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50 CENTS DAILY/\$1.25 SUNDAY

City, Atmos agree to dea

By THOMAS JENKINS

Staff Writer

The city of Big Spring — led by a group of West Texas cities working together — has finally reached an agreement with Atmos Energy re-



garding the company's requested rate increase, an agreement that should keep local customer's gas bill at the same rate as previous years.

The city, along with the steering committee representing many cities in Atmos Energy's West Texas Division, began negotiations earlier this year when the company requested a rate increase, according to City Fi-

Walker

nance Director Peggy Walker.

"Atmos filed for a rate increase back in February. Our city, along with all of the other cities in the West Texas Division, suspended the effective

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HERALD photo/Steve Reagan

Mustang Draw Woodcarver's Club members James Fryar, left, and Lloyd Claxton, display some of their artwork. The club will hold its annual show and sale beginning Monday at Dora Roberts Community Center.

Working with wood

Carvers to host annual show starting Monday

By STEVE REAGAN

Staff Writer

To most of us, a block of wood pretty much looks like a block of wood. To a woodcarver, however, it's a canvas.

Members of the Mustang Draw Woodcarver's Club will both display their works of art and teach you a thing or two about their craft when their annual Show and Sale begins Monday at the Dora Roberts Community Cen- See WOOD, Page 3

ter.

As part of the annual exhibition, club members will hold classes from Monday to Thursday on various forms of wood-



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241058

Be warm, but be safe, too

Officials urge safety when firing up heaters for first time

By THOMAS JENKINS

Staff Writer

With nighttime temperatures dipping into the mid-to-low 50s, many area residents are firing up their heating units for the first time this season, a task local

officials say could turn dangerous if certain precautions aren't taken.

Big Spring Fire Marshal Carl Condray said the first cold-snap of the fall season usually signals an upswing in the number of fire and smoke related calls he and Condray the firefighters with the Big Spring Fire Department re-

spond to.

"When the temperature begins to fall and people start looking for ways to stay warm, we usually see an increase in calls," Condray said. "Some are just smoke scares, but some of them are very serious, even life threatening."

Condray said one of the most common dangers comes from heating units that haven't been used since the winter and late spring.

"Make sure that your heater is ad-

"When the temperature begins to fall and people start looking for ways to stay warm, we usually see an increase in calls. Some are just smoke scares, but some of them are very serious, even life threatening."

> Carl Condray **Big Spring Fire Marshal**

equately prepared for the season," Condray said. "By that I mean have it serviced by an air conditioning and heating professional. You can also have the gas company come out and check it over. Homeowners can also help reduce the risk of a fire by checking their filter. A clean filter will allow the unit to be more effective and the fan unit to operate better.

"It also doesn't hurt to go out and take a look at your burners before you fire them up. Make sure they're clean and free of debris. A lot of times, when people don't have their heating unit serviced for several years, the burning will cause a lot of carbon build-up on the pilot lights and on the flames. If that happens, you're not going to get a good mixture, which is indicated by a yellow burning flame. A good, proper flame will be blue."

And while many residents will turn to central heating systems for comfort when the mercury drops, others will rely on space heaters.

According to officials with the U.S. Consumer Product Safety Commission, more than 25,000 residential fires in the United States every year are associated with the use of space heaters.

The CPSC suggests the following guidelines for safely using space heaters:

 Select a space heater with a guard around the flame area or the heating element. This will help keep children, pets and clothing away from the heat source.

 When selecting a heater, look for one that has been tested and certified by a nationally recognized testing laboratory. These heaters have been determined to meet specific safety standards, and

See **HEAT**, Page 2



LOCAL

Police blotter

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

• DAVID ANTHONY JUAREZ, 25, of 2502 Cheyenne, was arrested Wednesday on warrants for failure to appear (five counts), driving while license invalid (two counts), failure to maintain financial responsibility, expired registration, no driver's license – when unlicensed, expired motor vehicle inspection, juvenile curfew violation, possession of alcohol by a minor and failure to use child safety seat.

• ADRIANNE DENISE CREEKMORE, 48, of 2505 Larry Dr., was arrested Wednesday on a warrant from another agency.

• ANTHONY DELAGARZA, 47, of 1605 State St., was arrested Wednesday on a charge of assault causing bodily injury – family violence.

• STEPHANIE ELAINE BAKER, 32, of 1606 Settles, was arrested Wednesday on a warrant from another agency.

• LANCE WAYNE LAND, 23, of 1606 Settles, was arrested Wednesday on a warrant for bail jumping – failure to appear.

• JERAD LEE MILGRIM, 35, of Clarks Mills, Pa., was arrested Wednesday on a charge of public intoxication.

• ROBERT LYNN MILGRIM JR., of Neosho, Mo., was arrested Wednesday on a charge of impersonating a public servant.

• BURGLARY OF A HABITATION was reported: In the 500 block of N. Goliad.

In the 900 block of Sgt. Paredez.

• THEFT was reported in the 2600 block of Lynn.

Sheriff

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

Note — Officials with the Howard County Jail reported having 75 inmates at the time of this report.

• ADRIANNE DENISE CREEKMORE, 48, was booked into the county detention center Wednesday by the BSPD on a warrant for failure to appear – driving while intoxicated (third or more offense).

• STEPHANIE ELAINE BAKER, 32, was arrested Wednesday by the HCSO on a motion to adjudicate guilt for fraudulent possession of a controlled substance prescription.

• ROBERT LYNN MILGRIM JR., 34, was arrested Thursday by the HCSO on a charge of impersonating a public servant.

• LANCE WAYNE BIDDLE LAND, 23, was arrested Thursday by the HCSO on a charge of bail jumping – failure to appear.

• JERAD LEE MILGRIM SR., 35, was arrested Thursday by the HCSO on a charge of public intoxication.

• KARLY SHEA BUCHANAN, 22, was booked into the county detention center Thursday by the BSPD on a charge of driving while intoxicated - blood alcohol more than 0.15.

• MANUEL SOSA IV, 19, was booked into the county detention center Thursday by the BSPD on a charge of burglary of a habitation and municipal capias warrants for disorderly conduct fighting, assault by threats and minor in consumption of help defer medical costs and mounting bills. All alcohol.

Take Note

• The Yellow Rose Café, located inside Scenic Mountain Medical Center, is the featured Dine Out Day sponsor for United Way through Oct. 21. The café is open from 11:30 a.m. until 1:30 p.m. As a Dine Out Day sponsor, a portion of the proceeds will be donated to the United Way of Big Spring and Howard County 2013 campaign.

• The Big Spring Area Retired Teachers Association will meet at 11:30 a.m. Monday in the Cactus Room, Howard College. Members will share a Dutch treat meal followed by the meeting. Craig Bailey, Chairman, Howard County Republican Party, and Walter Shipman, Howard County Democratic Party Chairman, will speak at noon. After their presentations there will be a question and answer opportunity. Membership in the Big Spring Area Retired Teachers Association is open to any retired person who is eligible for the Teacher Retirement System. The RTA meetings are always open to any interested person, and the programs are generally applicable to any retired individual.

 An account has been set up at Western Bank for Kristen Lasater and family, who lost their home to a house fire Monday afternoon. The account number, for those wanting to make a donation, is 1004597.

• Jo Anna Bailey, an aide for many years at Washington Elementary School, has been diagnosed with cancer. A medical donation account has been established for her at the Big Spring Education Credit Union, located at 1110 Benton. Your generosity will enable her to have much-needed tests and treatment.

• Big Spring High School cheerleaders will be having the third annual "Pink" pep rally in honor of breast cancer awareness month Friday at 10:30 a.m. in the Steer Gym. They would like to invite all breast cancer survivors, or those still battling this disease, to the pep rally. There will be a special section for them to sit in. All proceeds will be sent to the Susan G. Komen Foundation.

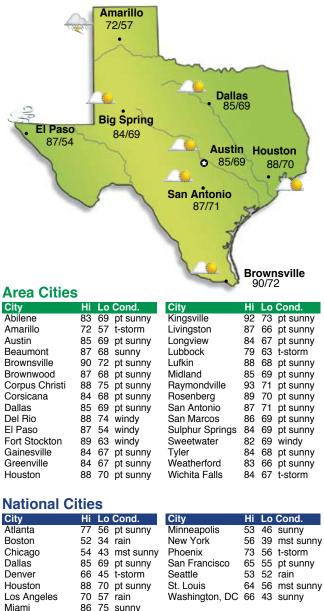
 The Howard County Humane Society and Sierra Animal Clinic have teamed up for a fundraiser to benefit the United Way of Big Spring and Howard County. Saturday, from 8 a.m. until noon, your dog or cat can have a parvo, distemper shot for a donation of \$10 or a rabies shot for a donation of \$5 or both for a donation of \$15. Dogs must be on leashes and cats in carriers. The benefit will be held at the Humane Society, 5710 IH 20 West.

• Compass Hospice is in need of your help. If you would be interested in offering your love and God's comfort to those who are suffering, or to their families, contact Michelle Coutermarsh at 263-5999 or come by 602 S. Main. Volunteers are needed in many categories including patient care. You may give as much or as little time as you wish. Any amount of time is greatly appreciated. Training is offered free of charge.

• An account has been established at Big Spring Community Federal Credit Union in the name of Glenda Berger, who was recently diagnosed with inoperable lung cancer. Donations will be used to donations are greatly appreciated. Call Big Spring Community Federal Credit Union at 800-299-6761. The Big Spring State Hospital Volunteer Services Council needs assistance in The Chalet Resale Shoppe, 115 East Second St. The Chalet Resale Shoppe is a fast-paced retail shop specializing in gently worn clothing and small household appliance. Volunteers are needed to sort, price, check out and stock donated items. Volunteer hours are flexible. The Chalet is open 10 a.m. to 1 p.m., Monday through Friday and 10 a.m. to 2 p.m. on Saturday. For more information, contact Jamey Stegall at james.stegall@dshs.state.tx.us or 432 268-7535.

Today	Today's Weather											
Local 5-Day Forecast												
^{Sat} 10/13	^{Sun} 10/14	Mon 10/15	Tue 10/16	Wed 10/17								
			27444									
84/69 Morning clouds fol- lowed by af- ternoon sun.	83/55 Morning clouds fol- lowed by af- ternoon sun.	82/61 Mix of sun and clouds. Highs in the low 80s and lows in the low 60s.	85/62 Abundant sunshine. Highs in the mid 80s and lows in the low 60s.	87/59 More sun than clouds. Highs in the upper 80s and lows in the upper 50s.								
Sunrise: 7:48 AM Sunset: 7:16 PM	Sunrise: 7:49 AM Sunset: 7:15 PM	Sunrise: 7:49 AM Sunset: 7:14 PM	Sunrise: 7:50 AM Sunset: 7:13 PM	Sunrise: 7:51 AM Sunset: 7:12 PM								
We Celebrate Hometown Life Stories for and about hometowns just like yours. Look for us each week in this paper.												

Texas At A Glance



Moon Phases



• ANTHONY DELAGARZA, 47, was booked into the county detention center Thursday by the BSPD on a charge of assault – family violence.

Fire/EMS

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

• TRAFFIC ACCIDENT was reported in the area of S. Highway 87. One person was transported to SMMC.

• TRAFFIC ACCIDENT was reported in the area of Ranch Road 33. Four people were transported to SMMC.

• TRAFFIC ACCIDENT was reported near the intersection of S. Gregg Street and 17th Street. One person was transported to SMMC.

• MEDICAL was reported in the 900 block of W. Second Street. One person was transported to SMMC.

• TRAUMA was reported in the 1800 block of N. Lamesa. One person was transported to SMMC.

• MEDICAL was reported in the 3200 block of W. Highway 80. One person was transported to SMMC.

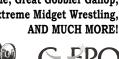
www.turkeyfest.org

JJero

tober

Celebrate the 100th Anniversary of the Cuero Turkey Trot with Arts & Crafts, Movies With Ruby, IBCA BBQ Cook-Off, Poker Tourney, Race Your Own Turkey, Carnival, Parade, Great Gobbler Gallop, **Casey Donahew Band Extreme Midget Wrestling**,

Jason Boland and The Stragglers **Cory Morrow Texas Tornados Charlie Robison Scott Taylor Band** Clay Crockett **Ashley Duderstadt**



• Every Friday night from 7:30 p.m. until 10 p.m. is dance night at the Senior Citizen Center. The cost is \$8 per person.

 An account has been established at American State Bank to help defray medical expense for Brad 'Ghost" Ugstad, a local resident who was severely injured in a motorcycle accident. All donations will be appreciated.

• Mobile Meals is in need of volunteer delivery drivers. If you can donate one hour per week to help deliver meals to the elderly, call Macaria Cantu at 263-4016.

 Spring Tabernacle Ministries, 1209 Wright St., has a brief, inspirational message before giving away food and clothing on Thursday mornings. It's a great way to work off community service and get help, too. Be there at 9 a.m.-11 a.m. and get two for one plus a rehab meeting.

 Home Hospice is seeking volunteers. Volunteers are needed for in office duties as well as sitters, deliveries and crafts. To find out more information or to volunteer contact Sherry Hodnett at Home Hospice by calling 264-7599.

• Hangar 25 Air Museum needs your help. We are in need of volunteers to fill a variety of positions such as tour guides, front desk, clerical, events, and many others. Set your hours and days of the week you are available. Meet new people and enjoy a rewarding experience. For more information, contact Emma Bogard at 432-267-2963.

• The Homeownership Preservation Foundation (HPF) is an independent national nonprofit dedi-

UV	Index		

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High	High	High	High	High
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cated to helping distressed homeowners navigate financial challenges and avoid mortgage foreclosure

If you want to stop foreclosure and are in need of foreclosure help, the time to call 888-995-HOPE is now.

The Homeowner's HOPE hotline is a counseling service provided by HPF to work with you to find a solution to your problem. HPF can provide counseling free of charge, in English and 170 other languages, 24 hours a day, 7 days a week, 365 days a year. Free free foreclosure help, call the hotline.

 The Salvation Army has funding for Texas Military Personnel now serving or has served in Iraq or Afghanistan.

The military member or their family member may apply at 811 W. Fifth St. or call 267-8239. The grant is funded by the TRIAD Fund of Permian Basin Area Foundation.

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Texas affirmative action plan in trouble at court

WASHINGTON (AP) — The fate of the University of Texas' affirmative action program rests with the Supreme Court, where skeptical conservative justices indicated they are ready to impose new limits on the use of race in college admissions.

Liberal justices more supportive of affirmative action worried variously at Wednesday's argument that the court would either eviscerate its 9-year-old ruling upholding the use of race or enmesh federal judges around the country in evaluating college admissions programs.

Depending on how broadly the court rules, the decision could affect not only public colleges but most private ones as well. That's because federal civil rights law prevents discrimination by institutions that receive federal money.

"A decision condemning Texas' admissions procedures might well be taken, depending on how it was written, to confound and restrict (our) effort to assemble diverse student bodies," 37 small private colleges in 12 states told the court in a written submission. More than five dozen private schools, including the eight Ivy League colleges, chimed in to support the Texas plan.

The court heard arguments in a challenge to the program from a white Texan who contends she was discriminated against when the university did not offer her a spot in 2008.

Abigail Fisher, 22, the rejected student who sued, was among the hundreds of spectators at the arguments. Also in attendance was retired Justice Sandra Day O'Connor, who wrote the majority opinion in a 2003 case, Grutter v. Bollinger, that upheld the use of race in college admissions.

Changes in the court's makeup since then, especially O'Connor's departure, could affect the outcome of the Texas case.

Justice Samuel Alito, O'Connor's successor, has voted consistently against racial preferences since he joined the court in 2006 and appears likely to side with Fisher.

Among the liberal justices who looked more favorably on the Texas admissions system was Justice Sonia Sotomayor. She told Bert Rein, Fisher's Washingtonbased lawyer: "So you don't want to overrule Grutter, you just want to gut it."

Assault suspect shot, killed by Houston officer

HOUSTON (AP) — A Houston officer has fatally shot a suspect who allegedly beat some neighbors and then refused to cooperate with police.

Police spokesman John Cannon says the shooting

happened early Thursday.

Cannon says the incident began with a 911 call about a neighbor breaking into a home, assaulting a man and his two children for no apparent reason and then fleeing. The victims, who suffered minor injuries, identified the suspect.

Police say Officer J. Rosemon went to a nearby home to talk to the suspect, who refused to show what he held behind his back.

Police say Rosemon opened fire when the combative man approached in a threatening manner. The suspect died at a hospital. His name wasn't immediately released.

The uninjured officer has been put on administrative duty.

Fort Hood suspect's beard case at appeals court

FORT WORTH (AP) — An Army appeals court will hear arguments Thursday about an issue that has indefinitely postponed the murder trial for the suspect in the worst mass shooting on a U.S. military installation: his beard.

Maj. Nidal Hasan, charged in the 2009 shooting rampage at Fort Hood in Texas, has appealed the trial judge's order that he will be forcibly shaved before his court-martial unless he shaves himself. The Army psychiatrist argues that the order violates his religious rights.

The American-born Muslim has said he grew a beard because his faith requires it, and that he believes dying without a beard is a sin.

Hasan, 42, faces the death penalty or life in prison without parole if convicted in the Nov. 5, 2009, attack that killed 13 people and wounded more than two dozen others at the sprawling Army post, which is about 130 miles southwest of Dallas. His court-martial was set for August, but all court proceedings in the case have been put on hold as the beard issue goes through the appeals process.

The U.S. Army Court of Criminal Appeals at Fort Belvoir in Virginia will hear oral arguments. The court also will hear from government attorneys who have said forcibly shaving Hasan would not violate his religious rights, and that the judge has the authority to enforce the Army rule prohibiting beards.

Hasan will not be at the hearing, Fort Hood officials said. It's unclear when the court will make a decision.

The Army has specific guidelines on forced shaving. A team of five military police officers restrains the inmate "with the reasonable force necessary," and a medical professional is on hand in case of injuries. The shaving must be done with electric clippers and must be videotaped, according to Army rules.

HEAT

Continued from Page 1

manufacturers are required to provide important use and care information to the consumer.

• Buy a heater that is the correct size for the area you want to heat. The wrong size heater could produce more pollutants and may not be an efficient use of energy.

• Read and follow the manufacturer's operating instructions. A good practice is to read aloud the instructions and warning labels to all members of the household to be certain that everyone understands how to operate the heater safely. Keep the owner's manual in a convenient place to refer to when needed.

• Keep children and pets away from space heaters. Some heaters have very hot surfaces. Children should not be permitted to either adjust the controls or move the heater.

• Keep doors open to the rest of the house if you are using an unvented fuel-burning space heater. This helps to prevent pollutant build-up and promotes proper combustion. Even vented heaters require ventilation for proper combustion.

• Never leave a space heater on when you go to sleep or leave the area. For fuelfired heaters, dangerous levels of carbon monoxide could accumulate or uncontrolled burning could cause a fire.

• Never use or store flammable liquids — such as gasoline — around a space heater. The flammable vapors can flow from one part of the room to another and be ignited by the open flame or by an electrical spark.

• Be aware that mobile homes require specially designed heating equipment. Only electric or vented fuel-fired heaters should be used.

• Place heaters at least three feet away from objects such as bedding, furniture and drapes. Never use heaters to dry clothes or shoes. Do not place heaters where towels or other objects could fall on the heater and start a fire.

For more information on heater safety, visit the CPSC online at www.cpsc.gov

Contact Staff Writer Thomas Jenkins at 263-7331 ext. 232 or by e-mail at citydesk@ bigspringherald.com

WOOD

Continued from Page 1

carving, ranging from beginner's work to more advanced art.

The club will provide all the supplies you'll need for the classes. Costs vary, but club members say they are quite affordable. taught by James Fryar.
Lloyd Claxton will instruct a class on bark carvings

• A class on relief carving will be taught by Jim Stewart of Odessa.

On Friday, the club will hold its annual show, where items subChoice. The last award will be voted on by the public attending the final day sale.

Fryar and Claxton said the sale will be an excellent time for people to buy unique gifts. In addition, there will be drawings for a handfundraiser of the year. Proceeds will pay for both the show and other club expenses during the year, Fryar said.

The club, which had as few as 20 members in recent years, now has more than 40 enthusiasts attending the club meetings, which are held the third Monday of every month at the Sibley Center in Midland.

Casey said, is simple the craft appeals to everybody.

"We've got a retired college professor, and we've got some guys who never finished school," Casey said. "We've got welders, housewives, men, women, children,

which will be in front of the east door of the Big Spring Wal-Mart starting at 9 a.m. Saturday.

For more information on this year's event, contact Fryar at 399-4510 or 270-2510.

Contact Staff Writer Steve Reagan at 263-7331 ext. 235 or by e-mail at reporter@bigspringherald.com

Classes scheduled for this year are:

• Beginner's class

mitted 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

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

There is no admission charge to the sale.

's This is the club's only

The reason membership has blossomed, you name it."

People wanting an advance sneak peek at some of the items which will be on displayed are invited to visit the group's booth

MYERS & SMITH funeral home & chapel

24th & Johnson 267-8288

Charles R. Campanella, 68, died Thursday. The family will receive friends from 6 p.m. until 8 p.m. tonight at Myers & Smith Funeral Home. Graveside services with Military Honors will be at 2 p.m. Friday at Texas State Veterans Cemetery at Abilene.

COWBOYS STEAKHOUSE AND RESTAURANT \$1.00 Off Adults 50¢ Off Children Sunday Only 11-3 Buffet or Any Entree \$7.95 or above 1 Coupon Per Person

1 Coupon Per Person Must Be Presented For Discount Expires 10-31-12 239962

CITY

Continued from Page 1

date, giving us a chance to review it," Walker said. "Later, we came back and denied (the rate increase) and said they were over-earning and went into negotiations. Typically, these negotiations are with a group of cities fighting with an energy company and that, in itself, can be tough enough.

"In this case there were actually three factors because there was a group of cities, which Big Spring was part of, the energy company and then Lubbock and Amarillo. They (Lubbock and Amarillo) were a separate entity within these negotiations because they had established already rates for their citizens, which were considerably lower than anyone else in West Texas. They fought tooth and nail to maintain those low rates. It was a very difficult process. I don't know how many meetings we had, conference calls, e-mails and communications back and forth."

According to Walker,

rate increase estimated at \$11.6 million. Despite the breakdown in negotiations — which ultimately led to the matter going before the Texas Railroad Commission — Walker said Tuesday night an agreement has been reached.

Atmos was requesting a

"We have reached a negotiation," Walker said. "Atmos did not get the amount of money they were requesting and we agreed on a much lower amount. All of that rate increase, that additional revenue, will be absorbed by the residents of Lubbock and Amarillo. They brought that right up to the agreement they presented to the Railroad Commission and they presented testimony and pleadings at the commission. However, it was a unanimous agreement that has been approved.

"Our citizens basically will see no increase with some slight variations based on service charges. Base rates will go up, which was approved by the Railroad Commission, however, the commodity charge has gone down considerably. When you add those two together, your

gas bill should be fairly identical to what it's been in the past."

Also during Tuesday's meeting, the council voted unanimously to approve first reading of a franchise agreement between the municipality and Atmos.

"Our current agreement with Atmos Energy expires at the end of this month. This is simply a renewal of that agreement," Walker told the council. "The terms are identical ... It allows Atmos to use the city's right-of-ways, alleys, easements and streets in order to provide service to our citizens. In exchange for their use of our right-of-way they pay 3.5 percent of their gross receipts.

"Obviously, that charge is passed along to all of their customers. This franchise agreement also allows



the city the right to increase the franchise fee every five years, with the knowledge if we do, in fact, increase the franchise fee it is immediately passed along to their customers, our citizens. Currently, we get about \$170,000 annually from that franchise agreement."

Also during the meeting, the council approved:

• First reading of resolutions amanding and authorizing representatives empowered to transmit and withdraw funds from TexPool and TexSTAR.

• Emergency reading of a resolution adopting a citizen complaint procedure and citizen

participation plan as part of the Texas Community Development Block Grant Program application.

• Award contract for engineering services as part of the Texas Department of Agriculture Grant Application for water system improvements.

• Approval of an agreement between the city and Parkhill, Smith & Cooper Inc. for professional services for the 2013 water distribution systems improvement project.

Contact Staff Writer Thomas Jenkins at 263-7331 ext. 232 or by e-mail at citydesk@bigspringherald.com



100% Financing Available

OPINION

DITORIAL

"Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances."

-FIRST AMENDMENT

Opinions expressed on this page are those of the Editorial Board of the Big Spring Herald unless otherwise indicated.

Bill McClellan Managing Editor

Brian McCormack Sports Editor

Steve Reagan Staff Writer **Thomas Jenkins** Staff Writer

OTHER VIEWS **Politcs** putting indigent women's care in jeopardy

bortion has always been a controversial issue and will always be one. Whenever the political live wire of ■abortion is thrust into the political arena for any reason, it should be considered only on its own merits. Unrelated issues should never be dragged into the stubbornness, emotional arguments and political controversy involved with abortion.

Sadly, that is just what happened in Texas with the federally backed Women's Health Program (WHP). When another issue, of health care for indigent women, became linked to abortion, Texas lost \$35 million in annual federal funding. The loss of the federal dollars threatened wellness examinations, cancer screenings and contraception for 130,000 economically challenged women in the state.

Now the state is in the process of establishing a Texas Women's Health Program that will be state-funded, but the controversial issue of abortion again stands in the way of women's health care.

One of the proposed rules for the program would prevent participating physicians from providing "counseling concerning the use of abortion as a method of family planning." Physician groups have objected to the proposed rule on the basis of its interference with the patient-physician relationship.

The Texas Medical Association, the Texas Association of Obstetricians and Gynecologists and the Texas Academy of Family Physicians wrote a letter to the Texas Department of State Health Services that read in part, "We strongly oppose any interference into a physician's ability to use his or her medical judgment as to the information that is in the best interest of his or her patient."

Eat crow and pray for Joe hen Barack Obama their veins.

was up by 4 percentage points in the polls, the media said the race was a dead heat.

Now that Obama is down by 4 percentage points in the polls, the media say he is

dead meat. The media giveth, and the media taketh away. Fickle be the name of the media.

The media mindset is dependent not on fact, but on attitude. And now comes a man who can change that attitude: Joe Biden. Say it ain't so,

Joe.

Say it ain't all on you, Joe, as you prepare to meet the Janesville Juggernaut, Paul Ryan, in the "Who Gets Lucky in Kentucky?" vice presidential debate at Centre College in Danville on Thursday.

In some respects, the bar is set low. Mitt Romney beat Barack Obama so soundly in the first presidential debate that the media thought it looked like Mike Tyson vs. Cicely Tyson.

So it's up to you, Joe. The stakes are high. The party faithful are in what Obama senior adviser David Plouffe used to call "bed-wetting" mode.

Big-time blogger Andrew Sullivan wrote in the Daily Beast on Monday: "Obama just essentially forfeited the election. In the first matchup between the two candidates, one was a potential president; the other a dithering wonk. I'm still reeling. I'm sorry if these are not things an Obama supporter should say at this point. But the demoralization is profound."

Wow.

All this after one debate. In the old days, disappointed pundits would open up the whiskey. Now they are opening up

Calm down, Andrew. The

president lost a debate; he didn't lose Seattle to a North Korean missile. The moon is not about to crash into the Earth. "Homeland" is not being canceled.

The British got through the entire Second World War with the motto, "Stay Calm, and Carry On."

The very least Democrats should be able to manage now is. "Eat Some Crow, and Pray for Joe.'

Joe is in a tough spot. If he wins the debate, the media will grumble that it's "only a vice presidential debate" and it doesn't really matter much. But if he loses, the headline will be, "Team Obama 0-2."

But you can do it, Joe. Keep in mind that you were being sworn in as a United States senator when Paul Rvan was 2 years old.

You were made chairman of the Senate Judiciary Committee when Paul Ryan was 16 and dreaming about becoming prom king of Joseph A. Craig High School in Janesville, Wis. True, Paul Ryan did become prom king. But you went on to become chairman of the Senate Foreign Relations Committee, Joe.

You are not chopped liver!

Let the comics have their fun. Let David Letterman say, as he did Monday night: "Joe Biden is taking six days off to prepare for the debate. Six days off from what?"

First of all, it's only three days off. And second, they don't know how hard you work, Joe. They think the president tells you what to do and all you have to do is do it. As if.

Jen Psaki, the Obama campaign's traveling press secretary, was asked by a reporter aboard Air Force One a few days ago: "Does the president work with Vice President Biden in a case like this to go over (the) debate? I mean, is that a natural part of their conversations?"

'I'm not sure if they're having conversations," Psaki replied.

You don't need no stinkin' conversations, Joe. What can Obama tell you, anyway? Look down at the lectern and appear dazed and confused?

Hell, you know how to do that on your own.

Former Michigan Gov. Jennifer Granholm, who helped prep Biden for his debate with Sarah Palin in 2008, told The New York Times that with Ryan "it's a different dynamic" and Biden "can go hard on policy."

Don't do it, Joe. The press does not want 90 minutes of policy. Policy bores the press. The press wants you to rip Ryan up one side and down the other. We saw policy in Denver. In Danville, we want to see blood on the wall.

"Hey, Badger Boy," you should say to Ryan. "How come if you're so sure Romney is going to win, that you're spending \$2 million to hang onto your House seat?"

Stomp him, Joe. Crush him. Slap the smirk off his face. It is the only thing the media pack will accept.

Reminiscing Sunday about his 2008 campaign, President Obama said: "We made all kinds of mistakes. We goofed up, I goofed up, but the American people carried us forward."

Don't goof up, Joe. And don't depend on the American people to carry you forward.

Depend on yourself, Joe. And if you do so, the reward will be great:

You will get to spend another four years as vice president.

On second thought, maybe you should just let Ryan win.

To find out more about Roger Simon, and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate webpage at www. creators.com.

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Not telling the whole story

The debate last Wednesday has reset the presi-

population who are working or are actively looking for work) and the number of actively unemployed (the difference between civilian non-institutionalized labor force and the number of employed people). It is important to note that the bureau defines unemployed persons as: "All persons who had no employment during the reference week, were available for work, except for temporary illness, and had made specific efforts to find employment some time during the 4 week-period ending with the reference week. Persons who were waiting to be recalled to a job from which they had been laid off need not have been looking for work to be classified as unemployed." If someone is unemployed but has not looked for a job within the last four weeks, he or she would NOT be classified as unemployed, and would therefore not be included in the civilian workforce (which is calculated as the unemployed plus the employed).

In 2008, the civilian, non-institutional population averaged 233.4 million people, of whom 154.3 million were working.



SIMON

ROGER

State Rep. Sarah Davis, R-Houston, said the enthusiastic, engaged, knowlproposed rules put the future viability of the Texas Women's Health Program at risk.

How did Texas lose the federal Medicaid funds to begin with? It goes back to the Texas Legislature's 2011 session, when lawmakers approved a plan to remove Planned Parenthood and other providers affiliated with abortion providers from the Women's Health Program.

When the federal government warned funding would be cut off if Texas carried out the plan, Gov. Rick Perry said the state would give up the \$35 million in federal funds and find state money to run the program through at least the end of 2013.

Texas doesn't adequately fund its public education program. If it were possible to find an extra \$35 million lying around somewhere, we submit the money should have been used to help meet the state's obligation to educate its students.

On March 21, we editorialized that low-income Texas women are victims of a dispute involving the federal funding for the Women's Health Program, and they are still victims. This must be resolved so they can get state-funded health care.

If the wellness examinations and cancer screenings could have been separated legislatively from the contraception part of the Women's Health Program, the Texas women who needed such services would still have access to them, and Texas taxpayers would have the bargain of 90 percent of the costs covered by federal dollars.

As it is, health care for low-income women in Texas continues to be held hostage in a dispute that has little to do with screenings and examinations that could help keep them in good health.

-Lubbock Avalanche-Journal Labor Force (those in our total

dential race. Those who thought President Obama was a shoo-in or that Republican nominee Mitt Romney was a lost cause had their perceptions turned on their heads during the debate.

Romney appeared confident, edgeable — in contrast, Obama appeared disin-

terested, arrogant and confused about why he had to endure such an event.

His body language appeared to be saying: "Why am I here, wasting my time against this guy? I have better things to do - I could be on

'The View,' I could be hanging with Beyonce and Jay-Z.'

Since then, the Obama campaign has been looking for good news to share with their supporters and appeared, on first blush, to get some last Friday when the latest unemployment figures were released.

"The unemployment rate decreased to 7.8 percent in September, and total nonfarm payroll employment rose by 114,000," noted the U.S. Bureau of Labor Statistics' press release. After months of the unemployment rate hovering over 8 percent, this appeared to be good news indeed.

But, as we all know, appearances can be deceiving.

Let's dig deeper into the numbers, which are based on figures pulled from the Bureau of Labor Statistics website.

The unemployment rate is calculated based on the Civilian

Why does this matter? The unemployment rate does NOT divulge what percent of the civilian population is in the labor force.

As more people become discouraged and quit looking for work, both the unemployment rate and the civilian labor rate fall

This is what has happened during the last four years.

From 1999 through 2008, an average of 66.4 percent of the nation's civilian population was in the civilian labor force.

In 2008, the year that Obama was elected, 66 percent of the civilian population was either working or looking for work.

In September 2012, only 63.6 percent of the civilian labor force was working or looking for work.

This equates to the 66 percent noted above.

In September 2012, 243.7 million people were in the civilian, non-institutional population, 155 million of whom were working.

Since 2008, the pool of potential workers has grown 4.3 percent, while the labor force has grown 0.5 percent.

If the percentage of people participating in the labor force were the same today as it was in 2008 (66 percent), and if the employment figures had remained the same, the unemployment rate would be 11.1 percent.

That rate conveys a more accurate picture of who really needs a job.

It's not just those people who have looked for work in the past four weeks, but also those millions of people, an estimated 5.8 million people based on historical rates, who are so discouraged by a lack of opportunity that they have just given up.

While the Obama campaign might be touting better statistics, what we really need is not better statistics.

What we need is more economic activity and more job opportunities, so that those who have not looked in the past four weeks would be able to get a job, to be productive and help our economy grow.

To find out more about Jackie Gingrich Cushman, and read features by other Creators Syndicate writers and cartoonists, visit www.creators.com.

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JACKIE GINGRICH CUSHMAN

FEATURES

Gravel pits could help with water supply

By ASHER PRICE

Austin American-Statesman

Texas GARWOOD, (AP) - A pair of old gravel pits on the fringes of this South Texas town may spell the future of water supplies in the Colorado River basin.

Here, in the midst of rice country, the Lower Colorado River Authority is six months into a project to figure out whether it can call on its vast network of canals, which stem like capillaries from the river, to store water in the lower part of the basin.

After a record drought, one that frequently pit Austin-area residents against downstream farmers over increasingly precious water, the LCRA is trying to come up with new ways to capture water collecting downriver.

Adjacent to the canals, originally built to flood rice paddies in the Garwood area, the land is pockmarked with gravel

pits. In April, the LCRA inundated two of these pits, depleted decades ago, with more than 2,000 acre-feet of water. An acre-foot roughly equals the amount of water three Austin households use each year.

The ongoing pit project, which covers about 150 acres, is a prelude to a much more ambitious plan to build as many as three reservoirs in the lower basin, each of which could store roughly 20,000 acre-feet of water.

The reservoirs, which would capture rainwater that falls south of the Highland Lakes, could alleviate the strain of serving farmers downstream of lakes Travis and Buchanan, Central Texas' major reservoirs.

"It's about avoiding having to release stored water by using existing infrastructure," said Kyle Jensen, executive manager of external affairs at the LCRA.

The LCRA reports that this year alone, one in

The ongoing pit project, which covers about 150 acres, is a prelude to a much more ambitious plan to build as many as three reservoirs in the lower basin, each of which could store roughly 20,000 acre-feet of water.

which releases for rice farmers were heavily curtailed, about 800,000 acre-feet of water has flowed over the Bay City dam on the Colorado River near the Gulf Coast.

Much of that is due to rainfall below the series of dams that form the Highland Lakes.

By comparison, lakes Travis and Buchanan currently hold 884,000 acre-feet of water.

Under the reservoir plan, the LCRA would divert some of that rainfall through its canals to the reservoirs, which could refill several times during the year.

The gravel pit pilot project has cost about \$150,000 thus far. The chiefcost is the \$17,000-amonth rental costs of a trio of diesel pumps that can shoot 16,000 gallons of water a minute from the reservoir back into the canal system.

Lehrer Interests, the company that has long owned the land and is also intimately involved in Garwood's rice operations, is providing the old gravel pits for free.

"Let's try and do something with these gravel pits we've got," said Ralph Savino, Lehrer's chief executive officer.

For generations, miners have dragged up the thinly buried rock, which was beaten up and deposited by millennia of river action. Over several decades, deposits of silt appear to have more or less sealed the gravel pits being used in the LCRA project.

Like giant puddles, they carried a depth of 5 to 15 feet of water at any given time — enough to be home to bass, catfish and alligators.

Now flooded, they're as deep as 50 feet, said Mike Shoppa, LCRA's manager of irrigation operations.

Since April, LCRA has steered 5,500 acre-feet of water into the gravel pits and pumped out 3,000 acre-feet.

Jensen said the pilot project could turn into a 'permanent endeavor."

"It's a cost-effective way to impound water," Jensen said.

Savino hopes LCRA expands the project to other gravel pits. He estimated that about 1,800 acres of depleted gravel pits are near canals in the Garwood area.

Mining on one 640 acre-tract will finish up in the next seven months or so, he said.

But LCRA officials say depleted gravel pits must be situated just so to qualify them as potential spots to store water, ruling out many old pits.

In contrast to the generally flat surroundings, current and old mining operations reshape the earth into a wavy landscape of sandy cliffs and dugout basins.

Rice can't grow on the oddly shaped land, and the slopes are too steep to safely run cattle.

"There are plenty of gravel pits that are good for nothing," Savino said. Left behind after mining operations wind down, the pits "don't cost you anything to make them," he said.

Marine band beloved at State Fair

By ERIC AASEN

The Dallas Morning News

DALLAS - In the lateafternoon, in a quiet corner of the State Fair, the crowds flocked to the bleachers, surrounding the dozens of musicians who stood on the field in perfectly straight lines.

Then, at 4 o'clock sharp, thunderous music erupted from the instruments of the men and women clad in white hats, scarlet suits and shiny black shoes.

The U.S. Marine Drum and Bugle Corps, armed with bugles, drums and cymbals, is once again wowing fairgoers with a medley of patriotic and popular tunes, from "Semper Fidelis" to "I've Got a Gal in Kalamazoo" to "Rocky Top." Since 1963, the musical Marines have performed each year at the State Fair of Texas. You can't beat the size and spirit of the State Fair crowds, Master Gunnery Sgt. Kevin Buckles said.

mier fighting force, so that's why we're here," he said. "Seeing the reaction from the crowds, it's so energizing."

The group, based at the Marine Barracks in Washington, will perform Thursday, Friday, Saturday and Sunday before it heads out of town.

afternoon last One the audience week, munched on corny dogs and chugged sodas and lemonades. Moms bounced babies as they swayed to the music. The crowd was studded with military veterans, some of whom sat in wheelchairs, patting their knees.

The drum and bugle

in the audience ask to take pictures with the Marines so they can send them to family members who are deployed.

"They're appreciative," Buckles said, "thankful for what we do and thankful for what we represent."

Following the 4 p.m. concert, the group heads over to the Hall of State for a 5 p.m. flag-lowering ceremony. Then, at 7:15, the Marines perform in the Reliant Starlight Parade.

The drum and bugle corps gives over 400 performances each year across the country and overseas. It performs at government and Marine Corps functions and visits Marine bases. The musicians also play at funerals at Arlington National Cemetery. As long as members keep up their musical skills, they can stay with the group. Some have performed for 30 years. "It builds a bond," said Gunnery Sgt. Keith Martinez, who joined the group in 2000. He now serves as an assistant drum major.

liams, who grew up in Richardson, saw the U.S. Marine Drum and Bugle Corps perform at the State Fair. Then her high school band director handed her a CD of the group's music.

"To be able to be a Marine and do what I love, which is music . it's the best job you could ever ask for," she said.

Harold and Judy Shelton of Mount Vernon say they've seen the State Fair performances for more than 30 years. Harold Shelton served in the Marines in the 1950s in the Korean War.

"Never call anybody an ex-Marine," Judy said. "There's no such animal. You're just temporarily off duty."

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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.

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

"This is the biggest and best fair in the country, and we're the premier musical organization and the precorps first performed at the State Fair in 1961 but skipped the following year's fair.

No one knows why. The group returned in 1963

Buckles has attended the fair since 1989, first as a percussionist. Now he's a drum major. He never tires of the fair.

After performances, veterans approach the Marines, swapping tales about military service. Others ask about uniforms and ranks. Some

Staff Sgt. Codie Wil-

She makes sure her calendar is open the first two weeks of the State Fair so she can watch the group.

Harold enjoys the group's patriotism and esprit de corps. He's a musician, too, so during the performance he clapped and tapped his toes.

"We Marines are always together," he said. "It's a very strong brotherhood."

www.sudoku-puzzles.net



By Steve Becker Two Wrongs Make a Right

NEW YORK (AP) — Patti Woods-LaVoie loves Halloween and all things candy, but she has a hard and fast rule when it comes to teens and trick-or-treating.

Show up at her door in Trumbull, Conn., with a costume and she means something more than a baseball hat and jersey and her candy bowl is your candy bowl.

Ring her bell in street clothes and you'll get teabags, ramen noodles, shampoo samples or some other discard from her pantry or closets.

"Some come in cars," she said.

"They park and go from neighborhood to neighborhood. My husband is just waiting for the day our house gets egged by someone who got a teabag.'

Should teens be allowed to trick-or-treat?

When it comes to big kids with pillow cases begging for candy on Halloween, there seem to be three camps.

The sure, why nots say they overbuy and are happy to let teens scarf up the leftovers so they don't eat it all themselves. The No's find it overly cynical when older kids aren't in costumes that took some planning. And the middlegrounders believe teens aren't in

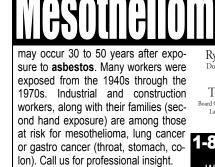
it just for the loot and still truly enjoy the ritual of dressing up and going door-to-door.

So how old is too old for trick or treating?

"I'm cutting mine off at 14, but if teens show up at my door and are polite I'll give them candy," said Betsy Tant in Knoxville, Tenn., mom to a 13-year-old daughter and two younger kids.

Last year, when her daughter was 12, "someone said they felt it was inappropriate for her to be trick or treating, even though she was with her 4-year-old sister," Tant said.





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Opening lead - four of spades. We don't usually tell tales out of

school, but this story seems worth repeating. It happened in an expert rubber-bridge game many years ago. If the bidding seems screwy, all we can say is that we agree. But the bidding, and the explanation for it, is the crux of the story.

Many players use the Gerber convention opposite opening notrump bids and certain other notrump responses. Gerber is similar to Blackwood, the chief difference being that the quest for aces starts at

four clubs instead of four notrump. The responses to a Gerber fourclub bid are geared to a step system, just as in Blackwood. Four diamonds shows no aces; four hearts one ace; four spades two aces, and so on

South was naturally confident that if North had three aces for his opening two-notrump bid, there would be 13 easy tricks. So, in an effort to reach a grand slam, he bid four clubs, hoping his partner would read this as Gerber.

South's prayers were answered when North recognized the four-club bid as Gerber and bid four spades to show his three aces. It didn't occur to North that according to the convention, he was showing only two aces.

You might wonder, therefore. why South jumped to seven hearts, knowing his side was lacking an ace. The answer is that South made exactly the same miscalculation as North! He also thought four spades showed three aces.

Certainly nothing was wrong with the final contract — there were tricks to burn. North was Harold Ogust, who several times represented the United States in international competition, and South was Alphonse Moyse Jr., for many years editor of The Bridge World magazine. They proved one thing: Two wrongs can sometimes make a right.

Tomorrow: Bidding quiz. ©2012 King Features Syndicate Inc

News in brief

Mexican meth pours into U.S. cities, negates effort to curb U.S. drug production

ST. LOUIS (AP) — Mexican drug cartels are quietly filling the void in the nation's drug market created by the long effort to crack down on Americanmade methamphetamine, flooding U.S. cities with exceptionally cheap, extraordinarily potent meth from factorylike "superlabs."

Although Mexican meth is not new to the U.S. drug trade, it now accounts for as much as 80 percent of the meth sold here, according to the Drug Enforcement Administration. And it is as much as 90 percent pure, a level that offers users a faster. more intense and longer-lasting high.

"These are sophisticated, high-tech operations in Mexico that are operating with extreme precision," said Jim Shroba, a DEA agent in St. Louis. "They're moving it out the door as fast as they can manufacture it."

The cartels are expanding into the U.S. meth market just as they did with heroin: developing an inexpensive, highly addictive form of the drug and sending it through the same pipeline already used to funnel marijuana and cocaine, authorities said.

Seizures of meth along the Southwest border have more than quadrupled over the last several years. DEA records reviewed by The Associated Press show that the amount of seized meth jumped from slightly more than 4,000 pounds in 2007 to more than 16,000 pounds in 2011.

President's bioethics panel urges new privacy protection to ensure benefits from DNA decoding

WASHINGTON (AP) - It sounds like a scene from a TV show: Someone sends a discarded coffee cup to a laboratory where the unwitting drinker's DNA is decoded, predicting what diseases lurk in his or her future.

A presidential commission found that's legally possible in about half the states — and says new protections to ensure the privacy of people's genetic information are critical if the nation is to realize the enormous medical potential of gene-mapping.

Such whole genome sequencing costs too much now for that extreme coffee-cup scenario to be likely. But the report being released Thursday says the price is dropping so rapidly that the technology could become common in doctors' offices very soon - and there are lots of ethical issues surrounding how, when and with whom the results may be shared.

Without public trust, people may not be as willing to allow scientists to study their genetic information, key to learning to better fight disease, the report warns.

"If this issue is left unaddressed, we could all feel the effects," said Dr. Amy Gutmann, who chairs

the Presidential Commission for the Study of Bioethical Issues.

UNICEF hopes new school brings healing to traumatized Syrian refugee children in Jordan camp

ZAATARI, Jordan (AP) — For many Syrian children traumatized and driven from their homes by their country's civil war, the opportunity to head back to school — even if it's in a dusty, wind-swept refugee camp — is a chance to return to a semblance of normalcy.

The children have a lot to try to overcome. Many have had relatives killed. They have seen their neighborhoods destroyed by bombings as the regime of President Bashar Assad battles rebels who have been trying for 19 months to topple him. They have endured as they and their families fled across the border into an unknown future in Jordan.

"Bashar shelled us and my cousin died. I want Assad to go away, so I can go back to Syria," said Safa, a 13-year-old who was among 2,300 children who were able to resume their studies in this tent city near Jordan's border with Syria.

"They started this school to try to help us forget what has been happening, but that's hard. Still, I'm happier now that I can study again," said the petite girl in a black headscarf at the beginning of her Arabic grammar class.

Insurance giant, women's home wage public battle in Ohio over historic property

CINCINNATI (AP) — As Roger Federer and Novak Djokovic battled for the title at the Western & Southern Open north of Cincinnati, a small plane buzzed overhead, trailing a banner calling the sponsor a bunch of bullies.

The public nose-thumbing gave thousands of tennis fans a window into another match being played out downtown — between insurance giant Western & Southern Financial Group and a nonprofit home for women called the Anna Louise Inn - a fight that is headed for the Ohio Court of Appeals this month.

It has become the most public conflict in the transformation of Cincinnati, as well as a stark example of the difficulty in balancing the public benefits of gentrification with the human costs.

"We really do believe enough is enough," said Mary Carol Melton, executive vice president of Cincinnati Union Bethel, a nonprofit that operates the inn. "It's like someone coming up to you and saying, 'I want to buy your house' and you politely say it's not for sale, and they don't understand that not for sale means it's not for sale."

Western & Southern, a Fortune 500 company, has been trying for several years to buy or force out the Anna Louise from the Lytle Park Historic District, the beautiful and serene neighborhood they share, and turn it into a boutique hotel.

Romney promises to get tougher on China but 'Day One' currency promise could backfire

WASHINGTON (AP) — Republican presidential contender Mitt Romney is promising to get tough on China to help American workers, but his plans could backfire.

Romney is pledging, on his first day in office, to designate China a currency manipulator, a step no administration has taken against any country for 18 years.

That could, eventually, lead to tariffs punishing China for policies that Americans believe unfairly keep Chinese products cheap, hurting U.S. manufacturers. Tariffs could trigger a trade war with a country that is the fastest-growing market for U.S. exports. Even if they don't, the designation would instantly set back relations with Asia's emerging superpower.

The U.S. seeks Chinese cooperation on international hot spots, such as North Korea and Iran, and wants to narrow differences over how to handle maritime territorial disputes in East Asia.

Given the potential repercussions, some foreign policy experts doubt Romney would carry out the currency threat. Other presidential candidates have made similar promises in order to appeal to voters who have seen manufacturing jobs migrate to China. But, once elected, they soften their approach.

Indicted Megaupload founder Kim Dotcom plans website reboot while fighting extradition

WELLINGTON, New Zealand (AP) — In a move bound to provoke U.S. prosecutors and entertainment executives, indicted Megaupload founder Kim Dotcom is planning to launch a replacement of his shuttered website and a new online music service by year's end.

The file-sharing site that Dotcom started in 2005 was one of the most popular online sites before U.S. prosecutors shut it down and filed racketeering charges against Dotcom and six other Megaupload principals in January.

U.S. authorities are now trying to extradite Dotcom from New Zealand, where he's a resident, claiming he facilitated massive copyright piracy through his site. Prosecutors say Dotcom pocketed tens of millions of dollars while movie makers and songwriters lost some \$500 million in copyright revenue.

Dotcom says he can't be held responsible for users who acted illegally.

You deserve a factual look at . . .

The Deadly Threat of a Nuclear-Armed Iran What can the world, what can the USA, what can Israel do about it?

Glued toddler's mother: I never torgive myselt

Iran's president, Mahmoud Ahmadinejad, has declared publicly - not once, but repeatedly - that Israel must be "wiped off the map." That effort, the destruction of Israel, seems to be the main goal of Iranian policy. When Iranian missiles are paraded through the streets of Tehran, the destination "to Jerusalem" is clearly stenciled on them.

What are the facts?

A death wish for Israel. Ahmadinejad and the ayatollah who is the "supreme leader" have publicly mused that one or two nuclear bombs would obliterate Israel, but that, though it would cause devastating damage and millions of casualties, Iran would survive Israel's retaliatory attack. Iran is a huge country, with about 60 million inhabitants, so they are probably correct. And who can doubt that those religious fanatics would not hesitate to allow the destruction of much

of their country and to sacrifice a third state. When our country was entangled with the Soviet Union in the bitter 40year long "cold war," with both sides having sufficient nuclear weapons to destroy the opponent's country and its people, things were kept in place by

MAD - Mutually Assured Destruction. However "evil" the leaders of the Soviet Union (the "Evil Empire") may have been, there was one great consolation and assurance: They were not crazy. But the Iranians and other Muslims are crazies, as we understand the concept. Because they take instructions directly from Allah, who tells them to kill the Jews and other infidels, whatever the cost.

Israel has no problem with Iran. They share no borders and have no territorial dispute. In fact, they face common Arab enemies and should be natural allies, as they indeed were under the Shah. Iran's death wish for Israel is based entirely on religious fanaticism. In contrast even to the intractable North Koreans, the determination of the Iranians is immutable. It cannot be changed by persuasion, by diplomacy, by sanctions or by threats.

Once Iran is in possession of nuclear weapons, it will not only be a deadly danger to Israel, but to all of the Middle East and to virtually all of Europe. The flow of oil from the Middle East, the lifeblood of the industrialized world, would be totally under its control and so would be the economies of all nations of the world, very much including the United States.

What is to be done? In 1981, then prime minister of Israel Menachem Begin, being aware of Iraq's nuclear ambitions and looming realization of those ambitions, decided that its nuclear reactor at Osiraq had to be destroyed. The IAF

order to eliminate the hated Jewish installations would fall under the sticks and carrots - every possible heading of "anticipatory self-

defense," recognized and sanctioned by international law and by common sense."

world an enormous service. Had it not been for Israel's decisive action, the Iragi conquest of Kuwait and, without question, also of Saudi Arabia and its enormous oil fields, and, for that matter, of Iran, could not have been prevented. Saddam Hussein would have been the ruler of the world. The solution to the deadly threat that Iran poses to the world is obvious. Of course, diplomacy or even one-half of their population in "An attack on the Iranian nuclear and persuasion, threats and promises,

(Israeli Air Force) accomplished that in a daring and

unprecedented raid. Iraq's nuclear capability was eliminated

in one stroke, never to rise up again. Israel had done the

means short of military action – should be used until it becomes clear even to the most obdurate that nothing can deviate Iran from its chosen path of becoming a nuclear power and to dominate the Middle East.

There is reason to believe that the people of Iran, especially the young people, oppose the oppressive and theocratic regime of their country and are hostile to the mullahs who control everything. But the government has the tools of power firmly in its hands. It controls the instruments of coercion – it can kill people and it controls the oil money. While it would be most desirable and in the interest of the world to be able to foment an overthrow of the Iranian regime, that is an unrealistic and unattainable prospect.

Regrettably, there is only one solution to the terrible dilemma confronting the world, the unacceptable danger of a nuclear-armed Iran. The terror, the destruction and the 60 million dead of World War II could have been prevented at several times during the Nazi regime. But the Allied powers, under the leadership of Britain's prime minister Neville Chamberlain, opted for appeasement and for "peace in our time." We cannot afford to make that same mistake again. The world must give Iran an ultimatum: Desist immediately from the development of nuclear weapons; if you do not, we shall destroy the facilities that produce them. There still is a window of opportunity to do that. That window may close very soon. But who would do the job? The United States would be the obvious choice. But if the United States were in accord, Israel could do it, just as it did the job in 1981 in destroying Iraq's nuclear potential once and for all.

An attack on the Iranian nuclear installations would fall under the heading of "anticipatory self-defense," recognized and sanctioned by international law and by common sense. Nobody really knows for sure how far Iran is from reaching its goal - six months. six years? The experts disagree. But if Iran is not stopped now, it may well be too late not very long from now.

This message has been published and paid for by

Facts and Logic About the Middle East P.O. Box 590359 ■ San Francisco, CA 94159 Gerardo Joffe, President

FLAME is a tax-exempt, non-profit educational 501 (c)(3) organization. Its purpose is the research and publication of the facts regarding developments in the Middle East and exposing false propaganda that might harm the interests of the United States and its allies in that area of the world. Your taxdeductible contributions are welcome. They enable us to pursue these goals and to publish these messages in national newspapers and magazines. We have virtually no overhead. Almost all of our revenue pays for our educational work, for these clarifying messages, and for related direct mail. 109

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DALLAS (AP) — A young mother of five said she will never forgive herself for beating her 2-year-old daughter because she was struggling with potty training in an angry attack that climaxed with her gluing the toddler's hands to the wall.

Elizabeth Escalona. 23. pleaded guilty in July to felony injury to a child and faces a sentence ranging from probation to life in prison. Prosecutors have requested a 45-year term. Escalona's sentencing hearing was scheduled to continue Thursday.

Police say Escalona kicked her daughter, Jocelyn Cedillo, in the stomach, beat her with a milk jug, then stuck her hands to an apartment wall using an adhesive commonly known as Super Glue.

Jocelyn suffered bleeding in her brain, a fractured rib, multiple bruises and bite marks,



ANSWERS

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9	6	2	7	4	8	1	5	3	

and was in a coma for a couple of days. Some skin had been torn off her hands, where doctors also found glue residue and white paint chips from the apartment wal.

The child was hospitalized for days.

Defense attorney Angie N'Duka asked Escalona on Wednesday what she thought of the photos that prosecutors presented to the hearing that showed her daughter's injuries. She said she had been a "monster" when she attacked the child — for reasons she couldn't quite recall — but that she is no longer.

In pleading for leniencv. Escalona asked for an opportunity to show she has changed, adding that she would accept any sentence as fair.

"I love my kids," Escalona said.

"I will never forgive myself for what I did to mv own daughter," she said.

Escalona's other children told authorities that their mother attacked Jocelyn because of problems in potty training.

Prosecutors have por-

trayed Escalona as an unfit mother with a history of violence. They have played recordings in which a teenage Escalona threatened to kill her own mother. They said she was a former gang member who started smoking marijuana at age 11.

Escalona's relatives acknowledged have their dismay and anger following the attack, but both her mother and sister asked the judge for leniency, saying she needed more help, not prison.

"Her being taken away won't help any," her sister, Margaret Escalona, said.

Counselor Melanie Davis echoed these words, saying she has been conducting sessions with Elizabeth Escalona since June – nine months after her arrest and that she is convinced the young woman loves her children

Escalona "is need of further counseling services," Davis said.

Escalona's five children — including one born since her arrest - are in the care of her mother, Ofelia Escalona.

Visit us online at: www.bigspringherald.com

Sports

BIG HERALD

Do you have an interesting sports item or story idea? Call at 263-7331, Ext. 237. Email results to: sports@bigspringherald.com

Page 7 Thursday, October 11, 2012

Sports Calendar

FRIDAY

Football

 Abilene Wylie (5-0) at Big Spring (5-0), 7:30 p.m., Memorial Stadium. Forsan (4-2) at Haskell (3-3), 7:30

p.m. Stanton (3-2) at Coahoma (1-4), 7:30 p.m, Bulldog Stadium.

 Grady (4-2) at Garden City (1-5), 7:30 p.m.

 Sands (4-2) at Klondike (4-2), 7:30 p.m.

Volleyball

 Abilene Wylie (5-0) at Big Spring (5-1), varsity, freshmen, 5 p.m.; J.V., 6:30 p.m.

To submit a calendar item, please call 263-7331, ext. 237, or e-mail sports@bigspringherald.com



District play opens for area teams this week including the 4-2 Forsan Buffaloes, who will travel to Haskell to meet the 3-3 Indians, the 1-4 Coahoma Bulldogs will host the 2-3 Stanton Buffaloes and the 5-0 Big Spring Steers will welcome the 5-0 Wylie Bulldogs. All games are slated to begin at 7:30 p.m.

Dogs, Buffs look for strong district openers

By BRIAN MCCORMACK

Sports Editor

FORSAN

After a 4-0 start, the Forsan Buffaloes have lost two straight games. Both defeats came at the hands of tough teams — Crane and Sundown — and during a period when Head Coach Jason Phillips has been dealing with injuries to key players on both sides of the ball.

Last week, senior quarterback Marcus Cervantes went down with a knee injury and is likely out for a couple of games. Junior linemen Ausden Medrano was sidelined in the same game with an ankle sprain.

"(Cervantes) should be back in a week or two," Phillips said. "With Medrano, it's one of those sprains where if we get the swelling down, he can come back. It could effect him the rest of the year, it could be reaggravated."

Some good news on the injury front includes the return of running back Brendan Roman and dual threat receiver and rusher Kolby Self, giving Phillips more options running the ball.

with the Indians.

"Haskell likes to spread it out," Phillips said. "It is similar to our offense. They give you a lot of fourwide and five-wide looks and they throw the ball well. The quarterback is a good size kid. Defensively, they they use about 10 different fronts. They move people around and they really come after you."

Phillips will respond to the Indians — as well as the loss of his starting quarterback - by running a nohuddle offense with sophomore Polo Morin under center. Morin stepped in for Cervantes last week against a formidable Sundown team and gave the offense a morale boost by completing 9-of-18 passes and racking up over 100 yards.

"The offense was effective with (Morin) taking snaps," Phillips said. "And the no-huddle is something we have been practicing every week. We want to use that so their defense can't get calls in. Defensively for us, we are going to more of a 4-3 look. It gives us more options with two outside linebackers and pass coverage as well."

can't use that as an excuse. If we play the way we are capable of, we can go out there and get a win. We will definitely get their best efforts."

СОАНОМА

With District 3-2A action kicking off Friday night against nearby rivals, the 2-3 Stanton Buffaloes, the Coahoma Bulldogs have an uphill battle ahead of them. Plagued with injuries for the entire season, Head Coach Trey Gardner is still optimistic.

"Everyone says I am crazy, but I still think we can be one of the best three teams in the district," Gardner said. "Our kids are used to this. We were 1-3 going into district last year — we weren't this banged up - but our kids have been there and we made the playoffs. We are hoping for a repeat of history."

Gardner is well-aware of the difficulties he is facing, however.

"We're no less beat up going into this game than we have been," Gardner explained. "We are starting district. Our kids realize it's a big game. Some will be playing with a lot of pain from time we kick off. Everyone who hasn't had surgery will be in uniform. We're not putting anyone out there at risk of reinjuring themselves. It's just a matter of how long they can go. We are going to be throwing the walking wounded out there."

With a physical team like Stanton, the Bulldogs will have to be ready to play aggressively while avoiding further injuries.

"We might have a speed advantage," Gardner said. "Traditionally, they are aggressive. They want to play smashmouth football and they will try to run over you."

It is also a potentially pivotal game for both teams.

"If you want a shot at the playoffs, this is a big game," Gardner added. "For us to get a win would be huge."

Stepping back in at the quarterback position for Coahoma will be senior starter Tanner Ruiz with a fractured wrist. Backing him up will be sophomore Braxton Iden who was cleared to play after a knee injury. In case Ruiz and Iden both need rest, running back Cage Miller is ready after taking snaps in practice during the week.

"Miller has had the ball in his hands in a varsity game," said Gardner. "He won't panic if he is in that situation."

As District 4-1A play begins Friday on the road against the 3-3 Haskell Indians, Phillips believes despite the injuries, his squad matches up well

Opening district with a victory may be contingent on how well Phillips' squad can handle the adversity of dealing with the numerous injuries. "We'd like to be full-strength, but we

Sports Contact Editor Brian McCormack at 263-7331 ext. 237 or by e-mail at sports@bigspringherald. com

Ibanez homers twice in Yanks' win; A's force Game 5; Giants even series with Reds

OLES –

NEW YORK (AP) -Down by a run in an alleven AL division series. Joe Girardi approached Alex Rodriguez and told baseball's highest-paid player he was going to pinch hit for him.

Bold move, benching one of the game's great sluggers.

"I just had a gut feeling," the Yankees manager said. "I just went to him and I said, 'You're scuffling a little bit right now, we have got a low-ball hitter and we've got a shorter porch in right field then left field obviously — Raul (Ibanez) has been a good pinch hitter for us, and I'm just going to take a shot.'"

The audacious decision worked.

Ibanez homered in the ninth, then again in the 12th, rallying New York to a stunning 3-2 victory over the Baltimore Orioles on Wednesday night for a 2-1 lead in their best-of-five series. The slumping Rodriguez offered no com-

YANKEES-ORI- plaint, telling Girardi: "Joe, vou gotta do exactly what you gotta do."

> Yankees fans had been howling this week for Girardi to drop Rodriguez out of the No. 3 spot in the batting order. But Girardi was reluctant to move his fading slugger down in the lineup.

Until he took him all the way out.

"You have to make some decisions sometimes that are tough decisions. I just had a gut feeling," Girardi said.

Rodriguez has 647 career home runs — he's chasing the record of 762 by Barry Bonds and is making \$29 million this year. But was just 1 for 12 with no RBIs and seven strikeouts in this series when Girardi pulled him.

A'S-TIGERS

OAKLAND, Calif. (AP) — Dog-pile celebrations and whipped cream pies became a regular occurrence this season for the Oakland Athletics.

Seth Smith hit a game-

tying, two-rundouble off closer Jose Valverde in the ninth inning, Coco Crisp capped Oakland's rally with a two-out RBI single, and the A's staved off elimination for a second straight night with a 4-3 victory over the Detroit Tigers in Game 4 Wednesday night.

"This club, we've been battling the whole year, giving 100 percent, and these walkoffs have been our MO this year." Crisp said.

The A's rode a major league-leading 14 walkoff wins in the regular season to an improbable AL West title. Those paled in comparison to No. 15, which set up a win-or-go-home Game 5 against Justin Verlander and the Tigers.

Crisp ended three games with RBIs this season, tied for most in the majors. And like the others, this one ended with Reddick nailing him with a whipped cream pie during a postgame television interview.

The A's, who have the lowest payroll in baseball, need just one more surprising result to win their second postseason series since 1990. Rookie Jarrod Parker will take the mound in Game 5 on Thursday night against Verlander, the reigning AL Cy Young winner and MVP.

GIANTS-REDS —

CINCINNATI (AP) -With an out-of-character win, the San Francisco Giants are on the verge of an unprecedented comeback.

And everybody in Cincinnati is saying: Uh-oh.

Angel Pagan hit the first leadoff homer in Giants postseason history, and Gregor Blanco and Pablo Sandoval connected later for an 8-3 victory over the Reds on Wednesday that evened their NL division series at 2-all.

After dropping their first two at home, the resourceful Giants have moved one victory away from the NL

See MLB, Page 14

Armstrong report includes 200 pages, 26 witnesses

(AP) — Page after page of damning details.

They came from computer records, books, media reports and, maybe most significantly, the people Lance Armstrong used to train alongside and celebrate with. The people he used to call his friends.

Hit with a lifetime ban and the loss of all seven of his Tour de France titles, Armstrong challenged the U.S. Anti-Doping Agency to give him the names of all his accusers. The agency obliged, listing 26, including 11 former teammates.

Armstrong said he wanted to see the hard evidence that he was a doper, and USADA gave him that, too, in the form of a 200-page tome filled with vivid recollections the hotel rooms riders transformed into makeshift blood-transfusion centers, the way Armstrong's former wife rolled cortisone pills into foil and handed them out to the cyclists.

The report, released Wednesday, depicts what USADA chief Travis Tygart called "the sophisticated, most professionalized and successful doping program that sport has ever seen."

Armstrong's attorney called it a "one-sided hatchet job."

Either way, it serves up the most detailed, unflinching portrayal yet of Armstrong as a man who would pay virtually any price — financially, emotionally and physically — to win the seven Tour de France titles that the anti-doping agency has ordered taken away.

It presents as matterof-fact reality that winning and doping went hand-in-hand in cycling and that Armstrong was the focal point of a big operation, running teams that were the best at getting it done without getting the Tour as leader of the U.S. Postal Service team from 1999-2004 and again in 2005 with the Discovery Channel as the sponsor.

See **REPORT**, Page 14

Pigskin Picks Football Contest Brought to you by

Big Spring Herald



Blum's Jewelers

1. Big Spring

- Forsan
 Coahoma
- 4. Grady
- 5. Dallas
- 6. Miami
- 7. Texas Tech
- 8. Tx. Longhorns
- 9. NY Giants
- 10. Detroit



Bargain Mart Discount Store

Wylie
 Forsan
 Stanton
 Grady
 Ravens
 Miami
 West Virginia
 Tx. Longhorns

10. Philadelphia

9. 49ers



Buckeasy's

- 1. Big Spring
- 2. Forsan
- 3. Coahoma
- 4. Grady
- 5. Dallas
- 6. Miami
- 7. West Virginia
- 8. Tx. Longhorns
- 9. 49ers
- 10. Philadelphia



Walmart

- Big Spring
 Forsan
 Coahoma
 Garden City
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 St. Louis
 West Virginia
 Tx. Longhorns
- 9. 49ers 10. Philadelphia



Avis Lube

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 Forsan
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 Dallas
 Miami
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- 9. 49ers 10. Detroit

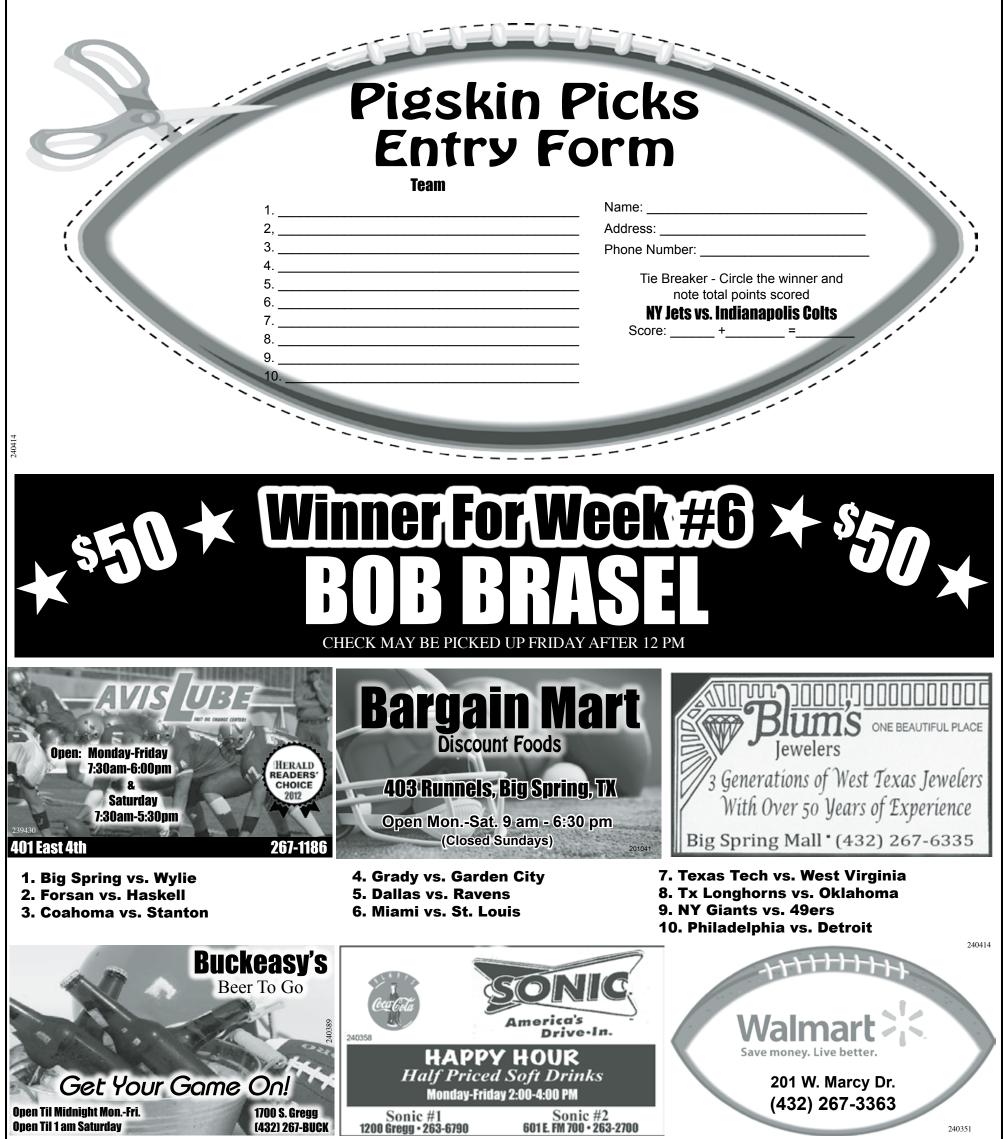


Sonic Drive In

- 1. Big Spring
- Forsan
 Coahoma
- 4. Grady
- 5. Dallas
- 6. St. Louis
- 7. Texas Tech
- 8. Oklahoma
- 9. 49ers 10. Detroit
- 10. Detroi

Enter To Win \$50 At These Participating Merchants

Rules: Find this week's games between 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 choices. The entry with the most correct picks will win \$50. You must be 18 to enter. *No Photo Copies Accepted*. In the event of a tie, the tie breaker will determine the winner. For the tie breaker, the entry with the correct team will win. If both entries have guessed the same team, the second tie breaker will be the one closest to the total points. Decisions of the judges are final. Employees and family 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.



CLASSIFIED

710 Scurry

Want to Buy

ONE ACRE or So with water and electric near Big Spring. Old Trailer or House OKAY. Must be Bargain. Have Cash for right Deal. Call (601)807-5657.

Garage Sales

2 FAMILY Garage Sale: 2303 Roberts Drive, Saturday 8am-Noon. Too much to list!! Come See Us!!!

BENEFIT GARAGE Sale for Lupe Brito's Family to help with Medical Expenses. Benefit at Saint Vincent De Paul Building, 1009 Hearn Street. Saturday 8:00am-3:00pm. Blue couch, sewing machine, hospital bed, table with chairs, lots of dishes and etc.....

BIG INSIDE Sale: Furniture, houseware, office furniture, lots of toys, baby kids clothing, silk plants & much more. Saturday 8-?, 507 East 4th Street.

INSIDE/BAKE & Yard Sale: Fundraiser for United Way. Come out and Support the cause. Spring of Siloam (1208 Frazier Street (Old Airport Baptist), Christian Women's Job Corps, Saturday 8:00-1:00.

MOVING SALE: 600 Holbert, Wednesday 8:00-?, Friday and Saturday 8:00-? Furniture, appliances and lots of misc. items.

Help Wanted

ADVERTISING SALES REPRESENTATIVE

The Big Spring Herald is looking for an Individual to sell advertising in our retail department.

If you like people, have sales experience (advertising sales a plus), are a team player, have dependable transportation, are organized, pay attention to details, are creative, and like to make money, we want to talk to you. We offer an established account list, benefits, paid va-

Help Wanted

BIG SPRING HERALD



extra income. Ideal for retired person or stay at home mom Must have reliable transportation, drivers license and insurance. Stop by the Big Spring Herald,

710 Scurry St. for application.

No Phone Calls Please

BARTENDERS & COCKTAIL WAITRESSES. Outgoing & Enthusiastic? No experience necessary. Must be 18 or older. Call 432-213-0946 for application, San Franciscan Bar & Grill.

CDK PERFORATING has immediate openings for experienced Wireline Operators in the Permian Basin and Eagle Ford shale. Interested applicants must have a current CDL and be able to pass drug and alcohol tests. Sign on bonus, competitive health insurance and 401k benefits are offered once application is approved. Please contact Angela at 817-945-1051.

COOKS & **CARHOP.** Must be Neat in Appearance. Honest & Dependable. No experience necessary will train. Inquire at Wagon Wheel, 2010 Scurry St. No phone call Please!



263-7331

Help Wanted

FULL TIME CNA 12 HOUR SHIFT 7A-7P

Martin County Hospital District in Stanton, Texas is a rural 18-bed critical access Hospital with a 4-bed ER that is seeking dedicated, energetic, а compassionate CNA. To work 7AM to 7PM in a team-nursing med-surg/ER environment. Contact Paula Dority @ 432-607-3227 or pdority@martinch.org or apply in person at 600 Interstate 20 East, Stanton, Tx.

FURRS BUFFET now hiring for cooks and line attendants apply online at https://

furrsjobs.clickandhire.net

All previous applicants please call 432-267-2895.

GENERAL MAINTENANCE:

Must have a desire to work in a team environment and the ability to follow directions. Must have at least 1 yr maintenance experience. Abilities to include: painting experience; general plumbing, general sheetrock repair and texture and HVAC skills. Must have own tools, ability to take afterhours and weekend calls; valid TX drivers license and liability insurance. Apply in person at Bent Tree Apartments, 1 Courtney Place.

Great Horn Carriers, Inc. Tanker Driver Needed REQUIRES:

Class A CDL with Haz-Mat 2 years Tanker/ Fuel Preferred Local Hauling, No Nights. Good Pay with Benefits \$500.00 Sign-On Bonus. FMI:

(432)683-2868, (432)288-3761

INFORMATION TECHNOLOGY Clinical System Analyst REQUIREMENTS VALID TX CLINICAL LICENSE (exRN, RRT, OR OTHER) BCLS (MAINTAIN). BACHELOR OF SCIENCE 2YRS EXPERIENCE IN CLINICAL SETTING **1YR CLINICAL INFORMATION SYSTEM** CRITICAL CARE AND ER EXPERIENCE PREFERRED COMPUTER NETWORKING EXPERIENCE PREFERRED Apply at Martin County Hospital District contact Paula Dority Dir of Human Resources 432-607-3227

Help Wanted

MAINTENANCE TECHS needed for property in Big Spring. Both full and part time positions available. Applicants must have strong organizational skills and enjoy working outdoors. Fax resume to (432)264-1761 or apply in person at Knollwood Heights 1900 Martin Luther King Blvd.

NEED CLASS A CDL drivers for belly dump and track hoe operator. Must pass drug test, come by 600 S.E. Broadway, Big Spring Cat Construction.

NEED SUBSTITUTE childcare provider and office positions. Must be able to pass a criminal history and fingerprint check. Must also pass drug test before employment. Apply in person at 118 Cedar Rd..

NEIGHBORS CONVENIENCE Store now hiring cooks, cashiers, stockers. All Shifts. Apply at 3315 E. FM 700.



NOW HIRING Mechanic Helper/ Lot Person. Would prefer someone with experience. Must have Valid Drivers License. Please come by Neighbors Auto Sales 1300 East 4th Street. No Phone Calls Please.



OIL COMPANY looking for an experienced lease pumper to operate 3 small fields. Must have computer experience using Excel. Must have min. of 5 yrs experience taking care of disposal systems, pumping wells, chemical pumps, heaters, FWKO's, handle call out's, must turn in daily production & work with P.O. system. Please fax resumes and references to 713-984-9933 or email to glenn.bertrand@ americoenergy.com

www.bigspringherald.com

Help Wanted

PHOENIX LEASE SERVICES Now hiring CDL DRIVERS Tanker/Trailer

Endorsement preferred SIGN-ON BONUS for Drivers with 1 yr. exp. Great Pay and Benefits Apply at 2705 N. Hwy. 87

PHOENIX LEASE SERVICES

Now hiring for a DIESEL MECHANIC ASE Heavy Truck Preferred Great Pay and Benefits Apply at 2705 N. Hwy. 87

PIZZA INN

NOW HIRING COOKS. MUST BE AVAILABLE DAYS, NIGHTS, AND WEEKENDS. NO PHONE CALLS PLEASE. APPLY IN PERSON AT 1702 GREGG.

PIZZA INN

NOW HIRING DELIVERY DRIVERS. MUST HAVE CLEAN DRIVING RECORD AND INSURANCE. MUST BE ABLE TO PASS DRUG TEST. MAKE UP TO \$12.00 PER HOUR. NO PHONE CALLS PLEASE. APPLY IN PERSON AT 1702 GREGG.

PIZZA INN

NOW HIRING WAIT STAFF. MUST HAVE SUPER STAR PERSONALITY AND GREAT WORK ETHICS. MUST BE AVAILABLE TO WORK DAYS, NIGHTS, AND WEEKENDS. APPLY IN PERSON AT 1702 GREGG.

RAINBOW CHRISTIAN Preschool needs full-time Child Care Worker. Applicant should be older, mature individual with child care experience. Must have High School Diploma or GED. Come by 409 Goliad to apply.

RUSTY'S OILFIELD Service In Stanton has immediate openings for Mechanic, CDL Driver, Roustabout Pushers and Helpers. Must have valid drivers license. Apply in person at 3327 W I20 in Stanton.

Help Wanted

SEEKING EXPERIENCED Roustabout for Natural Gas Processing Plant NE of Big

Spring, TX. Excellent Salary, Paid Vacation, Medical Insurance, and 401k. Please Send Resume

To: Plant Supervisor 11703 E. FM 846 Coahoma, TX 79511 Or Fax (432)399-4290 Or Email carcher@wtggas.com



Seeking Experienced; Sitters/CNA's to work for private duty clients. Hourly rate. Call 432-522-5080. All Shifts Avail. 1-800-201-5904 E.O.E.

SHELL STAR STOP looking for new team members. Full & Part time employees needed. Apply in person at any Shell Star Stop in Big Spring. Drug Free Environment.

STERLING COUNTY Nursing Home now has openings for Medication Aide and LVN. Call 325-378-2134 for more information.

TA TRAVELCENTERS OPENINGS FOR STORE CASHIERS/ FUEL CASHIERS/ HOUSEKEEPING COME JOIN OUR TEAM! APPLY ONLINE AT WWW.MYTAPETRO.COM OR 1-888-698-2738 EXT. 101.



is currently accepting applications for a **Sports Editor/Reporter Position** Email resume and clippings to **editor@bigspringherald.com**

Instructional

9

cation, mileage reimbursement. Apply in person at 710 Scurry send resume to: Big Spring Herald Advertising P.O. Box 1431 Big Spring, TX 79721 or email resume to: advertising@bigspringherald.com No Phone Calls Please

APPLICATOR DRIVER

Helena Chemical Company, a national agricultural-chemical company, has an immediate opening for spray applicator driver. Class A- CDL license and farm experience helpful; but will consider training. Requires high school diploma or equivalent. We offer an excellent working environment and outstanding compensation and benefits package. For consideration, please apply in person: Helena Chemical Company 100 S. St. Peter Stanton, TX 79782 Pre-employment drug screen required. EOE M/F/V/H

Assistant Manager/Collector Security Finance is now taking applications. We offer benefits, competitive pay, and advancement opportunities. Apply in person at 501 E. 3rd.

DANLIN INDUSTRIES IS NOW ACCEPTING APPLICATIONS FOR: *Sales Account Manager for **Production Chemical/** 2 years' experience required. *Chemical Delivery Driver/ Must have: *CDL Class A license *HazMat *Tanker Endorsement *Air Brake Endorsements *Treater Truck Driver/ 1 year experience required. *CDL Class B license *HazMat *Tanker Endorsement *Air Brake Endorsements Please apply at www.danlin.us Please download to complete in full. All applicants must be willing to summit to drug testing and background check prior to employment. Danlin is an Equal Opportunity Employer and will not discrimi-

nate on the basis of age, sex, religion, race, color, national origin, or disability.

EXPERIENCED WAIT-STAFF needed for day and evening shift. Apply in person at Big Spring Country Club. No phone calls please.



The Colorado River Municipal Water District is accepting applications for following positions.

Electronics Technician – Responsible for installing, repairing, and maintaining communication equipment including mobile radios and microwave communication equipment, supporting the District's SCADA system. Intermediate level position, basic understanding of electronics/electricity needed.

Maintenance Technician

Responsible for maintaining the District's raw water pipelines, pump stations, and wells.

CRMWD is an equal opportunity employer. Benefits include health insurance, retirement plans, and sick, vacation and holiday leave.

Applications are required and are available at the District's office, 400 E. 24TH Street, Big Spring, Texas, by calling (432) 267-6341 or www.crmwd.org

INSERTER NEEDED part-time, approx. 25-30 hrs. per week. Minimum wage. Must be able to work Saturdays and have good hand-eye coordination. Apply in person at Big Spring Herald, 710 Scurry.

pdority@martinch.org

Join our professional cleaning team! \$12/Hrs. & advancement opportunities. We provide paid training, all necessary supplies & uniform. Must have own transportation & speak English. All cleaners are drug tested & background checked. Bonded and insured. Call J. Williams Management at 432-699-2090 M-F 8-4.

LOCAL SALVAGE yard accepting applications and hiring for a parts puller and a dismantler. Must have own tools. Fill out application at Westex Auto Parts, 1511 Hwy 350 in Big Spring.

OUTGOING, FRIENDLY personality. Experience with animals and computers a must. Duties involve 40 hr week, plus rotation on weekends and emergencies. Salary based on experience, call 432-263-0514 between 8am - 5pm, Mon-Fri.

PARKVIEW NURSING and Rehab is now accepting applications for a Cook. You may apply on line at www.parkviewnursing.net or in person at 3200 Parkway.

PARKVIEW NURSING and Rehab is now accepting applications for 10pm-6am Charge Nurse. Competitive Pay and Benefits. You may apply on-line at www.parkviewnursing.net or in person at 3200 Parkway.

PARKVIEW NURSING and Rehabilitation is accepting applications for a weekend Treatment Nurse. We offer Competitive Pay and Benefits. You may apply on line at www.parkviewnursing.net or in person at 3200 Parkway.

PART-TIME MANAGER for new Big Spring Storage Zone at 23rd and Goliad. Manage office + light maintenance. Apply in person. Job details at bigspringstoragezone. com/manager

ESTATE SALE

531 East 15th St. Colorado City, TX Sat. Oct. 13, 2012 - 8:00 A.M. Till 6 P.M. Sun. Oct. 14, 2012 - 11:00 A.M. Till 6 P.M.

Directions: From IH-20 at Colorado City take exit 216 then South on Hickory St. to 15th. St. then East approx. 1/2 Blk. to 531 East 15th.

Chrome Drop Leaf Table w/4 chairs (Grey), Duncan Phyfe Drop Leaf Table, Nice low back Piano w/bench, RCA XL 100 Color TV w/remote, Hanging Corner Cabinet, 4pc. Bedroom suite, Twin Beds, Book Case, OLD Metal Lawn Chairs. Wicker Planter, Roll-away Bed, Luggage, Head Vase, Hull Vase & Pitcher, Fiesta Pitcher & Tea Pot, Pots & Pans, Glassware, Yard Tools, Childrens

Toys, Sheets, Towels, PLUS SO MUCH MORE. For More Info. Please Call 1-325-242-0172. 432-756-2821.

SECURITY OFFICERS Needed for Hospital Federal Inmate Protection detail. All positions are Part-time and PRN.

Physical Requirements: Must be in general good health and vision must be correctable to 20/30 (SNELLEN) in one eye. The ability to distinguish basic colors is required. Emotional and mental stability is required. **Other Requirements:** Must be able to pass State and Federal Backgrounds and Credit Checks.

Experience **Requirements:** One year (2040) hours of experience in the armed forces or coast guard which involved significant performance of guard duty of detainees or prisoners; or the equivalent experience in a federal, state, or local government, or private organization which involved protecting/police duties, or college level training in courses such as corrections or police science may be substituted for experience at the ratio of two hours of instructions for one hour of experience.

Apply at Workforce Center (1001 Birdwell Ln., Howard College- Charles Warren Bld. 106), KEYWORD: PARAGON. EOE.

> SECURITY OFFICERS Needed Full & Part Time Call (432)520-1573

MEDICAL CAREERS begin here - Train ONLINE for Allied Health and Medical Management. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call 877-692-9599

www.CenturaOnline.com

Items for Sale

2000 CLUB Car Golf Cart with windshield and cover. Call (432)267-6087 for more info...

Miscellaneous

AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program. Financial aid if qualified. Job Placement assistance. CALL Aviation Institute of Maintenance. 877-803-8630

On the Farm

CASHFORYOURMINERALS!ProducingorNon-Producingmineral.Willpaytopdollar.Call806-470-9797.KenterKenter

WE BUY Minerals. \$2000. plus per acre in Howard County. Call Quinn Peacock R.P.L. 817-894-7482.

Real Estate for Rent

FOR RENT: \$1200 Month plus deposit. 3 bdr, 2 bath, CH/A. References required. NO PETS. Call 432-661-9712.

239739



CLASSIFIED

10

BIG SPRING HERALD Thursday, October 11, 2012



CLASSIFIED

Real Estate for Rent

1 & 2 BDRM APTS. furnished or unfurnished, All bills paid. also 2 thru 6 bdrm Homes, 24Hr. maintenance, Central Heat/Air, Pool, stove, refrigerator, dishwasher, Washer/dryer connections. Call (432)263-3461- Rosa.

1 BEDROOM Master Loft, fully furnished all utilities paid \$1500/month. Brand new modern accomadations including seperate living room. Please call 432-599-1778.

DOWNTOWN LOFT for Lease 1700 plus sq. feet. Jacuzzi tub, extra large closets. \$1250 month plus deposit. 1 Year lease required. No pets/ smoker and no children please. Call (432)263-6514 Owner/Broker.

CORPORATE RENTAL- Fully furnished (linens included), washer/drver- 2/1 no utilities, \$1200.. 3/1 no utilities, \$1350. & Unfurnished, 3/1 Washer and drver included, no utilites, \$1200.. Call 432-599-1778.

LEASE or SALE: 1901 West 16th. Approximately 10,000 sq. ft. with 2,000 sq. ft. building on 5 acres on Scenic Mountain (Armory). Call (432)213-2319.

NOW LEASING 3 Bdrm Apts. Built in microwave, full-size Washer & Dryer included, private patio/balcony w/storage area, playground area, fitness center, and community center. Open Monday-Friday 9am-6pm. Call Knollwood Heights (432)264-1735.

OASIS RV Park- RV Spots available 30 & 50 amp. In the country. Monthly Rentals Only. No Deposit required. \$300 Month. Lots of extras available on site. Such as Horse pens, shop and covered parking. Call 432-213-5122 for more info.

Real Estate for Rent

PONDEROSA APARTMENT Now Leasing 1 & 2 Bdrms Pools & covered parking No application fees Senior Discounts 1425 East 6th Street (432)263-6319



RV COURT has Spaces for Rent, also have RV trailers on lots for Rent. All Bills Paid. Call (432)263-3461- Irma.

SOUTH 208 RV PARK 3346 South Hwy 208- Snyder \$400/month- ALL BILLS PAID Daily & Weekly Rates Available Internet & Cable Provided (432)270-0331

Real Estate for Sale

20 ACRES FREE! Own 60 acres for 40 acre price/payment. \$0 Down, \$168/mo. Money Back Guarantee, NO CREDIT CHECKS. Beautiful West Views. Texas. 1-800-343-9444.

2410 CARLETON, 3 bedroom, 1 bath, **SOLOD**O will finance down. (432)263-6997.

PARKWAY-3000 Brick 2b/2b/1car garage, workshop, 1340 sf on 0.49 acres. Remodeled Move-in-Ready. New roof, A/C, water heater, electric and service appliances \$98,500.. Call (432)213-3483.

Custom Built Home for Sale: Granite countertops, beautiful tile floors, open floor plan, custom cabinets. master garden tub, fireplace . 2 car Priced to sell at garage \$225,000! Call 432-517-0373 for an appointment.

Let

Real Estate for Sale

4/3, 2.735 acre, kitchen w/granite, Den, Formal Dining and Living, Master BR w/2 wcl., whirlpool & shower, tile in the whole house except bedrooms, granite in all bathrooms sink, Molding, 15 feet high ceiling, front and back landscaping w/water features, gazebo, two car garage and all appliances included. \$325,000.00. OBO. Call 541-680-4577.

OWNER WILL Finance- 1109 Mulberry- 2 bedroom, 1 bath, new paint, new carpet, corner lot. \$5,000.00. Down. Call (432)934-1743.

UPDATED HOME in Kentwood area- 3 bdrm, 2 bath, granite counter tops, walk in closets, office, fireplace, big metal shop with carport. \$155,900.00. Call 432-270-3202.

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DEPENDABLE Caregiver to the rescue will provide care, bathing, earns, and etc. Years of experience. Call Tina (432)816-3354.

Vehicles

1999 FORD Taurus (white). 74,000 miles. Excellent Condi-\$6,500.00. Call tion. (432)816-9039.

2008 CAMRY Charcoal Grey, 59,900 miles, 31.5 mpg on hwy. \$12,590.00. Very good condition. Call (432)559-3409.

94 CARRIE Lite Fifth Wheel Camper Trailer, one slide out, 32ft. In need of minor repairs. \$6,500. Call (432)394-4050.

The trine of Saturn and Neptune has a way of harmonizing our limitations with our opportunities. In most cases, it will be the limitations that allow us to achieve what we dream about, though it's the opportunities that get all the credit. Opportunity is like an open door and doesn't deserve to be credited for the

person who walks



HOLIDAY because MATHIS feel

hunger. The way you break the rules inspires potential rule enforcers to turn a blind eve

TAURUS (April 20-May 20). Do not fear being a leader. You will be one whether you fear it or not, so you may as well decide to focus on doing what needs to be done and let go of the rest.

GEMINI (May 21-June 21). New resources open up. Someone shares all that's in

Vehicles

CA\$H FOR CARS/TRUCKS: Get A Top Dollar INSTANT Offer! Running or Not. Damaged? Wrecked? OK! We Pay Up To \$20,000! Call Toll Free: 1-888-417-1423.

his heart. Animals show an affinity for you. The myriad randomness you encounter has one thing in common: It all seems designed to please you.

Tomorrow's Horoscope

CANCER (June 22-July 22). You will be drawn to those with a different moral standard from your own. The advice of a somewhat devious friend is actionable, but take action at your own risk.

LEO (July 23-Aug. 22). Understand that the authority figure in a situation needs to feel superior. Be careful not to upset the balance of power. You're wise to display your talents only as they relate to the situation at hand.

VIRGO (Aug. 23-Sept. 22). You'll exercise your individuality and recognize how it fits and doesn't fit into the organized systems of the world. There's no need to conform your unique view at this time.

LIBRA (Sept. 23-Oct. 23). Someone you admire is accessible to you. If you know specifically what you want and what you can give, reach out and make yourself Accomplished known. individuals will give you humble assistance.

SCORPIO (Oct. 24-Nov. 21). The beautiful part of being a water sign is that vou find it easy to accept that everything changes, and like water, you flow with it. Today you'll find the inner serenity of a placid lake.

SAGITTARIUS (Nov. 22-Dec. 21). It's likely that someone around you is behaving like a proud peacock in order to impress you. The bright plumage,

puffed up and fanned out, does make auite а statement.

CAPRICORN (Dec. 22. Jan. 19). It's been said that tragedy plus time equals comedy. It doesn't always true, but ring todav something that once bothered you a great deal will now seem downright hilarious.

AQUARIUS (Jan. 20-Feb. 18). Novel problems call for novel solutions. Your fresh approach and unrelenting originality could save the day. Work with those who likely to bring a are practical advantage.

PISCES (Feb. 19-March 20). There is a thin line between helping people and controlling people. You'll be aware of this and careful to stay within your boundary. You'll be even more careful not to let another person give help you don't need.

TODAY'S BIRTHDAY (Oct. 11). Many preach the need for change, but you're the bold one who actually does it. You'll solve a strange puzzle next month. You'll be proud of what you decide or create in December. Financially, things pick up in January, and July brings another high. You'll take on a new position in February. Sagittarius and Aquarius people adore you. Your lucky numbers are: 3, 14, 33, 21 and 45.

If you would like to write to Holiday Mathis, please go to www.creators.com and click on "Write the Author" on the Holiday Mathis page, or you may send her a postcard in the mail.

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(March April You'll be in the mood for rule breaking,

entitlement,

but you seized by an adventurous

а

FEATURES

BIG SPRING HERALD Thursday, October 11, 2012

Push for healthier truckers gains momentum

By JAMIE STENGLE

Associated Press

DALLAS — In the months after Doug Robinson started driving a truck, he noticed his clothes were increasingly more snug-fitting. He was already overweight but soon realized that spending up to 11 hours behind the wheel, frequently eating fast food and not exercising was a poor combination.

When his employer, U.S. Xpress, took part in a weight-loss challenge sponsored by the Truckload Carriers Association, the 321-pound, 6-foot-1-inch Robinson signed up.

So far, he's about 40 pounds into his goal of dropping 100. His truck's refrigerator is stocked with chicken, tuna and vegetables.

And after his day's drive, he walks — either on trails near rest stops or just circling his truck.

"I have asthma, so with the extra weight on there, it isn't good for me," said Robinson, a 30-year-old from Philadelphia. "When I started losing weight, instantly I was breathing better. I was sleeping better at night."

From trucking companies embracing wellness and weightloss programs to gyms being installed at truck stops, momentum has picked up in recent years to help those who make

their living driving big rigs get into shape.

"I think a lot of trucking companies are coming around to the idea that their drivers are their assets," said Boyd Stephenson of the American Trucking Associations, the industry's largest national trade association. He added that healthier employees help a company's bottom line.

There's an additional incentive for truckers to stay in shape — their job might depend on their health.

Every two years, they must pass a physical exam required by U.S. Department of Transportation's Federal Motor Carrier Safety Administration. They're checked for conditions that might cause them to become incapacitated — suddenly or gradually — while driving, including severe heart conditions, high blood pressure and respiratory disor-

Annie's Mailbox ®

Dear Annie: My husband is a wonderful man in almost every respect. But when we are in the car together, he uses road rage to manipulate me into agreeing to things I don't want. He'll drive threateningly if I don't say it's OK for him to take that fishing trip or go to a movie. When he is the driver, he controls everyone because we are dependent on him.

I have pointed this out to him, but it always ends in a terrible fight. Worse, he punishes me by saying, "I will never take that trip again," or "I won't go to that movie with you." He accuses me of provoking him.

My husband's nephew was the target of the same abuse when we traveled together recently. The boy was behaving like an angel, when suddenly my husband became enraged and demanded all sorts of concessions from his nephew. ders.

While there are no weight restrictions, a commercial driver who has been diagnosed with obstructive sleep apnea and isn't undergoing treatment will not get a medical certificate. Sleep apnea, more common among those who are overweight, leads to daytime sleepiness, a danger on long drives.

But there are obstacles for truck drivers who are mindful of their health. In addition to being seated for many hours at a time, eating options are usually limited to places with parking lots big enough to accommodate their tractor-trailers — most often Flying J truck stops in Georgia and Tennessee.

A monthly membership of about \$30 also gives truckers access to Snap Fitness' more than 1,300 gyms, Taunton said, 60 of which have tractor trailer-friendly parking.

Pilot Flying J plans to add a function to their smartphone app to help truckers identify healthy food choices at their locations and fast food restaurants. David Parmly, the company's employee services manager, says their truck stops have adjusted recipes to make them healthier and offer oatmeal for breakfast.

Bob Perry, president of Rolling Strong, said



truck stops, which historically have not been known for wholesome food or workout equipment. That's something truck stop chains have been trying to change.

TravelCenters of America, which operates under the TA and Petro Stopping Centers brands, launched a program two years ago called StayFit that includes placing small, free gyms in truck stops, offering healthier eating options and half portions, mapping walking routes near truck stops and building basketball courts in some locations.

"We wanted to remove as many barriers to drivers' health as possible," said TravelCenters spokesman Tom Liutkus, who said the company has gyms at 42 of its more than 240 locations, with plans to outfit them all by the end of next year. He added that the gyms have been accessed more than 30,000 times.

Gym franchiser Snap Fitness has partnered with Rolling Strong, which provides wellness programs aimed at truckers, to open gyms at Pilot Flying J locations. The first one opened south of Dallas in June: A nearly 1,000-square-foot stand-alone building filled with weights and a dozen or so machines. So far, more than 120 memberships have been sold for that gym.

"We know that we have an audience out there that needs help," said Snap Fitness chief executive officer and founder Peter Taunton. By the end of the year, they also plan to install gyms inside Pilot truckers flock to daylong wellness screenings that his company sets up at truck stops nationwide.

"We never have to recruit anyone over. We are packed from the time we open till the time we leave," Perry said.

Robinson, the U.S. Xpress driver trying to lose weight, said that

before joining the weight-loss program, he spent his evenings on the road watching television, check-

Facebook and talking on the phone.

"At first I was like, 'I don't know how I'm going to exercise.' At the end of the day, I don't want to walk. It's all about planning," he said. "I just had the willpower to do it."

Bruce Moss, vice president of human resources for Con-way Freight, said they've found that their wellness program reduces the number of people who call in sick, lowers workplace injuries and controls health care costs. The program gives truckers access to wellness coaches and has them stretch before starting a shift.

Last year, more than 11,500 of Con-way Freight's 21,000 employees, the majority of them drivers, consulted with wellness coaches.

Eleven carriers participated in the Truckload Carriers Association's inaugural Trucking's Weight Loss Showdown this spring, with each carrier signing up 12 employees — half drivers, half office staff. A second showdown, which, like the first, offers the individual winner \$2,500, is happening this fall.

Besides taking part in association's spring weight-loss challenge, U.S. Xpress has a points system that rewards healthy behaviors with cash. They also hold health fairs and have placed blood pressure machines in their main terminals.

"All you can do is put the options out there, educate your people and show them the benefit of what happens if you take these steps," U.S. Xpress spokesman Greg Thompson said.

10 Easy Weight Loss Tips to Help You Slim Down



meal. Sharing food minimizes the chance you'll overeat.

For the longest time, I didn't realize what was going on. I thought he just couldn't handle driving. What I didn't understand is that he uses road rage as a form of bullying and abuse. I don't know how I was so blind for so many years. It is the perfect tool to get away with whatever he wants. It also is a form of torture, because he makes us feel responsible should he have an accident.

I don't know whether we will ever go on another trip together or even to a movie, but I am willing to go by myself or with a friend — and my husband knows it. I have no idea where our marriage is headed after 24 years, but I am preparing myself to do whatever it takes. I don't believe he would go for counseling, but I refuse to let him drive me anywhere ever again. — *Virginia Wife*

Dear Virginia: You are wise not to get into a car with this maniac. Since your husband is "wonderful" when he isn't driving, however, please reconsider counseling. You don't know how he will respond until you ask and make it clear how unhappy you are about such manipulative, controlling behavior. (But go in separate cars.)

Dear Annie: I'm sorry it has taken me this long to reply to "Clueless on Cancer Etiquette." It is refreshing to hear from someone who cares enough not to ask the wrong questions.

I'm an 87-year-old WW II veteran with stage 4 cancer. I'd suggest "Clueless" be friendly, caring and cheerful, and not ask about their illness. Let them open the conversation about cancer if they want to discuss it. We want our friends to behave the same as always so we can enjoy each other's company.

When my wife was sick with cancer, her socalled "friends" stayed away as if she were contagious. Only one made any attempt to cheer her up by having breakfast with her every day. That was the only food my wife would eat, as she was otherwise too depressed. Thank you, "Clueless," for your thoughtfulness. — *Mike*

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@comcast.net, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach, CA 90254. 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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(Family Features) — When it comes to losing weight and getting in shape, Jamie Walker, cofounder and president of the online health community Fit Approach (www.FitApproach.com), knows a thing or two. A Yoga Alliance certified instructor and boot camp leader, Walker is also the winner of multiple marathons.

"Losing weight and getting in shape is more than just counting calories and squat repetitions," says Walker. "It's about implementing healthy habits and actions into your daily life." With this in mind, Walker shares her tips for shedding pounds and living healthier.

1. Trim Your Plate.

When preparing meals, consider proper portion sizes for vegetables, lean proteins, grains and dairy. Using a smaller salad plate will help you keep portions in control, while also providing the visual cue that you have eaten enough food to feel satisfied. To learn more about portions, visit www. ChooseMyPlate.gov.

2. Grab Your Toes, Not a Fork.

"When you're feeling tired or stressed out your first instinct may be to grab a snack. But before snacking, consider stretching," suggests Walker. Stretching can help you feel rejuvenated, provide you with longer lasting energy, as well as help clear your mind.

3. When Dining Out, Go Dutch.

When you're out on the town try splitting a meal with a friend. Most restaurants serve portions that far exceed our dietary requirements for a single

4. Wake and Weigh.

"Set a goal to step on the scale at the same time each week," says Walker. "Sticking to a routine will help keep you accountable, making it easier to track your progress." Walker recommends the iHealth Wireless Scale which allows you to track your weight over time and compare results to daily activities such as diet and exercise regimens. Results can be shared with your doctor, personal trainer, family members or fitness partners via the free companion iHealth Scale app. Learn more at www.ihealth99.com.

5. Drink More Water.

Thirst is often mistaken for hunger. According to the Mayo Clinic, men should drink roughly 3 liters of water each day (13 cups) and women should drink 2.2 liters (9 cups). Create the habit of drinking a glass of water before each meal to avoid overeating. Learn more at www.MayoClinic.com.

6. Go Green.

Make a sincere effort to add something green to all of your meals. Dark, leafy greens are full of fiber, which is proven to help you feel fuller longer. Greens such as spinach and kale are also packed with important vitamins, minerals and diseasefighting phytochemicals.

7. Don't Call it a Workout, Call it Fun.

Instead of associating your workout with "work," channel your positive energy and make your exercise time pleasurable. Walker recommends working out to your favorite tunes and trying fun, nonconventional ways to burn calories like dancing, jumping rope or doing squats while brushing your teeth in the morning. For more tips on creative ways to workout, visit www.LiveStrong.com.

8. Slip into Something Less Comfortable.

Ditch the sweatpants and opt for something that makes you feel amazing. Studies show that you're less likely to overeat if you feel confident.

9. Don't Subtract, Just Add.

Instead of focusing on foods you have to subtract from your diet, focus on the foods that can always be added, like fiber-rich fruits and vegetables. Try new combinations of wholesome foods. You may be surprised by how much you enjoy flavorful, seasonal produce in some of your favorite dishes, such as vegetarian lasagna.

10. Early to Bed, Early to Rise.

According to the National Sleep Foundation, short sleep duration is linked with an increase in body mass index due to an increased appetite caused by sleep deprivation. Learn more about getting a good night's sleep at www.SleepFoundation. org.

Comics

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DENNIS THE MENACE



"COME BACK, RUFF! I'M NOT THROUGH!"

BC



WIZARD OF ID



AGNES







"Get your video camera, Daddy. We're gonna try to go viral!'

HAGAR



I'VE NOTICED YOU RUGGED GUYS

BLONDIE



This Date

In History

Today is Thursday, Oct. 11,

On Oct. 11, 1962, Pope John

XXIII convened the first ses-

sion of the Roman Catholic

Church's Second Vatican

Council, also known as

In 1779, Polish nobleman

Casimir Pulaski, fighting for

American independence, died

two days after being wounded

during the Revolutionary War

In 1811, the first steam-pow-

ered ferryboat, the Juliana

(built by John Stevens), was

put into operation between

New York City and Hoboken,

In 1862, during the Civil War,

Confederate forces led by Gen.

J.E.B. Stuart looted the town of

In 1890, the Daughters of the

merican Revolution was

Chambersburg, Pa.

Battle of Savannah, Ga.

in

the 285th day of 2012. There are

81 days left in the year.

History:

"Vatican 2."

N.J.

On this date:

Today's Highlight

SO, DAG, WHAT'S WITH THE ORANGE FACE? ALWAVS SAY THAT

founded in Washington, D.C. In 1910, Theodore Roosevelt became the first former U.S. president to fly in an airplane during a visit to St. Louis, Mo.

In 1932, the first American political telecast took place as the Democratic National Committee sponsored a program from a CBS television studio in New York.

In 1942, the World War II Battle of Cape Esperance began in the Solomon Islands, resulting in an American victory over the Japanese.

In 1958, the lunar probe Pioneer 1 was launched; it failed to go as far out as planned, fell back to Earth, and burned up in the atmosphere.

In 1968, Apollo 7, the first manned Apollo mission, was launched with astronauts Wally Schirra, Donn Fulton Eisele and R. Walter Cunningham aboard. The government of Panama was overthrown in a military coup.

In 1984, space shuttle Challenger astronaut Kathryn Sullivan became the first American woman to walk in space.

In 1986, President Ronald Reagan and Soviet leader two days of talks concerning arms control and human rights in Reykjavik, Iceland.

YEAH, WHAT'S

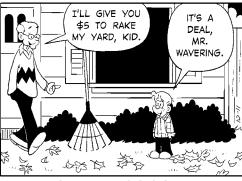
In 1992, in the first of three presidential debates, three candidates faced off against each other in St. Louis, Mo. ,Äî President George H.W. Bush, Arkansas Gov. Bill Clinton and businessman Ross Perot.

Today's Birthdays: Author Elmore Leonard is 87. Actor Earle Hyman is 86. Former U.S. Defense Secretary William Perry is 85. Actor Ron Leibman is 75. Actor Amitabh Bachchan is 70. Country singer Gene Watson is 69. Sen. Patty Murray, D-Wash., is 62. Rhythm-and-blues musician Andrew Woolfolk is 62. Actressdirector Catlin Adams is 62. 2012 The Associated Press.

Answer to previous puzzle



HI AND LOIS



GET RID OF ALL MY LOOSE CHANGE PENNIES? 12

I'M TRYING TO

REFE

THE OTHER COAST



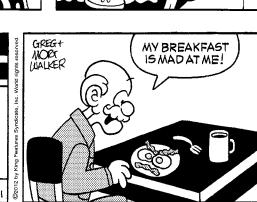
SNUFFY SMITH



BEETLE BAILEY







Mikhail S. Gorbachev opened

BEETS

Edited by Stanley Newman

SOUNDS COIN-Y by Billie Truitt

Newsday Crossword

ACROSS 1 Landlocked African country 5 Airport counter name 10 Mediocre writer 14 Wedding rental 15 Summary 16 "This is terrible!" Andrews 17 Red Muppet 18 Madrid mother 19 Mascara applicator 20 Some cologne components 23 Manuscript marking 24 Perching places 28 Balk at 31 Radiance 33 Mad Hatter's offering 2 3 4 34 Plentiful 35 Coloratura's performance 36 Rail supports 37 Considered only in terms of money 40 Aggressive Olympian 41 Sty cry 42 Woodshop tool 43 Ham's frequent surroundings 44 Surreptitious signal 45 Analyzed grammaticallv 46 Cold treat 48 Little bouquet 49 "That sounds

reasonable"

55 Bend 58 The same

59 Distressful cry 60 Ham's frequent surroundings 61 Turbine part 62 Villainous 63 Widespread 64 Positive replies 65 Title for Julie

DOWN

1 Staff symbol 2 Sledding spot 3 Clip contents 4 Thresholds 5 Band on a sleeve

6 Slightest 7 Choice for current 8 Stable mom

9 Driver's delight 36 About to cry

10 "In what way?" 11 Light-dawning cry 12 Situation Room broadcaster 13 Down for the count 21 Confused 22 Pull along 25 Tours of duty 26 Grow incisors 27 Answered back 28 Detection devices 29 Atlanta coll. 30 III humor 31 Vicksburg victor 32 Join together 35 In its current state

www.stanxwords.com 38 Leaves in the kitchen 39 Elegance 44 Light touch 45 Conundrums 47 Heart of _ (Alabama nickname) 48 Type of 33 Across 50 Skin soother 51 Baby foxes 52 TV science series 53 Take a dip 54 Worldwide fashion mag 55 President with a DC memorial 56 Kauai keepsake 57 Pointy-eared being

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Sports

BIG SPRING HERALD Thursday, October 11, 2012

snapped a 143-race winless streak

dating to 2008, and many be-

lieved he was in the best position

in years to finally win his first

Sprint Cup Series championship.

But he had a mediocre start to

the Chase for the Sprint Cup and

left Talladega ranked 11th in the

By sitting out the next two rac-

Earnhardt will also end his

streak of 461 consecutive starts,

which is the fifth longest active

streak in the Sprint Cup Series.

NASCAR strengthened its com-

mitment to keeping drivers with

concussions off the track in 2002,

in part because Earnhardt admit-

ted he was unable to fully con-

centrate or communicate with

his crew chief after an accident

He self-diagnosed himself with

a concussion, which he revealed

at California.

weeks later.

es, he'll most certainly finish last

in the 12-driver Chase race.

field

Woods beats McIlroy by 6 strokes in Turkey

BELEK, Turkey (AP) Tiger Woods beat Rory McIlroy by six strokes Thursday to advance to the semifinals of the World Golf Final, turning the first head-to-head match between the world's top two players into a onesided contest.

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McIlroy, No. 1 in the world, was eliminated from the \$5.2 million exhibition after slumping to a third consecutive group match defeat on a day of low scoring at the Antalya Golf Club. Woods shot 7-under 64 for a second straight

victory and will face Justin Rose of England in the semifinals later Thursday.

"It felt good and I really hit it good out there," said Woods, who won just a halfpoint from four matches in the U.S. team's loss to Europe in the Ryder Cup last month. "My game is starting to turn around a bit and I am beginning to hit it like I did at the start of the year."

Rose shot a courserecord 62 to beat U.S. Open champion Webb Simpson by five strokes and also stay perfect in the event, which has a first prize of \$1.5 million. Charl Schwartzel shot an 8-under 63 to defeat American Matt Kuchar by two strokes for his third straight win. The South Afri-

can, who won the 2011 Masters, will next play Lee Westwood after the fourth-ranked Englishman shot 64 to beat Hunter Mahan by three strokes.

McIlroy will leave Turkey with a check for \$300,000 but still has to return on Friday for a pro-am involving all eight competitors after the final.

The Northern Irishman hit his tee shot on the first hole into the water and wasn't under par for the round until he birdied No. 17.

"I'm not that disappointed because I've got the afternoon off around the pool," said McIlroy, who was cheered on by his girlfriend, tennis player Caroline Wozniacki.

"I just came here because I have never played in Turkey and there's a lot of good players here, and I thought it would be a fun week and it has been," McIlroy said.

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Earnhardt Jr. has concussion, out 2 races

CONCORD, N.C. (AP) — Dale Earnhardt Jr. will miss the next two races with his concussion in the past six weeks, ending the championship chances of NA-SCAR's most popular driver.

The first concussion, suffered in a crash during an Aug. 29 tire test at Kansas, went undiagnosed until Wednesday, when Earnhardt was examined in Charlotte for lingering effects from Sunday's crash at Talladega.

Hendrick Motorsports announced Thursday that Earnhardt will sit out races Charlotte and Kansas, and Regan Smith will replace him in the No. 88 Chevrolet. Earnhardt, team owner Rick Hendrick and crew chief Steve Letarte were scheduled to discuss his injury later Thursday at Charlotte Motor Speedway.

Earnhardt, who celebrated his 38th birthday on Wednesday, was injured in a 25-car, last-lap accident Sunday at Talladega.

MLB

Continued from Page

championship series unthinkable when they landed in town on Monday. No team has recovered from a 2-0 deficit in a best-of-five series by winning three on the road, according to STATS LLC.

This one can do it with

REPORT

Continued from Page 7

Armstrong won the Tour as leader of the U.S. Postal Service team from 1999-2004 and again 2005 with the in Discovery Channel as the primary sponsor.

USADA said the path Armstrong chose to pursue his goals "ran far outside the rules."

It accuses him of



Because he was able to drive his car away from the accident teammate Jimmie Johnson even caught a lift on the window back to the garage - Earnhardt was not required to go to the care center for an examination at the time.

Immediately after the race, he called restrictor-plate racing "bloodthirsty" and said he no longer had any desire to compete at Daytona and Talladega.

The wreck was at least the second hard hit Earnhardt has had this season. He struck the wall extremely hard during the Goodyear test at Kansas when his right front tire failed, an accident driver Brad Keselowski tweeted about moments afterward. It's not clear if Earnhardt sought a medical evaluation after that accident and he attended a Washington Redskins exhibition game later that evening.

Earnhardt earlier this season

has a little personal history against the Giants. He was with San Diego in 2010 when the Giants eliminated San Diego on their way to a World Series title.

There's plenty of angst to go around town. The Reds haven't won a postseason game at home in 17 years, going 0-3.

They also dropped a one-game playoff for the

NL wild card to the Mets in 1999. One thing in their favor — they haven't dropped three straight at home all season.

"I'd like to think that we still have the advantage," Reds outfielder Jay Bruce said. "We're at home. I expect Mat to come up with a big game. I'm looking forward to it."

depending on performance-enhancing drugs to fuel his victories and "more ruthlessly, to expect and to require that his teammates" do the same. Among the 11 former teammates who testified against Armstrong are George Hincapie, Tyler Hamilton

and Floyd Landis. In a letter sent to USA-DA attorneys Tuesday, Armstrong's attorney, Tim Herman, dismissed

any evidence provided by Landis and Hamilton, saying the riders are "serial perjurers and have told diametrically contradictory stories under oath."

Aware of the criticism his agency has faced from Armstrong and his legion of followers, Tygart insisted his group handled this case under the same rules as any other.

Armstrong was given the chance to take his case to arbitration and declined, choosing in August to accept the sanctions instead. Tvgart noted.

finding the truth without being influenced by celebrity or non-celebrity, threats, personal attacks or political pressure because that is what clean athletes deserve and demand," Tygart said. The report called the evidence "as strong or stronger than any case brought in USADA's 12 years of existence." The testimony of Hincapie, one of Armstrong's closest and most loyal teammates through the years, was one of the report's new revelations. "I would have been much more comfortable talking only about

myself, but understood that I was obligated to tell the truth about everything I knew. So that is what I did," Hincapie said of his testimony to federal investigators and USADA.

His two-page statement did not mention Armstrong by name. Neither did statements from three other teammates-turned-witnesses, all of whom said this was a difficult-but-necessary process.

"I have failed and I have succeeded in one of the most humbling sports in the world," former Armstrong team-"We focused solely on mate Christian Vande Velde said. "And today is the most humbling moment of my life." Tygart said evidence from 26 people, including 15 riders with knowledge of the U.S. Postal Service team's doping activities, provided material for the report. The agency also interviewed Frankie Andreu, Levi Leipheimer, Jonathan Vaughters and David Zabriskie. Andreu's wife, Betsy, was another key witness. She has been one of Armstrong's most consistent and unapologetic critics. "It took tremendous courage for the riders on the USPS Team and others to come forward and speak truthfully," Tygart said. In some ways, the USADA report simply pulls together and amplifies allegations that have followed Armstrong ever since he beat cancer and won the Tour for the first time. At various times and in different forums, Landis, Hamilton and others have said that Armstrong encouraged doping on his team and used banned substances himself. Armstrong chose not to pursue the case and instead accepted the sanction, though he has consistently argued that the USADA system was rigged against him, calling the agency's effort a "witch hunt" that used special rules it doesn't follow in all its other cases.

in three tries this season, will start Game 5 against Mat Latos, who

a victory on Thursday

at Great American Ball

"Thanks to the win

today, there will be a

tomorrow," Pagan said.

"And we are ready for

Matt Cain, who lost the series opener and has yet to beat the Reds

that."

Park.

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