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BIG SPRING HERALD

WEDNESDAY
JANUARY 16, 2013
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VOLUME 108, NUMBER 80 COPYRIGHT 2013 50 CENTS DAILY/\$1.25 SUNDAY

Flu and you

By **THOMAS JENKINS**
 Staff Writer
 The flu virus is being tracked in approximately half the counties in Texas, with many county health departments already reporting the number of hospital and doctor visits for influenza higher than last year's totals, according to recent reports from the U.S. Center for Disease Control and Prevention.
 While having the flu may mean an inconvenient, indoor vacation for a couple of days to most, those considered to be at high-risk for the virus should take measures to
 See **FLU**, Page 3



HERALD file photo
Vince Solis stirs a pot of his team's entry during the 2012 Fraternal Order of Eagles Aerie 3188 Chili Cook-off. Benefitting the West Texas Center's Children in Need Fund, the Eagles Lodge will host this year's cook-off Jan. 26. For more information on the chili cook-off, contact Landon Sturdivant at 432-264-3247 or email landon.sturdivant@wtcmhmr.org

Veterans: Learning to live with pain workshop slated

Herald Staff Report
 The West Texas VA Health Care System will be hosting the Veterans in Pain, Learning to Live with Pain Workshop from 9:30 a.m. to 3 p.m. Thursday, Jan. 31 from at the George H. O'Brien Jr. VAMC.
 The presenter will be Penney Cowan, founder and CEO of the American Chronic Pain Association. Workshop objectives will include education on the impact of pain, education for medical providers and staff caring for veterans with pain concerning innovative approaches and resources available to improve their expertise. Others include discussions about ways to enable patients with pain, regaining control of life despite pain and sharing tools to bridge the gap between veterans and health care providers.
 Attendance will also be via Telehealth at the West Texas VA Health Care System Odessa Community Based Outpatient Clinic, 4241 N. Tanglewood, Suite 201, Odessa, and the West Texas VA Health Care System Abilene Community Based Outpatient Clinic, 3850 Ridgemoor Drive, Abilene.
 For registration and additional information, call 1-800-533-3231. All attendees must register by phone. Please specify location and indicate staff or veteran status when registering. There is no charge for veterans to register or participate.
 O'Brien Jr. VAMC is located at 300 Veterans Blvd. in Big Spring.

The Littlest Heroes

West Texas VA baby shower
Herald Staff Report
 The West Texas VA Health Care System will be honoring its female veterans by hosting a baby shower for those who are pregnant or have recently given birth.
 In most locations, including the WTVAHCS, care is provided by local obstetricians and hospitals and not by the VA facility. This system can make it difficult to keep women veterans physically and emotionally connected to the VA.
 Eligible women veterans can receive an onsite pregnancy test at the community based outreach clinics. The new system allows women to receive a pregnancy test result within a few minutes. Women Veteran Liaisons at these sites, in coordination with the Women Program Manager, ensure that any positive result is communicated.
 Women veterans are informed of their maternity benefits and offered the opportunity to ask questions or share concerns. Maternity education materials are provided as well, such as the "Pregnancy and Childbirth, a Goal Oriented Guide to Prenatal Care" and "Women's Health, a Guide Preventing Infections."
 The first West Texas VA Baby Shower will be held Jan. 23 at 2 p.m. at the Odessa Community Based Outpatient Clinic, 4241 N. Tanglewood, Suite 201. RSVP to Cynthia Schaffner, 432-263-7361, ext.7175.

Coahoma ISD to consider student safety measures

By **STEVE REAGAN**
 Staff Writer
 COAHOMA — Student safety and school security will be the main topics of discussion when Coahoma Independent School District trustees

hold their monthly meeting at 7 p.m. Thursday in the administration building board room.
 In the wake of the Newtown, Conn., school shootings which claimed 20 first-graders and six educators last month, student safety has become of prime concern for both parents and education professionals.
 "I've said it before: Our job is to educate our students, but our No. 1 goal is to ensure their safety," CISD Superintendent Amy Jacobs said.
 Jacobs said administrators and trustees will discuss several aspects of the district's safety plan and possible ways to improve procedures.
 "We'll just be making sure everyone has the information they need and we are meeting the needs of our students and teachers," she said.
 Jacobs said "almost every topic under the sun" in regards to school safety will be considered by the district, including hot-button subjects like arming school personnel, although she sees major
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 Please call 263-7331.
 Office hours are 8 a.m. to 5 p.m. Monday through Friday. If you miss your paper, please call (432) 263-7335 before 6 p.m. weekdays and 10 a.m. Sunday.



Book signing Reading seminar returns to museum

Herald Staff Report
 Crossroads area residents are invited to a free, two-hour workshop and book sale Saturday at the Heritage Museum.
 The seminar, covering the book "Reading and Spelling Pure & Simple, Phonics-Based Lessons for Elementary, Teen and Adult Students," will be conducted by local author Deede Cauley from 10 a.m. until noon.
 The workshop is free but reservations are encouraged.
 Saturday's workshop is being held to support teachers using or planning to use the lessons found in the recently published book.
 Purchase of the book is not required. The book normally sells for \$99.95 but will be \$89.96 during Saturday's event.
 In addition to teachers and administrators the book may interest churches and other organizations that recognize the need for a ministry teaching students of any age to read and spell.
 Parents interested in improving their child's reading and spelling skills are also prime candidates for the material. In fact, anyone who would like to understand more about the English language or who would like to use the book to volunteer or make extra money as a tutor.
 There are four units of instruction or 90 lessons in total.
 Heritage Museum is located at 510 Scurry. Call 267-8255 to reserve a seat for the seminar.



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Obituaries

Bascum 'Doodle' Trammell



Bascum "Doodle" Trammell, 82, of Mansfield, formerly of Big Spring, died Sunday, Jan. 13, 2013. Graveside funeral services will be held at 11 a.m. Friday, Jan. 18, 2013, at the Dacey Community Cemetery in Parker County.

The family will receive friends from 6 p.m. until 8 p.m. Thursday, Jan. 17, 2013, at the Blessing Funeral Home, located in Mansfield, Texas.

She was born March 16, 1930, in Hardy, Ken., and married Louie Trammell on Dec. 21, 1946. He preceded her in death Nov. 2, 1988.

Survivors include three sons, James Trammell and wife Beth of Morrison, Colo., Weldon Trammell and wife Phoebe of Big Spring and Louie Trammell Jr. and wife Donna of Mansfield; eight grandchildren, Kristi Cooper, Brandi Tucker, Dr. Talmadge Trammell, Haley Trammell, Heather Trammell, Emilee Trammell, Jeremy Joy and Justin Joy; and 11 great-grandchildren.

Arrangements are under the direction of Blessing Funeral Home, Mansfield, Texas.

Paid obituary

Sandi Jean Allen



Sandi Jean Allen, 49, of Glasscock County died Monday, Jan. 14, 2013, in Glasscock County. The family will receive friends from 6 p.m. until 8 p.m. Wednesday at Myers & Smith Funeral Home. Funeral service will be held at 2 p.m. Thursday at Myers & Smith Chapel with Billy Guy of Full Gospel Fellowship officiating. Burial will be at Trinity Memorial Park.

She was born June 1, 1963, at Levelland, Texas. She married Rex Allen, Aug. 12, 1983, in Big Spring. Sandi was a lifelong resident of Glasscock and Howard counties.

She was a homemaker, but had also worked at Comanche Trail Nursing Home and the Forsan Cafeteria. She had been a volunteer for victim services and an elections volunteer in Glasscock County. She was very involved in her children's and grandchildren's school activities. She was always active in her church and was a member of the Full Gospel Fellowship.

She is survived by her husband Rex Allen of Glasscock County; five children, Donny Allen (and Jackie) of Midland, Lyndsey Allen (and Eric Tuttle), Kelsey Allen, Cameron Allen and Emily Allen, all of Glasscock County; three grandchildren, Willie Allen, Jackson Allen, Huyter Allen and a fourth, Kennedy, due anytime; mother, Dorothy Creswell of Big Spring; mother-in-law, Betty Jo Carey of Big Spring; three brothers, Ricky Creswell and wife Lynn and Robby Creswell and wife Shannon, all of Big Spring, and Clay Creswell of Midland; and one sister, Shanna Faye Creswell of Tyler.

She was preceded in death by her father, Jerry Dean Creswell; and one daughter, Tonya Allen.

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

Paid obituary

Carmen A. Chavarria

Carmen A. Chavarria of Austin, Texas, formerly of Big Spring, Texas, passed away in her daughter's home Jan. 10, 2013. She was born Feb. 20, 1920, and worked for the Big Spring State Hospital almost 30 years.

However, Carmen's main job was being an amazing grandmother to Suzanne Subia Sparks, Valerie A. Subia and Lisa C. Subia, who all reside and work in the Austin area. It would be impossible to list the countless ways she helped us all with our educations and careers.

Her only daughter, Anita A. Subia, took excellent care of our wonderful grandmother as her health declined over the last two years. Carmen is also survived by a very warm and beautiful extensive family in California.

We will miss our "Granny" so very much.

Carmen is also survived by several relatives throughout Texas and an extensive family in California.

Paid obituary

Carol Lynn Odom

Carol Lynn Odom, 67, of Tyler, Texas, passed away in Plano, Texas, on Jan. 14, 2013. She was born June 11, 1945, in Kermit, Texas.

Graveside services will be conducted at 2 p.m. Thursday, Jan. 17, 2013, at Austin Memorial Park under the direction of Cook-Walden Funeral Home, 6100 North Lamar Blvd., Austin, Texas.

Condolences may be sent to www.cookwaldenfuneralhome.com.

Paid obituary

Joseph Ervin Wooten

Joseph Ervin Wooten, 76, of San Angelo died Monday, Jan. 14, 2013, in San Angelo. Memorial services will be held at 2 p.m. Saturday at the Community Center in Garden City with Ron Murphy officiating. Arrangements are by Myers & Smith Funeral Home. Pay your respects online at www.myersandsmith.com.

Martha Genay Bertran

Martha Genay Bertran, 81, of Big Spring died Wednesday, Jan. 16, 2013, in a local nursing home. Her services are pending with Nalley-Pickle & Welch Funeral Home & Crematory of Big Spring.

Police blotter

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

- STEVEN JAY CLAYTON, 30, of 1700 W. First St., was arrested Tuesday on a warrant from another agency.

- WILLIAM N. BUCHHEIMER, 37, of Fort Worth, Texas, was arrested Tuesday on charges of possession of marijuana – more than four ounces and less than five pounds and unlawfully carrying a weapon.

- RICKY BOB YANEZ, 27, of 1302 Sycamore, was arrested Tuesday on warrants for disregarding a stop light and no driver's license – when unlicensed.

- BENJAMIN EDWARD MOORE II, 32, of 1423 S. Davis Rd., was arrested Tuesday on a warrant for possession of drug paraphernalia.

- MASON JACK SNOW WILBANKS, 33, of Alvord, Texas, was arrested Tuesday on a warrant for resisting arrest, search or transportation.

- THEFT was reported in the 300 block of N. Gregg Street.

- FORGERY was reported in the 3600 block of W. Highway 80.

- BURGLARY OF A HABITATION was reported in the 1400 block of Wood Street.

- ASSAULT was reported in the 500 block of Westover Road.

Sheriff

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

Note — Officials with the Howard County Jail reported having 74 inmates at the time of this report.

- JESSICA MARIE GARCIA, 32, was booked into the county detention center Tuesday by the Glasscock County Sheriff's Office on charges of possession of a controlled substance and possession of marijuana – two ounces or less.

- MASON JACK SNOW WILBANKS, 33, was arrested Tuesday by the HCSO on a judgment/sentence for resisting arrest, search or transportation.

- WILLIAM BUCHHEIMER, 37, was booked into the county detention center Tuesday by the BSPD on charges of possession of marijuana – more than four ounces and less than five pounds and unlawfully carrying a weapon.

- BENJAMIN EDWARD MOORE, 32, was booked into the county detention center Wednesday by the BSPD on a municipal warrant for possession of drug paraphernalia.

- RICKY BOB YANEZ, 27, was booked into the county detention center Wednesday by the BSPD on municipal capias warrants for disregarding a stop light and no driver's license.

Fire/EMS

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

- MEDICAL was reported in the 1800 block of N. Highway 87. One person was transported to SMMC.

- MEDICAL was reported in the 1400 block of E. 18th Street. One person was transported to SMMC.

- MEDICAL was reported in the 1500 block of Sycamore. One person was transported to SMMC.

WEDNESDAY

- RSD (Reflex Sympathetic Dystrophy, a chronic pain disease), a new support and informative group meets at 213 Circle. Call Lucy at (432) 517-9207 for more information.

- Alcoholics Anonymous, 615 Settles, noon to 1 p.m.; open 12 & 12 study meeting 8 p.m. to 9 p.m.

- Overcomers R&R, a Christ-centered recovery program, is held at Cornerstone Covenant Church, 706 E. 12th St. at 5:50 p.m. to 6:50 p.m. For more information, call at 264-0015 or visit www.ccbig-spring.org

THURSDAY

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

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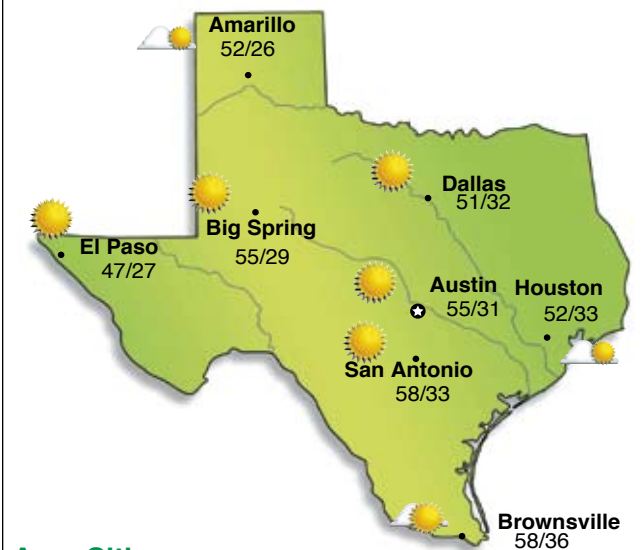
Today's Weather

Local 3-Day Forecast

Thu 1/17	Fri 1/18	Sat 1/19
55/29	57/33	61/35
A mainly sunny sky. High near 55F. Winds WNW at 10 to 20 mph.	Sunny. Highs in the upper 50s and lows in the low 30s.	Abundant sunshine. Highs in the low 60s and lows in the mid 30s.
Sunrise: 7:47 AM	Sunrise: 7:47 AM	Sunrise: 7:47 AM
Sunset: 6:05 PM	Sunset: 6:06 PM	Sunset: 6:07 PM



Texas At A Glance



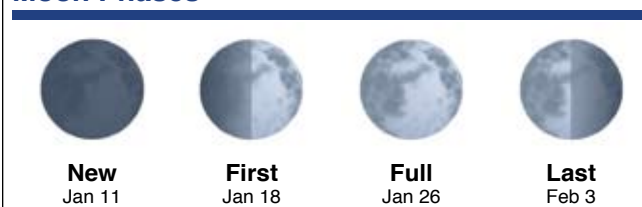
Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Abilene	53	30	sunny	Kingsville	61	36	sunny
Amarillo	52	26	pt sunny	Livingston	51	28	sunny
Austin	55	31	sunny	Longview	49	30	sunny
Beaumont	50	32	pt sunny	Lubbock	53	26	sunny
Brownsville	58	36	mst sunny	Lufkin	52	29	sunny
Brownwood	54	32	sunny	Midland	53	32	sunny
Corpus Christi	58	36	sunny	Raymondville	59	36	sunny
Corsicana	50	30	sunny	Rosenberg	53	30	sunny
Dallas	51	32	sunny	San Antonio	58	33	sunny
Del Rio	57	36	windy	San Marcos	56	31	sunny
El Paso	47	27	sunny	Sulphur Springs	48	30	sunny
Fort Stockton	53	30	sunny	Sweetwater	53	30	sunny
Gainesville	48	27	sunny	Tyler	49	30	sunny
Greenville	47	28	sunny	Weatherford	50	29	sunny
Houston	52	33	pt sunny	Wichita Falls	52	29	sunny

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	59	46	rain	Minneapolis	26	1	flurries
Boston	38	30	mixed	New York	39	34	rain
Chicago	36	20	mst sunny	Phoenix	61	38	sunny
Dallas	51	32	sunny	San Francisco	60	40	sunny
Denver	51	22	sunny	Seattle	42	29	cloudy
Houston	52	33	pt sunny	St. Louis	44	29	sunny
Los Angeles	70	47	sunny	Washington, DC	44	39	rain
Miami	83	67	pt sunny				

Moon Phases



UV Index

Thu 1/17	Fri 1/18	Sat 1/19
4	4	4
Moderate	Moderate	Moderate

The UV Index is measured on a 0 - 11 number scale, 0 with a higher UV Index showing the need for greater skin protection.

Support Groups

meeting, 8 p.m. until 9 p.m.

- Weight Watchers meets at 6 p.m. at St. Paul Lutheran Church. Weigh-in is at 5:30 p.m. Weigh-in is confidential and you don't have to talk if you don't want to. Flexible payment options.

- Visual Awareness Support Group (VASG) is open to the public but specifically aimed for people who suffer from vision problems and their caregivers. For more information, call 263-2501.

FRIDAY

- AA open discussion meeting from noon until 1 p.m. at 605 Settles. Open Big Book study meeting, 8 p.m. until 9 p.m.

- Stepping Stone Group of Narcotics Anonymous meets at the Gold Rush Tobacco Shop, 800 E. Third Street. Open meeting at 7 p.m.

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HERALD photo / Thomas Jenkins

Emergency responders were called to the intersection of 18th Street and Gregg shortly after 2:30 p.m. Monday after two vehicles collided. The accident involved a small pickup and a second vehicle. According to witnesses at the scene, no life threatening injuries were sustained in the crash.

► Odds and Ends

Ohio ex-teacher sues, says she fears young kids

CINCINNATI (AP) — A former high school teacher is accusing school district administrators of discriminating against her because of a rare phobia she says she has: a fear of young children.

Maria Waltherr-Willard, 61, had been teaching Spanish and French at Mariemont High School in Cincinnati since 1976.

Waltherr-Willard, who does not have children of her own, said that when she was transferred to the district's middle school in 2009, the seventh- and eighth-graders triggered her phobia, causing her blood pressure to soar and forcing her to retire in the middle of the 2010-2011 school year.

In her lawsuit against the district, filed in federal court in Cincinnati, Waltherr-Willard said that her fear of young children falls under the federal American with Disabilities Act and that the district violated it by transferring her in the first place and then refusing to allow her to return to the high school.

The lawsuit seeks unspecified damages.

Gary Winters, the school district's attorney, said Tuesday that Waltherr-Willard was transferred because the French program at the high school was being turned into an online one and that the middle school needed a Spanish teacher.

"She wants money," Winters said of Walter-Willard's motivation to sue. "Let's keep in mind that our goal here is to provide the best teachers for students and the best academic experience for students, which certainly wasn't accomplished by her walking out on them in the middle of the year."

Pa. detective: Prankster registered as 'Obama'

PITTSBURGH (AP) — A Pennsylvania detective is trying to figure out how a prankster was able to fill out a 2008 voter registration card signed "Barack H. Obama."

Butler County Detective Scott Roskovski says nobody voted using the bogus voter registration card, though filling it out falsely could be a felony.

Elections officials in the county north of Pittsburgh had processed the card, and it went into the state's computerized database with the last name "Obana" — that is, with an "n" in place of the "m." But Roskovski says that whoever did it was clearly trying to register using President Barack Obama's name.

The card was discovered last week when a jury commissioner was compiling a list of potential jurors which can be drawn from voter-registration lists.

of increased law enforcement presence around campuses, she added, although no definite steps have been taken in that direction.

Jacobs said the district is open to just about any constructive idea when it comes to the safety of students and teachers.

"I think you need to look at everything and decide what serves your students' safety the best," she said. "Our school district is doing everything in its power to

ensure the safety of its campuses."

In other business Thursday, trustees will consider:

- Superintendent evaluation and other personnel matters.
- A public hearing on the district's Academic Excellence Indicator System (AEIS) report.
- A change in adult meal prices in school cafeterias.

Contact Steve Reagan at 263-7331 ext. 234.

CISD

Continued from Page 1

problems with taking that step.

"I feel like teachers and educators have so much on their plates as far as doing their jobs, and now we're talking about them being an armed servant — and the two don't go hand-in-hand," she said. "Hopefully, we can come up with a different alternative."

CISD also is open to the idea

FLU

Continued from Page 1

protect themselves, according to Big Spring Fire Department and EMS Chief Craig Ferguson.

"Flu is a serious, contagious disease that can lead to hospitalization and even death," Ferguson said. "By taking a few precautions, you can protect yourself and others from influenza."

The most important step area residents can take in the war against influenza is the most obvious, according to local officials.

"Take time to get a flu vaccine," Ferguson said. "The BSFD recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the three viruses that research suggests will be most common. Everyone 6 months of age and older should get a flu vaccine as soon as the current season's vaccines are available."

"Vaccination of high-risk people is especially important to decrease their risk of severe flu illness. People at high risk of serious flu complications include young children, preg-

nant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Vaccination is also important for health care workers and other people who live with or care for high risk people to keep from spreading flu to high risk people. Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead."

Other measures for avoiding the flu include:

- Take everyday preventive actions to stop the spread of germs. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Try to avoid close contact with sick people. If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or

sneeze. Throw the tissue in the trash after you use it.

- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Ferguson said antiviral drugs can also help if you've already caught the flu, especially if you fall into a high-risk category or care for those who are considered to be high-risk.

"Take flu antiviral drugs if your doctor prescribes them," he said. "If you get the flu, antiviral drugs can treat your illness. Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter. They can make the illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treat-

ment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.

"Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person is a high-risk person or is very sick from the flu. Follow your doctor's instructions for taking this drug."

Ferguson said flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu and have respiratory symptoms without a fever.

Dewhurst downplays state budget freeze on business funds

By PAUL J. WEBER

Associated Press

AUSTIN, Texas — Gov. Rick Perry likes bragging that Texas is open for business, but the state budget on the table suggests the trough of taxpayer dollars for private companies may be drying up.

Budget proposals lawmakers laid out this week include no new money for Perry's signature business incentive programs, the Emerging Technology Fund and the Texas Enterprise Fund. Nor is there money earmarked for the beleaguered Cancer Prevention and Research Institute of Texas, which has given about \$96 million since 2010 to private startups, in addition to hundreds of millions more for research.

Lawmakers also froze out the tech and enterprise funds in the 2011 session, but did let the programs carry over unused money.

Lt. Gov. David Dewhurst on Tuesday downplayed the significance of both the House and Senate beginning budget talks this time with no new dollars in the pipeline again.

"I think there's an appetite among our Texas lawmakers to continue to provide the adequate business incentives so that companies continue to locate here and that new technology is delivered," Dewhurst said. "I understand there has been criticism of different programs — some of which I think is unwarranted, and some of which I think could use some more transparency."

CPRIT is taking the brunt of that criticism. The state's once-celebrated \$3 billion cancer-

fighting agency is at a standstill while prosecutors continue a criminal investigation stemming from an \$11 million grant to a biotech startup in 2010. An internal audit last year revealed the award to Dallas-based Peloton Therapeutics was approved in spite of the company's application bypassing an independent review.

Democratic state Rep. Garnet Coleman, who plans to introduce a bill making changes to CPRIT, said the state has not been getting the bang for its buck when it comes to taxpayer funds given to private companies. The state typically takes an equity position in exchange for its investment.

Perry's tech fund also has come under new scrutiny. It has given more than \$194 million since 2005 to private startups with the promise of creating jobs and bringing groundbreaking technologies to the market, but bankruptcies in the fund's portfolio last year raised questions about whether the state was getting a return on its investments.

Perry's office last put a value on the portfolio a year ago. A new fund report is due later this month.

Perry asked lawmakers to restock the tech fund with \$139 million in 2014-15. But budget writers in both the House and Senate left that request on the sideline while crafting their first drafts.

MYERS & SMITH FUNERAL HOME & CHAPEL

24th & Johnson 267-8288

Lanell Morris, 77, of Big Spring died Saturday, January 12, 2013, at Parkview Nursing and Rehab. Funeral services will be at 2 p.m. Wednesday at Myers & Smith Chapel.

Sandi Jean Allen, 49, died Monday. The family will receive friends from 6 p.m. until 8 p.m. Wednesday at Myers & Smith Funeral Home. Funeral service will be at 2 p.m. Thursday at Myers & Smith Chapel. Burial will be at Trinity Memorial Park.

Joseph Ervin Wooten, 76, died Monday. Memorial services will be at 2 p.m. Saturday at the Community Center in Garden City.

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

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EDITORIAL

“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.

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OTHER VIEWS

School breakfast helping more Texas kids learn, be healthy

The Texas Food Bank Network and Children at Risk have joined together to highlight a report released by the Food Research and Action Center.

The report found that school breakfast programs in Texas reach 60 children for every 100 who qualify for subsidized school lunch, ranking the state seventh in the nation. Boosting these programs to reach 70 out of every 100 needy students would generate an additional \$64 million in annual, federal aid.

Research has found that school breakfast participation improves school attendance and behavior, boosts learning and test scores, and improves student health. State legislators seeking to help school children realize their goal of becoming “fit and ready” Texans should pass legislation aimed at spreading in-class breakfast strategies piloted in Houston and elsewhere in the state.

“Texas has done a good job making this program available, but we can do much more,” said Celia Cole, CEO of the Texas Food Bank Network. “In-class breakfast strategies have the potential to significantly improve student learning and health at no cost to the state.”

Having breakfast as part of the school day overcomes a primary barrier to breakfast participation — getting to school early enough to eat.

“There is no reason for a child to go hungry. The struggle to obtain a nutritious breakfast every day before school particularly affects low-income households,” said Bob Sanborn, president and CEO of Children at Risk. “Numerous families, regardless of income, find that early morning school bus schedules, long commutes to jobs and non-traditional work hours make it difficult to find time to prepare and eat a nutritious breakfast at home.”

More than 3 million, or 60 percent of Texas school children, are low-income.

“Anything we can do to boost the academic performance of children from low-income families is going to have a significant pay-off for the state,” added Cole.

The School Breakfast Scorecard, released annually by FRAC, measures the reach of the School Breakfast Program nationally and by state:

frac.org/pdf/Scorecard_SY2011-2012.pdf

Similar data at the school district level is available in a report issued in November by the Texas Hunger Initiative:

Texashungerresearch.org/wp-content/uploads/2012/11/BreakfastReport.pdf

“Texas children deserve help reaching their health and academic goals,” said Cole. “Increasing access to this federally-funded program would be a win-win for Texas.”

The Texas Food Bank Network provides a unified voice among food banks in support of their common mission to end hunger in Texas. Learn more at TFBN.org.

—TEXAS FOOD BANK NETWORK

LETTER POLICIES

The Herald welcomes letters to the editor.

- Sign your letter.
- Provide a daytime telephone number, as well as a street address for verification purposes.
- We reserve the right to edit for style and clarity.

• We reserve the right to limit publication to one letter per 30-day period per author.

• Letters that are unsigned or do not include a telephone number or address will not be considered.

• Letters should be e-mailed to editor@bigspring-herald.com or mailed to Editor, Big Spring Herald, P.O. Box 1431, Big Spring, 79721.

A SMALL PRAYER

by K. Rae Anderson

May we not rush to judgement, dear Lord, for we may not see what others know.

Amen

Taking life one hour at a time

With deference to Dr. Phil, Dear Abby, and all other know-it-alls, I am dedicating today's column to providing some good advice. I don't have a television show and I am not on the New York Times Best Seller list, but I can help you if you are interested.

For the past 2 years I have been privileged to spend a part of most every Wednesday afternoon with some really special people, the residents and staff at Parkview Nursing & Rehab Center. They have become like my extended family and I enjoy the time we spend together singing and sharing together in a brief time of visitation and worship. One of their favorite songs is the tune made famous by Cristy Lane, “One Day at a Time.” I don't think it's all about the catchy melody or the lyrics of the song that has endeared itself to them. Those dear folks have learned a priceless secret about life and that is the focus of my ponderings today.

A few things are certain. Life is tough sometimes, unfair and even brutal, and there are going to be occasions during everyone's earthly sojourn that stretch our patience and resolve to the max.

Another thing that is guaranteed is that we will not understand everything that happens to us or to others. I have some precious church members who had four family funerals this past week, and then lost a dear friend in an accident. I don't have explanations for some things that happen and daresay that no one else does either.

However, as in every matter, there is a big picture that isn't always made clear to us. We are mere humans living in a world so majestic and huge that it

simply dwarfs our intellect and ability to analyze and comprehend. And we dare not be foolish enough to think for a moment that we can be like God and see the end from the beginning.

As we face life with all its uncertainties and challenges, here are a few things to keep in mind that will help us make the journey successfully.

As my dear Parkview residents understand so well, as much as is possible, learn to take life one day at a time. Or better still, one hour at a time. When I was a youth minister in Ohio back in the early 70's, a young man in my youth group was really struggling to live a good life. He would try and fail again and again. He asked for advice and I asked him, “Can you live right for the next five minutes?” He assured me that he could. I told him to do it, and when those five minutes are up, do it again. Then again, and again, and you get the picture.

Even though planning and preparation are necessary to be successful in anything, Jesus said, “Therefore do not worry about tomorrow, for tomorrow will worry about itself.” (Matthew 6:34) Discipline your mind to take care of what is right in front of you and don't fret over the future.

Corrie ten Boom nailed it when she said, “Worrying is carrying tomorrow's load with today's strength—carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength.”

Another bit of advice I lend you is to lay aside pride and realize that none of us are an island and we all need help sometimes. Remember that there is one power that is stronger than your fears and depression and that is the power of God.

When the going gets tough, talk to God about your problems as if you were talking to a friend. Review the Bible and pray hard. Be persistent and be open in the

avenues that God may provide to you in solving your problem or dealing with life's issues. It is not always easy, but God is ultimately in control and He will help you if you ask Him.

Sometimes, we can get depressed or fearful over a stressful situation. When this happens, a person should take a few minutes to write down all of the things that he is thankful for in his life. This list could include past accomplishments and all the things that that we take for granted. The next time you feel depressed, review your list and think about the good things that you have in your life.

When facing a current or upcoming task that overwhelms you with a lot of anxiety divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increases your chances of success.

Finally, a lesson everyone needs to learn is when to be serious and when to lighten up a little. Some folks seem to never enjoy anything and that's not the way God created us.

The Bible says in Ecclesiastes 3 there is a time for everything; a time to be born and a time to die, a time to plant and a time to uproot, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to embrace and a time to refrain from embracing, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak.

I believe we can have a blessed and prosperous life if we do it the right way.

You may not agree with anything I've said, but I column as I see 'em.

Eddy Prince is senior pastor at Grace Fellowship Church of God in Big Spring. He can be reached by email at pastorprince@msn.com.

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White House press corps going through the motions once again

You know that old saying that there are no dumb questions? It's not true. I know. As a journalist, I've asked my share of stupid questions. Yet even in the context of my own shortcomings, I do not understand what the White House press corps is thinking during what passes for a news conference in the Obama White House.

Consider Monday's news conference. The last presser of President Barack Obama's first term spanned 53 minutes. Seven reporters asked questions — after Obama called on them as if according to script. In his fashion, Obama answered a couple.

There's a law of verbal physics: The longer the question the less likely it is to be answered. Yet White House reporters rehearse these paragraph-length sentences, adding context the president doesn't need and clauses that bury the lead. Many such questions are so complex that the questioner cannot reasonably expect an answer.

Julie Pace of The Associated Press lobbed the first softball when she asked Obama about

gun violence and whether the White House will push for an assault weapons ban. Mistake. For the past month, reporters have been asking the president about guns. He has a library of stock “gun violence” phrases — “stakeholders,” “common-sense steps,” “focus on what makes sense.” He can answer on autopilot.

Besides, no way was Obama going to answer that question before the vice president could roll out his plan in response to the Newtown, Conn., shootings, which is expected this week.

Major Garrett of CBS noted that as a senator, Obama had voted against raising the debt ceiling.

Great point. I wish he had stopped there and asked why it was OK for Obama to oppose a debt hike then and why it is OK for him, when Republicans do the same thing now, to accuse them of kidnapping for ransom.

Instead, Garrett added that Presidents Ronald Reagan, Bill Clinton and George H.W. Bush agreed to deals that combined raising the debt ceiling and curbing the deficit. Could Obama's refusal to negotiate with Congress lead to default?

And the autopilot kicked in: He's happy to talk, but Republicans expect to win 100 percent.

Also in the “nice try” category, Jackie Calmes of The New York

Times asked Obama about his four white, male Cabinet picks — not very diverse — and whether this White House has become too insular.

Obama answered that his first Cabinet was diverse; people should wait and see his next Cabinet. And: “We invite folks from Congress over here all the time. And when they choose to come, I enjoy their company.” Really? The president said Washington's big problem is that no one will go to the White House, and there were no audible groans from the press gallery.

The pack is out of gas. When reporters ask follow-up questions, you can see they do not expect real answers.

They rarely ask short questions, which are harder to evade. They rarely ask unexpected questions, for which autopilot sound bites cannot hide a non-response. They don't talk out of turn.

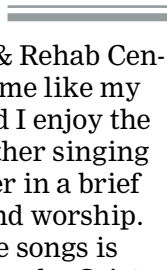
It's: Ask a long-winded question. Get a long-winded non-answer.

Repeat.

Email Debra J. Saunders at dsaunders@sfchronicle.com. To find out more about Debra J. Saunders and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.



EDDY PRINCE



DEBRA SAUNDERS

Try this terrific turkey meatloaf

Change up an American favorite by using turkey. It is healthy and the taste may surprise you.

Like many dishes, of course, meatloaf it is not without its history. After the Industrial Revolution during the mid-19th century, meat became more available to the average citizen. The lack of refrigeration, however, made many folks reluctant to purchase ground meats since the shopper could not always be certain of age, actual ingredients or quality. The introduction of small meat grinders, though, enabled people to grind their own cuts of meat

at home. One of the results was meatloaf – a quintessential part of traditional American cuisine.

Although typically made of beef or pork, or a combination of those meats, this recipe brings the nutritional benefits of turkey into the mix for a great tasting dish. Although it can be made with all dark or all white meat, using a combination of light and dark turkey ensures that it has minimal fat, but maintains its moisture. The mushrooms and onion also help the meatloaf remain succulent.

The onion, Worcestershire sauce and

stock enhance the flavor of the mix. The breadcrumbs keep it



HEALTH TALK HEALTH TALK

Q: What is the difference between pure olive oil, light olive oil, virgin olive oil and extra virgin olive oil?

A: In the United States we categorize olive oils into extra virgin (sometimes referred to as EVOO), virgin, light and classic (pure) olive oil. All these oils are made by extracting the juice of olives. All olive oils, like any other fat, contain about 120 calories per tablespoon.

Extra virgin olive oil is the first product of the extraction process, and thus has the strongest flavor and aroma of the three types. Virgin olive oil is also from the first pressing but is of slightly lower quality. Light olive oil refers to the absence of flavor, which makes it appropriate for dishes that would otherwise clash with the stronger flavored oils.

Classic or pure olive oil typically results from a mixture of virgin olive oil and refined oil. Nutritionally, the fat in all three types of olive oil is mainly monounsaturated fat (MUFA). When MUFA is substituted for saturated fat, it lowers LDL (“bad”) cholesterol without reducing HDL (“good”) cholesterol.

Studies linking greater use of olive oil with lower risk of heart disease generally don’t look at specific types of olive oil. However, both heart health and other possible health benefits may also relate to anti-inflammatory, antioxidant benefits of several natural compounds in olive oil.

Extra virgin olive oil offers the most potential health benefits because it is the least processed and retains more of these compounds, including squalene, polyphenols and tocopherols (related to vitamin E).

Q: Are there really health benefits of doing yoga??

A: Yes, but health benefits vary because people practice yoga in different ways. For example, people differ in how they emphasize and practice the physical postures (asanas), breathing exercises (pranayama), meditation and relaxation techniques and more.

It’s difficult to conduct a controlled study of the effects of long-term yoga practice, but short-term studies have identified several health benefits.

In one study, within a couple weeks of daily or near-daily yoga, high blood pressure improved. A 2007 review of the evidence found that within several weeks to several months, people with diabetes showed improved blood sugar control and blood cholesterol levels.

These effects may relate to increased physical activity, reduced anxiety and changes in stress hormones from meditation practice or their interactive effects.

Although yoga has been around for centuries, research is only beginning to understand all its effects. If you are looking for health benefits from yoga, it would be wise to learn from an instructor who includes both physical poses and meditative components. Find a style that is safe for you and fits your goals and physical abilities so you can continue doing yoga long-term.

Q: Is steel-cut oatmeal more nutritious than other kinds of oatmeal?

A: Despite its super-nutritious image, steel-cut oats are similar in nutrition to other forms of oatmeal that don’t contain added sugar or sodium.

All forms of oatmeal are whole-grain, containing the same vitamins, minerals, phytochemicals and fiber (including the soluble fiber shown to lower blood cholesterol). Both steel-cut and rolled oats are classified as low in glycemic index (GI), an estimate of how a carbohydrate food affects blood sugar.

Traditional oatmeal is referred to as rolled oats, because the whole-grain oats are softened by steam and flattened on rollers to form flakes.

Steel-cut oats, also known as Irish or Scotch oatmeal, are oats cut by steel blades into small pieces without being flattened.

Quick-cooking (one-minute) and instant oatmeal are steamed, cut and flattened in progressively smaller pieces to cook more quickly.

The real differences between these kinds of oatmeal are their cooking times and textures. Steel-cut takes longest to cook and has a heartier, chewier texture. Instant oatmeal may seem lower in fiber than other forms when you check label information, but that’s only because a single packet usually makes a smaller serving. The nutritional disadvantage of flavored instant oatmeal is that in equal size servings, the sugar, sodium and calorie content is often substantially higher than other oatmeal options.



KAREN COLLINS
MS, RD, CDN

tender and the eggs help bind the mixture. You can use ketchup or tomato paste to coat the top.

If you have leftovers, they can be warmed up and enjoyed again, or make a sandwich with cold slices. Just as you might associate meatloaf with nostalgic memories of family dinners, you can create the same memories for younger family members with this great variation of an American favorite.

Terrific Turkey Meatloaf

1 Tbsp. extra virgin olive oil
1 large onion, chopped

1/2 pound cremini mushrooms, trimmed and chopped
1/2 tsp. dried thyme
Salt and pepper to taste
3 Tbsp. Worcestershire sauce
3/8 cup low-sodium chicken broth
1 tsp. tomato paste
2 lbs. ground turkey (mix of dark and light meat)
3/4 cup breadcrumbs
2 eggs, beaten
1/3 cup ketchup

Preheat oven to 325 degrees.

Heat oil in skillet over medium heat. Sauté onions and mushrooms, add thyme and season with salt and pepper. Cook until onions are translucent, about 10 minutes. Add

Worcestershire, stock and tomato paste and mix thoroughly. Remove from heat and allow to cool to room temperature.

In a large mixing bowl combine turkey, breadcrumbs, eggs and onion-mushroom mixture. Mix well and shape into a rectangular loaf in shallow baking dish. Brush ketchup on top.

Bake 90 minutes or until meat is cooked through and internal temperature is 165 degrees. Serve hot. Leftovers may be served cold in sandwiches. Makes 8 servings.

Per serving: 238 calories, 6 g total fat (2 g saturated fat), 14 g carbohydrate

ATTENTION PROPERTY OWNERS

Property owners have certain rights that may reduce their property tax burden.

HOMEOWNERS

Persons who own their residence on January 1, 2013, may claim their home as a residential homestead. The filing of this document is only necessary if the homeowner has changed homesteads since January 1, 2012, or has become eligible for additional exemptions since last year. Homeowners may also defer the portion of the tax on their residence homestead if the value of the home was raised more than 5% above the previous year. Although the tax collection is deferred, interest continues to run on the unpaid portion of tax at a rate of 8% per annum and the deferred tax remains a lien on the property. To apply for the deferral, the owner should contact the appraisal district which appraised the property in question and complete an application.

DISABLED PERSONS

Persons who are disabled under Social Security law are entitled to additional exemptions on their residential homestead. Disabled applicants must apply with the appraisal district and furnish a determination letter from Social Security. Disabled persons now receive all benefits on their home that are available to over 65 persons (see below).

PERSONS WHO ARE OVER 65 YEARS OF AGE

Persons who are over 65 years of age or disabled persons may file for additional exemptions and a ceiling on school taxes for their residential homestead if they become 65 during 2013. Over-65 persons should apply for this exemption at the appraisal district office in their area. Over-65 persons are also eligible to defer paying the tax on their residential homestead if they wish. The taxes continue to accrue during the deferral along with an interest rate of 8% annually, but no attempt will be made to force payment during the deferral. Details and an application may be obtained from any appraisal district or the State Comptroller.

DISABLED VETERANS

Persons who have been declared disabled by the Veteran’s Administration are eligible for additional exemptions on property they own. The declaration letter from VA is mailed annually, but the appraisal district only needs a copy in the first year of eligibility or if the percentage of disability changes.

FARM AND RANCH OWNERS

Farmers and ranchers may be entitled to receive an alternate method of appraisal determined by the farm income to the property. This method is available to farms and ranches commercially raising crops or livestock or which are used as a wildlife habitat under State guidelines. An application for agricultural use value and additional information is available from your appraisal district. Re-filing is only necessary if requested to do so by the Chief Appraiser.

EXEMPTION APPLICATIONS

Exemption applications for all property tax exemptions including total exemptions for charitable, religious, and other total exemptions may be obtained from an appraisal district nearest you or through the State Comptroller’s Office at 1/800-252-9121.

BUSINESS PERSONAL PROPERTY OWNERS

State law now **requires** the filing of a rendition declaring what types of business personal property that a person or company owns. Failure to file the rendition will result in a 10% penalty. If a fraudulent rendition is filed, a 50% penalty is mandated. A rendition can be obtained from the appraisal district office where the property is located. A 30 day filing extension is available by written request.

This is a public service announcement by Howard County Appraisal District, 315 South Main, PO Box 1151, Big Spring, TX 79720.

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News in brief

Plano school board

endorses hiring armed guards

PLANO, Texas (AP) — Trustees of a wealthy Dallas-area school district have backed a proposal to hire armed private security guards to patrol all 71 campuses.

The Plano Independent School District board Tuesday night endorsed a plan that could cost \$2.7 million. The action was taken a month after the Connecticut school shootings that left 20 students and six educators dead.

Superintendent Richard Matkin last week sent a letter to parents indicating he planned "aggressive recommendations" for safety of the district's 55,000 students. Plano ISD also has more than 6,400 employees.

The district currently has armed liaison police officers who work for the city and are posted at high schools.

Hiring private guards would nearly triple the district's current security budget. Matkin says the funds would come from the district's savings.

2 more Lackland instructors under investigation

SAN ANTONIO (AP) — Two more Air Force basic-training instructors in Texas are being investigated for alleged sexual misconduct in cases that could include male victims.

Training command attorney Lt. Col. Mark Hoover on Tuesday declined to release the names of the two latest instructors under review at Joint Base San Antonio-Lackland.

The San Antonio Express-News reports a male instructor faces allegations involving two men during boot camp. Hoover says that case involves alleged abusive sexual contact. A female instructor allegedly had sex with a male student in technical training.

That brings to 32 the number of basic-training instructors under investigation at the South Texas base. Six trainers have been convicted of misconduct.

The military has changed some procedures and

now requires two trainers to oversee each group of recruits.

Ex-Houston officer pleads guilty in drug case

HOUSTON (AP) — A former Houston police officer faces up to 25 years in prison for becoming a drug money courier after he left the force in 2009.

Prosecutors say 47-year-old Anthony Foster on Tuesday pleaded guilty to two conspiracy-related counts in the money laundering case. He faces sentencing in May.

A June traffic stop led Houston police to discover Foster driving with more than \$350,000 stashed in a fake whiskey case.

The Houston Chronicle reports the enterprise operated out of a simple office behind an auto collision shop. The indictment says money was hauled to Houston in bulk from Mexico, then transferred to U.S. financial institutions.

Foster resigned from the police department amid a bribery investigation. He pleaded guilty to taking money from an undercover officer and was put on probation.

San Antonio couple barred from doing tax returns

SAN ANTONIO (AP) — A South Texas husband and wife have been banned from the federal tax returns business after investigators found improper credits and losses topping \$3 million.

The Department of Justice on Tuesday announced details of the injunction against Pete Escalante Gutierrez and Jeanette Gutierrez of San Antonio. The couple consented to the federal judge's order without admitting guilt.

The pair must sell their interests in their companies, identified as FCRE Inc., Fast Cash Refund Express Electronic Tax Service LLC, Fast Cash Refund Express and Fast Cash Express Electronic Services.

Authorities say Pete and Jeanette Gutierrez must also turn over the names of customers they did tax returns for since January 2012.

The government says the tax losses go back to 2006.

Jury selection starts in ex-dentist's murder trial

TYLER, Texas (AP) — Jury selection begins in the East Texas murder trial of a retired 76-year-old dentist in the fatal shooting of his 71-year-old wife.

Attorneys in Tyler will start choosing a jury Wednesday for the trial of Bobby Nichols. He's accused of killing Rosalind Nichols — his wife of 26 years.

Bobby Nichols has said he "screwed up" when he got home the night of June 29 after drinking with his friends. He's said he doesn't remember details of the night and misses his wife, but has acknowledged shooting her in their East Texas home.

If convicted, Nichols could be sentenced to up to life in prison. He remains free on \$750,000 bond.

3 killed, 1 injured in WT crash

MIDLAND, Texas (AP) — Three men are dead after a two pickup trucks slammed into each other on a remote West Texas highway.

The Texas Department of Public Safety says the 7 a.m. Tuesday crash happened on Farm Road 1788, about 2½ miles south of Interstate 20 southwest of Midland.

The DPS says a truck was trying to pass on the two-lane highway when it slammed into the oncoming truck. Trooper Chad Matlock tells the Odessa American that the driver of the passing truck, 26-year-old Francisco Ortega of Odessa, and 27-year-old passenger Joshua Sterns of New Caney were killed outright. Also killed was the driver of the other truck, 47-year-old Manuel Loera of Odessa.

In critical condition at Midland Memorial Hospital was 27-year-old Jesus Carballo of Ehrenberg, Ariz., another passenger in the passing truck.

School finance trial shifts focus to efficiency

AUSTIN, Texas (AP) — The sweeping case challenging how Texas public schools are funded entered a new phase Tuesday, now focusing on efficiency with testimony from a suburban Fort Worth mother who home-schooled her fifth-grader for a year because there was no space at a local charter school.

The case before state District Judge John Dietz focuses on \$5.4 billion lawmakers voted to cut from public schools and educational grant programs in 2011.

In the final weeks of the case brought by more than 600 school districts against the state, attorneys are trying to define what qualifies as the most efficient way for Texas to spend money on public schools. They'd like to see more charter schools and reforms that would allow for more competition to prevent public schools from holding what they call a monopoly.

Their opening witness Tuesday was 11-year-old Bo Smedshammer, a sixth-grader at Classics Academy in Arlington, a charter school. Last year, he was homeschooled by his mother, Andrea, while two of his siblings attended the Classics Academy.

"I was put on a waiting list and there was no spots open for fifth grade," he explained.

Smedshammer said he wanted to go to the Classics Academy "because of all the fun things that my brother and sister got to do."

"I was just watching them and felt left out," he said, adding that he is much happier studying at the school "because I get to interact with other kids and be more social instead of staying at home."

Man accused in Picasso vandalism to be in court

HOUSTON (AP) — A man accused of vandalizing a 1929 Pablo Picasso painting in an act caught on cellphone video is to be in court for the first time since surrendering to U.S. marshals last week at the U.S.-Mexico border.

Uriel Landeros is to appear Wednesday before a federal judge in Houston.

The 22-year-old faces felony graffiti and criminal mischief charges accusing him of spray-painting "Woman in a Red Armchair" at the Menil Collection in Houston.

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.

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

www.sudoku-puzzles.net

www.bigspringherald.com

Contract Bridge

By Steve Becker

Born of Desperation

North dealer.
Both sides vulnerable.
NORTH
♠ A 7 6 3
♥ Q 6 2
♦ A J 9 5
♣ K 4

WEST EAST
♠ J ♠ K Q 10 8
♥ J 7 5 ♥ A 10 9 4
♦ 10 3 ♦ 8 7 6 2
♣ Q 10 7 6 5 3 2 ♣ 9

SOUTH
♠ 9 5 4 2
♥ K 8 3
♦ K Q 4
♣ A J 8

The bidding:
North East South West
1♦ Pass 2 NT Pass
3 NT

Opening lead — five of hearts.
Desperate situations call for desperate measures. And although a measure born of desperation is not very likely to succeed, it might offer the only chance for survival.
Today's deal provides a case in point. There would have been no story if West had led a club against three notrump. South would have won with the jack and conceded a heart to secure nine tricks.
But West decided to lead a heart, explaining afterward that he had no side entry to his clubs even if they

became established. Declarer played low from dummy and won East's nine with the king.

At this stage, South placed West with heart length, most likely including the ace. In that case, a ninth trick could be developed later by leading a heart toward the queen.

In the meantime, South reasoned, little harm could come from trying to score a trick with the jack of clubs. So at trick two, he led a club to the king and returned a club toward the A-J, planning to finesse. One can only imagine his shock when East showed out, discarding a diamond.

Since there was no point in playing the jack now — West would win and return a club to establish his suit — declarer put up the ace and mulled things over. If West had the ace of hearts, the contract could no longer be made, so South now had to assume that East held that card and could be endplayed. This would happen only if East could be forced into the lead with a spade without West winning a spade trick.

So after taking the ace of clubs, South cashed the ace of spades and four diamond tricks, East discarding a heart on the last diamond. Declarer then led a spade. East scored the K-Q-10 but had to lead a heart from the A-10 to dummy's queen at the end, and the contract was home.

Tomorrow: The correct discard.

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In Sunday's Big Spring Herald



'A Blessed Life'

Actor Ving Rhames discusses his starring role the new TV medical drama "Monday Mornings" and his rise from working-class roots to a successful Hollywood career.

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Gardeners can reap fitness along with plants

By DEAN FOSDICK

Associated Press

Gardens can be great training grounds for fitness buffs. Add trails for jogging. Build benches for workouts. Use trees and fence posts for stretching. Lose even more calories by squatting or lifting while weeding, planting, hauling and digging.

You can personalize your garden to fit your energy level.

Equipment such as exercise beams and conditioning ladders are inexpensive and simple to make, while portable gear like weighted rollers, jump ropes, dumbbells and Swiss balls can be eased into the routines.

"If you have children's play equipment, it is easy to add a pull-up bar or climbing frame for adults to a tree house," said Bunny Guinness, a landscape architect who runs a garden design business near Peterborough in central England.

Gardening in and of itself can be a formidable calorie burner, said Guinness, who with physiotherapist Jacqueline Knox wrote "Garden Your Way to Health and Fitness" (Timber Press, 2008).

Regular physical activity reduces the risk of many illnesses, and gardening can provide it, said Margaret Hagen, an educator with University of New Hampshire Cooperative Extension.

"Raking is like using a rowing machine," Hagen said. "Turning a compost pile is similar to lifting weights. Carry a gallon sprinkling can of water in each hand and you've got 8-pound dumbbells. Pushing a lawnmower is like walking on a treadmill, only much more interesting."

Even more calories are burned when calisthenics are included in the mix. Add push-ups, chin-ups, bridging, power lunges and dips to the workouts.

Warm up before you begin to avoid cramping and joint pain.

Pace yourself. Hydrate, especially if you're gardening out in the sun. Avoid bending by using telescoping pruners,

edgers and weeders. Opt for lightweight and easy-to-grip hand tools.

Work ergonomically. Stress good posture and balance, Hagen said.

"As someone who has had a back issue, I do try to follow my physical therapist's advice and be careful to kneel instead of stooping while gardening, and to lift with bent knees and a straight back," Hagen said. "One of the things I like most about gardening is that because you stretch and move in so many directions, it works all your muscle groups, releasing tension everywhere in your body."

Don't forget to include mental health in your landscape design. Add tranquil herb

gardens, soothing fountains and small sitting areas for meditation, relaxing and cooling off.

"Any gardener can tell you that there is nothing like spending time outdoors gardening to refresh the soul," Hagen said. "Psychologically, I'm sure it provides the same benefits to gardeners that recent research says recess provides to schoolchildren."

Good nutrition also is an important part of any fitness package, and few things taste better than food served fresh from the garden.

"If you can boost your health and avoid stresses and strains in the process, it becomes all the more satisfying," Guinness said.

Tips to remember in microwave use

By DARYL NELSON

ConsumerAffairs.com

It's certainly safe to say that most people didn't expect the microwave to become the everyday kitchen appliance that it is today.

And just like many other everyday household products that we use, a lot of consumers don't really think about how they differ from each other, in terms of functionality and overall safety, which is why certain government agencies spend a great deal of time regulating certain products, to set standards of performance and to ensure safety for the general public.

The U.S. Food and Drug Administration (FDA) tells consumers not to just randomly select a microwave when shopping for one, and each person should really understand how microwaves work, how to properly use them, and how to give them the proper maintenance.

It's safe to assume that a lot of people associate microwave ovens with radiation waves and are also aware that these waves are what heat up foods.

Once these waves reach the water or fat content in the food, these contents vibrate, which in turn heats or cooks whatever is inside the microwave.

The FDA says the good thing about microwaves, is there have been very few cases surrounding people becoming injured by radiation, aside from just a few instances. In these rare cases the microwaves weren't serviced correctly or people had somehow managed to get body parts where

they didn't belong.

The government regulators also point out that most microwave injuries are related to people becoming burned by containers or other hot receptacles placed inside, and many people heat items for too long, especially liquids that can explode and cause scalding.

And since some small children can reach a low-placed microwave and open its door, they could potentially expose themselves to those hot liquids or overly heated foods and suffer a serious injury.

Parents should definitely place microwaves out of the reach of small children who may grab a hot item out of sheer curiosity, experts say.

To decrease the chances of liquids exploding in the microwave, the FDA says to add whatever contents you were planning to use beforehand, like cocoa mix, sugar or instant coffee.

And many of us don't like to actually do it, but reading the manual from cover to cover when purchasing a microwave is extremely important, stresses the FDA.

The FDA also says not to use a microwave if the door doesn't close securely, and if a piece of the door is bent, chipped or damaged in any way, it should no longer be used.

And if for some reason the microwave is able to function with the door still open, which happens more than one may think among older and heavily used microwaves; consumers should immediately stop using it and replace it.

ER visits tied to energy drinks double

SAN FRANCISCO (AP)

— A new government survey suggests the number of people seeking emergency treatment after consuming energy drinks has doubled nationwide during the past four years, the same period in which the supercharged drink industry has surged in popularity in convenience stores, bars and on college campuses.

From 2007 to 2011, the government estimates the number of emergency room visits involving the neon-labeled beverages shot up from about 10,000 to more than 20,000. Most of those cases involved teens or young adults, according to a survey of the nation's hospitals released late last week by the Substance Abuse and Mental Health Services Administration.

The report doesn't specify which symptoms brought people to the emergency room but calls energy drink consumption a "rising public health problem" that can cause insomnia, nervousness, headache, fast heartbeat and seizures that are severe enough to require emergency care.

Several emergency physicians said they had seen a clear uptick in the number of patients suffering from irregular heartbeats, anxiety and heart attacks who said they had recently downed an energy drink.

More than half of the patients considered in the survey who wound up in the emergency room told doctors they had downed only energy drinks. In 2011, about 42 percent of the cases involved energy drinks in combination with alcohol or drugs, such as the stimulants Adderall or Ritalin.

"A lot of people don't realize the strength of

these things. I had someone come in recently who had drunk three energy drinks in an hour, which is the equivalent of 15 cups of coffee," said Howard Mell, an emergency physician in the suburbs of Cleveland, who serves as a spokesman for the American College of Emergency Physicians. "Essentially he gave himself a stress test and thankfully he passed. But if he had a weak heart or suffered from coronary disease and didn't know it, this could have precipitated very bad things."

The findings came as concerns over energy drinks have intensified following reports last fall of 18 deaths possibly tied to the drinks — including a 14-year-old Maryland girl who died after drinking two large cans of Monster Energy drinks. Monster does not believe its products

were responsible for the death.

Two senators are calling for the Food and Drug Administration to investigate safety concerns about energy drinks and their ingredients.

The energy drink industry says its drinks are safe and there is no proof linking its products to the adverse reactions.

Late last year, the FDA asked the U.S. Health and Human Services to update the figures its substance abuse research arm compiles about emergency room visits tied to energy drinks.

The Substance Abuse and Mental Health Services Administration's survey was based on responses it receives from about 230 hospitals each year, a representative sample of about 5 percent of emergency

departments nationwide. The agency then uses those responses to estimate the number of energy drink-related emergency department visits nationwide.

The more than 20,000 cases estimated for 2011 represent a small portion of the annual 136 million emergency room visits tracked by Centers for Disease Control and Prevention.

The FDA said it was considering the findings and pressing for more details as it undertakes a broad review of the safety of energy drinks and related ingredients this spring.

"We will examine this additional information ... as a part of our ongoing investigation into potential safety issues surrounding the use of energy-drink products," FDA spokeswoman Shelly Burgess said in a statement.

You deserve a factual look at . . .

Israel and the United States

Is Israel an asset or a burden to our country?

The United States is without question Israel's most important ally. Also, without question, Israel is the staunchest and most reliable friend of the United States. But there are some who believe and vigorously advocate that Israel is a burden to the United States and that, were it not for Israel, peace would prevail in the Middle East.

What are the facts?

The "Israel lobby." There are indeed those who claim that Israel is a liability, a burden to our country. Professors from prestigious universities write essays in which they aver that the United States is in thrall to the "Israel lobby." This lobby is said to pull the strings of American policy. Its supposed main promoters are AIPAC (American Israel Public Affairs Committee) and the so-called "neo-cons," some of whom are indeed Jewish. They are said to exert an almost magical spell over policy makers, including the leaders of Congress and the President. Some even say that the Iraq war was promoted by this omnipotent "Israel lobby," that President Bush was flummoxed into declaring war on Saddam Hussein, not in order to defend the United States or to promote its interests, but in order to further the interests of Israel.

Israel is indeed a major recipient of U.S. aid. Israel receives yearly \$3.0 billion, all of it in military aid — nothing in economic aid. 75% of this military aid must be spent with U.S. military contractors, making Israel a very large customer of those companies.

America's staunchest ally. A good case can be made that aid to Israel, all of it military, should be part of the United States defense budget, rather than of the aid budget because Israel is, next only perhaps to Britain, by far the most important ally of the United States. Virtually without exception, Israel's government and its people agree with and support the foreign policy objectives of the United States. In the United Nations, Israel's votes coincide with those of the United States over 90% of the time. The Arabs and other Moslem countries, virtually all of them recipients of American largess, almost reflexively vote against the United States in most instances.

Israel is the major strategic asset of the United States in an area of the world that is the cradle of Islamofascism, which is dominated by tyrants and permeated by religious obscurantism and shows almost total disregard for human rights. During the decades-long Cold War, Israel was America's indispensable rampart against the inroads of the Soviet Union. It is now the bulwark against the aggressive intentions of Iran. During Desert Storm, Israel provided invaluable intelligence, an umbrella of air cover for military cargo, and had personnel planted in the Iraqi deserts to pick up downed American pilots.

Gen. George Keagan, former head of U.S. Air Force Intelligence, stated publicly that "Israel is worth five CIAs," with regard to intelligence passed to our country. He also stated that the yearly \$3.0 billion that Israel received in military assistance was worth \$50 to \$60 billion in intelligence, R&D savings, and Soviet weapons systems captured and transferred to the Pentagon. In contrast to our commitments in Korea, Japan, Germany, and other parts, not a single American serviceman needs to be stationed in Israel. Considering that the cost of one serviceman per year — including backup and infrastructure — is estimated to be about \$200,000, and assuming a minimum contingent of 25,000 troops, the cost savings to the United States on that score alone is on the order of \$5 billion a year.

Israel effectively secures NATO's southeastern flank. Its superb harbor, its outstanding military installations, the air and sea lift capabilities, and the trained manpower to maintain sophisticated equipment are readily at hand in Israel. It is the only country that makes itself available to the United States in any contingency. Yes, Israel is not a burden, but a tremendous asset to the United States.

Israel is indeed America's unsinkable aircraft carrier in the Middle East and the indispensable defender of America's interests in that area of the world. The people of the United States, individually and through their Congressional representatives, overwhelmingly support Israel in its seemingly unending fight against Arab aggression and Muslim terror. But that support is not only based on the great strategic value that Israel represents to the United States. It is and has been based on shared values of liberty, democracy, and human rights. America and Israel are aligned by their shared love of peace and democracy. Israel and the United States stand together in their fight against Islamofascist terrorism. These shared values, these common ideals, will bind Israel and the United States forever.

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FLAME

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

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News in brief

French forces will be in 'direct combat' in Mali within hours as ground operations launch

BAMAKO, Mali (AP) — French troops pressed northward in Mali toward territory occupied by radical Islamists on Wednesday, military officials said, announcing the start of a land assault that will put soldiers in direct combat "within hours."

French ground operations began overnight in Mali, Adm. Edouard Guillaud, the French military chief of staff, said on Europe 1 television. France's Defense Minister Jean-Yves Le Drian said soldiers were headed away from the relative safety of the capital toward the rebel strongholds in the north.

Residents of Niono, a city in the center of Mali which is just south of a town that was overrun by the jihadists earlier this week, said they saw trucks of French soldiers arrive overnight. The natural target for the French infantry is Diabaly, located 400 kilometers (250 miles) northeast of the capital and roughly 70 kilometers (45 miles) north of Niono. French warplanes have carried out airstrikes on Diabaly since the weekend, when a column of dozens of rebel vehicles cut off the road out of Diabaly and seized the town as well as its military camp.

Ibrahim Komnotogo, a resident of Diabaly who heads a USAID-financed rice agriculture project, happened to be outside the town when the jihadists encircled it. He has 20 employees and contractors who he says are stuck inside the town, population 35,000. He told The Associated Press that al-Qaida-linked rebels have sealed off the roads and are preventing people from leaving.

Komnotogo says he fears the Islamists are planning to hide within the mud-walled neighborhoods and use the population as a human shield.

Obama to outline gun control plans today, including assault weapons ban, executive actions

WASHINGTON (AP) — President Barack Obama's broad effort to reduce gun violence will include proposed bans on military-style assault weapons and high-capacity ammunition clips as well as more than a dozen executive orders aimed at circumventing congressional opposition to stricter gun control.

Obama was to announce the measures Wednesday at a White House event that will bring together law enforcement officials, lawmakers and children who wrote the president about gun violence following last month's shooting of 20 young students and six adults at an elementary school in Newtown, Conn.

The broad package Obama will unveil will also include efforts to stop bullying and boost availability of mental health services.

But Congress would have to approve the bans on assault weapons and ammunition magazines holding more than 10 bullets, along with a requirement for universal background checks on gun buyers. Some gun control advocates worry that opposition from Republicans and conservative Democrats, as well as the National Rifle Association, will be too great to overcome.

"We're not going to get an outright ban," Rep. Carolyn McCarthy, D-N.Y., said of limits on assault weapons. Still, McCarthy, a leading voice in Congress in favor of gun control, said she would keep pushing for a ban and hoped Obama would as well.

2 dead after helicopter crashes in central London after hitting crane

LONDON (AP) — Police say two people were killed when a helicopter crashed Wednesday during rush hour in central London after apparently hitting a construction crane on top of a building.

Two people were taken to a nearby hospital with "minor injuries," London Ambulance Service said.

The helicopter crashed just south of the River

Thames near the Underground and mainline train station at Vauxhall, and the British spy agency MI6.

Video on Sky News showed wreckage burning in a street, and a large plume of black smoke rose in the area. The video from the crash scene showed a line of flaming fuel and debris.

Witness reports that the helicopter hit a crane atop a 50-story residential building, the St. George Wharf Tower, were not immediately confirmed.

After Conn. school shooting, nearly 6 in 10 Americans back stricter gun laws

WASHINGTON (AP) — Nearly six in 10 Americans want stricter gun laws in the aftermath of last month's deadly school shooting in Connecticut, with majorities favoring a nationwide ban on military-style, rapid-fire weapons and limits on gun violence depicted in video games, movies and TV shows, according to a new Associated Press-GfK poll.

A lopsided 84 percent of adults would like to see the establishment of a federal standard for background checks for people buying guns at gun shows, the poll showed.

Three-quarters of Americans said they reacted to the Connecticut massacre with deep anger, while 54 percent said they felt deeply ashamed it could happen in the United States.

President Barack Obama was set Wednesday to unveil a wide-ranging package of steps for reducing gun violence, expected to include a proposed ban on assault weapons, limits on the capacity of ammunition magazines and universal background checks for gun sales.

Many of the more restrictive proposals under consideration, such as the assault-weapons ban, would face stiff congressional opposition, particularly among Republicans.

Police: 6 suicide bombers attack Afghan spy agency in capital; deaths reported

KABUL, Afghanistan (AP) — Six militants — one driving a car packed with explosives — attacked the gate of the Afghan intelligence service in the capital Kabul on Wednesday, setting off a blast that could be heard throughout downtown and which sent a plume of dark smoke rising into the sky.

Taliban spokesman Zabiullah Mujahid claimed responsibility for the attack in a text message sent to The Associated Press.

A high-ranking official with the intelligence agency, called the National Directorate of Security, said that there were deaths from the attack but did not say how many. He declined to give his name because he was not an official spokesman.

The explosion occurred about noon local time and was followed by volleys of gunfire for the next 45 minutes. As the car bomber drove into the gate, the five others attacked on foot, said Mohammad Zahir, the chief of the Kabul police investigation unit. All the assailants were killed in the fighting, he said. It was not immediately clear if some of the men on foot were also wearing suicide vests.

Zahir said at least 30 people were wounded, but he did not have information on deaths.

Japan's Boeing 787 jets in Japan grounded for safety checks after emergency landing, problems

TOKYO (AP) — Boeing Co.'s 787 planes were grounded for safety checks Wednesday by two major Japanese airlines after one was forced to make an emergency landing in the latest blow for the new jet.

All Nippon Airways said a cockpit message showed battery problems and a burning smell were detected in the cockpit and the cabin, forcing the 787 on a domestic flight to land at Takamatsu airport in western Japan.

The 787, known as the Dreamliner, is Boeing's newest and most technologically advanced jet, and the company is counting heavily on its success. Since its launch, which came after delays of more than three years, the plane has been plagued by a

series of problems including a battery fire and fuel leaks. Japan's ANA and Japan Airlines are major customers for the jet and among the first to fly it.

Japan's transport ministry said it got notices from ANA, which operates 17 of the jets, and Japan Airlines which has seven, that all their 787s would not be flying. The grounding was done voluntarily by the airlines.

The earliest manufactured jets of any new aircraft usually have problems and airlines run higher risks in flying them first, said Brendan Sobie, Singapore-based chief analyst at CAPA-Center for Aviation. Since about half the 787 fleet is in Japan, more problems are cropping up there.

A separate class: Study highlights huge spending gaps between athletics and academics

Annual spending on sports by public universities in six big-time conferences like the SEC and Big 12 has passed \$100,000 per athlete — about six to 12 times the amount those universities are spending per student on academics, according to a study released Wednesday to greet college presidents arriving at the NCAA's annual meeting in Texas.

The study finds the largest gap by far in the Southeastern Conference, which combines relatively low academic spending and explosive coaching salaries. Median athletic spending there totaled nearly \$164,000 per athlete in 2010. That is more than 12 times the \$13,390 that SEC schools spent per student for academic expenses, including instructional costs and student services.

The schools of the Pac-10 (now the Pac 12), Atlantic Coast Conference, Big Ten and Big East also averaged six-figure spending per student athlete in 2010, the study finds. Across Division I, athletic spending — though still smaller in absolute terms — rose twice as fast as academic spending between 2005 and 2010. During that period, the schools competing in the top-level Football Bowl Subdivision (FBS) of the NCAA upped their athletic expenditures on average \$6,200 per athlete each year, according to data compiled by the Delta Cost Project at American Institutes for Research as part of an ongoing project with the pro-reform Knight Commission on Intercollegiate Athletics.

The report does not provide information about ratios at individual institutions.

Overall, FBS schools spent on average \$92,000 per athlete in 2010, or just under seven times what they were spending per student on academics at a time of falling state funding for higher education in much of the country, and tuition increases widely outpacing inflation. The report did find, however, the growth rate seemed to be slowing.

Afghan street kids, orphans to perform at Carnegie Hall as music struggles to revive

KABUL, Afghanistan (AP) — Not so long ago Fakira roamed the mean streets of the Afghan capital, hawking magazines for 13 U.S. cents apiece to support her poverty-stricken family. Next month, the 15-year-old cellist appears in America's most prestigious concert halls, performing alongside other former street children and orphans of Afghanistan's decades of violence.

"Suddenly my whole life changed, and now I am going to America," she says, recounting her chance encounter with a rather improbable school that's reviving music, both Western classical and Afghan, in a country where the Taliban had made even listening to it a crime — and where a generation of musicians vanished through killings, old age or exile.

The teenager, who uses one name like many Afghans, will be playing in the Afghan Youth Orchestra, which on Feb. 3 begins a 12-day U.S. tour that includes concerts at Washington's Kennedy Center — President Barack Obama has been invited — New York's Carnegie Hall and the New England Conservatory in Boston.

"Most reports about Afghanistan are about suicide bombings, killings, destruction, corruption, (depicting) Afghanistan as a place where hope has died," says Ahmad Sarmast, who leads the youth orchestra.



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SATISFACTION GUARANTEED

Big Spring girls top Monahans, boys fall short

By **BRIAN MCCORMACK**

Sports Editor

Big Spring Girls

The Lady Steers improved to 2-2 in District 4-3A play Tuesday with a 48-31 over- from-behind victory over Monahans at Steer Gym.

The Lady Lobos led BSHS 5-1 after the first quarter, but Big Spring grabbed the lead early in the second period and never let go.

Logan Yarbar's 23 points — including four 3-point baskets — powered the the Lady Steers' rally. Diamonique Mayes had seven points and Alexis Cansino and Julianna Rodriguez each had six in the win.

"We had a slow first quarter" Head Coach Mike Warren said. "The turnovers hurt us and we weren't making our shots, but the defense was solid and that was important. They didn't let us get too far down. Logan (Yarbar) came in late in the first quarter and she caught fire. Then, we caused some turnovers, which is tribute to our press and man defense. Dyrshae (Vanderbilt) does a good job of coming put of the fast break and getting us the ball. It was a big win."

BSHS (14-12 overall), will welcome Greenwood on Friday at 6:15 p.m. at Steer Gym.

"We're fighting for that third spot," Warren said of a playoff position. "Greenwood may be a little bigger, more physical team, but we may have a quickness advantage."

BSHS Cliff Thomson has been forced to transform his offensive scheme from a power-based game to one which relies on finesse, since the departure of two of his tallest players.

The transition has been tough, as evidenced by Tuesday's 61-38 loss to Monahans. The Steers (6-17, 0-2), were down by 13 at the half, but came out swinging early in the third stanza to make it an eight point game, but they couldn't maintain the momentum long enough to swing the outing in their favor.

"The positive was the effort," Head Coach Cliff Thomson said of his squad. "They didn't give up. We brought up a sophomore, Tyler Bryan, from the J.V. Team and he made some good plays defensively. He did a good job for his first time in a varsity game."

Thompson said the focus remains on offensive consistency as the Steers prepare for Greenwood on Friday.

"It will be a big game," Thompson added. "They have a couple real good posts and guards who can score."

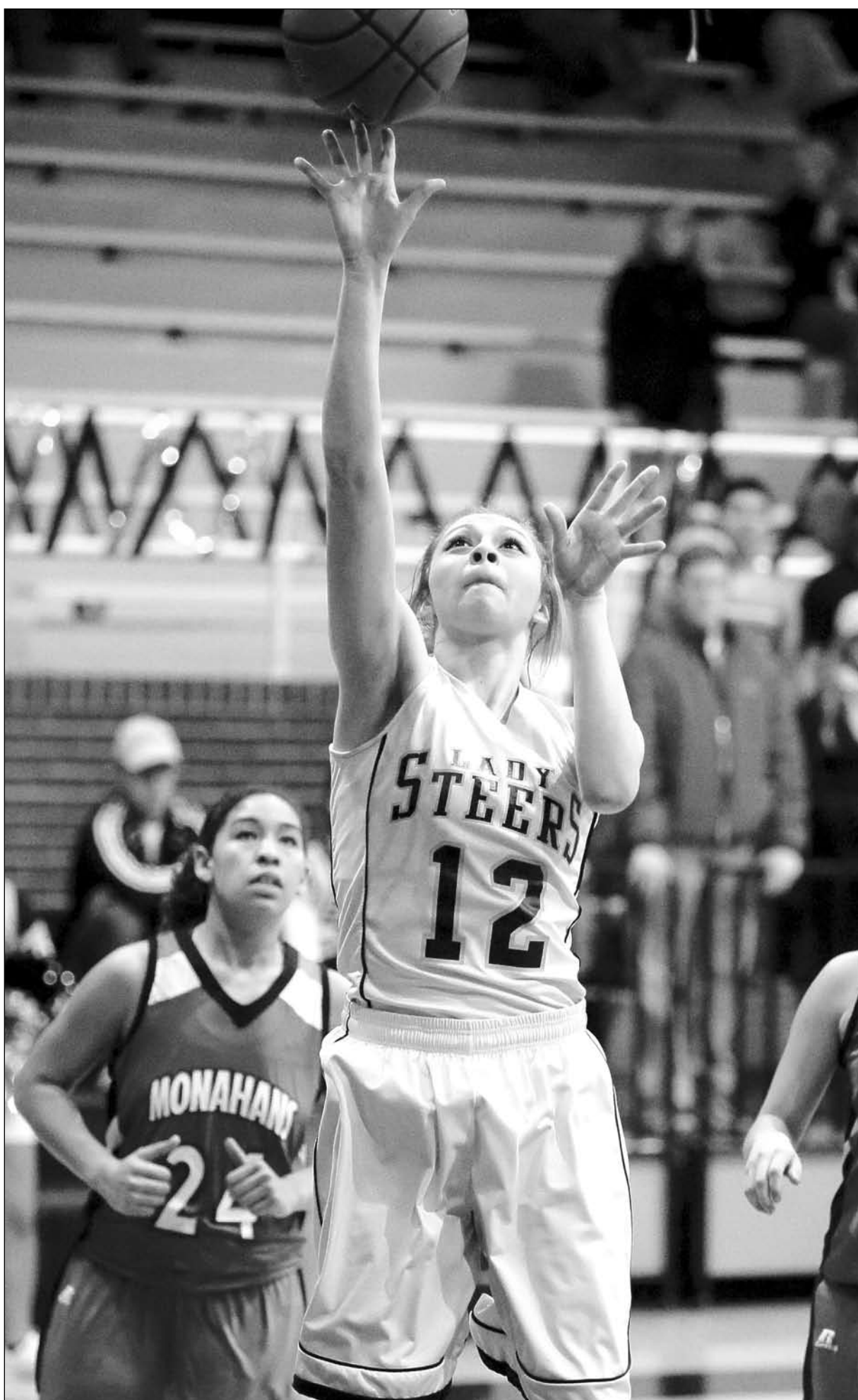
Tip off is slated for 7:30 p.m. at Steer Gym.

Forsan Boys

SEAGRAVES — The Buffaloes made the trek to Seagraves on Tuesday and came home with their second District 4-1A win after defeating the Eagles 87-77.

Forsan (12-8, 2-1),

See **ROUNDUP**, Page 15



HERALD photo/Tony Claxton

Big Spring's Alexis Cansino puts up a shot during Tuesday's 48-31 win over Monahans. The Lady Steers are now 2-2 in District 4-3A action and will host Greenwood on Friday at 6:15 p.m.

Suddenly unwanted, Tebow has uncertain NFL future

NEW YORK (AP) — From nearly unstoppable to nearly invisible.

Tim Tebow was two wins from the Super Bowl a year ago. Now, he's pretty much a player without a team — likely to be released by the New York Jets after one frustrating season and his hometown team in Jacksonville already pulling in the welcome mat.

Even Tebow doesn't know how this will unfold. A backup role on another NFL team?

A position change? The Canadian Football League?

"I don't know what my future holds, but I know who holds my future," the devout Christian said in a recent interview with Fox Business Network, his only public comments since his strange Jets season ended.

"And, in that," he added, "there is a lot of peace and a lot of comfort."

Tebow barely played for the Jets last season. "An absolute

mess," is the way recently retired special teams coordinator Mike Westhoff described it. Tebow has two years left on his contract, but New York is expected to trade or release him in the next few weeks. So far, destination unknown.

"I can't imagine a scenario in which he'll be a Jacksonville Jaguar," new general manager David Caldwell declared last week. "Even if he's released."

While there's an outside

chance Tebow could remain a New Yorker, depending on the whims of the still-to-be-hired GM, it appears highly unlikely.

So, that's two NFL teams down — the only ones, at that, who showed any interest last offseason when Denver shopped him — and the 25-year-old Tebow's options appear to be dwindling.

"Tim Tebow is an extremely popular individual — or, he was," said former Cowboys

executive Gil Brandt, now an analyst for NFL.com. "I think his popularity has waned significantly the last three or four months."

The buzz these days belongs to young quarterbacks like Washington's Robert Griffin III, Seattle's Russell Wilson, Indianapolis' Andrew Luck and San Francisco's Colin Kaepernick. It seems so long ago now that

See **TEBOW**, Page 16

Study highlights spending gaps in NCAA

By **JUSTIN POPE**

AP Education Writer

Annual spending on sports by public universities in six big-time conferences like the SEC and Big 12 has passed \$100,000 per athlete — about six to 12 times the amount those universities are spending per student on academics, according to a study released Wednesday to greet college presidents arriving at the NCAA's annual meeting in Texas.

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student on academics at a time of falling state funding for higher education in much of the country, and tuition increases widely outpacing inflation. The report did find, however, the growth rate seemed to be slowing.

The figures likely won't shock college presidents arriving in Grapevine, Texas, for the NCAA convention, but they will highlight their rising concern over out-of-control spending on intercollegiate athletics that compromise their academic missions. Some want the NCAA to do more to address the issue even if it can't legally limit salaries.

"How many sport video analysts do you really need?" said John Dunn, president of Western Michigan University, who gave a talk Tuesday at a preliminary portion of the meeting on rising

See **SPENDING**, Page 15

Chicago hires CFL coach Trestman to replace Smith

CHICAGO (AP) — The Bears hired Montreal Alouettes coach Marc Trestman on Wednesday to replace the fired Lovie Smith, hoping he can get the most out of quarterback Jay Cutler and make Chicago a playoff team on a consistent basis.

It's the first head coaching job in the NFL for Trestman, a longtime assistant in the league who spent the past five seasons coaching the CFL's Alouettes and led them to two Grey Cup titles. Trestman was an offensive coordinator with Cleveland, San Francisco, Arizona and Oakland.

Chicago general manager Phil Emery

cast a wide net in his search, meeting with at least 13 candidates. Besides Trestman, he also brought back Seattle Seahawks offensive coordinator Darrell Bevell and the Indianapolis Colts' Bruce Arians for second interviews.

Smith was let go after nine years, ending a run that included a trip to the Super Bowl but also saw Chicago miss the playoffs five of the past six seasons.

The Bears, who have scheduled a news conference for Thursday morning, are turning to the 57-year-old Trestman in part because of his background with quarterbacks.

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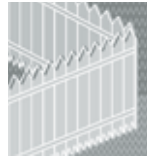
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PET TALK

Matters of the heart: Hypertension

One out of every three adults has high blood pressure or hypertension. As with humans, this health problem is seen in cats and dogs.

Primary hypertension occurs when the blood pressure is higher than normal with no other cause. Secondary hypertension, however, occurs when the blood pressure is higher than normal as a result from a different disorder.

Ordinarily, both a cat's and dog's blood pressure should be about 120/70, which is similar to the normal blood pressure of a human.

Different from humans, however, animals usually experience secondary hypertension as a result from another disorder instead of primary hypertension said Dr. Ashley Saunders, assistant professor at the Texas A&M College of Veterinary & Biomedical Sciences said.

"People get hypertension, so they can relate to it," Saunders said. "The thing that is different between people and pets, though, is high blood pressure in pets is usually caused by something else."

High blood pressure can be a sign of kidney disease, diabetes, endocrine disease, cancer in the adrenal glands, and central nervous system and brain disease.

High blood pressure can also cause resinous problems such as blindness, seizures, and depression. Other signs include fainting, anxiety and restlessness at night, and loss of balance.

"Hypertension can result in blindness, fainting episodes, and can even contribute to kidney disease," Saunders

said.

Blood pressure on a pet is usually taken by shaving the underside of a paw and placing a cuff halfway down on the leg.

Taking blood pressure on a pet is similar to that of a human, an ultrasound machine is used to listen to the pet's blood flow while the cuff is inflated and then released. The animal's blood pressure should be taken by a veterinarian. The main treatment for hypertension is medication.

"Hypertension in pets is totally different than people because it is normally caused by another disease and it needs to be medicated," Saunders said.

"People are used to hearing that they need to change their lifestyle, diet, and activity level when diagnosed with hypertension, but that does not work for pets — medication is needed."

Since hypertension is also a symptom for underlying problems, Saunders explained that it is important to get the pet's blood pressure checked regularly. Middle aged pets and older, she added, are more susceptible to having diseases that would cause hypertension.

"Once the pet is middle aged or older, blood pressure should be taken regularly, at least once a year," Saunders said. "This helps monitor their blood pressure and other possible disorders."

ABOUT PET TALK

Pet Talk is a service of the College of Veterinary Medicine & Biomedical Sciences, Texas A&M University. Stories can be viewed on the Web at vetmed.tamu.edu/pet-talk.

Annie's Mailbox

Dear Annie: I have been married for six months and am crazy for my hubby. He has back problems and some sexual issues that keep us from being intimate. At least, those are the excuses he uses for the fact that we don't touch like we used to.

I recently came across some love notes to an ex-girlfriend, saying how they are going to be happy growing old together and how much he loves her. I pay his child support and love his kids like my own. He

says he loves me, but I have doubts that he is being honest.

He is constantly texting and emailing and never puts his phone down. He acts as if he is afraid I will look at it.

I've been hurt before by lies and don't want to go through it again. What do I do? — *Scared and Lonely in Kentucky*

Dear Scared: Were these recent love notes or old ones that you happened to find? If they are old, try to ignore them. He married you, not his ex-girlfriend. If they are recent, however, it could be serious, especially when combined with constant and secretive texting, calling and emailing. Married partners owe it to each other to be open and honest. Talk to your husband. If his answers don't reassure you, the next step is counseling.

Dear Annie: I am a small woman with large breasts. I did not buy these. For years, I've tolerated leering men and boys, suggestive comments, questions about breast enhancement and assumptions that I am of easy virtue.

Some people are unable to make eye contact because they are staring at my bosom — not to mention the idiots who cannot possibly take me seriously in the business world because of my cup size. I was once refused a job because the supervisor was worried that his wife would think.

I have learned to deal with all that. But I have issues with the way other women treat me. Most take an immediate dislike to me. Men stare no matter how modestly I dress, and their wives and girlfriends glare at me, call me names they think I don't hear and generally treat me like dirt.

Even walking in public past a group of women seems to bring on the negativity.

We talk about bullying because of body type, but doesn't this qualify? Women don't seem to see

the hurt they cause, the chance at friendship they miss or the chiropractic bills I have from hauling these things around. Breast reduction surgery is not an option for me right now.

Please bring this to the attention of your readers. Some might recognize their behavior and make an effort to change. — *Too Well Endowed in Kansas*

Dear Kansas: Women can sometimes ascribe negative traits to an object of jealousy. If your chest attracts their husbands and boyfriends, they need to find a reason to dislike you. We hope your letter serves as a plea for greater tolerance, but we also recommend you check to see whether your insurance covers breast reduction surgery since you have chronic back pain. You shouldn't suffer needlessly.

Dear Annie: "Connecticut" complained that her ex-husband pressured their kids not to invite her current boyfriend to their family events. You said that unless the kids stood up to Dad, nothing would change. We have dealt with a controlling ex-spouse for 30 years. She has never changed. And the kids don't want to hurt her feelings, because she is still their mother.

A long time ago, we made the decision to celebrate birthdays and holidays before or after the actual day. It lets us have a great time with the kids without the stress of dealing with the controlling parent. And we don't miss out on any celebration. — *Lucky Grandparents*

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. © 2013 CREATORS.COM

Tomorrow's Horoscope

Venus Says: Prove Your Love

Venus and Pluto align in early Capricorn inviting a more demonstrative kind of love. Maybe you can see the sparkle of affection in someone's eyes, but you'll believe it more when a person makes arrangements to spend time with you, tries to help you in practical ways and gives you something tangible to prove their feelings.

ARIES (March 21-April 19). One of the reasons that you're an interesting person is that you're interested in what others are up to. Everything you learn makes you more exciting to be around.

TAURUS (April 20-May 20). You invent the weather around you. And when there's a change in your personal weather, everyone in your vicinity feels it. Because of this, you'll make an effort to stay on the bright side.

GEMINI (May 21-June 21). Your powers of memorization are particularly strong which will help you in efforts social, political and professional. Later you'll make an impression with the information you gather.

CANCER (June 22-July 22). Your attention is a gift. Taking the time to appreciate another person's mindset is a gift. Stick with the ones who can appreciate the value of your life energy.

LEO (July 23-Aug. 22). Your attachment to things will be challenged. What do you really need? You may find the answer to that question will change based on the time of day. The best-case scenario is: I don't need much.

VIRGO (Aug. 23-Sept. 22). You can't do this thing alone. You could try — you'd get pretty far in the game, but you wouldn't ultimately win it. You need a team. Stay aware and you'll have the wherewithal to assemble a good one.

LIBRA (Sept. 23-Oct. 23). Your words register in the ears of those who most need to hear them. It may be a process that's hard to detect in the moment, but you can be sure that eventually the meaning will land.

SCORPIO (Oct. 24-Nov. 21). You are no stranger to the pangs of envy. Feeling them while you observe an online page of someone else's apparently fabulous life is sign of the times. Just know that you have absolutely no reason to be jealous.

SAGITTARIUS (Nov. 22-Dec. 21). Formalities make everyone who is a part of the group and in-the-know feel quite comfortable while everyone on the outside of the group feels quite the opposite. Proceed with caution.

CAPRICORN (Dec. 22-Jan. 19). Communication is just as much about listening as it is about talking. While this comes as no surprise to you, there are a few people you know who consistently violate the rules.

AQUARIUS (Jan. 20-Feb. 18). Unless you're a superhero, power doesn't come from your suit. But that doesn't stop you from wanting to portray an image of success. It's a lucky day for shopping — you know yourself so well.

PISCES (Feb. 19-March 20). You're not looking for anyone's approval, which is probably why you have no problem getting it. You'll talk about your life in positive terms and you'll attract good people.

TODAY'S BIRTHDAY (Jan. 16). As you go where you are needed it may feel as though you're reacting to life instead of creating your destiny — untrue! This is life's way of giving you something wonderful that never would think to want on your own. You'll go into March understanding a bigger picture. June and October bring new, lucrative work. Cancer and Libra adore you. Your lucky numbers are: 30, 1, 24, 18 and 40

SCORPIO YEAR AT A GLANCE: JANUARY: As you work to create the dynamic you think you want, the universe will show you something even better. **FEBRUARY:** An attractive someone will help you see the delicious possibilities right in front of you. **MARCH:** Competitive or envious forces will have you seeking new resources for comfort and support. **APRIL:** Keep in mind that everything you obtain, you have to find a place for. **MAY:** Non-traditional approaches to health will work brilliantly for you. **JUNE:** Your mode of handling of strangers, colleagues and loved ones will reflect you more consistently and authentically. **JULY:** It's a stellar time for your personal life. You will deserve and receive emotional nurturing. **AUGUST:** You'll help a needy someone. Be sure to erect healthy practices and boundaries around your heart. **SEPTEMBER:** You'll have new motivation to accomplish a goal by the end of the year. **OCTOBER:** If you haven't yet nabbed that pie in the sky by now, consider yourself lucky — the chase is its own reward. **NOVEMBER:** Empowered by the sun in your sign, you'll talk about what really matters to you. You'll find your birds of a feather and flock together. **DECEMBER:** Even though it's nice to try and be really positive, it's more important to be really real.

CELEBRITY PROFILES: Capricorn women are known for their enduring beauty, but supermodel Kate Moss takes the concept to an entirely new level with her unwavering popularity. Maybe it has something to do with her respect for all things timeless and elegant. The Capricorn style icon born under a mysterious and sensual Scorpio Moon is known to be a vintage connoisseur with a passion for antiques.

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. To find out more about Holiday Mathis and read her past columns, visit the Creators Syndicate Web page at www.creators.com. © 2013 CREATORS.COM

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5:PM	News ABC	Casa Notic.	Two Men Big Bang	News CBS	Noticias Noticiero	News CBS	King Seinfeld	Shepherd's Heart	Charlie Rose	King King	Amish Mafia	CSI: Miami	Bellator 360	Castle	106 & Park: BET's Top 10 Live	Good Jessie	SportsNation	SportsCenter
6:PM	Jeopardy!	Corona de Lágrimas	Big Bang	News Ent	Caso Cerado	News Millionaire	Seinfeld Andrew	Mani	PBS News-Hour	Rules Rules	Amish Mafia	CSI: Miami	Bellator 360	Castle	Good Luck Charlie	College Basketball	Sports. NBA	NBA Basketball: Rockets at Mavericks
7:PM	Middle Neighbors	Por Ella Soy Eva	American Idol	NCIS (DVS)	Rosa Diamante (SS)	Whitney Guys	Fam. Guy Big Bang	Upd Chevalme	Nature (DVS)	Arrow	Amish Mafia	Movie: The Karate Kid, Elisabeth Shue	Bellator 360	Castle	Husbands Second	Good	College Basketball	NBA Basketball: Rockets at Mavericks
8:PM	Mod Fam Suburg.	Amores Verdaderos		Criminal Minds	La Patrona (SS)	Law & Order: SVU	Big Bang	Light of the Southwest	NOVA	Supernatural	Amish Mafia	Movie: Walking Tall, Neal McDonough	Castle	Castle	Movie: Coach Carter, Rob Brown	Lemonade Mouth	College Basketball	NBA Basketball: Heat at Warriors
9:PM	Nashville	Amor Bravo! (SS)	Simpsons How I Met	CSI: Crime Scene	Escobar Rostro de	Chicago Fire	Big Bang	Life on Fire	Seinfeld	Seinfeld	Moonshiners	Bellator 360	CSI: NY	CSI: NY	Wendy Williams	Wizards Deck	2013 Australian Open Tennis: Second Round.	NBA Basketball: Heat at Warriors
10:PM	News Jimmy Kimmel Live	Impacto	Raymond	Letterman	Noticias Victorinos (SS)	News Jay Leno	Conan	Rik McDonald	Charlie Rose	Til Death	Amish Mafia	(:01) Movie: The Karate Kid Part II, Martin Kove	Bellator 360	CSI: NY	Wendy Williams	Wizards Deck	2013 Australian Open Tennis: Second Round.	NBA Basketball: Heat at Warriors
11:PM	Nightline	Mar de Amor (SS)	Raymond Fam. Guy	Ferguson	Decisiones (SS)	Jimmy Fallon	Conan	Office Alewine	World R. Shap	T. Smiley	Moonshiners	Bellator 360	CSI: NY	Wendy Williams	Wizards Deck	2013 Australian Open Tennis: Second Round.	NBA Basketball: Heat at Warriors	
12:AM	Extra Paid	La Jaula	American Ent	Insider	Pagado	News	News	Light. Light.	World (Off Air)	Browns Browns	Amish Mafia	Movie: The Karate Kid Part III, Robyn Lively	Bellator 360	Cold Case	Movie: State Property	Deck	2013 Australian Open Tennis: Second Round.	NBA Basketball: Heat at Warriors
1:AM	AM Paid	Par Ases	TMZ	Great Sex	Pagado	(:06) Today	Movie: Election, Chris	Light of the Southwest	Cops L. Tripp	Amish Mafia	Movie: The Karate Kid Part III, Robyn Lively	Ways Die Entourage	Southland	Good	Good	Good	Good	Good

DENNIS THE MENACE

1-16

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“HI, DAD. WE’RE GONNA LET IT FREEZE SO WE CAN ICE SKATE.”

THE FAMILY CIRCUS

1-16

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“Mommy, my favorite jeans keep shrinking.”

HAGAR

1-16

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IT'S BEEN RAINING FOR WEEKS!
I CAN'T TAKE IT ANYMORE!
IT'S NO PROBLEM FOR ME...
I JUST THINK OF SUNSHINE AND FLOWERS!
MY PROBLEM IS HIM!

BC

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WIZARD OF ID

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CIVILITY IS WHAT WE NEED, FOR WORKING PROBLEMS OUT.

I'LL HEAR YOUR SIDE, THOUGH ASSURED, YOUR SANITY'S IN DOUBT,

BLONDIE

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JULIUS DITHERS HAS TO BE THE MOST COLD-HEARTED BOSS IN THE HISTORY OF CAPITALISM!!

HONEY, WHAT HAPPENED? YOU HAVEN'T EVEN LEFT FOR WORK YET!

YEAH, I KNOW... IT'S OKAY...

I'M JUST DOING MY WARM-UP EXERCISES BEFORE THE GAMES BEGIN AT WORK TODAY

AGNES

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HEY, RODNEY, DO YOU WANT TO SEE MY NEW SCENTED CANDLE LINE?

AROMATHERAPY FOR THE MAN ON THE GO!

BURNT HAIR AND TOAD'S FEET...

HOW MANY SHOULD I PUT YOU DOWN FOR?

HI AND LOIS

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AGNES, DID YOU READ THE ASSIGNED BOOK?

NO, BUT I HAVE READ MANY BOOK-LIKE THINGS. I DON'T SEE HOW YOUR CHOICE COULD BE MUCH DIFFERENT.

YOU KNOW... A BUNCH OF WORDS, SOMEBODY DIES, MORE WORDS, THE FARM GOES BELLY UP, BLAH-BLAH-LESSON LEARNED, THE END.

READER'S DIGEST WOULD KILL TO HAVE ME ON PAYROLL.

THE OTHER COAST

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WHAT'S THAT YOU'RE HOLDING?

MY DAY-TIMER.

I CAN NOW KEEP TRACK OF MY SCHEDULE FOR THE ENTIRE YEAR.

SO, WHAT ARE YOU DOING FRIDAY?

NOTHING. NOTHING. NOTHING.

SATURDAY? SUNDAY?

YOU HAVE NO SCHEDULE TO KEEP TRACK OF.

EVEN INDOLGENCE NEEDS TO BE SCHEDULED.

BEETLE BAILEY

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HOW WUZ TH' MOVIE?

PAW FELL ASLEEP DURIN' TH' FURST 20 MINUTES !!

'WEEZY TELLS ME IT WUZ TH' WORST MOVIE I NEVER SEEN !!

SNUFFY SMITH

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This Date In History

Today is Wednesday, Jan. 16, the 16th day of 2013. There are 349 days left in the year.

Today's Highlight in History:

On Jan. 16, 2003, the space shuttle Columbia blasted off under extremely tight security for what turned out to be its last flight; on board was Israel's first astronaut, Ilan Ramon (e-LAHN' rah-MOHN'). (The mission ended in tragedy on Feb. 1, when the shuttle broke up during its return descent, killing all seven crew members.)

On this date:

In 1547, Ivan IV of Russia (popularly known as "Ivan the Terrible") was crowned Czar.

In 1883, the U.S. Civil Service Commission was established.

In 1912, a day before reaching the South Pole, British explorer Robert Scott and his expedition found evidence that Roald Amundsen of Norway and his team had gotten there ahead of them.

In 1920, Prohibition began in

the United States as the 18th Amendment to the U.S. Constitution took effect, one year to the day after its ratification. (It was later repealed by the 21st Amendment.)

In 1935, fugitive gangster Fred Barker and his mother, Kate "Ma" Barker, were killed in a shootout with the FBI at Lake Weir, Fla.

In 1942, actress Carole Lombard, 33, her mother Elizabeth and 20 other people were killed when their plane crashed near Las Vegas, Nev., while en route to California from a war-bond promotion tour.

In 1944, Gen. Dwight D. Eisenhower took command of the Allied Expeditionary Forces in London.

In 1969, two manned Soviet Soyuz spaceships became the first vehicles to dock in space and transfer personnel.

In 1978, NASA named 35 candidates to fly on the space shuttle, including Sally K. Ride, who became America's first woman in space, and Guion S. Bluford Jr., who became America's first black astronaut in space.

In 1987, Hu Yaobang resigned as head of China's Communist

Party, declaring he'd made mistakes in dealing with student turmoil and intellectual challenges to the system. Broadway columnist Earl Wilson died in Yonkers, N.Y., at age 79.

In 1991, the White House announced the start of Operation Desert Storm to drive Iraqi forces out of Kuwait.

In 2007, Sen. Barack Obama, D-Ill., launched his successful bid for the White House.

Today's Birthdays: Author William Kennedy is 85. Author-editor Norman Podhoretz is 83. Opera singer Marilyn Horne is 79. Hall of Fame auto racer A.J. Foyt is 78. Singer Barbara Lynn is 71. Country singer Ronnie Milsap is 70.

Answer to previous puzzle

SPOT	GLOAT	ATMS
POSH	OUTER	UHUH
ALLY	ASTRO	TOGO
ROOMS	SCHOOL	HOUSE
EAR	LAP	
NOT	GOALS	SANDS
FLOP	SLEW	TROOP
LITERS	SODA	BOTTLE
EVAD	NONO	SEEN
RELIC	ENSUE	DDIT
GUN	QUO	
STAR	RESTAURANTS	
MULE	SPITE	TOOL
OBOE	TAROT	HARE
GETS	STEPS	SHED

Newsday Crossword

WHERE TO READ by Fred Piscop
Edited by Stanley Newman
www.stanxwords.com

- ACROSS**
- 1 Track shape
 - 5 Heavy book
 - 9 Walk heavily
 - 14 Karaoke gear
 - 15 Group of troops
 - 16 Part of a TV feed
 - 17 Make ready for print
 - 18 Nuisance
 - 19 Steak order
 - 20 Birdwatching, for example
 - 23 Hoop's outer edge
 - 24 Carnation spot
 - 25 End of UNICEF's URL
 - 27 Line on a Venus fact sheet
 - 31 Jar toppers
 - 35 Licorice flavoring
 - 39 Not much
 - 40 Tenor's solo
 - 41 Programmer's resource
 - 44 In addition
 - 45 Greet the dawn
 - 46 Kidding remarks
 - 47 Low-quality
 - 48 Comfortable with
 - 50 Unruly group
 - 52 Geometric measures
 - 56 Cartoon bark
 - 59 Casino
 - 64 Quite substantial
 - 66 Vocal
 - 67 Star Wars series guru

- DOWN**
- 1 Sign seen by a seer
 - 2 Author Gore
 - 3 Japanese dog
 - 4 Slacken
 - 5 Elvis' birthplace
 - 6 Small bills
 - 7 Fine rain
 - 8 Reproach from Caesar
 - 9 Mythical goat-man
 - 10 Rubber duckie's place
 - 11 Fragrance
 - 12 Short skirt
 - 13 Part of some greeting cards
 - 21 Get more issues
 - 22 "___ know you?"
 - 26 Hostile look
 - 28 Niles' wife on Frasier
 - 29 Santa-like
 - 30 Made slick
 - 32 Part of some portfolios: Abbr.
 - 33 Vacuum's contents
 - 34 Comes out with
 - 35 "Pronto!"
 - 36 Legal plea, for short
 - 37 "In that case . . ."
 - 38 Violent weather
 - 42 Caribbean resort
 - 43 Tennis great Borg
 - 49 Followed secretly
 - 51 Utah city
 - 53 Where Suez is
 - 54 Think the world of
 - 55 Family auto
 - 56 Sale warning
 - 57 Type of tomato
 - 58 Linen source
 - 60 Magic charm
 - 61 Concoct
 - 62 In arrears
 - 63 Dissenting votes
 - 65 "Where did ___ wrong?"

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SPENDING

Continued from Page 9

inequality in college athletics. "How many assistants for a coach — not assistant coaches, (but) assistant office personnel, to keep his life straight?"

wants to avoid being overly intrusive, they have never had a problem saying there should be x number of coaches and x number of scholarships awarded," he said. "Why not also govern how many ancillary personnel you can have?"

NCAA spokesman

Erik Christianson said in a brief emailed statement that colleges make their own spending decisions and "are reluctant to cede authority over their budgets to the NCAA." SEC spokesman Craig Pinkerton said he would have to refer questions to Commissioner Mike Slive,

who wasn't available for comment.

The conceit of the study — comparing per capita spending on athletes versus academic spending — carries some caveats. Universities already "spend" widely varying amounts on different types of students; those in majors

requiring special equipment, or offering small classes, already benefit from more spending, as might those signing up for extra-curriculars or special tutoring.

Knight Commission Executive Director Amy Perko said her group

realizes at many institutions athletic spending per athlete will inevitably be higher than academic spending per student.

While new TV deals will produce more revenue, they will also likely exacerbate inequality.

ROUNDUP

Continued from Page 9

was led by a Aric Hernandez's game-high 28 points, while Tyler Evans contributed 21, Kade Fannin put up 16 and Matthew Mims added 12.

"This was a great win for us," FHS Head Coach Gary Huckabee said. "Seagraves got after us from the start and never let up. The Buffs stayed poised and were able to take advantage of a few opportunities."

Forsan will host Tahoka at home on Friday at 8 p.m.

Girls

SEAGRAVES — The Lady Buffs (16-8, 2-2) got back on track with a 48-40 road win Tuesday over the Lady Eagles.

Raegan Haggard led Forsan with 13 points, Maria Ortiz registered 12 points, Mary-Ashley McDaniel had nine and Brittney Hergert added eight.

The Lady Buffs will welcome Tahoka on Friday at 6:30 p.m.

Coahoma

Boys

COAHOMA — It was a hard-fought game, but the Wolves notched a two-point victory over the Bulldogs in District 4-2A play Tuesday as Colorado City went home with a 43-41 win. Coahoma (10-11, 0-2) was led by Tanner Ruiz's 19 points before he fouled out of the game. Down by only two with time about to expire, Coahoma had possession of the ball, but couldn't find the basket. The Bulldogs will try

to earn their first district win when they travel to Denver City on Friday. Game time is set for 8 p.m.

Girls

COAHOMA — The Bulldogettes picked up their first District 4-2A win after defeating Colorado City in overtime Tuesday, 57-50.

Savannah Neff led Coahoma with 17 points, Kyla Clanton chipped in 15 and Julia Castilaw added nine.

"We started the first quarter very strong and held a three point lead going into the half," CHS Head Coach Paul Hartman said. "It was a tie at the end of regulation. We played great defense and hit open shots in overtime to win it by a 12-5 margin. It was a great first district win for the team."

Coahoma will face Denver City on the road Friday at 6:30 p.m.

Other scores:

Girls

• Grady (No. 10) defeated Sands, 86-26. Ellyn Avery, 32; Faith Hunt, 12; Charmynee Arnold, 11; Sarah Clay, 10; Cayley Oppegard, 7. Next: Grady at Borden County on Friday, 6:30 p.m.; Sands vs. Wellman-Union on Friday 6:30 p.m.

• Stanton defeated Brownfield, 48-44. Kendra Graham, 16; Jennifer Henley, 15. Next vs. Lamesa on Friday at 6:30 p.m.

• Garden City defeated Sterling City, 36-31. Kamie Halfmann, 11 points; Hannah Halfmann, 8 points. Next at Blackwell on Friday, 6:30 p.m.

Boys

• Grady (No. 17) defeated Sands (No. 2) in overtime, 64-62. GHS: Brandon Lucas, 26 points; Michael Jiminez, 13 points. SHS: Jared Staggs, 20 points; Caleb Thomason, 19 points. Next: Grady at Borden County on Friday, 8 p.m.; Sands vs. Wellman Union on Friday at

8 p.m.

• Garden City defeated Sterling City, 70-23. Corbin Davis, 17 points; Sam Miller, 14 points; Juan Bustos, 10 points. Next at Blackwell on Friday, 8 p.m.

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TEBOW

Continued from Page 9

Tebowing — his signature dropping to a knee for a prayerful pose — was all the rage.

But even Tebow never Tebowed during the regular season for the Jets. Not once. Quite a fall for a Heisman Trophy winner and two-time national champion with the University of Florida, and whose No. 15 Broncos jersey ranked second in national sales to Green Bay's Aaron Rodgers in 2011.

"I think it's fair to say," Tebow acknowledged last month, "that I'm a little disappointed."

The Jets had every intention of trying to make things work with Tebow when general manager Mike Tannenbaum surprisingly acquired him from Denver last

March — after Peyton Manning arrived — for fourth- and sixth-round draft picks. But once Tebow got on the field, something went woefully wrong.

Tebow went from being considered a key part of Rex Ryan's offense to almost non-existent. Offensive coordinator Tony Sparano didn't know how to use him effectively, and Tebow wasn't particularly productive when he got his few snaps in the wild-cat-style formation. He made his biggest mark on special teams as the personal punt protector, and did all he could to hide his frustration at not playing. But the numbers said it all: a mere 102 yards rushing and 6-of-8 passing for 39 yards. And, the most damning stat of all: zero touchdowns.

"I would've liked to see him get a chance,"

defensive end Mike DeVito said.

It didn't even come when Mark Sanchez struggled so badly that he was benched for the first time in his career. Instead of going with Tebow, the No. 2 quarterback on the depth chart, Ryan went with third-stringer Greg McElroy. Tebow now had a bruised ego to go along with the two broken ribs that limited him earlier in the season.

Eric Crouch, a fellow former Heisman Trophy winner, knows what he's going through. Crouch was Tebow before Tebow, a tremendous athlete who played quarterback at the University of Nebraska but was told he'd have to switch positions to have a future in the NFL.

"I came out of a running attack at Nebraska where we didn't read

a whole lot of passing defenses," said Crouch, now a college analyst for Fox Sports. "So, I was probably a much bigger project than what Tebow is. Sometimes you get labeled a running quarterback, but what you want is to be labeled a dual threat or a passing quarterback who can run."

Crouch was drafted in the third round in 2002 as a wide receiver by St. Louis, switched to safety and was in camp with Green Bay and Kansas City the next few years before playing in NFL Europe. In 2006, he played three games at quarterback for Toronto of the CFL. Crouch is done with football now after giving it one final shot with his hometown Omaha Nighthawks of the United Football League in 2011.

"Listen, I learned a long time ago that

I should've just done what I felt was the right thing to do, which was hold out on people changing me to what they think was best for me," Crouch said. "I was playing quarterback since I was 9 years old. I think the most important thing I would tell Tim is, you've got to listen to yourself on this one."

"There are going to be a lot of people telling Tebow what he should or shouldn't do."

Like the folks who insist a position switch is the only way Tebow will remain in the NFL — whether that's as a tight end, receiver, halfback, fullback or safety.

"I just don't think he will ever be a quarterback in the NFL," Brandt said. "I think he's really smart, but I don't think he has the mental quickness at the position. The second

thing is, he just is not accurate."

Tebow, reportedly working out in Arizona with a personal trainer, could still land somewhere in the league as a project for an offensive coordinator willing to learn from the Jets' mistakes.

Or, Tebow could simply swallow his pride, head to Canada and become a huge star there with the CFL's wide-open fields. And then, who knows? Maybe he would come back to the United States — the same route Warren Moon, Doug Flutie and Jeff Garcia took to NFL stardom.

"There's no shame at all in going to the CFL," Crouch said. "They'd take him right now and he'd get a lot of tape, and if he's there two years, he'd have 50 games under his belt reading defenses and coverages."

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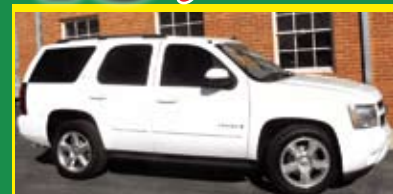


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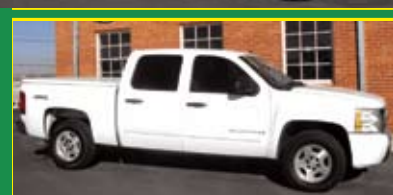
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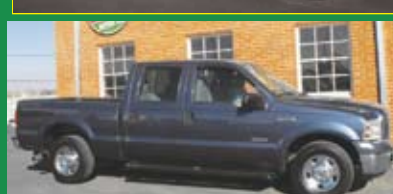
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