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Ol aready own cemetery property and
O Complimentary Legal will kit OFree veterans Space
DComomonomomer
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## City Briefs

| BRICK Repair, Harley | LEEANN'S GROOM- | IT'S time to arrange |
| :---: | :---: | :---: |
| Knutson 665-4237 or 664- | ING, 669-9660. | for the yearly cleaning of |
| 0543 |  | your chimney. Courtesy of |
| CLASSES BEGIN Tues. Sept. 2nd Beaux Arts Dance Stuctio Jeanne Willingham 669-6361 or 669-7293 |  | Fireside Comfort. 530 W . |
|  | MOTHER'S DAY Out | Brown (Hwy 60). |
|  | Preschool. First United Methodist Church. 669-9371. Enroll Now. |  |
|  |  | Lessons. All ages. Mistie |
| COOLER WEATHER is on its way, are you having some kindling thoughts? We can help at Fireside Comfort. 530 W. Brown (Hwy 60). |  | West, 669-1846. |
|  | PANCAKE BREAK |  |
|  | 7-10 a.m., Mon., Labor Day, |  |
|  |  |  |
|  |  | we handle Hearth Products from Accessories to |
|  | Starting in Sept., The | Zero-Clearance fireplaces. |
| FOR ALL your travel needs, call Complete Travel, 669-6110. | Vicary House Tea Room Will be open on Wed. \& Thurs. | Fireside Comfort 530 W. Brown (Hwy 60). |
|  | THE NORTH Pole is coming to North Fork after Labor | WEST COAST Choppers |
| KAREN'S KITCHEN, 716 | Day. We've converted our | bikes 1/18th size, $\$ 120$ each. |
| W. Foster, Sun. 11-2 p.m., meatloaf, fried pork chops, brisket, BBQ Polish. All You Can Eat \$8. 665-2454. | backroom to a wonderland of | Order now, limited quantity, |
|  | vintage Christmas decora- | Shirts \& Mor |
|  | tions! Christmas items from |  |
|  | our artists, and great one-of-a-kind gifts. Layaway available. North Fork Antiques, 211 | TIP: IT'S time to start laying aside wood for the com- |
| MARY'S CERAMIC Shop, new phone number is 669-7900, Mary Noel. | N. Main, McLean. Open | ing winter. Courtesy of Fire- |
|  | Tuesday through Saturda | side Comfort. 530 W. Brown |
|  | $10 \mathrm{a} . \mathrm{m}$. to $6 \mathrm{p} . \mathrm{m} ., 779-2289$ | (Hwy 60) |

Raofs Unlimited
Train, SUV crash kills one, hurts 4 woman was killed during (rush hour Friday evening When she apparenly drove her spor-ullity lyrough , cosing and was struck by crossing and w.
passenger train.
passenger train.
Four people aboard Dallas Area Rapid Transi Dallas Area Rapid Transit
train, including the operator ere injured. They were
aken to Baylor University Medical Center for treatment,
DART spokesman Morgan DART spokesman Morga
Lyons said all four were i stable condition Friday night. Witnesses said the unidentified woman driving the
SUV broke through the crossing arm on a city tree just as the train was entering
the crossing. The train was traveling south at about 30 mph. Auth
gating.

SCHO
Christ
trains.
Ms. Raines class rules wi writing them
sheet of paper
Rule one
yourself. Rule t hall. Rule
teacher. teacher.
Then Ms. Then Ms. R
little boy to get a table and and finger out of hi: Each stude large piece of Ms. Raines to
writing skills. Kyler expre or sitting on a
They all s
word wall and as Ms. Raines students' names and let them pla the wall beneat which started.
By hungry. Moving the math wall, and numbers. explained to on wasn't suppos By 11 a.m. the students to the hall to the c oli and garlic Back in the was quiet timm
were instructe heads down
they listened Arres The oficial
condian of om bomb was mad type of material quarters in Bag at least 23 peo Jordanian EmL Aug. 7, which k The FBI sai was constructeo
left over from Saddam Hussei duced in the form
The Dubai-b satellite broadc Najaf govern
pounds of explo pounds of expl. The police
suspects claim bombings were Iraq in a state police and would be unab tion on the cou
ders, where



## Viewpoints

## ${ }^{\text {mef Paimpen }}$



| Opinions expressed on this page do not |
| :---: |
| necessarily reflect the views of The Pampa News. |

LETTERS TO THE EDHOR
It's our duty to preserve local veterans' memories

On Aug. 14-16, Ryan Fairfield. Bill Lucas and I rambled into Pampa as volunteers to conduct interviews for the Veteran's
History Project. Before arriving in Pampa we had hoped that we would be able to collect 10 to 12 interviews. We collected 24 . One could say that, based solely upon the number of interviews alone, it certainly was an unqualified success. Although we are very pleased with the level of interest and the number of inter-
views we were able to record during our say in Pampa, views we were able to record during our stay in Pampa, the
experience was, for us, much more than that. experience was, for us, much more than that.
For an entire weekend we were able to insét ourselves into the lives of many of the fine people of Pampa and the surrounding communities. People like John Tripplehorn, Blake Laramore and Mike Porter, all of whom are veterans associated with the
Freedom Museum in Pampa, were instrumental in drumming up Freedom Museum in Pampa, were instrumental in drumming up
interest and support in the local community. They really deserve interest and support in the local community. They really deserve
most of the credit for making our trip to Pampa a very producmost of the credit for making our trip to Pampa a very produc-
tive one. Due in no small part to their effors, we were able to interview some of the finest people we have ever met. marine who fought throughout the Pacific, including
Guadalcanal: Omaha beach D-Day survivor Willie Earls and Guadalcanal; Omaha beach D-Day survivor Willie Earls and
also Danny Martin a brave Vietnam veteran. We had the pleasalso Danny Martin, a brave Vietnam veteran. We had the pleas-
ure of listening to Wyvon Griffin, a remarkable man of 97 years ure of listening to Wyvon Griffin, a remarkable man of 97 years
of age, articulate some of his experiences in Pampa during his of age, articulate some of his experiences in Pampa during his
service in WWII. How could we ever forget Hardin Miller or Pampa/s own Mike Porter, both B-24 pilots during WWII.
This is just a small sampe This is just a small sample of the 24 impressive individuals
that allowed us to interview them. Every one of that allowed us to interview them. Every one of their stories is
compelling and we are honored to have been able to record their experiences and add them to that body of knowledge that is history. Their interviews will be sent to the Library of Congress
before the year's end. In closing, we would like to thank all of the fine citizens of
Pampa that made our stay a special one especially the veterans Pampa that made our stay a special one, especially the veterans
that allowed us briefly into their lives. Unfortunately there was no earthly way possible to accommodate every veteran during veterans in the Pampa and surrounding communities deserve to be interviewed.
We would like to challenge anyone in the community to con-
tinue to interview your veterans so that our nation's memory can be preserved. Their experiences can be used as a lesson for those that were fortunate to not have had to witness the horror of war
and so that future generations can remember how terrible war can be.
Your veterans have a powerful message to convey, each in their own words. It is: War is not a glamorous thing and it is not a game. It is horrific and wasteful. But if we must figh we will
fight to win.
It's our responsibility to record this message so that we may never forget it. We encourage you to stop by the Freedom
Museum and watch an interview. You may be amazed at some of the true heroes living in your fine home town.
For more information about the Veteran's History Project do Tony Lupo, Veteran's History Project volunteer
Thera Tony Lu
Houston

## TODAY IN HISTORY

By The Assoclated Press

## Today is Sunday, Aug.31, the 243rd day of 2003. There are

 122 days left in the year.Today's Highlight in History
Two hundred years ago, explorer Meriwether Lewis departed Pittsburgh, sailing down the Ohio River; he joined up with William Clark near Louisville, Ky., the following October. The exploration of the present-day American West.

## exploration of the On this date:

In 1886, an earthquake rocked Charleston, S.C., killing up to 110 people.
In 1887, Thomas A. Edison received a patent for his Kinetoscope, a device that produced moving pictures. In 1903, popular radio and TV entertainer Arthur Godfrey

## OK, let's be careful out there

#  <br> Dee Dee $\frac{\text { Laramore }}{\text { Edtor. }}$ 

my heart or my truck, as I drove to the lot. I felt betier when I saw Vic standing by the gate in the distance.
"I can handle this," I thought. "I can handle
When I pulled up, I realized I wasn' dealing witht your basic broken arm. Pale as death, Vic stood there holding blue shop towels to his left arm, blood running down his hands, his leg, to his feet. His clothes were filthy and torn. So was his
"iace. think I broke both arms," he said as he painfully pulled himself into the passenger seat.
I may have broken a land speed record getting to the hospital, fearing he would pass out or I would pass out before I got
there. Vic said I didn't miss a bump. Alas, he did break both arms. He also
grows lasive bruise to his left hip that grows larger and blacker every day. The
cut over his right eye didn't need stitches, but they put five staples in the gash in his but they put five staples in the gash in his left arm. Every day more bruises appear. He was hurt all right. That's what happens when you get into a fight with a gin pole truck. The truck won. As careful as from him before he could do anything about it.
He's healing well, thank God. He's able to do much more than I ever thought brace on the other. We've got a care routine going that works for us. And after 20 years of marriage, we've reached all new heights of intimacy. Our family, neighbors, friends from church, work, and lodge have all chipped in to help, too.
We'll make it through this, just like we have every other challenge we've faced through the years. We just laugh at ourselves and go on.
But Vic knows that from now on, when he leaves to work on something and I say, "Let's be careful out there," I mean it! If he doesn"t, by golly, two bro-
ken arms are the least of his problems



## Everyone could use a little spunk

Parkinson's Disease my wife, Viola, h written a wonderful little 39-page book
titled, "Who Me?" titled, "Who Me?"
journal she content was taken from a journal she kept while using hippotherapy, or horse therapy, as a means of trea-
ment. There were many days when she ment. There were many days when she
would come home from a riding session at Miss Toby's Horseback Riding Academy and say, within five minutes of getting on the horse, my pain and tremor were gone. To be sure the pain and tremor would later return, but over time the pain became less and less and now level as before
Her motivation for writing this book was to help other people who may be experiencing Parkinson's or some other debilitating disease. In the beginning she gave copies to family, friends and others who knew someone who would benefit our friends, Stanley and Niave a copy was live here in Conway Stanley Russ who state senator and both he and Nina are thoughtful and gracious human beings Stanley has written me a number of times, but this time his letter was to Viola. I might add, something he said gave me a chuckle and I will share it with you a bit later.
Since it's just a short letter, and I've asked Stanley for his permission, I'll just

share it with you. He begins.
writing Viola, I'm sure Nina will be writing you about receiving your book. Bull want to put in my two cents worth. After Nina read, "Who Me?" (late in the evening, at least for us) she handed it to me and said, 'You will want to read this.' I peeked at it intending to put it aside and read it later. I didn't put it down until I had read every word of it. The book is captivating, inspiring and educational reading. I now know the ghostwriter behind Jim Davidson. Thanks for telling your story in such a poignant way. " Needless to say stanley would take the time the fact that Stanley would take the time to share his thoughts in this way. It meant a lot to her and to me, as well. A few
weeks later I ran into him down at the Post Office and thanked him for his letter. At this point he said, "She's got'spunk!" which is the primary reason I decided to share this with you. Regardless of where you live in this great country of ours, I believe you can relate to what I am say While spunk is not a word I use often.

I knew basically what it meant, but I decided to go to my dictionary and check
it out. Among other things it means it out. Among other things it means.
courage, spirit, pluck and mettle. I can courage, spirit, pluck and mette. I can tell you that Viola has all of these quali-
ties and many, many more. In the face of ties and many, many more. in the face of
the challenges that she must deal with the challenges that she must deal with
each day, she handles herself with poise and grace, unlike anyone I have ever and grace, unlike anyone I have ever
known. Her situation also reminds me of the saying we have all heard, "When you've got your health, you've got just about everything.
As I've said many times, we are all going to die from something but it's what we do while we are living that really makes the difference. Something I heard an evangelist, the late Angel Martinez, say one time, really sums it up. What he said could be one of life's greatest para-
doxes. He said, "When we are born and doxes. He said, "When we are born and
come into the world, we cry while those come into the world, we cry while those
around us smile. But if we live our lives as God interded a life of service to Him as God intended, a life of service to Him. when we die we can smile while those It you als
If you also have challenges in your life, regardless of what they may be, I
hope hearing a small part of Viola's story has been a blessing to you. In fact, I hope you also have spunk that helps you face each new day with courage and high character.
(Write io Jim Davidson at 2 Bentley Drive, Conway. AR 72034.)

## Texas Panhandle Plains Wildlife Trail opens to public

 sate. These are some of the state's best-kept secrets - places few people have ever seen before una are now opening to s.
Ori the Canadian River north east of Amarillo, the Arrington Ranch boasts a special cache 1990s to film inland scenes for the novie "Cast Away." But most vitiors are drawn by the nich be change the Canadian and by rities - the lesser per natures en. Here and on the nearby Rader Ranch, birders flock to see the nce-abundant prairie chickens puff their reddish neck pouches and drum their feet on mating areas called "leks.
History and local culture as well as nature are showcased on trail. The Canadian River azon Bridge is a piece of ing trails and good binding van ages. The Lipscomb Dance Platform in nearby Lipscomb hosts summer dances. The town

- Photo: Texas Parks and Wildlife Department© 2003. Washita River on the Arrington Ranch


## Take the confusion out of taxes.

> Tax laws can change year to year, and this year there are many changes. Enroll in H\&R Block's "Fundamentals of Tax Preparation" and learn to use the latest changes to your adveantage. Qualified students may even be offered job interviews for positions with H\&R Block.*

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## Calendar ITEMS

WASHINGTON - The The grants will be made Federal Emergency awarded a grant in the amount of $\$ 79,421$ to Hoover Volunteer Fire Department under the Assistance to Firefighters
Grant, U.S. Sen. John Comyn announced recently "This funding will help ensure that our brave Texas the best rained and equipped as they stand ready to protect our homes and families," Corny said in making the announce ment. "I am pleased that some
of the tax dollars sent by Texans to Washington are being to Washington are being
returned to help save lives returned to help save live
among firefighters and the peo among firetighiers they serve here in Texas."
ple they serve here in
Firefighters Grant program is a great example of how Homeland Security is putting key resources directly int neiges to better secure the home land," Homeland Security Sec. Tom Ridge said. The US Administration, a branch of FEMA, will administer the grants.
More than $\$ 750$ million is on the way from FEMA to supplement the rieeds of firefight-
ers nationwide. This round of ers nationwide. This round of grants will also assist with safety and firefighting vehicles. directly to fire departments from FEMA. More than
7,000 grants were received by 7,000 grants were received by
fire departments across the country. FEMA and USFA
expect to award the remainder of the grants by the end of
the year. On March 1, FEMA the year. On March 1, FEMA
became part of Emergency became part of Emergency
Preparedness and Response Directorate of the
Department of Homeland

To register call BSA Hospice Pampa
(806) 655-6677 or
toll free (800) 658-6985
can obtain a copy of "Free \&
Low Cost Medical Care" by sending $\$ 5$ to cover printing, postage and handling to:
Financial Assistance Network Free \& Low Cost Medical Care Booklet, Dept. MCB0725, P.O. Box 60848, Washington, DC 20039-0848. To get a copy of "How to Get Government Help To Pay Your Energy Bills" send $\$ 5$ to: Financial Assistance, Network - Government Help for Energy Bills, Dept. GHEB-1219, P.O. Box 60848, Washington, DC 20039-0848. The information is also available at work.org.

$$
\begin{aligned}
& \text { work.org. } \\
& \text { Fear }
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Fear Not Foundation. The Fear Not Foundation offers free to the public Lee Crull's "Ten Golden Rules for Safety," a kidnap-proof" set of guide-
lines to help children protect themselves from would-be predators. Crull is an elite excommando, former undercover

agent, and professional bodyagent, and professional bodyguard. For more information, send a business size SASE to The Fear Not Foundation, P.O Box 403, Syracuse, NY 13215; | or go on-line |
| :--- |
| www.GoodFor | m and click on The Fear Not m and click on The Fear Not

Foundation to link to the "Ten

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AIYSE. International Youth Student Exchange Program is seeking American high school students, foreign exchange program Students will sperid a semester or year with an European family or participate in a 4 - to 6 summer. Students are scr ened by AIYSEP school counselors and educators in local schools. To qualify, students must have evidence of maturity, superior
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Arbor Day Foundation. The National Arbor Day
Foundation offers aTree Foundation offers a "Tree
Planting Resource Kit for Volunteers." The kit is avail-
able for $\$ 29.95$ plus shipping able for $\$ 29.95$ plus shipping
and handling and includes a leadership guide, a Celebrate Arbor Day guidebook, and a video to help motivate volunteers. For more information, call (402) 474-5655, go on-line to www.arborday.org, or write:
The National Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410. AYA. Academic Year in America program is seeking host families for international exchange students between the information, call Danielle Carpino at 1-800-322-4678 BBB RESOURCE Bureau is offering "The Spring Bureau is offering "The Spring
BBB Membership Directory and Resource Guide." The publication is available free of BBB member companies as well as businesses who qualify as members and who uphold
rds $\$ 79,421$ oover VFD Grief Education \& Support Group

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by calling (202) $595-1031$; or by $\quad$ visiting
wweeEnterpriseInstitute rg on the World Wide Web. FHRC Booklet. Family Health Research Council offers the booklets "Overcoming Depression and Anxiety" and "Getting the Sleep You Need." The booklet gives information on how and where to get free and low cost prescription drugs to treat depression and anxiety. Consumers can obtain a copy by sending $\$ 5$ to cover the cost of printing, postage and hanEast, Overcoming Depression East, Overcoming Depression
and Anxiety, PO. Box 3176 and Anxiety, P.O. Box 317
Elmira, NY 14905-3176 Regional Fulfillment Center Regional Fulfilment Center 692634, Boston MA 02269 2634. For additional information, visit the Council's websife
rg Intercultural Travel is seeking host families for exchange students. Students bring their own spending money for clothes, entertainment and other expenses and provide their own
medical insurance as well. Host families agree to room and families agree to room and


## PANCAKE BREAKFAST

7 TO 10 AM • LABOR DAY CHAUTAUQUA CELEBRATION AT CENTRAL PARK ADULTS ${ }^{4} 4.00$ CHILDREN 6-12 3.00 CHILDREN 3-5 ${ }^{5} 1.00$ PAMPA ROTARY CLUB
PROCEEDS TO SCHOLARSHIPS, DIABETES AMP \& YOUTH LEADERSHIP WARADS Cabor Diay * Sild 877) 439-7862 FSA USD . 439 . FSA. USDA's Farm Service Agency has launched a www.fsa.usda.gov. on the Internet. The redesign includes user-friendly features and easily accessible on-line FSA forms.
Heife International. Presbyterian Church First Gray, is currently 525 N. aluminum cans for recycling. Proceeds will benefit Heifer Project International, an
Arkansas-based service organi zation which provides livestock (chickens, pigs, sheep.
cattle) along with training support services to families and communities worldwide. For a limited time, donations will be matched 3-1 by a private foundation. HPI is a non-denomina For more information, call the church office at 665-1031. Monday-Thurs a.m. 4 p.m. noon, Friday and be a.m.-1 m. Sunday F before 10:4 mation about HPI more infor mation about HPI, call 1-800htp://www.heifer,org visit hutp://www.heifer.org. on the

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Sports

## Harvesters blank Perryton to open 2003 season



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(Photo by Christy Pritchett) Up front for the Harvesters on both sides of the line this year are (front row, l-r, Michael Pergeson, Aaron Hun Tyrel Bolin, Chris Veal, Jacob Potter and Brittin East; (back row, I-r) Kevin Parks, Marcus DeLeon, Sergio Alva, Greg Wiley, Jerrod Carruth and Alan Curry

## Lefors kicks off with 40-18 win over Hedley

 $\begin{array}{ll}\begin{array}{l}\text { Roberson for the Pirates' } \\ \text { other score. }\end{array} & \text { touchdowns on runs of } 7 \\ \text { and } 28 \text { yards. Wesley }\end{array}$ Jennings finished with Shields run back a fum194 yards rushing on 14 ble 38 yards for the other carries. T. T caused four turnovers. Jared Anderson picked
off two Hedley pass

The Pirates broke the game open in the second half after leading by only attempt Hedley pass iwo (14-12) at halftime. of $46,34,8$ and 53 yards. attempts. Eleazar Centino had Heritage at $7: 30$ next
Jesse Soto caught a Lefors hosts Bible 47-yard pass from Trent two of Hedley's three Friday night.
Baylor basketball saviour fell hard from grace
fichieve higher learning at your speed!


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## Roddick reaches third round with birthday win

NEW YORK (AP) - Andy
Roddick got ridiculed on his own birthday, and after an eme-
tional win no less. It sure soured the celebration Roddick advanced to the third round of the U.S. Open with a 6 3, 6.7 (4), 6-3, 7-6 (8) victory over lvan Ljubicic on a night Stadium hung banners wishing him the best on the eve of his 21 st birthday and cheered him wildly Roddick wouldn't finish until his big day had already arrived, nine minutes after mid night Saturday morning to be exact. Ljubicic put a damper on the festivities minutes later and angered the popular American the world's fourth-ranked play
er. "Anywhere in the world except in the United States, i we played this match, I woul

|  |  |
| :---: | :---: |
| a | think that's very respectful. I don't have anything bad to say about him. So, that's disap- |
| a lot of matches, but no because he's like that. <br> "It's just that we don't like i | pointing. ... <br> "I try to treat everyone with respect. I'm not mean to peo- |
| - | ple. ... He wished me 'Happy |
| the | Birthday' walking down the hall just now. I was thinking |
| Roddick, | That's pretty c |
| Rurt exuberance, could | young American men to reach |
| eve L |  |
| media without con | al Slam. Davis Cu mes Blake also a |
| aty | Friday, while Taylor |
| t rule out the possi | Robby Ginepri are in the |
| d discuss the | of 32 . |
|  |  |
| sn't agree with Ljubicic. "I think that's pretty much |  |
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|  |  |

## Bengals were at their bungling best against Colts

| soc | Denver 20, Seattle 3, and S Diego 24, San Francisco 3. |
| :---: | :---: |
| e best bunglers in the | Cincinnati's problems only |
| L are in midseason for | egan with Pyatt's touchdown. |
| The Cincinnati Bengals, | Cornerback David Macklin |
| o haven't made the playoffs 13 years, didn't allow a | returned an interception of a pass by Carson Palmer 93 yards |
| uchdown against | early in the third quarter to tie |
| dianapolis Colts, outgained | the score at 14. Josh Mallard hit |
| m more than 3-to-1 and | Palmer from behind, jarred the |
| course - found a way | oose, and defensive end |
| lose. | Raheem Brock raced 70 yards |
| Rookie Brad Pyatt took ther | to give Indianapolis (3-1) a 21 - |
| ning kickoff 94 | lead with 8:42. left in |
| rst of three T |  |
| anapolis in a $21-20$ | That's a defensive line- |
| the preseason finale $F$ | man's dream, scoring the win |
| ht. | ning touchdown |
| We go down the same road | Brock said: |
| we don't do things that we | Despite gaining 504 yards to |
| practice and all | 0 for Indianapolis and having |
| they show," new Bengal | most 12-minute advantage |
| aach Marvin Lewis said. | in time of possession, the |
| Obviously. it's not accept- | Bengals went home a loser. |
|  | ing |
|  |  |



Minnesota rallies past stumbling Rangers 8-5
 swept by the stumbling Rangers
The Twins made sure that Doug happen again. four hits, Shannon Stewar drove in two runs and the 8 -5 Friday night.
D-backs 5, Giants 4 PHOENIX (AP) - Shea Hillenbrand and Junior apiece as the Arizona Diamondbacks beat the San Francisco
Friday night.
Danny Bautista had an RBI single for Arizona, which remained a game behind NL wild-card leaders Florid Philadelphia.
Miguel Batista (9-7) worked
Diamondbacks pitcher with nine victories.
The Diamondbacks, 3 10 against San Francisco this season, scored their first five runs with two outs off Kirk Rueter (7-5) Oscar Villarreal and Jose Valverde each pitched a perfect inning for the Diamondbacks before Matt Mantei got three outs in the ninth for his 21 st save in 22 chances.
Andres Galarraga hit a 456 -foot homer with one out in the ninth, ending Mantei's consecutive scoreless-innings streak at
The Gians have won seven of their last 10 , but now have back-to-back losses for the first time since losing their sixth straight Aug. 18.


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Monthly*


Pampa Harvester Sports Calendar

VOLLEYBALL TUESDAY - SEPTEMBER 2 friday - SEPTEMBER 5
Pampa Varsity. Seminole Tournament
FOOTBALI thunsoay - SEPTEMBER 4
Pampa JV vs Estacado • 4:30 at Pampa FRIDAY-SEPTEMBER 5
Pampa Varsity vs Estacado • $7: 30$ at Estacado

PAMPA HARVESTER HEADQUARTERS.

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Caps • Sweats
Blankets • Windsuits
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Soccer Cleats
Soccer Balls
Shinguards
Football Cleats
Receivers Gloves
Under Armour
Stadium Seats


## Thousands Expected To Crowd Pampa For Santa Day Tomorrow


THE PAMPA NEWS Whatw
2. Japan Answers FDR'S Question On

API To Install Officers Tonight Officers Tonigh

Chicago Tribune Not
 Mands-Off Labor
Policy Adopted
By President

Loyal, Says Stimson

## Sing; In Messiah Bass Section







## Break Between

 U. S. And Japan May Be Imminent
$\qquad$ $=$


为

## This Day In History Is Brought To You By The Pampa News



Tamra Henthorn SAN ANTONIO - Tamra Henthorn, daughter of Dean and Tammy Henthorn of Pampa, recently graduated from basic military training Antonio. A 2003 graduate of Pampa High
School, Henthorn is currently stationed at Sheppard AFB where she is completing initial training in the field of aircraft mechanic.
She is a volunteer with Gray County Chapter of the American Red Cross and, as a certified life guard instructor, has assisted several students across the Texas Panhandle in receiving their life guarding certifications also. Church.


Trevor Stowers
LUBBOCK - Trevor Stowers, son of Dennis and Tonja Stowers of Pampa, was recently inducted into Phi Sigma Theta National Honor Society at Texas Tech University
Phi Sigma Theta is a national honor society dedicated to recognizing and rewarding academic achievement in undergraduates at institutions of higher learning.
Stowers is the grandson of Vernon
and Betty Stowers of Pampa and Audie Atherton of Birmingham. Ala.
STILLWATER, Okla. - Shawn David Strate, son of L.D. and Lois Strate of Pampa, was recently named oo the President's Honor Roll at Oklahoma State Universiy in
Stillwater for the 2003 summer seme-
ter. To be eligible for the summer honor grade point average while enrolled in six or more hours at the university. Strate is a 2001 graduate of Pampa
High School. High School.
SAN DIEGO, Calif. - Navy Seaman Robert G. Smith, son of Randy L. Smith of Pampa and Cindy Walker of Lexington, Ky,, recently Arabian Gulf while assigned to the amphibious transport dock USS Cleveland. homeported in San Diego Smith was one of more than 1,300 Sailors and Marines aboard USS Cleveland deployed in support of Operation Iraqi Freedom.
During deployment, Smith's ship moved Marines and their equipment from Camp Pendleton, Calif., to Kuwaiti Naval Base.
Smith's ship also traveled from the Arabian Gulf to the Mediterranean Sea to serve as flagship for M S. measures Squadron 2 at Hale Center in 2001 and joined the at Hale Center in 2001 and joined the
Navy in September of the same year. CLARENDON - Keely Adon Symons and Gary Don Tabor, both of Pampa, along with 18 others, recently participated in commencement ceremonies held in Harned Sisters Fine Arts Center on the college's main campus for students graduating from CC's
Licensed Vocational Nursing program.


| CLuB NDWs |  |
| :---: | :---: |
| Altrusa | Brenda Donalson, Kelli Jo |
| Altrusa International Inc.; of | Eakin, Sonya Everson, Mary Jo. |
| Pampa met Aug. 26 at Pampa | Fivash, Edna Hickman, Jane |
| Country Club for the club's annual guest meeting with | Jacobs, Susan Tripplehorn, Betty Tucker, Kathy White and |
| President Billie Sue Evans presiding. Pat Johnson and Judy | Leona Willis. Birthday wishes were extended to Kerrick |
| Warner served as greeters. | Horton, Myrna Orr, Penni |
| The following guests were | Pfitzer, and Jeanne Tow |
| among those present at the | The following business was |
| meeting: Cindy Aler, Maredith | conducted and announcements |
| Bagwell, Lorrie Bell, Jill | made: |
| Birdsell, Mildred Brazeal, | -The Accent was delivered |
| andy Clark, Jeanne Depee, | by Maxine Watson on the |

## ADI'S TREASURES

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## Bridal Selection

Jaimye Bingham ~Brian Foote Liz Prior ~ J. B. Horton
Marci Hansen ~ Christopher Stellman April Brown ~ Sean Mashburn Holly Offerman ~ Jeff Henderson Mindee Stowers $\sim$ Joel Ferland Amanda Kludt ~Erick Anderson Katie Miller ~ Brandon Kidd

## On Eagle's Wings <br> ${ }^{113 \text { N. Cuyler } \mathrm{E} \text { an } 665-061 \mathrm{t}}$


Altrusa International Inc., of Pampa recently held its annual "Altrusa Guest Dinner" at Pampa Country Club. Thirty members and 22 guests attended the function. Above, left-right: Kellie Jo Eakus and Betty King, Terry Gamblin and others.
by Altan

HINESTYLES Keegan Eugene McCain plan to wed Saturday, Sept. 13, in Briarwood Church of Pampa.
The bride-elect is the The bride-elect is the
daughter of Danny and Susan daughter of Danny and Susan
Gearhart of Wheeler and is the granddaughter of FL. and Mary Jane Gearhart Mary Jane Gearhart
Wheeler and Cal Butler Watonga, Okla.
The prospective groom is McCain of Pampa and is the grandson of Dora Shelton and Jean Carter, both of Pampa.


Keegan McCain and Vanessa Gearhart

| VIDNUS |  |  |
| :---: | :---: | :---: |
| WeEk Of SEPTEMBER 1-5 |  |  |
| Pampa Schools | cake or tapioca cups, slaw, | TUESDAY |
| MONDAY | tossed or jello salad, hot | Chicken, dressing, gravy, |
| Holiday. TUESDAY | rolls or cornbread. <br> FRIDAY | English peas, cranberry sauce, pudding. |
| Breakfast: Breakfast | Catfish/hushpuppies or | WEDNESDAY |
| pizza. | spaghetti/meatballs, potato | Hamloaf, hominy casse- |
| Lunch: Fish strips or | wedges, cheese grits | mixed vegetables, |
| English peas, pears. | or chocolate pudding cups, | THURSDAY |
| WEDNESDAY | slaw, tossed or jello salad, | Sloppy Joes, potato salad, |
| Breakfast: French toasts. | garlic toast, hot rolls or | baked beans, pears. |
| Lunch: Bean/cheese | cornbread. | FRIDAY |
| burritos or pizza, corn, | Meals On Wheels | Chicken nuggets, baked |
| salad, peaches. | MONDAY | potatoes, carrots, peach- |

## Breakfast: Biscuits.

 Lunch: Popcorn shrimp or cheese nachos, French friesalad, fresh fruit, rolls. FRIDAY Breakfast: Cereal, toast. Lunch: Pizza dippers or hot dogs, green beans,
applesauce, pudding.
Lefors Schools Not available at press time. Senior Citizens
MONDAY MONDAY Holiday.
TUESDAY Chicken fried steak chicken chow mein/noospinach, beets, northern beans, strawberry cake or rice pudding, slaw,
tossed or jello salad, hot rolls or cornbread. rolls or cornbread.
WEDNESDAY Roast beef brisket/brown
gravy or cook's choice gravy or cook's choice,
mashed potatoes, broccoli mashed potatoes, broccoli casserole, baby carrots,
beans. French vanilla cake or peach/pineapple cobbler slaw, tossed or jello salad, hot rolls or cornbread. THURSDAY Chicken strips or barbecued sausage/onion rings,
scalloped potatoes, baked cabbage, corn cobettes, cabbage, corn cobettes,
baked beans, devilsfood

SPECLALLYYOURS TRIPLE SCENTED SOY CANDLES HALLOWEEN DECORATIONS KENNETH WYATT CARDS PRAYER BRACELETS ONE PIECE BABY SUITS COLLEGE PILLOWS * BLANKETS

## Lifestyles Policy

1. The Pampa News will not be responsible for photographs used in announcing births, weddings, engagements or anniversaries. We also reserve the right to refuse publication of photographs of poor quality. Photographs canno be retumed unless iney are accommay be picked up in the office after appearing in the paper. 2. All information must be submitted by 5 p.m. Wednesday ( 12 noon Tuesday before a holiday such as Thanksgiving or Christmas), prior to Sunday insertion
2. Engagement, wedding and anniversary news only will be printed on Sunday. 4. Engagement announcements will be published if the announcement is submitted at least one month before the wed ding, but not more than three months before the wedding. in. Bre Pampa News office later than one month past the inte of the wedding.
3. Anniversary announcements will be published for celebrations only of 25 years or more and will not be published more than four weeks after the anniversary date.
4. Birth announcements will only be published for 0 - to 3-month-olds. (See form for more details.) 8. Forms are available from the office 8 a.m. to 5 The Pampa News, P.O. Box 2198 , Pampa TX 79066 2198. $\$ 25$ charge or four extra lines may be added to announcements for $\$ 25$ ( $\$ 50$ for both).

## Bridal Registry <br> Liz Prior • JB Horton

Melisa Price• Burton Jones Mindee Stowers - Joel Ferland Celeste Stowers - Grady locknane Laura Nickason - Hoyt Hammer Heather Mitchell • Joshua Seabourn Katie Miller - Brandon Kidd Amanda Kludt • Frick Anderson

## Joys Untimited

C

## PI

हIT:

# SUNDAY, August 31, 2003 to SATURDAY, September 6, 2003 

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| :---: |
|  |  |

The Class of 1993 ten year reunion would like to thank the following persons and Pampa businesses for their generous donations in helping make our class reunion a success.

| Chez Tanz | Wayne's Western Wear |
| :---: | :---: |
| Melissa Thomas | Holmes Gift Shop \& Sports Center |
| Brandon's Flowers | Hastings |
| Irene's Gifts, Etc. | Bealls |
| Joy's Unlimited | Dulaps |
| The Gift Box | Robert Knowles |
| The Coffee Shop | Cuberson Stowers |
| Dos Caballeros | Albertson's |
| United Supermarket | Tolden Furniture |
| Cakes by Carol | Goleve Touch |
| Melba Woelfle | Celaneses |
| Walmart | David Teichmann |
| Dyers Barbeque | Hidden Hills Golf |
| Hoagies | Keyes Pharmacy |
| Coney Island | Warrior Custom Golf |
| Rheams Diamond Shop | Marpley Music |
| Chicken Express | Mark Hughes Golf Shop |
| FirstBank Southwest | Franks Foods |
| Pampa Youth Center | Heard-lones |

## 22ND ANNUAL

PAMPA CENTRAL PARK•LABOR DAY - SEPTEMBER 1 EMENTLOHITIDS

## 1. Chautauqua Info

2. Pampa Fine Arts Art Tent

Displays Iohnson, Sackett; Make o Take by Salvation Army 10,2; Gross Sculpturing 9-1 Sarrett - Stamp Art; Griffin Art Demo;
Clarendon College - Pampa Center Exhibit
3. Pampa Chamber of Commerc
. Pampa Fire Dept. Water Polo
5un for United Way
6. Trinity Church Climbing Wall
. Astra Carpenter Ant
. St. Matthews Day School Duck Pond
9. Comerstone Baptist-Water, Info
o. Comerstone Youth Bouncer
11. Royal Rangers Camping Activities
12. Pampa Police Officers Assoc. Hot Link Sausage
13. Nicholas Handiwork
14. Sand Art

F15. Salvation Army Bar-B-Cue Sandwiches, Water, Chips, Pickles
16. BuD Crafts
17. W. D. Thomas Hunting Blinds, Traps, Feeders, Ladder Stands, Etc
8. Aron

F19. Rotary Pancakes - 7ai
20. Iglesia Nueva Vida Burritos, Sno Cones 21. Woody Guthrie Tribute

F22. Priest Park Church of God-Pork Rind, Popcorm, Chairs For Rene
33. Optimist Hamburgers
24. Calvary Baptist Youth Foot Long Com Dogs, Funnel Cakes
F25. Briarwood Men Ministries-Frito Pies, Watermelon, Iced Tea
26. Dustie Attic Candles

F27. Boy Scout Troop 414-Coke, Dr. Pepper Sprite, Sports Drinks
28. Renner-Teller-Handpainted Saws, Fences, Tin Frames
29. Scoggins-Decoupage Plates
30. Gift Mill Baby Items 31. Browder Peanut Patties 32. Zion Lutheran Lemonade, Cookies 33. Art Emporium Art, Crafts 34. Frontier Regiment
35. Camacho (Black Bear) Native American

Art, Crafts, Story Telling $11 \mathrm{am}, 3 \mathrm{pm}$ - tents
36. Pokey the Clown Train
37. PHS Choir Sound Tent
8. Stage Performers' Tent
39. Be D Crafts
40. Tralee Crisis Center

1. Scott Cummins Caricatures
2. Carol Peet Ministries - Books
3. Handley Decorated Flip Flops

F44. Community Christian School Hot Dogs
F45. Everson Custom Scent Candles-CC School Kettle Com
46. Lovett Library Story Telling
47. Boy Scout Troop 413 - Pepsi

F48. Fellowship Baptist Church - Nachos,
Cake, Candies, Cook Books
49. Pampa Gifted-Talented Face Painting
50. Carson County Square House Museum Craft Demo, Info
51. Golden Spread Antique Tractors F52. Emanuel Baptist - Mexiburgers
53. KK Krafts
54. IoAnn's lewelry, Candles
55. Pampa Crime Stoppers
56. Top O' Texas Cattlewomen Info, Games
57. Car Show
58. Rural Metro Ambulance
59. American Red Cross
60. Shepard's Crook Nursing
61. Harvester Woodworking - Amarillo


Ad Courtesy Of Pampa Regional Medical Center

## Medical

Healthbeat: Move afoot to lower hidden sodium in food

BYLAURAN NEERGAARD AP MEDICAL WRITER pressure - and high blood WASHINGTON (AP)
The average American con-
sumes the equivalent of nearly
two teaspoons of salt every
day, almost double the upper
limit for good health. And
before anyone protests about
hardly touching the salt shak
er, consider: The vast majority
of that sodium is hidden inside
common foods, from spaghett
sauce to frozen dinners.
Now public health special
ists are pressuring food manu
facturers and restaurants to cut
the salt, because too much
CHIROPRACTIC
OUTLOOK
by

## the RIGHT AND WRONG WAY TO WALK <br>  <br> FORD FAMILY <br> CHIROPRACTIC <br>  <br> Pempen , ixves $806-665-7261$

On one thing do food makers
and health critics agree: Making and health critics agree: Making
our food supply less salty will
require consumer demand, and require consumer demand, and
so far that has focused mostly so far that has focused mostly
on trimming the fat.


Autoplex BMW in Amarillo is gearing up for the Seventh Annual Ultimate Drive for the Susan G. Komen Breast Cancer Foundation on Sept. 18 at the autoplex located at 4600 Canyon Dr., in Amarillo. The Ultimate Drive program consists of a Northern and a Southern fleet of 182003 Silver BMWs, each headed by a lead
Signature Car - a BMW 745 Li that is painted in silver with six contrasting gray Signature
stripes from the front to the back of the car. A seventh stripe, painted pink, symbolizes BMW's seven-year commitment to the drive program

Being overweight and inac
tive are the major culprits fo tive are the major culprits for
high blood pressure, but too high blood pressure, but too much salt plays a role, too
The 50 million Americans whith hypertension are advised wio hyplow-sodium diet, abou 1,500 milligrams a day. For healthy people, the government recommends no
more than $2,400 \mathrm{mg}$ of sodium more than $2,400 \mathrm{mg}$ of sodium
daily, the equivalent of a heap daily, the equivalent of a heap
ing teaspoon of salt. But th ing teaspoon of salt. But the
average American eats ove average American eats over
$4,000 \mathrm{mg}$ a day - three-quar $4,000 \mathrm{mg}$ a day - three-quar
ters of it from processed food ters of it from processed food
and restaurant meals, says Dr and restaurant meals, says Dr
Stephen Havas of the Stephen Havas of
University of Maryland University of Maryland.
Time-crunched families depend on the convenience of $\begin{array}{lll}\text { processed } & \text { foods, so th } \\ \text { American } & \text { Public } & \text { Health }\end{array}$ American Public beate
Association, backed by dozen of other health and medical groups, issued a challenge to the industry: Cut in half the sodium in those foods over the next 10 years.
"Nobody ever said, 'Do you want that salt in your
food?' Somebody put it ther for S." Havas, wh wrote APHA's policy.
He estimates the change could cut by 20 percent the number of hypertension suf ferers, eventually saving
150,000 lives a year. 150,000 lives a year.
Sodium is used in preserv
ing certain foods ing certain foods, and to pump
up other flavors. Other spices up other flavors. Other spice
can be more expensive can be more expensive, says
Géne Grabowski of the (See SODIUM, Page 20)
TPMHMR directors convene for monthly meeting

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Making Life $\mathfrak{A}$ Little Easier!

-Wheelchairs • Walkers • Canes Home Oxygen Nebulizers Diabetic Supplies Bathroom Safety Bathroom Safety
Equipment Hospital Beds - Special Orders - Hospital Gowns Diabetic Supplies Diabetic Sup


National Home Health Care tome Come $d$ rome
 appreciation will be presented
to current
-






ation Dignity Month
TPMHMR officials say the agency continues to pur-
sue its vision of "Making sue its vision of "Making
Lives Better" by providing quality services, informing quality services, informing the community about mental illness and mental retarda-
tion, celebrating the accomtion, celebrating the accomplishments of individuals
and promoting the general and promoting the general
well-being of Texas Panhandle citizens.
The services offer individuals with serious mental disabilities the opportunity disabilities the opportunity
to reach their full potential as to reach their full potential as
valued members of their valued members of their their lives with dignity and their lives
purpose.
ommendations concerning renewal of contracts for client services, psychiatric- services, medication patient assistance program providers, client care arrangements, acceptance of
the amendment to the STAR the amendment to the STAR
Program contract and consul-- Program contract and consultation services to
change management. change management.
raiser conducted by Volunteer Services Council on behalf of TPMHMR clients, netted $\$ 14,470$ for the VSC which plans to donate the monies fo the purchase of a new industrial paper shredder for ASCI workshop. The shredder will provide work for six- to eight individuals
The trustees approved the following: The proposed F 2004 operating budget in the
amount of $\$ 23,425,388$; the amount of $\$ 23,425,388$; the
performance contract with performance contract with
TDMHMR; contracts presented by NAC; a lease agree ed by NAC; a lease agree
ment; food provider contracts a contract with Interagency Council on Early Childhood Intervention; and an agree Intervention; and an agree
ment allowing TPMHMR to participate in the State of Texas procurement card con The procurement card con tract is expected to provid the agency with a $\$ 1$
$\$ 2,000$ annual rebate. For questions. or concer regarding services offered by
TPMHMR TPMHMR, contact Susan Kitchens, director of clien
relations, at (806) 349-5607.

Sid Sanders, DPM, R.Ph. FOOT SPECIALIST is happy to announce the beginning of a foot clinic each TUESDAY in Pampa For Appointment Call 806-463-1900
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NEW YOR orange is still But these
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Homeland Sec ( $170,000 \mathrm{emp}$ $\$ 26.7$ billion) with color-co two years ago.
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Bureau of Pri 3,000 illegal the bureau

The count first loan pa completed in
Sept. 1 mea three buildin County De county
lateral. "Hundreds Judge Jimmy summer to intervene wi
About 50 Pecos, more
making it making it
employer. inmates; the Galindo $h$
third jail bu Prisons proje

## Two years after Sept. 11, the world has changed



## Wanted: More prison inmates

By CHRIS ROBERTS

A bid to make money by jailing federal prisoners may end with a West Texas coun-
ty losing its jail and defaulting on a $\$ 40$ million bond note.
Reeves County counted on the federal Bureau of Prisons to pay it to house up to
3,000 illegal immigrants by this fall, but he bureau says it never made any promises.
The county now owes $\$ 475,000$ on its rist loan payment for a jail expansion Sept. I means the county could lose all three buildings making up the Reeves County Detention Center because the county
lateral.
"Hundreds of jobs will be lost and our udge Jimmy will be destroyed, county summer to President Bush, asking him to intervene with the Bureau of Prisons. About 500 people work at the jail in Pecos, more than 200 miles east of EI Paso, making it the county's single larges employer. The jail can house up to 3,00 inmates; the expansion added 960 beds. Galindo has said the county built the
third jail building based on Bureau o Prisons projections based on Bureau Prisons projections that the federal goven-
ment would need to house 175,000 inmates

The bureau already relies on Reeves County in house 2,043 federal inmates, mostly low-security "criminal aliens, spokeswoman Traci Billingsley said. "We made it clear to them we could make no promises or comm house more inmates, she said.
County Commissioner Arredondo said while the county would ontinue to negotiate with the bureau, comHe said county officials are talking with He said county officials are talking with the U.S. Marshals service about holding
prisoners arrested in Arizona and West prisone
However, Michael Troyanski, with the U.S. Marshals Service in El Paso, said the agency won't guarantee a specific number We are not going to commit, Troyanski said. "The prisoner population is
fluid, it goes up and down with the tide." Other possible sources, Arredondo said are illegal immigrants awaiting deportation by the Department of Homeland Security Ad Arizona state prisoner
Arizona's prisons exceed capacity by bout 4,000 inmates, said Jim Robideau, spokesman for the Arizona Department of he Reeves. County jail about a month he said, but wasn't aware of any negotia tions or a pending agreement.

New York has suffered greatly in the past two
years. It has lost 1162,900 jobs since the attack, years. It has lost 162,900 jobs since the attack,
and last year 152,278 more people left New York for other places in the United States than came here from elsewhere in America.
Elana Boses, 27, is one of them. A fashion trends forecaster, she lived four blocks from the World Trade Center. Now she lives in St Petersburg, Fla., with her mother, and sells houses. She is on medication for post-traumatic stress

- panic attacks, flashbacks - and she is thank-- panic attacks, flashbacks - and she is thankSept. 11.

I'm so glad that I'm not in the city," she says. "I'm so glad that I'm in Florida and I don't have to think about things like that."
But there are indications that other Americans are thinking about Sept. 11 and putting it in perchange.

You can see it in popular culture, especially in the continuing evolution of World Trade Center
ttacks; a "Spider-Man" trailer that depicted th
World Trade Center quickly was pulled. But late last year, Spike Lee's movie "The ers and included a scene in an aparment looking down at the site.
"What happened
ized Americans and we're still feeling effects," Lee told the British Broadcasting Corp. in an interview. "New Yorkers, and Americans generally, are living in a much different world now. The threat of terrorism is an everyday
occurrence, so we wanted to reflect this different world. It's that simple,"
Of course, it's not that simple. Sept. 11, 2001, was a line of demarcation between the presen and the past. Images of the trade center remind us of just how much things have changed. An editor in New York has a.picture on her
desk of her then- 6 -year-old son, posing on the desk of her then-6-year-old son, posing on the
Brooklyn Bridge. He is smiling, squinting in the Brooklyn Bridge. He is smiling, squinting in the
sunlight. Behind him, almost ghostly, two 110 story towers loom.

Horoscope by jacqueline bigar

The Stars Show the Kind of Day You'll
Have: $\quad$ 5-Dynamic; Home is where the happening is.
This Week: Others need to tap into your
creativity and ideas. You cannot refuse,

## ARIES (March 21-April 19) $\star \star \star \star \star$ Someone simply wants more of you. Make it your pleasure. Express

 of you. Make it your pleasure. Expressthe nurturing side of your personality
creating god vibes and greate bonding
You might feel like revealing more than You might feel like revealing more than
in the past. Tonight Opt for cozy.
This Week: Landing on your feet after this exeended weekend might take a
while. From Tuesday on dedicate your-
seif to research and returning calls. Now seif to research and returning calls. Now
you're in work mode.
TAURUS (April 20-May 20)
$\star \star \star \star \star$ Opt for a leisurely pace in the morming, but be ready for your dance
card to be filled in the aftemoon. You
cannot hide from friends and loved ones, ear grin. Share some of the good times
with a s.special lovedo one or friend. A
spontaneous happening could lead to a
very interesting gathering Be willing to

## nor do you want to. A loved one encour- ages getting together with friends. Why

 sions. Explore options as well.
GEMINI (May 21-June 20)
$\star \star \star \star$ Have a
$\qquad$ something totally different. Be open to
innovative ideas or invitations. Tonight: $\star \star \star \star$ Have a leisurely breakfast with ner that makes a difference to this person. Why not do something his or her
way? A fámily get-together could provide a bit more attention than you origifee. By aftermoon, you might feel cof-
you've been buckle down and get the job done
Though you might be on overload, you ll
greet unusual success by nal the your thoughtulness through actions.
This Week: Others seek you out. Closing

the door might be the best way to go, if | you wa |
| :--- |
| This |

you have any intention of getting any- cagerly head in to work. You might even
thing done. Of course you could network voluntee for

Horoscope by jacqueline bigar


A

## 3

# The Pampa News CLASSIFIEDS 

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## drcoming

## UPCOMING

EVENTS
The MKEGACY The M.K. Brown "Legacy book is currently on sale
White Deer Land Museum, Hastings and the Chamber of

PPHM EXHIBITS This summer, Panhand Plains Historical Museum in Canyon will exhibit
"Neighbors: Texas Artists in Neighbors: Texas Artists in Nueblo Painters" from June 21 through Oct. 5 at its loca OHS/WIC Stay-at home moms who
would like to work a few hours a week may be eligible for a par-time position as
breastfeeding peer counselor for Outreach Health Service Women. Infants and Children program. Applicants mus have a high school diploma or equivalent and a teléphone must have successfully breastfed an infant and mus client. For more information TDHS VOLUNTEERS Texas Department of Human for its Texas Works Services
Program. Tasks are varied and placement is based upon the
volunteer's interest, capability and availability of open-
ings. Hours are flexible. For meth Millermation, cont CATTLEWOMEN STYLE SHOW Top O' Texas CattleWomen
will stage its annual Style Show and Brunch fund-raiser beginning at 10:30 a.m. Saturday, Sept. 6, at Pamp Country Club in Pampa. Area merchants will provide fash
ions for the event. For more information, contact Lilith Brainard at $665-4579$
LLANO ESTACADO QUILT GUILD Llano Estacado Quilt Guild
will hold its second annual quilt show from 10 a.m. -5 p.m., Saturday, Sept. 6, and
from 10 a.m. -4 p.m. Sunday from 10 a.m.- 4 p.m... Sunday College in Clovis, N.M. The show will include door prizes vendors and daily demonstra PIONEER DAY
Cheyenne Pioneer Day Cheyenne Pioneer Day will
be held from 9 a.m. 10 p.m. Saturday, Sept. 6, al
Cheyenne, Okla activities will include a quilt show, antique car and
machinery show, arts and crafts, flea markets, wagon
rides. petting zoo, square rides, petting zoo, squar
dancers and much, muc More. USS LONG BEACH USS Long Beach CGN-9
Association, Inc., is planning a reunion celebration Sept. 8 14 at the Radisson Hotel and
Suites in Buffalo, N.Y. Fo more information, call (866)
$3352-2469$ or ( 716 ) $569-2314$ e-mail LBCGN9@aol.com or visit www.usslongbeach
assoc.org on the World Wide

## Sodium

Grocery Manufacturers of America.
But "taste is the No. 1 reason people buy foods" - and have not sold well. he says. The industry couldn't provide statistics, but there are
some lower-sodium alternasome lower-sodium alterna-
tives, which FDA regulates "Lightly salted" peanuts, for example, must have half the salt of regular ones. A food labeled low-sodium, such as
low-sodium V8 vegetable juw-sodium vo vegetable juice, can contain no more tha 140 mg per serving - regular Stores carry a handful "no salt added" canned veget bles. For tomatoes, that can save 175 mg of sodium over the regular variety, and 375 mg per serving of canned green
beans. Then there are foods

GCARC gearing up for annual trail ride

It's time for the Gray County giving then permission to ride. Association for Retarded Citizens, Coffee and donuts will be provided annual trail ride. The ride will be for the riders, and a barbecue lunch once again at the Reynold's ranch- will be served at noon by GCARC. es northof Pampa. The date is Sept. Prizes will be awarded during the 20. A minimum $\$ 20$ is necessary to lunch break. ride, and each rider can get as many sponsors as they want with each sponsor giving a one-time donaAll proceeds from the ride will be used to support Special Olympics in the local community, Pampa Sheltered Workshop and its activities, and provide for special needs of the retarded community. Registration will begin at 8 a.m. followed by the actual ride at 9:30 a.m. All horses must have a curren negative Coggins original certio cate in order to ride, so participants must bring a curren Coggins tificate to the ride with them
All riders under age 18 mus have a sign wror a parert


Officials with Gray County Association for Retarded Citizens are gearing up once again for the organization's annual trail ride scheduled to get under way with registration at 8 a.m., Sept. 20, at Reynold's ranches north of Pampa. Above: Mindy Hervey, Amy Hammer, Amee Street, Randy Swires and Mark McMinn.
riders will cover ground where early settlers built homes and where the first water well was dug. The building once used for the co The seat post office and general gonn ings is also in the area of the ride.

For more information or registration forms, contact Gloria wires, trail ride coordinator, at 665-2294, Mogene McMinn at 7171.
'Lost in Lefors' car show
helps community's VFD
The High Plains Cruisers $\begin{gathered}\text { Mercury, third place. } \\ \text { Classic Pickups. Lind }\end{gathered}$ Lefors" car show in conjunc-
Simmons, Pickups. Lind ion with Lost in Lefors first place; Austin Brune Poker Run, a fund-raiser held 1969 GMC, second place 10 benefit Lefors Volunteer and Jeremiah Montgomery Fire Department. Sharon Cark won best of show with her 1957 Chevrolet Impala
Convertible. Repulie. Results from the show in lows: 1980 and Up
Cars/Pickups. Beck Lentz, 2001 Monte Carlo, first 2001 Monte Carlo, first
place: and Jennifer Montgomery, 1990 Ford Expedition, second place. Mustang, third place. Street Rods. Bill. Willis, Oldham, 1947 Crosley, first $\begin{array}{ll}\text { place: Dan Chaney, } 1950 & 1929 \text { Model A, second place. }\end{array}$ Chevy Pickup, second place; Proceeds from the car and Kyle Hefner, 1950 show went to Lefors VFD.

(Pampa News photo by Diana Bruner Jeremiah Montgomery's 1979 Chevrolet won third in its division at the car show in Lefors.

HNUED PRON PAGE

## labeled "healthy," like Healthy

 hoice or Campbell's Heat acy group CSPI dins the the Request brands. FDA allows ing shows restaurant food can o more than 480 mg of sodi- have even more sodium um in "healthy" soups, com- $3,150 \mathrm{mg}$ in a plate of Gener pared to canned soups' typical Tso's chicken, for instance, $800-$ to $1,000 \mathrm{mg}$. "Healthy" and 2,210 in spaghetti with frozen dinners can have no meatballs - partly becaus more than 600 mg , far below serving sizes are bigger some whopping 1.500 found in Food companies say they FDAFDuar in-a-bow meals. are hunting ways to cut the atchet has long intended to sodium. The grocery manufacfurther downe lathy" levels turers' Grabowski notes it took stalled as 10 years to cut fat; a low-sal Healthy food makers, led by market will take time, too ConAgra, argued maker Meanwhire, sensible sod yet found geod they haven natives sodium frozen-dinner brands quit selling quit selling.
idering giving, FDA is conuntil 2006 to lower makers levels to 360 mg per serving or lose the healthy label - and letting frozen dinners stay at 600 mg for fear no brands would go lower

As for dining out, the advo
cacy group CSPI says its test
ing shows restaurant food ca
have even more sodium
$3,150 \mathrm{mg}$ in a plate of General
Tso's chicken, for instance.
and 2,210 in spaghetti with
meatballs - partly because
serving sizes are bigger.
Food companies say they
are hunting ways to cut the
sodium. The grocery manufac
turers Grabowski notes it took
10 years to cut fat; a low-salt
market will take time, too.
Meannhile, sensible sodi
um means closely checking
food labels.
"It's of concern for every
body," Havas says. "You don
want to wait until your bloo
pressure gets into the hig
range."
EDITOR'S NOTE
Lauran Neergaard cover Lauran Neergaard covers
health and medical issues fo The Associated Press in Washington.


1947 (Pampa News photo by Diana Brune) "Lost in Lefors" car show.


