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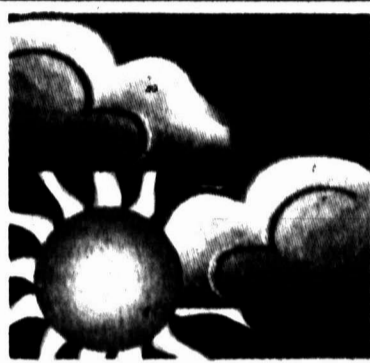


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Pampa

Vol. 93 No. 256 • Pampa, Texas
50¢ Daily • Sunday *1

Pampa Cyber Net
Internet For the New Millenium
Desktop or Laptop
T-1



High today 40
Low tonight 18
For weather details see Page 2

No tickets correctly matched all six numbers drawn Saturday night for the twice-weekly Lotto Texas game. The numbers drawn Saturday night from a field of 50 were: 3-13-20-25-46-47. Wednesday night's drawing will be worth an estimated \$10 million.

PAMPA — Precinct chairs, candidates and officers of the Gray County Republican Party are invited to attend an executive committee meeting Tuesday, Feb. 2 at the party headquarters in Room 202 of the Combs-Worley Building, 120 W. Kingsmill.

PAMPA — Pampa High School Class of 1955 is seeking the whereabouts of the following former classmates: Jeri Archer (Lloyd), Peggy Bicknell, Dolores Bonham (Roberts), Leon Bradshaw, Frank Brockman, Joan Brothers, Ben Marsh Cartwright, Jerry Collins (Turner), Clinton Cooper, Sandra Jean Hollis (Velasquez), Bob Poacock, Jerrel Richardson, Muriel Rittenhouse (Thomas W.W.), Shirley Watkins (Winters Merle). If you have any information, contact Donna Acker, 669-2024, or Leona Willis, 665-8269.

- **Jesse Obed 'Mud' Coleman, 90**, former McLean resident.
- **Iris Blanch Cox, 90**, homemaker.
- **J.C. Daniels, 78**, former Lincoln-Mercury dealer, car collector.
- **G.N. 'Jack' Frost, 82**, television repairman.
- **Betty Ann Goode, 69**, retired teacher.
- **Samuel C. Moore, 85**, rancher.
- **William Henry Shaw, 90**, former P.G.C. Corp. employee.
- **W.A. 'Bill' Shockley, 87**, retired Phillips employee.

Classified 9
Comics 4
Medical 5
Sports 7

"It's no accident State Farm insures more cars than anyone else."
Sheila Webb
State Farm Mutual Automobile Insurance Company
Home Office Bloomington, Illinois

County eyes fire coverage

By KATE B. DICKSON
Associate Publisher

It won't be a done deal until County Commissioners vote but the Hoover Volunteer Fire Department may replace the Pampa Fire Department as the first responder in an area of the county east of Pampa.

That proposal is one of the items on the agenda tomorrow when commissioners meet at the courthouse at 9 a.m.

Also on the agenda is a discussion of animal control regulations. This subject is being raised in the wake of the recent mauling death of a pet dog by four greyhounds that had been turned loose to hunt and kill coyotes.

Regarding the Hoover proposal, Commissioner Joe Wheeley said the area at issue is one that runs from about a mile east of the prison along both sides of Highways 60 and 152 to Laketon.

"If we can handle the fires with some of the volunteer fire departments it will help ease the percentage," County Commissioner Joe Wheeley said. "It won't help the City of Pampa with their budget but it will help with ours."

Wheeley and Commissioner Jim Greene were among those meeting recently with representatives of the area fire departments including Pampa Fire Department Chief Kim Powell.

In a telephone interview this morning, Wheeley said the move to enlarge the Hoover district "is not trying to take anything away from Pampa... it is to save the county money. I don't want this to sound like we [county] are trying to do away with the Pampa Fire Department [on county calls]... we want them on our side."

Most of the fires in the area proposed to be taken in by Hoover are grass fires, Wheeley said, and "we can handle those. We would want Pampa's help if it was a large fire, a building fire."

He said the Hoover department, at one time, wanted to serve a larger area but did not have the equipment or manpower then. Also, Wheeley said, there are landowners in the area who donate to the Hoover department and the volunteers want to serve them.

Stressing it's his opinion, Wheeley says the county pays out "considerable

amounts" of money to Pampa's fire department based upon the percentage of total runs the city's fire department makes. He said the county payment is not yet to the level the City of Pampa is seeking.

"If we can handle the fires with some of the volunteer fire departments it will help ease the percentage," Wheeley said. "It won't help the City of Pampa with their budget but it will help with ours."

If commissioners adopt the Hoover plan, Wheeley said, "I don't know how far [future expansion and less Pampa service] it will go or where it will quit."

Wheeley said if the measure passes he expects the next volunteer firefighter expansion area will be south of Pampa toward Groom.

At last week's Pampa City Commission work session, Chief Powell responded to questions she had been asked about the (See COUNTY, Page 2)



Longtime Pampa physician Dr. Raymond Hampton shows off one of many retirement gifts he received during a party held in his honor at M.K. Brown Civic Center. Representatives of Pampa Regional Medical Center, it's employees and Medical and Surgical Clinic paid homage to him. Also speaking was Kathy Crawford who worked with Dr. Hampton for 30 years. Dr. Joe Donaldson said Dr. Hampton is a person "... who makes you really proud to be a doctor."

Probe continues into pair's death

Burned bodies sent for autopsy

PERRYTON — Law enforcement officers are awaiting the results of autopsies today in the deaths of two people in Perryton over the weekend.

The burned bodies of two people were taken to Liberal, Kan., for autopsies, Perryton Police Chief Joe Hannon said today.

Perryton police were notified shortly before 6 a.m. Sunday by employees of Ochiltree General Hospital that a car was on fire next to the hospital.

Officers said the car was engulfed in flames when they arrived. The body of one man was found lying near the car.

After Perryton firefighters extinguished the blaze, authorities found the burned body of another person, believed to have been a woman, inside the smoking remains of the car.

Texas Ranger Gary Henderson of Pampa has joined the investigation, Hannon said this morning.

Ochiltree County Justice of the Peace Braden Karber ordered an autopsy on each body.

Chief Hannon said authorities had not been able to notify the next of kin. No identities were available on the two people killed.

Pampa girl, 6, escapes serious injury in crash

A 6-year-old girl was released from Pampa Medical Center after being treated for injuries suffered in a two-vehicle collision Sunday.

K'lynn King, 6, 1224 E. Kingsmill, was rushed to the hospital by ambulance with injuries suffered when the car in which she was riding was in collision with a pickup truck. Hospital officials said today that she was released Sunday afternoon.

Pampa police said Lisa King, 25, 1224 E. Kingsmill, was driving a 1993 white Mercury Cougar west on 20th Street when it was in a collision with a southbound 1990 white Ford F250 pickup driven by Michael Brandon Voss, 22, 805 A.N. Nelson.

Authorities said the pickup struck the right side of the car in the middle of the intersection.

Officers said K'lynn King was in the back seat of the Cougar at the time of the accident. Hailee King, 3, 1224 E. Kingsmill, was also in the back seat. Officers said Hailee did not appear to be injured.

Trenton Choat, 3, 805 A.N. Nelson, was a passenger in the pickup driven by Voss. Officers said Choat did not appear to suffer any injuries in the accident.

King was cited for failure to yield at an open intersection and for failing to restrain a child under 15 years of age.

Police: Man answers door with 'joint' behind his ear

There's a lesson to be learned here. Don't answer the door with a marijuana cigarette behind your ear when it's the police who are knocking.

That's what Pampa officers said happened Saturday when they knocked on a door on Coffee Street while searching for an escaped suspect.

As a result, Steven Charles Nolte, 27, 1713 Coffee, was arrested on drug charges. He's free today on bonds totaling \$5,500.

Meanwhile, a second man was in Gray County

jail today after bond was denied in connection with a parole violation.

Matthew Gilbert Maul, 28, of rural Gray County, remains in Gray County jail after Judge Bob Muns denied bond for the violation.

Pampa police said officers Saturday were attempting to arrest Maul on warrants for evading arrest with a motor vehicle and a parole violation when they said Maul tried to escape. Officers said (See 'JOINT', Page 2)

'Texas' auditions slated for March 5

Need to fill 140 paid positions

CANYON — The musical drama "TEXAS" is searching for singers, dancers, actors, technicians and customer relations representatives to fill 140 paid positions with the nation's best attended outdoor musical drama. "TEXAS" is staged under the stars in the Pioneer Amphitheater in Palo Duro Canyon and attracts nearly 100,000 visitors each year.

"TEXAS" directors will hold an audition in Canyon on Sunday, March 5, to select performers, technicians and customer relations representatives. The audition, to be held at West Texas A&M University, is one of seven throughout the United States.

Selected talent will make the 35th anniversary season of "TEXAS" come alive. Last season, guests traveled from every state and 99 countries to see the production that is the official play of the State of Texas.

"TEXAS" cast and crew members receive expert instruction from Director Neil Hess as they unfold a tale of Texas Panhandle romance and history through song, dance and drama. The script was written by Pulitzer Prize-winning author Paul Green specifically for the Palo Duro Canyon setting.

The latest in digital sound, lighting and pyrotechnics enhance the performances with special effects. A simulated thunderstorm scene seems so real that visitors often reach for umbrellas.

The script calls for 14 actors/actresses, 26 dancers, 34 singers, six instrumentalists, 17 technicians and 40 customer relations representatives.

(See 'TEXAS', Page 2)



Both airbags deployed in the tan Ford Escort after it collided with a Chevrolet Caprice Classic late this morning at the intersection of Kentucky and Hobart. The accident did not result in injuries.

Pride of Pampa Band



(Special photo)

Twelve members of "Pride of Pampa" High School Band were recently named to All-Area Band thereby qualifying for Texas All-State Band competition. Students making All-Area Band include: (first row, left-right) Travis Leeper, Reece Watson, Sarah

Teague, Holly Myers, Matt Dyer; (second row, l-r) Wesley Warren, Dustin Bromlow, John Johnson, Jonathan Brockington and Justin Myers. Not pictured are Lexi Hill and Kristina Hartman.

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.

MCLEAN-ALANREED AREA MUSEUM
The McLean-Alanreed Area Museum will sponsor a chili and stew dinner from 11:30 a.m.-1 p.m. Feb. 3 at the Devil's Rope Museum in McLean. Craft items and baked goods will also be available at the fund-raiser.

SQUARE HOUSE MUSEUM
Carson County Square House Museum in Panhandle is exhibiting "Birds of a Feather" through Feb. 27 in the Hazlewood Arts and Education Building at the museum. Also showing is art exhibit featuring the work of eight artists in eight different styles from oil and pastel to aquatint and pen and ink. A reception will be held from 2:30-4 p.m. Sunday, Feb. 13. For more information, call the museum at (806) 537-3524.

DINOSAUR DAYS
Lake Meredith Aquatic and Wildlife Museum

will sponsor "Dinosaur Days" throughout the month of February at Lake Meredith Museum, 103 N. Robey, Fritch. Activities are geared for pre-school through third grade children. To

arrange a program, schedule a tour or for more information, call the museum at (806) 857-2458. The dinosaur program will be presented from 9 a.m.-3 p.m. Monday-Friday.

TSCRA announces Young Cattle Raisers Award nominees

FORT WORTH — Keith Schoenhals of Canadian is among six cattle producers from across the state who have been nominated for the Dectomax Young Cattle Raisers Award.

Schoenhals is a third-generation rancher in Lipscomb County. After graduating from Texas Tech University and TCU Ranch Management School, he became a partner in the family operation. He and his father run a cow-calf operation, and he wants to utilize technology to help keep good records and to take advantage of new health products.

"Twenty years from now I plan to still be in the business of owning a larger percentage of interest in the cattle operation, taking advantage of the new technology, diversifying and keeping the family ranch intact," Schoenhals said.

There are different types of operations and a variety of interests among the nominees, but they all share a desire to improve their final product and maintain the integrity of the beef industry.

Schoenhals was nominated by Ag Credit of Texas PCA in Canadian.

The overall winner of the Young Cattle Raisers Award will be named during TSCRA's School for Successful Ranching to be held March 12 in Houston. The winner will receive a travel scholarship to spend the day with a mentor of his choice in the U.S. cattle business.

"TSCRA's objective in this joint effort with Pfizer Animal Health is to provide young TSCRA members with a program to improve their ability to convert challenges into opportunities for growth, development and prosperity," said Steve Munday, TSCRA executive vice president. "In turn, we believe these young men and women are going to share their knowledge

as leaders of our industry..." whose members own or control TSCRA, founded in 1877, is a nearly 2 million head of cattle on cattle industry trade association millions of acres of land.

Lions Club Sweetheart



(Special photo)

Emily Waters, daughter of the Hon. Judge Lee and Diane Waters, is January Lions Club Sweetheart of the Month. Her honors, activities and accomplishments include: four-year tennis letterman; two-year basketball letterman; piano; First Baptist Church youth group and high school choir; senior basketball co-captain; senior tennis co-captain; vice president of the National Honor Society; Pampa High School student body treasurer; D-fy-it activities chairman; Wendy's Heisman Award nominee; Rotary Youth Leadership Award; Rotary leadership camp; and National Guild of Piano Teachers superior rating. She plans to pursue a degree in either biology or biochemistry at Texas Christian University prior to attending medical school and specializing in neonatology.

Pampa Board of Realtors



(Community Camera photo)

The Pampa Board of Realtor's first member to be installed in the new millennium is Joan Mabry of Shed Realty. Installing Mabry is Bill Stephens, of Quentin Williams Realtors, while Janie Shed looks on.

New From Weight Watchers!
the 10% difference™
A WHOLE NEW APPROACH TO LOSING WEIGHT

Focusing on the 10% difference with 1-2-3-Success™, Weight Watchers' easiest plan ever, is the first big step in reaching your goals.

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PAMPA
FIRST ASSEMBLY OF GOD
500 SOUTH CUYLER
THURS. • 5:30 PM.

Check at our centers for details about our maintenance records. Registration and weigh-in begin one-half hour earlier than the times listed above. ©1999 Weight Watchers International, Inc. Owner of the WEIGHT WATCHERS trademark. All rights reserved. Offer valid at participating locations in parts of Alabama, California, Florida, Georgia, Oklahoma, Texas and the Carolinas, for a limited time only. Not valid for The At Work Program or community meetings.

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Daily: 9 a.m. to 9 p.m.
Sunday: 12 noon to 6 p.m.
Coronado Center • Pampa, Texas

PAMPA

PAMPA INDEPENDENT SCHOOL DISTRICT WILL HOLD AN INFORMATION MEETING REGARDING THE 2000-2001 SCHOOL CALENDAR AT 7:00 P.M. MONDAY, JANUARY 31, 2000 PAMPA MIDDLE SCHOOL LIBRARY 2401 N. CHARLES THE PUBLIC IS INVITED

Woman's Spiked Bar Drink Could Have Been Last Call

DEAR ABBY: The letter about club drugs really hit home. I would like to warn all young women about the potential for their drinks to be "dozed" with these drugs without their knowledge.

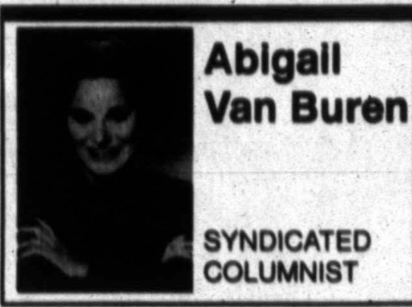
I went to a neighborhood bar over Thanksgiving weekend, and found myself feeling very woozy and overintoxicated for the amount I had to drink. I had left my drink on the bar while I went to use the ladies room, and when I came back, it tasted strange. Since it was a new drink, I assumed the bartender had mixed it differently.

Shortly after consuming this drink, I became sick to my stomach and lightheaded. A fellow I had chatted with — and who coincidentally had offered to watch my drink — started asking me questions about how I felt and if I wanted a place to crash. I have no doubt he had less than innocent intentions.

Fortunately, two gentlemen by the names of Andrew and Chris came to my aid. They stayed by my side, talking to me, keeping me alert, calling a car service for me and making sure the other guy didn't bother me.

I left the bar before thanking them; so, Abby, please let me thank them now.

Ladies: Do not leave your drink unattended, no matter what! And if the drink tastes "funny," don't drink it! While most of these drugs are tasteless and odorless, others have a salty taste. Just be careful! And to all the Andrews and Chrises out



Abigail Van Buren
SYNDICATED COLUMNIST

there — thank you.
CHRISTINE
IN MIDLOTHIAN, VA.

DEAR CHRISTINE: You are a lucky young woman. You had a very close call. The young man who doctored your drink is a predator.

Your comments about never leaving a drink unattended are important. I hope young people will pay attention. It may seem like a cold reality, but it's part of being streetwise and self-protective.

DEAR ABBY: I am a volunteer at a local animal shelter, and I'm deeply concerned about pet owners who do not take full responsibility for the safety of their pets. Every day dogs and cats are brought in off the streets without tags or identification. Many of them are wonderful, loving pets who belong to someone who didn't bother to put identification on them for one reason or another. As a result, thou-

sands of these wonderful animals are put to death every year because their owners can't be located.

Abby, it is heartbreaking to have to euthanize healthy animals due to lack of shelter space and available homes. Please inform your readers of the importance of putting ID tags on their pets. It could save a lot of heartache.
ANIMAL LOVER IN BEND, ORE.

DEAR ANIMAL LOVER: I'm pleased to publicize this important reminder to pet owners. Dogs and cats are curious creatures who often like to wander. If the animal is picked up, proper identification can literally mean the difference between life and death, so please don't procrastinate.

For an excellent guide to becoming a better conversationalist and a more attractive person, order "How to Be Popular." Send a business-sized, self-addressed envelope, plus check or money order for \$3.95 per booklet (\$4.50 each in Canada) to Dear Abby Booklets, P.O. Box 447, Mount Morris, IL 61054-0447. (Postage is included.)

Abby shares her favorite recipes in two booklets: "Abby's Favorite Recipes" and "Abby's More Favorite Recipes." To order, send a business-size, self-addressed envelope, plus check or money order for \$3.95 per booklet (\$4.50 each in Canada) to Dear Abby Booklets, P.O. Box 447, Mount Morris, IL 61054-0447. (Postage is included in price.)

Horoscope

TUESDAY, FEB. 1, 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) ***** Don't turn your back on a unique opportunity. You could suddenly become involved in travel, writing or perhaps spiritual pursuits. Your mind loves playing in this realm. Take charge. Be willing to zoom in on exactly what you want. Tonight: A force to be behold.
TAURUS (April 20-May 20) ***** Your intuition serves you, and you know exactly which way to turn to attain your objectives. Your sense of direction lands you in a position to increase your net worth. Let others watch as you embark on a new course. Tonight: Explore the Internet.
GEMINI (May 21-June 20) ***** Reach out for others. Share a long-term dream with friends and associates. Together you can make what you want happen. Make the most of an opportunity. A key partner supports your venture and is willing to pitch in financially. Tonight: Where the action is.
CANCER (June 21-July 22) ***** You have a strong sense of direction and a lot of ground to cover. Be aware of your choices and where they could take you. A boss is more than willing to acknowledge you for a job well

done. Others open up and share their news. Tonight: Out and about.
LEO (July 23-Aug. 22) ***** Go for what you want. Take the high road. Listen to your instincts with a child or loved one. Whatever you do seems to work; you know what is right. Plunge into work and get the job done. Others admire your ability to read situations. Tonight: Have a good time.
VIRGO (Aug. 23-Sept. 22) ***** When working with a partner, you build a strong foundation in understanding. Decisions you make are grounded. Allow more creativity in the mix. Your work surges because of high energy and a willingness to follow through. Tonight: Be ready to revamp plans.
LIBRA (Sept. 23-Oct. 22) ***** Others are in the mood to say yes. Go for what you want this morning, as you naturally draw agreement. Evaluate, think and listen. New opinions are formed; ideas are changed. Recognize the importance of nudging a family member into your ballpark. Tonight: Beam in what you want.
SCORPIO (Oct. 23-Nov. 21) ***** Your efforts pay off wonderfully. A boss is more than willing to give you what you ask for. Popularity soars, allowing a new opportunity. Talk about your financial expectations with family. Your communication hits the bull's-eye. Tonight: Visit with a friend.
SAGITTARIUS (Nov. 22-Dec. 21) ***** Take a risk. Trust your inspiration. You have a strong sense of your finances and make excellent choices as a result. Touch base with others. Talk about long-term money objectives. You

feel a sense of teamwork. Know that others are there for you. Tonight: Treat yourself well.
CAPRICORN (Dec. 22-Jan. 19) ***** You come in to work fortified and ready to go. Do not sell yourself short. Prepare to take strong action. Others clearly want feedback and information. As you evaluate and take in facts, you digest new insights about someone close to you. Tonight: Ask for favors.
AQUARIUS (Jan. 20-Feb. 18) ***** Grasp your objectives in discussion with a friend. You gain more insight as you listen to a group of people. You don't always have to be the focal point. In fact, when taking a back seat, you gain new and key information. Tonight: Some hard-core thinking!
PISCES (Feb. 19-March 20) ***** Accept the limelight. Take charge, and you'll make a big difference in what happens, both at work and personally. Knowing what you want helps you organize your plans. Don't lose sight of objectives when others make demands. Tonight: Where your friends are.
BORN TODAY
Actress Sherilyn Fenn (1965), actor Bill Mumy (1954), singer Rick James (1952) *****
For a personal consultation with a psychic, call (900) 000-0000, \$2.95 per minute. You can request your favorite psychic, and Spanish-speaking psychics are available. Rotary or touch-tone phones. Must be 18 or older to call. A service of InterMedia Inc., Jenkintown, Pa.

Crossword Puzzle

By THOMAS JOSEPH

- ACROSS**
40 Red-ink amount
41 Give in
- DOWN**
1 Cutting
2 Book feature
3 Japanese cartoons
4 Reno natives
5 Appearance
6 Primary
7 Confederate general
8 Play places
9 Neptune prop
12 Good qualities
18 Punt
- 21 Blind alley
22 Sports instrument parts
23 Came from behind
24 Kansas or Texas city
25 Tooth-paste choices
27 Brass
29 Half of Hispaniola
30 Bring together
31 Longed for
32 Part
36 Bit of paint

STABLE AMPS
ORDAIN TAIL
LEASED ANNE
VANES SLICE
ETON PULLEY
JOES ORS
QUITZSHOWS
SUP OTIS
PITONS MAPS
INONE CONIC
TINE COSINE
ANON ARISEN
LEWD DESERT

Saturday's answer

Marmaduke



"Sorry. We're not selling any bones today."

The Family Circus



"You won't cry when you get your shot, Mommy, 'cause you're a BIG boy!"

For Better or For Worse



Zits



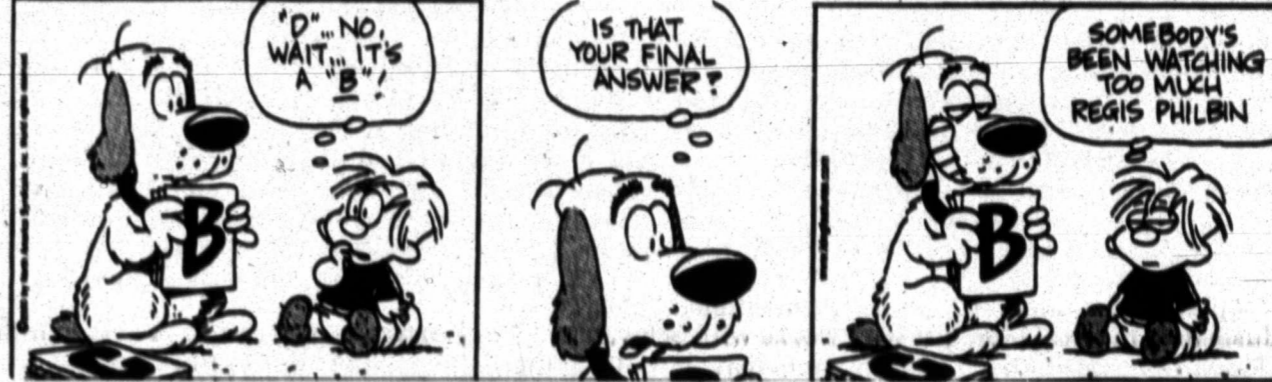
Garfield



Beetle Bailey



Marvin



B.C.



Haggar The Horrible



Peanuts



Blondie



Mallard Filmore



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

MEDICAL

Nerve gene may help spinal cord injury victims

By JEFF BARNARD
Associated Press Writer

Scientists have identified a gene that prevents the brain and spinal cord from rewiring themselves after an injury, pointing the way to new treatments that might someday help paralyzed "Superman" star Christopher Reeve and 250,000 Americans like him.

Dubbed "Nogo" because of its inhibiting effect, the gene produces a protein that prevents nerve-cell connections in the central nervous system from regenerating after they are cut. Experiments in rats showed that when the protein is blocked, the spinal cord can repair itself.

In test-tube experiments, nerves dissected from rats were exposed to the antibody. The nerves regrew several hundred nerve connections known as axons, or the tiny branches that transmit impulses from one nerve cell to the next, Schwab reported.

Neurologists hailed the work as a landmark step. But they cautioned that other factors may also inhibit nerve regrowth.

"It is important not to give patients false hope," said Dr. Ben Barres, a professor of neurology at Stanford University. "But I think there are a lot of grounds for optimism now."

The findings were reported in a recent issue of the journal *Nature* by scientists in Switzerland, England and the United States.

If the scientists are right, they have solved an old mystery: Why can't connections in the central nervous system — the brain and spinal cord — repair themselves, when connections in the peripheral nervous system — everything else — can?

The answer is that Nogo is present in the central nervous system but not the other nerves. Nogo may exist to hardwire the brain and spinal cord — or fix them in place — after they have developed, and prevent them from going wild.

A team led by Martin Schwab of the Brain Research Institute at the University of Zurich in Switzerland has been working on Nogo for 15 years, and created an antibody that blocks the Nogo-created protein.

In test-tube experiments, nerves dissected from rats were exposed to the antibody. The nerves regrew several hundred nerve connections known as axons, or the tiny branches that transmit impulses from one nerve cell to the next, Schwab reported.

In an additional set of experiments that were not published in *Nature*, Schwab's team said it partially cut the spinal cords of rats, paralyzing the animals, then gave the rodents the antibody for two weeks. The nerves regrew, and the animals resumed normal activities such as grabbing food pellets and climbing a rope.

"We see these animals' recovery functionally," said Isabel Klusman, a medical biologist who works with Schwab.

Researchers said the Nogo research may lead to a three-pronged therapy involving a Nogo blocker, some agent to boost nerve growth, and some kind of cell transplant.

Schwab's team never identified the actual gene. That was done by two separate teams, one at the pharmaceutical company SmithKline Beecham in England, the other led by Dr. Stephen Strittmatter at Yale University.

Some 11,000 people injure their spinal cords each year, primarily in car wrecks, as football star Derrick Thomas did last Sunday. Reeve has been paralyzed from the neck down, using a respirator to help him breathe, since a 1995 fall from a horse.

Researchers are more cautious than Reeve, but the actor, whose foundation helped finance some of the Nogo research at Yale, said the discoveries are part of a growing body of advances that he believes will allow him to walk again someday.

Reeve said he hopes to take part in human tests by Schwab in about five years, once work has progressed to the point he would feel safe.

"It will be a question of money and time," Reeve said from his office in Bedford, N.Y. "But the field now is very alive and there is suddenly a lot of progress being made."

Watch out for ankle sprains

HOUSTON — Early treatment can keep a minor ankle sprain from becoming a nagging injury.

Common among soccer, volleyball and basketball players, most sprains occur when the ankle rolls outward. This twisting motion can cause ligaments to stretch, tear or even rupture.

"The first thing to do after the injury occurs is to try to stand on the ankle," said Dr. Lon Castle a sports medicine specialist at Baylor College of Medicine in Houston. "If you can stand and walk on it, chances are good that it is not a serious injury."

If the sprain is not severe, Castle recommends applying ice to the ankle two to three times a day for 15 to 20 minutes each time. Over-the-counter anti-inflammatory medications can also help. Minor, or first degree, sprains will take about one to two weeks to improve.

While the ankle may seem to heal quickly, there is still a need for rehabilitation. Taping or bandaging the ankle for several weeks is necessary to help maintain stability.

"Two things are lost after an ankle sprain: side-to-side stability and the ability to properly determine your ankle's position. As a result, the ankle can twist again," Castle added.

To prevent an ankle sprain from keeping you on the sidelines, work on strengthening the muscles and improving balance. Most importantly, be patient — a full recovery is likely to take months.

Just do it, but expect slow improvement

DALLAS — If you're one of the millions of Americans who've resolved to improve your health by starting an exercise program, be patient.

"People start exercising with good intentions, but their high expectations can be a recipe for failure," says Dr. Peter Snell, an exercise physiologist at UT Southwestern Medical Center at Dallas. "It took years for your body to get out of shape, don't expect results overnight. It takes six to eight weeks for your heart and lungs to become conditioned to the exercise demands."

For the most benefit, exercise a minimum of 30 minutes, three times a week at the equivalent of a brisk walking pace. To avoid burnout, find an activity you enjoy and that you can do at a regular time free of

conflicts. Exercising with a friend and keeping an exercise diary will provide additional motivation, Snell says.

If you are age 40 or older, have high blood pressure or high cholesterol, get a physical examination before starting any kind of exercise program. But the most important thing you can do is to just get out and do it, Snell says.

One-time pneumonia vaccine can save lives

DALLAS — Pneumonia causes more than 40,000 deaths each year. But a vaccine can now fight 23 of most prevalent types of bacteria responsible for bacterial pneumonia.

"The pneumococcal vaccine is safe and effective," says geriatrician Dr. Craig Rubin, of UT Southwestern Medical Center at Dallas. "It can be given at any time of the year, and for most people it's a once-in-a-lifetime vaccination."

Those at greatest risk include people age 65 or older and those with chronic illnesses. Anyone with a weakened immune system may also be at risk and should ask their physician about being vaccinated. The vaccination is covered by Medicare.

There is no vaccine, however, for viral pneumonia.

Thin may be sending the wrong message

DALLAS — Trends in advertising, television serials and sitcoms that portray extremely thin girls as role models may account for an increase in the number of younger people being treated for eating disorders. Psychiatrists report seeing patients with eating disorders such as anorexia and bulimia nervosa at younger ages than in the past.

Sexualizing thin, teen-age girls wearing adult makeup and posing suggestively in advertisements glamorized unhealthy bodies and unhealthy attitudes, especially for girls in the pre- and early teen years, says Dr. David Waller, who specializes in eating disorders at UT Southwestern Medical Center at Dallas.

Waller, suggests that parents be alert to any sign that their child may be developing an eating disorder. The signs include an obsession with food and/or exercise; wearing clothing that disguises the body; spending less time with friends and formerly pleasant pastimes; frequent trips to the

bathroom — especially after meals; dieting and changes in sleep patterns.

Which bug is to blame when you're under the weather?

DALLAS — You're sneezing, coughing and feverish. You could have a cold; or you might have the flu. How can you know just what bug you've caught?

Telling the difference between colds and the flu can be tricky. Both can make you sneeze, cough, run a log temperature and generally feel bad. But the flu causes a higher fever and is usually accompanied by muscle aches, a severe headache, loss of appetite and chills, says Dr. Shelly Roaten, chairman of family practice and community medicine at UT Southwestern Medical Center at Dallas.

"Colds happen all the time," Roaten says. "But influenza runs in epidemics. If you know several people who've had the flu recently, you might have it too."

He also says people with the flu generally feel worse than those with a cold do and take longer to recover.

Laboratory tests for the flu are useful for research, but they are not helpful for treatment since the disease has run its course before the results are available. The quickest diagnosis comes from your physician.

Softening the signs of aging

DALLAS — A new tool — based on a sandblaster — is a popular new way to rejuvenate the skin to look younger this millennium. Microdermabrasion sandblasts wrinkles away with tiny sterile crystals. This noninvasive treatment is offered by beauty salons, plastic surgeons and dermatologists.

"Microdermabrasion is an innovative new technique to jump-start your skin care by removing the outer layer of dead skin," says Dr. Rod Rohrich, chairman of plastic surgery at UT Southwestern Medical Center at Dallas. "After several treatments, you have a refreshed new skin look and feel. This complements other skin care such as Retin A and AHA — fruit acid — for a long lasting, improved look."

The treatment is relatively painless and involves minimal recovery time. Rohrich says it is very important to find a properly trained licensed aesthetician that has had specific training in the use of this device to maximize patient safety and results.

Dust mites may push development of asthma in some children

WASHINGTON (AP) — As doctors struggle to understand why asthma is rising at an alarming rate, a recently released report concludes microscopic dust mites that lurk in carpets and bedding can push children who are susceptible to asthma — but don't yet have it — to develop the disease.

Some 17.3 million Americans have asthma, a respiratory disease that leaves sufferers coughing, wheezing and gasping for air.

Cases of asthma have risen about 75 percent since 1980, particularly among blacks and poor, inner-city populations, says the report released by the prestigious Institute of Medicine that studied just how big a role the air inside people's homes can play in the disease.

Doctors have long warned that certain allergens can worsen patients' asthma, triggering or exacerbating attacks of breathlessness.

But no one can explain why new cases are rising so dramatically.

"This is a major problem," said Dr. Richard B. Johnston of the University of Colorado, who chaired the Institute of Medicine committee.

"There are genes that affect your susceptibility to asthma, but the genes could not have changed over that period of time," he said. "Something else has changed. It leaves something in the environment."

His committee didn't solve that mystery, or make any startling discoveries. But the new report may serve as a practical guide to what in the indoor environment is really proven to affect asthma, and what practical steps could ease symptoms.

The conclusion: Dust mites, cockroaches, cat dander and, for preschool children, breathing secondhand tobacco smoke are the proven culprits in making asthma worse for those who already have the disease. There is suggestive evidence, but not proof, that mold, dog

dander and pollution from poorly burning gas stoves also play a role in worsening asthma.

The mere existence of dust mites cannot be the sole cause of a person's asthma, because mites live in nearly all homes. But in children genetically susceptible to asthma, exposure to dust mites can lead to the disease, the report says. Secondhand smoke may prove to be a similar trigger for young children, it says.

People have suspected that fragrances, formaldehyde and other chemicals that can build up in indoor air may also play a role in asthma, but the report concluded there is little evidence yet.

As for those expensive gadgets that claim to filter impurities out of indoor air, there's also little evidence they do much good, Johnston said.

Instead, the report recommends simpler strategies to ease asthmatics' symptoms, ones many allergy sufferers will find familiar:

—Encase mattresses and pillows in plastic covers, opt for leather sofas instead of upholstery, and get rid of carpets, all favorite hideouts for dust mites.

—Never allow smoking inside the house.

—Remove pets and then thoroughly clean to remove their dander.

—Exterminate cockroaches as much as possible.

—Control indoor humidity, because dust mites particularly, but also cockroaches, thrive in humid conditions. Moisture easily builds up inside homes, especially newer, well-insulated ones that have poor ventilation. For some homes, opening windows an hour a day during dry seasons could be enough to help.

But the report's overarching conclusion is that "more research is desperately needed" to understand how environmental conditions affect asthma.

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Names in the news

SAN ANTONIO (AP) — Hundreds of dentists showed their pearly whites when Garth Brooks made a surprise appearance to announce his support of a children's charity.

Brooks told a meeting of about 750 members of the Crown Council, an alliance of North American dentists, that his Touch 'em All Foundation would join in their Smiles for Life Charity Campaign.

The goal is to raise \$5 million for various children's groups, Brooks said.

"We have 14 charities to start," the country music singer told the group Saturday. "The money is for children, and the areas we will use it for is medical, education and inner-city projects since those needs are so great."

For the next three months, dentists participating in the fund raising will provide discounted teeth whitening procedures to their patients, and payments for that work will be channeled directly to the Smiles For Life Foundation.

ALBUQUERQUE, N.M. (AP) — Johnnie Cochran doubts whether civil rights icons like the Rev. Martin Luther King Jr. or W.E.B. DuBois would say that race relations in America have made significant progress.

"I'm afraid if they dropped in here right now, they would be greatly disappointed," the former O.J. Simpson attorney said Saturday.

Cochran told a group of law students at the University of New Mexico that racial profiling had created such terms as "jogging while black" or "living while black" and needs to end.

"There is too much denial on the issue of race in this country," Cochran said.

NEW YORK (AP) — Jane Pauley says she might owe her career in television journalism to the "Mary Tyler Moore" show — but not because Moore's character inspired her to work in TV news.

"Mary and the rest of the CBS Saturday-night lineup delivered huge audiences to the 11 o'clock broadcast when I was a weekend anchor in Indianapolis," Pauley told the Feb. 5 issue of TV Guide. "That's the show that got me noticed by NBC."

But the Moore character of Mary Richards, a television news producer, influenced Pauley as well.

"Remember the big M on the wall of her studio apartment? I put a big numeral 5 on mine when I got my job on Channel 5 in Chicago," Pauley said. "It was not a coincidence."

BRIGHTON, England (AP) — Figure skater Robin Cousins has glided into the sunset.

Cousins gave his final public performance Sunday in his hometown, saying the time had come for him to retire from the ice.

The 1980 Olympic gold winner performed for the last time with Holiday on Ice, the company he made his professional debut with 20 years ago. Cousins said he would leave to work behind the scenes as a producer.

Cousins, 42, said his back and knees have suffered over the years. "I am happy to be leaving," he said. "There will be no comebacks."

NEW YORK (AP) — The star of the offbeat Fox comedy "Malcolm in the Middle" says he's determined not to end up in trouble with the law like some other child TV stars.

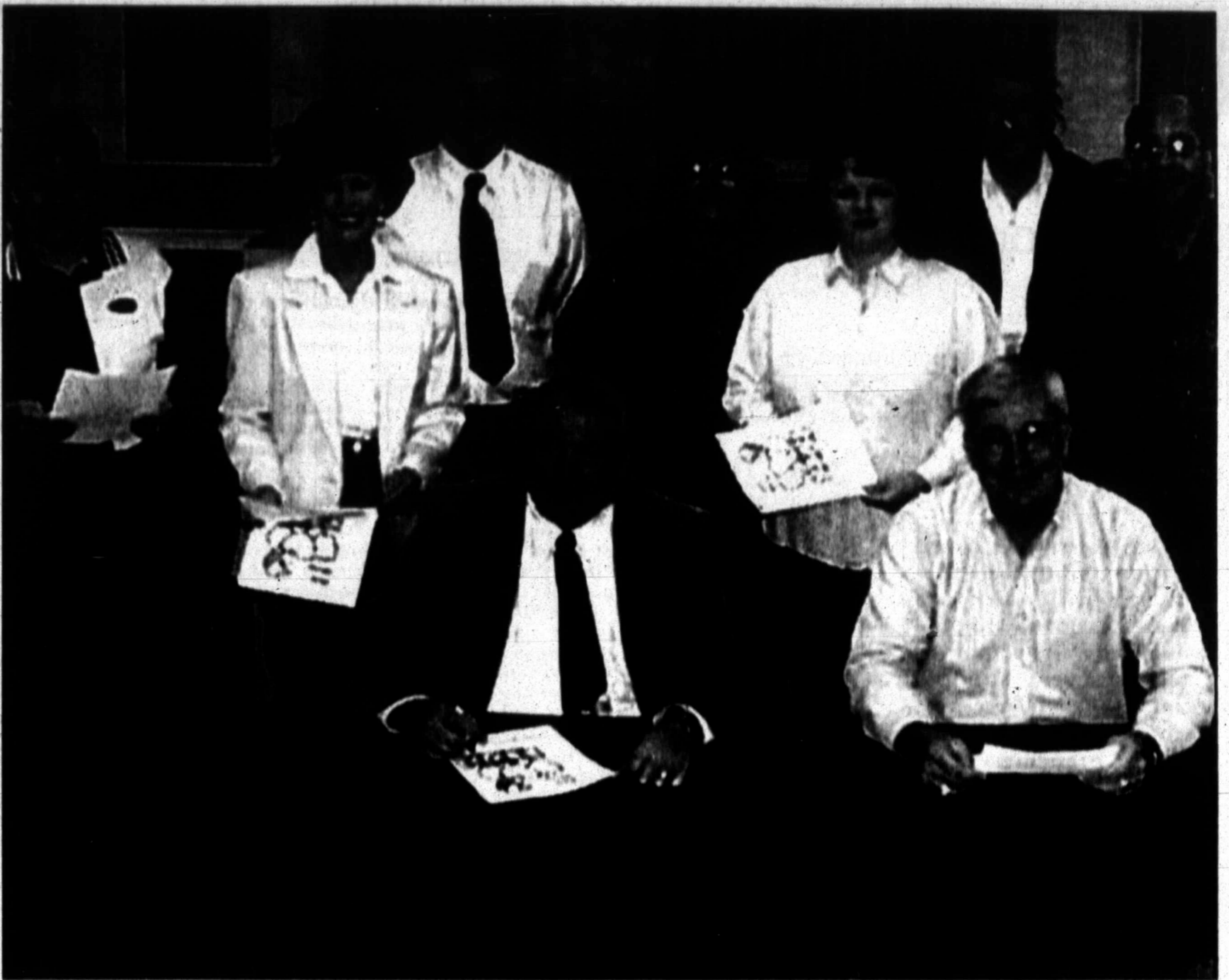
"I know some kids who are on TV and stuff end up in trouble, but I'm not gonna be like that," Frankie Muniz, 14, tells the Feb. 5 issue of TV Guide.

"I'm only gonna keep acting as long as it's fun. Then maybe I'll play pro golf," said the actor, who boasts a 13 handicap in the game.

"Or maybe I'll just buy the (Los Angeles) Clippers," he said.

Much like the character he plays, Frankie used to get harassed by bullies until he started homeschooling in the sixth grade.

"Frankie used to get picked on because of his size," said his mother, Denise, though her son grew 5 inches last summer. "But he would always stand up for himself. He could always come up with something clever to shut them up."



Chamber of Commerce coloring contest representatives including prize-givers and judges are (standing, from left) Dawn Hulsey, manager of McDonalds; Paulette Kirksey, owner of M&H Leasing; Clay Rice, chamber president; Joann West, owner Harvester Lanes, Fire Chief Kim Powell, Sheriff Don Copeland and Ralph West, owner Harvester Lanes. Seated (from left), Police Chief Charlie Morris and Mayor Bob Neslage. It's not too late to pick up a sheet to color at the chamber office at 200 N. Ballard. Entries must be returned to the chamber by Feb. 9. Children age 10 and under may participate.

Columbine family moves to Houston to heal

HOUSTON (AP) — Relatives of the only black student slain in the Columbine High School massacre say they hope to rebuild their lives in a new home on a quiet cul-de-sac in a middle-class Houston suburb.

Michael and Vonda Shoels, who relocated to Texas two weeks ago, said moving is a lot easier than reclaiming a sense of normalcy after their son Isaiah's death.

"Under the circumstances, how can we be normal again?" Michael Shoels is quoted as saying in Sunday editions of the Houston

Chronicle. "Isaiah can't come back. It will never be normal. We're going to try to live and do the best we can."

The 18-year-old was one of 12 students and one teacher shot to death before two teen-age killers took their own lives.

The Shoelses moved to Denver from the Littleton area after Isaiah was killed, saying they feared for their safety in Jefferson County.

The Shoelses experienced a variety of criticism after talking of a conspiracy theory

against their son and hiring high-profile Michigan lawyer Geoffrey Fieger to file a \$250 million wrongful-death lawsuit against the killers' parents.

"Initially, they had the sympathy that the other victims' families had," said Sam Riddle, a family spokesman. "As soon as the Shoelses started speaking out about the almost perverse form of denial the state of Colorado was in regarding hate, anti-Semitism and racism, they began to be treated as if they pulled the trigger. That was wrong."

IMAGES

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Have you taken any photos in the past year that you thought were especially good?
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will be filled with photos taken by readers like you. They can be color or black & white photos. We will also accept slides and negatives. Be creative with your photography. The best photos "tell a story." One entry per person in each category, please!



- Categories
1. Family & Friends ... at work or play
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1. Each photo must have been taken in Pampa or surrounding area between January 1, 1999 and February 17, 2000.
2. All entries should be submitted with a self-addressed, stamped envelope to allow us to return them.
3. On the back of each photo attach your name, address, telephone number and a brief description of whom or what is pictured.
4. One entry per category per person. No employees of the Pampa News or professional photographers may enter.
5. The Pampa News reserves the right to reprint all entries in promotional advertising.
6. Send or bring your photographs to: The Pampa News, 403 W. Atchison, Pampa, Texas, 79065

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AT PAMPA

FEBRUARY 4TH • 6:00
PAMPA VS PALO DURO
AT PAMPA

VARSITY

FEBRUARY 1ST • 7:30
PAMPA VS HERFORD
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FEBRUARY 4TH • 7:30
PAMPA VS PALO DURO
AT PAMPA

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FRESHMAN

FEBRUARY 3-5TH
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AT VALLYVIEW
TIME TBA

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AT PAMPA
FEBRUARY 4TH • 7:30
PAMPA VS PALO DURO
AT PAMPA

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