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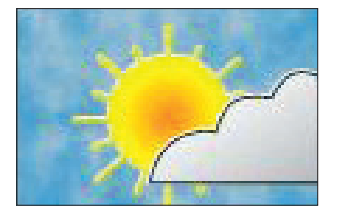
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HIGH SPRING HERALD

THURSDAY
 SEPTEMBER 9, 2010



VOLUME 105, NUMBER 237 COPYRIGHT 2010 50 CENTS DAILY/\$1.25 SUNDAY

Never forgotten

Memorial ceremony to honor 9/11, terror victims from area

By **BILL McCLELLAN**
 News Editor

Hanging on a wall in the Big Spring Mall are nine ribbons representing nine individuals with Howard County ties who have died in the war on terror. Each ribbon has the same inscription: "Never Forgotten."

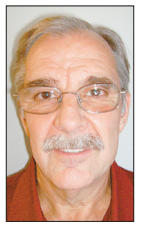
"The biggest fear a soldier has is, if he gives his life, will he be forgotten. As I built the memorial and discussed it with my son Adam, we decided each ribbon should be inscribed that way — 'Never Forgotten,'" said a solemn Mike Tarpley, a Vietnam veteran and junior vice commander of the Disabled American Veterans Chapter 47.

Tarpley, who erected the tribute several years ago, and DAV Chapter 47 invite the public to honor those nine individuals, their families, and all Americans who lost their lives in acts of terrorism on Sept. 11, 2001. The ceremony — 9/11 Memorial at the Mall — will be held at 6:30 p.m. Saturday at the memorial site inside the mall.

Col. Roy Dixon, U.S. Army retired, will be the guest speaker for the short program, which will include a bell ceremony by the Big Spring Fire Department.

"We cannot give loved ones back to their families but we can show the families that

"We cannot give loved ones back to their families but we can show the families that their loved ones are never forgotten."



—Mike Tarpley



HERALD photo/Steve Reagan
Monroe Casey, left, and James Fryar, members of the Mustang Draw Woodcarvers' Club, display some of the items made by club members. The group will hold its annual Show and Sale Sept. 20-25 at Dora Roberts Community Center.

Cutting up

Woodcarver's show, sale returning to Big Spring

By **STEVE REAGAN**
 Staff Writer

Making art from a block of wood might be easier than you think.

Those who enjoy wood-carved art, or those who are interested in learning how to create such works, are invited to attend the Mustang

Draw Woodcarvers' Club's annual Show and Sale, which runs from Sept. 20-25 at Dora Roberts Community Center.

The 18th annual event will feature four days of classes designed to appeal to everyone from novice carvers to experts, then conclude with a

public sale Sept. 25.

"We like to encourage newcomers to join us," club member Monroe Casey said. "(Carving) is just good therapy and it's relatively inexpensive — a piece of wood doesn't cost

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Storm kills two in Texas

High-water rescues necessary; Hermine moves north

by **KEN MILLER**
 Associated Press Writers

OKLAHOMA CITY — The remnants of Tropical Storm Hermine trekked northward after forcing more than 100 high-water rescues in Texas, swamping streets, producing several tornadoes and killing at least two people.

As the front edge of the storm moved into Oklahoma on Wednesday, a tornado toppled power lines, damaged a couple of homes and blew over a tractor-trailer rig on U.S. 69 near Colbert, sending the driver to the hospital, Durant police said. The Oklahoma Highway Patrol closed the highway so crews could clear

downed electrical lines.

The National Weather Services said two other tornadoes were reported in the area.

The tornado that tore through Colbert, near the Texas border and some 75 miles north of Dallas, all but destroyed the home of James Stubblefield, who spoke to K TEN TV from the remnants of his kitchen — the only room that remained standing.

"I heard the noise, and before I could get to the back door, the whole thing was just blown to pieces," Stubblefield said.

Flash flood warnings remained in effect until 9:30 a.m. Thursday in northwestern Arkansas and flood-wea-

ry Oklahoma, where three children were killed in high waters in one week in July and dozens of people had to be rescued after a June 14 deluge in Oklahoma City. The storm also had started moving into Arkansas, Missouri and Kansas on Wednesday night, and flood watches were in effect for parts of those states until Thursday night.

Meteorologist Karen Hatfield with the National Weather Service in Tulsa said there was widespread flooding in eastern Oklahoma, where more than 10 inches of rain in some areas forced the closure of several roads.

She said no injuries have been reported and that she ex-

pected Hermine (hur-MEEN') to move out of the state by late morning.

In Sequoyah County, Emergency Management Director Chris Keathley reported isolated flooding, which he blamed in part on recent dry conditions.

"We haven't had any rain at all lately and all the tree limbs, the debris, the leaves that fell over the summer because there was no rain has clogged up the drainage pipes and there's no way they can carry all that water."

Hermine packed a relatively light punch when it made landfall Monday night,

See **FLOODS**, Page 3

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Obituaries

Phillip Price

Phillip Price, 47, of Big Spring died Tuesday, Sept. 7, 2010, at the Sterling County Nursing Home. Visitation will be held from 3 p.m. until 4 p.m. Saturday at Myers & Smith Funeral Home, followed by a memorial service at 4 p.m. at Myers & Smith Chapel with Courtney Ballard officiating.

He was born June 7, 1963, in Big Spring. He worked in the oil field, was a lifelong resident of Big Spring and a member of the Cowboy Church.

He is survived by one daughter, Brittany Price of Midland; parents, Fannie and Jerry Price of Big Spring; and two brothers, Richard Price of Big Spring and Jerry Price Jr. of Hurst.

Arrangements are by Myers & Smith Funeral Home. Pay your respects online at www.myersand-smith.com

Larry Truman Pherigo

Larry Truman Pherigo, 88, of Coahoma died Thursday, Sept. 9, 2010, in an Odessa hospice facility. His services are pending with Nalley-Pickle & Welch Funeral Home & Crematory of Big Spring.

Take Note

• A video of last Saturday's Tea Party rally can be viewed on the Big Spring Herald's Web site: www.bigspringherald.com

• English as a Second Language (ESL) and computer sessions at the Northside Community Center are held during the day and evening on Tuesdays and Thursdays. Class sessions are from 10 a.m. to noon, 1 p.m. to 3 p.m. and from 6 p.m. to 8 p.m. For more information, call 263-2673.

• Ackerly Lunch Bunch will meet on Saturday, Sept. 25, at 10 a.m. at Crispy's Café, 1904 S. Birdwell Lane in Big Spring. Lunch will be served at 11:30 a.m. and orders will be taken from the menu. RSVP to Sissy Jones at (432) 213-4452.

• Big Spring Band Boosters meet the second Monday of each month at 5:30 p.m. in the BSHS Band Hall. All band parents are welcome.

• Mobile Meals is in need of volunteers to deliver meals to the homebound elderly in Big Spring. If you can donate at least one hour a week, call Macaria Cantu at 263-4016 and leave a message.

• Legal Aid of Northwest Texas is accepting appointments from 2 p.m. until 5 p.m. the first and third Wednesday of each month. Individuals seeking legal advice for matters concerning family law, divorce, custody and child support issues, social security cases, employment and housing may contact the office to schedule an appointment. Criminal cases are not accepted. Anyone recently served with legal documents should call the office immediately at 800-926-5630 or 432-686-0647.

Lottery

Results of the Lotto Texas drawing Wednesday night:

Winning numbers drawn: 11-14-20-34-38-43.
Number matching six of six: 0.

The winning numbers in Wednesday evening's drawing of the "Powerball" game were: 10-35-39-51-57, Powerball: 20, Power Play: 5

Results of the Cash 5 drawing Wednesday night:
Winning numbers drawn: 6-11-14-22-28.
Number matching five of five: 0.

The winning Daily 4 numbers drawn Wednesday night by the Texas Lottery, in order: 7-1-3-1. Sum It Up: 12.

The winning Pick 3 numbers drawn Wednesday night by the Texas Lottery, in order: 8-1-7. Sum It Up: 16.

Police blotter

The Big Spring Police Department reported the following activity between 7 a.m. Wednesday and 7 a.m. today:

• JEREMY J. FELTS, 32, of Lubbock, was arrested Wednesday on charges of possession of marijuana – two ounces or less and possession of drug paraphernalia.

• ROBERT RUBEN SANCHEZ, 46, of 1023 Stadium, was arrested Wednesday on a charge of public intoxication.

• MARK TIMOTHY STANLEY, 48, of Odessa, was arrested Wednesday on a charge of public intoxication.

• PAMMY SUE PUGA, 45, of 1411 S. Settles, was arrested Wednesday on a warrants for driving while license invalid and failure to maintain financial responsibility.

• CODY JOE DEPAUW, 30, of San Angelo, was arrested Wednesday on a warrant from another agency.

• CHELSEA NICOLE CHAVARRIA, 19, of 1017 Stadium, was arrested Thursday on citations for disregarding a stop sign and failure to appear (three counts).

• HECTOR DANIEL ARRIETA, 19, of 101 E. 20th St., was arrested Thursday on a warrant for no driver's license when unlicensed.

• JAMES MAJORS, 49, of 1511 Tucson, was arrested Thursday on a charge of possession of drug paraphernalia.

• MELISSA ROSE MINTER, 32, of 806 Interstate Highway 20, was arrested Thursday on charges of possession of drug paraphernalia and possession of a controlled substance.

• ANTHONY EUGENE TREVINO, 24, of 1211 Harding, was arrested Thursday on a charge of driving while license invalid with a previous conviction or suspension.

• THEFT was reported:
In the 1700 block of Purdue.
In the 1400 block of E. Fourth Street.

• DOMESTIC DISTURBANCE was reported:
In the 2400 block of Morrison.
In the 900 block of N. Goliad.

• BURGLARY OF A VEHICLE was reported in the 400 block of E. Fourth Street.

Sheriff

The Howard County Sheriff's Office reported the following activity:

Note — Officials with the Howard County Jail reported having 72 inmates at the time of this report.

• BRANDIE JETTON, 33, was arrested Wednesday by the HCSO on a charge of assault causing bodily injury.

• ANGILO MATTHEW SAVILLE, 24, was transferred to the county jail Wednesday by the BSPD on a charge of assault – family violence.

• ANDREA ANCISO, 29, was transferred to the county jail Wednesday by the BSPD on warrants for unrestrained child under 18 years of age (five counts), assault – family violence (two counts) and failure to appear.

• JEREMY J. FELTS, 32, was transferred to the county jail Wednesday by the BSPD on charges of possession of marijuana – two ounces or less and possession of drug paraphernalia.

• MARK TIMOTHY STANLEY, 48, was transferred to the county jail Thursday by the BSPD on a charge of public intoxication.

• CHELSEA NICOLE CHAVARRIA, 19, was transferred to the county jail Thursday by the BSPD on charges of running a stop sign, failure to appear (two counts) and violation of a promise to appear.

• HECTOR DANIEL ARRIETA, 19, was transferred to the county jail Thursday by the BSPD on a charge of no driver's license.

• PAMMY SUE PUGA, 45, was transferred to the county jail Thursday by the BSPD on charges of driving while license invalid and failure to maintain financial responsibility.

• CODY JOE DEPAUW, 30, was transferred to the county jail Thursday by the BSPD on a Tom Green County warrant for driving while intoxicated – third or more offense.

• ROBERT RUBIN SANCHEZ, 46, was transferred to the county jail Thursday by the BSPD on a charge of public intoxication.

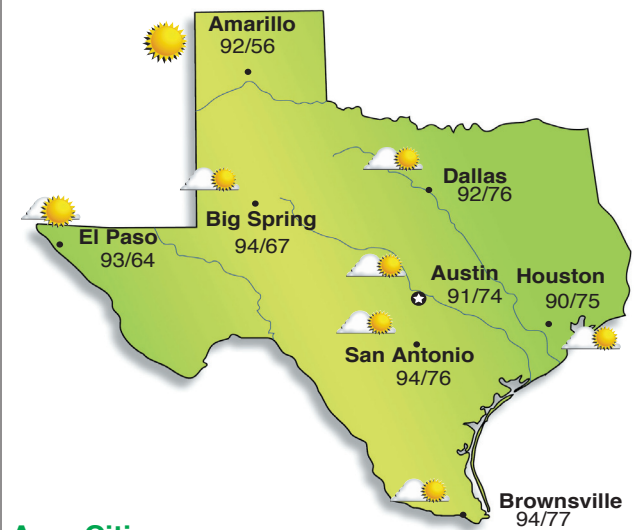
• MELISSA ROSE MINTER, 32, was transferred to the county jail Thursday by the BSPD on charges of possession of a controlled substance and possession of drug paraphernalia.

Today's Weather

Local 5-Day Forecast

Fri 9/10	Sat 9/11	Sun 9/12	Mon 9/13	Tue 9/14
94/67 Sunshine and clouds mixed. Hot. High 94F. Winds WSW at 5 to 10 mph.	97/69 A few clouds. Highs in the upper 90s and lows in the upper 60s.	93/68 Partly cloudy with a stray thunderstorm.	94/67 Mainly sunny. Highs in the mid 90s and lows in the upper 60s.	94/67 Sunshine. Highs in the mid 90s and lows in the upper 60s.
Sunrise: 7:27 AM Sunset: 7:59 PM	Sunrise: 7:27 AM Sunset: 7:57 PM	Sunrise: 7:28 AM Sunset: 7:56 PM	Sunrise: 7:29 AM Sunset: 7:55 PM	Sunrise: 7:29 AM Sunset: 7:53 PM

Texas At A Glance



Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Ablene	94	73	t-storm	Kingsville	96	75	pt sunny
Amarillo	92	56	sunny	Livingston	93	72	pt sunny
Austin	91	74	pt sunny	Longview	93	76	pt sunny
Beaumont	92	76	pt sunny	Lubbock	94	59	sunny
Brownsville	94	77	pt sunny	Lufkin	95	75	pt sunny
Brownwood	94	74	t-storm	Midland	98	69	pt sunny
Corpus Christi	94	78	pt sunny	Raymondville	97	76	pt sunny
Corsicana	92	74	pt sunny	Rosenberg	91	74	pt sunny
Dallas	92	76	pt sunny	San Antonio	94	76	pt sunny
Del Rio	97	76	t-storm	San Marcos	92	74	pt sunny
El Paso	93	64	mst sunny	Sulphur Springs	94	76	pt sunny
Fort Stockton	94	68	t-storm	Sweetwater	94	70	pt sunny
Gainesville	91	74	pt sunny	Tyler	92	74	pt sunny
Greenville	92	74	pt sunny	Weatherford	91	73	pt sunny
Houston	90	75	pt sunny	Wichita Falls	95	72	pt sunny

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	89	69	pt sunny	Minneapolis	73	61	rain
Boston	71	55	pt sunny	New York	73	59	mst sunny
Chicago	74	61	mst sunny	Phoenix	92	67	sunny
Dallas	92	76	pt sunny	San Francisco	65	55	pt sunny
Denver	76	41	sunny	Seattle	62	53	cloudy
Houston	90	75	pt sunny	St. Louis	80	70	rain
Los Angeles	75	57	pt sunny	Washington, DC	79	60	mst sunny
Miami	90	78	t-storm				

• JAMES EARL MAGERS, 49, was transferred to the county jail Thursday by the BSPD on municipal warrants for cell phone use in a school zone and possession of drug paraphernalia.

• ANTHONY EUGENE TREVINO, 24, was transferred to the county jail Thursday by the BSPD on a charge of driving while license invalid with a previous conviction or suspension.

• JAMES MICHAEL PEREZ, 33, was arrested Thursday by the HCSO on charges of open container, violation of a promise to appear and no liability insurance.

• BOBBY LYNN DYKES JR., 29, was transferred to the county jail Thursday by the BSPD on a charge of unauthorized use of a motor vehicle.

Fire/EMS

The Big Spring Fire Department and Emergency Medical Services reported the following activity:

• MEDICAL was reported in the 2500 block of Carrol. One person was transported to SMMC.

• TRAUMA was reported in the 500 block of W. 17th Street. One person was transported to SMMC.

• MEDICAL was reported in the 400 block of Scurry. Service refused.

• MEDICAL was reported in the 1200 block of Sycamore. One person was transported to SMMC.

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The Big Spring Herald is a member of The Big Spring Area Chamber of Commerce, Texas Press Association, West Texas Press Association, Texas Daily Newspaper Association, The Associated Press.

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POSTMASTER: Send address changes to Big Spring Herald, P.O. Box 1431, Big Spring, TX 79721. Periodicals postage paid at Big Spring, Texas.

USPS 1431-48 USPS 0055-940 ISSN 0746-6811
BY THE MONTH HOME DELIVERY: \$8.85 monthly; \$95.58 yearly (includes 10% discount). MAIL SUBSCRIPTIONS: \$14.58 monthly Howard; \$18.33 elsewhere.

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September Angel Food orders taken

Angel Food Ministry is a non-qualifying program where families or individuals can purchase restaurant quality food for a reduced price.

Orders will be taken for September from 10 a.m. to 6 p.m. Saturday and 10 a.m. to 4 p.m. Sunday at North Birdwell Lane United Methodist Church, 2702 N. Birdwell Lane. Orders must be paid for when placed. Angel Food accepts cash, money orders or Lonestar cards, or you can go online at www.angel-foodministry.com and place an order using a credit or debit card.

Delivery will be from 9:30 a.m. to 10:30 a.m. Sept. 25, at the church.

For more information, call (432) 267-2203, 267-3241 or 263-2536.

Signature Box, \$31

Family tray pack of split chicken breasts; 8 ct. bean and beef burritos; 4 6-oz. hamburger patties; 6 4-oz. center cut boneless pork chops; 1.5 lb. breaded chicken breast nuggets; 1 lb. lean ground beef; 1 lb. all beef sausage; 1 lb. french cut green beans; 1 lb. garden peas; 1 lb. sliced carrots; 24 oz. french fries; 1 lb. kidney beans; 1 lb. rice, 6 oz. cornbread stuffing mix; 5.5 oz. pancake mix; 32 oz. 2 percent shelf stable milk; 1 dozen eggs; 6 fried apple pie sticks.

Bit o' Blessing Box, \$21

IQF chicken breast or 4.5 lb. Perdue whole chicken; 28 oz. cooked meat loaf; 12-inch supreme pizza; 1 lb. lean ground beef; 2 lb. cooked mashed potatoes; 6.5 oz. skillet meal; 1 lb. rice; dessert item.

Just 4 Me After-School Box, \$24

2 lb. chicken fingers/popcorn chicken; 1.5 lb. mini corn dogs; 16 oz. string cheese; 2 3-oz. hot dogs in bun; 2 4.5 oz. mini cheese burgers; 4 4 oz. Hot Pockets; 2 6.5 oz. pizzas; 2 1.58 oz. White Castle hamburgers; 2 2.8 oz. peanut butter and jelly jamwich.

Convenience Meals, \$28

Roasted chicken, red wedge potatoes, lima beans, carrot/celery blend; chicken alfredo, fettuccini noodles, carrots, broccoli; chicken chow mein, noodles, green beans, cauliflower; chicken teriyaki, rice blend, carrots and zucchini with onions; sweet and sour chicken, rice, okra/onions, carrots; Salisbury steak, gravy, red wedge potatoes, green pea/carrot blend, green beans; home-style chili made with beef and beans, yellow squash/red pepper blend; chicken mexicana, bell peppers and onions in chili sauce, rice, corn, brussels sprouts; macaroni and beef, okra with onions, carrots.

Bountiful Blessings Box, \$41

3 lb. family tray pack split chicken breast; 28 oz. cooked pot roast; 28 oz. cooked broccoli, rice, cheese, chicken dinner entree; 8 bean and beef burritos; 4 6 oz. hamburger patties; 6 4-oz. center cut boneless pork chops; 1.5 lb. breaded chicken breast nuggets; 1 lb. lean ground beef; 1 lb. all beef sausage; 1 lb. crunchy breaded fish wedges; 1 lb. french cut green beans, 1 lb. garden peas; 1 lb. sliced carrots; 1 lb. whole kernel corn; 1 lb. broccoli florets; 1 lb. cauliflower florets 24 oz. french fries; 1 lb. pasta; 25 oz. pasta sauce; 6 oz. cornbread stuffing mix; 5.5 oz. pancake mix; 32 oz. 2 percent shelf stable milk; 1 dozen eggs; 6 fried apple pie sticks.

Special No. 1, \$25

4 12-oz. t-bone steaks, 4 8-oz. New York strip steaks.

Special No. 2, \$22

10 lb. breaded chicken breast nuggets.

Special No. 3, \$23

3 lb. potatoes; 3 lb. sweet potatoes; 2 lb. apples; 2 lb. onions; 1 lb. carrots; 1 head lettuce; 1 head green cabbage; 1 avocado; 1 cantaloupe; 1 pineapple; 1 lb. bag kiwi; 4 lemons; 4 oranges; 4 pears.

MEMORIAL

Continued from Page 1

their loved ones are never forgotten," said Tarpley.

Those men memorialized on the wall are Sgt. Conrad Alvarez, U.S. Army; Steven Evrad, Big Spring Police Department; Pfc. Clayton Henson, U.S. Army, Pfc. Kristian Menchaca; Pfc. Chad Metcalf, U.S. Marine Corp; Staff Sgt. Clinton Newman; U.S. Army, Spc. Robert J. Volker, U.S. Army; Spc. Braden Long, U.S. Army

and U.S. Army Capt. Elery Ray Wallace.

Tarpley encourages the public to take time out of their weekend to pay tribute to those individuals.

"Join us in remembering each person on the memorial as we call, in honor, their name. Let us unite in prayer, song and tributes to our fallen and their families," he said. "Thanks to our veterans, police and firefighters."

For more information about the memorial at the mall, contact Tarpley at (432) 556-2227.

MONDAY

• Encourager's Support Group for all widows and widowers meets the first and third Monday of the month. For more information, call Nancy Hale at 398-5239.

• Diabetes Support Group meets the second Monday of each month at 7 p.m. at Dora Roberts Rehabilitation Center, 306 W. Third St. Medical lectures and information for Type 1 and Type 2 Diabetics and caregivers. Call 267-3806 for information.

• Take Off Pounds Sensibly (TOPS) No. 21 meets at 5:30 p.m. at the First Christian Church at 10th and Goliad for weigh-in. The meeting begins at 6 p.m. Call 213-1342 or 263-6819.

TUESDAY

• Alcoholics Anonymous, 615 Settles, noon to 1 p.m. and closed discussion meeting 8 p.m. to 9 p.m.

• Al-Anon, 615 Settles for family members and friends of alcoholics meets at 8 p.m.

WEDNESDAY

• RSD (Reflex Sympathetic Dystrophy, a chronic pain disease), a new support and informative group meets at 213

CARVERS

Continued from Page 1

much. You can make something the whole family will enjoy and if you happen to be able to sell it, you'll enjoy it even more."

Classes scheduled for the Show and Sale include:

• Relief carving, instructed by Jim Stewart of Odessa. Cost is \$15.

• Beginner classes offered by James Fryar of Big Spring. Cost is \$5.

• Bark carving classes for \$15 offered by Lloyd Claxton.

• An advanced course, which will cost \$50, will be offered by Wanda Reickert of Sherman.

On Sept. 24, the club will hold its annual show, where items submitted by club members will be judged in a variety of categories, ranging from caricatures to religious items. The top two awards will be Best in Show and People's Choice. The last award will be voted on by the public attending the final day sale.

Casey and Fryar said the sale will be an excellent time for people to buy unique gifts. In addition, there will be

FLOODS

Continued from Page 1

and many Texas residents said they felt unprepared for Wednesday's sudden flooding.

In Arlington, a suburb 22 miles west of Dallas, 67-year-old retiree George Lowe said he and his wife, Laura, were surprised by how quickly and badly their neighborhood flooded. Water reached up to 5 feet high in some homes — many just a single story — laying waste to belongings. Quilts and artwork hung dripping and ruined on walls, and couches and furniture lay overturned on sodden, muddy floors.

"Did you ever see a refrigerator floating around your kitchen before?" Lowe asked.

Later in the day, a series of tornadoes touched down outside of downtown Dallas, damaging warehouses in an area near Dallas Love Field. One twister slammed a tractor-trailer rig into a brick paint warehouse, causing the building to topple onto the cab and leaving the driver with minor injuries.

Flash flooding further south killed at least two

motorists.

Near Alvarado, 20 miles south of Arlington, fifteen rescuers tried to save a 49-year-old man who apparently drove his pickup truck into a low-water crossing. One rescuer got to within 50 feet of the man but couldn't proceed further because it was too dangerous, Alvarado fire Chief Richard Van Winkle said. The man's body was found hours later after the waters receded.

"This will weigh on us for a long time," Van Winkle said.

Another person died in a vehicle submerged by water from a swollen creek in Killeen, north of Austin, the National Weather Service said. Authorities in Austin suspended their search Wednesday for a woman whose black Lexus SUV was swept off the road by swollen Bull Creek, and planned to resume searching Thursday.

Police also were resuming the search early Thursday for two men who were swept away while swimming in the Guadalupe River in New Braunfels, about 30 miles northeast of San Antonio.

Van Winkle said his department evacuated

Support Groups

Circle. Call Lucy at (432) 517-9207 for more information.

THURSDAY

• Alcoholics Anonymous, 615 Settles, noon to 1 p.m.; women's meeting; 6:30 until 7:30 p.m. Non-smoking closed discussion meeting, 8 p.m. until 9 p.m.

FRIDAY

• AA open discussion meeting from noon until 1 p.m. at 615 Settles. Open Big Book study meeting, 8 p.m. until 9 p.m.

SATURDAY

• Alcoholics Anonymous open discussion meeting, 615 Settles, noon to 1 p.m. Open podium/speakers meeting 615 Settles 8 p.m. until 9 p.m. Open birthday night, no smoking meeting the last Saturday of each month at 8 p.m.

• Candlelight Meeting Group of Alcoholics Anonymous at 10 p.m. at 1609 S. Main in Big Spring. For more information call (432) 935-5805 or (432) 517-2272.

SUNDAY

• Alcoholics Anonymous meets from 11 a.m. to noon at 615 Settles. Open meeting 5 p.m. until 6 p.m.

drawings for a hand-carved Noah's Ark and a Christmas tree replete with hand-carved ornaments.

There is no admission charge to the sale.

This is the club's only fundraiser of the year. Proceeds will pay for both the show and other club expenses during the year, Fryar said.

The club boasts an active membership of more than 20 people from across the Permian Basin. It meets from 6:30 p.m. to 9 p.m. the third Monday of every month at the Sibley Center in Midland.

People wanting an

advance sneak peek at some of the items which will be on display are invited to visit the group's booth which will be in front of the Big Spring Wal-Mart the morning of Sept. 18.

"It's kind of a pre-show so people will be able to get an idea of what we do," Fryar said. "We'll probably have seven or eight club members on hand doing demonstrations."

Contact Staff Writer Steve Reagan at 263-7331 ext. 234 or by e-mail at reporter@bigspringherald.com

more than a dozen people from flooded homes. In Johnson County, where Alvarado is located, the sheriff's department took about 60 calls for high-water rescues, Capt. Mike Gilbert said.

Williamson County sheriff's Sgt. John Foster said at one point there were five helicopters pulling people from the floodwaters. He said he lost count at 40 rescues.

"We were plucking people off of roofs, trees. It was a major, major ordeal," Foster said.

In Arlington, where the water rose as high as 8 feet in some places, firefighters used trucks, ladders and boats to evacuate residents from the roof of an apartment complex that backed up to a swollen creek. The sudden deluge sent at least one vehicle floating across the complex's parking lot.

Although many residents were surprised by Wednesday's flooding, it's not unusual for a tropical storm to dump a lot of moisture even

days after making landfall, said Jesse Moore, a meteorologist with the National Weather Service in Fort Worth.

Hermine was the third tropical system this year to hit the Rio Grande Valley, which encompasses northeastern Mexico and southeastern Texas. The storm struck the flood-prone area just after the cleanup finished from Hurricane Alex at the start of the summer and an unnamed tropical depression in July.

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 Phillip Price, 47, died Tuesday. Visitation will be from 3 p.m. until 4 p.m. Saturday at Myers & Smith Funeral Home, followed by the Memorial Service at 4 p.m. at Myers & Smith Chapel.

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Dear Savvy Senior,
What health screenings are recommended for seniors? My husband and I are very proactive about staying healthy and are wondering which screenings we really need.

Alive and Kicking

Dear Alive,
The types of health screenings a person should get will depend on their age, gender, underlying health conditions and family history. Here's what you should know.

Recommended Tests
One of the problems with our health care system is that many Americans, and their doctors, seem to think that better health means more medical care, including as many screenings and tests as possible. But that's not necessarily true. According to the U.S. Preventive Services Task Force (USPSTF) — an independent panel of medical experts that reviews the effectiveness of screenings — many screening tests are unproven and can not only waste your time and money but also cause more harm than good. Here's what the task force recommends (see www.ahrq.gov/ppip/50plus) as essential tests for you and your husband, and when you should start getting them.

THE SAVVY SENIOR



Everyone Over 50

- **Blood pressure:** Have it checked at least every two years — more frequent if you find your pressure is above 130/85.

- **Cholesterol:** At least every five years, get a blood cholesterol test that measures your LDL “bad” cholesterol, HDL “good” cholesterol and triglycerides. It should be more frequent if you smoke, have diabetes or a family history.

- **Colorectal cancer:** Begin regular screening starting at age 50. Your doctor can help you decide which test is right for you.

- **Diabetes:** While the USPSTF recommends being tested only if you have high blood pressure, the American Diabetes Association recommends a blood glucose test every three years starting at age 45. If you're obese, have high blood pressure, high cholesterol, a family history of diabetes or are over age 65, check it yearly.

Women Only

- **Mammograms:**

The controversial new guideline by the USPSTF now recommends screenings every other year beginning at age 50. However, the American Cancer Society still recommends annual screenings starting at age 40.

- **Pap smear:** To detect cervical cancer this test is recommended every three years, however women who've had a total hysterectomy, or who are age 65 or older and have had three negative pap smears in a row usually don't need to be tested.

- **Bone density scan:** Osteoporosis screening is recommended starting at age 65 — earlier in post-menopausal women with risk factors.

Men Only

- **Abdominal ultrasound:** Men between the ages of 65 and 75 that have ever smoked should be screened for an aortic aneurysm, which can develop over many years before bursting.

- **PSA screening:** The jury is still out on whether men should get the PSA (prostate-specific antigen) blood test or digital rectal exam to detect prostate cancer. Men, age 40 and older, should talk to their doctor about their risk factors and what they should do.

Other Screenings

Some additional screenings to consider are skin examinations by a dermatologist to check for skin cancers; depression screening if you've been feeling down; dental checkups at least once a year; HIV screening if you've had unprotected sex with multiple partners; annual eye exams starting at age 60 to check of age-related eye diseases; hearing tests by an audiologist every five years starting at 65; and for women 50 and older, a thyroid-simulating hormone test every five years to check for thyroid disease.

Vaccinations

In addition to health screenings, the Centers for Disease Control and Prevention recommends that all seniors, 65 and older get a one-time pneumonia (pneumococcal) shot, and those over 60 should be vaccinated for shingles. It's also recommended that everyone over 50 get a yearly flu shot, along with a tetanus-diphtheria-pertussis (Tdap) booster which is recommended every 10 years (if you're over 65, you only need a tetanus-diphtheria booster).

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

Casual cooking

with Kris

Welcoming readers to my world where I enjoy simple, sometimes quick, but always delicious meals.

The recipe provided this week is for all those who have an apple tree about to be ready for the picking, or who may have been down to the farmer's market and realize they have over-purchased a quantity of apples. This recipe is for you.

Now I have never prepared this recipe, but I have been on the receiving end for many years and can vouch for its tastiness.

This recipe was submitted by my mother. The last time I wrote about an inspired recipe from my mother, she asked why I didn't use her name. A lot of people might recognize her name but not be aware that I am an appendage of her. So my mother, Ellen Barefoot, previous owner of Nannie's Attic, is responsible for this recipe. Now that I have given her the 15 minutes of fame, let's get back to the recipe.

Hi mom! When mom makes this recipe, she doubles everything and uses a large crock pot — you know, the next best thing since sliced bread. Now that you have moved it toward the front of the cabinet after its last use, you are starting to feel a little more comfortable using it. She says this is super easy, and besides, who doesn't like this on a hot, buttered biscuit? You can make this easy enough to keep for yourself or it can be divided and given as gifts. A doubled recipe makes about six pint jars.

Let me know when you get some made and I'll be your test subject. Enjoy!

Old Fashioned Apple Butter

3 pint jars with lids
1/2 cup water
6 cups peeled, cored and pureed apples
1 to 1-1/2 cups sugar
3 tsp cinnamon
1 1/2 tsp allspice
3/4 tsp ground cloves

In pureeing the apples in a blender, that is when you add the water. Plug in the crock pot, turn on high and mix all ingredients together. Cook on high with lid on for five hours. Take off the lid and cook down until the desired consistency. Note that the first five hours may be enough of consistency for some people's taste. Use your eyes and taste buds to get it the way you want.

Rinse the jars and lids in a hot water bath. While the jars are hot, pour the apple mixture into them and place the lids on very tight. When all jars are filled and sealed, place them in a hot water bath for about 10 minutes to help seal jars. Remove and let cool completely for a few days.

Spry on the Fly

Live better now with quick tips, tricks and recipes from America's newest health magazine, “Spry.”

Three easy ways to brighten your smile:

Make your own toothpaste. Mix one tablespoon of baking soda, 2 teaspoons of peroxide and a pinch of salt. Brush with the mixture for about two minutes, suggests New York cosmetic dentist Dr. Laura Torrado. The abrasive

baking soda and salt removes plaque; the peroxide whitens your teeth.

Consult a pro. Ask your dentist about Zoom Advanced in-office whitening treatments, advises Dr. Nancy Rosen, a restorative dentist in New York, who considers the prescription-strength, hydrogen-peroxide-based gel the fastest and most effective approach to whiter teeth.

Use red lipstick. “A blue-based red lipstick makes teeth appear whiter,” says Kimara Ahnert, a New York City-based celebrity makeup artist.

Avoid orange-based reds, which will make the teeth appear more yellow.

To see the lipstick's undertones, swipe it on a white sheet of paper.

Contract Bridge

By Steve Becker

Inspired Defense

South dealer.
East-West vulnerable.

NORTH
♠ 3
♥ A Q 10
♦ K 6 4
♣ J 10 9 7 5 2

WEST
♠ 8 7 5
♥ 8 7 6 4 3
♦ A Q 2
♣ A K

EAST
♠ Q J 10 6 2
♥ 5
♦ 10 9 8 5 3
♣ 8 4

SOUTH
♠ A K 9 4
♥ K J 9 2
♦ J 7
♣ Q 6 3

The bidding:
South West North East
1♣ Pass 3♠ Pass
3NT

Opening lead — eight of hearts.
There are times when a player can see that if he defends normally, declarer will almost surely get home with the contract. On such occasions, a bit of inspiration may be needed to alter the course of events.

Consider today's deal, where South wound up in three notrump after North had made a “splinter bid” indicating support for clubs, game-going values and a singleton or void in spades. South appeared well-prepared for a spade lead despite North's announced shortness in the suit, so West tried leading his own long suit.

Declarer took the first trick with dummy's queen and played the club jack, taken by West with the king. It seemed obvious to West that if he led another heart or switched to a spade, South would come to at least nine tricks after conceding a second club.

So West put on his thinking cap and came up with the only play that could give his side a chance — he switched to the queen of diamonds! South was so grateful to be handed a diamond trick that he automatically covered the queen with dummy's king, assuring that either the king or jack would become a trick. After the king held, declarer reverted to clubs. West won with the ace and, pursuing his plan, played the ace and another diamond. When the smoke cleared, South was down two.

For West's plan to succeed, declarer had to hold any of several two- or three-card diamond combinations. But the plan would not work unless declarer could be induced to play the king on the first diamond lead, unblocking the suit so that West could later reach his partner with his deuce of diamonds.

Shifting to the queen at trick three therefore served a dual purpose: It unblocked the diamonds so that they could later be run, and it gave an impulsive declarer — who could have ducked the queen without costing himself a trick — enough rope to hang himself.

Tomorrow: Bidding quiz.
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sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats. That means no number is repeated in any row, column or box.

	3		1	9	7		2	
4								6
		9				5		
7	8		6	2			5	4
				5				
6	9		4	3			1	2
		8				7		
3								1
	7		3	6	1		8	

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5	3	6	1	9	7	4	2	8
4	2	7	8	3	5	1	9	6
8	1	9	2	4	6	5	7	3
7	8	3	6	1	2	9	5	4
2	4	1	9	5	8	3	6	7
6	9	5	4	7	3	8	1	2
1	6	8	5	2	4	7	3	9
3	5	2	7	8	9	6	4	1
9	7	4	3	6	1	2	8	5

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News in brief

San Antonio officers suspended on harassment claim

SAN ANTONIO (AP) — A San Antonio police officer was indefinitely suspended and another received a 60-day ban for what authorities called harassment of a female officer.

The San Antonio Express-News reported Thursday that the male officers were accused of putting trash in the woman's work mailbox and sending derogatory message to her and about her on patrol car computers.

Police Chief William McManus signed an indefinite suspension notice for 31-year-old Officer Aaron Terrazas last month. Officer Eric Rubio initially was indefinitely banned as well, but the 39-year-old's punishment was reduced after he met with McManus.

The police union president said Terrazas planned to appeal and request arbitration.

Documents say the incidents took place between Feb. 24 and April 13.

3 Houston firefighters fired over racial incident

HOUSTON (AP) — Three Houston firefighters have been fired after they were accused of entering a racial epithet into a patient's electronic emergency medical report.

Acting Fire Chief Rick Flanagan said Wednesday the men were fired after an investigation into the March 7 incident. Fire officials identified them as 33-year-old firefighters Spencer Allred and Randal Ricks and 27-year-old engineer/operator Ryan J. Smith.

The head of the firefighters union tells the Houston Chronicle the firings are a "travesty" and says the department failed to determine who actually was responsible.

Last year, the lockers of two female firefighters were scrawled with racial and sexual slurs.

It wasn't determined who was responsible for the graffiti.

White promising monthly state budget updates

HOUSTON (AP) — Texas Democratic gubernatorial candidate Bill White on Wednesday accused Republican Gov. Rick Perry of hiding from an anticipated \$18 billion state budget deficit and promised to provide monthly updates of the state's financial condition if he's elected.

"That's what you would expect from a chief executive," White said. "That's what chief executives are doing all throughout this state. I don't care if you're a business that employs 20,000 people or 1,000 or 100 people."

White said good managers have estimates of money coming in and going out and they update forecasts to manage money effectively and define productivity improvements. He said that's what he did while mayor of Houston for six years.

"That's different from the approach taken by Rick Perry," White said.

This latest spat in the gubernatorial race began when Democratic state Sen. Kirk Watson asked state Comptroller Susan Combs to provide a revenue update soon for the current and next two-year budget cycle.

Perry said Tuesday it was "bizarre" to ask for a revenue update this early, saying the request seemed politically motivated and that an update would become available "at the appropriate time."

Watson, a former Austin mayor, said what he found bizarre was Perry's "reluctance to provide basic information and accountable government."

"Most businesses and most families wouldn't consider a current revenue estimate and up-to-date budget information, in the face of a budget crisis, to be bizarre," Watson said in a statement Wednesday.

White accused Perry of being "silent" on expected revenues and expenditures, of failing to plan ahead, failing to run the state in a businesslike manner and abdicating or delegating his functions as chief executive officer of the state.

Texas lessens backlog of food stamp applications

AUSTIN (AP) — Texas has significantly reduced a backlog of food stamp applications and improved the accuracy of processing them, thanks to the help of hundreds of new workers, a state official said Wednesday.

But Health and Human Services Executive Commissioner Tom Suehs said he needs even more workers and additional resources to keep it up, given the anticipated increase in demand. Suehs made his comments at a joint gathering of the Senate Health and Human Services Committee and the House-Senate panel overseeing the eligibility system.

"Yes, we've turned it around," Suehs told the American-Statesman a day before meeting with lawmakers, adding: "We still have a long way to go to maintain it there. This thing is still in a precarious situation."

Federal law requires applications for food stamps to be reviewed within 30 days of being filed — even faster for the poorest families. Failure to do so can mean federal sanctions and lawsuits.

A year ago, some Texas families waited months for food stamps, while processing errors caused others to be denied, even though they were eligible.

In June, the U.S. Department of Agriculture fined Texas \$3.96 million for an error rate that exceeded the national average.

The state is appealing, saying it was dealing with a spike in applications related to Hurricane Ike, officials said.

Annie's Mailbox

Dear Annie: Seven years ago, I had an elective bilateral mastectomy. I had multiple lumps and biopsies, coupled with a family history of cancer. Also, my young daughter was reaching the age I was when I lost my own mother to breast cancer. My doctor and surgeon performed the operation with little question.

a prophylactic mastectomy group on Facebook, and we recommend you contact FORCE (Facing Our Risk of Cancer Empowered) at 866-288-RISK (866-288-7475) (facingourrisk.org). And by all means, ask them to help you find a therapist. We cannot imagine why you have been having so much trouble getting decent counseling.

parents often and love them, but if Grandma continues doing this, I really won't enjoy her visits. Any ideas? — Frustrated Teenager

Dear Frustrated: Grandma still sees you as a child and is having a hard time loosening the reins. The way to demonstrate your maturity is to be assertive without being petulant or angry. Ignore her negative or critical attitude. That's part of her personality and requires tolerance. When you visit, be sure to clean up after yourself and help with meal preparation. That way she will see you as a capable adult. If she changes your restaurant order, say nicely, "Sorry, Grandma, but I prefer my original selection," and be sure to give your order directly to the server (unless it costs more than Grandma wants to spend). A change in attitude is a process and takes time, so please be patient with your grandmother.

Dear Friend: We have recommended Pantene's Beautiful Lengths in the past and are happy to do so again. Thanks for reminding us.

To all our Jewish readers: A happy and healthy Rosh Hashanah.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please e-mail your questions to anniesmailbox@comcast.net, or write to: Annie's Mailbox, c/o Creators Syndicate, 5777 W. Century Blvd., Ste. 700, Los Angeles, CA 90045. To find out more about Annie's Mailbox and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

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KATHY MITCHELL
MARCY SUGAR

The years since have been difficult. I have had five reconstructions and still have trouble with hardening implants. The real issue is, I have no one to talk to about this. I have not

go to a bridal shower, where everyone, including my grandmother, ignored me. By the time we returned, I was sick of her behavior. She is an eternal pessimist and finds fault in everything. She criticizes my judgment and insists on treating me like a child. She makes all my decisions for me, including changing my order at a restaurant. She canceled my ticket home and decided to drive the 14-hour trip and then stay for a week.

I have tried talking to her and have specifically pointed out that she treats me as if I cannot make my own decisions. She acted offended and refused to believe she had done anything of the sort. I see my grand-

been able to find a therapist willing to touch the issue. I was even turned away by the American Cancer Society because I was not a "survivor." My husband tolerates the consequences, but has yet to be able to look at me naked. I want to cry whenever I see women's magazines, because I will never be "whole" again. I've tried to put my sadness away and accept who I am. At the age of 55, I hope to live many more years. I don't want this to eat away at my spirit any longer. Please help. — Anxiously Awaiting

Dear Anxious: When you had your surgery, support groups were few and far between, but times have changed — at least a little. There is

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Community Outreach
Seeking individuals to sow a spiritual financial seed to help keep us in our home. Six months after we purchased our home my husband was laid off from a local company that closed. He has worked for 20 years in Big Spring and we thought this would only last a short while. After some time we had to cash in his 401k to continue living, hoping and praying and looking for work, still nothing.
Back in March I had a four night stay at our local hospital for a blood clot to the lung and left there with a tune of owing about \$30,000 dollars and no insurance. I am still receiving after care with no insurance. My husband was able to work for me while I was in the hospital and continued working for me and with me for many, many, weeks as some in our community already know.
With his help it allowed me to keep my job.
In the months following it has become extremely difficult to pay everything and we have had a generous relative helping provide our groceries, gas and sometimes my medicine. My husband has been attending some classes through Howard College that has yet to be completed, changing his work skills hoping it will open different doors for job searching. This will allow us to maybe find work in our community and bring in an income.
His unemployment benefits are about to expire and with a heavy heart we are reaching out to our community to help assist us in keeping our home, for we are about one to two months away from being homeless. We are extremely grateful for any and all donations that might be received and each of those will be taxed and tithed and money put accordingly. We will be praying for all that have reached out to us with your generosity, asking God to bless you ten times the amount you have donated.
We are very grateful and from the bottom of our hearts we thank you.
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News in brief

Fla. gov. concerned about safety if minister holds Quran burn

GAINESVILLE, Fla. (AP) — Florida's governor is concerned about safety at home and around the world, a feeling shared by national and world leaders, over a plan by the head of a small church to burn copies of Islam's holiest text to mark the 9/11 terrorist attacks.

Gov. Charlie Crist said Wednesday he would closely monitor what happens Saturday at the Dove Outreach Center in Gainesville to try to ensure people are safe. U.S. embassies around the world will be doing the same after being ordered by the State Department to assess their security. Officials fear the burning could spark anti-American violence, including against soldiers, a concern shared by the U.S. commander in Afghanistan.

"In addition to being offensive, the Gainesville protest puts at risk those brave Americans who are fighting abroad for the freedoms and values that we believe in as Americans," said Crist, who is running as an independent for the U.S. Senate.

Bahrain's Foreign Ministry called the plan a "shameful act which is incompatible with the principles of tolerance and coexistence." The statement Thursday was among the first official denunciations in the Arab world against the plan.

Despite vows of swift action, pilot fatigue rules are slow in coming

WASHINGTON (AP) — After a regional airliner crashed in western New York a year and a half ago, killing 50 people, the Obama administration promised swift action to prevent similar tragedies. High on the list: new rules governing the number of hours pilots may work, to prevent tired flight

crews from making fatal errors.

Transportation Secretary Ray LaHood wrote in June 2009 that the Federal Aviation Administration was in a hurry and wouldn't wait for Congress "to add mandatory layers to airline safety," nor even for crash investigators to complete their work, "because air passengers deserve action. And, they deserve it now."

It's taken 15 months and a half-dozen missed deadlines, but the FAA is finally about to propose new regulations on how many hours airlines can schedule pilots to be on duty or in the cockpit. A draft was submitted to the White House Office of Management and Budget for review last week, and a proposed rule is likely to be published within days, industry officials said. They spoke on condition of anonymity because they weren't authorized to address the issue publicly. A House hearing on the proposal is scheduled for next week.

North Korea celebrates nation's founding amid speculation Kim Jong Il will hand power to son

SEOUL, South Korea (AP) — North Korea celebrated its 62nd anniversary Thursday with odes to supreme leader Kim Jong Il and pilgrimages to his late father's statue amid hints that a political meeting believed aimed at promoting his son as successor is imminent.

There is widespread speculation that Kim will use the conference to give his third and youngest son, Kim Jong Un, a key Workers' Party position as part of plans to extend the family dynasty to a third generation.

Kim Jong Il, known as "Dear Leader" in North Korea's cult of personality, himself took over lead-

ership after his father, North Korea's founder Kim Il Sung, died of heart failure in 1994 — communism's first hereditary transfer of power.

The 68-year-old Kim may have wanted to name his successor in 2012, the centenary of his father's birth. But a reported stroke in 2008 may have sped up the process, with his little-known third son emerging as the likely heir. Kim Jong Il is also said to be suffering from diabetes and a kidney ailment.

State media reported Monday that Workers' Party delegates were gathering in Pyongyang to elect new leaders in what would be North Korea's first major political conference in 30 years.

Laura Bush to speak at fundraiser for Flight 93 memorial in Pa.

SHANKSVILLE, Pa. (AP) — Former first lady Laura Bush will speak at a National Park Service fundraiser in Pittsburgh on Friday, a day before joining Michelle Obama in rural Pennsylvania to remember the victims of Flight 93, which crashed there in the Sept. 11 attacks.

Bush's appearance is part of a wider effort to raise money for the memorial to the 40 passengers and crew who died after they fought back against their hijackers.

Just \$40 million of the \$58 million needed for the memorial has been raised, and the first phase of the project is scheduled to be dedicated in time for the 10th anniversary of the attacks next year.

A memorial plaza is under construction in these rolling hills, part of a long-awaited 2,200-acre national park that will eventually honor the victims. The finished memorial will include a 93-foot tower at the entrance with wind chimes for each of the victims and a grove of trees.

The project's planners say they hope Bush's and Obama's efforts help bring attention and much-needed cash to the project.

More than 1.2 million people have visited the temporary memorial since the crash. Planners predict that about 250,000 people will visit the permanent memorial each year.

Number of people killed on roadways falls to lowest level in 6 decades

WASHINGTON (AP) — The number of people dying on the nation's roads has fallen to its lowest level in six decades, helped by a combination of seat belts, safer cars and tougher enforcement of drunken driving laws.

The Transportation Department said late Wednesday that traffic deaths fell 9.7 percent in 2009 to 33,808, the lowest number since 1950. In 2008, an estimated 37,423 people died on the highways.

Transportation Secretary Ray LaHood said the annual report "shows that America's roads are the safest they've ever been. But they must be safer. And we will not rest until they are."

Forty-one states, the District of Columbia and Puerto Rico saw reductions in highway fatalities, led by Florida with 422 fewer deaths and Texas, down 405.

Crews contain 10 percent of Colorado wildfire; at least 135 homes reported lost

BOULDER, Colo. (AP) — As thousands of people waited to learn if their homes survived a raging Colorado wildfire, Dan Hackett hiked a second time behind roadblocks to make sure his house near boulder was still standing.

Hackett, who lives in the mountain community of Gold Hill, said he watched his neighbor's home burn.

"The house 200 feet from my house is gone," Hackett said Wednesday, who found his home still OK following a two-mile hike.

Other people were expected to get a chance to check their property Thursday when evacuation orders were set to be lifted in four neighborhoods in the foothills west of Boulder.

News that some people will get to go home four days after the blaze erupted drew applause from the crowd of about 600 at a public meeting Wednesday night.

The wait will be longer for many of the 3,500 evacuated from about 1,000 homes. At least 135 of those homes have been destroyed, making the blaze one of the most destructive in Colorado's history.

Cuba's communist system gets panned by unlikely source — revolutionary leader Fidel Castro

HAVANA (AP) — Cuba's communist economic model has come in for criticism from an unlikely source: Fidel Castro.

The revolutionary leader told a visiting American journalist and a U.S.-Cuba policy expert that the island's state-dominated system is in need of change, a rare comment on domestic affairs of local man who has taken pains to steer clear of local issues since illness forced him to step down as president four years ago.

The fact that things are not working efficiently on this cash-strapped Caribbean island is hardly news. Fidel's brother Raul, the country's president, has said the same thing repeatedly. But the blunt assessment by the father of Cuba's 1959 revolution is sure to raise eyebrows.

Jeffrey Goldberg, a national correspondent for The Atlantic magazine, asked Castro if Cuba's economic system was still worth exporting to other countries, and Castro replied: "The Cuban model doesn't even work for us anymore," Goldberg wrote Wednesday in a post on his Atlantic blog.

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Staying on top

Bulldogs try to build off recent success



Photo Courtesy of Bruce Schooler

Hunter Williams catches a pass during the Bulldogs' game against Comanche. Coahoma will try to keep rolling against Wink at 7:30 p.m. Friday in Wink.

BY ADAM COLEMAN
Sports Editor

COAHOMA — The Bulldogs haven't spent this week pondering on the things that went wrong in their last game, mainly because there are few negative things head coach Trey Gardner can find in a 40-14 win against Comanche.

But there hasn't been too much celebration after last week's win.

"We've talked about how you can't survive on that one," Gardner said of the Comanche win. "We've got to move forward and try to get better each week, whether it's a win or a loss. We're trying to put that behind us and move on, but obviously feed off it a little bit at the same time."

The Bulldogs will try to repeat last week's performance at Wink at 7:30 p.m. Friday.

This game might re-

semble what Coahoma saw in the game against Greenwood, but while Wink has the spread offense, Gardner said there won't be much size on the offensive side of the ball.

Against Comanche, the Bulldogs faced a team that ran a similar offense, but once again, they'll face a team ready to stretch the field.

As far as what the Bulldogs can control, Gardner said the goal has been to sustain long drives and keep the ball away from the opponent.

"That's a goal for us every game," he said. "We want to get the ball and keep it for 10 or 12 plays. We were able to do that for a couple drives last week and we hope to be able to do it on a more regular basis."

See **COAHOMA**, Page 8

Buffs try to bounce back against Irion County

BY ADAM COLEMAN
Sports Editor

FORSAN — Irion County is a hard team to forget for the Forsan Buffs. This game was one of their two wins from last season.

Coming off a 49-26 loss to Sonora, the Buffs are hoping for the same result this year and head coach Jason Phillips believes they have the talent to do so.

"More so anything, we're playing so much better this year than we did last year," he said. "We're a lot further along. It was about the same part of the season when we played them last year. We're executing better and hopefully we can continue that this week."

Phillips didn't take too much from the So-

nora loss, he said the Broncos were a tough team to beat. But he also said the Buffs left two touchdowns on the field last week, something he hopes to correct against Irion County this week.

The positives so far this season are easy to point out. Running backs Ty Johnson and Brendan Roman continue to impress. Johnson had six carries for 60 yards and a touchdown against Sonora and Roman had another big game last week with 14 carries for 139 yards and a touchdown.

Quarterback Foster Burchett has impressed, too, completing 11-of-22 passes for 146 yards against the Broncos.

At this point in the season, Phillips said he is seeing the improve-

ments he needs with district play a few weeks away.

This week is a little bit different for the Buffs, considering it's homecoming.

While the homecoming festivities are nice, Phillips said they can be a distraction to players. He said the tough thing about this year is staying focused on the task at hand.

"The main thing is we have to keep our focus and not get caught up in all the other stuff that goes on," he said. "Just worry about football first."

Contact Sports Editor Adam Coleman at 263-7331 ext. 237 or at sports@bigspringherald.com



Photo Courtesy of Bob Fishback

Cameron Churchwell sacks Sonora's quarterback in last week's game against the Broncos.

Bearkats enjoy being team to beat, Paducah on tap



HERALD Photo/Adam Coleman

Josh Colunga runs a play during Garden City's practice Wednesday. The Bearkats face Paducah at 7:30 p.m. Friday.

BY ADAM COLEMAN
Sports Editor

GARDEN CITY — All the momentum Garden City head coach Vance Jones and his Bearkats needed for the rest of the season can be found in Week 0.

A 48-46 win over Calvert, the No. 1 team in Six-Man Division II, gave the Bearkats something that probably makes the defending state champions more dangerous: confidence.

"I think it was huge," Jones said. "We played them three years ago when they 45-ed us at Hico. We hadn't played them since. They're good. I think us beating them boosted our confidence a lot."

Players at Garden City are enjoying life on top as the defending Six-Man Division I state champions, but even with the confidence they gained from

last season and the Calvert win, each game will be a different challenge.

This week, that challenge comes in the form of Paducah, who the Bearkats face at 7:30 Friday in Paducah.

Last week, it was Sterling City, who Garden City beat 54-30 on the road.

While Sterling City was a fundamentally sound team, Jones said he is expecting Paducah to have a lot of speed and talent on both sides of the ball.

Jones said Paducah has the ability to score at will, so his defense has to stay steady and his offense has to take advantage of every opportunity.

But this week's game may not be too much different from the last two. Quarterback Blayne Batla and running back Josh

See **BEARKATS**, Page 8

Sports in brief

Big Spring Quarterback Club

The club meets every Monday at 7 p.m. All parents of football players 7th through 12th grade are encouraged to attend. For more information, call Denise Carrillo at 816-1685.

Second Annual Holy Trinity Golf Tournament

This is a 4-person scramble set for Sunday at the Comanche Trail Golf Course. Shotgun start is at 10 a.m. Entry fee is \$20 per person. That does not

include the green fee and cart fee. There will be a nearest to the pin contest and there will be cash prizes on all par 3's. Trophies will be given to the top four teams.

For more information, contact Tommy Billalba at 816-1091.

Hawks add two players to roster

BY ADAM COLEMAN

Sports Editor

The Howard College men's basketball team signed two players in efforts to make up for the three open roster spots following the dismissal of Jonathon Landry, Fabyon Harris and Phillip Jackson.

Head Coach Mark Adams said the Hawks brought in William Bunton from Raleigh, N.C., and Dino Jakalis from Croatia as a late signees.

Landry, Harris and Jackson were arrested on shoplifting charges on Aug. 24, leading to the three being kicked off the team.

Per NJCAA rules, the Hawks' coaching staff had 15 days from the start of school to sign more players in order to fill the open spots.

Adams said Bunton, from Mack Academy, can play guard and small forward and coaches are excited to have him.

"He's just athletic, has good range

on his jump shot," he said. "Good quality character person we think is going to be a good fit for us."

Jakalis at 6-foot-8 will help in the low post. His signing reflects the staff's recruiting efforts overseas. Adams previously said he was looking everywhere for available players, even in other countries.

While the Hawks have lessened the loss of three incoming players, Adams said he wishes he could get more players in.

He said the coaching staff was still working on getting a few more players signed, but the 15-days grace period to do so ended Wednesday.

"There's a very remote chance we might get another player," he said. "I think that's pretty much our roster right there."

Regardless of how many players the Hawks signed, Adams is confident he still has a solid team to put on the court this fall.

"Obviously we wish we had another

week or two to continue to recruit. A lot of these junior colleges have started school later than we did so they have more opportunities to bring in kids. But we feel really good about our squad and confident we can be very competitive and look forward to having another great year."

Schedules released

The 2010-2011 Howard College basketball schedules have been released as both the men's and women's team continue preparing for the upcoming season.

Men's basketball head coach Mark Adams said the non-conference schedule will have a lot of challenges, but it conference play, with opponents like Midland College, that will test the Hawks this season.

For the women's basketball team, it all starts with the Dave Neely Super Showcase in Frisco. Head coach Earl Diddle said that will be a chance for

his players to showcase their talents in front of other teams from around the country.

"Really it's for the exposure for our girls," he said. "Because there's two signing periods in basketball. There's one in November and one in April. So that's a big exposure thing that probably 35, 40 teams go to and 150 coaches."

2010-2011 men's basketball schedule
OCTOBER
8-9 Dallas Jamboree Scrimmages, Plano, TBA.

23 Lubbock Christian University Scrimmage, Lubbock, TBA.
30 West Texas A & M University Scrimmage, Lubbock, TBA.

NOVEMBER
2 Wayland Baptist University JV, Big Spring, 7 p.m.
4 Lubbock Christian University JV, Big Spring, 7 p.m.

7 Western Oklahoma State College

See **HAWKS**, Page 9

BEARKATS

Continued from Page 7

Colunga agree, every opponent has brought their best when Garden City shows up on the schedule.

So far this season, Colunga said being the team to beat has made each game more challenging, but more exciting in the process.

"The excitement's there all the time,

especially when they're gunning for us," he said. "It's pretty awesome being the No. 1 team in the state, having everyone try to beat you. Makes you a better player, too. We keep that in mind and we take it to them hard every time."

Jones said what continues to drive his players is last year's experiences.

He said winning a state championship had a huge effect on the town last season and getting the chance to experience that once again motivates

his team.

"We're really working back toward that," he said. "We don't really have quite the depth we had last year, but we still have the nucleus of our players back from last year. We're gradually getting some of these younger guys experience where we are going to have the depth by the time the playoffs get here."

It doesn't hurt to have Colunga and Batla on their side, either. Colunga had 29 carries for 230 yards and three

touchdowns against Sterling City. Batla was 5-of-10 for 95 yards and three scores.

Batla said Jones constantly reminds him and his teammates who they are and that no game will be easy. But the Bearkats wouldn't have it any other way.

"He tells us we all have a target on our backs," Batla said. "Doesn't scare me that much."

Contact Sports Editor Adam Coleman at 263-7331, ext. 237.

COAHOMA

Continued from Page 7

Quarterback Tanner Ruiz came up

big last week with a 35-yard touchdown pass to Hunter Williams and three touchdowns runs of his own.

At this point, Gardner said Ruiz will get most of the snaps at quarterback,

but Pete Acosta, who was named the starter before the season started will still be on the field.

Gardner said his goal is to have both players on the field as much as possi-

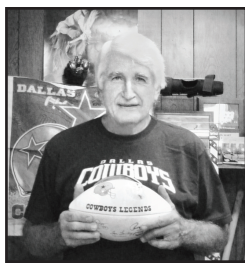
ble, with the possibility of Acosta at running back or receiver.

Contact Sports Editor Adam Coleman at 263-7331, ext. 237 or at sports@bigspringherald.com.

Pigskin Pics Football Contest



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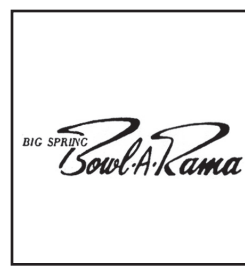
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3. Forsan
4. Garden City
5. Grady
6. Sands
7. Houston
8. Dallas
9. Texas A&M
10. Texas Longhorns

1. Plainview
2. Coahoma
3. Forsan
4. Garden City
5. Rankin
6. Sands
7. Indianapolis
8. Dallas
9. Texas A&M
10. Texas Longhorns

1. Big Spring
2. Coahoma
3. Forsan
4. Garden City
5. Grady
6. Sands
7. Indianapolis
8. Dallas
9. Texas A&M
10. Texas Longhorns

1. Big Spring
2. Wink
3. Forsan
4. Garden City
5. Grady
6. Sands
7. Indianapolis
8. Dallas
9. Texas A&M
10. Texas Longhorns

1. Big Spring
2. Coahoma
3. Forsan
4. Garden City
5. Grady
6. Sands
7. Houston
8. Dallas
9. Louisiana Tech
10. Texas Longhorns

1. Big Spring
2. Coahoma
3. Forsan
4. Garden City
5. Rankin
6. Sands
7. Indianapolis
8. Dallas
9. Texas A&M
10. Texas Longhorns

Enter To Win \$50 At These Participating Merchants

Rules: Find this week's games in the merchants' ads on this page. Choose the teams you think will win. Clip and fill in the official entry blank on this page with your team choice. The entry with the most correct picks will win \$50. You must be 18 to enter. Only official entry forms accepted. In the event of a tie, the tie breaker will determine the winner. Guess the winner and the combined scores for the total points. Decisions of the judges are final. Employees and families of employees of The Big Spring Herald are ineligible. All entries must be received at one of the participating merchants by 1 p.m. Friday of the week played. Winners will be announced in the Big Spring Herald the Wednesday following the games.

Pigskin Picks Entry Form

Team

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Name: _____

Address: _____

Phone Number: _____

Tie Breaker - Circle the winner and note total points scored

Texas Tech vs. New Mexico

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4. Garden City vs. Paducah
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5. Grady vs. Rankin
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8. Dallas vs. Washington
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2. Coahoma vs. Wink

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7. Indianapolis vs. Houston
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HAWKS

Continued from Page 8

Weatherford, Okla., 3 p.m.
8 Northern Oklahoma College Weatherford, Okla., 11 a.m.
12 New Creation Preparatory School, Midland, 1 p.m.
13 Navarro College, Midland, 1 p.m.
19 Collin County Community College, Denison, 5:30 p.m.
20 Grayson County College, Denison, 3 p.m.
26 State Fair Community College, Moberly, Mo., 3:30 p.m.
27 Moberly Community College, Moberly, Mo., 7:30 p.m.

DECEMBER
2 Lubbock Christian University JV, Lubbock, 5 p.m.
31 Mesa Community College Shoot-out, Mesa, Ariz., TBA.

JANUARY
1-2 Mesa Community College Shoot-out, Mesa, Ariz., TBA.
10 South Plains College*, Big Spring, 7:45 p.m.
13 New Mexico Junior College*, Hobbs, N.M., 7:45 p.m. (MST)
17 New Mexico Military Institute*, Roswell, N.M., 7:45 p.m. (MST)
20 Midland College*, Big Spring 7:45 p.m.
24 Western Texas College*, Snyder, 7:45 p.m.
27 Odessa College*, Big Spring, 7:45 p.m.
31 Frank Phillips College*, Borger, 7:45 p.m.

FEBRUARY
3 South Plains College*, Levelland, 7:45 p.m.
7 New Mexico Junior College*, Big Spring, 7:45 p.m.

10 New Mexico Military Institute*, Big Spring, 7 p.m.
14 Midland College*, Midland, 7:45 p.m.
17 Western Texas College*, Big Spring, 7:45 p.m.
21 Odessa College*, Odessa, 7:45 p.m.
24 Frank Phillips College*, Big Spring, 7:45 p.m.

MARCH
3-6 NJCAA Region V Tournament, Fort Worth TBA.
15-19 NJCAA National Tournament, Hutchinson, Kan., TBA.

2010-2011 women's basketball schedule

OCTOBER
8 Dave Neely Super Showcase Scrimmages, Frisco, TBA.
22 Lubbock Christian University Scrimmage, Lubbock, 4 p.m.
23 Frank Phillips College Scrimmages, Borger, TBA.
28 Angelo State University Scrimmage, San Angelo, 6 p.m.

NOVEMBER
1 Lubbock Christian University JV, Big Spring, 5:30 p.m.
4 Southern Nazarene University JV, Bethany, Okla., 7 p.m.
5 Mid-America Christian University JV, Oklahoma City, 3 p.m.
6 Oklahoma Baptist University JV, Shawnee, Okla., 11 a.m.
9 Wayland Baptist University JV, Big Spring, 5:30 p.m.
12 Garden City Community College, Garden City, Kan., 5:30 p.m.
13 Dodge City Community College, Garden City, Kan. 1:30 p.m.
18 Wayland Baptist University JV, Plainview, 5:30 p.m.

19 Lubbock Christian University JV Lubbock, 5:30 p.m.
22 Mountain View College, Dallas, 4 p.m.
26 Barton Community College Pratt, Kan., 1 p.m.
27 Pratt Community College, Pratt, Kan., 5 p.m.

DECEMBER
2 Odessa College Midland, TBA.
3 WJCAC Pre-Conference Tournament, Midland, TBA.
4 WJCAC Pre-Conference Tournament, Midland, TBA.

JANUARY
1 South Mountain Community College, Phoenix, 2 p.m.
2 Phoenix College, Phoenix, 2 p.m.
3 Glendale Community College, Phoenix, Ariz., 1 p.m.
10 South Plains College*, Big Spring, 5:45 p.m.
13 New Mexico Junior College*, Hobbs, N.M., 5:45 p.m. (MST)
20 Midland College*, Big Spring, 5:45 p.m.
24 Western Texas College*, Snyder, 5:45 p.m.
27 Odessa College*, Big Spring, 5:45 p.m.
31 Frank Phillips College*, Borger, 5:45 p.m.

FEBRUARY
3 South Plains College*, Levelland, 5:45 p.m.
7 New Mexico Junior College*, Big Spring, 5:45 p.m.
14 Midland College*, Midland, 5:45 p.m.
17 Western Texas College*, Big Spring, 5:45 p.m.
21 Odessa College*, Odessa, 5:45 p.m.
24 Frank Phillips College* Borger, 5:45 p.m.

MARCH
3-6 NJCAA Region V Tournament, Fort Worth, TBA.
15-19 NJCAA National Tournament, Salina, Kan., TBA.

* Denotes conference game

Myers helps Houston Astros beat Cubs 4-0

CHICAGO (AP) — Brett Myers makes his job sound so easy: Throw the ball, let the other team hit it at his fielders.

Myers did more than that Wednesday night, striking out eight in seven crisp innings as the Houston Astros beat the Chicago Cubs 4-0.

Myers has lasted at least six innings in all 29 of his starts — the longest streak in team history and longest in the

major since Curt Schilling's run of 35 straight for Arizona in 2002.

He also dropped his ERA to 2.91.

"I go out there and pitch to contact. I want them to hit the ball. I'm not a big strikeout pitcher," Myers said. "I want them to hit the ball on the ground in the least amount of pitches and get deep in the game."

Myers (11-7) allowed three

hits and walked one, improving to 10-3 with a 2.21 ERA in 17 career games against the Cubs.

The right-hander is 3-0 with a 1.76 ERA in his last six starts overall.

"Q (Humberto Quintero) called a great game behind the plate. When we're working together and we're on the same page like that it makes things a lot better to get in a rhythm. I didn't shake him

too much tonight," Myers said.

Surging Houston, which won for the 13th time in 17 games, took all five series against the Cubs this season.

"Their lineup has changed a lot, without Derrek Lee and without (Aramis) Ramirez," Myers said.

Randy Wells (6-13) allowed four runs and nine hits in six innings for Chicago.

"It was kind of mixed re-

views. I felt like I came out and did what I wanted to do, established the fastball early and the sinker was pretty good tonight, slider was pretty good, but overused the slider again. I had no changeup to go to, didn't pitch inside very much in big situations," said Wells. "Outside of the sinker and the slider I didn't have a whole lot to go to."

Myers retired the first 14 batters he faced.

Vikings-Saints kicks off NFL season

NEW ORLEANS (AP) — The Saints' first Super Bowl title was so big in New Orleans that Mardi Gras, a revered local institution dating back well more than a century, became particularly known as, "Lombardi Gras."

New Orleans' momentous victory over the Indianapolis Colts occurred in the middle of

the city's parade season, so the Saints' celebratory ride through town with the Vince Lombardi Trophy was simply added to the lineup. In the following days, players, coaches, team officials and the trophy made appearances in traditional parades as well.

And while Mardi Gras ended way back on Ash

Wednesday, it seems as though Lombardi Gras still isn't over quite yet — certainly not by the looks of the French Quarter, where a massive concert stage has been built on the river front, overlooking historic Jackson Square.

The Big Easy will also host a concert featuring Dave Matthews and Taylor Swift.

Notice of Tax Revenue Increase

The Glasscock County conducted public hearings on August 31, 2010 and September 7, 2010 on a proposal to increase the total tax revenues of the Glasscock County from properties on the tax roll in the preceding year by 7.9 percent.

The total tax revenue raised last year at last year's tax rate of .342000 for each \$100 of taxable value was 3,058,659.00.

The total tax revenue proposed to be raised this year at the proposed tax rate of .308 for each \$100 of taxable value, excluding tax revenue to be raised from new property added to the tax roll this year, is 3,293,663.29.

The total tax revenue proposed to be raised this year at the proposed tax rate of .308 for each \$100 of taxable value, including tax revenue to be raised from new property added to the tax roll this year, is 3,301,360.15.

The Glasscock County is scheduled to vote on the tax rate that will result in that tax increase at a public meeting to be held on September 13, 2010 Glasscock County Courthouse, 117 E. Currie, Garden City, TX at 9:00 a.m.

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Garage Sales

1605 INDIAN Hills, Saturday 8-? Dirt Bike, clothes, boots, helmets, men & women's clothes, shoes, tools, lawn furniture, automotive items & more.

3 FAMILY, Saturday Only in (Coahoma), 107 North Main, 8:00-?... Lots of miscellaneous.

4 FAMILY Garage Sale!! 601 Edwards Circle. Saturday 8:00-1:00. Lots of misc., lots of clothing, baby & adult, some furniture, cant miss this one.

GARAGE SALE: 4212 Theo, Saturday 8-? Girls cloths size 8-10 (Abercrombie, Justice, Gap, AE, Old Navy), Toddler boys clothes, toys, furniture, home decor and much more!

GARAGE SALE: Saturday 9am-6pm, 112 W. Robinson Rd.

MULTI FAMILY Sale: 1013 Sycamore, Friday, Saturday & Sunday 8:00-? Lots of furniture, kitchenware, small & large appliances and lots of home deco. Too much to list. Come See Us!!!!

YARD SALE: 2805 Navajo Dr., Friday 4-7 & Saturday 8-1. Girls & boys clothes, jewelry, furniture, kitchen items and lots more.

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Milk does a body good, especially athletes

By MARIA CHENG

AP Medical Writer

LONDON (AP) — At the end of nearly every training session, Matt Whitmore downs a pint of milk straight from the bottle.

"I do it pretty religiously," said Whitmore, 25, a gym trainer in London. He first started drinking milk after exercise about 10 years ago when he couldn't afford expensive supplements or protein shakes. "Milk helps me recover faster and I feel great afterwards," he said. "And now, I hate to train without it."

Researchers are giving scientific support to a view that Whitmore vouches for from experience: that milk may be just as good or even better than sports drinks for serious athletes recovering from exercise.

The health benefits of milk — which has carbohydrates, electrolytes, calcium and vitamin D — have long been established. But for athletes, milk also contains the two proteins best for rebuilding muscles: casein and whey.

Muscles get damaged after an intense bout of aerobic exercise like running, playing football, or cycling. The casein and whey proteins in milk are precisely what the body needs to regenerate muscles fast.

Glenys Jones, a nutritionist at Britain's Medical Research Council, said milk's protein content makes it an ideal post-exercise drink. "Milk provides the building blocks for what you need to build new muscles," said Jones, who has no ties to the dairy industry.

She said sports drinks mainly replace lost carbohydrates and electrolytes, and don't usually have the necessary nutrients for muscles to regenerate themselves.

Experts have generally been divided over whether milk outperforms sports drinks.

Dairy producers have been eager to break into the multibillion-dollar market, often sponsoring research into milk's athletic benefits that some call biased.

So the debate continues, but milk has been getting a lot of attention.

In a study published in the journal *Applied Physiology, Nutrition and Metabolism* in June, researchers found people who drank milk after training were able to exercise longer in their next session than people who had sports drinks or water.

"It's the form of the carbohydrate and the nutrients in milk that is most important," said Emma Cockburn, a lecturer in sports coaching at Northumbria

University in northeast England who led the study, which was partially paid for by the dairy industry.

Cockburn advised athletes to drink milk immediately after working out.

"The damage caused by exercise leads to a breakdown of the protein structures in your muscles, but that doesn't happen until 24 to 48 hours later," she said. If athletes drink milk right after training, then by the time it is digested, the milk's nutrients are ready to be absorbed by the muscles that have been hurt.

ly downed a flavored milk drink in between races.

Scientists at Loughborough University have found low-fat milk is better than sports drinks for replacing fluids lost during exercise. Scientists suspect there may be two reasons for

ents. Milk also may help athletes shed fat and build muscle.

In a small Canadian study, experts found women who drank milk after lifting weights gained about 4.4 pounds (2 kilos) of muscle and lost about the same amount of body fat.

Women who drank sports drinks put on about 3.3 pounds (1.5 kilos) of muscle but didn't lose any body fat.

"It may be that some of the components of milk — the protein, the vitamin D and the calcium — act in a synergistic fashion to promote fat loss," said Stuart Phillips, a professor of kinesiology at McMaster University who led the research.

Phillips has advised the Canadian Olympic Association about milk and the dairy industry paid for part of his research.

But some experts warned that drinking milk after exercise isn't for everyone.

Catherine Collins, a spokeswoman for the British Dietetic Association and a dietician at London's St. George's Trust, said while milk may be beneficial for elite athletes who burn thousands of calories a day during their intensive training, occasional gym-goers may be better off drinking sports drinks or plain water.



Drinking milk also may help athletes recover quicker if they are performing multiple times in a day. For people who can't stomach the idea of plain milk, experts recommend adding some chocolate or other artificial flavor.

At the Beijing Olympics, six-time gold medalist Michael Phelps regularly

that. Not only does milk have a lot of electrolytes, but it is emptied from the stomach more slowly than sports drinks, keeping the body hydrated for longer.

Though the vitamins and proteins found in milk are present in soy milk or dietary supplements, experts say milk has better proportions of those nutri-

Tomorrow's Horoscope

Venus is the planet that governs all things romantic and beautiful, including the people, places and things that arouse our ardent emotional attachment. Yesterday, this cosmic vixen slipped into her most seductive mode — leaving the congenial affection of Libra for Scorpio's passionate persuasion.



HOLIDAY MATHIS

Things are about to get steamy. **ARIES** (March 21-April 19). At times, it seems you would rather be doing almost anything in the world other than the work that is right in front of you. But when you really consider your options, this notion isn't so true.

TAURUS (April 20-May 20). Don't trust your reviews. The French philosopher Voltaire once reviewed William Shakespeare's "Hamlet," calling it "the fruit of the imagination of a drunken savage." Even smart people make mistakes.

GEMINI (May 21-June 21). Dreams will bring you presents. You will have a sense of how to apply them right away. However, you will need to focus and go deeper in order to actually move into action mode. Write in your journal.

CANCER (June 22-July 22). Angels are around you. But how do you tell the difference between a true angel and someone who is just being what you want them to be in order to

win your favor and trust? It's easy. The true angel won't ask for money.

LEO (July 23-Aug. 22). You are the definition of steadfast. In order to really get what this means, it might help to check out this other definition of steadfast in Collins English Dictionary: "unwavering or determined in purpose, loyalty, etc."

VIRGO (Aug. 23-Sept. 22). You'll witness a social scene bubbling up. This might be a revolution or a counterculture movement. Or it could just be a colorful and weird bit of chaos that the universe has stirred up purely for your enjoyment.

LIBRA (Sept. 23-Oct. 23). Your self-esteem has taken enough knocks lately. Do something to protect it! Better yet, find a way to bolster yourself. Get a compliment, even if you have to give one to yourself.

SCORPIO (Oct. 24-Nov. 21). Have you ever tried to save a bug and wound up killing it instead? Sometimes it's better not to interfere with the natural progress of things. Go gingerly into other people's business.

SAGITTARIUS (Nov. 22-Dec. 21). You'll be aware of the passing sands of time through the hourglass. There is only one way to grow old gracefully, and it has nothing to do with surgery or vitamins. Give love freely, openly and often.

CAPRICORN (Dec. 22-Jan. 19). You will best accomplish your aims in a small group of three to five people. You'll have the opportunity to share the top priorities

of your wish list with everyone in detail.

AQUARIUS (Jan. 20-Feb. 18). What you want to do isn't difficult, but it is time consuming. The hardest part will be committing the hours and keeping your strength and motivation up until the job is done. A coach will help you.

PISCES (Feb. 19-March 20). Not everyone is able to welcome prosperity. You have a clear conscience, and you've also known what it's like to go without. For these reasons, you are ready for wealth and it is coming your way.

TODAY'S BIRTHDAY (Sept. 9). You'll excel in a competitive environment through September. October brings a new responsibility and a matching paycheck. You'll be inspired to show your affection in a big way in December. There will be a financial development that allows you to have terrific fun in March. The social swing is a blast this June. Taurus and Leo people adore you. Your lucky numbers are: 8, 22, 19, 40 and 16.

ASTROLOGICAL QUESTIONS: "I'm a Virgo, and my boss is a Capricorn. I don't think I'm getting the respect I deserve at work. Every time I do a pitch for my boss, she vetoes my idea. I work really hard to flesh out every aspect of the project. Along with my other duties, I sometimes spend weeks putting together presentations, and she has yet to say yes to any of my proposals. If I don't get something passed pretty soon, I'm afraid I'll be fired. I need to prove my worth. I'm very cre-

"If you're just a gym bunny trying to lose a bit of weight, water is probably sufficient after exercise," she said, warning that chocolate milk in particular could add unwanted calories.

At the Vancouver Olympics, dairy farmers trucked in about 85,000 extra quarts (80,000 liters) of chocolate milk.

Canadian athletes won a record-setting 14 gold medals. "I don't know if the milk helped, but it can't have hurt," Phillips said.

Still, even those who promote milk as a recovery drink say it cannot entirely replace sports drinks.

Because it is harder to digest, people should only drink milk after they are finished exercising, not during.

In comparison, sports drinks like Gatorade have easily digestible sugars so athletes can chug it during events to get an instant boost.

Whitmore says it may be a tough sell to persuade people to swap their sports drinks or even water, for milk.

"Most gym goers have very particular routines," he said, acknowledging he takes a bit of ribbing for his milk habit from his rugby teammates. "They call me the Milky Bar kid."

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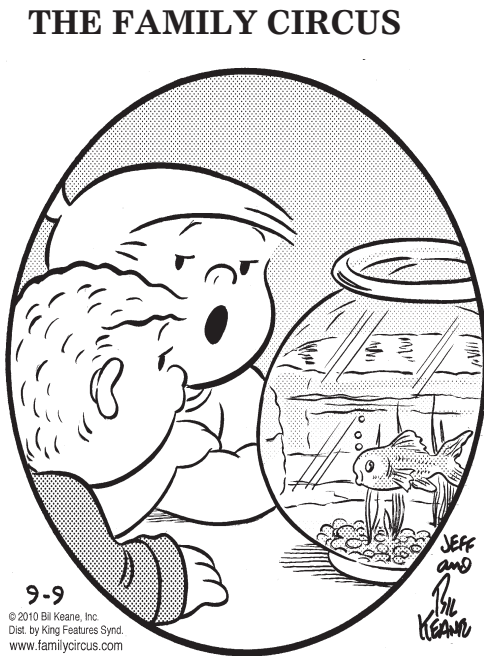
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	KMID (3) Midland	UNI (4) Spanish	KPEJ (5) Odessa	KOSA (7) Odessa	KTLE (8) Telemundo	KWES (9) Midland	WTBS (11) Atlanta	KMLM (12) Odessa	KPBT (13) Odessa	KWTT (14) Odessa	DISC (20) Discovery	AMC (21) Classics	SPIKE (22) Spike TV	TNT (23) Atlanta	BET (26) Black Ent.	DISN (27) Disney	ESPN2 (28) Sports	ESPN (29) Sports
5:PM	News ABC	Vida Notic.	Lopez News	News News	Noticias Noticiero	News News	King King	Granger Brad	BBC Business	King King	Cash Cab Cash Cab	Movie: The Enforcer, Harry Guardino	Scene Investigation	Law & Order	106 & Park: BET's Top 10 Live	Good Hannah	Nation Pardon	SportsCenter
6:PM	Jeopardy! Wheel	Lena de Amor (SS)	Two Men Two Men	News Ent	El Cartel II	News NFL Kickoff 2010	Seinfeld Seinfeld	Sala Charles	PBS News-Hour	'70s '70s	MythBusters	Gangland	Bones		Phineas Phineas	SportsCenter	NFL Live	
7:PM	Wipeout	Hasta que el Dinero	Bones	Big Brother	El Clon	NFL Football: Minnesota Vikings at New Orleans Saints.	Movie: Stomp the Yard, Ne-Yo	Upd Sprna	Texas Parks	The Vampire Diaries	Pitchmen	Movie: Sudden Impact, Pat Hingle	Gangland	Law & Order	Movie: A Low Down Dirty Shame	Movie: 16 Wishes	Tennis: U.S. Open, Men's Quarterfinals and Mixed Doubles Final.	College Football: Auburn at Mississippi State.
8:PM	Rookie Blue	Soy Tu Dueña (SS)	Fringe	CSI: Crime Scene	El Fantasma de			Fam. Guy Fam. Guy	Myths and Heroes	Married Married	MythBusters	(-15) Movie: Sudden Impact, Pat Hingle	Gangland	Movie: Men in Black, Linda Fiorentino	Game Game	Phineas Phineas		
9:PM		Desafio-Gran	Simpsons Friends	The Mentalist	Alguien te Mira			Lopez Fam. Guy	Charlie Rose	Roseanne Roseanne	Pitchmen	Gangland	Movie: Men in Black, Linda Fiorentino	The Mo'Nique	Deck Deck	MLS Soccer		
10:PM	News Nightline	Impacto Noticiero	Raymond	News Letterman	Noticias Titulares	News		Alewine Van Impe	Bill Cloud Swallow	BBC Bernie	Pitchmen	MAN	Dark Blue	Wendy Williams	Hannah Hannah		NFL Live	
11:PM	Jimmy Kimmel Live	La Verdad Oculta	Law & Order: SVU	Late	Alguien te Mira	Jay Leno	Earl Earl	Bill Cloud Swallow	BBC T. Smiley	Cops	MythBusters	MAN	Dark Blue	Movie: A Low Down Dirty Shame	Wizards Wizards	NASCAR Basketball	SportsCenter	
12:AM	Extra Paid	Tontas Cielo	King-Hill	Insider	Pagado		Sex/City	World	Mad Men	MAN	(-32) Movie: Thunderheart, Sam Sheppard	MAN	Rizzoli & Isles	Suite Life Suite Life			SportsCenter	
1:AM	Paid	Cero	RENO 911	Paid	Pagado		Poker After Dark	Light of the Southwest										



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"JUST CHECKIN' TO SEE IF YOU GUYS ARE HAVIN' TROUBLE SLEEPIN', TOO."



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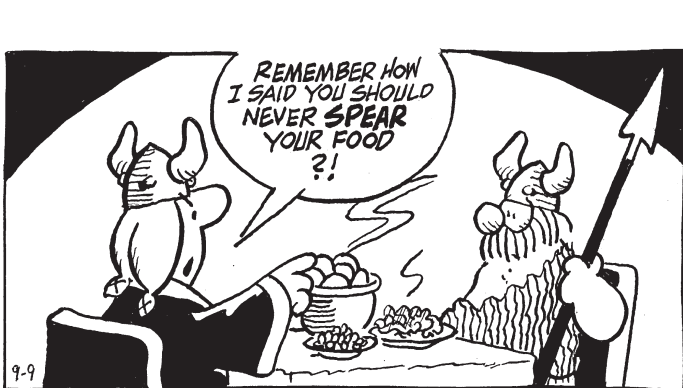
"When goldfish die they can be either buried or flushed."



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YOU NEED MORE WORK ON YOUR TABLE MANNERS, HAGAR!

WHAT AM I DOING WRONG?



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REMEMBER HOW I SAID YOU SHOULD NEVER SPEAR YOUR FOOD ?!



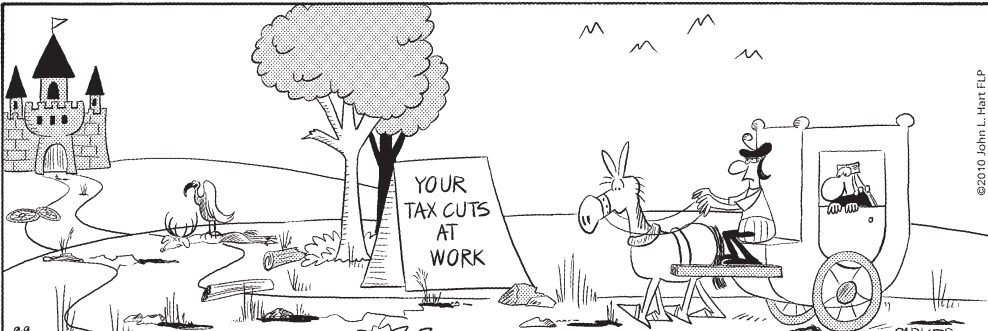
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FLASH MOB



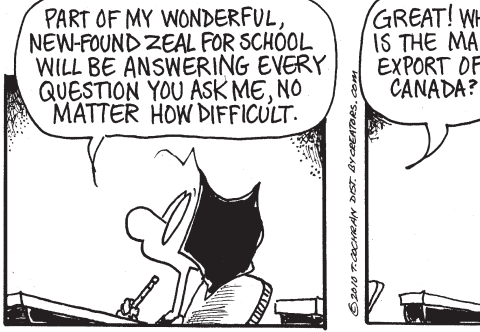
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A GUST OF WIND AT A TRENCH COAT CONVENTION.



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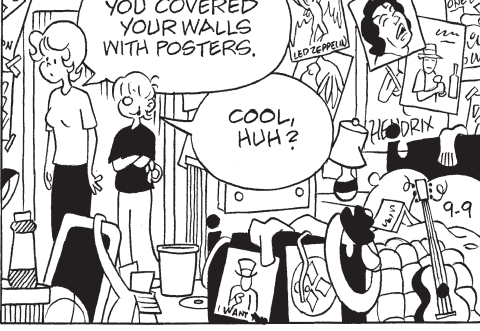
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HI AND LOIS



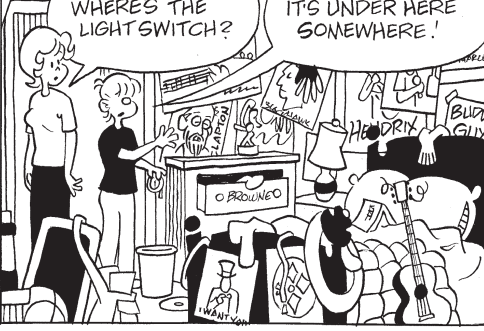
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THE OTHER COAST



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SNUFFY SMITH



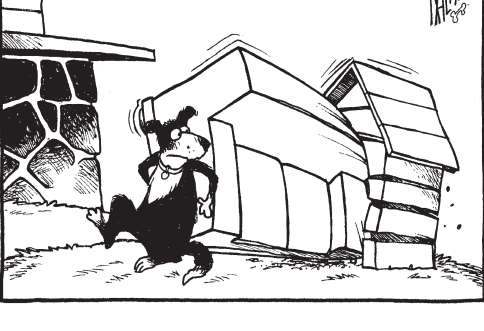
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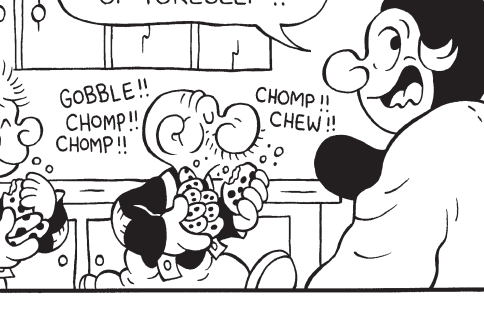
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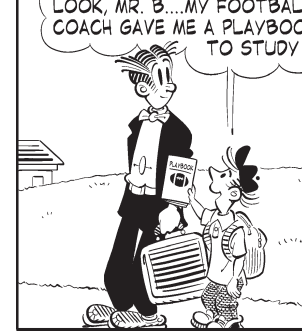
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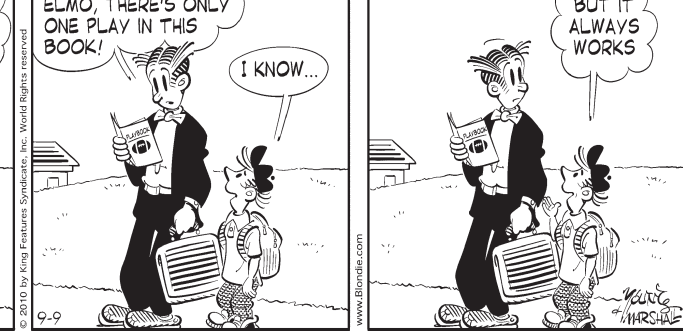
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BLONDIE



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BLONDIE

This Date In History

Today is Thursday, Sept. 9, the 252nd day of 2010. There are 113 days left in the year.

Today's Highlight in History:

On Sept. 9, 1850, California became the 31st state of the union.

On this date:

In 1776, the second Continental Congress made the term "United States" official, replacing "United Colonies."

In 1830, Charles Durant flew a balloon from New York City across the Hudson River to Perth Amboy, N.J.

In 1919, some 1,100 members of Boston's 1,500-man police force went on strike. (The strike was broken by Massachusetts Gov. Calvin Coolidge, who brought in replacement officers.)

In 1926, the National Broadcasting Co. (NBC) was incorporated by the Radio Corp. of America.

In 1948, the People's Democratic Republic of Korea

(North Korea) was declared.

In 1957, President Dwight D. Eisenhower signed into law the first civil rights bill to pass Congress since Reconstruction.

In 1960, in the first regular-season American Football League game, the Denver Broncos defeated the Boston Patriots, 13-10.

In 1971, prisoners seized control of the maximum-security Attica Correctional Facility near Buffalo, N.Y., beginning a siege that ended up claiming 43 lives.

In 1976, Communist Chinese leader Mao Zedong died in Beijing at age 82.

In 1990, Liberian President Samuel K. Doe was killed after being captured by rebels.

Today's Birthdays: Actor Cliff Robertson is 87. Actor Topol is 75. Rhythm-and-blues singer Luther Simmons is 68. Singer Inez Foss is 68. Singer Dee Dee Sharp is 65. Rock singer-musician Doug Ingle is 64. Country singer Freddy Weller is 63. College Football Hall of Famer and former NFL player Joe Theismann is 61. Rock musician John McFee (The Doobie Brothers) is 60. Actress Angela Cartwright is 58. Actor

Hugh Grant is 50. Actress Constance Marie is 45. Actor Adam Sandler is 44. Rock singer Paul Durham (Black Lab) is 42. Model Rachel Hunter is 41. Actor Goran Visnjic (VEEZ'nihch) is 38. Pop-jazz singer Michael Buble' (boo-BLAY') is 35. Country singer Joey Martin (Joey + Rory) is 35. Latin singer Maria Rita is 33. Actress Michelle Williams is 30.

Thought for Today: "To be happy with a man you must understand him a lot and love him a little. To be happy with a woman you must love her a lot and not try to understand her at all." — Helen Rowland, American writer, journalist and humorist (1876-1950).

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Answer to previous puzzle

CZAR	OPEN	SHAMS
HERO	NAPE	TEHEE
EBRO	FLEX	ALERT
FROM	TIMET	OTIME
SAWYER	NIX	
	REC	SIC
RAZOR	REPO	POCO
EVERY	NOW	AND
SORE	EWER	HANDY
TWO	EVE	SEA
	PRE	SKULKS
ON	RARE	OCCASION
LUAUS	LIAI	OKRA
EZINE	INFO	FEAR
DOLED	SKIEW	ANNE

Newsday Crossword

OUT OF SIGHT by David W. Cromer
Edited by Stanley Newman
www.stanxwords.com

- ACROSS**
- 1 History-book chapter
 - 4 Cattle breed
 - 9 Declined
 - 14 Something levied
 - 15 Ross once of Motown
 - 16 Breakfast spread
 - 17 Formal accessory
 - 18 Departments with slicers
 - 19 South Pacific role
 - 20 One working a sting
 - 23 Flying formations
 - 24 Inflight announcement
 - 25 Is concerned
 - 28 Bill surprise
 - 34 Raspy-voiced
 - 36 Cuisine
 - 37 Doc bloc
 - 38 Big group
 - 39 Job bios
 - 41 Amp plug-ins
 - 42 NASCAR sponsor
 - 43 "Candy is dandy..." poet
 - 44 Harpsichord cousin
 - 46 Some superheroes
 - 49 Is good enough for
 - 50 Wool-coat owner
 - 51 Elemental unit
 - 53 Yale's Skull and Bones, for one
 - 59 Frat letter
 - 61 Jetsons maid
- DOWN**
- 1 Caesarean phrase
 - 2 Drops from the sky
 - 3 Chopped down
 - 4 Formal speech attendee
 - 6 Shoe covering, at times
 - 7 College grp.
 - 8 Epistolary courtesy: Abbr.
 - 9 Out of the DVD player
 - 10 Complain about
 - 11 Minor anomaly
 - 12 Right-angle shape
 - 13 Cobbler's accessory
 - 21 All possible
 - 22 Starts over with
 - 25 Large breach
 - 26 Where blood pressure is highest
 - 27 Stepless access
 - 29 "___ shoe fits..."
 - 30 ___ number on (psych out)
 - 31 Hard to discern
 - 32 Intro giver
 - 33 Bridge positions
 - 35 Dodger
 - 40 School of thought
 - 41 Where Little Havana is
 - 43 Game-show prizes
 - 45 Systematic action
 - 47 Persist with
 - 48 Bahamian capital
 - 52 Slaves away
 - 53 Joyride
 - 54 Son of Aphrodite
 - 56 Old Testament prophet
 - 57 Pond dweller
 - 58 Fluctuate
 - 59 Food-chain letters
 - 60 Exist

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63						64				65		
66						67				68		

Kinsler, Cruz homer as Rangers beat Blue Jays 8-1

TORONTO (AP) — First place is a lot more fun when you win. Just ask the Texas Rangers.

Ian Kinsler led off the game with a home run, Derek Holland won for the first time since mid-May and the AL West-leading Rangers stopped their five-game losing streak with an 8-1 victory over the Toronto Blue Jays on Wednesday night.

"When you're not doing what you want to do, the mood can get somber," Rangers manager Ron Washington said. "We just had to get back to doing what we can do. Tonight we did, and tonight we had some fun."

Nelson Cruz also homered for Texas, which had lost seven straight to the Blue Jays since a victory on opening day.

"We want to make sure we enjoy this time," Rangers infielder Michael Young said. "It's toward the end of the

season, this is what we've worked so hard for and we're going to enjoy it."

Young and Kinsler said the Rangers returned to their preferred style of play, full of energy and enthusiasm, taking the game to the opponent.

"We forced them to get back on their heels a little bit and that's the type of baseball that we play normally," Kinsler said. "It's nice to get back to that."

Kinsler hit the 13th leadoff home run of his career and first this season. Cruz launched a two-run drive off the center-field restaurant in the ninth, his 17th.

Jeff Francoeur added three hits for the Rangers.

Holland (3-3) left after five scoreless innings. He gave up only three singles and struck out eight.

"I was using all my pitches," Holland said. "Me and (catcher Bengie Molina) were definitely on the same page."

Texas had surrendered seven homers in the first two games of this series but gave up just one in this game, Jose Molina's solo blast in the eighth.

"Derek and the other pitchers did a great job and we stopped them from putting up runs via the home run," Washington said. "I do believe that as long as we can keep them in the ballpark, we're going to beat them."

Holland had lost his past three decisions, and was winless since beating the Angels on May 17. He missed 54 games in June and July with shoulder and knee problems and returned to the rotation last week when righty Rich Harden was moved to the bullpen.

The left-hander was hit hard in his only other appearance against the Blue Jays, allowing a career-high 10 runs in three innings of an 18-10 home loss on Aug. 31, 2009.

Molina's drive to left was the only run for the Blue Jays, who extended their streak of games with at least one homer to 10.

The crowd of 10,616 marked the second straight night and seventh time this season the Blue Jays have played before fewer than 11,000 fans.

Matt Harrison worked the sixth for Texas and Darren O'Day left after Molina's lead-off homer in the eighth. Darren Oliver replaced him and finished the inning before Neftali Feliz pitched the ninth.

Kinsler homered on the fifth pitch of the game from Marc Rzepczynski (1-4), now winless in five starts. The homer was Kinsler's eighth.

"I was just trying to get something started quick, trying to hit a ball hard and get a little fire going," Kinsler said.

It was the Rangers' first leadoff homer since Kinsler connected off Rzepczynski on

Sept. 1, 2009.

Texas added one more in the first when Young walked and Vladimir Guerrero and Francoeur hit a broken-bat single.

Young had an RBI single in the fifth, and the Rangers made it 4-0 with an unearned run off Brian Tallet in the sixth, with Francoeur scoring on a throwing error by shortstop Yunel Escobar.

Bengie Molina hit an RBI single off Josh Roenicke in the Texas eighth and the Rangers capped it with three in the ninth off left-hander David Purcey. Cruz homered to left-center and David Murphy had an RBI single.

Singles by John Buck and Jose Molina and a fielder's choice grounder from Mike McCoy gave Toronto runners at the corners with two outs in the fifth, but Holland ended his outing by getting Escobar to line out to short.

No 'cupcake' as Redskins' Williams debuts vs Ware

ASHBURN, Va. (AP) — Trent Williams walked into the locker room holding a 4-inch binder with hundreds of pages detailing the Washington Redskins offensive game plan. He said it's about 10 times thicker than the game plans he had at Oklahoma.

That's appropriate. His assignment is his first NFL game is going to be about 10 times tougher than what he usually faced in early season games in college.

The No. 4 overall pick gets thrown into the fire right away Sunday night, lining up at left tackle against sackmeister DeMarcus Ware when the Redskins host the Dallas Cowboys.

"It would have been a lot easier to start off with someone not as good," Williams said. "But, you know, it sets the stage."

Ware is averaging more than 10

sacks per year since entering the league in 2005. He piled up 20 in 2008. He has sacked Redskins quarterback Donovan McNabb 7½ times, including twice in Dallas' 34-14 playoff win in January that ended McNabb's career with the Philadelphia Eagles.

Williams, meanwhile, is dealing with the excitement and nerves of his first Week 1 in the NFL.

"I feel both. But me, I'm kind of a mellow dude," Williams said. "I'm really taking it day by day, I'm not trying to overwhelm myself."

And he knows what he's up against.

"I'm about as ready as I'll ever be," Williams said. "It's too late to say I'm not ready. ... We've watched a ton of film. I see what everybody else sees. He's a great player. There are not many weaknesses in his game, but I feel like if I play solid that'll give us a

chance to win."

Williams spent training camp testing himself daily against Brian Orakpo, who had 11 sacks as a rookie a year ago and earned a spot in the Pro Bowl.

Williams has shown outstanding quickness and an ability to recover quickly, but he had a bit of a wake-up call against Terrell Suggs in a pre-season game against Baltimore.

Coach Mike Shanahan compares Williams favorably to Ryan Clady, the All-Pro tackle Shanahan coached in Denver.

"Trent so far has got that athletic ability," Shanahan said. "Hopefully he has that same type of game day expertise and composure, because Ryan had that. And I think Trent has a good chance to have that same demeanor."

Williams has been getting tips from

six-time Pro Bowl tackle Chris Samuels, who retired at the end of last season and has been working with the Redskins as a coaching intern. They've been looking at the video for tendencies Williams can exploit. The problem is that Ware, as Williams put it, "does everything good."

"I think everybody has a tendency to do something," Williams said. "It's just are you good enough to take advantage of that tendency?"

The Redskins need Williams to become a solid anchor in a hurry. Three-fifths of the offensive line is new, and right guard Artis Hicks and right tackle Jammal Brown spent the preseason learning new positions.

Williams is from Texas, so he's spent many Sundays watching Ware and the other great pass rushers in the NFL.



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1. The parade's official Santa Claus will be provided by the Herald
2. Floats should not exceed 55 feet in length, 8 feet in width and 14 feet in height.
3. Antique vehicles will be the only undecorated vehicles permitted without special permission from Parade Committee.
4. Vehicles of a strictly commercial nature will not be permitted.
5. Parade entries not in line by the start of the parade will be placed at the end of the parade and will not be eligible for awards.
6. For safety, do not throw candy from your float. Small children run up under the tires. Please have someone walking beside your float if you want to throw candy.

2010 Christmas Parade Entry Form

Name of organization: _____

Name of contact person: _____

Mailing address: _____

Telephone number: _____

You will receive by return mail, your float number and a map showing where to go to line up.

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Fax (432) 264-7205

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