a registered dietitian with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston. Compare the following foods to the 300 milligrams of calcium found in milk:

	Calcium (mg)	Calories
1/2 c. Tofu*	200-434	90-100
1 c. Collard greens	357	60
3 oz. Sardines, bones	350	190
1 c. Fortified orange juice**	300	109
1 c. Fortified soy milk**	300	80
3 oz. Canned salmon, bones	200	130
1 T. Blackstrap molasses	172	50
1 c. Turnip or beet greens	165-200	30-40
1 c. Rutabagas, mashed	115	95
1 c. Soybeans, cooked	175	300
1 c. White beans, cooked	130	250
2 T. Tahini (sesame paste)	120	170
1 c. Broccoli, cooked	90	50

*set with calcium sulfate
**fortified products with a dietary value of 30 percent contain 300 milligrams of calcium.

—Source: USDA Nutrient Database for Standard Reference

Send nutrition questions via U.S. mail to: Kids' Nutrition Q&A, USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine, 1100 Bates St., Houston, TX 77030; or via e-mail to: cncrc@bcm.tmc.edu. Questions of general interest will be answered in this column.

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SFMRF promoting breast health for women

The San Francisco Medical Research Foundation recently reported, though women in their 40s receive conflicting advice about the worth of screening mammograms, they can practice some easy, inexpensive ways to reduce the risk of breast cancer and promote breast health:

—Exercise. Women who exercise regularly are 35 percent less likely to get breast cancer.

—Braz. Women who wear a bra for fewer than 12 hours a day are half as likely to get breast cancer.

—Red meat. Women who eat an abundance of fruits and vegetables whether cooked, canned, frozen, dried or raw lower their breast cancer risk by 46 percent.

—Cabbage. Vegetables in the cabbage family (broccoli, kale, brussels sprouts, radishes, turnips) contain special substances that actively counter cancer.

—Carotene. Women who eat carotene-rich foods even as little as half a cup of cooked carrots daily are seven times less likely to develop cancer than those who don't.

—Organic. Chlorine-based herbicides and pesticides (organochlorines) are believed to be a major factor in promoting breast cancer. Women with high levels of organochlorines in their blood are four to 10 times more likely to develop breast cancer than women with low levels.

—Paper products. Organochlorines enter water supplies after they are used to

bleach paper products including toilet paper, feminine hygiene and facial tissues.

—Sunscreen. Habitual sunscreen users have unusually low levels of vitamin D, an antioxidant that inhibits the initiation of breast cancer.

—Prescription drugs. Several categories of prescription drugs are known to increase risk of breast cancer. Most troublesome are estrogen supplements, beta-blockers and anti-depressants.

By the time cancer is visible on a mammogram, it has been in your breast for six years. Most breast cancers are found by women themselves and having a brother with prostate cancer increases your chances of developing breast cancer as much or more than having a sister with breast cancer.

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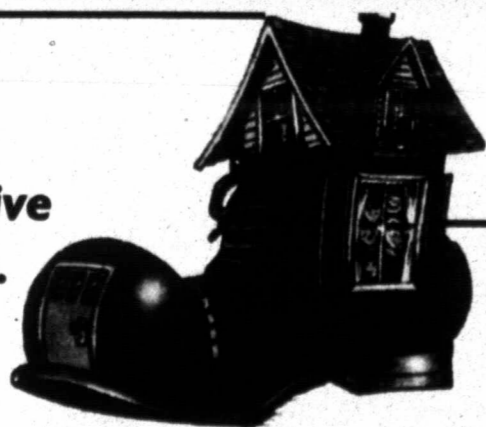
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