

THE PAMPA NEWS

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Sunday, October 17, 2004

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Let the voting begin ...

Voters can cast early ballots starting Monday in Nov. 2 general election

EDITOR'S NOTE
 Sample ballots for Gray County Precincts 1-4 will be printed in Monday's edition.

By MARILYN POWERS
 Staff Writer

Early voting in the Nov. 2 general elections begins Monday and continues through Oct. 29, according to Susan Winborne, Gray County Clerk.

All Gray County residents who are registered to vote may cast their ballots between 8:30 a.m. and 5 p.m. weekdays during the next two weeks. The only early voting location is in the non-jury courtroom on the first floor of Gray County Courthouse, she said.

Persons wishing to vote should bring either their voter registration cards or driver's licenses, Winborne said.

Paper ballots will once again be used, Winborne said. New voting machines mandated by the federal government's Help Americans Vote Act will not be purchased until later in the county's 2004-2005 budget year,



Pampa News photo by MARILYN POWERS

Larry Andrus, left, and Sharon Virden, maintenance workers at Gray County Courthouse, assemble a voting booth in the non-jury courtroom on the first floor. All Gray County voters wishing to vote early may cast their ballots in the non-jury courtroom between 8:30 a.m. and 5 p.m. weekdays, Oct. 18 - 29.

chosen by all Gray County voters are Rick Roach, 31st District attorney; Joshua M. Seabourn, county attorney; Don Copeland, sheriff; and Gaye Whitehead, county tax assessor-collector. All four are incumbents.

Precinct 1 candidates are Joe H. Wheeley, commissioner, and James H. Lewis, constable, both incumbents.

Lewis is also constable for Precinct 3, and is on that ballot as incumbent, along with incumbent Gerald Wright for the commissioner's post.

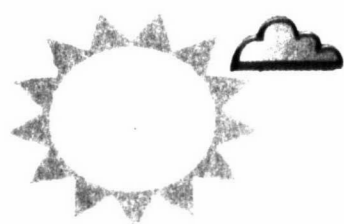
Chris Lockridge is the only candidate for Precinct 2 Constable, and he is an incumbent.

Don Fletcher of Pampa is the only new name in any of the local races. Fletcher won a primary run-off election in March to earn his place on the ballot for Precinct 4 Constable.

In district and statewide elections, Jim Campbell, a Republican (R), is unopposed for Justice of the 7th Court of Appeals, Place 4. Warren Chisum (R) of Pampa is running unopposed for re-election as state representa-

See VOTING, Page 2

Today's weather



H 82 L 50

Deaths

Porfirio Moreno, Sr., 78, former longtime Pampa resident.

Lloyd Simpson, 86, former city commissioner.

Briefs

Local library to offer Halloween Craft Day

Lovett Memorial Library will conduct a children's Halloween Craft Day with Children's Librarian Shanla Brookshire between 10 a.m. and 11:30 a.m. Saturday, Oct. 23 at its location in Pampa.

Some of the projects Brookshire will be showing the children how to make are treat bags and "creepy coasters."

Materials for the program, free to children of all ages, will be provided.

For more information or to sign-up, call the library at 669-5780.

OHV area off limits during youth hunt

OHV riding area and all public use within the area will be closed at Lake McClellan between Oct. 30 and 31 and Dec. 11 and 12.

Other areas within the recreation area will remain open for camping and picnicking.

The closures are being instituted on these weekends to accommodate a youth only deer hunt at the OHV area. This yearly event, which begins at 10 a.m. all four days, is a draw type hunt offered through Texas Parks and Wildlife.

Applications are due each year in mid-September.

Spaces for hunters who do not attend will be filled by interested hunters who show up at the designated time of each hunt.

The no-show tags will be drawn out of a hat to determine who out of the non-registered hunters will be allowed to participate.

To find out more about the OHV closure or the youth deer hunt, contact USDA Forest Service at (580) 479-2143.

Rally lifts up after-school kid program

On Thursday, Oct. 14, Pampa children, parents, business and community members joined a "Lights On Afterschool!" rally - one of 6,000 such events across the nation emphasizing the importance of keeping after-school programs lights on and doors open.

Those attending the CREATE a Beat! Lights On Afterschool! event saw participants perform, viewed examples of art, computer art and craft projects, and were entertained by the storytelling of Loralee Cooley.

Julie Long, executive director of CREATE a Beat!, explained to those attending the benefit the importance of afterschool programs.

Nationwide events marked the fifth annual Lights On Afterschool!, a project of the Afterschool Alliance. National Presenting Sponsor is the Charles Stewart Mott Foundation. California Governor Arnold Schwarzenegger is national chair of Lights On Afterschool! The JC Penney Afterschool Fund is a National Sponsor of the event and additional support is provided by the David and Lucile Packard Foundation and the Open Society Institute.

See BEAT, Page 5



Several of the Create-a-Beat kids show their parents they are learning to play a new musical instrument called a recorder. Above: (upper left) Pamela Whinery, Zachary Sandefur, Jace Jenkins, Dhruv Ramesu; (lower left) Wade Ragan, Matthew Winton and Micah Wilson.

Poll: National security dominating voters' attention

By WILL LESTER
 Associated Press Writer

WASHINGTON (AP) — National security issues such as the war in Iraq and terrorism are dominating voters' attention in the final weeks before Election Day, Associated Press polling found.

Along with security issues like war and terrorism, the economy and health care were near the top of the list of the nation's most important problems in an AP-Ipsos poll.

National security issues were picked by 55 percent of

Americans as the most facing the United States, 27 percent mentioned war. That number has tripled since the summer of 2003 in the aftermath of the invasion of Iraq. An additional 18 percent named terrorism.

Economic problems — including the overall economy and unemployment —

'I think we should get out as quick as we can. We never, never should've got in.'

— Art Van Moorelehem
 Retired farmer

were named by four in 10, far behind national security issues. Two in 10 specifically mentioned the economy, and 13 percent said unemployment.

About one-fourth of those questioned mentioned other domestic issues, especially health care, according to the poll conducted for the AP by Ipsos-Public Affairs.

WAR IN IRAQ
 Concerns about war have grown steadily since July 2003, tripling since the aftermath of the Iraq invasion. Violence by a strengthening insurgency has been increasing since then.

Strong supporters of Democrat John Kerry were far more likely than strong supporters of President Bush to name "wars" as a top problem, according to the AP-Ipsos poll. Those who see the Iraq war as a top issue are slightly more inclined to support Kerry, other polls suggest.

"I think we should get out as quick as we can. We never, never should've got in," said Art Van Moorelehem, a retired farmer from Arlington, S.D.

Still Bush gets more saying they trust him to handle Iraq.

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Voting

Continued from Page 1

tive of the 88th District. Robert Duncan (R) is unopposed in his bid for reelection as state senator of District 28. Mac Thornberry (R) is up against M.J. (Smitty) Smith of the Libertarian Party (Lib.) for his seat as United States Representative for District 13. Other state offices and their candidates are Railroad and Commissioner, Victor G.

Carrillo (R); Bob Scarborough, Democrat (D); and Anthony Garcia (Lib.); and several judicial offices. Unopposed judicial candidates are Harriet O'Neill (R) for the office of justice, Supreme Court, Place 3; and Paul Green (R), justice, Supreme Court, Place 5. Place 9 of the Supreme Court is a race between Scott Brister (R) and David Van Os (D). Three races are on the ballots for the Court of Criminal Appeals. Place 2 candidates are Lawrence "Larry" Myers (R) and Quannah Parker (Lib.). Place

5 is between Cheryl Johnson (R) and Tom Oxford (Lib.). Place 6 pits Michael E. Keasler (R) against J.R. Molina (D). Voters will also elect the next President of the United States from among three choices. President George W. Bush and Vice President Dick Cheney are the Republican candidates. John F. Kerry and his running mate John Edwards are the Democratic candidates, and Michael Badnarik is representing the Libertarian party, with his vice presidential running mate Richard V. Campagna. There is also a write-in space, as well as the option of voting a straight Republican, Democratic or Libertarian ticket.

Obituaries

Porfirio Moreno, Sr., 78



Moreno

Porfirio Moreno, Sr., was born April 11, 1926, in San Diego, Texas, and passed away Oct. 4, 2004, in Bellingham, Wash. Porfirio "Pilo" moved to Bellingham from Pampa, Texas, along with his wife one year ago. They lived in Pampa 30 years. He is survived by wife Candida; sons, Porfirio Moreno, Jr., Lawrence Moreno, Sr., Ernest Moreno, Sr.; and daughters, Elma Luevano, Helen McGavin, Graciela Torres and

Christine Fernandez; and many grandchildren and great-grandchildren. He was preceded in death by daughters, Eva Romero and Ernestina Mata; and grandson, Anthony Luevano, Jr. Pilo loved to travel and took many trips to visit his children and grandchildren that lived in Washington state, New Mexico, Colorado and Waco, Texas. He was full of life and enjoyed being around his grandkids. He loved them very much and will be missed by all. Pilo was a member of Catholic Assumption Church. Services were Saturday, Oct. 9, 2004, at 4 p.m. at Assumption Church in Bellingham, Wash.

Lloyd Simpson, 86



Simpson

Lloyd Simpson, 86, of Pampa, Texas, died Friday, Oct. 15, 2004, at Pampa. Memorial Mass will be Monday, Oct. 18, 2004, at 10 a.m. in St. Vincent de Paul Catholic Church. The body will not be available for viewing. Mr. Simpson was born June 27, 1918, in Wellington, Texas, and was reared in McLean, Texas. He was the first-born of nine children, including a twin brother. Lloyd was in the U.S. Army from 1936 until 1939, and during World War II from 1941 until 1945. He served with the 2nd Infantry Division in Europe, receiving the Bronze Star and Purple Heart. While on leave in 1943, he married Rita Mary Hartmann from Fredericksburg, Texas, on Aug. 7, 1943. The couple lived in Hobbs, N.M., after the war and then moved to Pampa in 1951. He owned and operated Utility Oil Company until his retirement in 1992. He served as City Commissioner from 1962-1963. He was an active member of St. Vincent de Paul Catholic Church and the Knights of Columbus. He enjoyed spending time with his family and watching football. He was preceded in death by his beloved wife Rita, who was called home to our Lord in 1992; and two brothers, C.B. "Bill"

Simpson and Cecil Simpson. Survivors include one son, Jerry Simpson of Lefors; two daughters, Connie Simpson-Largin of Pampa and Paula Simpson of Sherman Oaks, Calif.; two sisters, Ruth Howard of San Angelo and Jeanette Kennedy of Pampa; five brothers, his twin, Floyd Simpson of Wichita Falls, Frank Simpson and W.C. Simpson, both of McLean, Edward Simpson of Purcell, Okla., and Kenneth Simpson of Hobbs, N.M.; and four grandchildren, Heather Simpson, Heidi Klein, Kristen Largin-Weinheimer and Mark Largin. They have been blessed with two great-grandchildren, Drew Weinheimer and Jack Weinheimer. The family requests memorials be to St. Vincent de Paul Catholic Church Endowment Fund, 810 W. 23rd, Pampa, TX 79065; to the American Heart Association, 6605 I-40 West, Amarillo, TX 79106; or to the American Diabetes Association, P.O. Box 2680, N. Canton, Ohio 44720. —Sign the on-line register book at www.carmichael-whatley.com.

Gray County Weather

Today: Mostly sunny, with a high around 82. West southwest wind between 15 and 20 mph. Tonight: Mostly clear, with a low near 50. Windy, with a west wind between 20 and 25 mph, with gusts as high as 35 mph. Monday: Mostly sunny, with a high around 77. Windy, with a west wind between 15 and 25 mph. Monday Night: Partly cloudy, with a low around 48. West wind between 15 and 20 mph. Tuesday: Mostly sunny, with a high near 79. West southwest wind around 20 mph. Tuesday Night: Partly cloudy, with a low around 48.

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Services tomorrow

SIMPSON, Lloyd M. — Memorial mass, 10 a.m., St. Vincent de Paul Catholic Church, Pampa.

Emergency Services

Pampa PD

Pampa Police Department on Saturday reported the following arrests, according to Gray County Sheriff's Office jail records.

Friday, Oct. 15

Jeramie White, 28, of Lefors, was arrested for fraud-insufficient funds check and for possession of marijuana under 2-ounces.

Lauren Austin Timmons, 21, of Wheeler, was arrested for assault causing bodily injury.

David Andrew Doke, 34, 1124 N. Russell, was arrested for failure to identify.

Sheriff

Gray County Sheriff's Office on Saturday reported the following arrests.

Wednesday, Oct. 13

Kevin Ray Kirkham, 36, of Fritch, was arrested for aggravated assault causing

bodily injury.

Friday, Oct. 15

Richard Robles, 34, 408 W. Harvester, was arrested for possession of drug paraphernalia, for speeding and for failure to appear.

Fire

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

Friday, Oct. 15

8:37 a.m. — One unit and three firefighters responded to the 200 block of Canadian on a call for medical assistance.

8:48 a.m. — Three units and seven firefighters presented a fire prevention program at Woodrow Wilson Elementary School, 801 E. Browning.

6:41 p.m. — One unit and two firefighters responded to a minor motor vehicle accident at 21st and Banks streets.

CITY BRIEFS

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

AMY DAVIS is now at Song's Salon. Call for an Appointment, 665-4343.

BARGAINS GALORE. 109 N. Cuyler. Missing people? Come in support Team Amber Alert of Pampa. T-shirts, candles, DVD & VHS-Thanks

BUSINESSES GIVING Halloween Candy on Sat. Oct. 30th, let the Pampa News know. We'll put you on the list for free! Deadline Tues. Oct. 26th, 5 p.m. List will be in the Pampa News, Fri. Oct. 29th! Call 669-2525.

CABOT & NOI Employees Credit Union-Credit Union Day, Thurs., Oct. 21, 2004 at 320 W. Francis. Our members are invited to come by and enjoy refreshments from 9-5 p.m. Sausage wraps will be served from 11 a.m.-2 p.m. and 4-5:30 p.m. Remember to register for door prizes!!!

CHILDREN'S HALLOWEEN Craft Day at the Lovett Library on Sat., Oct. 23, 10 a.m. 669-5780 for more info.

CLOTHING ROOM Mary Ellen & Harvester Church of Christ (bldg. across the street, south of Pampa High School) Tues., Oct. 19th, 9-1 p.m. 665-2373, lv. msg.

CONCEALED HAND-GUN Classes, Jim Hopkins, Shamrock, Tx. 806-216-0331.

DRAIN STOPPED? Why Wait? Call Ingram & Son Plumbing A Division Of Ace Mechanical. M12466 665-8317

FAMILY MEDICINE Center deeply regrets that we will not be able to have a Flu Vaccine Clinic this year. We only have limited number of vaccine, which will be given to our at-most risk patients, based on CDC guidelines.

FROM LUXURY to Economy, cruise & tour, call Complete Travel, 669-6110.

HELP! BUILDING a lawn mower racer. Need riding mowers for parts. 665-4280.

KAREN'S KITCHEN, 716 W. Foster, Sun. 11-2., baked ham, enchiladas, chicken spaghetti. All You Can Eat \$7.50.

LEEANN'S GROOMING, 669-9660.

MASSAGE THERAPY Oct. special, Purchase a 1 hr massage including hot stones and receive a free hand and feet paraffin treatment. Call Holly Coutts @ Cathy Potter's Massage Therapy, 1224 N. Hobart Ste. #9 669-0013. Gift Certificates available.

MONA'S GROOMING 665-2771. New clients welcome. Halloween bandanas.

MORE SALE items added daily. Drastic Reduction at Carousel Expressions.

PHS CHOIR Boosters Annual Fiesta Supper, Fri., Oct. 22, in PHS Cafeteria, 5-7:30 p.m. Tickets \$6 for adults and \$4 for children 12 yrs. & under, and avail. from PHS choir students or at the door.

LONESTAR CHIMNEY Sweep, for appts. 669-1562.

PIANO TUNING and Repair Service. Reflections Studio, 806-669-9887.

PLEASE CALL if you purchased an antique cedar chest from Trash & Treasure over the past 2-3 months! It belonged to my late mother-in-law, I'll pay double what you paid. Sue, 669-0409.

RENT OR Sale 14x58 mobile home w/ lot, 2 br., 2 ba. \$300 + dep., \$9000 w/ good down payment. 663-9648.

RIP'S BARBER Shop, 1224 N. Hobart, NBC Plaza Rm#1. 665-5515, Tues-Fri, 8:30-5:30.

UNITED PHARMACY is offering a limited supply of Flu-Mist & pneumonia immunizations for healthy individuals ages 14-49 yrs. Tues. Oct. 19th, 10 a.m.-1 p.m. We do not have any flu shots.

WE DO Almost Anything. Mowing, Haul Off, Ect. Honey Doo's. 1-806-231-9017.

Texas

AUSTIN — The production forecast for cotton and corn from the previous year according to the Agricultural Statistics Service. The 2004 Texas cotton crop is estimated to be a total 7.3 million bales, a 1.3 percent increase over last year's 7.2 million bales. Yield is estimated to be an average 637 pounds

PFAA

Gail Kincaid Jewell

Pampa native awards the county Brown Auditor

WTA&

CANYON — This will be the only time when West Texas University stages Jeopardy to National Collegiate Awareness Week on campus. WTAMU's Collegiate Awareness Week is sponsored by PULS. Understanding, Speaking, Educating education group to help students make choices in their lives. Activities are throughout the week to educate the WTAMU body about the aspects of alcohol



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Texas October crop production forecast shows cotton, corn up

AUSTIN — The October production forecast for Texas cotton and corn increased from the previous forecast according to the Texas Agricultural Statistics Service. The 2004 Texas Upland cotton crop is expected to total 7.3 million bales, up 69 percent from 2003 and 4 percent above last month's forecast. Yield is expected to average 637 pounds per acre

compared with 478 pounds last year. Acres expected for harvest, at 5.5 million were unchanged from the previous month. Corn production is forecast at 212.8 million bushels, up 9 percent from last year's production, and up 2 percent from last month. Based on Oct. 1 conditions, statewide yield is expected to average 133 bushels per acre, 15

bushels more than in 2003 and up 3 bushels from last month's forecast. Planted and harvested acreage was 1.8 million and 1.6 million acres, respectively. Texas peanut production is down 4 percent from last year, at 775.5 million pounds. Statewide yield, at 3,300 pounds per acre, is up 300 pounds from last year and unchanged from last

month's forecast. Sorghum production is forecast at 74.6 million hundredweight (cwt), 13 percent below last year. Yield, at 3,640 pounds per acre, is up 616 pounds from last year, and 224 pounds more than last month. Planted and harvested acreage was 2,250,000 and 2,050,000 acres, respectively. The 2004 Texas soybean

crop is forecast at 8.5 million bushels, up 59 percent from last year's production. Yield is expected to average 31 bushels per acre, up 2 bushels from last year. Planted and harvested acreage was 290,000 and 275,000 acres, respectively. United States corn production is forecast at 11.6 billion bushels, up 15 percent from last year. A yield

of 158.4 bushels per acre is forecast, up 16.2 bushels from last year. The sorghum crop is expected to be 258.6 million cwt, up 12 percent from 2003. The U.S. Upland cotton crop is expected to total 20.8 million bales, up 17 percent from last year. Soybean production is forecast at 3.11 billion bushels, up 27 percent from last year.

PFAA booth



Pampa native and Pampa High School graduate Gail Kincaid, daughter of Dr. and Mrs. Joe Donaldson, mans the counter at her booth during a Pampa Fine Arts Association sale and exhibit recently at M.K. Brown Auditorium.

WTA&M plans activities for Alcohol Awareness Week

CANYON — Alex Tribek will be the only thing missing when West Texas A&M University stages a game of Jeopardy to kick off National Collegiate Alcohol Awareness Week Oct. 18-23 on campus. WTAMU's National Collegiate Alcohol Awareness Week is sponsored by PULSE (Peers Understanding, Listening, Speaking, Educating), a peer education group designed to help students make healthy choices in their everyday lives. Activities are planned throughout the week to educate the WTAMU student body about the different aspects of alcohol and its

effects. Jeopardy action will begin at 12:15 p.m. Monday, Oct. 18 in the Commons area of the Jack B. Kelley Student Center (JBK). The game will resemble the television version and quiz students on their alcohol knowledge. Categories will range from statistics to myths. Prizes will be awarded. On Tuesday, students will be serving up Jello shots, mudslides and more during a Mocktails competition. Student teams will concoct delicious, alcohol-free beverages for judging by a panel of faculty and staff members. The Mocktails will be available for tasting at 12:15 p.m. in the JBK Commons.

Prizes will be awarded to the winning teams. Students on Wednesday will don beer goggles to simulate the effect alcohol has on a person's vision. Beer goggle action begins at 12:15 p.m. in the JBK Commons. Dr. Death will make classroom visits on Thursday, Oct. 21. The Dr. Death character will visit various classrooms to share information about alcohol awareness. One student from each classroom visit will receive a shirt representing the statistic that one person dies every 23 minutes in an alcohol-related incident. Friday Night at the Club will offer club-like fun from

9 p.m.-midnight at the JBK Legends Club. Mocktails will be served and a deejay will provide music. Lunar bowling at the Activities Center on Saturday, Oct. 23 will close out Alcohol Awareness Week. Lanes will be open from 8-10 p.m., and prizes will be awarded throughout the evening. For more information about Alcohol Awareness Week activities, call (806) 651-2313.

I would like to take this opportunity to personally thank Dr. Vijay Mohan. What an awesome surgeon and man you are. With the help of my God you saved my life. Thank You!!!

To all the nurses on the medical surgery floor, the one's on the O.B. floor, and in the emergency room. I want to thank you for doing such a wonderful job in taking care of me. You guys touch my life in ways you will never know. What wonderful examples I have to follow on my own path to becoming a nurse. God's Richest Blessings on you all.

Vanessa Milligan

FOOT FACTS BY BROWNS SHOE FIT CO.
MEASURE MY FEET?... Proper shoe fitting is too important for health to be hurried. Adults, as well as children, should take the time to have their feet measured, preferably while standing, to aid in a correct fit. The human foot is smallest in the morning, and tends to expand as the day progresses. The foot also tends to be smaller in winter than in summer. All such factors must be considered by the conscientious shoefitter. Anyone who has had the experience of having his shoes feel comfortable in the morning, then start to pinch in the afternoon, can realize what a small difference in size of either the foot or the shoe can make in one's comfort. A hat, coat, trousers can be a bit large or small - no big thing. But shoes - they had better fit right!

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PAMPA
Pampa Independent School District

Pampa ISD Event Calendar
Watch this space every Sunday for a weekly listing of non-athletic events from every campus in our school district

Events for Pampa ISD for the week of October 17 - October 23

Lamar Elementary
October 19 • Picture Retakes
October 19 • 6:00 - 7:30 • Family Literacy Center Open
October 20 • 1:30 • Parent Meeting
October 21 • 6:00 - 7:30 • Family Literacy Center Open

Travis Elementary
October 19 • Picture Retakes

Wilson Elementary
October 18 • 6:00 - 7:30 • Family Literacy Center Open
October 20 • 6:00 - 7:30 • Family Literacy Center Open

Pampa Jr. High School
October 19 • Progress Reports Sent Home

Pampa High School
October 19 • TAKS ELA • Seniors Only
October 19 • 7:00 • Football Booster Club • Valhalla
October 20 • TAKS • Math • Seniors Only
October 21 • TAKS • Social Studies • Seniors Only
October 22 • TAKS • Science • Seniors Only
October 22 • Progress Reports Sent Home
October 22 • 2:45 • Pep Rally • McNeely Field House
October 22 • 5:00-7:00 • Choir Mexican Fiesta Supper • Cafeteria
October 22 • 9:00 - 12:00 pm • Dance • MPAC

For the most up-to-date Pampa ISD information. Go to the school website at www.pampaisd.net. From the parent information drop-down menu, click on the Pampa ISD Event Calendar.

This PISD Events Calendar courtesy of the Gray-Roberts County Farm Bureau Agents
Ray Boring • Brandon Wheeler • Ricky Martin

OCT 17 2004

Viewpoints

Fairness should be the media's first priority

Two weeks ago I wrote about my disgust with the news media for presenting opinionated stories as fact.

Last week I witnessed two top editors admitting that their newspapers were indeed publishing biased articles as news. One was from the Fort Worth Star-Telegram, the other from the Dallas Morning-News.

In fact, the Morning News editor said, "Rush Limbaugh is right."

When I shared this surprising information with my co-workers, they countered, "But what are they going to do about it?"

That's a good question. It wasn't answered at the meeting I attended.

However, as Alcoholics Anonymous has always said, the first step to recovery is admitting that one has a problem.

I traveled to Dallas last week to attend "NewsTrain," a regional seminar for newspaper editors/managers sponsored by the Associated Press Managing Editors Association (APME).

One of the sessions I attended centered on credibility and ethics, two concepts that have always been of primary importance to me. It was during this session that I heard the admissions of bias.

Also during this session, I learned what Robert J. Haiman has identified as

nine key concerns of the public in regard to newspaper fairness toward readers.

Haiman, of The Freedom Forum's Free Press/Fair Press Project, listed these concerns in his book, "Best Practices for Newspaper Journalists."

"Newspapers are unfair when:

- They get the facts wrong.
- They refuse to admit errors.
- They won't name names.
- They have ignorant or incompetent reporters.
- They prey on the weak.

- They concentrate on bad news.
- They lack diversity.



Dee Dee Laramore
Editor

that sometimes there's no story."

Reading this list is an humbling experience. True journalists can't read it without having to check themselves and their publication.

"Are we being unfair?" I asked myself. I hope not. I strive not to be unfair, and I can vouch for my staff.

Every one of us feel strongly committed to producing the best possible newspaper for the community. When a decision is made, we often use the question "What is best for the community? What is best for the people we serve?" as our yardstick.

Sometimes we get the facts wrong. When we do, we do our best to get them corrected. I'm not ashamed to admit I've made a mistake. Most importantly, we try to get them right the first time.

We often are accused of presenting too much "negative" news and not enough "positive" news. To test this, I've taken a week's worth of newspapers and counted the

negative and the positive stories.

I was surprised to find that there were more positive stories than negative ones. Unfortunately, it's the negative stories that stand out in our minds.

It's a constant battle to maintain fairness and balance in our reporting. I'd venture to say that anyone who visited this newsroom for a week would be amazed at the intensity of the process. We are constantly checking ourselves and each other.

Haiman's list gives me another yardstick by which to test this newspaper. I welcome the opportunity.

Today in History

By The Associated Press

Today is Sunday, Oct. 17, the 291st day of 2004. There are 75 days left in the year.

Today's Highlight in History:

On Oct. 17, 1777, British forces under Gen. John Burgoyne surrendered to American troops in Saratoga, N.Y., in a turning point of the Revolutionary War.

On this date:

In 1919, the Radio Corporation of America was created.

In 1931, mobster Al Capone was convicted of income tax evasion and sentenced to eleven years in prison. He was released in 1939.

In 1933, Albert Einstein arrived in the United States as a refugee from Nazi Germany.

'Some people always sigh in thanking God.'

— Elizabeth Barrett Browning
English poet (1806-1861)

In 1941, the U.S. destroyer Kearney was torpedoed by a German submarine off the coast of Iceland; 11 people died.

In 1945, Col. Juan Peron staged a coup, becoming absolute ruler of Argentina.

In 1973, Arab oil-producing nations announced they would begin cutting back on oil exports to Western nations and Japan; the result was a total embargo that lasted until March 1974.

In 1977, West German commandos stormed a hijacked Lufthansa jetliner on the ground in Mogadishu, Somalia, freeing all 86 hostages and killing three of the four hijackers.

In 1978, President Carter signed a bill restoring U.S. citizenship to Confederate President Jefferson Davis.

In 1979, Mother Teresa of India was awarded the Nobel Peace Prize.

In 1989, an earthquake measuring 7.1 on the Richter scale struck northern California, killing 67 people and causing \$7 billion worth of damage.

Ten years ago: Leaders of Israel and Jordan initialed a draft peace treaty.

Negotiators for the Angolan government and rebels agreed to a peace treaty to end their 19-year-old civil war.

Five years ago: The FBI reported that serious crimes reported to police declined for the seventh straight year in 1998 and murder and robbery rates reached 30-year lows.

Former nurse Orville Lynn Majors was convicted of murdering six patients at a western Indiana hospital; the jury deadlocked on a seventh count. (Majors is serving a 360-year prison sentence.)

One year ago: Fire killed six people in a high-rise county building in Chicago. The House and Senate voted to spend some \$87 billion earmarked for securing peace and eliminating terrorist threats in Iraq and Afghanistan. Bolivian President Gonzalo Sanchez de Lozada resigned; Vice President Carlos Mesa replaced him.

YOU KNOW CHILDHOOD OBESITY HAS REACHED EPIDEMIC PROPORTIONS IN THIS COUNTRY WHEN...



J. Parker cartoon. caglecartoons.com

We all need to lower our consumption

If we as a species are going to survive, we are going to have to learn to live simpler lives. By that I mean consume less stuff. The world's poor are already living simpler lives, and not by their own choice, so it's up to us in the industrialized countries to set the example.

OK, I know this sounds preachy and far-fetched, not to mention being highly unlikely to influence anybody. Nevertheless, sooner by choice or later by necessity, we will have to recognize that we are, if we continue the present trend - and lifestyle, going to consume our own planet. Our ancestors will look mighty funny one day clinging to the solar system's only orbiting trash dump while trying to choose between garbage and cannibalism as a source of food.

Consult any almanac and

look at the exorbitant rate at which we are pumping oil, mining coal and other minerals, cutting forests, catching fish and dousing the land with ever-increasing amounts of fertilizers, pesticides and herbicides. There's no question we are just now beginning to run short of a lot of natural resources. The price of oil is just one example of what's in store for us unless we curb our appetites.

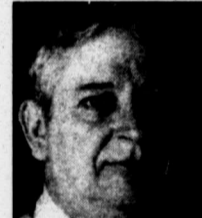
Ravenous consumption was rather all right when the world population was only a billion, and few of them wealthy enough to afford much stuff. The Industrial Revolution changed all that. Utilizing fossil-fuel energy,

it did raise the standard of living, and people began breeding ever more prolifically. Today, there are 6 billion people, and practically every one of them aspires to consume at the Donald Trump level.

Cheap electronics make sure that nobody is ignorant of how the fat cats live. Even in the Amazon jungle, they watch "Baywatch."

Europe, Russia, the United States and Japan have long been consuming at a rapid rate, and now two more giants are coming on line, so to speak, as India and China develop their massive economies, which is to say their appetites for energy and commodities.

Charley Reese
Columnist



Then there are the so-called Asian tigers - Malaysia, the Philippines, Indonesia and Korea - all determined to raise their standard of living to the level of the West.

Well, we'd get nowhere asking anyone to remain poor as a conservation measure. What the world needs is a new lifestyle of elegant simplicity, so that people will learn to aspire to a few well-made items that can be used and passed on instead of junk, which is discarded as soon as it begins to wear or break down.

I include myself in criticism of overconsumption. I fancy myself on the low end of consumption. I care nothing for jewelry, clothes, fancy cars or furniture. The latter two things I tend to

See LESS, Page 5

Lawsuits should only come as last resort

Lawsuits are best avoided if less aggressive means can be used to obtain relief. But sometimes the train of injuries and threat to the future become too large, and talk alone won't serve.

Four environmental groups reached that point on Wednesday when they sued the U.S. Environmental Protection Agency, asking a federal judge to compel it to enforce the clean air laws in Dallas-Fort Worth.

A strict interpretation of the law confirms that the EPA hasn't fulfilled some of its obligations under the Clean Air Act. In 2000, to cite one example, it didn't

demote the Metroplex to a "severe" violator of the clean air laws from its current categorization of "serious" after the state presented an inadequate clean air plan.

But don't pile on the EPA. In truth, it's a decent ally of Dallas-Fort Worth, whose air is the country's fourth smoggiest.

The real problems are Gov. Rick Perry and his Texas Commission on Environmental Quality. Neither has demonstrated

the willingness to take seriously obligations under the Clean Air Act. The groups sued the EPA because that's the agency they could sue.

Make no mistake, though: Their real target is the state.

It isn't a bad strategy. A lawsuit could force parties to negotiate a binding agreement that would suspend demotion to "severe violator" and the sanctions that go with that designation in return for the state develop-

ing a new plan to make the region meet the EPA's tough new ozone standard by 2010.

Republican Ron Harris, the Collin County chief executive, said as much on Wednesday: "That there's a lawsuit out there hopefully will energize us." Mr. Harris has been part of an unusual and delicately balanced coalition of environmental and business leaders in North Texas who have worked closely together over the past year or so to build support in Austin for this region's air quality needs.

See SUITS, Page 5

THE PAMPA NEWS
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Pampa News photo by DEE DEE LARAMORE

They vant your blahd

On Tuesday, Oct. 19, Coffee Memorial Blood Center will host its annual Vein Drain Blood Drive on the Clarendon College - Pampa Campus. The drive will be from 10 a.m. to 7 p.m., Tuesday. All donors will receive a specially-designed Vein Drain T-shirt, shown here by Susan Leary, CMBC's director of marketing. Along with the festivities, a costume contest for children age birth to 12 years will be held. Judging will be at 6:30 p.m. All contestants need to arrive at 6 p.m. for registration. Age appropriate prizes will be given in three categories: Birth to 2 years, 3-5 years, 6-9 years and 1-12 years of age. First, second and third places will be awarded in each category. Halloween bags will be given to all contestants and punch and cookies will be served. Call 1-800-658-6178 to schedule an appointment for the blood drive.

Calendar items

- **The Butterfly Garden Club of America offers free butterfly garden seeds** (with growing instructions). To receive a packet, send a long SASE with two stamps to: The Butterfly Garden Club of America, P.O. Box 629, Burgin, KY 40310. Limit one free packet per household. Additional packets are available for \$1 each.
- **Pampa Downtown Business Association meets** at 8:30 a.m., the first Thursday of the month at The Coffee Shop on Cuyler. All members are urged to attend.
- **Golden Spread Coin Club, originally Amarillo Coin Club, meets** at 7 p.m. the first Monday of each month. GSCC is a member of American Numismatic Association. For more information, call (806) 352-8281 or (806) 342-9536.
- **Gray County Association for**

- Retarded Citizens meets** at 7 p.m. the first Monday of every month at Pampa Sheltered Workshop.
- **Gray County Extension Education meets** at 1:30 p.m. the first Monday of each month at Gray County Courthouse Annex.
- **Gray County Genealogical Society meets** at 7:30 p.m. the fourth Monday of each month in the Gray County Sheriff's Department classroom. (Enter through the north door of the jail building.) For membership inquiries, contact Harley Madison at 669-6294.
- **Las Pampas Water Garden and Koi Society meets** the second Saturday of each month. Anyone interested in the hobby of water gardening and fish keeping is welcome. For more information, contact Gary Stevens at 669-7956, Jack Chisum at 665-2878 or Debbie Davis at 665-0123.

Less

Continued from Page 4

keep until they fall apart. But I have a weakness for books. There are books all over my little condo — five bookshelves, one covering a whole wall to the ceiling, and more books stacked on coffee tables, end tables and the floor.

On one little shelf between my dining/living room and the kitchen, I can see six sandstone coasters, a plastic timer, a bottle of glass cleaner, two candy dishes, a plastic globe, a rack for hanging bananas, a flashlight, four candles, a plaster-of-Paris Nefertiti, a bottle of Tabasco, a plastic watering jug, 11 cookbooks, a pipe rack with pipes and tobacco, a plate with a portrait of Robert E. Lee, and a kerosene lamp. That's one stinking little shelf. What do I really need? Maybe the flashlight and the Tabasco sauce. I haven't smoked a pipe in years and never cook anything more elaborate than fried eggs and baloney sandwiches.

Let's face it: Most of us, even us lower-middle-class types, lack consumption discipline. We get led astray by the singing sirens — new, more, bigger and upgraded. We need to seriously cut back, lest our grandchildren inherit a used-up, worn-out planet. And not just us — the whole world must reduce consumption, though of course about a fifth of the people still need basic food and housing.

Let us all try to simplify by decluttering and then avoid re cluttering. Good luck to us all. We'll need it.

Suits

Continued from Page 4

Mr. Harris' Dallas County counterpart, Republican Margaret Keliher, added: "Elected officials, the business community and environmental groups must continue to work with the TCEQ and EPA to expedite a plan."

The state should speed its development of a plan for meeting the new standard. If it does, there's no reason the groups shouldn't retract their suit. Either way, the suit could help Dallas-Fort Worth win the cleaner air that its people deserve and demand.



CJ Johnston

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Beat

Continued from Page 1

"Lights On Afterschool! celebrates the wonderful work being done in afterschool programs," said Cooley. "This event reminds us of the value and services afterschool programs provide — keeping our children safe, helping them learn, and relieving working parents of worries about their children's afternoons."

A recent survey, "America After 3 P.M." commissioned by the Afterschool Alliance with funding from the JCPenney Afterschool Fund, reported that "24 % of Texas's K-12 youth are responsible for taking care of themselves. These children spend an average of nearly 7 hours per-week unsupervised after school. In contrast, only 10% of Texas's K-12 youth participate in afterschool programs."

Activities at the CREATE a Beat! rally included student instrumental, singing and dance performances, storytelling, remarks from the executive director, as well as 12th grade Pampa High School student Mark Murray, and 7th grade Pampa Middle School student Lauren Sutherland.

"We are all so proud of our afterschool program and of our students," said assistant program director Tamra

Burns. "There's no reason learning should stop at 3 p.m., particularly if the alternative is unsupervised time in front of a television set, or any of the dangerous or unhealthy behaviors that can ensnare children in the afternoon hours."

CREATE a Beat! Afterschool ARTS Program opened in 2003. It now serves over 60 children, providing homework assistance, mentoring, tutoring, and classes in recreation, art, ballet, tap, tumbling, drama, storytelling, crafts, music, choir, computer art and creative writing.

CREATE a Beat! is a nonprofit corporation and receives funding assistance from grants, local businesses, and many individuals. Contributors and more information can be found at the website, www.createabeat.org.

Lights On Afterschool! is a nationwide event to recognize the critical importance of quality afterschool programs in the lives of children, their families and their communities.

The Afterschool Alliance is a nonprofit public awareness and advocacy organization working to ensure that all children and youth have access to afterschool programs by the year 2010.

More information on the Alliance and Lights On Afterschool! is available at www.afterschoolalliance.org.

Heard Jones

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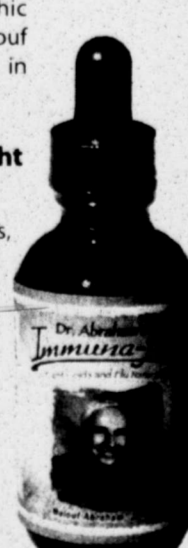
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Community Concert season opener

Local concert association to present Rhythm in Shoes

Rhythm and Shoes, a troupe of dancers and musicians headquartered out of Dayton, Ohio, will kick-off the 2004-05 Pampa Community Concert Association Live on Stage concert series beginning at 7:30 p.m. Oct. 26 at M.K. Brown Auditorium in Pampa.

The performance will be, PCCA officials say, a joint presentation with Borger CCA.

According to a press release provided by PCCA Live on Stage from Rhythm in Shoes, the group "draw(s) on traditional forms of American music and dance — swing tunes and tap, hoe-

downs and clogging — the creative team of choreographer Sharon Leahy and composer Rick Good, has been creating critically acclaimed work for the past fifteen years. Their varied repertoire of innovative work, at once original and recognizable, yields a unique fusion of music and

dance with rhythm as the underlying component. Through it the spirit of traditional dance and music is expressed with a thoroughly modern sensibility."

Additional information was provided: "Sharon Leahy choreographed her first public performance at the age of thirteen in her

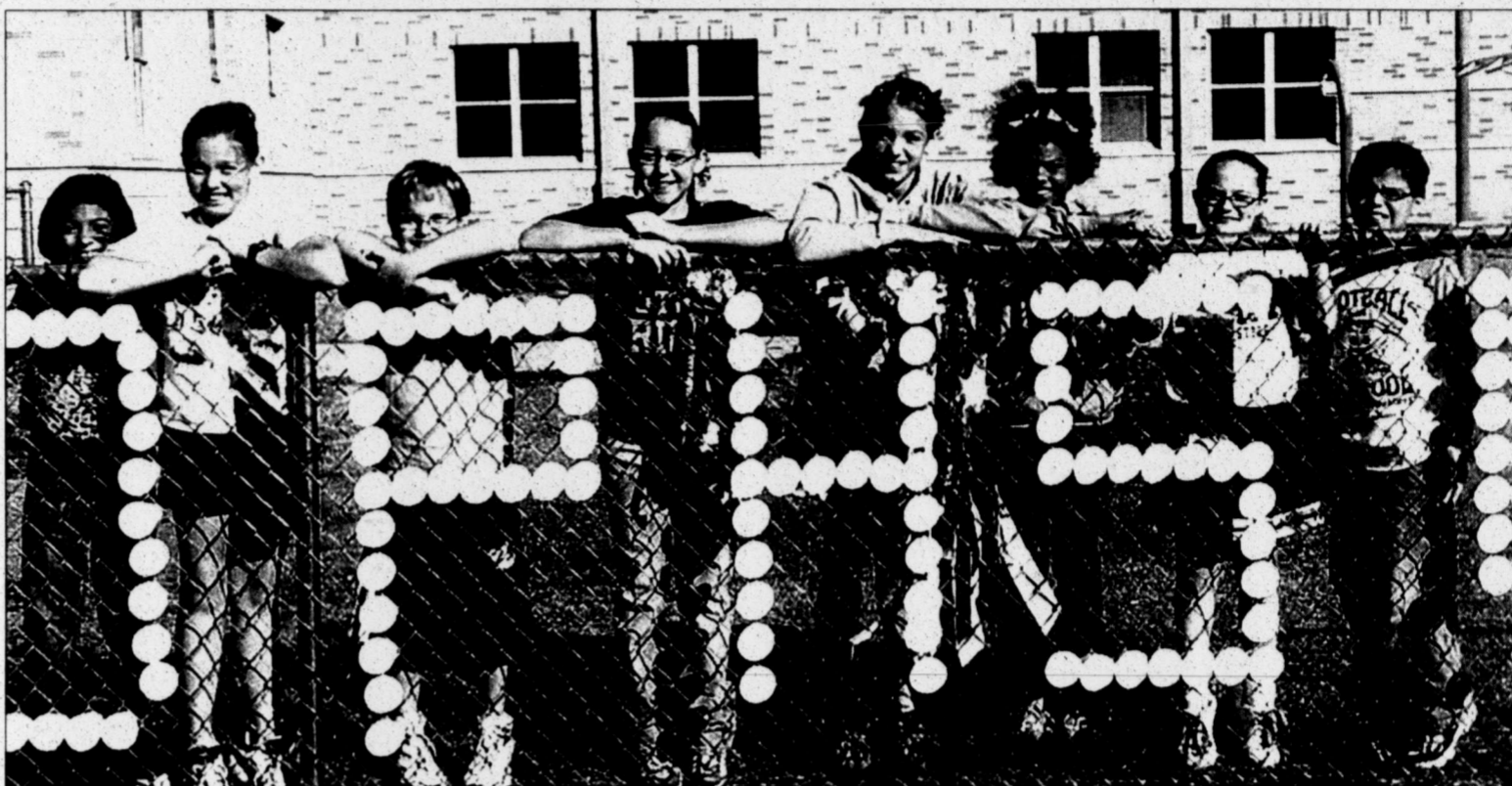
hometown of Woodbridge, New Jersey. After studying and working in North Carolina, and New York, she moved to the Midwest to focus her talents on creating and performing works for Rhythm in Shoes. This work has received national acclaim, as well as numerous fellowship awards from

the National Endowment for the Arts and the Ohio Arts Council. Her work has been supported by the National Dance Project of the New England Foundation for the Arts, The Dayton Foundation and Jacobis Pillow. She has created

See PCCA, Page 7



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Go Green and Gold!

Woodrow Wilson Elementary School students show they are fans of Pampa Harvesters football. Above: (left-right) Christy Saldierna, Brienne Moyer, Devin Asencio, Caylee Steward, Courtney Ward, Danielle Savoir, Meganne Fraser and Dustin Whinery.

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Celebrate 2004 slated this month

By Joan Gray-Soria
For The News

If you'd like to learn a little "holiday magic" involving weight loss while enjoying traditional festive foods, plan to attend "Celebrate 2004" on Tuesday, Oct. 26, at Texas A&M Extension and Research Center, 6500 Amarillo Blvd. W., Amarillo.

The program will be presented twice on the 26th with registration for the first session beginning at 1 p.m. and the evening presentation at 6 p.m. Advance tickets for the program are now available for \$8 each from local Extension offices throughout the Panhandle.

Tickets sold at the door will be \$10 per person.

In Pampa, tickets can be purchased at the Gray County Extension office located at the Gray County Annex at 12125 E. Frederic.

Professional cooking instructor Nancy Lester will conduct a cooking demonstration entitled, "Healthy Holidays to You." She will offer some simple guidelines to help you lose weight while enjoying the familiar

dishes you and your family often enjoy at holiday time.

Ms. Lester will share new products on the market, tips for reducing fat, calories and sodium in recipes as well as recommend good carbohydrate choices. She will prepare delicious cheesecakes made with low-fat cream cheese, hearty main dishes, and rich sauces along with colorful fruits and vegetables.

Along with Ms. Lester's demonstration will be ideas for decorating, entertaining and gift-giving which will be presented by area Family and Consumer Sciences Extension Agents.

"Celebrate 2004" is sponsored by the District 1 Texas Extension Education Association. Proceeds from the event help to fund scholarships and enhance educational programming for the benefit of Panhandle citizens.

For further information, contact Gray-Soria at 669-8033.

—Gray-Soria is an Extension agent at the local Texas Cooperative Extension office.

College campus to offer Halloween fun

CANYON — No tricks, just treats are what the Campus Organizations Resources and Entertainment (CORE) center at West Texas A&M University will be serving Oct. 27-29 for Halloween.

WTAMU students can get into the spirit of Halloween with the Grab Bag on Wednesday, Oct. 27. CORE and Commuter Services invite students to stop by the Jack B. Kelley (JBK) Student Center at 12:15 p.m. and pick up a goody bag on their way to afternoon classes.

Thursday, Oct. 28, the

'The carnival gives parents the option of not having their kids out on the streets, but in a safe environment where they can watch their children'


— Chris Browning
Assistant director of the JBK

CORE center will present Halloween Customs at 12:15 p.m. in the JBK Commons. A tent will be set up until 1 p.m. for anyone who wants to learn about American Halloween customs. They

can hear ghost stories and learn the truth behind the monster mask. Superheroes, goblins and princesses will unite 6-10

See FUN, Page 7

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Genome could improve cattle, human health

FORT WORTH — Sequencing of the bovine genome has been completed and promises to provide major economic benefits to the cattle industry and extensive benefits to human health research, the Texas and Southwestern Cattle Raisers Association reports. The first draft has been deposited into free public databases for use by biomedical and agricultural researchers around the globe.

from this research," said Paul Genho of King Ranch in Kingsville, Texas. "The potential is huge. We now have a roadmap that researchers can reference for almost anything they want to know about the beef genome. This tells scientists exactly where within the cattle genome they can locate many of the traits they want to study."

Leaders of the Bovine Genome Sequencing Project announced the major scientific achievement earlier in October. The State of Texas, national beef checkoff and Texas beef checkoff helped to fund the \$53 million international effort.

A team led by Richard Gibbs, Ph.D., at Baylor College of Medicine's Human Genome Sequencing Center in Houston carried out the sequencing and assembly of the genome. Sequencing of the bovine genome, containing approximately 3 billion DNA base pairs, began in December 2003.

The Hereford breed was used for the bulk of the project. Sequencing at lighter coverage will be carried out in additional cattle breeds, including the Holstein, Angus, Jersey, Limousin, Norwegian Red and Brahman.

The completed Bovine Genome Sequencing Project will allow detailed tracking of the DNA differences among these breeds to assist discovery of traits for better meat and milk production and to model human disease.

"The State of Texas played a major role in help-

'The bovine model is relevant to human health research priorities such as obesity, female health, osteoporosis and communicable diseases.'

— Dr. Clare Gill
Professor of animal genomics

"The bovine model is relevant to human health research priorities such as obesity, female health, osteoporosis and communicable diseases," explained Dr. Clare Gill, a professor of animal genomics at Texas A&M University.

Bovine insulin has long been used to treat human diabetes, and in vitro fertilization techniques were first developed in cattle.

The bovine sequence will also be an invaluable tool for agricultural researchers striving to improve health and disease management of cattle and enhance the nutritional value of beef and dairy products.

"You won't have to be a genomics expert to profit

See **GENOME**, Page 9

PCCA

Continued from Page 6

work for the Dayton Contemporary Dance Company, the Human Race Theater Company, the Dayton Philharmonic Orchestra, the dance departments of Ohio Northern University, University of Akron, Wright State University, and is currently Artist in Residence at the University of Dayton. Collaboration is at the heart of her work and her passion for dancing is exceeded only by the joy of sharing the stage with family and friends.

"Rick Good has been

composing, arranging, and leading the band for RIS since 1987. A founding member of The Hotmud Family, he also worked for several years as a full-time actor with The Mad River Theater Works. He is the recipient of Meet-the-Composer Grants from both the New York Council on the Arts and Arts Midwest. In addition to his work with RIS, Rick was musical director for the Dayton Stories Project, celebrating the city's bicentennial in 1996. His first recorded collection of original songs, entitled Nova Town, was released in 1997 and followed in the year 2000 by an evening-length theatrical production with his original script.

These days, when the RIS calendar permits, Rick has been playing his banjo and performing with the Red Clay Ramblers of North Carolina."

The 2004-05 area concert schedule includes the following presentations:

- Woods Tea Co., folk music group, Oct. 30 in Plainview;
- Southern Fried Jazz band, Nov. 16, Plainview and April 7, Pampa;
- Baritone Robert Sims, Jan. 1, Plainview;
- Singer Frank D'Ambrosio, Feb. 8, Borger;
- One Enchanted Evening, Feb. 12, Plainview;
- Artie Shaw big band group, March 12, Borger; and
- Pianist Richard Glazier,

March 19, Pampa.

All concerts begin at 7:30 p.m. Membership tickets are available at the door of each individual concert. For more information, contact Ronnie Holmes, PCCA president, at 675-2631.



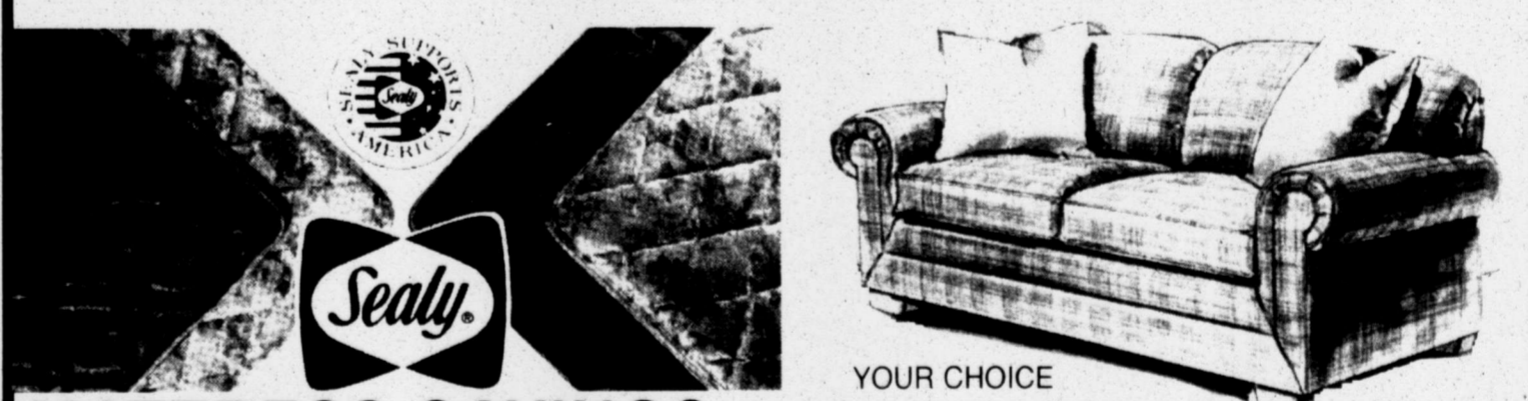
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Fun

Continued from Page 6

p.m. Friday, Oct. 29 at the Virgil Henson Activities Center All-Purpose Room for the annual Halloween Carnival. CORE invites the WTAMU and Canyon communities to bring their children to this free event for sweet treats, fun tricks and a safe, good time. Booths sponsored by campus organ-

izations will be set up to provide both heroes and goblins with games and prizes.

"The carnival gives parents the option of not having their kids out on the streets, but in a safe environment where they can watch their children," Chris Browning, assistant director of the JBK, said. "It takes out the uncertainties about safety on Halloween."

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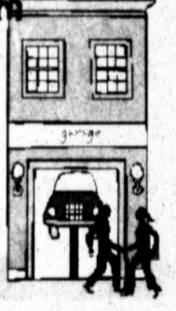
- 1. Who was the first rookie receiver to catch 100 passes?**
Randy Moss Tory Holt Anquan Bolden Jerry Rice
- 2. Who was the youngest coach to win a Super Bowl?**
Jon Gruden Tom Flores Joe Gibbs John Madden
- 3. What college had the most active players in the 2004 Opening Weekend??**
Tennessee Notre Dame Florida State Miami
- 4. Who returned a field goal 107 yards for a TD?**
Al Nelson Aaron Glen Chris McAlister Dean Sanders
- 5. Who recorded 14.5 sacks in his rookie season?**
Leslie O'Neal Jevon Kearse Dwight Freeny Simeon Rice
- 6. Who fumbled 161 times in his career?**
Warren Moon Dave Krieg John Elway Tony Banks
- 7. Who lead the NFL in rushing attempts in four consecutive seasons?**
Steve Van Buren Jim Brown Jim Nance Walter Payton
- 8. For how many seasons has Jerry Rice caught 50 or more passes?**
16 17 18 19

- 9. Who threw 70 passes in one game?**
Jon Kitna Vinny Testaverde George Blanda Drew Bledsoe
 - 10. What QB was sacked 76 times in one season?**
Randall Cunningham Ken O'Brien David Carr Warren Moon
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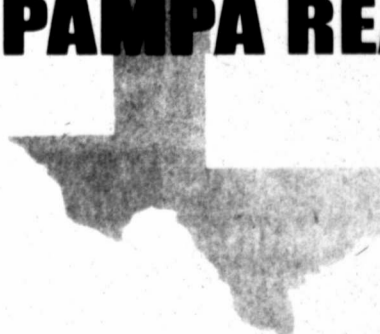
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Panhandle Plains Historical Museum

Style show to showcase classic black; PPHM paintings to hang at embassy

CANYON — On Friday evening, Oct. 29, Panhandle-Plains Historical Museum in Canyon will present a style show featuring all black fashions. Clothing will be provided by J. Winston and jewelry by Duncan and Boyd Jewelers, a news release from PPHM said.

The museum's collection of estate jewelry will also be displayed.

"Runway models from Dallas as well as a few surprise celebrity models will present the exquisite selection of black fashions," said Carolyn Canon, member of the event steering committee. "Husbands are encouraged to come with their wives and do their Christmas shopping for clothing and jewelry."

Tickets are \$35 per person and include a champagne reception, style show and coffee, cordials and dessert after the show. The reception will begin at 7 p.m. and the style show at 8 p.m.

The reservation deadline is Friday, Oct. 22. For more information, call (806) 651-2244.

Museum paintings to hang in Swaziland Embassy

CANYON — Panhandle-Plains Historical Museum in Canyon will lend two paintings to the American embassy in the Kingdom of Swaziland, located on the borders of South Africa and Mozambique, according to a news release from PPHM.

The loan will be through the U.S. Department of State's Art in Embassies, the museum release said. The paintings to be on loan are "The End of the Santa Fe Trail" by Taos artist Charles Berninghaus and "Abilene Country (Mesquite in Spring)" by Lubbock artist Juanita Tittle Pollard.

The paintings were requested by the new ambassador to Swaziland, Austin native Lewis Lucke. Lucke was confirmed by the Senate in June and has served in Haiti, Jordan and several countries in West Africa.

For the past 24 years, Lucke has worked for the U.S. Agency for International Development. His most recent assignment was serving as the U.S. AID mission director in Iraq.

Of his new appointment, Lucke said, "While Swaziland has made efforts toward increased democracy, the nation still has a relatively weak parliament and is ruled by a monarchy."



"Simply Stunning" art by Sloane Snure. Photo provided by Panhandle-Plains Historical Museum.

See BLACK, Page 10

Genome

Continued from Page 7

ing make this happen, and we're very proud to join USDA and the other cooperators at the brink of an exciting and revolutionary time in cattle production," said Bob McCan, president of Texas and Southwestern Cattle Raisers Association, and Ernie Morales, chairman of the Texas Cattle Feeders Association.

"This funding wouldn't have happened without the vision and assistance of Gov. Rick Perry and Ambassador Anne Armstrong, along with the vital help of U.S. Sen. Kay Bailey Hutchison (R-Texas), U. S. Rep. Henry Bonilla (R-Texas) and Texas Agriculture Commissioner Susan Combs," the two officials said.

Texas contributed \$10 million of the \$53 million in funding for the project; the national beef checkoff provided about \$600,000. The

Texas and South Dakota Beef Councils also contributed funds to the research consortium, which included the federal government, four countries and private industry.

Texas and Southwestern Cattle Raisers Association is a 127-year-old trade organization whose 12,800 members manage approximately 5.4 million head of cattle on 70.3 million acres of range and pasture land, primarily in Texas and Oklahoma.


Drilling Intentions

Intentions to Drill

WHEELER (WILDCAT above 17000') Kaiser-Francis Oil Co., #1 Goad, 1815' from North & 2393' from East line, Sec. 15, A-4, H&GN, PD 17000'.
WHEELER (WILDCAT & STILES

RANCH Granite Wash) Newfield Exploration Mid-Con, Inc., PD 15850', for the following wells:
#5 Britt Ranch 'B' 45, 1962' from North & 2118' from West line, Sec. 45, A-

See DRILLING, Page 10

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People in the news

BERLIN (AP) — Britney Spears, newly married to dancer Kevin Federline, says she would like to take his last name and wants to start a family next year, a German magazine reported.

"Britney Federline. I like that," Bunte quoted the 22-year-old "Oops! ... I Did It Again" singer as saying.

Spears said she would like to have a child, but still needed to get some business affairs sorted out beforehand, according to this week's Bunte.

"Next year, when I'm 23, I'll be ready," she was quoted as saying. But she intends to continue her music career, according to the interview.

Spears last week finalized her marriage to Federline, three weeks after a hush-hush ceremony that was her second wedding of the year.

Her spokeswoman said documents formalizing the marriage were filed Oct. 7.

Federline was previously involved with actress Shar Jackson of TV's "Moesha."

They have two children — a 2-year-old and a newborn.

In January, Spears married childhood friend Jason Alexander in a surprise wedding in Las Vegas. That marriage was annulled 55 hours later.

Drilling

Continued from Page 9

3.H&GN.

#8 Britt Ranch 'C' 35, 467' from North & 2140' from East line, Sec. 35, A-3, H&GN.

Application to Deepen (within casing)

WHEELER (WILDCAT) Patina Oil & Gas Corp., #1 W.R. Hefley, 1980' from South & 1620' from East line, Sec. 13, A-8, H&GN, PD 6000'.

Gas Well Completions

HEMPHILL (N.W. MENDOTA Granite Wash) Pablo Energy, Inc., #6013 Campbell Ranch #3', Sec. 13, 1, H&GN, spud 6-17-04, drlg. compl 7-9-04, tested 8-24-04, TD 111630', PBD 11203' —

WHEELER (STILES RANCH Granite Wash) Bravo Natural Resources, Inc., #1023 Alexander, Sec. 23, OS2, L.J. Swope Survey, spud 4-19-04, drlg. compl 5-11-04, tested 6-5-04, potential 2472 MCF, TD 13715', PBD 13582' —

Plugged Wells

ROBERTS (PARSELL Upper Morrow) Range Production Co., #3153 Parsell Ranch, Sec. 153, 42, H&TC, spud unknown, plugged 5-14-04, TD 11326' (gas) —

ROBERTS (RED DEER Lower Albany Dolomite) Gruy Petroleum Mgmt. Co., #6035 Osborne, Sec. 35, B-1, H&GN, spud 8-19-03, plugged 5-24-04, TD 5601' (dry) —

WHEELER (WILDCAT) Brigham Oil & Gas, L.P., #1 Zachman '24', Sec. 24, A-8, H&GN, spud 7-3-03, plugged 3-30-04, TD 10500' (dry) —

WHEELER (STILES RANCH Granite Wash) Stallion Energy, Inc., #1025 Stiles, Sec. 25, A-3, H&GN, spud unknown, plugged 10-17-03, TD 16450' (gas) —

Register outreach for minority producers

USDA's Farm Service Agency recently announced in a press release minority farmers and ranchers in Gray County and across the nation may now join a new voluntary register to receive information from USDA.

"The new Minority Farm Register is an outreach tool to reach underserved farmers and ranchers who are not currently enrolled in USDA loan, farm or conservation programs," said Matthew Street, Gray Co. FSA county executive director. "The Register will create a shared outreach list that will help USDA, community-based organizations and minority-serving educational institutions to communicate with minority farmers and ranchers."

By joining the register, minority producers may receive outreach materials, newsletters and program announcements from USDA agencies. They may also receive information and assistance from other USDA approved outreach partners, such as community-based organizations, faith-based organizations and minority-serving educational institutions.

According to the press release, USDA will carefully control access to and use of the register.

The register pamphlet with the registration form is available at Gray County USDA Service Center or from approved USDA outreach partners.

'The new Minority Farm Register is an outreach tool to reach underserved farmers and ranchers who are not currently enrolled in USDA loan, farm or conservation programs. The Register will create a shared outreach list that will help USDA, community-based organizations and minority-serving educational institutions to communicate with minority farmers and ranchers.'

— Matthew Street
County FSA executive director

Completed forms may be mailed to: Minority Farm Register, USDA Stop Code 0503, 1400 Independence Ave., S.W. Washington, D.C. 20250.

The registration information is available on the FSA's web site found at www.fsa.usda.gov/pas/publications/mfr/default.htm.

FSA and USDA's Office of Outreach are jointly administering the register. Registration forms are available in Spanish and English.

An individual may remove his or her name from the register by writing to the Minority Farm Register, USDA Stop Code 0503, 1400 Independence Ave.,

S.W. Washington, D.C. 20250.

For more information, contact the Office of Minority and Socially Disadvantaged Farmers Assistance, Farm Service Agency, STOP 0503, 1400 Independence Ave., S.W. Washington, D.C. 20250-0501; call 1-866-538-2610; or e-mail MSDA@USDA.gov.

The address for USDA Office of Outreach is STOP 9473, 1400 Independence Ave., S.W. Washington, D.C. 20250; the phone is 1-800-880-4183; the e-mail is usdaoutreach@usda.gov.

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Black

Continued from Page 9

Julius Charles Berninghaus (1905-1988), son of Taos "founder" artist Oscar Berninghaus, first went to Taos in 1910, where he accompanied his father on sketching trips.

He studied at the Art Institute of Chicago and the Art Students League, summering annually at Taos until moving there permanently in 1927. While Oscar supported his son's decision to be an artist, he encouraged Charles to seek his own distinctive path and style.

Juanita Pollard (1909-1994) studied at Abilene Christian College, now University, Texas Women's University, the Art Institute of Chicago, and the

University of Southern California. She taught art at Lubbock Christian College, now University, and exhibited in the West Texas Art Exhibitions at Abilene in the late 1930s.

Currently, the museum has paintings on loan to President George W. Bush's private office in the White House and at the U.S. Embassy to the Holy See at the Vatican.



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Medical

Obesity hikes risk for nine types of cancer, researchers say

WASHINGTON (AP) — Heart disease and diabetes get all the attention, but expanding waistlines increase the risk for at least nine types of cancer, too. And with the obesity epidemic showing no signs of waning, specialists say they need to better understand how fat cells fuels cancer growth so they might fight back.

What's already clear: Being overweight can make it harder to spot tumors early, catch recurrences, determine the best chemotherapy dose, even fit into radiation machines.

That in turn hurts chances of survival. One major study last year estimated that excess weight may account for 14 percent to 20 percent of all cancer deaths — 90,000 a year.

"Obesity makes taking care of cancer patients much more complicated," says Dr. Christopher Desch, a medical oncologist in Richmond, Va.

So why is cancer often the afterthought when listing obesity's multiple risks?

"The cancer picture is a little bit more subtle," says American Cancer Society epidemiologist Eugenia Calle, one of the nation's leading specialists on the link.

The risks of heart disease and diabetes from packing on pounds are much higher, and more immediate because cancer typically develops more slowly than those illnesses, she explains.

But with nearly two-thirds of U.S. adults now overweight plus an aging population — cancer is predominantly an older person's disease — oncologists want more attention to the link.

Fat is known to increase the risk of developing cancers of the colon, breast, uterus, kidney, esophagus, pancreas, gallbladder, liver and top of the stomach.

How big a role girth plays varies greatly, and the strongest connections are actually in less common cancers.

Weight is most strongly linked to cancer of the uterine lining, or endometrium. An overweight woman has twice the risk of devel-

oping that cancer as a lean one; once she becomes obese, the risk rises as much as 3.5- to 5-fold.

'Obesity makes taking care of cancer patients much more complicated.'

— Dr. Christopher Desch
Medical oncologist

The obese have up to triple the risk of kidney cancer and a type of esophageal cancer as do the normal-weight.

The risk is somewhat smaller among two of the nation's most common cancers:

—Overweight or obese men are 50 percent to twice as likely as lean men to get colon cancer. For women, the extra risk is 20 to 50 percent. No one can yet explain the gender difference.

—Fat is linked to breast cancer in postmenopausal women only, increasing risk of the disease by 30 percent among the overweight and 50 percent among the obese.

For the other four cancers, the obesity risk falls somewhere in between.

The reason for the variation: Fat cells apparently play different roles that can spur different types of cancer growth.

"Fat cells are not just static storage depots," explains Calle. The worst, because it's most metabolically active, is visceral fat, the kind that builds up in the abdomen and surrounds organs there.

But exactly how fat cells work isn't well understood. They can spur surges of insulin and proteins that may in turn unleash out-of-control growth among certain cell types.

They also trigger inflammation, a known culprit in heart disease that's now increasingly suspect in cancer, too.

Another role: Fat cells make estrogen, which fuels breast can-

cer. After menopause, fat becomes a woman's leading source of estrogen. While anti-estrogen therapies are common, the fatter a woman is, the harder it is to lower hormone levels — one reason why the obese have at least a 50 percent greater chance of dying from breast cancer than lean patients, Calle says.

Then there are organ-by-organ reactions. For example, the obese are particularly prone to "gastroesophageal reflux," frequent heartburn where a backup of stomach acid onto the delicate esophagus eventually can lead to esophageal cancer.

Sorting out fat's roles could lead to new therapies, and while there's no clear evidence yet, it makes sense that losing weight would lower cancer risk, Calle says.

For the already diagnosed, the stereotype of cancer treatment causing dangerous weight loss isn't true for every cancer. Breast cancer chemotherapy, in fact, often causes weight gain, says Desch, speaking for the American Society of Clinical Oncology.

Rheumatoid arthritis patients find meditation alleviates pain

BALTIMORE (AP) — Dalia Isicoff knows pain. A lifelong sufferer of rheumatoid arthritis, she has had seven hip replacement surgeries.

Since leaving the hospital in February following her latest operation, however, she hasn't taken any painkillers. Not because the pain isn't there — it is. But Isicoff, 52, said she has learned to accept the pain, the disease, and herself, thanks to meditation.

"When you have an illness like this, what one tends to do is say, 'Oh, my God! Here we go again, this is going to render me disabled, I'm going to wind up in a wheelchair!' and you rush to the medicine cabinet," she said. "This has allowed me to have the patience to deal with these flare-ups and become relaxed enough so the need for pain medication is almost not there."

The 52-year-old Clarksville resident said meditation has made her symptoms less severe, helping relieve stress that she said made the condition worse.

"With this type of approach, you learn to acknowledge you have pain and, by realizing it and by being in this relaxed state,

the pain is less," she said.

'This has allowed me to have the patience to deal with these flare-ups and become relaxed enough so the need for pain medication is almost not there.'

— Dalia Isicoff
Rheumatoid arthritis patient

Researchers at the University of Maryland School of Medicine in Baltimore are studying others like Isicoff to see if meditation helps sufferers of the autoimmune disorder, which affects about 2.1 million Americans, mostly women. Those with the disease often have general fatigue, soreness, stiffness and aches at first. Joints may swell and become damaged over time.

Groups of rheumatoid arthritis patients are being trained in "mindfulness," a form of stress reduction meditation developed 30 years ago at the University

of Massachusetts. Their progress is being compared to patients not in the program.

Mindfulness is similar to many meditation techniques. Participants are taught to focus on breathing to quiet the mind and become aware of the moment.

The method has been used successfully to help patients with chronic pain from a variety of conditions, but this marks the first time it is being studied to see if it can help the physical and psychological symptoms of rheumatoid arthritis patients, said Lisa Pradhan, one of the study leaders for the University of Maryland's Center for Integrative Medicine.

Evidence suggests flare-ups of the disease are associated with stress, she said.

Thirty-six patients took an eight-week course that started in March. Participants are being sought for a second group of a similar size, which will take the course beginning later this month and be tracked for six months.

Results from the first group are not available yet, but "the people who have come through the study have

See ARTHRITIS, Page 14

Medical front

Scientists look in unlikely places to treat addictions

NEW YORK (AP) — Can Prozac help you kick cocaine? Can Ritalin? How about a blood pressure pill or medicine for muscle spasms?

If you're an alcoholic, could you get help staying sober by taking an anti-nausea drug used by cancer patients?

Scientists are exploring those questions right now. In fact, in the field of addiction medicine, one of the hottest sources of new drugs is ... old drugs.

Despite years of research, there is no drug approved in the United States for treating cocaine dependence. To find such a treatment, the National Institute on Drug Abuse is sponsoring human studies of 21 medicines already on the market for something else. That's about two-thirds of all the potential cocaine drugs being tested in people, says Frank Vocci, director of NIDA's pharmacotherapy division.

Over at the National Institute on Alcohol Abuse and Alcoholism, nearly all the potential alcoholism drugs tested in people under institute sponsorship over the past 10 years were previously approved for some other use, says Raye Litten, co-leader of the institute's medications development team.

While the strategy is hardly new, "it's been going on maybe just a bit below the radar screen" for most of the public, Vocci said.

It can certainly work. In 1997, for example, the government approved a stop-smoking pill called Zyban, which was in fact the older antidepressant Wellbutrin.

To be sure, experts haven't given up on developing new drugs. Most NIAAA-funded drug studies for alcoholism that are in early stage testing — not yet tried on people — are brand-new drugs, Litten said.

The notion of examining current drugs for addiction-breaking potential holds several advantages. It's a lot cheaper to get federal approval for a new use of an old drug than to bring a completely new medicine to market. And experience with an existing drug gives an idea of its safety and dose range for possible anti-addiction effects, Vocci said.

See ADDICTS, Page 14



CHIROPRACTIC OUTLOOK
by
Dr. Mark W. Ford, Jr.

CHIROPRACTIC RELIEVES PREGNANCY PAINS

As many expectant women agree, pregnancy can cause a lot of aches and pains. Gaining extra weight as well as supporting a growing baby puts added stress on various parts of the body, which may result in varying degrees of discomfort. Studies indicate that approximately half of all pregnant women will suffer from low-back pain, especially in the third trimester, when the infant's head presses down on its mother's back, legs, and buttocks and irritates the sciatic nerve.

A pregnant woman's center of gravity shifts forward to the front of her pelvis and increases stress on her joints. As the baby gets larger and the mother's weight is repositioned, the curvature of her lower back increases and additional stress is put on the spinal disks.

Early in a woman's pregnancy, the Doctor of Chiropractic can detect any imbalance in the body, including the pelvic area, that could cause backaches or neuromusculoskeletal problems during or after childbirth. The use of gentle hands-on manipulation, rather than traditional approaches such as pharmaceuticals, relieves women's concerns about dangerous side effects. Chiropractors can also offer tips on exercise, nutrition, and posture to help the mothers-to-be enjoy a healthy pregnancy and delivery.

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Fitness: Walking may keep mind sharp, ward off Alzheimer's

CHICAGO (AP) — The health benefits of regular walking may include helping prevent mental decline and Alzheimer's disease, research in patients aged 70 and up has found, bolstering evidence that exercise needn't be strenuous to be good for you.

There's plenty of evidence that mental exercise, such as crossword puzzles

and reading, may reduce Alzheimer's risks, but previous studies on brain benefits from physical exercise had conflicting results.

The new findings, contained in two studies, clarify how much exercise might be beneficial and are good news for older people who want to avoid mental decline but "don't like doing all

that awful, sweaty stuff," said Bill Thies, vice president for medical and scientific affairs of the Alzheimer's Association.


"This just says, 'Go for a walk' and bolsters evidence that what's good for the heart may be good for the brain,

See FITNESS, Page 14

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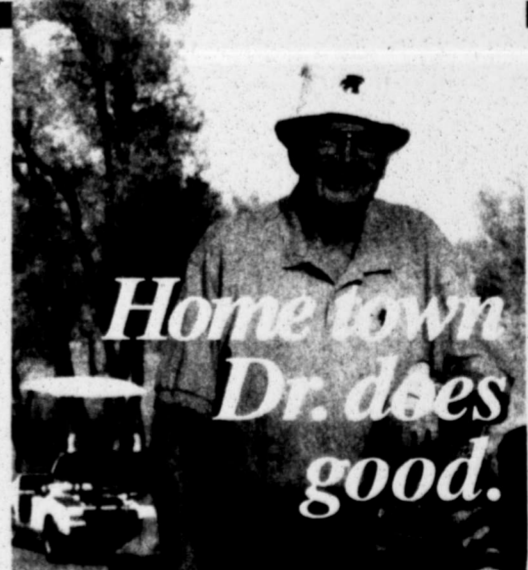
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Sports Day

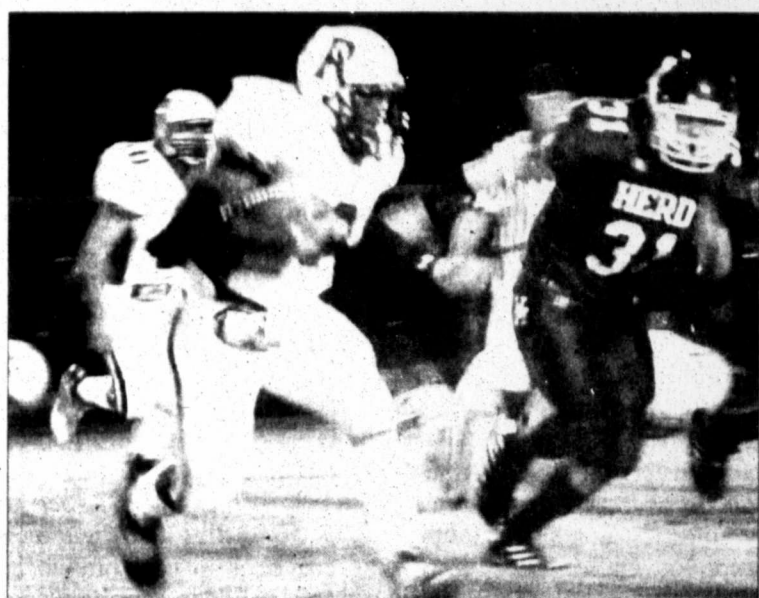


Photo by CAROLYN THERO

Pampa running back Mark Williams totes the ball up the middle in the first half of Friday night's game at Hereford. Williams would score a touchdown on the ensuing run. He and Sharod Young both racked up 100-yard performances against the District 3-4A rival Herd. Pampa won the game, 34-20 and shares the District 3-4A lead with next week's opponent, Palo Duro.

Harvesters share District 3-4A lead

By MICHAEL J. STEVENS
Sports Editor

The Pampa Harvester varsity football team knew going in what a win over District 3-4A rival Hereford would mean. And though the Hostile Herd was the opponent at hand Friday night, Coach Heath Parker and his team could be forgiven if they were thinking, even in the slightest, about their meeting this coming Friday night against Palo Duro. After all that has taken place the past few days, that game is now huge.

The first task at hand in Hereford Friday night, tame the mosquitoes. They were everywhere, making pin-cushions out of all in attendance.

Pampa kicked off to get the game started. And what a game it was.

Pampa, with an offense that chewed up the clock as well as the yards, hung 20 points on the Hostile Herd before the half-time break. Included in the

scoring was an impressive 99-yard drive for a touchdown. Pampa quarterback Tyler Doughty appeared poised for a big night with his arm as well as his legs. He tossed passes for big gains in the half to Clayton Hall, Seth Foster and Shea Brown. Sharod Young had a couple of big running plays in the half. And Mark Williams pounded out his yardage up the middle. You could almost sense Williams was going to gain some yards on this night, but they weren't going to come easy.

The Harvester defense was nothing short of awesome in the first half. Tyrel Bolin was in a zone of his own. Little of anything made it by him. He was in on almost every defensive play in the half, including a huge play dropping a Hereford runner deep in his own backfield on the first play of the second quarter. Also noteworthy would be the play of Jacob Potter and Eric Kingcade. Potter had a big quarterback sack late in the first quarter. Jared

Wingart had a fumble recovery in the second quarter.

At the break it was Pampa 20, Hereford 0. Hereford appeared unable to move against the Pampa defense. The Herd's defense seemed unable to stop the Harvester offense.

Then came the third quarter. On Pampa's first play from scrimmage, Young took the ball on a sweep around the right side of the line and promptly took off on a 84-yard touchdown run. Hereford answered with a 64-yard run of their own. In the span of less than one minute, each team had scored a touchdown. At that point, the score was 27-7, Pampa.

Hereford mounted a comeback fed by momentum from there. The Herd scored two more unanswered points and trailed 27-20 at one point.

Pampa would find the end zone one more time, and the final on this night would be 34-20, Pampa.

See WIN, Page 13

PHS Harvester Soccer Booster Club to meet

By MICHAEL J. STEVENS
Sports Editor

The Pampa High School Soccer Booster Club has scheduled a meeting for Tuesday, Oct. 19. The meeting is to be held in the school's library beginning at 7 p.m. All parents and players are encouraged to attend. For additional information, please contact the booster club.

Senior spotlight



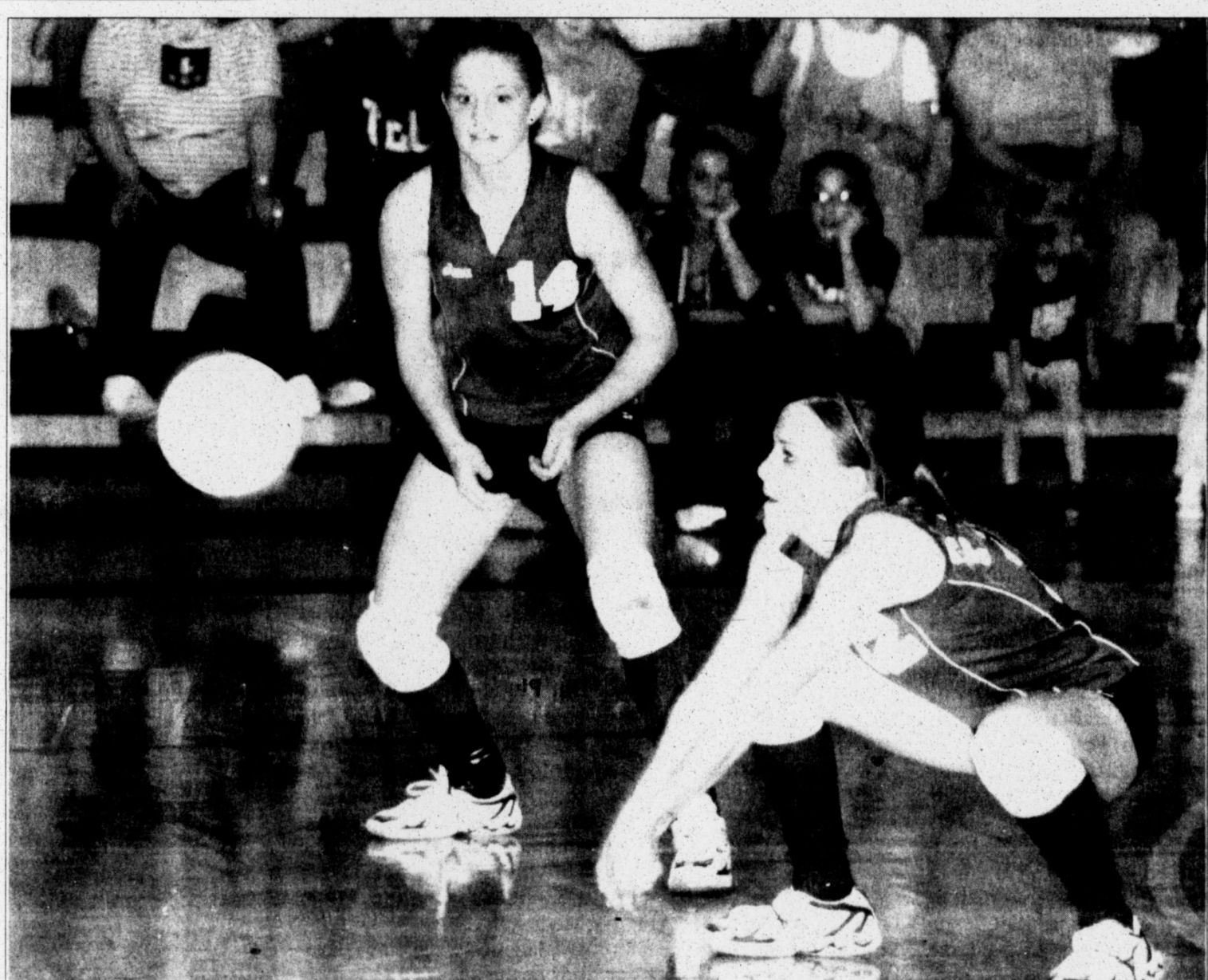
Senior Chris Veal is an important part of the leadership needed for this year's theme, "Protect the Tradition".

Chris Veal OL/DL

By MICHAEL J. STEVENS
Sports Editor

At 5'9", 225 pounds, Chris Veal fills up the line on each side of the ball. Capable of creating a hole as well as filling one.

Chris Veal
Player Jersey: #55
Player Position(s): D - Tackle
Player Grade: 12
Player Parent(s)/Guardians(s): Mike Veal & Jenifer Quarles
School Activities/Interests: Football & Wrestling
Player information provided by the PHS Football Booster Club.



Pampa News photo by BEN BRISCOE

With teammate Jackie Gerber looking on, Teryn Garner gets a dig during a recent meeting against Randall.

Teryn Garner, unique Lady Harvester

By BEN BRISCOE
News Intern

The Lady Harvesters Volleyball Team was down 11-6 in the last game of the five match series against Randall. The players, after winning the first two and losing the second pair, had lost their spirit, according to coach Shannon Stroud.

That is until one team member turned it around.

"Hey, what do you say, green?" shouted Defensive Specialist, Teryn Garner from the back row.

Within minutes the Harvesters improved drastically, according to teammate and close friend Britteni Rice.

"By the time she rotated out of the game the score was back up to 12, 10," Rice said. "She helped us finish the match from the bench, where she often plays the team cheerleader. She was a big part of why we won that game."

Rice is not alone in this view.

"Teryn brings a lot to the table as a defensive specialist. Her form and anticipation is exactly what we need on the back row. But more importantly, her energy brings fire to the team. That is huge for us," Stroud said.

Garner, who skipped straight from the freshmen to varsity team her sophomore year, has not always been a defensive specialist.

"I used to be a front row hitter, then I found out about my back problems," she said.

On April third of last year, Garner injured her back during a softball game.

"I thought it would be okay, but I woke up the next morning and my spine was crooked. I headed immediately to the doctor," she said.

After being referred to a specialist, Garner was told that she suffered from scoliosis and had a hair-line fracture in her vertebrae.

Upon learning this news, which could have kept her from ever playing again, Garner still held only cares for her team.

"I kept thinking that I had a game that night, and I wanted to play in it because we were in the middle of the district season. I wanted to be there for my team I felt like I was letting them down," she said.

Stroud moved Garner to a back row position when the volleyball season started in the summer with two-a-day practices.

"She has done a great job as our DS. It is one of the smoothest transitions I have ever seen," Stroud said. "I think Teryn is an amazing person. She tries her hardest at everything she does, and she is a good role model for the younger players."

While her back problems will progressively get worse, according to her doctor, Garner feels positive about them at the moment.

"It's all good," she said. "Even if they get to where I can't play anymore, I will still be there cheering the team on."

'I thought it would be okay, but I woke up the next morning and my spine was crooked. I headed immediately to the doctor.'

—Teryn Garner
Player: PHS Volleyball

Castroneves ties IRL mark with fourth consecutive pole

FORT WORTH, Texas (AP) — Helio Castroneves tied an IRL record by winning a fourth consecutive pole in qualifying Friday night at Texas Motor Speedway.

"Four in a row, it's just awesome," the two-time Indianapolis 500 winner said after matching Billy Boat's 5-year-old record.

Castroneves logged a lap of 215.996 mph on the 1 1/2-mile track in a Toyota-powered Dallara. The pole for Sunday's season-ending Chevy 500 was the fifth this year and 16th overall for Castroneves.

The Brazilian edged Tomas Scheckter, who turned a lap of 215.831 in a Dallara/Chevrolet.

Castroneves watched Scheckter's lap earlier in the session and knew it wouldn't be easily eclipsed.

"Obviously, he put in a great lap," Castroneves said. "I spoke to the team and said, 'It's going to be close.'"

It was the best start of the season for Scheckter.

"We needed a good qualifying result," he said. Third went to Sam Hornish Jr., Castroneves' teammate. Vitor Meira claimed the outside of the second row in a G-Force/Honda.

Although Castroneves' speed was a big jump from Dario Franchitti's June pole at 209.609, it was well off the track record set last year by Gil de Ferran at 222.864.

Bug

Pampa H does her to Friday

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Bug off



Pampa High School student trainer Kailie Patton does her best to keep the mosquitoes at bay prior to Friday night's game against Hereford.

Win

Continued from Page 12

Keys to the game were the wind. It was relatively calm in the first half, but blew stronger as the game wore on. Turnovers also played a roll. Pampa forced an unofficial five turnovers in the game. And while the Harvester defense gave up 265-yards, the offense racked up more than 400

total yards for the night. Including two 100 yard rushers. Sharod Young and Mark Williams both broke the century mark. Young with 109 yards, Williams with 102. Unofficially, Doughty completed 10 of 20 passes for 119 yards. He also ran for 47 yards.

All in all, this was a great win for Pampa, which is now 4-3, 2-0 for the year. The Harvesters share the District 3-4A lead with Palo Duro, who they host next Friday night at 7:30 p.m.

NBA in China

SHANGHAI, China (AP) — Tracy McGrady is more than willing to trade individual statistics for victories with Yao Ming and the Houston Rockets.

"I'm really not concerned about that," McGrady said Wednesday. "My main goal is to make Yao better, to make my team better. Obviously, my scoring will go down because we're going to try to have Yao go on offense a lot."

"I have higher goals now I want to achieve."

McGrady, the NBA scoring champion the last two seasons with Orlando, joined the Rockets in a seven-player offseason deal.

"We have a common goal of winning games and achieving the best results for the season," Yao, a Shanghai native, said in Chinese.

The Rockets will face the Sacramento Kings on Thursday in an exhibition game in Shanghai — the first NBA game in China. The teams will meet again Sunday in Beijing before returning to the United States.

Yao is hugely popular in Shanghai and his return has dominated headlines.

"I hope that he enjoys his moment because he has worked very hard to come home (to Shanghai) with the NBA," Rockets coach Jeff Van Gundy said.

Kings coach Rick Adelman said he had anticipated that most of the attention would be on Yao and the Rockets.

"He's a great player in our league, he's kind of bridged the gap between NBA basketball and Chinese basketball," Adelman said.

NFL plays the bad cop against Plummer

By TIM DAHLBERG
The Associated Press

The National Football League wanted to package its tribute to Pat Tillman much the same way it's planning the next halftime show at the Super Bowl. Nice, neat and orderly, with no surprises.

Jake Plummer had some other ideas on how to remember his friend and former Arizona Cardinals teammate. He wanted to take it a bit further, with a personal tribute of his own.

It wasn't much, just a No. 40 decal that would remind Plummer of Tillman every time he put on his helmet. Compared to the ultimate sacrifice Tillman made for his country, it almost seemed too little.

Not to the NFL, though. The way the league reacted, you'd think Plummer was trying to put a picture of Janet Jackson's breast on his helmet.

In its infinite arrogance, the NFL threatened to fine Plummer thousands of dollars if he kept wearing the decal, which he has been doing since the exhibition season. Plummer relented, taking the No. 40 off for two weeks.

Rules are rules, after all, and the NFL is a stickler for enforcing its idea of what is appropriate on a uniform. Besides the league already honored Tillman by having all players wear the No. 40 decal in the second game of the season.

The more Plummer thought about it, though, the worse he felt.

Last Sunday, when Plummer and the Denver Broncos played the Carolina Panthers, the decal was back on. Plummer wasn't going to give up the fight, and he agreed to accept whatever fine was levied and urged fans to donate to the Pat Tillman Foundation.

Suddenly, the issue wasn't so simple anymore.

After all, this wasn't Peyton Manning wanting to wear high-top shoes to honor Johnny Unitas. This wasn't Jim McMahon wearing "Rozelle" on his headband to poke fun at the former NFL commissioner.

This was a football player with a simple desire to honor a fellow player who died in the line of duty for his country.

Terrell Owens can pull out a Sharpie and autograph a football or do situps in the end zone after a touchdown without getting fined. But Plummer can't wear a small No. 40 decal in honor of a war hero?

This was one battle the NFL wasn't going to win in the court of public opinion.

'Pat Tillman left this world as a protector of our freedoms, the same freedoms that your league enjoys each Sunday.'

—John McCain
Senator, Arizona

Politicians, who know a hot issue when they see one, jumped right in. Arizona Sen. John McCain sent a letter to commissioner Paul Tagliabue sharply rebuking the league's stance.

"Pat Tillman left this world as a protector of our freedoms, the same freedoms that your league enjoys each Sunday," McCain wrote. "He died so that we as Americans can enjoy our way of life and express ourselves in the way that Jake Plummer now seeks to express himself."

He wasn't the only one who felt that way. Americans, after all, grow up learning to respect those who fought — and those who died fighting — for their country.

Sure, the league had already honored the former Cardinals safety. But what was wrong with Plummer wanting to keep alive the memory of a special man who left behind the riches of

pro football to fight in the war against terror?

Give the NFL some credit. It didn't take long for it to see which way the wind was blowing, and on Wednesday, there was a compromise that seemed to make everyone happy.

Plummer gave up his decal and, in exchange, the Broncos will put up a big No. 40 logo near the play clock on the north end of the stadium. The team will also run ads on the scoreboard during games to promote the Tillman Foundation.

The NFL agreed not to fine Plummer, and will allow him to tape public-service announcements honoring Tillman that will be played in stadiums nationwide on the weekend after Veteran's Day.

It will also contribute \$250,000 to a USO center in Afghanistan to be named after Tillman.

"I wish I could still wear it," Plummer said, "but it doesn't stop me from honoring and remembering Pat Tillman as a dear friend and a close teammate and a guy that I think everyone should look up to as a hero."

Jake Plummer did more than just tweak the rigid underpinnings of the NFL by putting a decal where it wasn't supposed to go.

He stood up to the league for what he thought was right, the same kind of thing Tillman was doing when he joined the Rangers to fight the Taliban in Afghanistan.

In the end, the league kept its helmets free of any extra adornment — at least until Owens starts signing his in the end zone. But the payoff for Plummer was greater.

His challenge focused far more attention on Tillman than a little helmet decal would have ever gotten, the foundation stands to get more money, and Americans get another chance to remember the sacrifice Tillman made.

As for Plummer, he'll get the satisfaction of knowing that Pat Tillman would have been proud of what his buddy tried to do.

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Fitness

Continued from Page 11

said Thies, who was not involved in the research.

"Keep eating your veggies, too" could be another mantra, according to a Dutch study, showing that Europeans ages 70 to 90 who ate a Mediterranean-style diet rich in fruits, vegetables, fish and olive oil had a 23 percent lower risk of death during a 10-year follow-up than those with less healthy eating habits.

A 65 percent lower mortality risk was found in those who combined the Mediterranean-style diet with three other healthy habits — moderate alcohol use, no smoking and a half hour or more per day of physical activity, including walking.

The studies appear in a recent *Journal of the*

American Medical Association.

"This study is important because it is often thought that diet, alcohol, physical activity and smoking doesn't matter anymore in old age," said nutrition researcher Kim Kooops of The Netherlands' Wageningen University, who led the diet study.

While the studies involved older patients, they don't answer whether adopting healthy habits late in life has the same benefits as a lifetime of healthy behavior, since participants weren't asked how long they'd engaged in the activities.

One of the exercise studies involved 2,257 retired men in Hawaii ages 71 to 93. Those who walked less than a quarter-mile a day were almost twice as likely to develop Alzheimer's or other forms of dementia as men who walked more than two miles daily.

Addicts

Continued from Page 11

He and others caution that people who happen to have medications on hand that show promise in such studies shouldn't give them to friends and family with addiction problems. That must be left to professionals. Experts also say that even effective anti-addiction medicines usually can't work by themselves, but must be used along with non-drug therapy.

The most straightforward approach to testing an existing drug is to follow its approved purpose, but in a different way. Some scientists are studying how to prolong the effects of naltrexone, now usually given as a daily pill for treating dependence on alcohol or opiates like heroin and morphine.

Dr. David Gastfriend of Massachusetts General Hospital and Harvard Medical School and other researchers recently reported that specially formulated naltrexone helped alcoholic men cut down on their drinking for a month when they received the drug as a shot in the buttocks.

Why is a monthly visit to a doctor better than just taking a pill every day?

"The pill requires a daily awareness that this is a dangerous disease and a rational decision to take the pill," Gastfriend said. "The problem with this illness is that on any given day, a person can feel, 'No, it would be better if I could drink.' So you take the pill the first day and you have to make 29 more decisions" the rest of the month.

"But if you received an injection the first day, those 29 decisions have already

been made," said Gastfriend, a paid consultant to Alkermes Inc., which is developing the formulation he studied, called Vivitrex.

More striking than just reformulating a drug is finding a new and apparently unrelated use for it. Here, scientists are guided by emerging knowledge about how addiction hijacks the brain.

Addicts apparently suffer from a combination of unusually strong desire for a drug and a weak inhibition against using it, Vocci said.

"These people essentially have a revved-up engine and thin brake pads," he said.

In the brain, scientists have found that cocaine produces euphoria by stimulating nerve circuits that communicate with a substance called dopamine. So they've looked for medications that can affect the activity of this dopamine system.

Arthritis

Continued from Page 11

been very pleased to have been involved with it," Pradhan said.

Isicoff said she tries to meditate in the morning and at night, although mindfulness can be as simple as being aware of feeling the wind on your skin. Such a simple process, however, can be difficult to put into practice, she said.

"Most of us have this crazy internal dialogue," she said. "For me, it was difficult to say, 'I want to relax' and, 'I don't want to think.' You learn to be an observer of the thought. It's sort of best to acknowledge it: 'Oh, there you are,' there's a judgment, there's an angry thought, and the moment you acknowledge them, they go away."

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* Fenton Motors of Pampa will beat any dealers advertised price on the same new vehicle model number, MSRP, and equipment from our inventory. You must present an original copy of the advertisement for the vehicle of choice. If our sales manager informs you in writing that we are unable to beat the competing dealer's price within three (3) days, we will then purchase the vehicle for you. Fenton Motors of Pampa reserves the right to validate the sale price from the other dealer. Offer good within a 150 mile radius of participating dealer. All units depicted herein are subject to prior sale.



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Make The Short Country Drive Away From High Prices!

NEW Pampa Aderhc The a the high cle, go t page www.my

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Lifestyle

NEWSMAKERS

Pampa High School junior Abbi Aderholt recently won the VTV: Varsity Television Golden V Award, an on-line newspaper award, for her story on homeless teens, reports Miranda Bailey, journalism instructor at PHS.



Aderholt

Aderholt is an honors student at PHS and the managing editor of the Little Harvester this year.

The PHS newspaper, The Little Harvester, was also awarded \$500 as result of Aderholt's winning story.

The award-winning article was published on-line at the high school publication's web site. To read the article, go to the news section of the Little Harvester web page at www.my.highschooljournalism.org/tx/pampa/phs.

Club news

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

Heritage Art Club

Heritage Art Club met recently at Pampa Senior Citizens Center with President Roxanna Hendricks presiding. Among those present at the meeting were Ruth Barrett, Edie Hudson, Polly Benton, Hendricks, Jennie Barker, Theresa Maness and Betty McCracken.

During the meeting, the following business was conducted and announcements made:

—Secret Pal gifts were exchanged.

—Members painted pen and ink scarecrows under the direction of Maness.

Marge Holland won the door prize.

The next meeting will be Nov. 1 at Pampa Senior Citizens Center.

Pampa Art Club

Pampa Art Club met Oct. 5 at the home of hostess Betty Fletcher.

During the meeting, the following business was conducted and announcements made:

—Minutes were approved as read by Pat Kindle.

—Members worked on individual art projects.

—Linda Nowell was congratulated for winning a third place award at Amarillo Fine Art Show.

—Members viewed murals painted in the Sunday school department at First Christian Church. Some of the murals were rendered by PAC member Frances Hall.

The next meeting will be at 10:30 a.m. Oct. 19 at Pampa Community Building.

20th Century Club

Twentieth Century Club met Oct. 12 at the home of hostess Dot Stowers who was assisted by Louise Bailey.

The following business was conducted and announcements made:

—Roll was taken and minutes were read by Bailey, club secretary.

—Billie Dixon delivered the treasurer's report.

—Vonna Wolf presented the program on "Diary of Adam and Eve."

The next meeting will be at 1:30 p.m. Oct. 26 at the home of Mildred Laycock.

DAR

A program on lowering the risks for heart attacks and strokes was presented by Joan Gray-Soria, local Extension agent, at a recent meeting of Las Pampas Chapter of Daughters of the American Revolution.

Individuals at high-risk for heart attack or stroke, Gray-Soria said, are those with high blood pressure and high cholesterol, those who smoke, are under great stress and have a family history of either disease. Lack of exercise is a contributing factor as well, she said.

Gray-Soria reported that a good heart attack survival plan includes having a readily accessible information sheet with medicine and dosage amounts being taken, with medicines that cause an allergic reaction as well as doctor's name and emergency phone numbers.

Individuals can lower their risk of contracting these life-threatening diseases, Gray-Soria said, by walking 30 minutes five days a week, taking prescribed medications, maintaining a healthy weight, reducing animal fat in cooking, limiting salt intake and getting regular health check-ups.

In other business:

—Darlene Birkes delivered a summary of the President General's message and presented a flag fact.

—Louisa Britton presented the National Defense Report on Pantex, and Mary Cantrell reported on conservation, fire prevention, DAR School report and Constitution fact.

—Members were recognized for donations to Pioneer Cottage, and donations were taken for veteran projects.

—Peggy Palmittier received her 25-year recognition certificate.

—The chapter earned a blue ribbon award from the national organization and a Level I award from the state organization.

The next meeting is scheduled Nov. 4.

Altrusa

Altrusa International Inc., of Pampa, met Oct. 12 at Pampa Country Club with President Billie Dixon presiding. Diann Birdsell and Mattie Norton served as greeters. Kayla Cox attended as a guest.

During the meeting, the following business was con-

See CLUB, Page 12-B

No tricks! Just easy-to-make

No tricks! Just easy-to-make treats...

Thinking about Halloween inevitably conjures up images of goblins, ghouls and ghosts who walk the earth for a night of fright. This year, let a friendly spirit into the house instead — the spirit of fun!

Wandering spirits aside, Halloween is a great time for wandering imaginations. Invite family and friends in the spirit of fun to partake in the creative activities of the season. Homemade costumes foster creativity and fun, as does dressing up the front porch for guests with jack-o-lanterns and scarecrows in outrageous getups.

Past the front door, welcome guests into a memorable party filled with fun treats, not scary tricks. Guests can decorate masks, make up silly Halloween songs set to familiar tunes and munch on festive goodies. Invite the spirit of fun, and the enjoyable memories of Halloween will haunt you, happily, for the rest of the year.

For other unique Halloween recipes, decorating and gift ideas, and family fun activities, visit www.brightideas.com.

Spider Cupcakes

Ingredients:

1 (18.25-ounce) box devil's food cake mix

1 (26.5-ounce) bag Snickers or Milky Way Fun Size Bars, unwrapped

1 (14-ounce) bag M&M's Milk Chocolate Candies for Halloween

1 (16-ounce) can dark chocolate frosting

1 (10.5-ounce) can chocolate sprinkles

24 large marshmallows

48 black licorice laces

Directions:

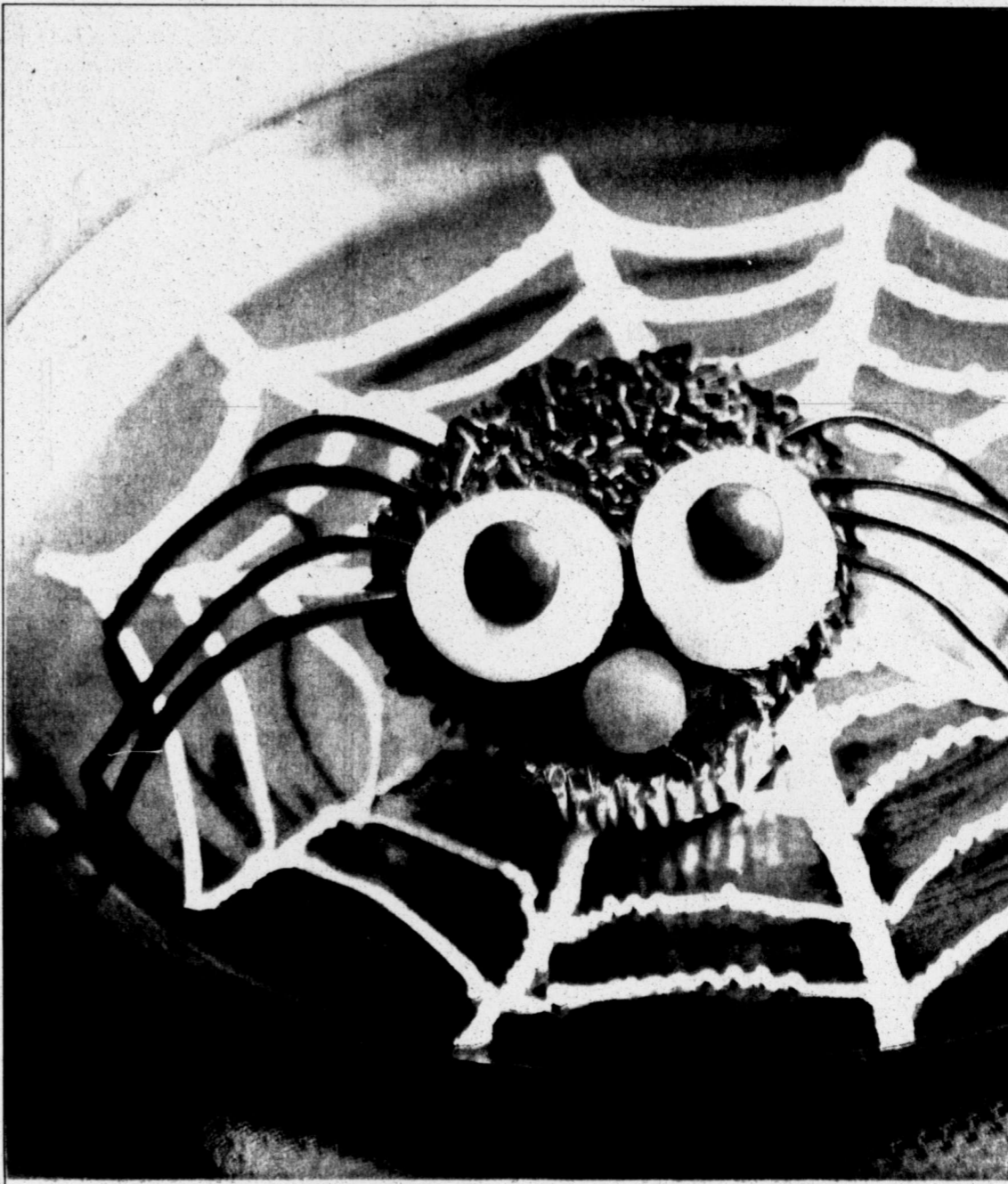
Preheat oven to 350

batter, then transfer to prepared pans.

Bake 18 to 21 minutes. Remove pans from oven, transfer to wire rack and let cool completely.

Reserve 2 tablespoons of chocolate frosting in resealable plastic bag.

Treats!



Spider Cupcake

Spread tops of cupcakes with remaining frosting, then coat with chocolate sprinkles.

Cut marshmallows in half horizontally. Using reserved frosting, attach marshmallows to cupcakes as eyes.

Evenly quarter licorice laces. Press 4 pieces on

Attach another M&M's for mouth. Makes 24 cupcakes

Halloween Cut-Out Cookies

Ingredients:

1 (18-ounce) roll refrigerated sugar cookie dough

2/3 cup all-purpose flour

2 (14-ounce) bags M&M's Milk Chocolate Candies or Halloween

1 (16-ounce) can vanilla frosting

Black food coloring

6 large colored craft sticks

1 (6-inch) flowerpot

1 Styrofoam square

6 (12-inch) strands colored raffia

Directions:

Preheat oven to 350 degrees. Knead together cookie dough and flour until smooth.

Roll out dough to 1/4-inch thickness. Using large Halloween cookie cutters, cut out 6 cookies and transfer to cookie sheet.

Gather up dough scraps and re-roll, if necessary.

Slide a craft stick underneath each cookie and press into dough. Bake cookies until golden brown, about 12 to 15 minutes.

Transfer cookie sheet to wire rack.

When cookies are cool, divide vanilla frosting between 2 bowls. Using food coloring, color half of frosting black.

Spread frosting over cookies, and decorate with candies (eyes, noses, etc.). Let dry, about 30 minutes.

Fill flowerpot with Styrofoam. Tie each craft stick with raffia. Press

craft sticks into Styrofoam. Sprinkle remaining candies over Styrofoam.

Makes 6 large cookies

Preheat oven to 350 degrees. Knead together cookie dough and flour until smooth.

Roll out dough to 1/4-inch thickness. Using large Halloween cookie cutters, cut out 6 cookies and transfer to cookie sheet.

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Spread frosting over cookies, and decorate with candies (eyes, noses, etc.). Let dry, about 30 minutes.

Fill flowerpot with Styrofoam. Tie each craft stick with raffia. Press

craft sticks into Styrofoam. Sprinkle remaining candies over Styrofoam.

Makes 6 large cookies

Boo-Ville Dirt

Ingredients:

1 (9-ounce) box chocolate wafers

1 (5.9-ounce) box instant chocolate pudding

1 (13-ounce) bag Snickers Fun Size Bars

1 (13-ounce) bag Twix Fun Size Bars

2 cups whipped topping

1 (14-ounce) bag M&M's Milk Chocolate Candies for Halloween

1 tube white decorating icing

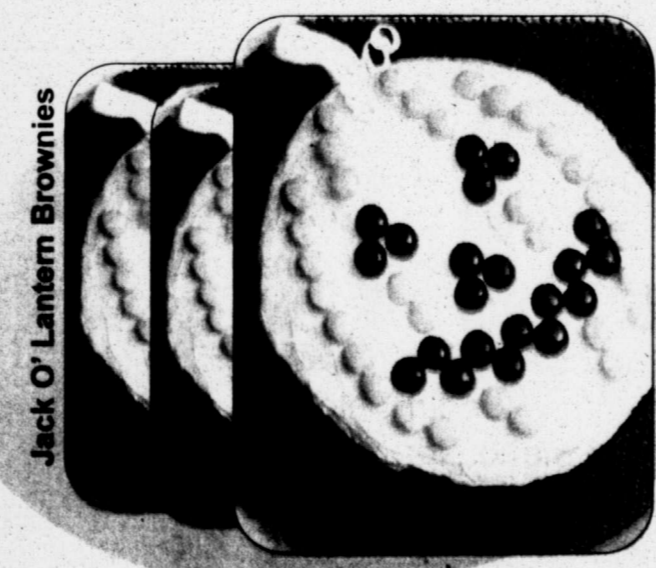
Directions:

Put chocolate wafers into large plastic bag and crush into a fine crumb. Set aside.

Set aside 9 Snickers bars and roughly chop remainder. Place in mixing bowl and set aside.

Chop Twix bars,

See RECIPES, Page 8-B

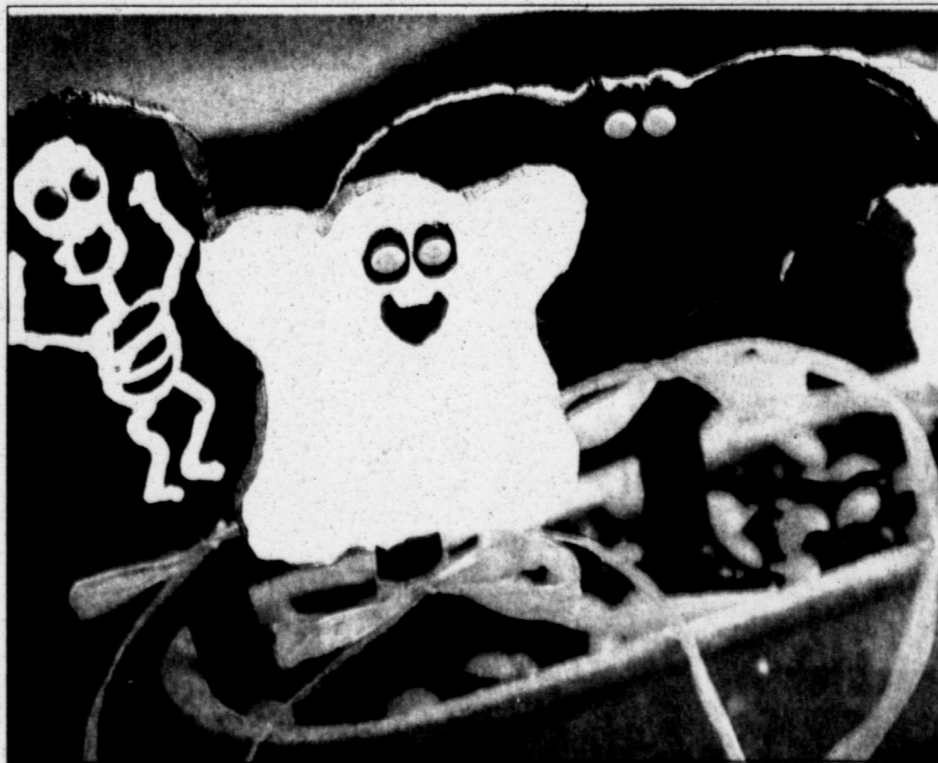


Jack O' Lantern Brownies

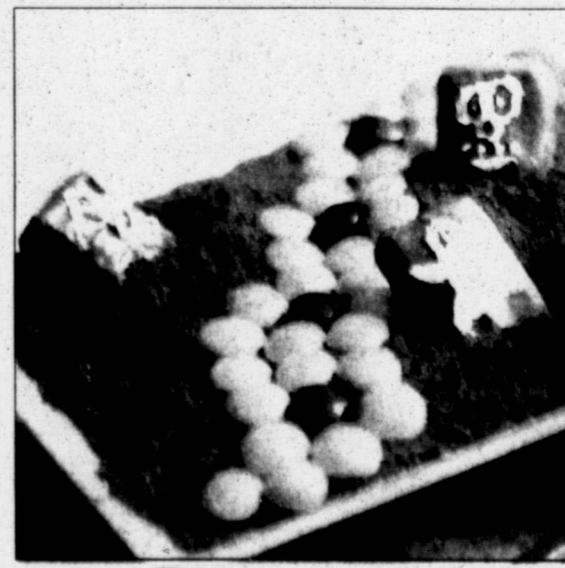
degrees. Prepare cake mix according to package instructions. Fill 2 muffin tins with paper liners.

Fold candy bars into

two sides of each cupcake for spider legs. Dot marshmallow centers with frosting and attach an M&M's to each.



Halloween Cut-Out Cookies



Boo-Ville Dirt

All materials courtesy of M&M's Seasonal Brands.

OCT 17 2004

Couple exchange vows in California

Bridal Registry

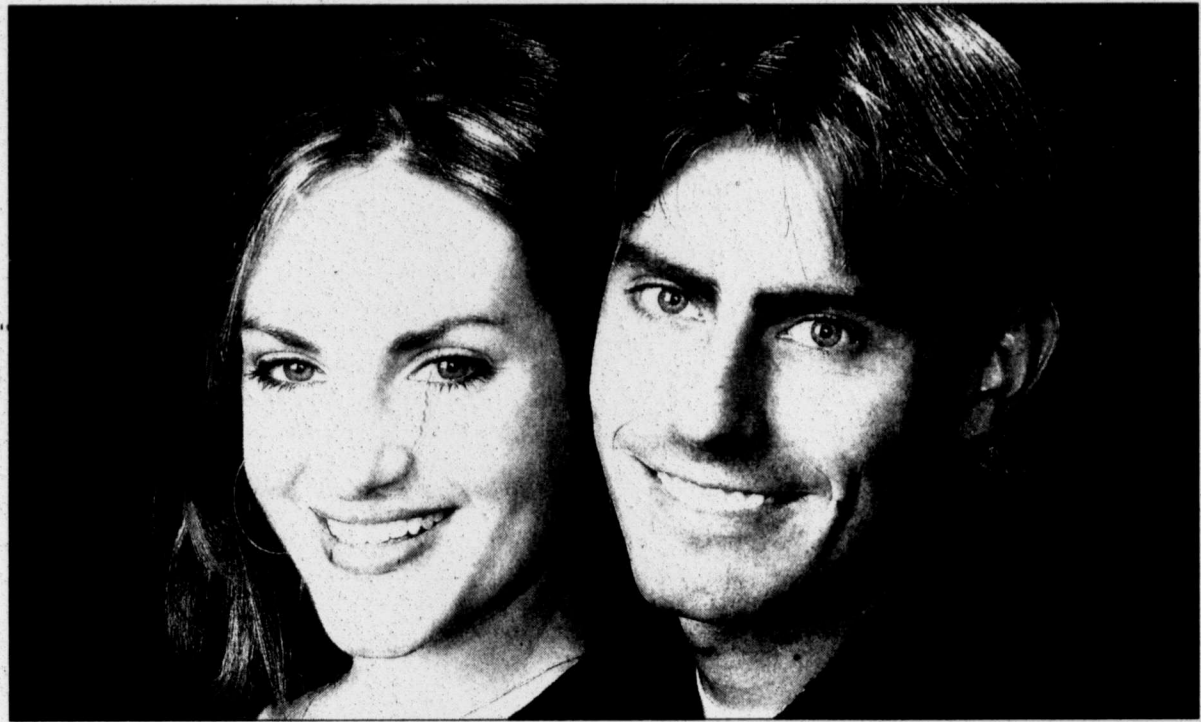
Kristi Carter & Clint Well
 Jill Trollinger & Lynton Garrett
 Courtney Moreland & James Godwin
 Ashley Graf & Lucas Jaramillo

DUNLAPS
 Coronado Center • 669-7417

Amber Nichole Stafford and Jeremy Weir were united in marriage in Ventura, Calif., on Oct. 2. The couple will be living in San Diego, Calif., where they both have jobs.

The groom is a graduate of the University of California-San Diego UCSD.

The bride, daughter of Pampa natives Tony and Phyllis Stafford of Ventura, is a graduate of San Diego State University. She is the granddaughter of Karen Parnell, Royce A. Gee and Walker and Dorothy Bird, all of Pampa, and Dennis Stafford of Midland.



Amber Nichole Stafford and Jeremy Weir

Couple receive surprise anniversary trip

Mr. and Mrs. Russell Seely of Pampa will celebrate their 50th wedding anniversary from 2-4 p.m. Oct. 23 at Fellowship Baptist Church.

Russell Seely and Wynona Orndoff were married Oct. 19, 1954, at Pampa.

Hosting the upcoming reception will be their children, Russell "Rusty" Seely, Jr., of Pampa, Phillip and Helen Seely of Houston and Stephen "Steve" and Tarra Seely of Ponca City, Okla.

The couple enjoyed a surprise trip to Eureka Springs, Ark., in September from Phillip, Helen, Stephen and Tarra. The couple was treated to sight-seeing, attending an antique car show, and a viewing of the Passion Play, with a tour of the Holy City and the Christ of the Ozark's.

Mr. Seely, originally of Kettle Falls, Wash., has been a Pampa resident for 55 years and Mrs. Seely, of Leedey, Okla., has lived here for 62 years.



Mr. and Mrs. Russell Seely

Both are members of Fellowship Baptist.

Mr. Seely retired from IRI Corporation in 1999 after 24 years of service.

Mrs. Seely retired in 2000 from Wal-

Mart after 16 years. She is a member of American Business Women's Association.

The couple is the grandparents of five grandchildren and one great-grandchild.

Lifestyles Policy

1. The Pampa News will not be responsible for photographs used in announcing births, weddings, engagements or anniversaries. We

also reserve the right to refuse publication of photographs of poor quality. Photographs cannot be returned unless they are

accompanied by a self-addressed, stamped envelope. They may be picked up in the office after appearing in the paper.

2. All information must be submitted by 5 p.m. Wednesday (12 noon

See POLICY, Page 3-B

Twenty - Second Annual Rose Memorial Service

BSA Hospice Staff and volunteers invite you, your family, friends, caregivers and the community to join us in a memorial service to celebrate the lives of our loved ones

Sunday, October 24, 2004
 2:00 p.m.
 New Life Assembly of God Church
 35 N. Sumner
 Pampa, Texas

A reception will follow the service.



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ALLSTATE - RANDY HANNAH AGENCY
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JULIES HALMARK
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KENNETH CARGILL CPA
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LAMPLITER RESTAURANT
 Chinese Cuisine

ON EAGLE'S WINGS
 Bridal Registry
 Gifts, Jewelry, Home Decor

PAMPA CUSTOM FRAMING
 Picture It! And We'll Frame It!

PAMPA OFFICE SUPPLY
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 Support For Women

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 Jewelry At Its Finest

SANDS FABRICS
 All The Sewing Supplies You Can

SCHNEIDER HOUSE APTS.
 Assisted Living

T SHIRTS AND MORE
 Sports Clothing And More

TARPLEY MUSIC
 Instruments And Music

THE COFFEE SHOP
 Drinks, Lunch And Gift Items

THE GIFT BOX
 Religious Gifts And Books

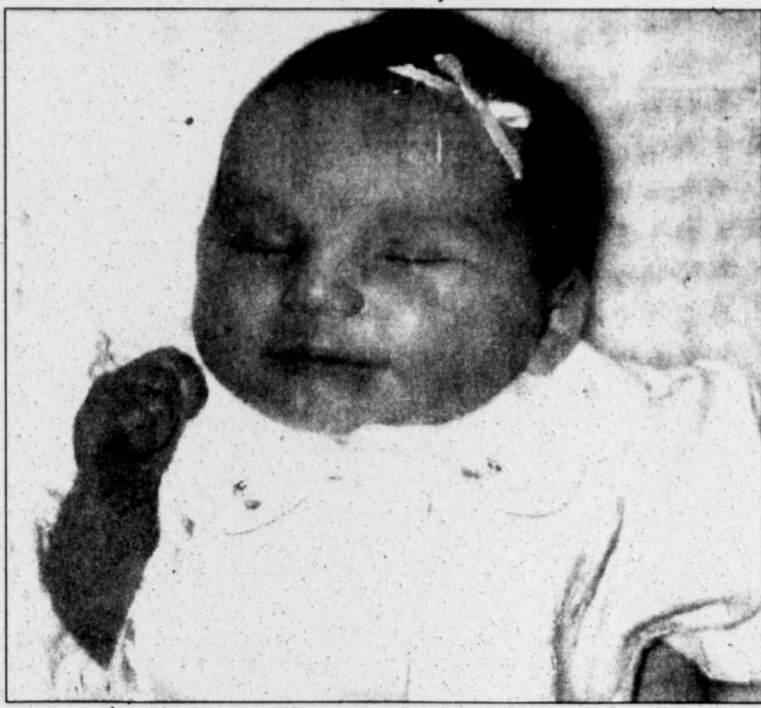
THE HOBBY SHOP
 Craft Items

THE PAMPA NEWS
 Read All About It!

TOP OF TEXAS AWARDS AND GIFTS
 Gift Items, Trophies And More

VJS IMPORTS
 Unique Clothing And Jewelry

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 Downtown Businesses Association



▲ **Lorell Haynes**

Lorell Ann-Maree Haynes was born at 5:13 p.m. Sept. 14 at BSA Hospital in Amarillo, to Lauren Haynes of Pampa. At birth, the infant weighed 7-pounds, 14-ounces and was 19 1/2-inches long. The infant's relatives include grandparents, Ronnie and Dennie Haynes of Pampa; and great-grandparents, Judy Haynes and the late H.N. Haynes and the late Frank and Lola Roach.



▲ **Laney Kay Shipman**

Laney Kay Shipman was born at 1:22 p.m. Sept. 15 at BSA hospital in Amarillo, to James and Angie Shipman of Pampa. At birth, the infant weighed 7-pounds, 14-ounces and was 19 1/2-inches long. Relatives of the infant include her grandparents, Greg and Judy Sims, Donna Shipman and the late Lane Shipman; and a great-grandfather, Bill Sims.

▼ **Trinity Elizabeth King**



Trinity Elizabeth King was born at 6:39 p.m. Sept. 11 at Abilene Regional Medical hospital, to Jeremy and Tiffany King of Abilene. At birth, the infant weighed 6-pounds, 5.1-ounces and was 20-inches long. Relatives of the infant include her grandparents, Calvin and Sharon King of Pampa and Jerry and Cindy Mote of Bridgeport.

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Policy

Continued from Page 2-B

\$25 charge or four extra lines may be added to announcements for \$25 (\$50 for both).

Tuesday before a holiday such as Thanksgiving or Christmas), prior to Sunday insertion.

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

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

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

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

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

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

9. Two anniversary pictures may be placed for a

Week of Beauty
October 18-24

- Preview this Fall's Trendy Colors and Styles
- Receive Beauty Tips and Tricks from the Pros
- Free Gift with any cosmetic purchase of \$20 or more.

Free Gift
With any cosmetic purchase of \$20 or more.
Ms. Manicure® Feet Retreat Spa Treatment Kit
While supplies last.

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**RHEAMS DIAMOND SHOP
28TH ANNIVERSARY**



LET'S MAKE A DEAL

PLAY AND RECEIVE BETWEEN

28% TO 75% OFF

ON DIAMOND RINGS, DIAMOND EARRINGS, FASHION RINGS, PEARLS, GOLD CHAINS, DIAMOND PENDANTS, SEIKO, CITIZEN & PULSAR WATCHES & DIAMOND BRACELETS

HOW TO PLAY... Draw a Ping-Pong Ball for a percentage off if you don't like it ... draw again. Still don't like it ... you get one last chance! But, the last one you draw is it! **NO GOING BACK! BUT WHAT A DEAL!**

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Sale Excludes Fossil, Daring Diamonds, Seiko Clocks. Other Exclusions May Apply. One Drawing Per Day Only. Sale Good For A Limited Time.

THE PAMPA NEWS COMICS

Dear Abby...

By Pauline & Jeanne Phillips

DEAR ABBY: Six months ago, I met a great guy I'll call Joe. Things have gotten serious and we have discussed living together. A couple of weeks ago, Joe spent the weekend at my place. When I got up to prepare breakfast, I was shocked to see him walk through my front door after retrieving my newspaper -- stark naked.

I live in a wooded area with few neighbors. Joe had to stroll down a long private driveway to the public street to get the paper. Anyone could have seen him. There are little kids in the neighborhood. To top things off, it was chilly outside and raining.

I asked Joe why he went outside naked in the rain, and he tried to shrug it off as no big deal. He replied, "I didn't want to get my clothes wet."

I haven't been able to think about anything else for days. I'm considering breaking up with him over this. Joe seems perfect in every other way. He's handsome, successful and even-tempered. I live in a small town and can't risk my reputation by being in a relationship with the local flasher. He thinks I'm making a big deal out of something innocent. What should I do?

— MORTIFIED IN MINNESOTA

DEAR MORTIFIED: First of all, count your blessings. I know a doctor in Minnesota who likes to shave naked in the snow. He says he gets a closer shave that way. Of course, he hasn't caught pneumonia yet or been reported to the police -- and his wife is open-minded.

Because you live in a secluded area, it's possible your friend didn't realize he could be seen by anyone -- young or old. Put him on notice that when he's at your house, he is not to go outside au naturel. If he respects your feelings, he'll abide by your wishes. If he doesn't, Nature Boy is not the man for you -- and could be courting a "close shave" with the law in your community.

DEAR ABBY: I am one of your male readers. I posted my profile on an Internet site for singles. The site contains a significant amount of personal information. All the information I entered was accurate except for my age. I said I was six years younger than my chronological age.

I did it for two reasons: First, I neither look nor act my age. I take excellent care of my body and my chronological age doesn't reflect who I am. Second, individuals conduct a search based on only two parameters -- the age range desired and geographic location. Thus, many women would never view my profile because I would fall outside the age range considered acceptable.

I had sent and received several e-mails from a delightful young lady. At one point, she asked me whether the age listed in my profile was accurate. I immediately told her the truth and the rationale I had used for listing myself as younger. She immediately informed me that she was no longer interested in communicating with me because I had lied.

Was I wrong to list an age in my profile that wasn't accurate, even though I am more youthful than most people my age? —LOOKING FOR LOVE, COLUMBUS, OHIO

DEAR LOOKING: Yes, you were wrong. Although many people of both sexes lie online -- about everything from height, to weight, to income level -- the truth has a way of coming to light in the end. And when it does, the inevitable question that follows is: "What ELSE has this person been lying about?" That's a very poor way to start any meaningful relationship.

It is best not to engage in false advertising -- and if you're going to post a photograph, make it a recent one so there are no disappointments.

For Better Or Worse



Zits



Garfield



Beetle Bailey



Marvin



Crossword Puzzle

CROSSWORD

By THOMAS JOSEPH

ACROSS DOWN

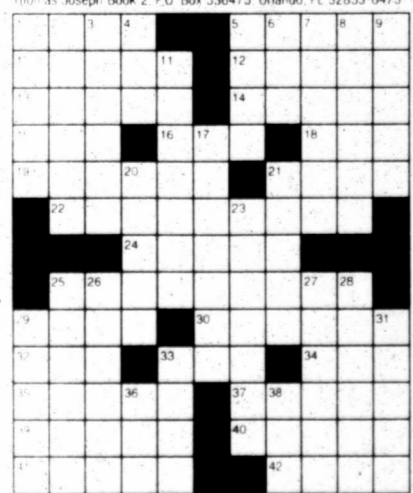
- 1 Sight
- 5 Up
- 10 Gave a hoot
- 12 Flat paper
- 13 Speak
- 14 Pithy
- 15 Quirk
- 16 Dove sound
- 18 Take in
- 19 California's Sea
- 21 Grant on film
- 22 Racer's edge
- 24 Become prevalent
- 25 It's beyond what's expected
- 29 Leave in stitches
- 30 Scram!
- 32 Sawbuck word
- 33 Kitty cry
- 34 Pindar work
- 35 Skirt
- 37 Road runners
- 39 Gas for one
- 40 Hagar's dog
- 41 High-hats
- 42 Ages

SMART BEARS
NICHE LOCAL
ELTON UNTIE
ELLI OFFSIDE
REV REF VET
STEM DEFER
VIM DAS
LORRE NEWS
POL SEL RAP
ESCAPEE VIE
STARE ALIVE
TINGE DICED
STOOL SEEDS

Yesterday's answer

- 20 Scrumptious
- 21 "Be quiet!"
- 23 "I remember when..."
- 25 Craps natural
- 26 Kubla Khan's home
- 27 Blackout criminal
- 28 Writer Welty
- 29 Flight makeup
- 31 Tries out
- 33 "Alice" diner
- 36 Bit of paint
- 38 French article

NEW CROSSWORD BOOK! Send \$4.50 (check/m.o.) to Thomas Joseph Book 2 P.O. Box 536475 Orlando, FL 32853 64/75



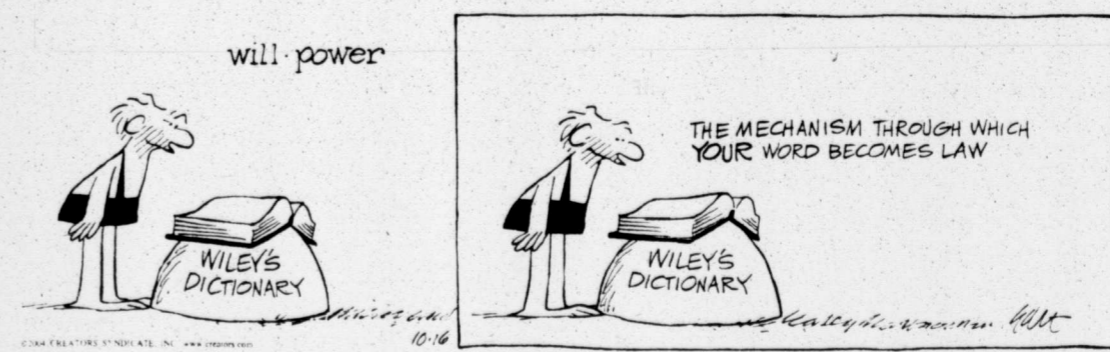
Marmaduke



The Family Circus



B.C.



Hagar The Horrible



Peanuts



Flo & Friends




Blondie



MARQUEE


OCT 17 2004

SUNDAY, October 17, 2004
to
SATURDAY, October 23, 2004



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Photographer Hours: 10am-7pm
Photographer will be available these 5 days only:
Thursday, October 21 through Monday, October 25

PAMPA, TEXAS

NO SUBJECT FEES OR ADDITIONAL CHARGES. \$3.88 package price paid at photography. Price for advertised package not selection. Limit one advertised package per family, please. Up to five additional photos taken for custom collection with no obligation to purchase. All ages welcome. Minors under 18 must be accompanied by a parent. Sizes approximate. Backgrounds and props may vary by location. Your choice of available backgrounds; some group bookings apply.

One Week Only!

**Kickin' it up
a Notch...**



Saturday, October 23, 2004
M.K. Brown Auditorium
Tickets \$25⁰⁰ per person
Dinner & Silent Auction at 5:00 p.m.
Live Auction at 8:00 p.m.
Bingo begins at 9:00 p.m.
Dance begins at 9:00 p.m.

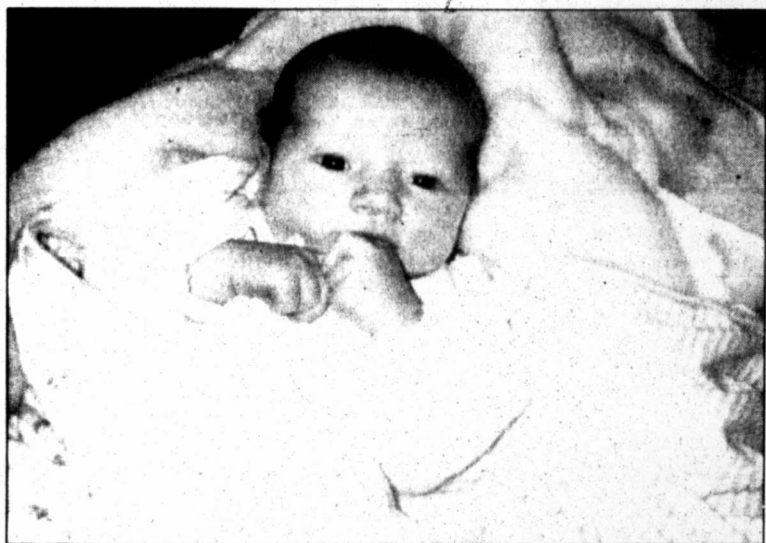
featuring
**COODER
GRAW**
from 10:00 p.m.
until
midnight

at the 20th Annual
**Pampa Chamber of Commerce
Country Fair**



Sydney Ellen Larkin

Sydney Ellen Larkin was born at 9:04 a.m. Sept. 22 at Amarillo, to Dustin and Tanya Larkin of Pampa. At birth, the infant weighed 7-pounds, 12-ounces and was 20 1/4-inches long. Her proud relatives include brother, Brody Larkin; grandparents, Debbie Latham of Shamrock and Gary and Diana Larkin of Skellytown; and great-grandparents, Don and Floy Larkin of Pampa and DW and Mary Rankins of Shamrock.



Jacob Lane Covalt

Jacob Lane Covalt was born at 7:58 a.m. Oct. 5 at Pampa Regional Medical Center, to Marc and Rebecca Covalt of Pampa. At birth, the infant weighed 8-pounds, 11-ounces and was 20 1/2-inches long. Relatives of the infant include a brother, Hayden Covalt of Pampa; and his grandparents, Al and Susan Ferguson and Julie Swanson, all of Pampa, and Robert and Glenna Swanson of Skellytown.

Menus

Week of October 18-22

Pampa Schools
MONDAY
Breakfast: Toast, sausage.
Lunch: Chicken fajitas or macaroni/cheese, western beans, onions/bell peppers, Spanish rice, fruit.

TUESDAY
Breakfast: Cheese omelets, toast.
Lunch: Spaghetti/meat sauce or chicken nuggets, green beans, salad, peaches, rolls.

WEDNESDAY
Breakfast: Biscuits, sausage gravy.
Lunch: Chicken salad sandwiches or pizza, corn, English peas, pineapples.

THURSDAY
Breakfast: Cinnamon rolls.
Lunch: Pigs in a blanket or beef/cheese nachos, blackeyed peas, potatoes, mixed fruit.

FRIDAY
Breakfast: Cereal, toast.
Lunch: Chicken patties on a bun or hamburgers, French fries, English peas, fruit, brownies.

Lefors Schools
MONDAY
Breakfast: Muffins, cold cereal, toast, juice, milk.
Lunch: Corndogs or hot pockets, potato smiles, peas, salad bar, fruit cocktail, milk.

TUESDAY
Breakfast: Sausage, biscuits, cold cereal, toast, juice, milk.
Lunch: Teriyaki chicken or egg rolls, rice, celery/carrot sticks, pineapple tidbits, salad bar, milk.

WEDNESDAY
Breakfast: French toast, cold cereal, toast, juice, milk.
Lunch: Baked potatoes or chicken fajitas, steamed broccoli, cheese, beans, applesauce, salad bar, milk.

THURSDAY
Breakfast: Breakfast pockets, cold cereal, toast, juice, milk.
Lunch: Ribaque or chicken nuggets, mashed potatoes, green beans, rolls, pears, salad bar, milk.

FRIDAY
Breakfast: Cold cereal, toast, juice, milk.
Lunch: Cheese pizza, peanut butter and jelly sandwiches, corn, oranges, salad bar, milk.

Kid's Cafe
OCT. 18 (Wilson Elementary)
Sloppy Joes, chips, fruit.

OCT. 19 (Lamar Elementary)
Burrito Supreme, salad, corn, pudding cups.

OCT. 20 (Wilson)
Stew, cornbread, fruit, cookies.

OCT. 21 (Lamar)
Chicken, mashed potatoes, green beans, rolls, fruit.

Senior Citizens
MONDAY
Chicken fried steak or lasagna rollups, mashed potatoes, spinach, beets, beans, French vanilla cake or chocolate pie, slaw, tossed or jello salad, hot rolls or cornbread.

TUESDAY
Baked cod/rice or Salisbury steak,

augratin potatoes, green limas, fried squash, beans, Boston cream pie or cherry cheesecake, slaw, tossed or jello salad, hot rolls or cornbread.

WEDNESDAY
Roast beef brisket/brown gravy or cook's choice, mashed potatoes, peas and carrots, corn cobettes, beans, hurricane oatmeal cake or blackberry cobbler, slaw, tossed or jello salad, hot rolls or cornbread.

THURSDAY
Chicken strips or beef enchiladas, tater tots, cheese grits, fried okra, pinto beans, strawberry shortcake or lemon icebox pie, slaw, tossed or jello salad, hot rolls or cornbread.

FRIDAY
Catfish/hushpuppies or spaghetti/meatballs, potato wedges, zucchini, beans, peanut butter cake or tapioca cups, slaw, tossed or jello salad, garlic bread sticks, hot rolls or cornbread.

Meals On Wheels
MONDAY
Barbecue, potato salad, baked beans, pudding.

TUESDAY
Hamloaf, hominy casserole, carrots/raisin salad, pineapples.

WEDNESDAY
Chicken, dressing, gravy, English peas, cranberry sauce, yamboree.

THURSDAY
Egg casserole, hashbrowns, green beans, cookies.

FRIDAY
Chicken nuggets, baked potatoes, peas/carrots, peaches.

Recipes

Continued from Page 1-B

place in separate mixing bowl and set aside.

Prepare pudding according to package directions. Refrigerate 10 minutes.

Fold whipped topping into pudding.

Line bottom of 9- x 13-inch pan with chopped Snickers bars. Spoon half of pudding mixture over candy, then sprinkle with Twix bars

and top with remaining pudding.

Spread chocolate wafer crumbs over entire surface, mounding some crumbs in different areas to make hills.

Use M&M's to make a path. Decorate remaining 9 Snickers bars with white icing and press bars into prepared surface, creating a spooky landscape.

Makes 20 to 24 servings

■ Jack O' Lantern Brownies

Ingredients:
1 box (for 9x13-inch pan)

brownie mix

1 (16-ounce) can white frosting, tinted with orange food coloring

1 (14-ounce) bag M&M's Milk Chocolate Candies for Halloween

6 green Starburst Fruit Chews, Tropical variety

Directions:

Line bottom only of 9-inch round baking pan with parchment paper.

Prepare and bake brownie mix according to package directions.

Once baked, cool completely, unmold and place on

platter.

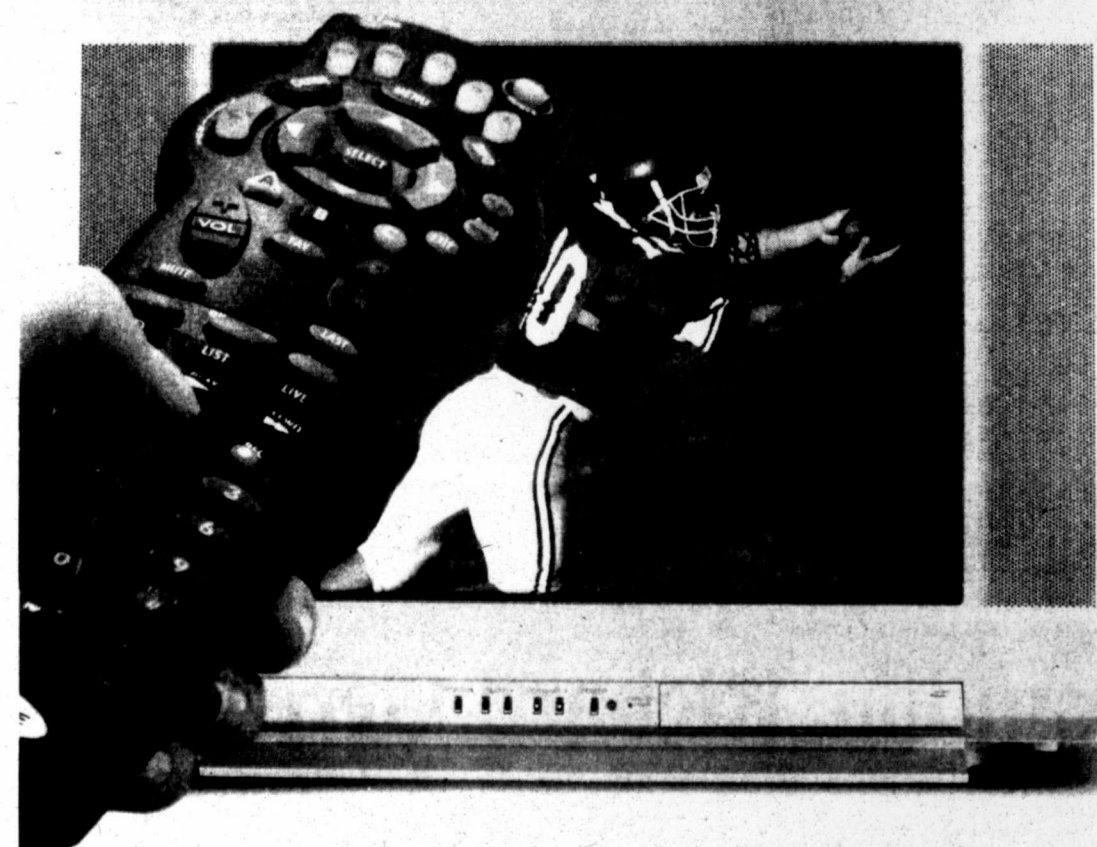
Ice with orange-tinted frosting. Use black M&M's for Jack O' Lantern's eyes, nose and mouth.

Microwave fruit chews 3 to 4 seconds. Mold into one piece with fingers. Pull off 1/3, set aside.

Mold remainder into thick stem shape. With hands, roll reserved piece into long rope on flat surface. Make curlicues. Press stem into top of cake, decorate with "vines."

Makes 12 servings

Pause Live TV in HD



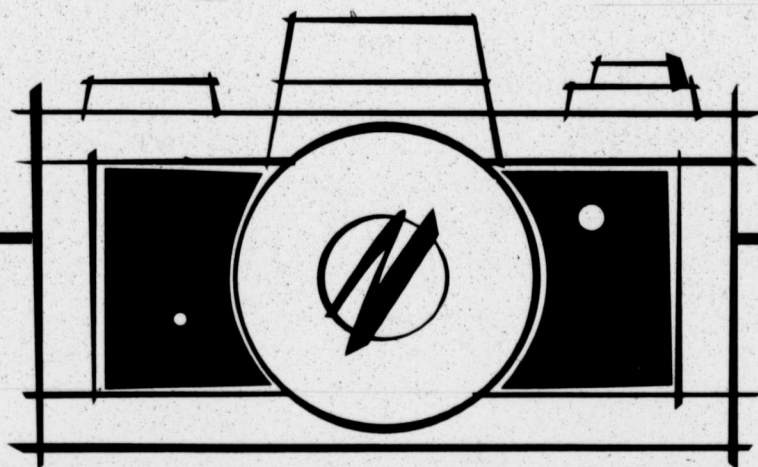
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Harvester spirit



Jesse Downs, left, and Allison Whitson, kindergarten students at Woodrow Wilson Elementary School, show they are in the school spirit recently with their outfits of green and gold inscribed with "Harvesters."

Executive-in-residence to present program at university

CANYON — Stephen H. Gens, the Gene Edwards executive-in-residence at West Texas A&M University, will make a presentation on the University's Biotechnology Initiative at 2 p.m. Wednesday, Oct. 20 at the Alumni Banquet Facility on campus.

Gens retired in 2002 after 14 years as the president of the Harrington Regional

Medical Center in Amarillo. Since his April appointment as WTAMU's executive-in-residence, Gens' main focus has been to prepare a strategy leading to the development of a biotechnology workforce in West Texas.

The University began offering a bachelor of science degree in biotechnology in spring 2004. The

Biotechnology Initiative, if incorporated into WTAMU's curriculum, would provide master's degree opportunities in business for biotechnology majors, preparing them for a wide variety of alternative career options.

The presentation is free and open to the public. For more information, call 806-651-2530.

Movie

Continued from Page 7-B

king for years. (This character in the original, Mr. Aoki, got the biggest laughs; it's almost as much of a hoot to watch the open-shirted, gold-chained Tucci hamming it up in a tousled brown wig.)

But John's wife, who doesn't know he's been chacha-ing by night, smells perfume on his shirts, thinks he's acting weirdly happy and suspects he's having an affair. She hires a pair of private investigators (Richard Jenkins and Nick Cannon) to do some snooping and, naturally, they get swept up in the dance, too.

It would be too easy to say

that this new version of "Shall We Dance?" has two left feet, since its heart is in the right place. Renting the original, though, would be a step in the right direction.

"Shall We Dance?" a Miramax Films release, is rated PG-13 for some sexual references and brief language. Running time: 106 minutes. Two stars out of four.

Club

Continued from Page 1-B

ducted and announcements made:

Beth Miller gave the Accent on the Altrusa Yearbook, explaining the design and reasons for the content in the yearbook. Miller also expressed appreciation to Mayda King and Dorla McAndrew who compiled the 2004-2005 yearbook.

Carolyn Kessell was approved for membership.

Janet Bilyeu and Alicia Hughes were granted leaves of absence.

The resignation of Mildred Brazeal was regretfully accepted.

Dixon reminded members of the Nov. 6 Altrusa District Nine Fall Leadership Event at the Ambassador Hotel in Amarillo. Members were encouraged to register by Oct. 15.

Altrusans will observe Make a Difference Day on Oct. 23 by setting up a library/reading nook at the Southside Senior Citizens Center. Book Collection boxes were placed at various locations to gather donations for the project.

Members were remind-

ed that October is Breast Cancer Awareness Month. Information pamphlets and stickers were distributed among the members.

Dixon reported on ASTRA Club and on plans for the Celebration of Lights

in December.

Louise Bailey volunteered to chair the A.U.N.T. Committee, made vacant by Brazeal's resignation.

The next meeting will be at 7 p.m. Oct. 26 at Pampa Country Club.

TCE pheasant workshops set for late October

FLOYDADA — It's no secret that pheasant hunting is big business on the Texas High Plains, a news release from Texas Cooperative Extension says, but managing the birds sometimes seems as if it is. TCE has scheduled three Pheasant Management Workshops to update producers on management findings relating to the bird.

The first meeting is scheduled at 6 p.m. Oct. 26 at Floyd County Extension Office in Floydada. The second meeting will be at 8:30 a.m. Oct. 28 at Sherman County Exhibit Building in Stratford, and the third meeting will be at 8:30 a.m. Oct. 29 at Perryton Expo Center Fairgrounds in Perryton.

Ken Cearley, Extension wildlife specialist, is coor-

inating the events. He said game hunting-related dollars are rolling in at an all-time high and revenues from pheasant venues are no exception.

"Pheasants have long been a hunting mainstay across much of this area," Cearley said. "But keeping the birds at a huntable level year in and year out has been a trick few have been able to consistently master. Our aim for this series of meetings is to give producers answers to their areas' specific pheasant-related questions."

Topics for the three programs are similar, but we have made a real effort to acquire speakers who can put a local twist to management questions specific to each site. If you're a pheasant enthusiast, it will pay

you to attend one of the meetings. I can assure you it will be time well-spent."

General topics will include "Origin and Biology of Ring-necked Pheasants," "Current Population Status," "Pheasant Habitat Management in the Texas Panhandle," "Economic Importance of Pheasants to Local Communities," "Pheasants Forever" and "Farm Bill Provisions Related to Pheasants."

For more information, contact J.D. Ragland, in Floyd County, (806) 983-4912; Leslie Neve, in Sherman Co., (806) 366-2081; Scott Strawn, in Ochiltree Co., (806) 435-4501; or Cearley at (325) 653-4576 (e-mail: k-cearley@tamu.edu).

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