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Pampa

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High today 90
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For weather details see Page 2

Pick-up Race needs entrants

PAMPA — More male and female contestants are needed for the Celebrity Pick-up Race to be held at 6 p.m. during the first night of the Top O' Texas Rodeo which runs July 13 through 15. Greenhorns are paired with cowboys in the race. To enter, call rodeo secretary Jane Jacobs at the rodeo office at 669-0434. A spokesman who noted the low number of entrants to date laughed and said, "I don't know what's wrong ... maybe they (Greenhorns) are scared of horses or something."

No Lotto winner Saturday

No winning ticket was sold for the Lotto Texas game on Saturday, state lottery officials said. A winning ticket would have been worth \$4 million. Wednesday night's drawing will be worth an estimated \$6 million. Numbers drawn Saturday were 7, 8, 28, 40, 43 and 49.

Park ranger loses portion of his leg

CORPUS CHRISTI, (AP) — A 48-year-old driver faces drunk-driving charges after striking a park ranger, whose right leg had to be amputated below the knee, authorities said. Robert Hansen, 58, a ranger on Mustang Island for only a month, remained in stable condition Sunday.

- Nita Cash, 87, homemaker, former Junior League member.
- Lucille M. Hudgins, 67, licensed vocational nurse.
- Mary Ruth Evans Smith, former music teacher, church pianist, organist.
- Rose Stambaugh, 45, sister of a Pampa resident.

Classified 7
Comics 4
Medical 8
Sports 5

Summer delight ...



(Pampa News photo by Dee Dee Laramore)

James Butler, 5, left, and brother Christopher Butler, 7, both of Tulsa, Okla., take a moment to smell the abundant day lilies in their grandfather's front yard at 1237 N. Russell. They're the grandsons of Don and Marilyn Butler. Butler said he started growing day lilies after retiring from Cabot Corp. some years ago and the flowers have since become a passion for him.

Robbery conspiracy: 'Bad guys got caught'

By DEE DEE LARAMORE
Staff Writer

MIAMI — Area law enforcement officers joined forces Saturday to foil a conspiracy to rob the Taylor Mart here of approximately \$1,500 in store deposits.

Roberts County Sheriff's officers, the local Texas Ranger, brand inspector and Gray County Sheriff's deputies combined efforts to catch the conspirators with the goods, authorities said today.

As a result, Tammy Hornsby, Misty Renee Wilson, ages unavailable, were

arrested and a 16-year-old male detained. All three are Miami residents, according to Roberts County Sheriff Dana Miller. Hornsby and Wilson were charged with engaging in organized criminal activity, a felony, and are free on a \$2,000 bond set by Justice of the Peace Danny Greenhouse, Miller said.

The arrests came after Sheriff Miller learned of the conspiracy from a Taylor Mart employee.

"I was approached by an employee last Thursday who said there were two people who were conspiring to steal the

store's money and make it look like a robbery," Miller said.

Both Hornsby and Wilson were former employees, Miller said. Hornsby had served as manager of the convenience store until she was terminated a week to 10 days before, he said. Wilson had quit her job as an employee approximately a week earlier, he said.

Officers were told that the plan was to have a clerk take the deposits and put the money in a milk crate behind the store. The conspirators would then drive up

Officers were told that the plan was to have a clerk take the deposits and put the money in a milk crate behind the store. The conspirators would then drive up and pick up the milk crate with the money.

— Roberts Co. Sheriff Dana Miller

Jeep rollover hurts three

PANHANDLE — Three people were transported to Northwest Texas Hospital in Amarillo late Sunday night following a one-car rollover about two miles west of Panhandle on Farm to Market 293.

Information regarding the wreck was still sketchy Monday morning, according to L.B. Snider with the Amarillo Department of Public Safety office.

He said, according to reports, the 1997 Jeep Wrangler was traveling west on FM 293 when the 13-year-old male driver swerved to miss a rabbit in the roadway causing the vehicle to overturn.

He and two adult males in their early to mid-20s were thrown from the vehicle, said Snider.

Panhandle EMS transported the two adults to the Amarillo hospital Sunday night. Snider said their injuries were not life-threatening.

Snider said White Deer EMS transported the 13-year-old male to NWHF. A hospital spokeswoman said the teen was treated and released.

The accident is under investigation by DPS Trooper Chris Ray.

Snider cautioned motorists to wear seat belts, and wear them correctly.

He said shoulder straps should be worn in front, adding that if motorists place the shoulder straps in back they are increasing their chances of serious injury and being ejected from the vehicle in case of an accident.

Gray gets awards for Lake McClellan restoration efforts

By NANCY YOUNG
Managing Editor

Gray County Commissioners were recently recognized by the U.S. Forest Service for their cooperative efforts in restoring Lake McClellan.

Reggie L. Blackburn, District Ranger, said Gray County has the distinction of being the only county entity in the United States which won the award for their cooperative efforts. He stressed it was an extremely high accomplishment to be achieved jointly by the local commissioners court and U. S. Forest Service, and that the U. S. Forest Service was very appreciative of the cooperative effort by the Gray County Commission.

Blackwell said many of his colleagues across the country have expressed amazement at the cooperation by the local commissioners court in accomplishing

the goals in the dredging operation.

The current dredging operation has been a cooperative project between Gray County and the United States Forest Service, he said.

The dredging project is making it better for the boating at the lake, according to county officials. The dredging is designed to extend the life of the lake by making it deeper.

Precinct 3 County Commissioner Gerald Wright, who has been active in the project for many years, said the deepest part of the lake is now about 25 feet deep. He said the deepening of the lake is extra-critical so as not to lose the fish population. He said the lake loses five foot of water to evaporation a year, provided there is no rain.

Joe Wheelley, commissioner (See LAKE, Page 2)



(Pampa News photo by Nancy Young)

Gray County Commissioners were recently presented individual plaques by the U.S. Forest Service for their cooperation involved with the Lake McClellan dredging project. Reggie Blackburn, third from left, of the U. S. Forest Service presented from left, County Commissioners Joe Wheelley, Jim Greene, Judge Richard Peet, Gerald Wright and James Hefley the plaques recognizing them nationally for their cooperative efforts.

JULY 03 2000

Calendar of events

PAMPA AREA LITERACY COUNCIL
Pampa Area Literacy Council office is open from 10 a.m.-4 p.m. Monday-Friday. For more information, call 665-2331.

CLEAN AIR AL-ANON
Clean Air Al-Anon will hold weekly meetings on Tuesdays and Thursdays at noon at 810 W. 23rd. For more information, call 669-3988.

TRALEE CRISIS CENTER
Tralee Crisis Center will offer Volunteer Training for people interested in working with victims of domestic violence, sexual assault and other crime victims. For more information, call Diane Wells at 669-1131 or 1-800-658-2796.

PLANNED PARENTHOOD
Planned Parenthood of Amarillo and the Texas Panhandle is extending clinic hours in Pampa. The clinic is now open from 8 a.m.-4:30 p.m. Monday-Friday, 408 W. Kingsmill Ave., #175-A. Special evening hours until 6 p.m. are available by appointment. For more information or for an appointment, call 665-2291. Planned Parenthood is a not-for-profit health care organization serving women and men in 17 offices covering 26 counties in the panhandle.

NOEP PROGRAM
The Nurse Oncology Education Program and Amarillo College will present "Growing Up With Cancer: A Family Focus" from 7:30 a.m.-3:45 p.m. July 14 in AC's West Campus Lecture Hall, Amarillo. The conference will be worth 7.7 Type I contact hours for nurses and 0.6 CEUs for social workers. Early registration is \$45. Students must provide a copy of student ID and pay a \$10 (post-marked on or before July 7) registration fee. On-site and late registration will cost \$60. For more information, call 1-800-515-6770 or write: The Nurse Oncology Education Program, Growing Up With Cancer, 7600 Burnet Rd., Suite 440, Austin, TX 78757.

GEM THEATRE
The Gem Theatre in Claude will present the Community Heritage Players at 7:30 p.m. July 16 and 17. The group is under the direction of Dr. Carole Manning-Hill. The entertainment will feature an old-fashioned melodrama. The cast will include Wayne Blodgett, Terresa Collins, Jeromy Collins, Terrill Conrad, Michael Green, Dixie Hunsaker, Kym Klarich, Carl Lansbury and Janet Westbrook. After intermission, Deanna Campbell will present a medley of musical favorites. Tickets are available at the door or in advance by calling (806) 226-5409.

ASC FORUM
Amarillo State Center will hold a public forum during the meeting of the Governing Body on July 19 at Amarillo State Center, 901 Wallace Blvd. The tentative time for the forum is 9-10 a.m. in the cafeteria. The public is encouraged to attend the forum and present ideas or comments to the Governing Body about its services. For more information, call Sue Lutes at (806) 351-3284.

FBC WOMEN'S LUNCHEON
First Baptist Church Women's Ministries will host a program and send-off luncheon for Mark and Kristie Aderholt, International Mission Board appointees, beginning at 11:45 a.m. (noon for working women) Thursday, July 20 in Fellowship Hall, 203 N. West, of the church. The luncheon is open to all women. Cost of the meal (chef salad) will be \$4. Participants must RSVP by Tuesday, July 18 by calling 669-1155. A love offering will be taken and a basket for personal messages will be provided.

COWBOY POETRY PROGRAM
Southwest Cowboy Poets Association will host at Cowboy

Poetry Program at 6:45 p.m. July 20 at Barnes and Noble Book Store in Amarillo. The association schedules the monthly program on the third Thursday of each month. Pat Henry will emcee and the keynote performer will be Rusty Nichols of Borger. A dozen entertainers are also scheduled to participate in the event. The event is free and open to the public. For more information, call Charlie Bell, president, at (806) 352-4693.

GREEN THUMB
Green Thumb is launching a search to identify and recognize outstanding employers of America's senior workers. GT will honor three outstanding employers representing small, medium and large businesses during its National Prime Time Awards activities Oct. 3-6 in Washington, D.C. The deadline for nominations is July 30. Details and on-line applications are available at www.prime-time2000.org. Eligibility criteria: 1) employers who hire older workers 65 and over for 20 or more hours of paid employment per week at minimum wage or higher (this does not include older workers whose employment is subsidized through local, state or federally-funded programs); 2) nominations for affiliates, franchises, partnerships and divisions should be consolidated and submitted through corporate headquarters if possible; 3) business size - up to 50 employees (small), up to 1,000 (medium), and over 1,000 (large); 4) winners must be willing and able to travel to Washington for the 2000 event. Applications may be mailed to (if not submitted on-line): Diane Long, Green Thumb, Inc., 2000 N. 14th St., Suite 800, Arlington, VA 22201.

IMMUNIZATION CLINIC
The Texas Department of Health will be offering immunization clinics for vaccines that give protection against several childhood diseases including polio, diphtheria, lock jaw (tetanus), whooping cough (pertussis), measles, rubella, mumps, HIB (haemophilus influenzae Type B) and chickenpox (varicella). The TDH will charge money to help with the cost of keeping the clinic open. The amount charged will be based on family income and size, and the ability to pay. The following clinics will be offered: 10 a.m.-12 p.m., 1-4:30 p.m., July 19, Family Health Care, 600 W. Kentucky, Pampa; 12-4 p.m., July 24, City Hall, Canadian; and 12-2 p.m., July 20, Miami School, Miami.

TFS APPRENTICESHIP PROGRAM
Texas Folklife Resources is currently accepting applications for its Apprenticeship program. The Apprenticeships in the Folk Arts program encouraged the continuation of Texas traditional arts by providing master artists funds for training qualified apprentices. Texas traditional arts or folk arts are those art forms learned informally, often passed from generation to generation. Deadline for application is Sept. 1. All participants must be residents of Texas. For more information or for an application, contact Caroline Herring, program coordinator, at: Texas Folklife Resources, 1317 South Congress, Austin, TX 78704; or call (512) 441-9255.

NATURE HIKES
Palo Duro Canyon State Park will offer several nature hikes throughout the month of June. The following hikes are scheduled: 9 a.m. July 15, "Wildflower Safari," at Paseo Del Rio trail head; 9 a.m., July 8, "Botany Basics," and July 29 nature hike, both at Givens, Spicer and Lowry Running Trail; and 9 a.m., July 22, Sunflower Trail hike, Sunflower Trail. Each hike will begin at 9 a.m. Participants are urged to bring water, a hat, bug spray and good walking shoes. For more information, call the park at (806) 488-2227, ext. 49.

ARTISTS HARVEST
Austin Artists Harvest is sponsoring its 33rd Annual Exhibit and Sale Oct. 21 and 22 in Austin. All media is allowed. Applications are available by sending a #10 SASE to: P.O. Box 80546, Austin, TX 78708-0546. Deadline for entries is July 15. Slides are required.

HERITAGE FEST
Lake McClellan will host "Heritage Fest" Sept. 23 at the lake. The event will feature performers and displays.

COUNTRY DOCTOR AWARD
Staff Care, Inc., is seeking nominations for the 2000 Country Doctor of the Year Award. Nominees will be judged on the following criteria: Scope of care; continuity of care (nominees must have served their communities for a minimum of five years); rural location (communities of 25,000 or less); and dedication. For nomination forms or for more information, call 1-800-685-2272.

CLARENDON COLLEGE
Clarendon College is accepting applications for its Licensed Vocational Nursing Program of the 2000-01 school year. Early applications are encouraged to insure prospective students get a place in the fall class. Students may attend nursing classes on either the Clarendon or the Shamrock campuses. Anatomy and Physiology I and II are being offered at Clarendon, Childress and McLean via interactive television in the first and second summer sessions. For an application, contact CC (806) 874-3571. For more information, call Director Vickie Moore on the CC campus or 1-800-687-9737.

HARRINGTON CANCER CENTER
The Women's Center of the Don and Sybil Harrington Cancer Center has announced the following breast cancer screening clinics: June 17, First United Methodist Church Educational Building, 201 E. Foster, Pampa. Participants will receive a low-cost self-exam mammogram and a breast health appraisal along with individual instruction by a registered nurse in breast self-examination. Funding is available through the Texas Department of Health for Texas residents who qualify for assistance. All exams are by appointment only. For more information, call (806) 356-1905 or 1-800-377-4673.

AOL AWARDS
The AOL Foundation and the National Center for Small Communities is launching Rural Telecommunications Leadership Awards 2000, a digital opportunity partnership to recognize and promote outstanding achievement in rural community development resulting from the deployment and use of Internet related technology. Applications can be submitted on-line. For more information, visit NCSC website at www.natat.org/ncsc or AOL

Keyword Rural and click on the AOL Awards logo. A printed and signed copy of the application must be received by mail or fax by NCSC on or before Friday, July 14.

PALO DURO PIONEERS
Palo Duro Canyon State Park will offer a "Palo Duro Pioneers" children's program from 2-3 p.m., July 1, 8, 15, 22 and 29 at the Interpretive Theater. Topics will vary weekly and may include plants, wildlife, geology and history. Parents are encouraged to attend. For more information, call (806) 488-2227, ext. 49.

AREA AGENCY ON AGING
Area Agency on Aging of the Panhandle is seeking volunteers to serve as advocates for nursing home residents as part of its Ombudsmen program. The Ombudsmen will visit residents of long-term care facilities and help resolve complaints involving residents rights, quality of life and quality of care. Once accepted into the program, volunteers complete a three month internship including intensive training and supervision in preparation. Ideal candidates will have strong sense of fair play, excellent problem-solving

skills, good relationships with older people and the ability to devote two hours a week to the residents served by the Ombudsmen program. For more information, contact Jeff Price, regional Ombudsman, or Shirley Sheldon, Ombudsman Program Aide, at 1-800-642-6008; or write P.O. Box 9257, Amarillo, TX, 79105.

SCHOOL TO CAREER PROGRAM
Texas AFL-CIO has announced the "School to Careers" project for high school students interested in union apprenticeship programs. To learn more about the benefits of union-sponsored apprenticeship training programs, contact the local Texas Workforce Commission or call (512) 470-0918.

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CASE
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Remember when ...

Senior Snapshot

You lived during a time that is hard for the younger generation to imagine. Share with us some of your memories as a child and young adult. A photo is required ... it can be childhood, young adult or recent.

Name _____

Birth Date & Place _____

Family _____

Favorite Childhood Memory _____

When I Grew Up I Wanted To Be _____

My Best Friend Was _____

People Remember Me As Being _____

My Favorite Toy _____

My Favorite Game _____

My Favorite Radio Show _____

The First Movie I Ever Saw & The Cost _____

The First Phone I Ever Used Belonged To _____

The Person That Most Influenced My Life _____

The Historical Event That Most Affected My Life & Why _____

The Thing I Remember Most About The Depression Was _____

The Biggest Honor I've Ever Received Is _____

If I Could Change One Thing About My Past It Would Be _____

My Whole Family Enjoyed _____

The Person From My Childhood I Wish I Could Visit With Today Is _____

My First Job Was _____

Year & Make Of The First Vehicle I Drove _____

Cost Of Gasoline When I First Drove _____

On My First Date I Went To _____

My Favorite Hang Out Spot Was _____

The Fashion Trend Was _____

My Favorite Saying Was _____

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JULY 03 2000

Second-Graders Are Spellbound By Grandpa's Stories of Youth

DEAR READERS: Mail still continues to arrive regarding the 80-year-old talkaholic. People identified strongly with that letter. Read on:

DEAR ABBY: Take this storyteller to any grammar school, rest home or veterans hospital. The list is endless.

Our 7-year-old grandson invited Grandpa to visit his second-grade classroom and tell them about growing up on a ranch and being a real cowboy. The children hung on my husband's every word. (Grandpa also brought relics to show.) Our 10-year-old grandson was green with envy and quickly asked Grandpa to visit his classroom — another success.

Rotary, church and civic groups all ask this natural storyteller to reminisce when a scheduled speaker fails to appear. They know Russ remembers details about the development of our area's water, roads, subdivisions, politics — even though he may not recall today's date.

These "talkaholics" are a national treasure. Please urge your readers to utilize these people. They have the time, plus priceless memories to share with all age groups.

TALKAHOLIC'S PROUD WIFE IN SAN DIEGO

DEAR PROUD WIFE: You're right. Our seniors are a precious resource, and like our other national resources they should not be ignored because they



Abigail Van Buren

SYNDICATED COLUMNIST

cannot last forever. Read on:

DEAR ABBY: That 80-year-old gentleman's family might suggest to him that a written account of his youth is needed because his experiences are far too important to lose. These stories should be recorded for future generations.

If for some reason he's unable to record them himself, enlist the help of another family member — perhaps a grandchild — to record those stories and preserve those precious memories. If necessary, use a tape recorder or video camera.

I would treasure such an account. The older you get, the more interesting are the lives of family members who came before you.

Every life has experiences, both good and bad, that are worth preserving. Someday, an enterprising family member might want to combine all the accounts into a book. Wouldn't you love to have such an account of your family? I would!

CURIOUS ABOUT GRAMPS, SLIDELL, LA.

DEAR CURIOUS: Yes, I would. Unfortunately, my parents — and many other relatives — were reluctant to discuss in detail what life was like in Russia before they immigrated to the United States. Those stories are forever lost to me. Read on:

DEAR ABBY: Older people tell us the world as they see it. The stories they relate may be entertaining, teach a moral, involve an old trauma they are trying to work through, or be part of the significance of their lives or relationships. These stories are pure gold.

Ask for details about how things looked, when it happened, who else they knew at the time, where their brothers, sisters and parents were when it happened, what foods they served and what music was popular. If you're tired of a particular story, ask lots of questions. Help them remember another story you haven't heard — anything they might recall that could have taken place in their lives.

I wish my father, aunts and uncles would have allowed me to tape-record their stories, but none would. Perhaps they were ashamed of their accents. They are all dead now. How I wish I could enjoy them just once more.

ARLYNN GRIMM, LIVERMORE, CALIF.

DEAR ARLYNN: Hold a good thought. If you believe in an afterlife, your wish will come true.

Horoscope

TUESDAY, JULY 4, 2000

BY JACQUELINE BIGAR

The Stars Show the Kind of Day You'll Have: 5-Dynamic; 4-Positive; 3-Average; 2-So-so; 1-Difficult

ARIES (March 21-April 19)

**** Others deliver lightning bolts, so don't expect the traditional Fourth of July. Events force you to rush in and pull plans together. Finances become a concern. Keep costs down, but help others have fun. Take out the volleyball and start playing. Tonight: Play the night away.

TAURUS (April 20-May 20)

** Deal with uproar by cocooning. Keep your well-being in mind. You can only get a certain amount done, and you are wearing yourself down. Invite a few friends over, or just limit the celebrations to family. You are out of sorts, so take a nap. Let others cheer during the fireworks. Tonight: Early to bed.

GEMINI (May 21-June 20)

**** You mean what you say, but others still act unpredictably. Know that you can only control yourself. Work with surprises: A friend appears from out of the blue. Ask for clarification of a misunderstanding. Tonight: Watch the fireworks.

CANCER (June 21-July 22)

*** Another's request shakes you up. You try to please others, but sometimes it is impossible without compromising yourself. Establish financial boundaries.

You value traditions, but know when to let go. Don't try to hold on when others want to do something different. Tonight: Treat yourself well.

LEO (July 23-Aug. 22)

**** Others test your mettle. A friend does the unexpected one more time. Learn to be independent of this person. Allow your sense of humor to ease tension. Someone to whom you give a lot of power could be cranky. Tonight: Beam in whatever you want.

VIRGO (Aug. 23-Sept. 22)

** Kick back and think. Another might jolt your plans, and you could choose to take this behavior personally. Distance yourself from problems and do your own thing. Variety and change mark your mood. Be spontaneous, and it will all work out. Tonight: Play it easy.

LIBRA (Sept. 23-Oct. 22)

**** Though a partner has a "grump" attack, you enjoy the playfulness of the moment. A child or new friend proves to be high-voltage. Recognize your love of excitement. Gather with friends and celebrate. You have a good time wherever your pals are. Tonight: Let the party go on.

SCORPIO (Oct. 23-Nov. 21)

**** Another puts down your attitudes. Loosen up and worry less about what is happening with a partner. An older relative acts in a most unexpected manner. Stay close to home for celebrations. You will be happier with others coming to see you. Tonight: Let it all hang out.

SAGITTARIUS (Nov. 22-Dec. 21)

**** Work with others and don't buck the trends. Your ability to adapt separates you from others. Don't demand so much from yourself. You're allowed

to get tired. Lounge around the pool or take a nap under a tree. Tonight: Opt for the unusual celebration.

CAPRICORN (Dec. 22-Jan. 19)

**** Indulge another and make the most of an opportunity. Your swift action prevents a financial problem. Understand another's limits. If he pushes too hard or gets insecure, you'll see a case of the grumbles. Spend quality time with a special loved one. Tonight: Be a duo.

AQUARIUS (Jan. 20-Feb. 18)

**** You might not always understand what is happening with others. Hold up the mirror to see what is at the root of this behavior. Join friends and get into the parties. You meet someone most unexpectedly. Tonight: You are the fireworks.

PISCES (Feb. 19-March 20)

**** Make an extra effort to relax. You might have pushed yourself way too hard. Listen to feedback and understand that you could be overreacting. A midday nap recharges you. Listen to a loved one who means well. Look at the message behind the words. Tonight: Don't feel as if you have to do anything!

BORN TODAY

TV host Geraldo Rivera (1943), playwright Neil Simon (1927), advice columnists Ann Landers and Abigail Van Buren (1918)

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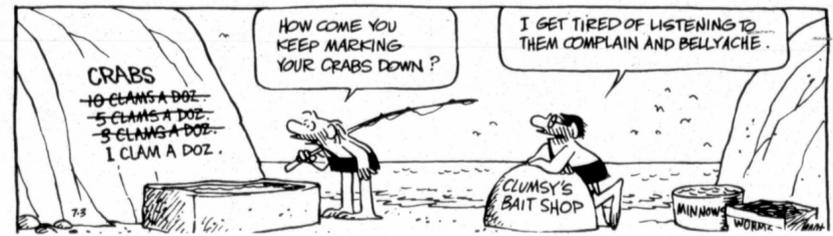
Beetle Bailey



Marvin



B.C.



Haggar The Horrible



Peanuts



Blondie



Mallard Filmore



Crossword Puzzle

By THOMAS JOSEPH

ACROSS DOWN

1 Like most NBA players wear

5 Remove Cocoon dwellers

9 Spanish city

12 Daisy variety

13 Less mad

14 Chauvinist's offense

16 Chopping tool

17 Genesis setting

18 Flowery shrub

21 Mayday call

22 Granite's cousin

22 Ring star

24 True statements

26 Like Abner

29 NFL great George

30 Wise teacher

31 Sprint

32 Sartre play

34 Sight

37 Occupied

38 Finished

39 Folk learnings

40 Car

41 Utters



Saturday's answer

- 22 Well-behaved
- 23 Storage site
- 24 Smith grad
- 25 Kubla Khan's home
- 26 Posh life
- 27 Van Gogh painting
- 28 Banjo's cousins
- 29 Soft cheese
- 30 Italian city
- 33 Palette fill
- 35 Obtain
- 36 Tokyo, formerly

Marmaduke



The Family Circus



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SPORTS

Notebook

SOFTBALL

PAMPA — The 11-12 Girls All-Star Softball Tournament continues tonight with Pampa meeting Childress at 7 at Optimist Park.

Childress beat Spearman in an earlier game to advance to meet Pampa.

If Pampa wins, they play again at 7 Thursday night. If Pampa loses, they play at 7 Wednesday night.

The winner of the Pampa Tournament plays the winner of the Borger Tournament. The overall champion goes to the West Texas State Tournament in Graham.

VOLLEYBALL

PAMPA — Pampa High head volleyball coach Carmen Pennick will direct a volleyball camp July 10-14 at McNeely Fieldhouse.

The camp is for girls in the third through ninth grades this coming school year.

The morning session is for third through fifth grade from 8 to 11. The afternoon session is for sixth through ninth grade from 1 to 4:30.

Cost is \$75. Interested girls can register the first day of camp.

If more information is needed, Pennick can be contacted at 669-2857.

GOLF

PAMPA — Bill Heuston of Pampa has his first career hole-in-one Sunday. He used a 5-iron for the hole-in-one at the Pampa Country Club's No. 5, 160-yard hole. Witnesses were John Allen, Richard Mackie and Howard Reed.

CROMWELL, Conn. (AP) — In just his second year on the PGA Tour, Notah Begay is ready to make a difference. Not to the game, but to children.

The American Indian, a former college teammate of Tiger Woods, is having the best stretch of his young pro career with two straight tournament wins giving him four in 10 months. With each success, his gallery grows.

"When my golf career is over, I'm going to have won some, lost some, given away some, got some that I shouldn't have," Begay said. "But I want to be remembered for the positive difference that I've made in the lives of young people regardless of race."

Begay picked up right where Woods left off in the U.S. Open, winning the Greater Hartford Open on Sunday for his second consecutive victory on the PGA Tour.

"We've got to keep the Stanford streak going. He won the U.S. Open, I've won these two, and he's got to win it next week," Begay, referring to his win last week in the St. Jude Classic and to the Western Open where Woods begins defense of his title Thursday.

When Begay holed a 25-foot birdie putt on the final hole Sunday for a one-stroke victory over Mark Calcavecchia, he became the first player to win consecutive tournaments since Woods won the final three events last year.

"It's beyond words for me. I'm real happy with my game. And after all the personal problems I've had, it's a pleasure to be playing golf again," Begay said.

Begay was arrested in January for drunken driving in his hometown of Albuquerque, N.M., and later sentenced to seven days in jail. He missed five cuts in 10 tournaments after that. Overcoming his personal problems and the death of a close friend this week added to his resolve to win Sunday.

He closed with a 7-under-par 64 to break the tournament record with a 20-under 260 total on the TPC at River Highlands. Brent Geiberger set the previous record of 262 last year.

Hidalgo's homers lifts Astros past Cardinals

ST. LOUIS (AP) — Richard Hidalgo celebrated his 25th birthday and stated his case for an All-Star berth.

Hidalgo homered in his first two at-bats as the Houston Astros avoided a three-game sweep with a 6-3 victory over the St. Louis Cardinals on Sunday. He has homered three times in two games and is 9-for-23 with six RBIs in six games since returning from a seven-game absence due to a sprained right knee.

The three-time defending NL Central champions are a major league-worst 28-53 at the halfway point and probably won't get more than one All-Star representative. Second baseman Craig Biggio leads the voting at his position despite an off-year.

"If Biggio doesn't get voted in, I think Richard is our logical candidate," manager Larry Dierker said. "He's a very powerful and

aggressive hitter." Hidalgo hit his 22nd homer with one out in the second. He led off the fourth with an upper-deck shot to left estimated at 456 feet, giving him a team-leading 60 RBIs.

Both of the homers came on 2-0 pitches off 11-game winner Darryl Kile.

"When you see some guy behind like that, they throw more fastballs," Hidalgo said. "I'm just working hard and trying to be the best I can."

Jeff Bagwell had a three-run homer in the fifth, also off Kile, and Lance Berkman connected leading off the eighth against Heathcliff Slocumb. The Astros hit four homers in consecutive games for the first time since Sept. 30 and Oct. 1, 1995, against the Cubs at Wrigley Field.

Scott Elarton, who allowed two runs in six innings, was the other key to the Astros' rare victory.

They've won only three of 13 games, and he's been on the mound each time.

Elarton (7-3) spent most of the first month on the disabled list recovering from shoulder surgery, but in his last three starts he's allowed just four earned runs in 22 innings.

"I feel like I'm getting in good shape," Elarton said. "The arm is strong and I'm really getting pretty good command of my pitches."

Kile (11-5) has given up a staff-high 21 homers, one more than Andy Benes. He had 10 strikeouts in seven innings, allowing five runs on seven hits with one walk.

"It's just another lineup," Kile said of his former team. "What's the lineup trying to do against you? Elarton pitched a pretty good game and I made some mistakes, and their hitters didn't miss them."

Mark McGwire's five-game homer streak at Busch Stadium ended. He went 1-for-4 with an RBI single in the sixth inning, and struck out twice. J.D. Drew homered, tripled and scored twice for the Cardinals, who came from behind to win the first two games, but stranded five runners in the fifth and sixth innings Sunday.

At 48-33, the NL Central-leading Cardinals are nine victories ahead of last year's pace. They have won 15 of their last 20 games.

"You keep plugging," Drew said. "Everybody's doing their job. Everybody wants to win and it's a disappointment when we don't."

Drew hit his 13th home run in the first, and tripled and scored on McGwire's hit in the sixth. He's 15-for-37 during a career-best 10-game hitting streak.

Ray Lankford added an RBI

double in the eighth off Jose Cabrera. After an 18-minute rain delay, Marc Valdes worked the ninth for his second save.

Notes: The Astros were 47-34 at the halfway point last year. ... Thirty-two of the 59 earned runs Kile has given up came in his five losses. His ERA in the other 13 games is 2.58. ... Second baseman Craig Paquette booted a grounder in the sixth for the Cardinals' seventh error in three games. They entered the week-end with the fewest errors in the NL. ... Hidalgo is 9-for-23 against St. Louis this season, with four homers and nine RBIs. ... Bagwell is hitting .400, with four homers and 11 RBIs against the Cardinals. ... Hidalgo's other multihomer game in the majors came Aug. 30, 1998, against Pittsburgh in the Astrodome. ... The loss was only the second in 11 games for the Cardinals at Busch Stadium.

Glo-Valve, Triangle have a 'fun game'

PAMPA — Rainy weather played havoc with the Optimist Cal Ripken 11-12 City Tournament, causing the postponement of last week's games. However, baseball continued as Glo-Valve Service defeated Triangle Well Servicing Co. and "friends" in a game played "for fun" last weekend at Optimist Park.

With vacations depleting the rosters of several teams, Triangle borrowed players from Rotary Club, Cabot Corporation, Celanese Corporation and Duncan Fraser & Bridges for the special game.

"It was fun," declared Danny Nusser, the manager of the Triangle team. "Our pitchers never had a defense like this during the regular season."

Eric Kingcade won his first game of the year for Glo-Valve, pitching three innings in relief of Brett Ferrell. Tyson Hickman earned a save. Kingcade permitted four runs on four hits. He struck out four and walked two. Ferrell was touched for a run on two hits. He struck out four and walked one in two innings of work. Hickman allowed no runs or hits and struck out three.

Glo-Valve wasted no time getting on the scoreboard in the top of the first inning. Hickman drove a triple to center and scored on a wild pitch. Jaron Clark walked, scampered to third on a single by Kingcade and made the second run of the inning on a wild pitch. Kingcade moved around the bases on a passed ball and two wild pitches to put Glo-Valve up 3-0.

With two outs in the bottom of the first, Jake Diggs, who was on base all three times for the game, hustled down the line to beat out an infield single. He took second and third on wild pitches and made the score 3-1 on a single by Jake Craig.

Glo-Valve padded its lead in the second inning. Jonathan Carr led off the inning with a first-pitch single to center. Wild pitches moved him to second and third. Matt Parks drew the first of his three walks for the day and took second on a fielder's choice. Carr alertly did not bite as Triangle tried to draw him off third on a throw to shortstop when Parks thundered to second. Both runners

scored on wild pitches, making the score 5-1 in Glo-Valve's favor.

After Triangle failed to take advantage of a walk to Philip Rodriguez in the second, Glo-Valve added a run in the third inning. Kingcade stroked his second hit of the game and took second on a passed ball. A run-scoring single by Ferrell followed. Ferrell took second on the throw, which was too late to get Kingcade at the plate. A passed ball and a wild pitch presented Glo-Valve with a 6-1 lead.

A walk to Diggs and a double by Braydon Barker in Triangle's half of the third inning narrowed the score to 5-2. Glo-Valve got the run back in the fifth inning on a two-out double by Ferrell and a single by Robbie Dixon.

Triangle rallied in the bottom of the fifth. Weston Teichmann doubled and moved to third on a ground out. Diggs walked again and was forced at second base by Barker. Grant Stucki sent an RBI single to left. The runners moved up on a passed ball. A diving stop by Hickman at short held Ryan Torres to a single, which scored Barker and left Stucki at third. A double steal followed with Stucki scoring the third run of the inning on the play and bringing the score to 7-5 in Glo-Valve's favor. Kingcade struck out the next batter to escape without further damage.

Glo-Valve failed to score in the top half of the sixth, and Hickman came on to get a save with three successive strikeouts.

Craig, Barker, Torres and Diggs pitched for Triangle. Diggs with a hit and two runs scored led Triangle's offense. Ferrell and Kingcade were the leading hitters for Glo-Valve. Ferrell had a double, a single, a run scored and one RBI. Kingcade scored twice on two hits.

The league's all-star team is currently being formed. Following the game, All-Star manager Robert Dixon and coach Ed Ferrell held a meeting to announce that the Pampa Cal Ripken 11-12 All-Stars will host the West Texas State Tournament beginning July 15 as teams from various district tournaments invade Pampa. Pampa was the state runner-up last year.

Devil Rays draft Brewer

PURCELL, Okla. — Baylor University shortstop Jace Brewer was drafted in the first round by the Tampa Bay Devil Rays in this year's Major League baseball draft.

Jace's grandparents are Orville and Rosa Brewer of Pampa. His dad, A.J., played baseball and basketball for the Harvesters.

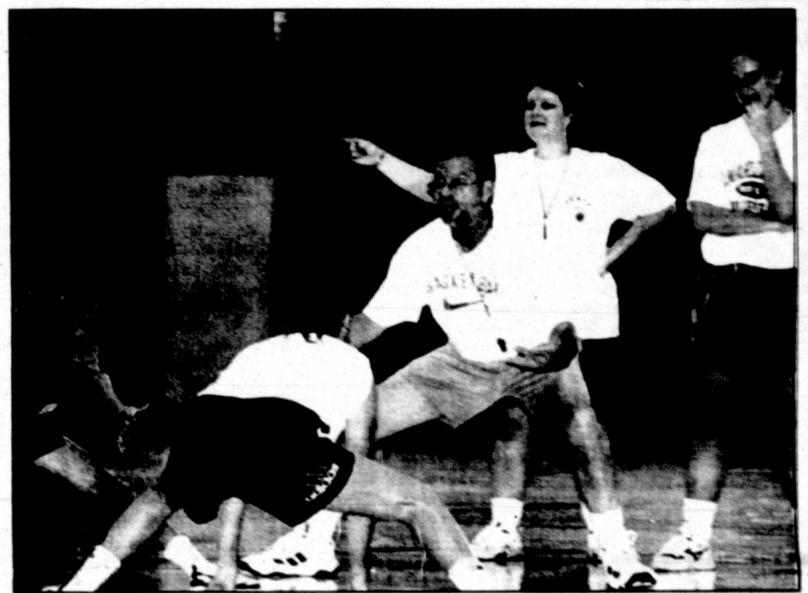
The 21-year-old Brewer is from Washington, Oklahoma, a small town south of Norman. Brewer starred for Baylor as a freshman and sophomore. The Devil Rays made Brewer their second pick in this year's draft, and the 136th

overall. Brewer plans to sign and leave Baylor for Tampa Bay's Class A team in Hudson Valley, N.Y. in two weeks.

"It's just an opportunity that God's given me. It's something that's awesome and it's definitely a blessing in my life," Brewer told reporter Steve Moakley of The Purcell Register.

Brewer was originally drafted out of high school by the Montreal Expos. Montreal didn't make a serious offer, but Brewer was committed on going to Baylor anyway.

Basketball camp



(Photo by Jerry Heasley)

Pampa head coach Mark Elms and assistant Billie Osborne direct campers in a defensive drill during the Lady Harvester Hoops Camp last week in McNeely Fieldhouse. Looking on is former Lady Harvester Kelsey Yowell, who helped with the camp.

Comets rally past Mercury, 69-58

HOUSTON (AP) — A full-court press and Cynthia Cooper were the answer for the Houston Comets, when they found themselves down by nine points to the Phoenix Mercury and in danger of losing a season series for the first time since the inception of the WNBA in 1997.

After whittling the deficit to 25-21 at halftime, the Comets turned to a full-court press, and the Mercury missed its first nine field-goal attempts of the second half. Meanwhile, Cooper got 11 of her 16 second-half points during a 26-3 run that put the Comets in control, and Houston went on to a 69-58 victory.

"I was really disappointed in how I was playing (in the first half), letting their trapping defense get to me," Cooper said. "I came in at halftime and said, 'Look, just go out there and play. You've done this for three years in the WNBA. You've played Phoenix; you know them, and they know you. Let's just get the job done.'"

Cooper and Sheryl Swoopes led the three-time defending league champions with 20 points each. The victory as the Comets began the second half of WNBA play was their sixth straight improved the record to a league-best 15-2.

Houston made only 6-of-30 field goals (20 percent) in the first half.

"I thought we played as well in the first few minutes (of the second half) as we've played," Comets coach Van Chancellor said.

"We got after them. We pressured them. I was really pleased with how we played defense then."

The Comets never lost more than one game on their home court over the past two seasons.

But Phoenix upset Houston on June 3 behind a career-high 32 points from Brandy Reed to pin an 80-62 defeat on Houston.

Swoopes held Reed to 6 points Sunday on 2-for-11 shooting.

"The first game, I probably played off of her too much," Swoopes said. "Brandy's a good athlete. She's very quick. Her jumper is really quick. So I played off of her a little bit, because I didn't want to get beat."

The Comets led 55-34 with 9:11 remaining, but Phoenix used a 24-8 run to pull within 63-58.

Tonya Edwards completed that spree when, after scoring with 48.9 seconds left, she stole the inbounds pass from Janeth Arcain, made another layup and was fouled by the Brazilian. Edwards, who led the Mercury with 14 points, completed the 3-point play, but her free throw as Phoenix's

final point.

The Comets sealed the victory with six straight free throws, two by Arcain and four by Tiffani Johnson. Johnson finished with 10 points. Tina Thompson had nine points and 11 rebounds, with seven of her points coming during the 26-3 run.

Phoenix center Jennifer Gillom gave the Comets fits throughout the first half. Her fallaway jump shot was unstoppable. She got 12 points, but was forced to exit near the middle of the second half when she suffered a severely sprained left ankle. Lisa Harrison had 11 points for Phoenix.

The Mercury fell to 9-6 as it ended a seven-game, 15-day road trip and played without point guard Michele Timms, who was back home nursing an injured knee.

A crowd of 13,865 attended the game at Compaq Center.

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Medicare drug plans leave seniors with trade-offs

WASHINGTON (AP) — Competing Democratic and Republican approaches to providing prescription drug insurance for older Americans are full of trade-offs. President Clinton's plan appears more generous, but the congressional Republicans' proposal might lead to cheaper drugs.

"These pocketbook questions really do matter to (Medicare) beneficiaries," said Patricia Smith, senior health care lobbyist for AARP, the nation's largest organization of older people.

Republican legislation passed by the House last week would extend drug coverage through government-subsidized policies sold by private insurers. An alternative proposed by President Clinton and supported by most congressional Democrats would establish a standard, government-run Medicare benefit.

Prospects for compromise this year are uncertain, but polls show the issue is likely to be a priority for older voters in this fall's elections.

Each party says its formula would guarantee availability of new drug coverage nationwide, although insurance companies have expressed doubts about their ability to offer the private policies specified by the GOP plan.

Assuming availability, however, whether to purchase the new drug coverage would be up to retirees under both the Democrat and Republican approaches. Both parties tout their plans as the better buy.

"This provides more political coverage for the Republicans who voted for it than insurance coverage for the seniors who need to buy medicine," Clinton said last week as he blasted the GOP bill.

Rep. Dick Armye, the majority leader from Texas, predicted on "Fox News Sunday" that Clinton will sign the GOP plan despite repeated pledges to veto it. "The fact is, this president will sign into law a measure ... that so thoroughly well relates to the needs of our seniors ... and makes him look good as if he's building a legacy," Armye said.

And on NBC's "Meet the Press," Senate Judiciary Chairman Orrin Hatch, R-Utah, decried "the constant Democrat approach," which he said "is to just throw money at it, make it universal so that the taxpayers are stuck with it the rest of their lives."

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Who's right? The Congressional Budget Office, which provides nonpartisan analysis of legislation, predicts that virtually all Medicare beneficiaries who lack drug insurance, an estimated 13 million people, could be expected to buy the policy offered under Clinton's plan. By comparison, only 46 percent would be likely to buy a private policy such as those offered under the GOP plan, the CBO has said in its written reports.

That assumption is based largely on the fact that Clinton's benefit offers retirees more for the price they would be charged. In other words, the government is picking up more of the tab.

Clinton's plan is estimated to cost the Treasury \$253 billion over 10

years, compared to \$159 billion for the Republican plan.

Looking at another factor that would hit senior citizens' wallets, CBO analysts estimated that under the GOP plan, competition among insurers would reduce drug costs by up to 25 percent compared to what an uninsured consumer spends. Savings under Clinton's plan would amount to only around 12.5 percent, they said.

President Clinton signs law to end anonymous political advertisements

WASHINGTON (AP) — President Clinton signed legislation Saturday to close a loophole that permitted unlimited secret contributions to groups trying to exert anonymous influence over the nation's political and policy agenda.

The law "will help clean up the system by forcing organizations to come clean about their donors," the president said.

Speaking on the White House's South Lawn, Clinton welcomed the disclosure law as the first new restriction on political money in 20 years. Congress should move quickly to use it as a building block for comprehensive campaign-finance reform, he said.

Until now, Clinton said, private-interest organizations, such as pharmaceutical companies out to influence the debate over a prescription drug benefit for older Americans, could simply tap a reservoir of anonymous donors to "pour millions of dollars into these efforts while keeping citizens in the dark."

The law addressed an increasingly popular provision of the U.S. Tax Code known as Section 527, which permitted tax-exempt groups to use hidden, undisclosed donors to pay for advertising campaigns.

Giving an example, Clinton said an organization called Citizens for Better Medicare "has flooded the airwaves with negative ads" against an administration effort to provide a Medicare prescription benefit.

The group spent tens of millions of dollars in what he called misleading advertising, "all to the benefit of drug companies," Clinton asserted.

"The American people have no earthly idea who Citizens for Better Medicare is, who is paying for the ads," he said. "The bill I just signed lifts the curtain. It makes groups like this reveal the sources of all future funding."

Officers of Citizens for Better Medicare did not immediately return a telephone call to their Washington office. The organization has described itself as "a broad-based, bipartisan group" that represents people and companies "concerned with the health of Americans and our Medicare system."

The White House said in a separate statement that a representative of the Citizens for Better Medicare has acknowledged that a majority of their funding comes from the pharmaceutical industry. The statement cited reports that the group used its Section 527 status "to dedicate \$65 million for television, radio and newspaper ads designed to lobby Congress and manipulate public opinion."

Clinton said "the damage may already have been done. ... The attack ads are already on the air."

Invoking what he called the spirit of the new law, he asked Citizens for Better Medicare "to respect the legislation, open their books and disclose the sources of the funds which have paid for these ads."

Overall, the new law is a step forward, Clinton said.

"Let me say, this is a good day, and this is a good law, and I thank everyone for voting for it," Clinton said.



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Johnson Home Entertainment, 2211 Perryton Pkwy, 665-0504.</p> <p>21 Help Wanted</p> <p>SIVALLS Inc., needs exp. welder fabricators, Welding, drug tests req. 1-665-7111 Hwy. 60 W Pampa.</p> <p>SEEKING enthusiastic career minded general mgr. and/or assistant mgr. for high volume fast food restaurant. Minimum exp. 2 yrs., salary up to \$700/week + bonuses, depending on exp. Fax or send resume to 2405 Commerce str., Amarillo, Tx. 79109, fax # 806-356-6658.</p>	<p>21 Help Wanted</p> <p>NOTICE</p> <p>Readers are urged to fully investigate advertisements which require payment in advance for information, services or goods.</p> <p>ASSISTANT SALES-MANAGER, Sabre Management, LLC of Pampa is looking for applicants for the assistant managers position for direct-in-home sales, please call 669-7605 9 a.m.-5 p.m.</p> <p>TURNER Trans., CDL Drivers wanted. \$100 sign-on bonus. After 90 days, health ins., uniforms. 806-435-1190 Perryton, 323-8301 Canadian WORK from home on your computer. 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JULY 2000

MEDICAL

Kids Q&A

Q: I am worried that my 6-year-old grandson isn't getting enough dairy products. Should I be?

A: Dairy products contain significant amounts of calcium, protein, phosphorus, potassium and vitamin D, but they aren't the only source of these important nutrients, said Dr. Steven Abrams, a professor of pediatrics with Baylor College of Medicine in Houston.

Although a 6-year-old needs 800 milligrams of calcium per day, your grandson won't suffer a calcium shortfall as long as he eats reasonable amounts of other calcium-rich foods, said Abrams, who studies calcium metabolism at the USDA/ARS Children's Nutrition Research Center.

Some calcium-fortified juices and fortified soy and rice "milks" contain as much calcium as cow's milk, which is 300 milligrams per cup. Calcium-fortified, ready-to-eat cereals and waffles, tofu set with calcium sulfate, collard greens, turnip and beet greens, broccoli and kale also contain significant amounts of calcium.

Most children can meet their protein needs by eating meat, legumes like peanuts and soy, eggs, grains and vegetables. Phosphorus and potassium are also present in many foods.

Although few foods are a good source of vitamin D, this "sunshine vitamin" is produced when the skin is exposed to sunlight. Food sources of vitamin D include high-fat fish like herring and salmon, liver, eggs, and vitamin D-fortified foods, such as soy and rice "milks," cereals, and cow's milk.

Q: As long as the distance covered is the same, is it more beneficial to walk or jog?

A: Mile for mile, walking generally burns about 25 percent fewer calories than jogging and is less beneficial in terms of improving cardiovascular fitness, said Maurice Puyu, an exercise physiologist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

But, if you walk farther and more frequently than you would jog and keep your heart rate up while walking, don't worry. You'll burn calories and get great health benefits.

Your body weight, effort level and the distance covered are the major facts that affect the number of calories you burn and the cardiovascular benefits you reap when walking or jogging.

To estimate the calories burned when walking on a flat surface, use this quick calculation: Calories burned = 0.57 X your body weight X miles. When jogging: Calories burned = 0.75 X your body weight X miles.

To walk off one pound of fat, or 3500 calories, a 150-pound person would need to walk 41 miles, or about 40 minutes a day, five

times a week, for a month. Walking combines with small changes in your diet can significantly speed weight loss.

To get the greatest cardiovascular benefits from walking, choose a pace that allows you to talk but makes singing difficult.

Q: Any advice for a hungry family stuck in the fast-food lane?

A: Having "nothing to eat" at home seems to trigger take-out trips, said Dr. Karen Cullen, a researcher with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

To cut back on drive-through dinners, think ahead. Use free time to plan menus, make shopping lists and shop. Learn which meals fit together and which can supply ingredients for the next one. A roast chicken one night can supply chicken for burritos the next. Or grill and freeze extra chicken breast for quick quesadillas, chicken salad, casseroles or soup.

Whole meals and extra portions of family favorites, as well as time-consuming casserole ingredients like rice, pasta and beans, can be cooked and frozen in easy-to-microwave individual- or meal-sized portions. Also stock up on healthy convenience foods like "salad in a bag," ready-to-grill meats, frozen and precut vegetables, fruit and frozen ready-to-bake rolls.

Q: How can I be sure I'm drinking enough water?

A: If your mental alertness, physical appearance, endurance and energy levels aren't up to par, you might need more water, say nutritionists at the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

Good hydration gives skin a healthy look, cushions joints and prevents constipation. Most people need at least eight glasses of water each day. The actual amount is affected by body size, activity level, altitude, physical health, caffeine and alcohol consumption, air temperature, humidity and the amount of fiber in the diet.

Signs of good hydration include: urine that ranges from clear to straw-colored. Dark urine is an indication of poor hydration, regular urination. Healthy individuals should be able to urinate every hour or so, less than that suggests your body is desperately hanging on to every drop of fluid it can, regular bowel movements. Although certainly not the only factor in bowel health, poor hydration can cause constipation.

To keep well hydrated, never ignore thirst, limit caffeine and alcohol use and get in the habit of drinking water, even when not thirsty.

HEALTH BRIEFS

Shielding the sun's aging effects

There are two things you should never leave home without in the summer: sunscreen and sunglasses. Sun exposure not only increases the risk of skin cancer but can also cause wrinkles.

Using sunscreen is one of the most important steps you can take to keep your skin looking young, says Dr. Rod Rohrich, chairman of plastic surgery at UT Southwestern Medical Center at Dallas.

"Wear sunscreen all the time, not just when you're going to the beach," Rohrich says. "Sun exposure comes from simple daily activities, not just from deliberate recreational sun exposure."

Choose a sunscreen with a sun protection factor (SPF) of at least 15 and one that offers protection from both ultraviolet A and B (UVA and UVB) light. Reapply it often.

"Reflective sunglasses can help prevent fine wrinkles around the eyes," says Rohrich. "Interestingly, the use of sunglasses and avoiding direct sun on your eyes also diminishes your risk of cataract formation later in life."

The heat is on

As temperatures climb this summer, so will the number of people suffering heat-related injuries: heat exhaustion or heat stroke.

The elderly and very young are especially susceptible to heat injury, says Dr. Carl Menckhoff, assistant professor of emergency medicine at UT Southwestern Medical Center at Dallas. But injury is preventable with a few, easy precautions.

Keep those most at risk in air-conditioned surroundings. If you don't have air conditioning, water evaporation can be cooling.

"One of the ways the body cools itself is through evaporation," says Menckhoff. "Spray yourself with mist from a water spray bottle. Then sit in front of a fan."

Drink plenty of fluids. As you sweat, your body loses water, so you could need double or even triple the amount of water you normally require. Also, avoid overexertion on hot days.

Ferretting out the fiber

Fruits and vegetables are all over the news these days. Eat five each day and your chances of cancer dip, your cholesterol may be lowered and your colon stays healthy. A recent study at UT Southwestern Medical Center at Dallas found that most diabetics could control their insulin levels by eating 50 grams of soluble fiber a day.

"Eating these will benefit not only diabetics but the general population as well," says Dr. Abhimanyu Garg, professor of internal medicine.

But which fruits and vegetables have the highest soluble fiber content? Several yellow/orange-colored fruits are highest in soluble fiber: cantaloupes, papaya, mangoes and oranges. Among the vegetables, winter squash, okra, artichokes, broccoli, sweet potatoes and kohlrabi contain high amounts of soluble fiber. Legumes and grains also contain soluble fiber. Those highest include oats, lima beans, navy beans and chickpeas, also known as garbanzo beans.

Think "now" about elder care

As advancements in medicine increase longevity, more baby boomers face crucial decisions about their parent's healthcare and housing arrangements.

"Nursing homes are not for everyone," says Peggy Higgins, a faculty associate of gerontology at UT Southwestern Allied Health Sciences School. "It is important for family members to explore all options, from medical needs to the level of assistance a parent may require, before making a permanent housing decision."

Higgins says think "Now" about choosing appropriate housing for an older adult. Now means:

Know your needs - does the elder person use a walker, need help cooking or require other special arrangements?

Examine all your options - is a home helper needed or would home renovation improve mobility or safety?

Determine when and where would be the best time and place to move - does the older adult want to remain independent or give up living space in exchange for prepared meals, maintenance and housekeeping?

"To ease a parent's anxiety during this transitional period make sure to involve them in the decision-making process," says Higgins.

Job stress may create problems elsewhere

Job stress is a fact of life, whether you work in the corporate world or on a fast-moving assembly line. That stress can make the job itself much harder to do.

"Moderate stress in many cases increase productivity and can be pleasant for some people," says Dr. John Herman, associate professor of psychiatry at UT Southwestern Medical Center at Dallas. "But higher levels of stress can interfere with your ability to perform your job; is rarely pleasurable, and can lead to emotional and physical problems."

While most people are familiar with such stress-related symptoms as headaches, stomach aches and back-and-neck problems, they may not connect emotional problems with job-related stress. Some of these might be decreased job satisfaction, abrasiveness, making constant excuses, erratic job performance, unpredictable behavior, moodiness, decreased communication, being late to work or an increase in sick time.

If you spot these signals in a co-worker's behavior, try suggesting they seek help from a physician or therapist before the situation worsens. If they won't listen, talk to a family member. And don't forget to check on yourself every once in a while.

Circuit on a silicon chip mimics wiring of the brain

By MATTHEW FORDAHL
AP Science Writer

Scientists have developed an electronic circuit that mimics the wiring of the human brain in some ways — an achievement that could revolutionize computer science and improve understanding of how nature's most powerful processor works.

The circuit, built on a silicon chip the size of a fingernail, is far from the thinking machines of science fiction. For one thing, it cannot learn, the way the brain can.

Researchers say it could result in better speech and object recognition by computers.

"This is a demonstration of what's possible when circuits compute in biological ways," said Rahul Sarpeshkar, a computer science professor at the Massachusetts Institute of Technology who worked on the project. "We're still far away from building a brain."

The findings were published in a recent issue of the journal Nature.

The project is the culmination of more than two decades of work using transistors and silicon to mimic the natural circuitry in the brain. It is the first time a circuit

inspired by the brain's cortex has been created in hardware.

Traditional circuits work in one of two ways: They are either digital and specific such as computer processors, or analog and non-specific like radio amplifiers. Research suggests the brain is able to do digital and analog computing at the same time.

Someone watching a highway, for instance, can sort out distinct objects like a police cruiser, and also perceive changes in direction, speed and color. Traditional digital circuits in computers are not nearly as efficient as the brain in perceptual tasks.

The latest research, done at Lucent Technologies' Bell Labs in New Jersey, combines both digital and analog processing by using artificial neurons that either excite or inhibit each other based on responses, or feedback, from other neurons.

"In one simultaneous circuit, both digital selection and analog amplification can co-exist," Sarpeshkar said.

Researchers applied simultaneous electrical currents to two artificial neurons in their circuit. It selected the stronger of the stimuli and suppressed its response to the weaker. That is not unlike, say, a frog choosing which of two

flies to eat, the researchers said.

And the circuit, like a brain, maintained its selection as the weaker current was increased and the stronger decreased.

Another unique aspect of the circuit is that no single element made the decision.

"If you take a Pentium chip and cut a single wire, then it would probably stop functioning," said Richard Hahnloser, another MIT researcher. "If you took our circuit, you could cut a wire and it would still work the same."

Scientists say found Alzheimer's enzyme

By JEFF BARNARD
Associated Press Writer

An enzyme suspected of playing a key role in Alzheimer's has finally been identified by scientists, an advance that could give drug companies a promising target for treating the mind-wasting disease.

The disease causes the development of deposits that are thought to kill brain cells. The deposits are created when a long, string-like protein is cut in two specific places.

Scientists believe a "chemical scissors" makes one of the cuts, calling it gamma secretase without ever actually identifying it.

But in a recent issue of the journal Nature, scientists at Merck Research Laboratories in West Point, Pa., reported that they have found strong evidence that gamma secretase is

actually presenilin 1.

Presenilin 1 has already been linked to a rare inherited form of Alzheimer's that strikes people in their 30s and 40s. The new work suggests it also plays a role in the more common, noninherited variety.

Working independently, a team at Harvard Medical School has also identified presenilin 1 as the enzyme. They will report their findings in the July issue of the journal Nature Cell Biology.

Dr. Dennis Selkoe, a neurobiologist on the Harvard team, said the finding still must be confirmed. But it provides drug companies a potential target to create drugs that block the action of the enzyme.

"This is not just pie-in-the-sky," Selkoe said. "There is a palpable sense that knowing what gamma secretase is, we should be able to inhibit it."



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