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THE PAMPA NEWS

Friday, August 11, 2006

Volume 102 • No. 109

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ECONOMY

Organizers say job fair a success

By MARILYN POWERS
Staff Writer

Kathy Cota, manager of Pampa's Panhandle WorkSource office, is optimistic about the city's chances of attracting a national call center to Pampa after a two-day job recruiting fair Tuesday and Wednesday netted 201 applications.

"I think there's still some things that have to go on behind the scenes before we get a firm commitment, but I went away with an optimistic outlook," Cota said.

The human resources director of the company was in Pampa and visited the fair each day to talk to some of the applicants.

"When he left, he was very optimistic," Cota said. "I think we're right on target," she said of the size of the turnout at the fair.

The job recruitment fair was a joint venture of Panhandle WorkSource, the Pampa Chamber of Commerce, Innovative Staffing Solutions LLC, and Clarendon College Pampa campus, where the fair was held.

"We worked hand-in-hand with different people in the community," Cota said of the joint effort.

"David Bradford (CCPC associate dean) talked to him about training. We talked to him about assessments," Cota said concerning visits with the company representative.

"They do extensive orientation and then training if needed," she said.

The company plans to hire up to 750 people over the next year, according to Pat Vanderpool, Chamber of Commerce executive director.

"The employer is considering expanding to the Pampa area and will base the expansion decision on the company's ability to attract qualified personnel to provide customer service for its clients," Vanderpool said.

Chamber advertising Citywide Garage Sale

By MARILYN POWERS
Staff Writer

What do you do with that pasta machine that Aunt Elvira gave you two Christmases ago that is collecting dust in the top of your kitchen cabinet? Is your collection of knickknacks causing your floor to sag?

Maybe you're looking to outfit a college student who's going off to live in an apartment or dorm room. Perhaps the travel trailer needs another pot or pan.

Buyers and sellers will have an opportunity to remedy these and other such situations at the Pampa Chamber of

See SALE, Page 2

Officials say it is safe to fly

WASHINGTON (AP) — A top White House counterterrorism official tried to reassure the public today that it's safe to fly even as she acknowledged that investigators continue to search for some of the terrorists accused of planning to blow up airliners over the Atlantic Ocean.

Frances Fragos Townsend, President Bush's homeland security adviser, did not rule out that some missing plotters may be in the United States.

"There are leads that the FBI is running," Townsend told ABC's "Good Morning America" during a round of morning television interviews.

'We are looking for connections between anyone in the United States and the plotters in the U.K., but we don't have any evidence that there is an active threat or cell here.'

— Frances Fragos Townsend
Homeland security adviser

"We are looking for connections between anyone in the United States and the plotters in the U.K., but we don't have any evidence that there is an active threat or cell here," she told CBS.

Though British officials have arrested two dozen alleged plotters,

several suspects remain at large, including the suspected ring leaders of the London plot.

Nonetheless, Townsend said people should continue to fly.

"People ought to feel safe about traveling because of all the precautions we're taking," she said.

More will be learned about the plot in coming days, White House officials say. In the meantime, the U.S. airline system remains on high alert, with tougher passenger inspections expected Friday.

Details continued to emerge about the alleged plot, which officials said they had tracked for months. A congressman briefed by intelligence officials, who did not want to be identified because of the sensitivity of the investigation, said U.S. intelligence had intercepted terrorist chatter and British intelligence helped thwart the plot through undercover work.

Man arrested, charged with burglary, twice in one week

By MARILYN POWERS
Staff Writer

A Pampa man is in Gray County Jail after being arrested twice in the same week for burglaries of two Gray County homes, and having his bond surrendered by the bonding company.

Coleman Hampton, 23, a Pampa area resident, was arrested Aug. 5 in connection with burglary of a habitation at 12557 U.S. Highway 60 East, according to Lt. Joe B. Hoard of Gray County Sheriff's Office. Household electronics items had been taken from the home during the burglary.

At the time of his arrest Aug. 5, Hampton was found to be in possession of less than two ounces of marijuana, Hoard said.

"He bonded out on those charges Aug. 7," Hoard said.

The next day, Aug. 8, Hampton was again arrested in connection with the burglary of a habitation, this time concerning a home on North Loop 171. Household electronics were taken from the Loop 171 home at the time of the incident.

Hampton was also charged with unauthorized use of a motor vehicle in connection with the Loop 171 incident as well as charges of expired registration and no valid driver's license, according to Gray County Jail records.

"The original bonding company surrendered his first bond from the fifth. He re-bonded on all charges on Aug. 9," Hoard said. Hampton was free on approximately \$13,000 bond until Thursday, when he was again arrested after the bonding company surrendered his bond.

All items taken from each of the two burglaries have been recovered, Hoard said.

Yard work



Pampa News photo by MARILYN POWERS
Pedro Castillo of A&T Yard Service digs a trench to install a sprinkler system at a home on Evergreen Street. A thunderstorm which moved through the area Thursday night served as a natural sprinkler system for local lawns. More chances of rain are forecast for the next several days.

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Deadline For Sign Ups Is August 18 • Any Household Or Business In The Immediate Pampa Area Is Eligible To Participate
Call Or Come By The Chamber Office To Sign Up



Obituaries

Olive G. Morriss, 93

Olive G. Morriss, 93, of Pampa, Texas, died Aug. 10, 2006, at Pampa.

Services will be at 11 a.m. Saturday, Aug. 12, 2006, at Memory Gardens Cemetery with the Rev. Terry Haralson, a Baptist minister, and James L. Morriss, a family member, officiating.

Arrangements are under the direction of Carmichael-Whitley Funeral Directors.

Mrs. Morriss was born Jan. 13, 1913, in Grayson County, Texas. She married Audie Morriss on Jan. 30, 1938, in McKinney. He predeceased her in death on March 12, 1994.

She had been a resident of Pampa since 1948, moving from Weston. She was a nurse's aide at Highland General Hospital from 1960 until her retirement in 1984. She was a Methodist.



Morriss

Survivors include two sons, Roy E. Morriss of Pampa and Robert L. Morriss of Lefors; three grandchildren, Panda Bourelle of Bishop, Calif., Wade Morriss of Amarillo, and Cydney Morriss of Lefors; and six great-grandchildren, Jeremy of Kingman, Ariz., Tommie of Reno, Nev., Shayley and Andrew of Lefors, and Charlotte and Maple of Amarillo.

She was preceded in death by three brothers and three sisters.

The family requests memorials be to Odyssey Hospice, 6900 I-40 West, Suite 150, Amarillo, TX 79106, or Shepherd's Helping Hands, P.O. Box 1155, Pampa, TX 79066-1155.

—Sign the on-line register book at www.carmichael-whitley.com.

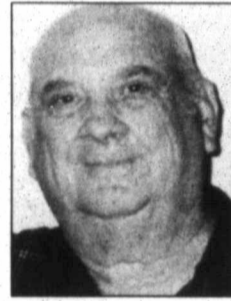
H.J. Preston, 69

H.J. Preston, 69, of Pampa, Texas, died Aug. 7, 2006, at Tulsa, Okla. Services will be at 2 p.m. Saturday, Aug. 12, 2006, at Memory Gardens Mausoleum with the Rev. Lynn Hancock, pastor of the Briarwood Full Gospel Church, officiating.

Burial will be in Memory Gardens Cemetery under the direction of Carmichael-Whitley Funeral Directors of Pampa.

Mr. Preston was born Jan. 19, 1937, in Hastings, Okla. He had been a resident of Pampa since 1958. He married Gwendeolyn Jones on Aug. 11, 1960, in Borger. He was a veteran of the U.S. Army, serving during peace time.

He worked at Panhandle Industries as a welder for several years until 1979. He later worked as a welder at Lee-Text Industries.



Preston

He was a member of The Amarillo Bird Club and The National Shoot to Retrieve Association.

He was preceded in death by his parents, Dave and Johnnie Preston.

Survivors include his wife, Gwendeolyn Preston, of the home; one son, Ronnie Preston of Pampa; two granddaughters, Alesha Williams of Pampa and Amber Preston of Altus, Okla.; one great-granddaughter, Savanna Williams of Pampa; and one brother, Robert Preston of McLean.

The family requests memorials be to the American Cancer Society, c/o Gerry Caylor, 2130 Charles, Pampa, TX 79065.

—Sign the on-line register book at www.carmichael-whitley.com.

Services tomorrow

MORRISS, Olive G. — 11 a.m., Memory Gardens Cemetery, Pampa. PRESTON, H.J. — 2 p.m., Memory Gardens Mausoleum, Pampa.

Emergency Services

Pampa PD

Pampa Police Department reported the following incidents for the 24-hour period ending at 7 a.m. today. Six traffic stops were made.

Traffic complaints were received from the intersection of Highway 60 and Loop 171, and the 800 block of South Hobart.

An animal complaint was received from the 300 block of East Brown.

Agency assistance was rendered in the 700 block of North Wells.

Warrant service was attempted on one occasion, resulting in at least one arrest.

A missing person was reported in the 1600 block of West Somerville.

Found property was reported in the 900 block of South Nelson. The incident involved a dirt bike engine.

Lost property was reported in the police department lobby and the 1200 block of North Wells.

Civil matters were reported on two occasions in the police department lobby.

Violation of a city ordinance was reported in the 800 block of Duncan.

Public intoxication was reported on two occasions in the 1500 block of Duncan, resulting in at least one arrest.

arrest.

Suspicious vehicle calls were received on two occasions from the 900 block of South Nelson.

Silent/abusive 911 calls were received from the 1000 block of West Wilks, the 600 block of Doucette, an unreported location, and the 1200 block of South Barnes.

Disorderly conduct was reported in the 1300 block of North Hobart, the intersection of Kingsmill and Marie streets, and the 1400 block of Somerville.

Criminal mischief was reported in the 500 block of East 17th.

A domestic disturbance was reported in the 400 block of Lefors.

Four burglar alarms were reported.

A gas drive-off was reported at Allsup's, 309 N. Hobart.

Theft was reported the Best Western Northgate Inn, 2831 Perryton Parkway.

Theft was reported in the 1900 block of North Faulkner. A green mountain bike valued at \$175 was taken.

Sheriff

Gray County Sheriff's Office reported the following arrests today.

Thursday, Aug. 10

Robbie Eugene Godsey, 18, of Pampa was arrested in the 1000 block of North Sumner by Pampa Police Department for possession of a controlled substance and carrying a prohibited weapon.

Coleman Hampton, 23, of Pampa was arrested by GCSO on bond surrenders for two counts of burglary of a habitation, unauthorized use of a motor vehicle, and possession of less than two ounces of marijuana.

Jesse Douglas Calfy, 43, of Pampa was arrested in the 400 block of East Francis by PPD for two counts of animal at large.

Terry Washington, 52, of Pampa was arrested in the 1400 block of Duncan by PPD for public intoxication.

Zachary Skinner, 21, of Pampa was arrested in the 2300 block of Beech for having a fictitious license plate and registration, and a probation violation for possession of a controlled substance.

Luis Baca, 20, of Pampa was arrested in the 900 block of South Nelson by PPD on a bond surrender for possession of drug paraphernalia.

Leyva Guillermo, 22, of Glendale, Ariz., was arrested by GCSO on a bond surrender for money laundering.

Gray County Weather

Today: Scattered showers

STOCKS ■ BONDS ■ CDs ■ MUTUAL FUNDS ■ IRAs

Duane Harp

Investment Representative 1921 N. Hobart 965-6753



Edward Jones MAKING SENSE OF INVESTING

and thunderstorms. Partly cloudy, with a high near 90. South-southeast wind 5 to 10 mph becoming northeast. Chance of precipitation is 40 percent.

Tonight: A 40 percent chance of showers and thunderstorms.

Partly cloudy, with a low around 72. East-southeast wind between 5 and 10 mph.

Saturday: A 30 percent chance of showers and thun-

derstorms after 1 p.m. Partly cloudy, with a high near 92. Southeast wind between 5 and 10 mph.

Saturday Night: A 20 percent chance of showers and thunderstorms. Partly cloudy, with a low around 70. East wind 10 to 15 mph becoming south.

Sunday: A 30 percent chance of showers and thunderstorms, mainly after 1 p.m. Partly cloudy, with a high near 95. South-southwest wind between 10 and 15 mph, with gusts as high as 20 mph.

Sale

Continued from Page 1

Commerce's third annual city-wide garage sale, Aug. 26.

Deadline for sellers to sign up as participants is Aug. 18. A \$15 fee will be charged to cover advertising costs. Sign-up sheets are available at the Chamber offices in the Pampa Community Building, 200 N. Ballard.

The Chamber will print up and distribute

maps showing each sale location, along with a list of all participating addresses. The maps will be available from several locations around Pampa.

Any household or business in the immediate Pampa area is eligible to participate in the sale. The Chamber of Commerce will advertise the sale locally and in the surrounding area.

Sale hours on Aug. 26 will be from 9 a.m. to 4 p.m.

There were over 80 addresses listed in last year's sale, according to a Chamber spokeswoman.

Stocks

The following grain quotations are provided by Attebury Grain of White Deer. Wheat 4.15 Milo 3.23 Corn 4.12 Soybeans 4.38

The following 9:30 a.m. N.Y. Stock Market quotations are furnished by Edward Jones & Co. of Pampa. OXY 105.19 -0.49 BP PLC ADR 69.10 -0.66 Cabot Corp 31.39 -0.09 Celanese 18.32 -0.03 Cabot Oil Gas 54.47 -0.03 Coca Cola 43.65 -0.25 VLO 65.02 -0.02 HAL 34.10 +0.08 TRI 42.71 -0.32 KMI 100.60 -0.05 XCEL 20.36 -0.10 Kerr McGee 70.47 NA XOM 69.04 -0.30 Nat'l Oilwell 65.25 -0.45 Limited 25.91 -0.20 Williams 24.29 +0.04 MCD 34.65 -0.22 Atmos 28.61 -0.09 Pioneer Nat 43.49 -0.41 JCP 65.93 +0.35 COP 67.55 -0.55 SLB 64.34 +0.02 Tenneco 22.60 -0.38 CVX 67.25 -0.10 Wal-Mart 44.50 -0.39 OKE 39.11 -0.06 NS Grp 47.96 -0.31

CITY BRIEFS

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

GOSPEL SINGING, Sunday afternoon, 2-4, Pentecostal Holiness Church, 1700 Alcock. Everyone welcome.

FOR SALE: pond, pump, water falls, filter, and rocks. 663-1106.

GARAGE SALE: St. Paul United Methodist Church, 511 N. Hobart. 8-?? Fri. & Sat. Lots of children's stuff.

GOLDEN SPREAD Auctioneers. 859 Frederic St., Pampa, TX. Slim Graham, 806-662-7695, lic.#7420 and Ed Bailey, 204-0107, lic.#10323. Gail Sanders is no longer affiliated with this business.

ANNIVERSARY SALE- All of August 20%-50% off most items at Scrapbooking and More, Borger 1004 Mergert, 273-7338

MCLEAN COUNTRY Club Dance, Sat. Aug. 12th, to Deanna & the Western Swingsters. 8-11:30pm., \$7 ea.

PADDED & Flag Football Sign-Ups, Aug. 16, 17, 18th, 6-8pm., Optimist Club building. Grades 1-6, boys & girls. Fees are Padded \$55, Flag \$35

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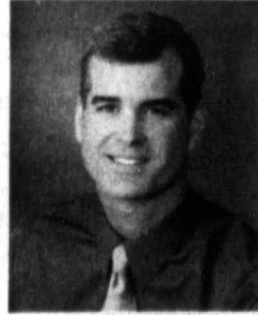
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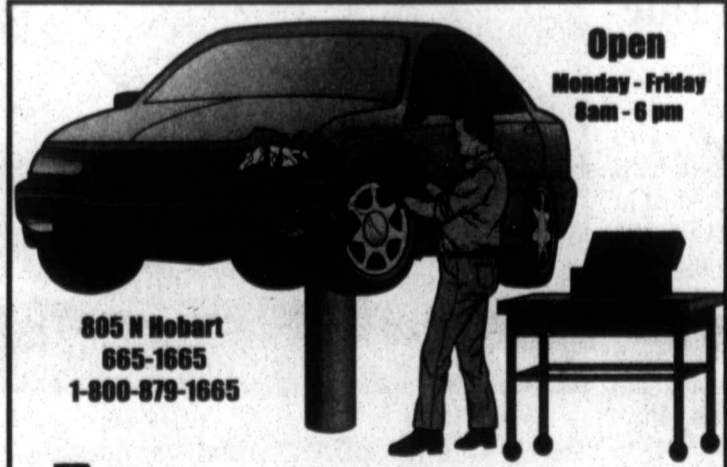
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THIS YEAR AS YOU RETURN TO YOUR STUDIES I CHALLENGE YOU TO GO AGAINST THE FLOW OF SOCIETY! STAND FOR THE



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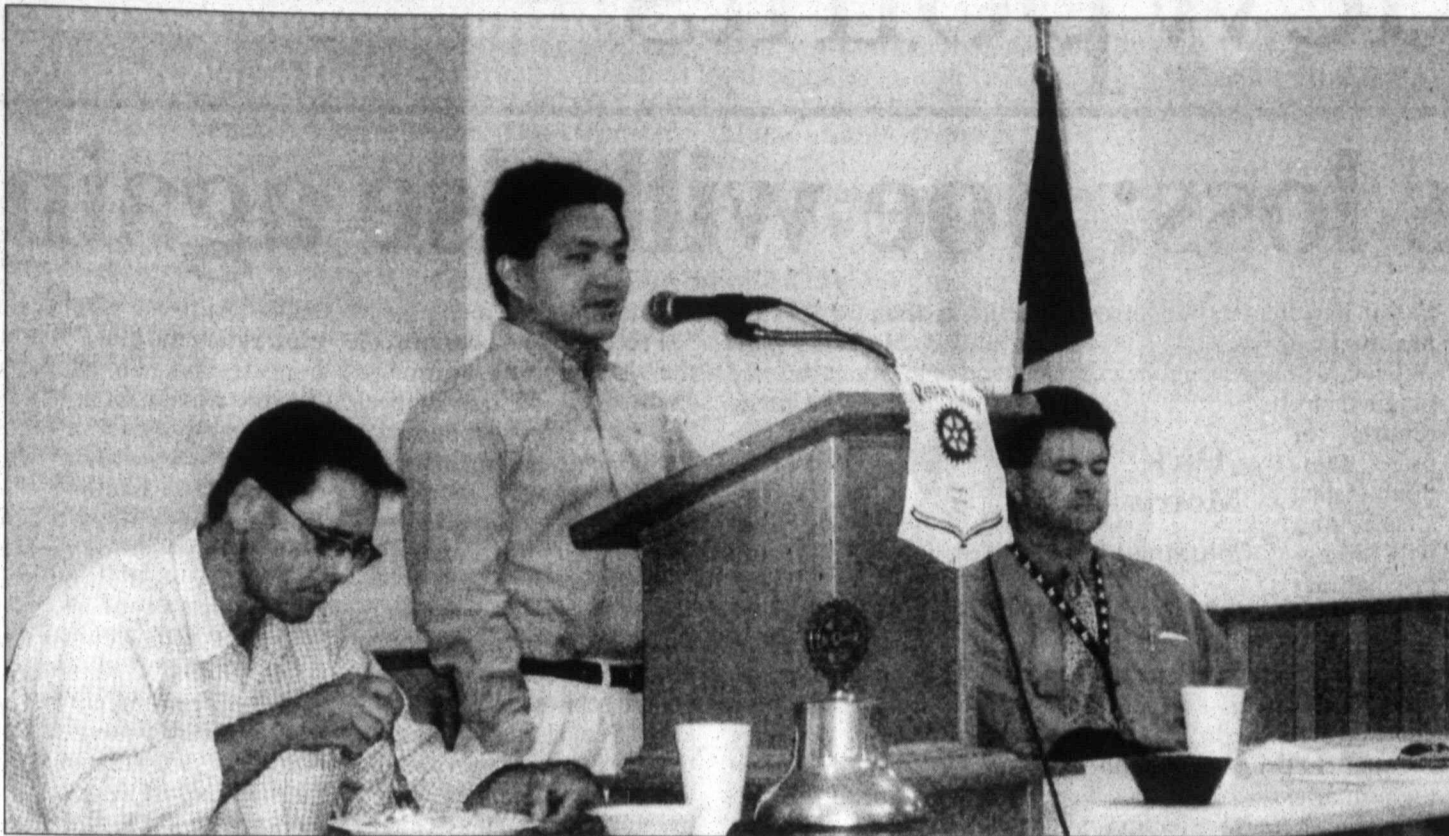


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Rotary Club



John Nguyen, MD, recently addressed a gathering of Pampa Rotarians. Dr. Nguyen has been serving the Pampa area since 2002 and is one of six new doctors to join the staff of Pampa Regional Medical Center this year. Nguyen presented a program on the Hospitalist Program at PRMC during the local Rotary Club meeting.

ECONOMY

Retail sales rebound in July, rising 1.4 percent

WASHINGTON (AP) — Shoppers got back in the buying mood in July, propelling sales at the nation's retailers up by 1.4 percent, the most in six months.

The snapback reported Friday by the Commerce Department came after shoppers hunkered down in June, depressing retail sales by 0.4 percent, according to revised figures. June's sales turned out to be even weaker than the 0.1 percent dip reported a month ago.

The showing on retail sales for July was stronger than economists were expecting. They had forecast a 0.8 percent gain.

"Consumers appear to be hanging tough and are doing their part to ensure

'Consumers appear to be hanging tough and are doing their part to ensure that the economic expansion remains intact.'

— Mark Zandi
Economist

that the economic expansion remains intact," said Mark Zandi, chief economist at Moody's Economy.com.

In a separate report from the department, stockpiles of unsold goods grew by 0.8 percent in June as businesses' sales inched up just 0.2

percent. June was not only a weak month for retailers' sales, but also for manufacturers' sales, the report said. The increase in inventories in June was larger than the 0.5 percent rise economists were anticipating.

With shoppers regaining their appetite to spend, they

snapped up a variety of goods. Sales rose at stores selling electronics and appliances, building and garden supplies, health and beauty goods, and furniture. Sales also went up at bars and restaurants. Auto dealerships, where sales have flagged in recent months, also saw an improvement as incentives and promotions helped lure buyers.

There were weak spots, however. Sales at sporting goods, hobby, book, music and department stores slipped.

Economists closely watch consumer behavior because their spending accounts for roughly two-thirds of all economic activity.

Perry wants discount for poor electricity customers restored

AUSTIN (AP) — Gov. Rick Perry says the state should resume a program that provides discounts for poor electricity customers or stop collecting the fee that was meant to fund it.

In a letter Thursday to the Texas Public Utility Commission, Perry called on the agency to submit a budget proposal that includes the discount program for the upcoming two-year budget cycle.

The System Benefit Fund, which was created in 1999 as part of an electric deregulation law, provides rate discounts of 10 percent to more than 350,000 low-income Texans.

The discount is financed by a fee on electric bills — typically about 65 cents per bill. However, recent state budgets have redirected the generated funds to other areas of the budget.

"The low-income discount needs to remain a part of the competitive package or the charge should be removed from customers' bills," Perry said in his letter. "It is unconscionable for the money to be collected and not go to the citizens it was designed to help."

Perry's office says a 10 percent discount on electric bills for poor customers would cost \$76 million in fiscal 2008 and \$82 million in fiscal 2009.

Perry's office and the Legislative Budget Board have previously told agencies that they should prepare for base budgets will be 10 percent smaller than their current ones.

SUMMER sidewalk sale

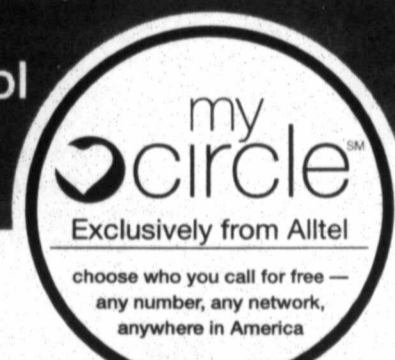
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Childress 2004 Ave. G N.W. (940) 937-8550	Pampa 1329 N. Hobart (806) 669-3435	Comin. Connection (806) 274-9444	Dalhart Comm. Connection (806) 249-8411
Dumas 1528 Goylaine Plaza (806) 935-6307		Island Phones (806) 274-2226	Dumas Access Wireless (806) 935-9197
			Pampa Pampa Office Supply Co. (806) 669-3253
			RadioShack Whiteface Cellular (806) 363-2740
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Viewpoints

Lieberman's loss: Joe will rise again

By **DICK MORRIS** and **EILEEN MCGANN**

Reports of Joe Lieberman's political death are (as Mark Twain once said of rumors of his own demise) "premature and grossly exaggerated." Lieberman has lost a battle, but he can still win the war running as an independent.

While Ned Lamont will clearly have a bounce after his primary victory, a recent Rasmussen Poll showed Lieberman and Lamont tied at 40 percent each in the general election (with scandal-plagued GOP nominee Alan Schlesinger at 13 percent).

Those who would consign

Lieberman to the dustbin of history need to realize that the Democratic primary in Connecticut is an affair that could be conducted in a good-sized phone booth. About 140,000 people voted for Lamont. But the state saw 1,575,000 votes cast in the general election of 2004. Assume a lower turnout in 2006 (an off year), say 1 million votes, that still leaves 860,000 that can vote for Lieberman.

The Connecticut incumbent can, of course, count on the roughly 130,000 who backed him yesterday (aside from a few party regulars who might find it necessary

to fall into line and endorse the nominee).

Then, with the Republican plagued by reports of huge gambling debts, Lieberman will strongly attract independent and GOP voters, plus moderate Democrats who weren't energized enough by the Lamont challenge to vote in the primaries.

In the general election, Lieberman can paint Lamont (a former client of mine) as the rich, light-weight dilet-

tante he is (heir to the fortune of J.P. Morgan's partner) and can focus on the broad range of his legislative agenda.

After all, Lieberman has taken the lead on issues ranging from campaign-finance reform to tobacco regulation to corporate-governance reform to tough action against terrorism to the battle against global warming. He'll look better and better, while Lamont will look like a one-issue challenger who

is out of his league.

Freed of the confines of the Democratic primary, Lieberman can now appeal to independents, Republicans and mainstream Democrats who were not sufficiently motivated to participate in the primary, he can win.

In the meantime, Lieberman's primary defeat sends a message to all presidential contenders, particularly Sen. Hillary Clinton, that they have to move to the left on the war or be buried by the party's increasingly radical and leftist base. Al Gore is emerging as the one for her to worry about in

2008. Anti-war from the start, riding the global warming issue and a proven popular-vote winner, Gore will be increasingly attractive to the same left-wing voters who nominated Lamont in Connecticut. Hillary's convoluted flip-flops on the war won't play well in the primaries.

—Dick Morris was an adviser to Bill Clinton for 20 years. Eileen McGann, an attorney and consultant, is a CEO of VOTE.com and Legislativevote.com. She works with Dick Morris on campaigns and around the world, specializing in using the internet to win elections.



Dick Morris
Columnist

Today in History

By The Associated Press

Today is Friday, Aug. 11, the 223rd day of 2006. There are 142 days left in the year.

Today's Highlight in History:

Fifty years ago, on Aug. 11, 1956, abstract painter Jackson Pollock, 44, died in an automobile accident on Long Island, N.Y.

On this date:

In 1909, the SOS distress signal was first used by an American ship, the Arapahoe, off Cape Hatteras, N.C.

In 1934, the first federal prisoners arrived at the island prison Alcatraz in San Francisco Bay.

In 1942, during World War II, Vichy government official

Pierre Laval publicly declared that "the hour of liberation for France is the hour when Germany wins the war."

In 1954, a formal peace took hold in Indochina, ending more than seven years of fighting between the French and Communist Vietnam.

In 1962, the Soviet Union launched cosmonaut Andrian Nikolayev on a 94-hour flight.

In 1965, rioting and looting that claimed 34 lives broke out in the predominantly black Watts section of Los Angeles.

In 1978, chiefs of state and foreign dignitaries arrived in Vatican City for the funeral of Pope Paul VI.

In 1991, Shiite Muslim kidnappers in Lebanon released two Western captives: Edward Tracy, an American held nearly five years, and Jerome Leyraud, a Frenchman who'd been abducted by a rival group three days earlier.

In 1992, the Mall of America, the biggest shopping mall in the U.S., opened in Bloomington, Minn.

In 1997, President Clinton made the first use of the historic line-item veto approved by Congress, rejecting three items in spending and tax bills. (However, the Supreme Court later struck down the line-item veto as unconstitutional.)

Ten years ago: The Reform Party opened the first part of its two-stage convention in Long Beach, Calif., with Ross Perot and Richard Lamm battling for the presidential nod.

Five years ago: In his weekly radio address, President Bush said his decision to restrict but not forbid federal financing of embryonic stem cell research placed him at the crossroads between protecting and enhancing human life.

One year ago: President Bush expressed sympathy for war protesters like Cindy Sheehan, the mother camped outside his Texas ranch demanding answers for her soldier-son's death, but said he believed it would be a mistake to bring U.S. troops home immediately.

A one-day strike by British Airways baggage handlers and other ground staff forced the cancellation of hundreds of flights to and from Heathrow Airport.

'The best of all the preachers are the men who live their creeds.'

— Edgar A. Guest
American author,
journalist and poet
(1881-1959)

WHY THE U.N. COULDN'T DISARM HEZBOLLAH

IF YOU GIVE ME ALL YOUR WEAPONS, I'LL CUT YOU IN ON THE 'OIL FOR FOOD' ACTION!



FORGET IT! IRAN IS MY SUGAR DADDY!

HOW 'BOUT A NICE 13-YEAR-OLD VIRGIN FROM THE CONGO?



FOOD?...

I'VE GOT 72 OF 'EM WAITING FOR ME IN HEAVEN, NOW BEAT IT!

The serious details of everyday life ...

As the world gets crazier and crazier, perhaps a little Buddhist wisdom would help us all cope.

Buddhist monks, like Catholic priests, are supposed to be celibate. One day long ago, an older monk and a young monk were walking along a road toward their monastery. They came to a stream that had to be forded, and on the other side a beautiful young girl stood staring at the swirling water.

Without hesitation, the older monk waded across, picked up the girl and carried her through the water to the other side. Then the two monks resumed their journey, but the older monk noticed that his young companion was sulking.

"What's wrong?" he finally asked.

"How could you do that?"

the young monk said. "How could you pick up that young girl? How could you hold her in your arms?"

The older monk laughed. "I put her down a long time ago, but you're still carrying her."

One of the points of this story is to deal with the present situation, but then let it go. The same point is made in the wonderful novel "Zorba the Greek," by Nikos Kazantzakis. A mob of superstitious villagers decides to murder a young widow because the people believe she has the evil eye and has caused the death of a young man. Zorba valiantly fights to save her life, but

when he fails, he shrugs and goes home. The situation was over. The moment had passed. He let it go.

Lots of people have a great deal of trouble letting things go. Some people go through their whole lives reacting to situations in certain ways because of things that happened to them when they were children or adolescents. Neither past nor future exists except in our minds.

A samurai once advised that serious matters should be taken lightly, and small matters seriously. Really serious matters will occur only two or three times in a lifetime. One prepares for

them by taking seriously the details of daily life. To use a martial example, one may not have an occasion to kill another man but once in several decades. However, if you have paid attention to daily practice with your weapon, when that fatal day arrives, you can handle it easily.

There is a great similarity between Zen Buddhism and Roman Stoicism. Emperor Marcus Aurelius said it is pointless to get angry at anyone no matter what he does, because whatever he does, he believes it is the right thing to do. When I first read that as a hot-tempered lad in school, it struck me as foolish. As the years of experience pile up, I begin to see the wisdom of it.

See REESE, Page 5

Charley Reese

Columnist



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Texas Thoughts

By The Associated Press

A sample of editorial opinion around Texas:

■ July 31

The Odessa American on farm subsidies:

In February 2003, cattle rancher Nico de Boer in Texas watched the space shuttle Columbia break up in the sky above his ranch. Weeks later he was surprised to learn that because of that disaster he was one of hundreds of Texas ranchers entitled to up to \$40,000 in federal disaster compensation funds, even though the nearest debris landed 10 to 20 miles from his cattle.

He took the money. Would you? Welcome to the Livestock

Compensation Program, a program cobbled together hurriedly in 2002 for political reasons (to help elect Republican Sen. John Thune in South Dakota) that managed to funnel \$1.2 billion of the taxpayers money to ranchers, most of whom suffered no damage or loss and many of whom tried at first to return the checks, during its two years of existence.

The Washington Post, doing what you would hope a free press would do often letting taxpayers know how the government is wasting their money but which happens all too infrequently, has done a fascinating investigative story on this obscure boondoggle.

The program was originally designed to provide a limited helping hand to dairy farmers and ranchers hurt

by drought in 2002.

But it grew like Topsy.

For starters, ranchers were not required to show actual damage from the drought. The government simply sent them a check based on the number of head of cattle they ran. Then ranchers in counties that had not been declared drought "disaster areas" complained to their congressmen, and that fussy requirement was dropped. Anything weather-related would do.

The floodgates opened. The only thing needed, before sending checks to people who owned hundreds or thousands of acres and thousands of head of cattle, was some evidence of weather-related problems.

See WASTE, Page 5

Events calendar

• **Pampa Community Concert Association Presents "Live On Stage"** has released its current concert schedule. The schedule is as follows: "The Centurymen" 7 p.m., Sept. 20, First Baptist Church in Pampa; pianist Alpin Hong, 2:30 p.m., Oct. 1, M.K. Brown Auditorium; "Puttin' on the Hitz, A Salute to Irving Berlin," 7:30 p.m., Feb. 15, Borger High School Auditorium; Bronn and Katherine Journey, harpist and vocalist, 7:30 p.m., March 19, M.K. Brown Auditorium. Membership fees are \$30 for adults, \$70 for families; and \$15 for students. For more information, call 665-0343 or 665-2631.

• **Habitat For Horses, Inc.**, is in the area distributing horse feed, hay, medical and barn supplies. The volunteer organization will continue to organize feed and hay drives to the fire damaged area and coordinate distribution centers as needed. For more information, call (866) 434-5737 or (806) 681-5858.

• **Perryton author Kathy Jackson** will sign books at Hastings in Pampa from 4-7 p.m. Aug. 12.

• **Special Delivery Infant Adoption Agency** will host a free inquiry meeting at 2 p.m. Aug. 12 at 6709 Woodard in Amarillo for Christian couples considering adoption. Information packets will be available at the meeting. To register call, (806) 367-6755.

• **The 82nd Airborne Division Association**, which represents all Airborne veterans, present active and past, will hold its 60th National Convention Aug. 9-12 in Orlando, Fla. Other events to be celebrated by the association include National Airborne Day in the USA Aug. 16 and Southern California Airborne Days Oct. 6-8 in

Cypress, Calif. For complete details and material for membership, call (937) 898-5977, e-mail srgabn@aol.com or write Airborne USA, 5459 Northcutt Pl., Dayton, OH 45414.

• **The next Cowboy Poetry Breakfast** will be at 8 a.m. Aug. 12 at the Big Texan Steak Ranch in Amarillo. Bill Crenshaw of Canyon will be the featured performer. Charolyn Gouddy will MC. Other members of Southwest Cowboy Poets Association will also perform. For more information, call association President Ivan Cates at (806) 353-5617.

• **Carson County Historical Commission** will meet at 8 p.m. Aug. 14 in Square House Museum's Hazlewood Education Building after a board of trustees meeting. Program and projects reports will be made, and future activities will be discussed. The meeting is open to the public.

• **Kwahadi Dancers** will present "Song of the Eagle" summer pageant through Aug. 13 at Kwahadi Kiva Indian Museum in Amarillo. For show times or dinner reservations, contact the museum at (806) 335-3175.

• **The Red Hat Dollies Society** will meet at 11 a.m. Aug. 17 at Pampa Senior Citizens Center. A bingo party will follow. Members are asked to bring prizes. For more information, call 669-9916 or 669-9297.

• **The next Third Thursday** at Amarillo Museum of Art will be from 6-9 p.m. Aug. 17. This Third Thursday will include coffee tasting from 7:30-8 p.m., music, children's and adult's art activity and the film "Smithson and Serra: Beyond Modernism." For more information, contact the museum at (806) 371-5050.

Reese

Continued from Page 4

These days, I'm astounded to the point of laughter at how angry some people get simply because someone has an opinion they don't agree with. Democrats made a stink about the Iraqi prime minister speaking to Congress because he had criticized Israel and not criticized Hezbollah. It was especially funny because the whole business in Iraq has been based on the Big Lie that we care about freedom and democracy. Well, freedom means a man can say he doesn't like Israel if that's his opinion. How does one man's opinion

affect another man's life? It doesn't, unless the second man allows it to.

Here's one last tip from an old samurai: "Human life lasts but an instant. One should spend it doing what one pleases. In this world, fleeting as a dream, to live in misery doing only what one dislikes is foolishness."

And here's a tip from me: You and I are not going to solve the great problems of the world, nor did God place responsibility for the universe and the fate of mankind on our shoulders. Or as I or someone else once put it, remember the Eleventh Commandment: Thou shall not sweat it, Ace.

—Write to Charley Reese at P.O. Box 2446, Orlando, FL 32802.

Waste

Continued from Page 4

So, the Post wrote, "USDA (U.S. Department of Agriculture) administrators prodded employees in the agency county offices to find qualifying disasters, even if they were two years old or had nothing to do with ranching or farming."

"In one county in northern Texas, ranchers collected \$1 million for an ice storm that took place a year and a half before the livestock program was even created.

In Washington state, ranchers in one county received \$1.6 million for an earthquake that caused them no damage.

In Wisconsin, a winter snowstorm triggered millions of dollars more.

For hundreds of ranchers from East Texas to the Louisiana border, the shuttle explosion opened the door to about \$5

million, records show."

Blake English, USDA administrator in Denton County, Texas, wrote in the minutes of a December 2002 farm advisory meeting that county ranchers hadn't been hurt by any drought in 2002. "Still, in 2003, English said, he got word from his state bosses to go back and look again for a disaster any disaster under which local ranchers would qualify." There was no drought in fact it was a wet year so they prepared a report on a fairly severe rainstorm more than a year earlier.

In Wisconsin, after a snowstorm two years earlier, the top state USDA official sent letters imploring dairy farmers to fill out a simple form so they could get in on the bounty. It was an offer they didn't refuse, to the tune of \$39 million.

To be sure, the program was ended after 2003. And while we don't expect anything so sensible as eliminating the Department of Agriculture and all agriculture subsidies, maybe Congress could craft the next giveaway program so as not to be quite so blatantly wasteful?

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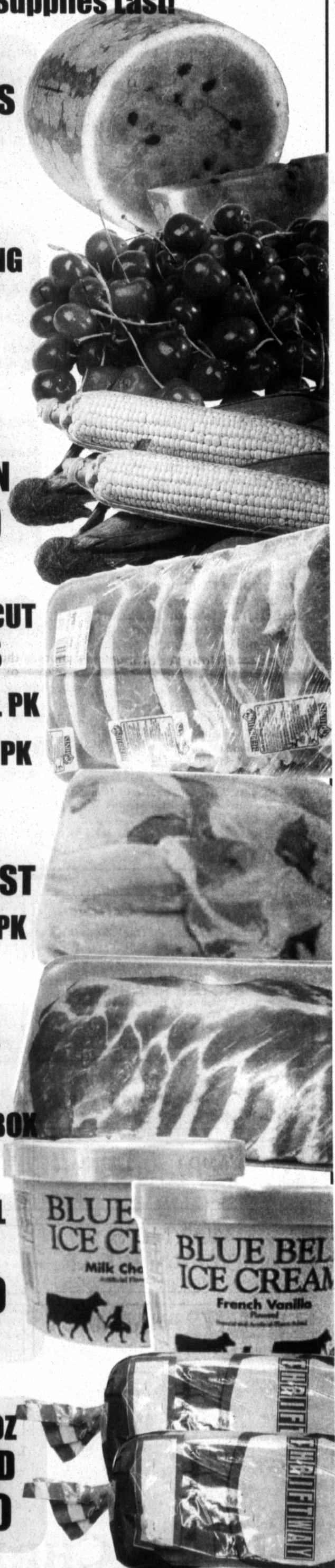
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**JESUS CHRIST, THE SAME
YESTERDAY, TODAY, AND FOREVER
HEBREWS 13:8**

Religion

MINISTER'S MUSINGS

Only the blood of Jesus will appease God's wrath

During the ministry of Jesus while He was on earth, He used many parables to make His message clearly understood. One of His parables pictured a man that missed heaven and was begging for relief. The soul of that man was living and had sight, memory and feelings.

He remembered his family on earth. Father Abraham called on him to remember that while he was on earth, he had riches and all the earthly comforts of life while his friend Lazarus was begging for help.

The rich man was pleading for even a little relief

from the fires of hell while he was looking at Lazarus comforted in the arms of Abraham. He wanted Lazarus to bring him a drop of water. (Luke 16:19-31)

In this parable, Jesus was pointing out some impossibilities. There is a great gulf fixed that prevents any contacts between here and there. Many ministers are not convincing the people that there is a place of torment for the persistently wicked.

The rich man was pleading for Abraham to raise Lazarus from the dead and warn his five brothers of his fate. The parable shows the

rich man not able to send a message back to anyone on earth.

If anyone has a desire to help a loved one or friend miss hell, you must make your effort while those people are still living. It is here on earth that people decide who they will serve.

In Revelations, chapter six, there is a picture of people who awoke to their mistake, but it was too late to cry out to God. There is

such a thing as waiting too late to call on God. Those people had come to that place, and in their effort to escape the wrath of Jesus and His Father that sits on the throne, those people prayed to the rocks and mountains.

"Fall on us and hide us from the face of Him that sits on the throne and from the wrath of the Lamb, for the great day of His wrath is come; and who shall be able to stand?" (Revelations 6:15-

17) Here is the answer to "who shall be able to stand?"

"These are they which came out of great tribulation, and have washed their robes, and made them white in the blood of the Lamb. Therefore are they before the throne of God, and serve Him day and night in the temple; and He that sitteth on the throne shall dwell among them. They shall hunger no more, neither thirst any more; neither shall the sun light on them, nor any heat. For the Lamb which is in the midst of the throne shall feed them, and

shall lead them unto living fountains of waters: and God shall wipe away all tears from their eyes." (Revelations 7:14-17)

Only when we believe in the atoning blood of Jesus to appease the wrath of God, can we stand before Him in pure holiness. There is a beautiful picture of Jesus as the groom, addressing his bride in Song of Solomon 4:7: "Thou art all fair, my love, there is no spot in thee."

Jesus gave Himself for the church.

"That He might sanctify

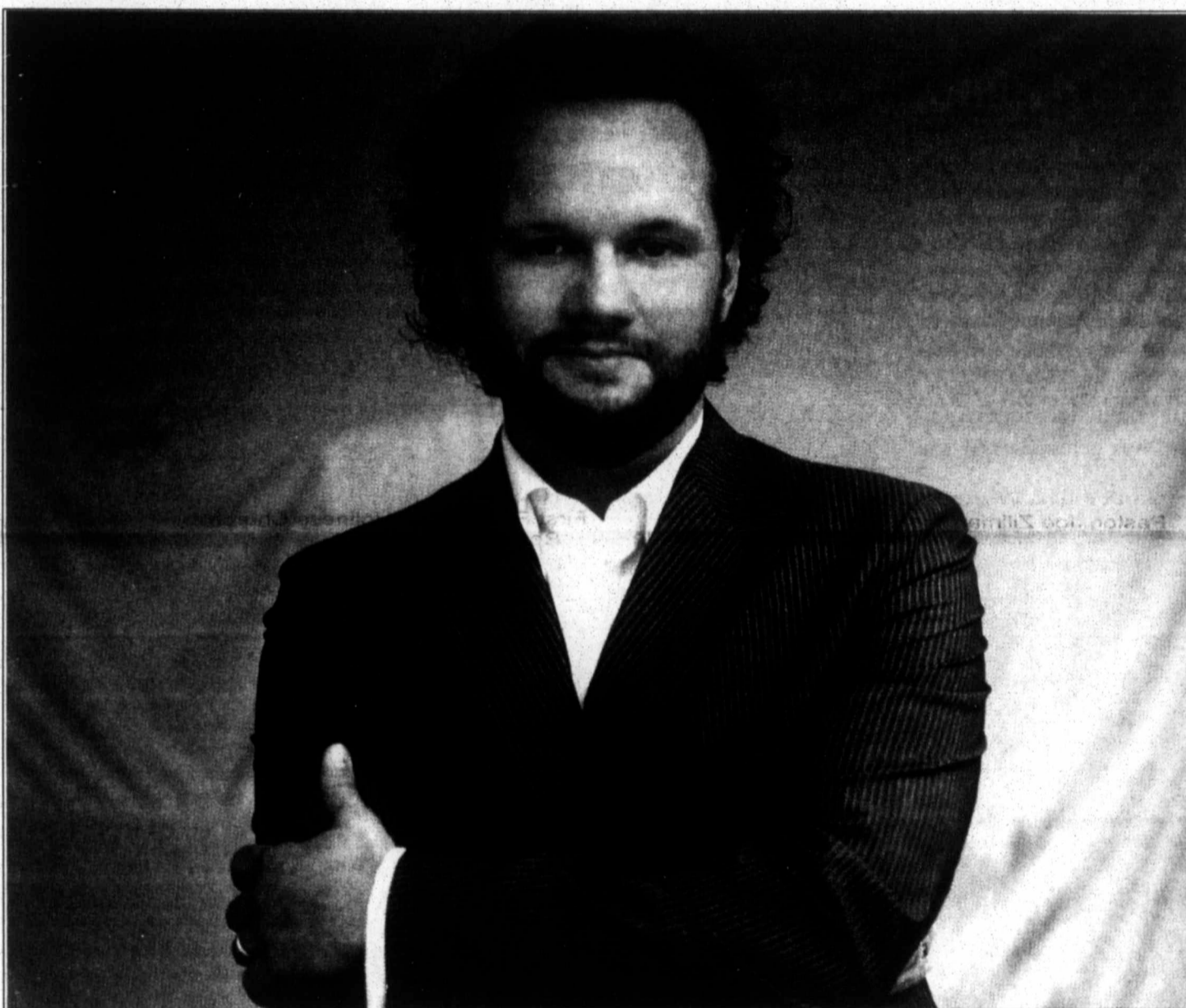
See COOPER, Page 12

Archie Cooper

Pentecostal Holiness



Christian concert



Christian pop vocalist and songwriter David Phelps will appear in concert with special guests Julian Drive and comedian Daren Streblov at 7 p.m. Sept. 9 at The Church at Quail Creek, 801 Tascosa Rd., in Amarillo. Tickets, if purchased in advance, are \$15 general admission or \$20 Gold Circle. On the day of the show, tickets are \$20 general admission or \$25 Gold Circle. Phelps was recently nominated for a 2006 Dove Award for Male Vocalist of the Year. His "Life is a Church," released in the fall of 2005, debuted in the Top 5 on SoundScan's Christian Retail sales chart. For more information, call (806) 358-7681.

A welcome voice from the past

I recently heard a voice from out my past that I had not heard from in over three years. I thought I'd take a

baptized. I was actually preaching at a little church there in Bernice on the weekends with a friend named Larry. We alternated the preaching. That little church was made up of 100 percent white folks. When Larry and I asked to hold a revival and invite the whole town, the two men in the

Mike Sublett

Hi-Land Christian



few minutes to share with you the story that goes along with the voice. This article is for every Christian who ever led someone to the Lord, especially for preachers.

Sometimes we wonder if all of our witnessing/preaching has really made any kind of lasting difference. We don't really need to know, but we want to know. Sometimes God grants our "wants."

I met Anthony Kenneth Herron in 197two. He attended a revival I was preaching in Bernice, La. Shari and I were the only two white people in the building.

I remember being so scared the first night of the revival, but by the last night I was having a ball preaching Jesus. Anthony attended several nights along with two of his teenage friends. On Friday night, Anthony and his two friends gave their lives to Christ and were

church said that we could, but not with blacks and whites at the same revival.

They said that they didn't have any problem with it personally, but that the "community sentiment" just wouldn't allow it. (Boy, was I gullible.) So we asked if we could hold two revivals that week. Larry would preach at the church building and I would preach at a rag-tag community center in the "black" section of town.

Being very optimistic at the gospel's power to convert lost souls, we asked those two men, "So what happens on Sunday to those who become Christians at the revival at the community center during the week?"

They said, "Oh, it will be fine if they come to church here. We don't have any problem with that." (Boy, I was so very, very gullible!)

We baptized Kenneth and

See SUBLETT, Page 12

The power of the risen Christ is huge ...

First, a risen Christ is big enough to cope with the tyranny of man over man. Not only can He save the individual, but His power has world-wide implications.

Isaiah said: "The government shall be upon his shoulder." (Isaiah 9:6)

He has not abdicated His sovereignty in the affairs of men. He is still the lord of history.

When He was crucified, the Bible says, "a superscription was written over Him in letters of Greek and Latin and Hebrew - 'This is the King of the Jews.'" (Luke 23:38)

He was then and still is.

Greek was the language of culture, Latin the language of government, and Hebrew the language of religion. One of our failures is not seeing Christ as King of the physical and material as well as the spiritual, of the mind as well as the soul, of the government as well as the heart.

We are engaged in this country in a debate of the separation of church and state. It is important that the church and state remain separate. But there is another sense in which Christ cannot be separated from anything that pertains to life, for He "is all and in all." (Colossians 3:11)



Dr. Jimmy Flynn

Church of the Brethren

He said, "Ye call me Master and Lord: And ... so I am." (John 13:13)

He is the Master of every phase of our lives.

He is master of our business on Monday and Tuesday as well as our religious life on Sunday. Secularism is growing because we have tried to get Him abdicated from the realms of economics, politics and science. We have limited Christ to the little sphere of man's religiosity. We have hidden Him in cloistered sanctuaries, in clouds of incense and in rituals.

See FLYNN, Page 12

Bible Baptist bringing back Christian school

Pampa Christian School, on the corner of Starkweather and Kingsmill, is readying to open its doors under the directorship of a new associate pastor, Jerry Webb.

The school was first established in 1972 as a ministry out of Bible Baptist Church. Being without an associate pastor for the past several years has limited the school to operate only through a home schooling program.

The Christian school staff works closely with its students' families.

"We are here to work with the home," a news release from Bible Baptist Church said, "and with Christians of like faith, but not to take the place of parents who have experienced difficulty in fulfilling their roles."

Webb has been employed with Mrs. Baird's Bread for the past 14 years, working in management for eight of those years. He, and wife Glenda, have a 10-year-old daughter, Allyson.

For enrollment information or other questions, contact the church office at 669-7830.

Church brief

Rushing Wind Emmaus Community will meet at 6 p.m. Saturday, Aug. 12, in the Waka Christian Center at Waka. The gathering will include a potluck meal, sponsor training, and a praise and worship service. A nursery will be provided. Family and friends are welcome.

"Safe In The Arms Of Jesus"

In 1859, Fanny Crosby, the blind hymnist and America's "Queen of Gospel Songs," lost a newborn child, and the child's death seemed to have devastated her. Years later, on April 30, 1868, a musician named Howard Doane knocked on her Manhattan apartment door. He said, "I have exactly forty minutes before I must catch a train for Cincinnati." He hummed a tune for her and said, "See if this says anything to you. Perhaps you can compose a poem to match it." Within thirty minutes, she composed the poem and dictated it to Doane who dashed off to catch his train. Fanny said this hymn was in a class by itself, and she claimed it was written for the bereaved, especially for mothers who had lost children.

Ref: Robert J. Morgan

This hymn history brought to you by

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Dear Abby...

By Pauline & Jeanne Phillips

DEAR ABBY: My wife and I have been taking ballroom dance lessons for several years, and we have become fairly good social dancers. (We don't do gymnastics -- we just dance!) Our question concerns wedding etiquette. When it's obvious that we "out-dance" the members of the wedding party and the other guests, should we limit our dancing to a slow dance or two? We don't want to draw attention away from the bride and groom, but we do want to celebrate with them. We have heard a lot of positive comments from brides and grooms and guests who enjoy watching us dance, and only a couple of negative comments from other guests. We don't drink; our dancing is good, clean fun. Is there a rule of etiquette regarding dancing at wedding receptions? — **FRED AND GINGER IN COLUMBUS, GA.**

DEAR FRED AND GINGER: The rule of etiquette states that it's rude to draw attention away from the bride and groom -- and that would include both a guest's attire and "show-boating" by performing the equivalent of a Las Vegas lounge act during the reception. No one will be offended if you keep it low-key, and that's what I advise.

DEAR ABBY: My sister sleeps in the nude. She feels she should be able to sleep that way when she travels and visits others in their homes. We have just moved from a home large enough to have a guest bedroom to a small condo with no guestroom. I offered to let her sleep with me if she wore pajamas or a gown. She said she could not sleep in any clothing. Was I wrong to set these terms? Or is she wrong to expect this in other people's homes? — **WORRIED SISTER IN ARIZONA**

DEAR WORRIED SISTER: You'll be a better hostess, and she'll be a better guest, if both of you are fully rested. Because your sister is unable to sleep in any cloth-

ing, and you are uncomfortable sharing a bed with her unless she does, when your sister comes to visit she should either bring a sleeping bag or make reservations at a hotel or motel nearby.

DEAR ABBY: I am an exchange student in Germany, nearing the end of my stay and going home in a couple of weeks. To express their gratitude to my host family for taking me in, my parents sent them a large package of sweets and candies from America. My host brother's 14th birthday is coming up. His sister suggested he take the candies my parents sent to school and share them with his class for his birthday. Abby, I was appalled at her suggestion of "regifting" my parents' gift to the family. And I was even more shocked that no one in the family seemed to understand how this could be interpreted as ungrateful and rude. After she made the suggestion, I interjected, saying that it would be mean to take it to school. They all replied with a surprised "Why?" I later explained to my host sister that I didn't want her brother to take the candies to school. Again I was asked, "Why not?" What do you think of this behavior? I'm very hurt. It's not the first time I've experienced such thoughtless behavior from them. Is this some strange German custom, or does my host family have a severe lack of etiquette? — **HURT IN HOLSTEIN, GERMANY**

DEAR HURT: It is neither. Once a gift is given, it belongs to the recipients to do with as they wish -- and that includes "sharing the wealth" with others. The concept of sharing the candy was not thoughtless; the impulse was generous, and you overreacted.

For Better Or For Worse



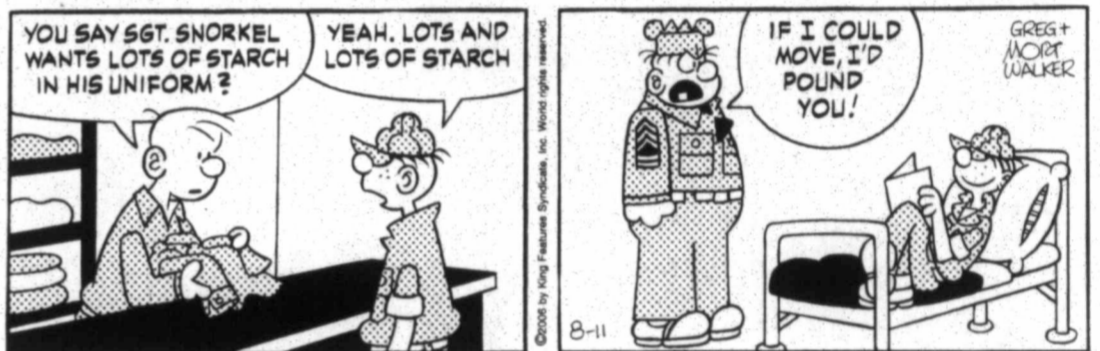
Zits



Garfield



Beetle Bailey



Marvin



Crossword Puzzle

CROSSWORD

By THOMAS JOSEPH

ACROSS 46 Posts

1 Ogre

6 Cala-booses

11 Yellow-orange

12 Let on

13 Kentucky hero

14 Join the big leagues

15 Manual reader

17 Gather

18 Basilica part

20 Will name

22 Sheltered side

23 Molding

26 Brake, e.g.

28 Freshly

29 Nautilus shapes

31 Lass's pal

32 Creeper

33 Noah count?

34 Floral rings

36 Matador's foe

38 Filer's worry

40 Packs

43 Peace goddess

44 Spud state

45 Steer clear of

DOWN

1 Angling aid

2 "Baudolino" author

3 Pearl S. Buck book

4 Intuit

5 Pine or palm

6 Bender

7 Like fan club members

8 Pearl S. Buck book

9 Old Italian coin

10 Desist

16 Letter after pi

18 Skiing mecca

19 Small mental coin

21 Important times

23 Family area

24 "See ya!"

25 Finishes

27 Getting up

30 Permit

33 Market action

34 Put down

35 Continental coin

37 Singer

39 Course

41 Doctorate deg.

42 Mayday call

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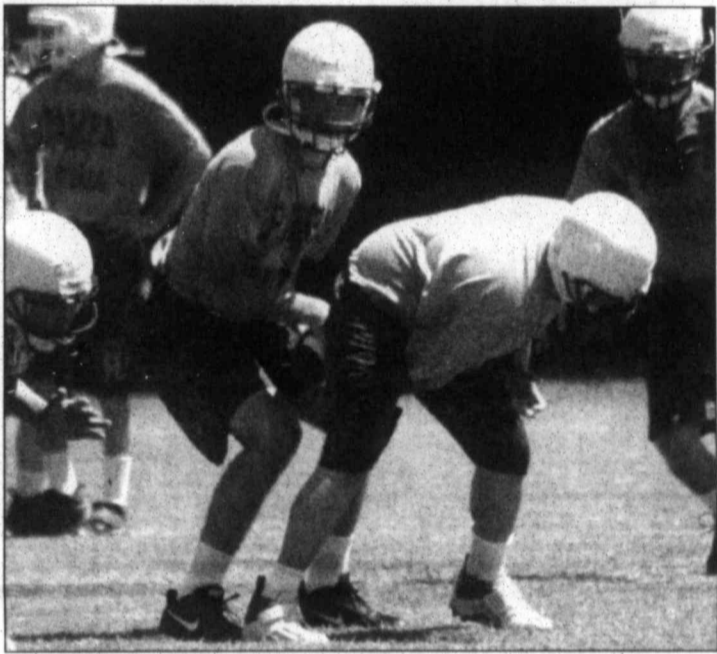


Sports Day

Freshman football



Courtesy photos



▲ With temperatures in the mid 90's Wednesday, first year Pampa Harvesters head football coach Andy Cavalier (in white cap) leads by example as he does a few wind sprints with the freshman team.

◀ Quarterback Alex Clendening takes a snap from center Tyler Hooper during Wednesday's freshman practice.

Clemens gets win No. 345

HOUSTON (AP) — Roger Clemens got his 345th win, allowing one run in six innings to lead Houston over the Pittsburgh Pirates 5-2 Thursday night and complete a three-game sweep for the Astros.

Clemens (4-4) struck out five and allowed four hits, yielding two runs or fewer for the eighth time in 10 starts. His 2.32 ERA since June 22 leads NL starters.

Morgan Ensberg hit a three-run homer for the Astros, who have won seven of nine and earned their first series sweep since they took three in a row from the Chicago Cubs at Wrigley Field in mid-June.

Freddy Sanchez hit a sacrifice fly and Ronny Paulino had an RBI groundout in the ninth off Brad Lidge.

Pittsburgh mustered just four runs in the series and eight in six games at Houston this season.

Ensberg's 20th homer of the season was his first since he came off the disabled list on Aug. 1 after recovering from a bruised right shoulder. Before Ensberg's home run, the Astros struggled against starter Tom Gorzelanny (2-3).

The 24-year-old left-hander was almost as good as Clemens, allowing five hits with six strikeouts.

He also walked five and gave up two RBI singles to Brad Ausmus.

Gorzelanny walked Ensberg and Luke Scott in the second, and Ausmus singled sharply single to center for his first RBI since he hit his third career grand slam in Arizona on Aug. 5.

In the fourth, Scott beat out a grounder that second baseman Jose Castillo fielded before throwing over the head of first baseman Xavier Nady.

With one out, Ausmus singled to center again, securing his sixth multi-RBI game of the season.

Clemens retired nine consecutive batters before Nate McLouth's one-out single in the sixth. Jack Wilson followed with a line-drive double to left, but McLouth only reached third.

Sanchez, the NL's batting leader, then sent a fly to right to score McLouth.

Clemens was finished done after Jeromy Burnitz walked and Nady singled starting the seventh.

He was replaced by Chad Qualls, who

gave up a tying three-run homer after relieving Clemens in a 7-6 loss to Arizona on July 30. Qualls did the job this time.

After Castillo bunted into a fielder's choice, Paulino beat out a slow bouncer to load the bases.

Joe Randa pinch-hit for Gorzelanny and grounded to Ensberg, who stepped on third and threw to Berkman, the Astros' 122nd double play of the season.

Salomon Torres replaced Gorzelanny, and Craig Biggio doubled down the left-field line to start the final rally. Torres intentionally walked Lance Berkman, and John Grabow truck out Aubrey Huff.

Pittsburgh manager Jim Tracy then yanked Grabow for rookie Matt Capps, who'd given up three home runs in his last eight outings.

Ensberg whiffed on Capps' first pitch, then hit the second one into the left-field seats.

Houston's bullpen, with an NL-leading 2.83 ERA since the All-Star break, scattered five hits the rest of the way, stretching its scoreless streak to 10 2-3 innings.

300 Wins List

Through Aug. 10

(x-active)

1. Cy Young	511
2. Walter Johnson	417
3. G. Cleveland Alexander	373
3. Christy Mathewson	373
5. Pud Galvin	365
6. Warren Spahn	363
7. Kid Nichols	361
8. x-Roger Clemens	345
9. Tim Lincecum	342
10. Steve Carlton	329
11. x-Greg Maddux	328
11. John Clarkson	328
13. Eddie Plank	326
14. Nolan Ryan	324
14. Don Sutton	324
16. Phil Niekro	318
17. Gaylord Perry	314
18. Tom Seaver	311
19. Hoss Radbourn	309
20. Mickey Welch	307
21. Lefty Grove	300
21. Early Wynn	300

SOURCE: mlb.com

Rangers 8, Mariners 2

ARLINGTON, Texas (AP) — Michael Young knew what the Seattle Mariners were hoping to do when they intentionally walked the batter in front of him. The Texas shortstop spoiled the plan.

Young hit a three-run double and then scored on an errant relay throw, and the Rangers won 8-2 Thursday night to move a game ahead of Seattle and out of last place in the AL West.

"Pitch to the really good left-hander ahead of me with runners on second and third and less than two outs, or bring in the guy from the bullpen who's a really good sinker-slider guy and shoot for the double play," Young said. "I would have done the same thing."

With Young standing on deck with one out in the seventh, Mariners starter Joel Pineiro (7-10) intentionally walked leadoff hitter Gary Matthews Jr. to load the bases. Julio Mateo then took over on the mound.

"If Mateo throws the ball the way he can, we have a good chance to get out of the inning," manager Mike Hargrove said.

Instead, Young hit a double into the left-field corner.

"Mike takes the emotion of the at-bat, like he's playing whiffle ball in the back yard," Rangers manager Buck Showalter said.

Young had already grounded into a team-high 22 double plays. But the three-time All-Star is also 7-for-9 with 18 RBIs when the bases are loaded this season, and 26-for-65

(.400) in his career.

Matthews ran through third-base coach Steve Smith's stop sign, prompting shortstop Yuniesky Betancourt's errant double-clutch throw that got past catcher Kenji Johjima and went into a camera well. That allowed Young to score as well.

An inning earlier, Mark Teixeira's three-run double

put the Rangers ahead 3-2, and extended his on-base streak to 34 games.

Adam Eaton (2-2), who threw only 18 pitches in his start Sunday before being ejected,

went six innings in only his fourth start for the Rangers since coming off the disabled list.

He allowed four hits, including a pair of solo homers.

"I felt in control, throwing a bunch of strikes," said Eaton, who threw 56 of 77 pitches for strikes. "I had a few mistakes here and there, but I felt good."

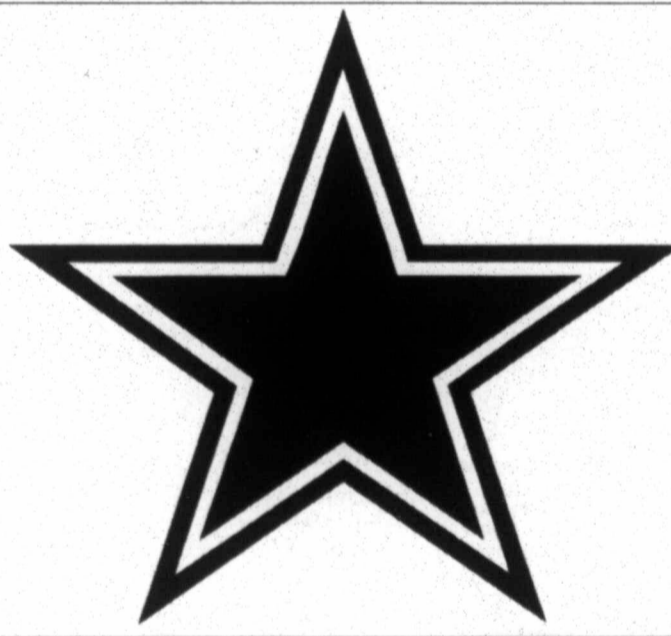
Adam Jones hit his first career homer on an 0-2 pitch in the third after Eaton had retired the first eight batters.

Ben Broussard snapped an 0-for-13 streak with his 15th homer in the fifth, putting the Mariners up 2-0.

Eaton began the season on the DL after surgery to repair a torn tendon in the middle finger of his pitching hand. On Sunday at the Los Angeles Angels, Eaton was ejected when, right after allowing a three-run homer to Garret Anderson, he threw a pitch behind Juan Rivera.

'Mike takes the emotion of the at-bat, like he's playing whiffle ball in the back yard.'

— Buck Showalter
Manager, Texas Rangers



Parcells may start Romo

OXNARD, Calif. (AP) — Bill Parcells says "there would be a pretty good chance" that Tony Romo will start at quarterback in the preseason opener against Seattle.

The move has nothing to do with starter Drew Bledsoe and everything to do with evaluating Romo, who is going into his fourth season without having thrown a pass in a regular-season game.

"I need to find out what this guy can do," Parcells said Thursday. "We'll get everybody in tune. It's not like Bledsoe, 34 years old, needs to play a quarter Saturday night to make sure that he's ready for the season."

Romo is entrenched at No. 2 behind Bledsoe, ahead of Drew Henson. The team has discussed signing Romo to a contract extension, further proof of their commitment to him despite not having seen him perform in games that count.

Parcells has repeatedly talked about giving Romo plenty of time in the preseason, and perhaps more than meaningless mop-up duty in the regular season.

"I certainly don't want to put Romo in a situation

where Saturday night in Seattle is the defining moment," Parcells said. "I just want to get the guy into the game and let him run the team and see how it looks. That's really all I want to do."

Parcells stopped short of making a formal declaration because he hadn't spoken with his coaches.

Bledsoe said earlier this week he didn't mind having the night off, even if he would be playing in front of friends and family in his home state. Parcells' decision to sit Bledsoe could be partly due to new lead receiver Terrell Owens likely missing the game with a hamstring injury.

"I think if you ask any veteran that's been around for a while, we'd much rather see there be two preseason games then get into the meaningful ones," he said. "If Bill decides Romo is going to go first, that's fine. I'll wait for another week."

Romo said Wednesday he's happy for any opportunity.

"I'm preparing to play," he said. "Whenever that is, I'll be ready to go. You've got to be ready to perform."

MEETINGS AND EVENTS

Golf boosters to meet

By MICHAEL J. STEVENS
Sports Editor

The Pampa High School golf booster club will conduct a meeting Tuesday night at 7 in the Ready Room of the PHS athletic department. For additional information, contact a booster club member or the athletic department, 669-4830.

Friday's Golf Capsules

CASTLE ROCK, Colo. (AP) — Mathias Gronberg can't think of a better setting than Castle Pines Golf Course to chase his first PGA Tour triumph.

The majestic mountain layout and high elevation remind him of the Alpine Course at Crans-sur-Sierre in Switzerland, where he registered his first win as a pro at the 1995 Canon European Masters.

"It's the same format: high up in the mountains, you hit the ball a long way," Gronberg said Thursday after taking the first-round lead at the International, the PGA Tour's most novel event.

Playing at 6,300 feet and using the modified Stableford scoring system, two factors that reward big hitters and aggressiveness, Gronberg scored 13 points to lead Stuart Appleby, Stewart Cink and 2001 champion Tom Pernice Jr. by two and Danny Ellis, Jeff Brehaut and Patrick Sheehan by three.

David Howell was at 12 and threatening Gronberg's standing atop the leadership until he teed off into the water and double-bogeyed his final hole, costing him three points.

The modified Stableford at the International awards two points for a birdie, five for an eagle and eight for a double eagle. One point is subtracted for a bogey,

three points for a double bogey or worse.

Canadian Women's Open LONDON, Ontario (AP) — Angela Stanford thought about playing a conservative shot from a tricky downhill lie in the 14th fairway. Instead, she talked herself into an aggressive play and ended up hitting the best shot of the best round of her life.

Stanford deftly faded her 7-iron approach around a large greenside tree to set up a tap-in birdie, the last of her eight birdies in a bogey-free 64 that matched the lowest round in the history of the Canadian Women's Open.

The 64 in ideal conditions on the tree-lined London Hunt and Country Club course tied the record set by JoAnne Carner in 1978 at par-73 St. George's in Toronto when the national championship was called the Peter Jackson Classic. Ten other players have shot 64s in the event, with Nancy Scranton doing it twice and Dawn Coe-Jones accomplishing the feat at the Hunt Club in 1993.

Cristie Kerr, coming off a second-place tie Sunday in the Women's British Open, matched Vicki Goetze-Ackerman and Jee Young Lee at 67, and Canadian star Lorie Kane was another stroke back along with defending champion Meena Lee and Il Mi Chung.

Business travelers uneasy over latest airline security measures

DENVER (AP) — Standing at the end of a line that snaked from the security checkpoint through the food court all the way to the ticket counters at Denver International Airport, frequent business traveler Dan Fender pondered his future and imagined the worst. "I'll probably try to travel less. Or take the bus," he said. A 24-hour bus ride instead of a two-hour flight? "It's looking pretty good right now," said Fender, facing a 90-minute wait

Thursday for his flight back to Sacramento, Calif. The future — or at least the convenience — of U.S. air travel has again been thrown into turmoil, this time because a plot to blow up America-bound jetliners with liquid bombs. The government immediately banned liquids from the cabins on U.S. flights, forcing millions of people to repack or discard everything from lip balm and shampoo to bottled water and sunscreen. Analysts said it's hard to see anything replacing air-

lines for travelers who spend more than \$200 billion each year flying for business, but they all expressed concern about the severity of security crackdowns that are bound to come. Analysts said airlines will be punished immediately by the cost of canceled flights and in the longer term will spend more on security. But experts and industry officials said the latest terrorism scare could not be compared to the attacks five years ago in the United States that sent the air industry spiraling.

Rigorous pipeline tests ordered; BP tries to keep Prudhoe Bay field open

PRUDHOE BAY, Alaska (AP) — The nation's largest oil field got a reprieve of sorts as BP PLC announced it will try to keep part of its North Slope production running while replacing corroded pipes that have caused two spills this year. But federal regulators on Thursday ordered the company to conduct more rigorous pipeline inspections to continue operations, and BP must pass a series of tests before restarting pipes it shut down. The news came as BP gave a tour of its massive Prudhoe Bay facility on the

edge of the Arctic Ocean, where a 210-gallon spill led the company to announce earlier this week that it was shutting down its 400,000 barrel-a-day operation. On Thursday, it said it was moving forward to replace the eastern transit lines that leaked, signing contracts with United States Steel Corp. and Nippon Steel Corp. to supply 10 miles of pipeline. Sixteen miles will be replaced. BP is working to win contracts for the remaining materials. At the site of the spill, motorized mops snaked through slender tundra

grasses soaking up the mess. About 13,000 barrels of oil sat dormant in a 3-mile stretch of pipe above. Workers used ultrasound to listen for signs of weakness in the carbon steel pipe as about 140,000 barrels of oil flowed toward the trans-Alaska pipeline. BP planned to keep oil flowing from its western side, buoyed by signs that those pipes are in better shape following thousands of tests conducted after a massive spill of up to 267,000 gallons in March, said Craig Wiggs, an oil field manager.

Sublett

Continued from Page 7

his two friends in the freezing cold water of the baptistry in that little church on Saturday night. By the time we finished our revival service and got over to the church for the baptismal service, their revival meeting was over. I now know that if those two men had known that we were baptizing those three young black men in their baptistry, they would have stopped us. Sunday morning rolled around and Kenneth and his two friends showed up for church. They were so happy and Larry, and I were about to pop with excitement. Then I noticed that when the young men sat down on one of the pews, the lady sitting down from them got up and moved. After the morning service, we were told that they weren't welcome. I remember asking with tears, "So you were lying when you said it was okay?"

I can still remember having to look Kenneth and his friends in the eye and tell them that the Lord loved them, but that the people at this church didn't. The church basically fired Larry and me. I felt so horrible abandoning those three young men, mere babes in Christ. Over the years, I have wondered so many times if any of them had remained faithful. Part of me wanted to know if that week had really made any lasting difference. Well, Kenneth called. God is great! The gospel is dynamite! Kenneth is a faithful preacher of the gospel! And I can hardly stop crying tears of joy and hope. So preachers don't give up on those hundreds, yea thousands, of gospel seeds that the Lord allowed you to plant. And don't be discouraged, questioning if you've ever made any real difference. One day the phone will ring, and a voice from your past will bring you to your knees, and the tears will flow, and you will be the richest person in the whole world. God bless.

Flynn

Continued from Page 7

We thought that the world's problems could be solved by diplomacy, by scientific advancement, by economic progress. We lost the New Testament concept that envisioned a cosmic Christ who was woven into the warp and woof of the universe and who could not be taken out without destroying the fabric of the whole world. We are in danger in the United States today if we take Christ out of all phases of our lives. Our Declaration of Independence speaks of life, liberty and the pursuit of happiness, but it is the pursuit of happiness that is guaranteed and not happiness itself. Chasing happiness around may be fun for awhile, but the entertainment of it soon wears thin. There is a better way. Paul says that the kingdom of heaven is not a matter of whether you get what you like to eat and drink, but of righteousness and peace and joy in the Holy Spirit. (Romans 14:17) Christian joy is dependent on a personal relationship

with God and not on externals. In the upper room, Jesus told His disciples, "These things have I spoken unto you, that My joy might remain in you and that your joy might be full." (John 15:11) He further told them that His joy is one which cannot be taken away. (John 16:22) No pagan philosophy, no atheistic ideology and no deep sorrow can dislodge the joy that Christ gives. We have made the mistake of dividing our lives into neat little compartments. Politics in one section, economics in another and religion put back in a dark corner — brought out for display only for a few minutes on Sunday morning. If we believe that, a great spiritual revival today would have social consequences throughout the world. Christ has an answer to the social problems. He can meet them in His resurrection power and glory. The world today offers many "saviors," but none of them saves to the uttermost. The world today offers many panaceas, but they cannot reach to the depths of our depravity. The world today offers many shortcuts to salvation, but to be truly saved we must be reconciled to God.

Cooper

Continued from Page 7

and cleanse it (the church) with the washing of water by the word, that He might present to himself a glorious church, not having spot, or wrinkle, or any such thing: but that it should be holy and with-

out blemish." (Ephesians 5:26-27) Jesus has accomplished that by giving his blood. "Father, into thy hands I commend my spirit: and having said thus, He gave up the ghost." (Luke 23:46) And I love Him with all my heart, soul, mind and strength, for He hath given me the Spirit by which to love Him that much.

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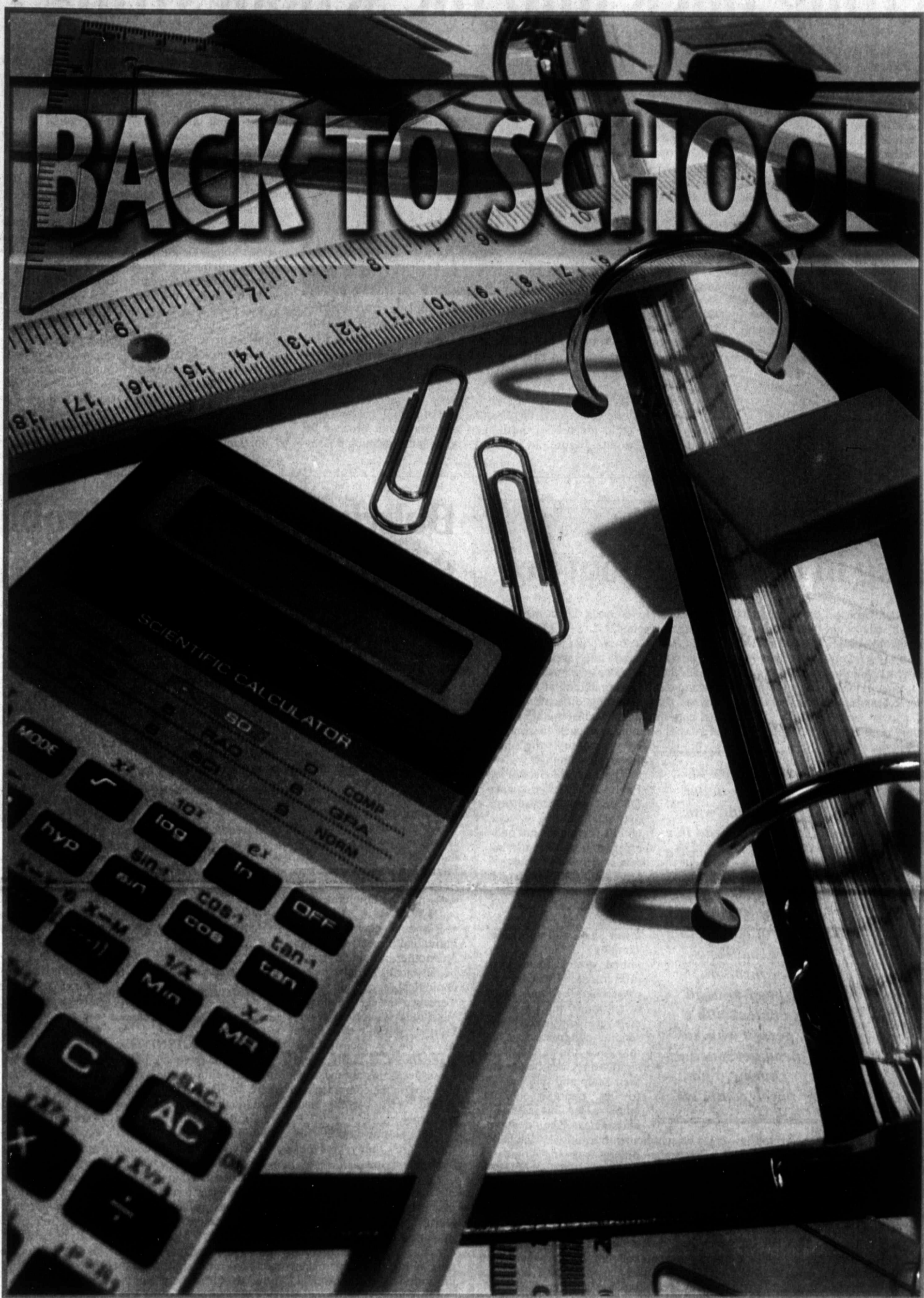
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ACADEMICS
2006-2007
Special Edition

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Getting back into the school swing ...

(MS) — Three words have been known to elicit very different responses in households across the country over the years depending upon the audience: back to school. While exhausted parents no doubt greet those words with much excitement, trepidation is most often the response of children.

For children, the back-to-school blues are instantly associated with waking up early, homework and structure, a far cry from the sleep-in, stay-up-late, care-free days of summer. While readjusting to school days can be tough for parents and children alike, there are ways to make that inevitable return to school a little easier on all parties.

• Get a small head start. Though kids might not be too appreciative, having

children go to bed earlier and wake up earlier in the days leading up to the first day of school will make it a lot easier to do so once school starts. Parents, too, should get in on things, breaking from their own summertime routines a few days before school starts.

• The best laid plans ... Even the most detail-oriented parent can have plans go awry. For parents of children who are new to a school or new to school entirely, make sure to learn bus schedules or what traffic is like if you're going to be driving your child to school every day. Getting off on the right foot, particularly if your child will be attending a new school, is a good first step, so establishing a morning routine beforehand is important. Also, at least for the first



While the sight of the school bus can understandably lead to some tears in the eyes of children come fall, there are steps both children and parents can take to make the adjustment a little easier.

day when things can be a little too hectic, have your child prepare an outfit the night before. Choosing

what to wear on the first day of school can be a long and drawn-out process for some kids, meaning it's bet-

ter off done the night before than the morning of the first day.

• Speak about a new school. Many children have anxiety about the first day of school. That's especially true of children who are starting in a new school. In such scenarios, parents should talk to their kids beforehand, asking them what they're excited about and what they might be anxious about. In the days leading up to the first day of school, talk to children and let them know what they have to look forward to at their new school. Focusing on the positives as opposed to any negatives will likely make kids excited to go to school and should make the first day go a lot more smoothly.

• Give them some work to do. Getting kids to do

homework can be one of the more difficult back-to-school adjustments to make. Throughout summer, children grow accustomed to spending most of their time at home pursuing leisure, like watching television, playing in the yard or sitting by the pool. Since during the first month of school the weather hasn't changed dramatically, children can find it hard to give up such leisure time to do homework instead. To combat this problem and make sure your kids start off strong this school year, give them some work before school starts, such as reading a book or even something like writing a journal. Doing so when the weather is nice will get them acclimated to making the same sacrifice once the work

See SWING, Page 3

SCRATCHING HEADS

Getting in the loop about lice

(MS) — As children get ready to head back to school, one of the least popular schooltime traditions is about to return as well: lice testing. A tradition that rears its ugly head at the beginning of each school year, lice testing remains an important element to maintaining your child's health.

While most people recall being tested for head lice when they were in school, many still are not sure exactly why or what exactly head lice is or how it's contracted. For those in the dark who might want to check their children out before sending them off the school this fall, the following head lice primer should help you better understand just why lice testing is so important.

What Are Head Lice?

According to the Harvard School of Public Health, head lice are parasitic insects whose genetic makeup enables them to easily attach to both scalp and neck hairs of humans. Contrary to popular belief, someone who contracts head lice is not necessarily a person of poor hygiene. In fact, the most common way of contracting head lice is through head-to-head contact with a person who has head lice, such as sharing a hat, towel, comb, etc. In addition, head lice can briefly survive on bedding or upholstered furniture.

While an infested person will likely have fewer than a dozen active lice on their scalp, those infested have been known to have hundreds of viable, dead or hatched eggs (nits) on their scalp.

Who Gets Head Lice?

Children are more likely to be infested with head lice than adults, hence the reason for stringent testing at the beginning of each school year. Also, Caucasians are

more likely to contract head lice than other ethnic groups.

How Harmful Are Head Lice?

Generally, head lice are harmless. Instead, they are more of a nuisance than anything else, causing itching of the scalp that can make sleeping difficult. A few head lice should be no cause for alarm for parents, who should treat such an instance by removing the lice through grooming.

Contrary to popular belief, someone who contracts head lice is not necessarily a person of poor hygiene. In fact, the most common way of contracting head lice is through head-to-head contact with a person who has head lice, such as sharing a hat, towel, comb, etc.

The Harvard School of Public Health also points out that just because you may see head lice on your child's scalp does not necessarily mean the infestation is active. In a study of more than 600 samples of suspected head lice cases, for instance, Harvard researchers found that fewer than 400 of those samples actually contained active head lice infestations. Those same researchers found that oftentimes, school officials are unwarranted in sending children home, as many of those children simply have dead eggs on their scalp and don't need to be quarantined or embarrassed in front of classmates. Should your

child be sent home on testing day, consult his physician before worrying yourself and your child over what is likely nothing.

How Contagious Are Head Lice?

While head lice can be transmitted through sharing of hats, towels, etc., the reproduction number (the total number of secondary infections) is actually significantly lower than reproduction numbers for the common cold and the flu. In essence, your child has a better chance of catching a cold or the flu from a friend or classmate than he does head lice.

Can My Child Get Head Lice From An Animal?

See LICE, Page 3

Bullying: A chronic problem through the ages (and sexes)

(MS) — Few students make it through their school careers without a little teasing or taunting, which seems par for the course. Most can handle it and go on to be confident, successful individuals. However, more and more, students in schools across the country and the world are facing much worse: beatings, threats, emotional ridicule, and humiliation on a daily basis. The trend seems to be escalating, say experts. Or perhaps it's just that others are taking a more active concern in bullying and bringing the topic into the limelight.

DEFINING A BULLY

Bullying occurs when an individual repeatedly picks on another individual. It can be physical, verbal or psychological, according to the Canada Safety Council. With today's electronic age, bullying doesn't even have to be face-to-face. Harassment e-mails, text messages or instant message pop-ups on the computer can spread words of hate electronically.

Professionals agree that there are many reasons behind bullying.

• It can be a means to lashing out against an insecurity that a bully has, such as a learning disability, mental impairment or other shortcoming. When the frustration builds, bullying makes this individual feel powerful.

• It is learned behavior. A bully may be the child of an abusive relationship or is disciplined in this manner at home. He or she transfers this aggression to others at

school.

• The individual may have fallen in with the wrong crowd or is experiencing limited supervision at home. Bullying is a form of acceptance or initiation to an elite club of "friends."

Bullying may lead to more destructive or criminal behavior as a child ages.

While many equate bullying to schoolyard antics, there is reason to be concerned that this behavior may initiate earlier on in an individual's life.

EARLY BEGINNINGS

While many equate bullying to schoolyard antics, there is reason to be concerned that this behavior may initiate earlier on in an individual's life.

Early childhood center workers in New Zealand, who participated in a national conference, reported having several problem children with aggressive behavior in their centers. Most of the staff also stated that they had not been properly trained on how to effectively handle this aggressiveness.

Teachers said that toddlers repeatedly used standover tactics and resorted to punching and biting others to get their way. Some hit,

pushed, punched, yelled, screamed, and threw temper tantrums. Others showed little respect for other children or adults. What's more, the children also knew how to slyly engage in this behavior when the teacher wasn't watching.

There is concern that this type of behavior needs to be curtailed at this impressionable age when real behavior modification is possible. If left unchecked, children can carry on bullying throughout life, as many in fact do. Teachers feel that parents should work together with the school staff to recognize inappropriate behavior and instill lessons early on.

NOT JUST A BOY'S CLUB

While it may be easy to categorize boys as the main offenders in bullying, girls are equally represented. Just look at the way the bully stereotype has transformed through Hollywood movies. While it was once the deviant boy causing all of the trouble (think Scott Farkus, Ralphie's nemesis in "A Christmas Story"), now girls are getting equal airtime in movies such as "Mean Girls," "Heathers," "Cruel Intentions," etc.

Boys are more likely to engage in a physical type of bullying, while girls are experts at the emotional and psychological type. They often employ relational aggression, meaning they use their relationship as a weapon to get what they want. For example, "Do this

See BULLY, Page 4

Undiagnosed vision issues can affect learning

(MS) — Millions of children will start school this year with a vision problem that may inhibit their ability to learn and ultimately affect the rest of their lives. As parents send their children back to school, one of the most important things they can do to help ensure their child's success is to take them for an eye exam. The American Optometric Association (AOA) recommends comprehensive eye exams, especially for children entering preschool and kindergarten.

Proper vision detection and correction in young children may affect much more than their ability to see clearly. Without a comprehensive eye exam by an optometrist or an ophthalmologist, many children have vision problems that can go undiagnosed, and may even be misdiagnosed as a learning disorder.

"An early comprehensive eye exam evaluates a child's vision, eye teaming skills and tracking skills as well as eye health. It's a good way to avoid problems down the road," says Dr. Valerie Kattouf, O.D., associate professor, Illinois College of Optometry.

Children entering preschool or kindergarten benefit the most from comprehensive eye exams, though they rarely receive them early enough. Currently, only 14 percent of children under age six have received a com-

prehensive eye exam, according to the U.S. Center for Health Statistics. Vision impairments in children of this age can be detected through an eye exam and are typically easy to correct immediately afterwards.

An eye exam will help correct common vision problems, such as nearsightedness and farsightedness, as well as more serious conditions such as amblyopia, commonly known as lazy eye. Amblyopia affects about 5 percent of children nationwide. The condition is completely treatable and preventable if detected within the first few years of life. The lack of early eye care allows amblyopia to escape detection, and it remains the leading cause of blindness in Americans under 40.

"Children may not recognize that they have a vision problem," says Dr. Kattouf, "particularly children who are too young to know the alphabet or even to speak. However, there are proven methods for full eye exams on young children that can be done efficiently and effectively."

The back-to-school season is an ideal time for parents to take their child to an eye doctor for a comprehensive exam, particularly since much of what children learn is obtained through the eyes.

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Top of the line



Pampa News photo by MARILYN POWERS

Jackie Shaw, a bus driver for Pampa Independent School District, climbs down from the driver's seat of one of two new buses acquired by the school district. The buses sport a green stripe down the midline of each side with the Harvesters' name and logo in gold.

Swing

Continued from Page 2

starts piling up the first few weeks of school.

• Start talking about the future. For parents of high-school kids, spend some time the closing weeks of summer discussing colleges. Many schools boast easy-to-navigate Web sites that list all sorts of programs and criteria for admittance, in addition to providing virtual tours of the campus. Spend some time with your children looking at such sites. Don't emphasize making a decision so much as knowing what it takes to get into certain schools. Chances are, if your child finds a school he likes and knows their admittance requirements before school starts, he's more likely to work hard from the get-go in the hopes of meeting those requirements.

Lice

Continued from Page 2

Human head lice is typically exclusive to humans, and lice that plagues other animals only rarely manifests itself on people. Most animals harbor their own species of lice, though there is a remote chance a child can contract lice from an animal.

How Can I Treat Head Lice?

There are numerous methods for treating head lice, though parents looking to treat their child's should first make sure the infestation is active. More often than not, the infestation isn't active, and treatment is unnecessary.

• Mechanical Removal. This is effective but often takes lots of time. Combing each day can remove the living lice and the ones that have hatched since the previous combing. Make sure you use lots of light, a magnifying glass and a good nit comb if you decide to remove the viable eggs mechanically.

Remember, as well, that fewer than a dozen eggs are typically active at one time. Two weeks of daily combing should do the trick.

• Pyrethroid Insecticides. Shampoos that contain permethrin or pyrethrins should indicate on the bottle their specific use for human beings.

These treatments typically don't do much in the way of killing eggs, often requiring a second treatment about 10 days after the initial one to kill those lice that hatched after the first treatment. The lice won't instantly fall out or die upon application, so a thorough examination the next morning can help you determine how successful the treatment was.

Harvard researchers found that prescription-strength pyrethroids were not more effective in treating head lice, as the head lice found in the United States proved resistant to permethrin.

• Non-pyrethroid Insecticides. Harvard researchers warn that parents should practice caution when treating children with insecticides that contain lindane and malathion, two

of the active ingredients in non-pyrethroid insecticides. Consult a physician and get a specific rundown of how to apply.

• Haircuts. While this is typically just an option for boys, head lice won't have much to cling to on a bald or shaved head. Eyelashes or facial hair can succumb to head lice, and understandably treating such areas should be done with great caution, as insecticides can burn the eyes.

Parents and children who decide to cut it all off should know that many local laws prohibit barbers or beauticians from coming into contact with infested individuals, so the job will likely have to be a do-it-yourselfer. If that's the case, thoroughly cleanse or even discard all tools used once the job is done.

Other treatments for head lice, such as enzyme treatments and antibiotics, do exist, though their effects have yet to be widely studied or determined and a physician should be consulted.



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DRUG OF CHOICE

Adderall popular with kids

(MS) — While many parents are fully aware of the more traditional recreational drugs their children might be exposed to, chances are strong they might be shocked to learn of a drug that has gained substantial popularity in high school as well as on college campuses over the last decade. Prescribed to treat Attention Deficit Hyperactivity Disorder (ADHD), Adderall (generically known by amphetamine and dextroamphetamine) has increasingly become a drug of choice for stressed-out students looking to make the grade.

Though the drug has proven beneficial, particularly in the classroom, to sufferers of ADHD, students not suffering from the disorder have been abusing Adderall for years. The two biggest reasons for the abuse by those not prescribed the drug differ greatly. A large percentage of Adderall abusers do so to aid themselves in the classroom, where the drug increases ability to pay attention, stay focused, and control behavior problems by restoring the balance of neurotransmitters dopamine (DA) and norepinephrine (NE), according to the drug's Web site. Both DA and NE are responsible for focus and attention.

Still, others abusing Adderall simply abuse the drug for the same reasons drug abusers abuse countless other drugs: to get high. Adderall's ability to boost energy and attentiveness allows students to prolong episodes of binge drinking. In essence, the students can still feel the effects of drunkenness but won't grow tired, which enables them to stay up and drink more. That greatly increases the risk of alcohol poisoning.

So where do students and others not diagnosed with ADHD get their Adderall? Typically, those diagnosed with ADHD experience less of a problem with the disorder as they grow older. While ADHD has been looked at as a child's disorder in the past, 50 percent of children suffering from ADHD continue to experience symptoms of the disorder into adulthood. Still, that leaves 50 percent who don't, many of whom continue to have prescriptions filled.

Often times, particularly on college or high school campuses, students pre-

scribed Adderall don't use all of their pills. Recognizing a market for their leftovers, many students sell the pills they don't use to students who aren't suffering from ADHD but want the drug for studying or partying purposes.

NEGATIVE SIDE EFFECTS OF ADDERALL

Though Adderall has done wonders for sufferers of ADHD, its increasing presence on college as well as high school campuses should concern parents. Below are some of the more common negative side effects of Adderall, which should not be taken unless prescribed by a doctor.

- Abnormal Heart Rhythm
 - Insomnia
 - Nervousness
 - Easily Angered or Annoyed
 - False Sense of Well-Being
- Some of the more rare side effects include:
- Depression
 - High Blood Pressure
 - Heart Attack
 - Seizure
- * Source: WebMD

Typically, Adderall can be found rather easily on a college campus and will sell for anywhere from \$5 to \$15.

Along with the potential for some very negative health consequences, Adderall is akin to academia's very own steroids. Students who take Adderall gain an unfair advantage over those who don't, similar to the advantages gained by an athlete abusing steroids. The difference, however, is the seemingly carefree attitude toward Adderall. Unlike steroids, millions of Adderall prescriptions are written each year. Such numbers only make it appear harmless to students, meaning they're more likely to try it. Also, unlike athletes who can raise red flags with respect to their competitors using steroids, students

See DRUGS, Page 5

National security expert offers tips for after-school

(NAPSA) — Smart parents know to do their homework today when it comes to home safety and security during the school year, especially if kids are coming home to an empty house.

"With more kids today 'home alone,' there really are some golden rules parents should follow to make the home a safe and secure place," said Bob Stuber, nationally acclaimed security expert, whose work with kids and safety issues has landed him on countless national TV shows, including "Oprah," "The View" and ABC's "Primetime."

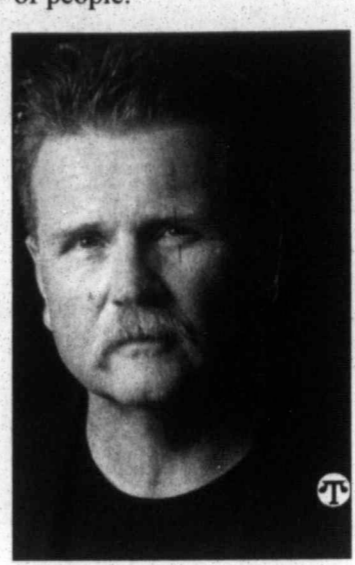
Bob Stuber's Home Safety And Security Tips For After-School Safety

• **Motion Lights:** Install motion detectors that activate lighting for the garage, patio, walkway or backyard. At certain times of the year, days are shorter and in some areas it can be dark when kids get home from school.

• **Automatic Timer Lights and/or Remote-Controlled Lighting:** Install automatic light timers on lamps inside the home and set them to activate prior to your child's arrival. For a high-tech twist: Chamberlain's Remote Light Control can be programmed to work with the garage door opener remote control and can activate a light or appliance, such as a TV or radio, as your child approaches the house.

• **Safe Escape:** Designate a "safe place" in your home where your child

can go in case of bad weather or a home break-in. This can be a closet, bathroom or any other space that will provide protection away from windows, debris or the view of people.



Bob Stuber, security expert

• **Garage Door Monitor:** A common security breach is leaving the garage door open—a virtual invitation to thieves, since many people don't lock the door between the garage and the home. "Think of a garage door monitor as a baby monitor for the garage," said Stuber. Chamberlain's Garage Door Monitor can be placed on a kitchen counter and will display a flashing red light if the garage door is open.

• **Calling Parents After School:** Teach your child to phone a parent or responsible adult as soon as he or she arrives home.

• **Opener Battery Backup System:** Install a garage door opener with a battery backup system, such as the professionally installed LiftMaster EverCharge Battery Backup, or Chamberlain's Whisper Drive Plus, available at home-improvement stores. Each will provide power to the garage door opener, keypad and remote controls for up to two days during a power outage.

• **Wireless Keypad Entry:** Children can drop or lose things, such as keys, at any time. A keypad that operates the garage door opener eliminates the need for your child to carry keys.

• **Morning Lock Check:** Every morning before your family leaves the house, all the doors and windows should be checked to make sure they are closed and locked. It's very common for someone to open a door or window and forget to close and lock it. This is one of the first places a criminal checks to get into a house.

• **In Case of Emergency:** Teach your child to call 911 first and the neighbors on both sides and even across the street next. While the police or fire department is on the way, the neighbors can respond in seconds.

You can find all the latest garage door openers and security accessories at a local hardware or home-improvement store or visit www.chamberlain.com to find a retailer or professional LiftMaster dealer.

Pointers for Parents: How teenagers cope with stress ...

(NAPSA) — Being a teenager can involve a lot of juggling. Trying to manage demands at school, home and from friends can seem stressful—even overwhelming at times.

To help teens handle stress and stay focused, parents should encourage their teens to budget their time, eat and sleep well, exercise, and ask for help when they need it.

The recent winners of the Young Epidemiology Scholars (YES) Competition, sponsored by the Robert Wood Johnson Foundation and the College Board, explored both positive and negative ways of responding to stress.

Natalia Nazarewicz of Oak Ridge, Tenn., and Aman Prasad of Pocatello, Idaho, conducted the two studies.

Nazarewicz surveyed more than 1,000 high school students in the Oak Ridge area on the practice of deliberate self-harm, such

as cutting or burning their skin. She found that 26 percent of the students reported they had deliberately hurt themselves at least once. The survey showed the self-harm was often a response to stress and that twice as many girls as boys had resorted to such actions.



Stress can lead to some self-destructive behaviors and exercise—even taking a simple walk—can do a lot to alleviate stress.

"I talked with some high-school guidance counselors and student advisors after completing my study and they were shocked by the scope of the problem," said Nazarewicz.

For his project, Prasad conducted a survey that he said suggests that physical activity may help teens mitigate the negative effects of minor mood disorders. He surveyed 800 ninth and tenthgrade students from three schools about how much physical activity they engaged in each week and measured the students' mood by asking each person to assess how opti-

See STRESS, Page 5

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Bully

Continued from Page 2

or I won't be your friend anymore."

In other cases, girls use rumors and innuendo to ruin the lives of other classmates. This is especially effective through e-mail or other electronic methods because of mass reach. Some girls who are on the receiving end of bullying say rumors are oftentimes more hurtful than physical abuse.

MAKING CHANGES

Bullying is wrong, but not so easily overcome. First and foremost, many students who are being bullied do not report the incidents for fear of further retaliation. A study of Toronto schools found that a bullying act occurred every seven seconds while teachers were aware of only four percent of the incidents. Close to 40 percent of victims said they had not talked to their parents about the problem.

What is agreed upon is that bringing the topic of bullying to a conversational forum goes a long way in educating stu-

dents that this type of behavior is offensive and wrong. It also gives those who have been bullied a voice and a chance to receive support from others who have been in the same shoes. Ignorance will not alleviate the problem, nor will stating that it is a "phase" or "just what kids do."

According to Rachel Simmons, author of two books on girl bullying and someone who has been both the bully and on the receiving end, "the hardest thing in the world is to get somebody to say, 'No, I am not going to go along with this [bullying]'. It's the hardest thing because lots of girls [and boys] relate conflicts with everyone abandoning them. They believe if they stand up to somebody they're going to lose all of their friends. Unfortunately, some kids are just not going to do that. And no amount of good parenting or teacher supervision is going to make that okay for a kid to do."

To learn more about girl bullies, read Simmons' book, "Odd Girl Out." For general information on bullying, visit any number of Web sites, including www.bullybeware.com, www.bullypolice.org or www.bullybuster.org.

Music may facilitate learning

(NAPSA) — If the thought of your children's development is music to your ears, you may want to share the joy of music with your kids — and it seems the sooner you do it, the better.

Exposure to music during the early years of childhood enhances the learning process by promoting language development, creativity, coordination and social

interaction, according to the National Association for the Education of Young Children (NAEYC). The group says vocal and speech development can improve through singing; listening and concentration can improve with aural training; and the values of cooperation are reinforced by the sharing of instruments and encouragement of other students.

To help their children develop a love for music-and for learning-many parents participate in classes facilitated by groups such as Music Together. The organization developed a research-based curriculum that takes a music and movement approach to early childhood music development. It's open to infants, toddlers, preschoolers and kindergarten children, and their parents or caregivers.

"The whole purpose of our program is to enable children, as well as the adults participating with them, to

become more comfortable with musical expression and to develop musically at their own pace," says Kenneth K. Guilmartin, founder and director of the group. "Childhood music development is a natural process, just like language development."

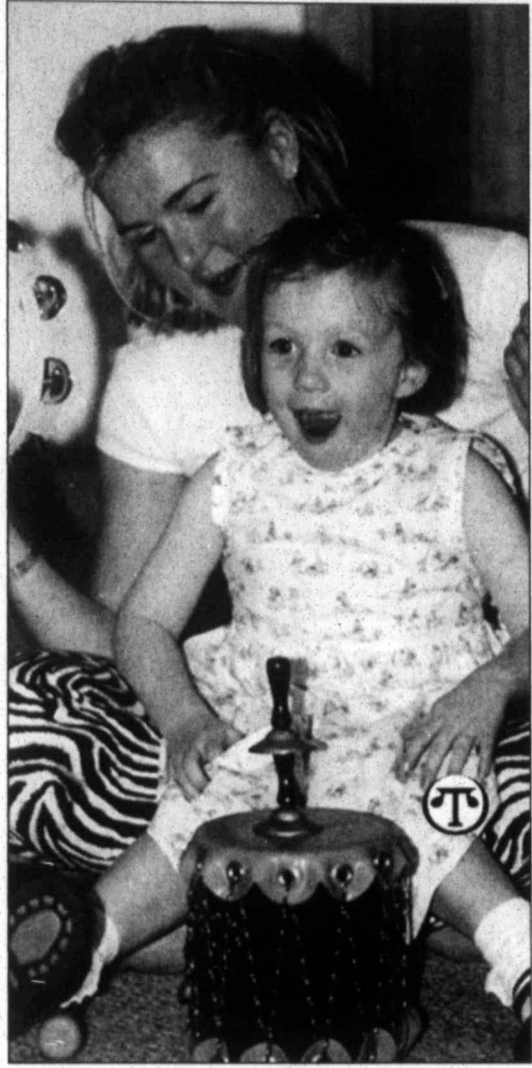
The program works in harmony with recent findings at an Early Childhood Summit stating that music education is basic education and therefore integral to the education of children at any age—a statement the U.S. Department of Education agrees with.

The Role Of Parents

Guilmartin says an important key to his program's success is parental involvement. "The participation and modeling of parents and caregivers—regardless of musical ability—is essential to a child's musical growth," he explains. "Of all the programs available for preschoolers, it is the only one which has based its curriculum on that fact from the beginning."

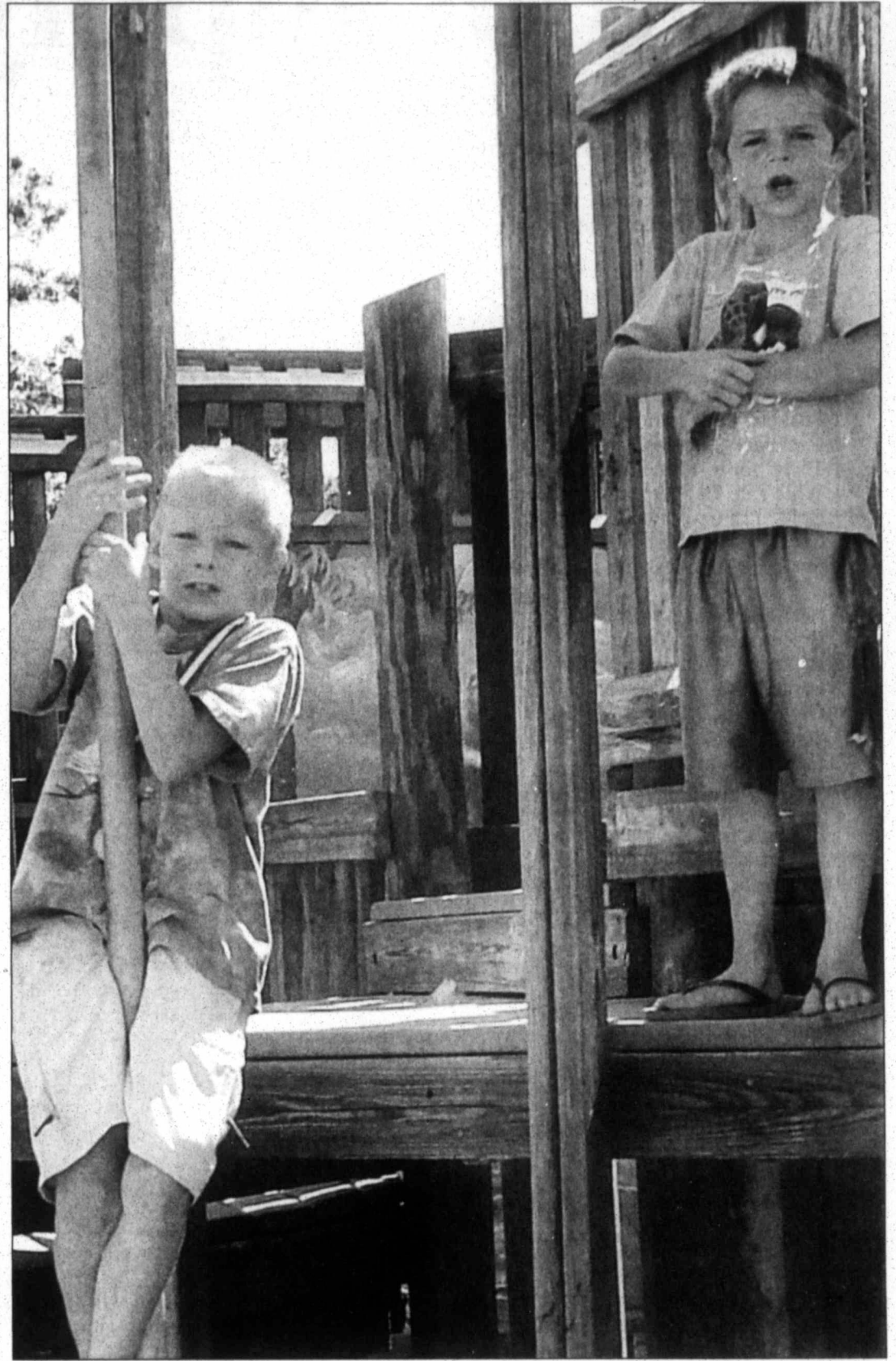
Atmosphere plays an important role as well. Music Together works to create a playful, nonperformance-oriented environment that Guilmartin describes as musically rich, yet immediately accessible to the child and the adult. "We believe all children are musical," explains Guilmartin. "They can all reach basic music competence with the right help."

Classes are offered in more than 1,400 communities around the world. For information, visit the Web site www.musictogether.com.



Evidence suggests that experiencing music and movement at an early age can help children develop important skills.

End of summer



Pampa News photo by MARILYN POWERS

Christopher Baker, left, and Jordan Posey take turns sliding down a pole at the city's Super Playground during their last days of summer vacation. Pampa Independent School District students begin classes on Aug. 15.

Healthy back-to-school breakfast important for families on the go

(MS) — As schools across the country ready themselves to get back in full swing, parents nationwide are also preparing. Already time-strained families are bound to get even more hectic as they'll be factoring in carpools, parent-teacher meetings and more. The back-to-school drain affects no one more than working moms, many of whom take on the bulk of school time duties such as getting the kids — and themselves ready to get out the door in the morning on time.

This time crunch has many families cutting corners wherever they can, most notably at the breakfast table. With the standard practice of sitting down to a healthy breakfast a thing of the past, many working moms and kids are simply too busy to enjoy a healthy breakfast, if they eat one at all. For those who do grab a bite, there are many quick and healthy options available such as Nestlé® Carnation® Instant Breakfast®.

A breakfast that's rich in antioxidants such as vitamins A, C and E, can help today's busy families maintain energy through their hectic daily schedules — whether at work or school. With 21 essential vitamins and minerals, Carnation Instant Breakfast provides a nutritious and convenient breakfast with twice the protein of an egg and twice the calcium of yogurt.

The new Nestlé Dark Chocolate Carnation Instant Breakfast is a complete nutrition solution for busy parents seeking a healthy

breakfast option. When mixed on its own with an eight-ounce glass of fat-free milk, Carnation Instant Breakfast will not only fulfill a daily chocolate fix, but will also provide 190 mg of antioxidants, which is more than 1/2 cup of blackberries and only slightly less than 1/2 cup of blueberries. When the nutritional drink mix is added to a wide variety of ingredients, such as peanut butter, vanilla yogurt or fruit, busy mothers and kids can easily create a smoothie that is both enjoyable and loaded with valuable antioxidants.

For a delicious smoothie, try this recipe that ensures a frothy treat perfect for an afternoon snack. Substitute regular low fat vanilla yogurt and a cup of ice cubes in lieu of the frozen variety to create an option better for breakfast.

NEAPOLITAN SMOOTHIE

1 packet Dark Chocolate Flavor Nestlé Carnation Instant Breakfast Complete Nutritional Drink

1 cup fat free milk
1/2 cup frozen strawberries
1/2 cup vanilla fat free frozen yogurt or ice cream

Place Carnation Instant Breakfast, milk, strawberries and frozen yogurt in blender; cover. Blend until smooth.

For more information about products, tasty recipes, and healthy living tips, visit www.carnationinstantbreakfast.com.

Stress

Continued from Page 4

mistic and how aggressive he or she felt. On average, he found that students who

exercised at a rate of three or more days a week reported being in a better mood than students who did not exercise.

Nazarewicz and Prasad both won \$50,000 college scholarships in the annual YES Competition, besting 700 students who entered nationwide. For more information, visit www.collegeboard.com/yes.

Drugs

Continued from Page 4

who suspect classmates are taking Adderall have little recourse. And as the old saying goes, if you can't beat them, join them — and many do.

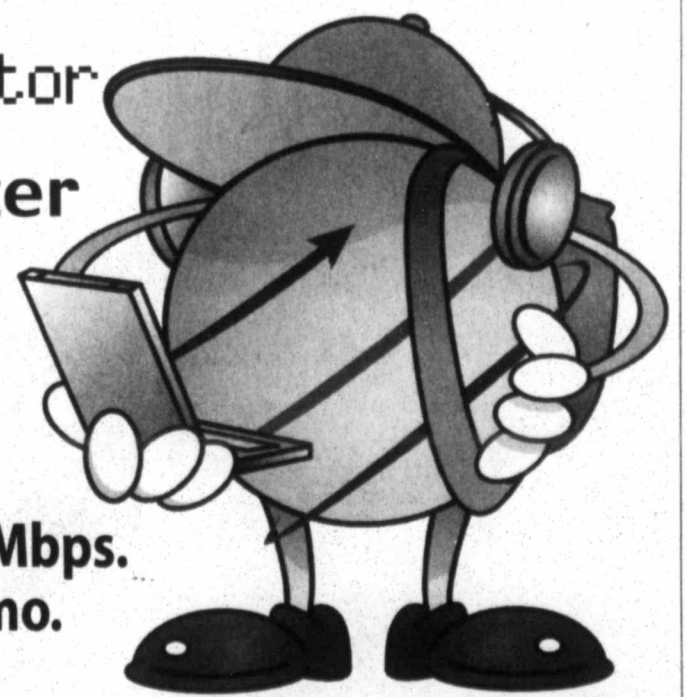
Such is the case for many high school students taking the SATs. Pressure to do well on the standardized test increases each year. As tuitions rise, so, too, does pressure to perform. Many high school

students, as a result, have turned to Adderall when studying for and taking the test. This is perhaps the grandest form of cheating, as a student's SAT scores will become part of a nationwide pool, as opposed to just a classroom-wide one.

But what can parents do? The best thing is to hammer home the negative side effects of Adderall and to not apply too much pressure about classroom performance. Also, if your child says they feel Adderall might help them, let them know it is designed for people with genuine problems, not for students looking to gain an edge in the classroom.

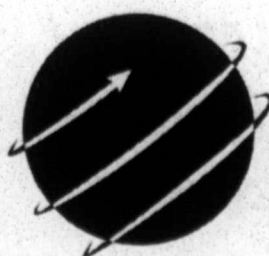
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School supply lists

AUSTIN ELEMENTARY SCHOOL

• Kindergarten supply list

- 2 Boxes crayons (8 count), skinny, basic colors
- 1 Pkg. Crayola markers (fat size-classic colors)
- 4 #2 pencils
- 1 Pink pearl eraser
- 1 Large box Kleenex or Puffs
- 1 4-oz. Elmer's Glue All (no blue gel glue or school glue)
- 3 Large glue sticks
- 1 Plastic school box (cigar box size)
- 1 Pocket folder without brads
- 1 Pocket folder with brads
- 1 Backpack that zips, large enough to hold winter coat (no backpacks on wheels)
- 1 Towel for rest time (no mats)
- 1 Wide-rule 70-sheet spiral notebook
- 1 Bottle (12 oz.) of hand sanitizer
- 1 Crayola washable watercolors (8 colors)
- Label ALL supplies with child's name

• First grade supply list

- 1 Box of crayons (24-count)
- 6 #2 Pencils (sharpened before class)
- 2 Large boxes of Kleenex
- 4 Glue sticks
- 1 School boxes (no larger than cigar box size, as they won't fit in their desk)
- 1 Large pink pearl eraser
- 2 Pocket folders (bottom pockets, not side)
- 1 One-subject notebook, wide-ruled
- 1 Box of Classic markers
- 1 Box of Ziploc bags
- 1 Backpack, large enough to hold coat

• Second grade supply list

- 1 Box crayons (24 colors)
- 8 #2 Pencils (label each one)
- 1 4-oz. Elmer's Glue All (no school glue)
- 4 Glue sticks
- 2 Boxes of Kleenex
- 1 Spiral notebook, wide-ruled/120-page count (no tear out pages)
- Crayola broad tip markers
- School box (cigar box size only)
- 1 Pink pearl eraser
- 1 Deck of playing cards
- 2 Composition books (hard cover with bound pages)
- 1 Study carrel (see diagram)

Directions for study carrel: To enable your child to have an independent work area, construct one study carrel for your child. It should be made from STURDY CARDBOARD BOX OR ARTIST CANVAS (any color). It is designed with three sides and will fold in a tri-fold manner for storage. Each side should be 11 inches high and 14 inches wide. This is made from three separate pieces taped together.

• Third grade supply list

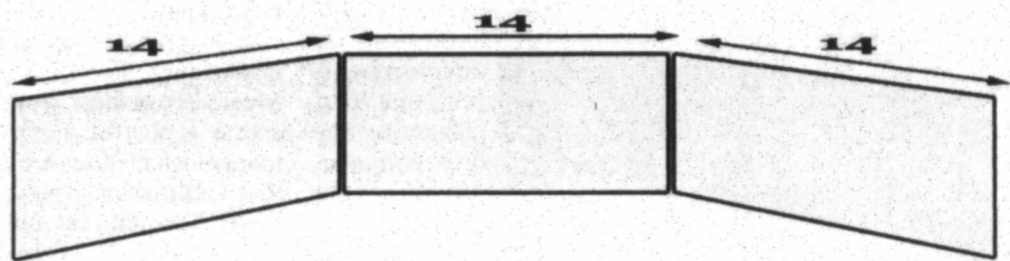
- 2 Folders (with pocket only)
- 1 Box colored pencils
- 1 Pkg. #2 pencils (no mechanical pencils)

- 2 Red grading pencils
- 1 Elmer's 7.625 oz. white school glue
- 2 Boxes of crayons (24-count each)
- 3 Boxes of Kleenex brand tissue
- 1 Pkg. wide-rule notebook paper (200 count)
- 1 Box Crayola markers (regular size)
- 1 Small school box
- 1 Pink pearl eraser
- 1 Composition book
- No notebooks

• Fourth grade supply list

- 12 Plain wooden pencils (no decorated or mechanical pencils)
- 5 Red grading pens or pencils
- 2 Pkgs. wide-rule notebook paper
- 5 Pocket folders
- 1 Box crayons (24-count)
- 2 Large boxes of Kleenex
- 1 Roll paper towels
- 2 Single-subject spiral notebooks (no perforated notebooks)
- 1 Pair scissors (sharp point)
- 2 Highlighters
- 2 Elmer's glue sticks

STUDY CARREL



- 1 Medium-sized spiral notebook for journal (similar in size to a steno pad)
- 1 Soft vinyl 1" 3-ring binder (no large binders)
- 1 Large pink pearl eraser
- 1 Small pencil box or pencil bag
- 1 8-oz. pump hand sanitizer
- 1 container or box of antibacterial wipes
- 1 Vinyl accordion file folder
- No backpacks on wheels

• Fifth grade supply list

- Notebook paper, wide line (no narrow or college-ruled paper)
- Pencils, mechanical acceptable
- 1 Pkg. of red grading pens
- 1 Box map colors
- 2 Boxes of Kleenex
- 1 Roll of paper towels
- 4 Spiral notebooks (non-perforated)
- 1 Box sandwich-size Ziploc bags
- 8 Pocket portfolio
- 1 Bottle hand sanitizer
- No backpacks on wheels

LAMAR ELEMENTARY SCHOOL

All Lamar students need a basic backpack.

• Kindergarten supply list

- 1 Pkg. #2 yellow pencils
- 3 Large boxes of Kleenex
- 18 Solid (not liquid) glue sticks
- 3 Boxes Crayola crayons (8 count, regular size, primary colors)
- 1 School box
- 1 Pkg. sandwich-size Ziploc bags
- 1 Spiral notebook (70-page, wide-rule)
- 2 Plastic pocket folders with three hole prongs (one yellow, one purple)
- 1 Scissors
- Backpack without wheels

• First grade supply list

- 1 Scissors
- 10 Pkgs. #2 yellow pencils
- 3 Boxes of Kleenex
- 1 Box crayons (24-count)
- 1 8 oz. Elmer's glue
- 1 Plastic school box
- 2 Pocket folders (one yellow, one purple)
- 1 Spiral notebook
- 1 Box gallon or snack-size Ziploc bags
- 1 Glue stick

• Second grade supply list


- 1 Box crayons (24-count)
- 10 Pkgs.#2 yellow pencils
- 1 Eraser
- 2 Large boxes Kleenex
- 2 Pocket folders
- 1 8 oz. glue
- Pointed scissors
- 1 Regular-size school box
- 1 Spiral notebook (wide line)
- 1 Pkg. markers
- 2 Pocket folders with brads

• Third grade supply list


- 1 Regular size school box
- 2 Pocket folders
- 3 #2 Pencils (no mechanical pencils or pens)
- 1 8 oz. glue
- 1 eraser
- Pointed scissors
- 1 Box crayons (24-count)
- 1 Spiral notebook (wide-line)
- 3 Large boxes Kleenex
- 1 Pkg. notebook paper (wide-line)
- 1 Pkg. sandwich-size Ziploc bags
- No notebooks or Trapper Keepers

Our life may change...

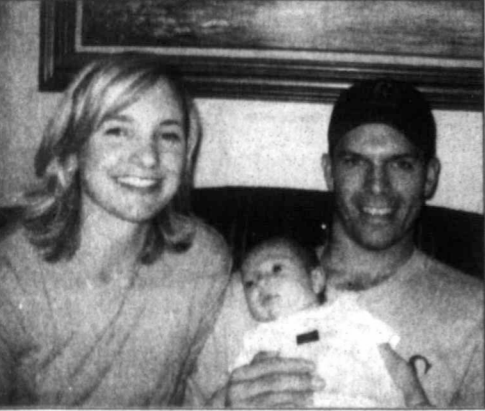
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See SUPPLIES, Page 7

Supplies

Continued from Page 6

• Fourth grade supply list

- 1 Box colored pencils
- 20 #2 pencils
- 1 Spiral notebook
- 2 Glue sticks
- 1 Box crayons (24-count)
- Pointed scissors
- 2 Large boxes of facial tissues
- 2 Pkgs. loose leaf notebook paper
- 4 Pocket folders
- 2 Block erasers
- 1 Zipper bag
- No pencil boxes
- No notebooks or Trapper Keepers

• Fifth grade supply list

- 4 Pocket folders with brads
- 1 Box crayons (24-count)
- 2 Large boxes Kleenex
- 2 Pkgs. notebook paper (wide-rule)
- 10 Pkgs. #2 pencils (no mechanical pencils)
- Pointed scissors
- 1 Zipper pencil bag
- 2 Glue sticks
- 1 Eraser
- 1 Box colored pencils
- No notebooks or Trapper Keepers

WILLIAM B. TRAVIS ELEMENTARY SCHOOL

• Kindergarten supply list

- 1 8 oz. or larger bottle of hand sanitizer
- 4 Boxes of Crayola Brand (only) Crayons (24-count box/small size/no fluorescent)
- 2 Large boxes of Kleenex
- 1 Small pastic school box (No longer than 6 x 9; must fit in school cubby hole)
- 2 #2 Pencils
- 6 Large glue sticks
- 1 Set Fat Crayola Brand Markers, not skinny (classic colors only - no bolds or pastels)
- 1 Nap towel (must be able to fit in small school cubby; no kinder mats)
- 1 School backpack (large enough to hold pocket folder, no wheels)
- 1 Rolls of paper towels
- Additional supplies will be requested as needed.
- Label jackets and book bags only.
- Do not label crayons or markers with child's name.

• First grade supply list

- 1 Study carrel
- 2 Spiral Notebooks (70-page)
- 1 Box crayons (24-count)
- 1 Pair Fiskars pointed tip scissors
- 2 Bottles Elmer's white school glue
- 2 Pkgs. #2 pencils
- 4 Plastic pocket folders (in red, yellow, blue and green with pockets at the bottom)
- 1 School box (cigar box size only)
- 1 Box quart-size Ziploc bags
- 2 Large boxes of Kleenex
- Place child's initials on all items above.
- 2 Black dry erase markers
- 1 Box watercolor slender markers

—Directions for study carrel: To enable your child to have an independent work area, we ask that you construct a sturdy carrel for your child. It should be made from stiff cardboard. It is designed with three sides that will fold in a tri-fold manner for storage. Each side should be 11-inches high and 14-inches wide. This is best made from three separate pieces of cardboard taped together. Please cover with contact paper. Be sure the height is 12-inches and the width is 14-inches.

• Second grade supply list

- 1 Box crayons (24-count)
- 10 #2 Pencils
- 1 8 oz. bottle of Elmer's white glue (no gel)
- 2 Large boxes of Kleenex (200-count)
- 1 Box of Crayola Markers, broad tip (classic colors only; no fine point)
- 1 School box
- 1 Spiral notebook (wide-rule, 70-page)
- 2 Pocket folders with brads
- 2 Pocket folders
- 1 Pencil sharpener with lid to catch shavings
- 1 Pink eraser

A few additional supplies may be requested by the homeroom teacher at enrollment in August.

• Third grade supply list

- 2 Pkg. of 24 pencils
- 2 Pkg. wide-lined paper
- 4 Plastic pocket folders with brads (solid colors)
- 1 Pkg. of 24 colored pencils
- 1 Pkg. of 10 red marking pens
- 3 Large boxes of Kleenex
- 1 Box of crayons (24-count)
- 2 Large pink erasers
- 1 Composition notebook (100 sheets, wide-ruled, 9.75 x 7.5)
- 1 Spiral notebook (wide lined, one-subject)
- 1 Small plastic pencil box
- No Trapper Keepers, binders or rolling backpacks

• Fourth grade supply list

- 1 One-subject spiral notebook (for math class only)
- 1 Box #2 pencils (no mechanical pencils; leave pencils in box)
- 2 Boxes red grading pens or pencils
- 1 Pkg. notebook paper (wide-ruled)
- Large zippered pencil bag
- 8 Pocket folders (write name at the top of each folder)
- 1 Box crayons (24-count; leave in box, label)
- 1 Box washable markers (8-count; leave in box, label)
- 1 4-oz. Elmer's white glue
- 2 Boxes of Kleenex (200-count)
- 1 Centimeter and inch ruler (wooden)
- Set of two highlighters (to be used in all classes)

• Fifth grade supply list

- 1 1 1/2 or 2 inch three-ring binder
- 1 Pkg. Avery double-pocket insertable plastic dividers with five tabs
- 1 Pkg. notebook paper
- 1 10-pack pkg. mechanical pencils
- 1 Pkg. 24-count #2 pencils
- 2 Plain solid color folders with brads and pockets (one yellow, one red)
- 1 Box map colors
- 1 Pkg. markers
- 2 Boxes of Kleenex
- 1 Box crayons (24-count)
- 1 10-pack pkg. red grading pens
- 1 Pkg. eraser caps
- 1 Pencil bag with metal reinforced holes for binder
- 1 Box Ziploc bags, quart- or gallon-size
- Put name on all supplies

WOODROW WILSON ELEMENTARY SCHOOL

• Kindergarten supply list

- 3 Boxes Crayola primary color crayons (8-count, regular, thin size)
- 6 #2 all-wood pencils
- 1 School box (8 x 5, no larger)
- 6 Glue sticks
- 1 Box thin markers
- 1 Box sandwich-size Ziploc bags
- 2 Boxes Kleenex
- Spiral notebook (70-page)
- Fiskar sharp point scissors
- Backpack (no wheels)

• First grade supply list

- 1 Eraser
- 1 Pencil box (no oversized boxes)
- 1 Pkg. #2 pencils
- 1 8 oz. glue
- 1 Box Crayola crayons (24-count, regular/thin-size)
- 3 Boxes Crayola crayons (8-count, regular/thin-size)
- 2 Pocket folders without brads (solid colors)
- 2 Pocket folders with brads
- Fiskar rounded tip scissors
- Backpack or school bag (no wheels)
- 2 Boxes of Kleenex
- 1 Pkg. Crayola markers
- 1 Box sandwich-size or larger Ziploc bags

• Second grade supply list

- 1 Box crayons (24-count)
- 2 Pkgs. #2 Pencils
- 1 Elmer's school glue (no gel)
- 1 School box
- 1 Box Ziploc bags (50-count)
- 2 Pkgs. glue sticks
- 2 Pocket folders
- 1 Eraser
- 2 Boxes of Kleenex
- 2 Red pencils
- Sharp point Fiskars scissors
- 1 Spiral book

• Third grade supply list

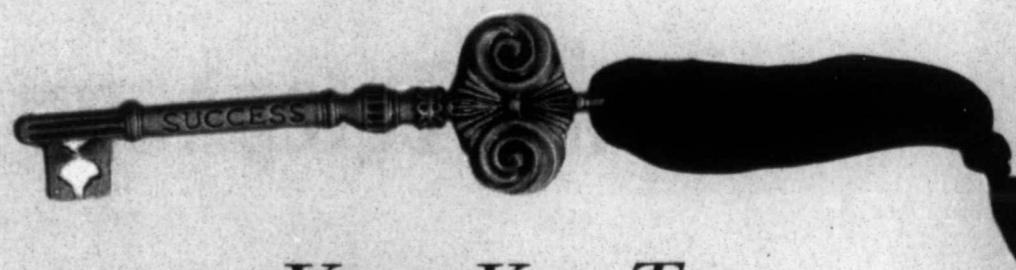
- 2 Large pkgs. notebook paper (wide-rule)
- 2 Large erasers
- 4 #2 wood pencils
- 1 Box crayons (24-count)
- 2 Red pens
- 1 4-oz. Elmer's glue
- 1 School box (no large boxes)
- 6 Pocket folders
- 1 Spiral notebook
- 1 Box gallon-size Ziploc bags
- Map pencils
- 2 Boxes of Kleenex
- Scissors
- No rolling backpacks, markers, or notebooks

See SUPPLIES, Page 8

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Supplies

Cont. from Page 7

• *Fourth grade supply list*

- 4 #2 wood pencils (no mechanical pencils)
- 1 Box crayons (36-count)
- 2 Large pkg. notebook paper (wide-rule)
- 6 Pocket folders with brads
- 1 Box map pencils
- 1 Bottle Elmer's school glue
- Scissors
- 1 Box Ziploc bags
- 2 Boxes of Kleenex
- 2 Red pens or pencils
- 1 Cloth supply bag
- 1 Large good-quality eraser
- 2 Spirals
- No binders or large notebooks.

• *Fifth grade supply list*

- 2 Red pens
- 4 Spiral notebooks
- 1 Box crayons or markers
- 1 12" metric ruler
- 1 Box map pencils
- Wide-ruled notebook paper
- 3 Pocket folders with brads
- 2 Boxes of Kleenex
- 4 #2 Pencils (no mechanical)
- 1 Highlighter

• *WIN supply list*

- Backpack
- 2 Pkg. #2 pencils
- 2 Boxes crayons (24-count)
- 2 Glue sticks
- 2 Boxes Ziploc bags (any size)
- 3 Folders with brads and pockets
- 4 Boxes of Kleenex
- 3 Erasers (not pencil top)
- 1 small pencil box

School work



Jackie Shaw, left, and Len Mixon, bus drivers for Pampa Independent School District, recently gave the roof of the school district's bus barn at 116 S. Purviance a fresh coat of silver paint.

Pampa News photo by MARILYN POWERS

Students nationwide vote for favorite school lunch

(MS) — School lunches have come a long way since the mystery meat of past generations. Fresh salads, low-fat cheese pizza with wheat crust and turkey burgers fill student lunch trays. And now, today's favorite meals are up for election on www.VoteForSchoolLunch.org.

The nonprofit School Nutrition Association (SNA) invites students to vote online and learn more about their favorite candidates — Pete Pizza, Sally Salad, Ricky Chicken, Heddi Spaghetti and Rocco Taco. During

August and September, schools across the country will host contests and hold cafeteria elections to encourage participation.

SNA is a professional organization of more than 55,000 members who provide high-quality, low-cost meals to students and are dedicated to feeding children safe and nutritious meals.

With an estimated 17 percent of children and adolescents ages 2 to 19 overweight, nutrition education and proactive awareness programs are vital.

The 'Vote' campaign will help inform parents and students on the importance of balanced, nutritious meals and show how healthy lunch options have evolved. Federal Dietary Guidelines for Americans set standards for essential protein, vitamins and minerals and limit calories from fat for meals within the federally funded National School Lunch Program (NSLP) which serves 29 million children daily.

In recent years, school nutrition programs have introduced healthy

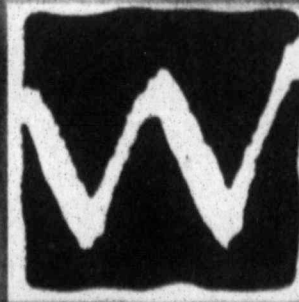
cooking techniques with the integration of more fresh fruits, vegetables and whole grains. Today's lunch trays reflect nutritious, balanced meals in age-appropriate portions that appeal to students' tastes.

Election results will be revealed during National School Lunch Week on Oct. 11. Visit www.VoteForSchoolLunch.org to cast a vote or www.SchoolNutrition.org for more information on school programs.

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