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VOLUME 109, NUMBER 110

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Burn ban in forecast

Firefighters don't want to relive devastating 2011

By STEVE REAGAN
 Staff Writer
 Howard County Volunteer Fire Chief Tommy Sullivan had up-close experience with the fire-plagued summer of 2011 and he'd just as soon not see a sequel come to this area anytime soon.
 With dry brush conditions approaching the same levels as they were in 2011, Sullivan will recommend that Howard County commissioners enact a burn ban when they meet at 10 a.m. Monday in the third-floor courtroom of the Howard County Courthouse.

Sullivan and his volunteers responded to hundreds of brush fires in 2011 and he's seeing the same kind of conditions appearing in the county now.
 "There's a lot of high, dead brush out in the county, about the same we had in 2011," Sullivan said. "I'm not convinced things will be the way they were then, but we might have some major wildfires this year."
 Of particular concern to Sullivan is areas where housing developments intersect with regions of thick brushland.

"Areas that could be adversely impacted are additions like Tubbs, Silver Heels, Kentwood and Highland South," he said.
 If enacted, the burn ban would prohibit most outdoor burning. Outdoor trash burning would still be allowed, but only if the trash is contained in a steel barrel with no holes and a tight mesh covering and the resident is present with a water hose or fire extinguisher.
 People violating the burn ban would be subject to a \$500 fine — \$1,000 if the viola-

tion results in a fire effecting property other than the person's own — Sullivan said.
 In other business Monday, commissioners will consider:
 • Interlocal agreements with the city of Big Spring concerning landfill and emergency medical service costs.
 • Discussion and possible action on the county's efforts to participate in a state grant program to rehabilitate county roads adversely effected by oilfield traffic.
 • Further discussion on

See **COUNTY**, Page 3A

CANDIDATES SPEAK OUT



Barr



Wiseman



Baker



Bailey

See **PAGES 6A, 7A**



HERALD photo/Andreia Medlin

Where's the goat? American Legion members were barbecuing goat for Saturday's sale at the home of Bill Everette, right with the assistance of Brian Everette. The prepared meat was later taken to the American Legion location on West Highway 80 where it was sold by the plate.

Nursing news to have college board feeling fit


By LYNDEL MOODY
 Staff Writer
 Trustees with the Howard County Junior College District are expected to go behind closed doors Monday after calling their monthly meeting to order.
 The first item on the agenda is to head into executive session at 11:30 a.m. to discuss the district's organizational structure. That issue is expected to be addressed later in the meeting after board members reconvene in open session set for 12:30 p.m. in the Tumbleweed Room located in the Student Union Building, 1001 Birdwell Lane.
 In other business, college officials have a little bragging

to do regarding the nursing program.
 "We are very proud of nursing program. They had a 100 percent passing rate of the NCLEX RN examination," said Dr. Cheryl Sparks, Howard College president. "We are the only one in the state."
 Twelve Howard College students passed the exam to become a licensed nurse.
 Also on Monday, trustees will hear the enrollment/contact hours and small class reports. This information impacts the amount of state funding the district receives. Sparks said enrollment is down overall in the district
 See **COLLEGE**, Page 3A

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- Opinion 4A
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Local talent performing with Midland Community Theater

By ANDREIA MEDLIN
 Staff Writer
 Supercalifragilisticexpialidocious! The iconic play "Mary Poppins" is currently in production at the Midland Community Theater and because the world of Mary Poppins wouldn't be complete without bank clerks and chimney sweeps, Big Springer Dylan Watson has joined the cast to help fill those roles.
 Since the third grade, Dylan has been a part of the theater scene, attending the Midland Community Theater's Spring Break Camp. At age 16 and in his eighth year, Dylan joined the Pickwicks Players and most recently played Quincy in "Dracula."
 Being in the ensemble cast of "Mary



Watson

Poppins" is a fast and furious experience, according to Dylan.
 "There are a lot of costume changes," he said. "We wear costumes in layers because there's not enough time to change completely between scenes. So there's a lot of running back and forth."
 Changing costumes at break-neck speed isn't all the homeschooler does. Dancing and singing are also a part of his repertoire, including what Dylan describes as, "A long tap dancing scene."
 See **DYLAN**, Page 3A

Symphony chorus rehearsals to begin

Herald Staff Report
 Chorus rehearsals to prepare for the next Big Spring Symphony performance "The Music of Queen," will begin Tuesday.
 Musicians from the Big Spring High School Rhapsody and Meistersingers Group along with the Big Spring Chorus will hold rehearsals Tuesday evenings at 7 beginning this week and continuing through March 25 at the First United Methodist Church. Enter through the north door in the alleyway.
 A dress rehearsal is set for March 29 from 11 a.m. to 1:30 p.m. at the Big Spring Municipal Auditorium before the full performance which is set for later that night at 8.
 The Big Spring Symphony Chorus is under the direction of Linda Lindell. Anna Gann is the director for the Big Spring High School choir.

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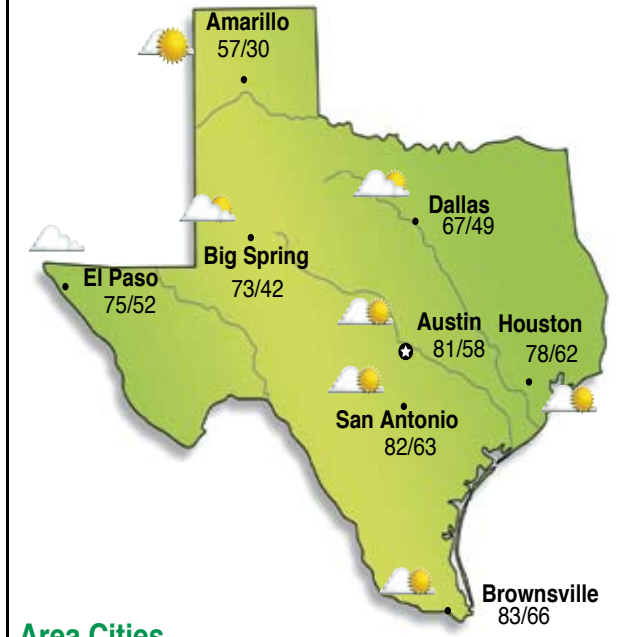
Local 5-Day Forecast

Sun 2/23	Mon 2/24	Tue 2/25	Wed 2/26	Thu 2/27
73/42 A mix of clouds and sun early, then becoming cloudy later in the day.	77/52 Considerable cloudiness. Highs in the upper 70s and lows in the low 50s.	70/27 Cloudy. Highs in the low 70s and lows in the upper 20s.	51/32 Partly cloudy. Highs in the low 50s and lows in the low 30s.	75/42 Clouds giving way to sun. Highs in the mid 70s and lows in the low 40s.
Sunrise: 7:20 AM Sunset: 6:39 PM	Sunrise: 7:19 AM Sunset: 6:40 PM	Sunrise: 7:18 AM Sunset: 6:41 PM	Sunrise: 7:17 AM Sunset: 6:41 PM	Sunrise: 7:16 AM Sunset: 6:42 PM

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Texas At A Glance



Area Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Abilene	67	43	cloudy	Kingsville	84	65	cloudy
Amarillo	57	30	mst sunny	Livingston	77	56	t-storm
Austin	81	58	pt sunny	Longview	72	49	rain
Beaumont	76	59	t-storm	Lubbock	68	34	cloudy
Brownsville	83	66	pt sunny	Lufkin	78	56	t-storm
Brownwood	74	49	cloudy	Midland	75	44	cloudy
Corpus Christi	78	65	cloudy	Raymondville	84	64	pt sunny
Corsicana	68	49	cloudy	Rosenberg	79	62	cloudy
Dallas	67	49	cloudy	San Antonio	82	63	pt sunny
Del Rio	85	63	pt sunny	San Marcos	82	58	pt sunny
El Paso	75	52	cloudy	Sulphur Springs	66	47	rain
Fort Stockton	81	51	cloudy	Sweetwater	68	42	cloudy
Gainesville	58	42	cloudy	Tyler	73	49	rain
Greenville	64	45	cloudy	Weatherford	63	44	cloudy
Houston	78	62	pt sunny	Wichita Falls	58	41	cloudy

National Cities

City	Hi	Lo	Cond.	City	Hi	Lo	Cond.
Atlanta	70	43	pt sunny	Minneapolis	16	-3	mst sunny
Boston	49	28	cloudy	New York	50	32	cloudy
Chicago	25	6	pt sunny	Phoenix	78	52	cloudy
Dallas	67	49	cloudy	San Francisco	66	47	pt sunny
Denver	53	35	sunny	Seattle	43	40	rain
Houston	78	62	pt sunny	St. Louis	41	24	pt sunny
Los Angeles	71	51	pt sunny	Washington, DC	65	35	pt sunny
Miami	85	68	pt sunny				

Moon Phases



UV Index

Sun 2/23	Mon 2/24	Tue 2/25	Wed 2/26	Thu 2/27
5	5	6	6	6
Moderate	Moderate	High	High	High

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

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Support Groups

MONDAY

- Alcoholics Anonymous** open discussion meeting, noon-1 p.m., 615 Settles.
- VA Alcoholics Anonymous** support group, 7-8 p.m., Veterans Healing Center.
- Take Pounds Off Sensibly (TOPS) TX 0021** meets at First Christian Church at 10th and Goliad, in the dining hall on the east side of the building. Weigh-in starts at 2:50 p.m. and meeting starts at 3 p.m. We have a different program each week. For more information, please call 517-4922 or 935-6306.
- Circle of Hope, a Celebrate Recovery** group, meets at 6:30-8 p.m. at Spring Creek Fellowship, located in the College Park Shopping Center. Celebrate Recovery is a Christ-centered recovery program dealing

Merline Pierce



Merline Pierce, 88, of San Angelo, formerly of Big Spring died Thursday, Feb. 20, 2014, in a San Angelo hospital. Funeral services will be held at 2 p.m. Monday at the Nalley-Pickle & Welch Rosewood Chapel in Big Spring with the Rev. Joey Bacon officiating. Interment will follow at Trinity Memorial Park in Big Spring.

She was born Nov. 22, 1925, in Morrison, Okla. She married John Dudley Beal and he preceded her in death. She then married Leland Pierce April 27, 1973, in Ackerly, Texas.

Merline graduated from Big Spring High School and Texas Wesleyan College. She moved to Midland and worked for Schlumberger before moving to Ackerly, where she lived and worked for many years. In 1973, she moved to Big Spring where she was employed by Cabot Corporation until her retirement. She and Leland owned and operated Lee's Rental from 1969 to 2005. She enjoyed going to their ranch near Colorado City and loved being with her family and friends.

She was a member of First Baptist Church, loved her church family and enjoyed singing in the choir.

Survivors include her husband, Leland Pierce of San Angelo; a son, John Merwin Beal of Kingsland; a daughter, Brenda Ireland and husband Dale of Irving; a step-son, Lanny Pierce and Kimberly Holcomb of San Angelo; two step-daughters, Debbie Read and husband Jerry of Big Spring and Ginger Forbes of San Antonio; and numerous grandchildren, great-grandchildren, nieces and nephews.

She was also preceded in death by her father, Merlin Merwin; her mother, Juanita Wyatt Grigsby; her step-father, Cuin Grigsby; and two brothers, Cuin Grigsby Jr. and Welsey Grigsby.

Pallbearers will be Cory Beal, Jerry Read, Nick Read, Logan Pierce, Austin Pierce and Dalton Holcomb.

The family suggests memorials be made to the charity of your choice.

Arrangements are under the direction of Nalley-Pickle & Welch Funeral Home & Crematory of Big Spring. Online condolences may be made at: www.npwelch.com

Paid obituary

Police blotter

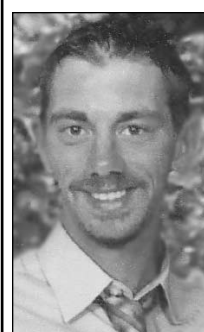
The Big Spring Police Department reported the following activity between 7 a.m. Friday and 7 a.m. today:

- LEROY HILBERT ZUBIATE**, 29, of 1207 Sycamore was arrested Friday on a charge of aggravated assault with a deadly weapon.
- RILEY ERIK WOOD**, 22, of 1904 E. 25th St. was arrested Friday on a warrant for burglary of a habitation.
- TINA RUTH SAUCEDO**, 44, of 5015 Wasson was arrested Friday on a warrant for diversion of controlled substance by registrants or dispensers for own use.
- ISAAC XAVIER MUNOZ**, 18, of 1302 Colby was arrested Friday on a warrant from another agency.
- JAMES WENDELL TUBBS**, 37, of 1607 Jennings was arrested Friday on warrants for fail to appear, driving while license invalid and resisting arrest.
- JOHN LUIZ VALBUENA**, 36, of 706 S. Aylesford was arrested on a warrant from another agency and on charges of urinating in a public place and in park after hours.
- TERRY WAYNE BLIESNER**, 50, of 914 Angela Rd. was arrested Friday on a warrant for failed to obtain Texas drivers license within 60 days.
- CODY RAY BROWN**, 25, of 510 W. 4th St. was arrested Friday on a charge of driving while intoxicated BAC greater than or equal to 0.15.
- JOHNNY HERNANDEZ**, 26, of 1005 S. Nolan was arrested Saturday on warrants for driving while license invalid, fail to appear - three counts, no drivers license when unlicensed and failed to maintain financial responsibility.

with life's hang-ups, information, contact hurts and habits, covering Dale at 432-270-8462.

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Phillip "Filmo" Rose



Phillip "Filmo" Rose, 30, of Big Spring, died Friday, Feb. 14, 2014, at University Medical Center in Lubbock. The family will receive friends Sunday from 6 p.m. to 7 p.m. at Myers & Smith Funeral Home. Funeral Services will be Monday Feb. 24, 2014, at 2 p.m. at Myers & Smith Chapel with Pastor Mona Lue Tonn officiating. Burial will follow at Mount Olive Memorial Park.

He was born to Deborah and Jon Rose March 31, 1983, in San Jose, Calif. He moved from California to Big Spring in 2005. He married Irene Munoz Nov. 11, 2011, in Big Spring. He worked in the oilfield for J.B. Hunt.

He is survived by his wife Irene Rose of Big Spring; three children, Jasmine Rose, Lillianna Rose and Heaven Rose, all of Big Spring; his mother Deborah Rose of Big Spring; his father Jon Rose of Fresno, Calif.; two sisters, Dawn Rose Scott of Oxnard, Calif. and Breezi Rose of Big Spring; three brothers, Logan Rose and Tyre Watts, both of Big Spring and Zachery Doering of San Antonio.

A fund to help with funeral expenses has been set up at Myers & Smith Funeral Home.

Arrangements are by Myers & Smith Funeral Home and Chapel. Please pay your respects online at www.myersandsmith.com

Myers & Smith Funeral Home; P.O. Box 2760; Big Spring, TX 79721-2760; 1-800-658-6712; 432-267-8288; Fax: 432-264-9112

Landon Joshua Leal

Landon Joshua Leal, infant son of Danielle Alcantar and Ronnie Leal of Big Spring, died Wednesday, Feb. 19, 2014, at Scenic Mountain Medical Center. Graveside services will be 10 a.m. Monday at Mount Olive Memorial Park with Robert Sumner officiating.

He is survived by his parents, Danielle Alcantar and Ronnie Leal of Big Spring; grandparents, Becky Salgado and Gracie Leal, both of Big Spring; great-grandparents, Berta Leal of Big Spring, Eloy Leal of Stanton, Josie Salgado of Big Spring and Armando Salgado; along with several aunts, uncles and cousins.

He is preceded in death by his grandfather, Simon Alcantar.

Arrangements are by Myers & Smith Funeral Home and Chapel. Please pay your respects online at www.myersandsmith.com

Paula M. Martinez

Paula M. Martinez, 85, of Big Spring, died Saturday, February 22, 2014, at Parkview Nursing and Rehab. Services are pending at Myers & Smith Funeral Home.

- SERGIO AZDAR**, 29, of 4405 Elder was arrested Friday on a warrant from another agency.
- HIT AND RUN** reported at the 800 block of W. 5th St.
- ASSAULT** reported at the 1900 block of N. Highway 87 and the 3600 block of W. Highway 80.
- MINOR ACCIDENT** reported at the 1700 block of Young.
- DISTURBANCE** reported at the 1000 block of S. Nolan.

The Big Spring Fire Department and Emergency

Fire/EMS

Medical Services reported the following activity:

- MEDICAL** call reported at the 2000 block of Gregg. One patient transported to Scenic Mountain Medical Center.
- MEDICAL** call reported at the 1200 block of Robin. One patient transported to SMMC.
- MEDICAL** call reported at the 300 block of S. Main. No transport.
- GRASS FIRE** reported at the intersection of Main and Interstate Highway 20. Extinguished.

in Big Spring. Enter at the back of the church.

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In Tune With Your Insurance & Financial Needs.

State briefs

Man charged with shining laser at aircraft

EL PASO, Texas (AP) — Authorities say a West Texas man has been arrested and charged with shining a laser on a helicopter flying overhead. Don Ray Dorsett was arrested Friday in El Paso. If convicted, the 28-year-old El Paso man faces up to five years in prison and a \$250,000 fine. No one was injured in the Jan. 4 incident. However, U.S. Attorney Robert Pittman said in a statement issued Friday that pointing lasers at aircraft poses a risk to flight crews, passengers and people on the ground. Consequently, it's a federal crime. In 2013, 3,960 laser strikes were reported, a 1,100% increase since the Federal Aviation Administration (FAA) started tracking the incidents in 2005.

Texas man wants to withdraw plea in pipeline blast

PLANO, Texas (AP) — A Texas man who pleaded guilty to trying to blow up a natural gas pipeline with a homemade bomb last year in a Dallas suburb wants to withdraw that plea. A hearing Wednesday is scheduled for Anson Chi in a federal court in Plano. The 34-year-old Plano man had pleaded guilty June 3 to maliciously attempting to destroy an Atmos Energy natural gas pipeline in Plano. He also pleaded guilty to possessing an explosive device not registered with the National Firearms Registration and Transfer Record. Prosecutors and defense attorneys agreed that Chi would be sentenced to the maximum 22 years in prison, but that sentence hasn't been imposed yet. Chi doesn't explain in his handwritten motion the reason for his change of heart.

Woman charged in shooting death of daughter, 2

POST, Texas (AP) — Texas child welfare officials said Friday that the agency last year investigated the family of a 2-year-old girl who was found fatally shot in her West Texas home. The toddler's mother has been arrested on a charge of capital murder in the child's death. Garza County Sheriff Terry Morgan told the Lubbock Avalanche-Journal that Alexandria Lee Courtney-Dean was found dead from an apparent gunshot wound to the head Thursday evening in Post. The girl's mother, 34-year-old Ashlee Anne Dean, is being held at the Garza County jail in Post, about 40 miles southeast of Lubbock. Child Protective Service spokesman Paul Zimmerman said in an email that the agency had a history with the family and it is investigating the

death along with the Texas Rangers and the sheriff's department. In February 2013, CPS workers found reason to believe allegations of neglect after opening an investigation. Caseworkers were concerned about substance abuse and poor living conditions in the home, he said. The mother successfully completed services with the agency over a six-month period and closed the case in November, Zimmerman said. Her stepmother, Bonita Dean of Lubbock, said her stepdaughter doesn't yet have an attorney. "All we can do is speculate at this point until they finish the investigation," she said. "We don't know what frame of mind she was in when this happened." Bonita Dean said Alexandria would have turned 3 in April.

19-year-old accused of hate crime

DALLAS (AP) — Federal prosecutors have accused a 19-year-old North Texas man of a hate crime for an attack that left a gay man hospitalized for 10 days with skull and face fractures. Brice Johnson is accused of contacting a man using the MeetMe phone app and engaging in a conversation that turned sexual. Prosecutors say that Johnson invited the man to his home, then began to beat him. Prosecutors allege Johnson bound the victim's wrists, placed him in the trunk of his car and drove him to a family friend's home. They say he eventually drove the man to an EMS station. Johnson could face 10 years in prison if convicted under federal hate crime law. His attorney, Peter Fleury, did not immediately respond to an email message.

Agency using bonuses to hire prison guards

AMARILLO, Texas (AP) — Bonuses of \$4,000 are being offered to boost recruitment of state corrections officers as Texas prisons contend with short staffs. Prisons across the state are in need of guards but the situation is particularly acute in the Panhandle, where nearly 150 guards are needed to fill vacancies at three facilities, according to a report by the Amarillo Globe-News. The Texas Department of Criminal Justice recently announced the signing bonuses are being increased from \$3,000 for those who sign one-year contracts. The department wants the new hires for rural prisons and areas where the agency competes for workers with the booming oil and gas industry. "The agency is aggressively recruiting appli-

cants not only for these units but for correctional facilities across the state," TDCJ spokesman Jason Clark told the Globe-News. "The recruitment bonus is another tool the agency is using to attract applicants to apply for positions at units that are facing staffing challenges." Full-time prison guards start with a salary of \$29,220, which can rise to \$38,880 after 7½ years. There are 15 prisons offering the bonuses, including those near the Panhandle towns of Dalhart and Pampa. Dalhart has 205 authorized positions and 70 are open. The two units near Pampa have 234 combined positions and 79 openings, according to TDCJ. Employees must repay the bonus — or a prorated amount, depending on how long they work — if they leave the job.

Priest accused of sex crime

PROSPECT PARK, N.J. (AP) — A retired New Jersey priest has been charged with engaging in unwanted sexual contact with a man after officiating at a wedding. Morris County prosecutors say the Rev. Philip Briganti, who now lives in El Paso, Texas, returned to New Jersey to officiate at a wedding Nov. 9 in the town of Prospect Park. The alleged sexual contact occurred while the 67-year-old priest was on a bus trip to a hotel after the wedding reception. Prosecutors were notified of the allegation by the Paterson Diocese, where Briganti had served. The diocese has suspended his right to perform ministerial duties. Officials said Friday that Briganti was still in Texas, where he had spent many years as an Army chaplain at Fort Bliss. He's charged with one count of criminal sexual contact.

Abbott: Nugent 'rightly apologized' for Obama slur

AUSTIN, Texas (AP) — Republican Attorney General Greg Abbott says Ted Nugent "rightly apologized" for degrading comments that resurfaced after welcoming the polarizing rocker to his campaign for Texas governor. Nugent last month called President Barack Obama a "subhuman mongrel" in an interview. He apologized earlier Friday after Gov. Rick Perry and U.S. Sen. Rand Paul of Kentucky disavowed the remark. Abbott said Nugent's comment was "not the kind of language I would use or endorse in any way."

COUNTY

Continued from Page 1A

plans for the county to take over maintenance responsibilities for selected privately owned roads.

- A policy for the use of the courthouse and courthouse grounds.
- Invoices and purchase requests.
- Personnel matters.

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

COLLEGE

Continued from Page 1A

for the spring semester continuing the trend since 2011 in relationship to an improving area economy. In other business, trustees are expected to:

- Call for trustee elections to be held in May.
- Hear an update on the continuing construction project at the San Angelo campus.
- Consider bids for the district's electricity rate.
- Consider catalogue and handbook changes

Contact Lyndel Moody at citydesk@bigspringherald.com or by 263-7331, ext. 234

DYLAN

Continued from Page 1

While most are familiar with the Disney movie starring Julie Andrews and Dick Van Dyke, the play includes scenes from the book. "There's a scene where the toys come to life," Dylan explained. "It's different from the movie." Along with his busy schedule of homeschool and daily rehearsals, the actor/singer/dancer also takes voice lessons and sings as part of the ensemble. As for his future, Dylan plans to continue to

COMING SOON
Living Waters
267-7971

live the life of an actor. "I want to major in musical theater somewhere," he said. "I want to go to Texas State, but it's hard to get into." For now, he is happy performing in Midland and recommends everyone to see the play. "It's a great family show," said Dylan, who encourages families to bring their children. "The kids love it. They

sudoku
ANSWERS

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

www.sudoku-puzzles.net

sing along with all the songs. It's a lot of fun." "Mary Poppins" continues through March 15. Tickets are \$24 for adults and \$18 for children under the age of 18 and seniors over 65. Midland Community Theater is located at 2000 W. Wadley in Midland. For more informa-

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The LEGO Movie (PG-13) 3D Sun.: 1:30 7:00 Digital Sun.: 4:30	Pom pom! (PG-13) 3D Sun.: 1:45 7:30 Digital Sun.: 4:45
Robo Cop (PG-13) Digital Sun.: 1:00 4:00 7:45	Endless Love (PG-13) Digital Sun.: 1:15 4:15 7:15

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Landon Joshua Leal, infant, died Wednesday. Graveside services will be 10 a.m. Monday at Mount Olive Memorial Park. Phillip "FILMO" Rose, 30, died February 14, 2014. Visitation will be 6 p.m. to 7 p.m. at Myers & Smith Funeral Home. Funeral Services will be Monday at 2 p.m. at Myers & Smith Chapel. Burial will follow at Mount Olive Memorial Park. Paula M. Martinez, 85, died Saturday. Services are pending at Myers & Smith Funeral Home.

PRAYER TO THE BLESSED VIRGIN (never known to fail)
O most Beautiful Flower of Mount Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the son of God, Immaculate Virgin, assist me in this my necessity. O Star of the Sea, help me and show me herein you are my mother.
O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in the necessity. There are none that can withstand your power.
O show me you are my Mother, O Mary, conceived without sin, pray for us who have recourse for you. (3 times)
Sweet Mother, I place this cause in your hands. (3 times)
Said 3 consecutive days, after 3 days request will be granted. This prayer must be published after the favor is granted.
Amen TT 258597

The Big Spring Prospectors Club
45th Annual UNIQUE GEM, MINERAL & JEWELRY SHOW
March 1st & 2nd 2014
Saturday 9:00 A.M. - 5:00 P.M.
Sunday 10:00 A.M. - 5:00 P.M.

Howard County Fair Barn
Big Spring, Texas

Dealers, Demonstrators, Displays, Spinning, Wheel, Hourly Prizes, Snack Bar, Jewelry Repair, Stone Setting and More.

Free Admission

Elect Robert Fitzgibbons
Justice of the Peace Precinct 1 Place 2

- 30 Years Commissioned Law Enforcement experience
- 20 Years Supervisor/Administration
- 3300 Hours Texas Commission on Law Enforcement Training
- Master Peace Officer Certification
- Currently Patrol Lieutenant with Big Spring Police Dept.
- Certified Accident Reconstruction from Texas Dept. Public Safety
- Pedestrian Accident Reconstruction from Texas A&M
- Fair, Honest and Professional
- High Moral and Ethical Standards

I have been a resident of Howard County for 54 years. I attended Big Spring ISD and Howard College. I have been married 32 years and raised two children in Big Spring. I have been an assistant Scout Leader with Boy Scouts of America and volunteered in local Little League Baseball. I have faithfully served the citizens of Big Spring and Howard County as a Police Officer for 30 years. I have been a local tax payer for 31 years and will strive to operate an efficient tax funded office. I believe I am the most qualified candidate to serve as your next Justice of the Peace, Precinct 1 Place 2.

Political advertising paid for by Robert Fitzgibbons, Tina Fitzgibbons, Treasurer 251710

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Opinion

Taking time to look around

Usually when we travel by car we are so concerned with reaching our destination we pass right through some interesting places. Such is the case with Calvert.

I was there in 1986 as part of my sesquicentennial salute to Texas by doing a report from every county in Texas that year. At the time, Calvert was all about antiques. The downtown was full of antique stores.

I was in Calvert recently for a meeting and discovered a unique city that has dozens of luxurious homes that are on the national register. They were built by entrepreneurs from the midwest and northeast who came down to Texas in the late 1800s when the railroads were establishing towns. The chamber provides a brochure containing the history of the homes and directions to them.

The meeting headquartered at Ingraham's Castle, a Bed and Breakfast that was once the city

jail. The architect at the time thought any kind of government building ought to look like something out of England, so the jail resembled a castle.

Calvert has a German POW camp, a farm where lions and tigers are raised (some of them have been in movies and on stage in Las Vegas) and a world famous chocolatier named Ken Wilkinson who sells his delicious candies all over the world. His place is called Cocoamoda.

Besides all the fascinating places to visit in town, the people are the best tourist attraction. Just about everybody we met was a character who knows about the town and loves it.

Perhaps the best story I found in Calvert was about Mojo, a term to describe an unexplainable event.

Dennis Joyce, the owner of Ingraham Castle, told me about Mojo. In this case, it's about a boy who turned to stone.

"A long time ago, the body of a boy around 14 years of age was brought to a black mortuary in Calvert," says Dennis. "He was either killed or died of natural causes. No one seems to know.

"The people at the funeral home proceeded to embalm him and something went quite wrong

in the process and they don't know what happened, but the boy ended up being mummified. Experts since then have tried unsuccessfully to duplicate the process, which apparently was about as good as the Egyptians knew how to do.

"The boy had no identification and nobody knew who he was, so he became known as Mojo and stayed in residence at the mortuary for many decades. Sometimes he was in a closet. They had a casket made for him with a clear glass panel in it, but most of the time he was not in that. He was standing up outside the closet."

Gambling took place at the mortuary after hours and gamblers rubbed Mojo's nose for good luck. He was dressed in a custom-made pale blue tuxedo.

A group of citizens recently decided to bury him. The fire department went to the streets and collected money to give him a proper burial. They put his body in the casket, loaded him on a fire truck and took him to Sunnyside Cemetery for a memorial service.

Tumbleweed Smith rolls around Texas looking for people with unique stories. Contact him



TUMBLEWEED SMITH

"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.

LETTERS

Outstanding kindness

TO THE EDITOR:

I am writing for the family of Melba Soles, recently deceased. We live in Hot Springs, Ark., and had our mother in an assisted living home in Arkansas when we lost her. The Myers and Smith Funeral Home took care of everything from the moment of her death to transporting her to Big Spring for burial. Bill Myers made it so easy for us and my mom and the whole funeral were just beautiful.

We want to thank Bill and his staff for a job well done.

Another wonderful business in your town is Lupe's Flowers on Gregg Street. I have never seen anything so lovely as the casket spray she made for us and Lupe even asked what color Mom was wearing and added that color into the flowers.

Those are only two wonderful businesses we encountered while back in our hometown for an unexpected visit. Thank you, Big Spring, for making our family feel at home again.

SHARON SEALS-CARR

For the greiving family of our angel, Our Mom.

Good idea

TO THE EDITOR:

Re: Enterprise Fund. Sounds like a good idea.

If I remember correctly, some four or five years ago the city increased our garbage pick-up rates by two dollars a month and the money was to go into a fund that would pay for a new landfill when the need arose. The need is here, now, where is the money? The city needs to be accountable for these kinds of projects where the money seems to melt into oblivion. Sounds like the guys that handle all the money I paid into Social Security!

CLEM JONES
BIG SPRING

The real story

TO THE EDITOR:

Dean Kraus, in a recent yellow journalism letter, labeled a former city council person inefficient among other charges. Let's take a look!

As a Big Spring Depression Era youngster, She witnessed adversity comparable to any economic difficulties experienced by any Big Spring resident, young

or senior. Emerging from a year-long polio cast, she grew up influenced by Big Spring legacy pioneers Dora Roberts, Mayor Dabney, (CRMWD water source), Dr. Malone (Howard College) and 1930s Depression Mayor J.B. Pickle (Comanche City Park).

They and other pioneers of the day shouldered what must have been high tax burdens creating Big Spring "quality of life." Raising a family and the medical profession absorbed the next half a century. Then retirement and civic service.

Either through significant participation or sometimes just her own, she worked on the first Kids Zone project, (the second Kids Zone too, after the fire), establishing the Hangar 25 Air Museum, early life of Relay for Life, the Festival of Lights. She was the second person to see and recommend the lighted poinsettias gracing Big Spring Comanche Lake at Christmas. The lighted poinsettia became a symbol (she pursued that, too) awarded by Texas to Big Spring.

She originated the City Tree Memorial Program — planting trees honoring local citizens whose lives ended here. She established a needed city cemetery building and the stone marker at the historic Big Spring.

The efficient digital water meter mass reading system now being discovered and implemented by cities throughout Texas was brought by her to Big Spring years ago during council service. For three terms, her district honored her with comfortable vote margins for council service during which substantial infrastructure was accomplished. She knows Big Spring needs a lot more.

The Texas Ethical Commission never had to be involved on any ethical campaign issues about her as have Dean Krause's personally cited persons. While age and near 80s came to visit, she still spent most of this January, at her personal expense, promoting Big Spring at three conferences.

At her personal effort and invitation, recognized transportation leaders of Canada, Mexico and U.S. will visit Big Spring this summer, spend visitation funds

See LETTERS, Page 5A

ADDRESSES

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• **RAUL BENAVIDES** —

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HOWARD COUNTY COMMISSIONERS

• **MARK BARR**, COUNTY JUDGE — Home and Office: 264-2202.

• **OSCAR GARCIA** — Home: 264-0026.

• **DONNIE BAKER** — Home: 267-5325.

• **JIMMIE LONG** — Home: 466-0793.

• **JOHN CLINE** — Home: 263-7158.

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Washington, D.C. 20500

• **TED CRUZ**
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Phone: 202-228-0462

• **JOHN CORNYN**
U.S. Senator
517 Hart Office Building
Washington, D.C. 20510-

• **RANDY NEUGEBAUER**
U.S. Representative
19th Cong. District
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Big Spring
Phone: 432-264-0722

STATE GOVERNMENT

• **RICK PERRY**
Governor
State Capitol, Room 2S.1
P.O. Box 12428
Austin, 78711
Phone: 512-463-2000

• **DREW DARBY**
State Representative
Texas 72nd District

BIG SPRING CITY COUNCIL

• **LARRY MCLELLAN**, MAYOR — Office: 267-2711.

• **MARVIN BOYD** — 263-8800

• **CARMEN HARBOUR** — Work: 264-2401.

• **MARCUS FERNANDEZ** — Mobile: 816-3923

• **GLEN CARRIGAN** —

It's round up time in Texas

For the longest time, "round-up time in Texas" meant "headin' up and movin' out" cattle. Cowboys atop horses undertook the massive undertaking.

"They paid special heed to the 'young 'uns' — 'little doggies,' if the song lyrics are to be trusted. (Not doggies, 'doggies,' long 'o.')

Whoops, hollers and thundering hooves were sounds of excitement, all of this happening "when the bloom was on the sage," harmonized by the Sons of the Pioneers.

In Sweetwater, Texas, however, when "round-up" is mentioned, locals think of their community's world-renowned extravaganza, begun 56 years ago by the Sweetwater Jaycees.

They dreamed of a community-wide event to control the ever-growing numbers of Western Diamondback Rattlesnakes that were plaguing farmers and ranchers. That was in 1959.

None of them could have envisioned the enormity of an annual event that has become the world's largest rattlesnake round-up. Visitors from around the world attend, sometimes upwards of 30,000. Little did the organizers realize that they had birthed an idea that had teeth — uh, fangs — in it.

They'll be at it again March 7-9, doing "all things rattlesnake," and much, much more, including the 54th annual run of the Sweetwater Rifle and Pistol Club's Gun, Knife and Coin Show.

Motel and restaurant operators will be in "chop-licking" mode.

I've been to many county fairs and a passel of hog-callings, but nothing has come close to the big "do'ins" in Sweetwater. For the three big days, the city's population doubles — and sometimes triples.

Everyone pitches in, and folks at the Chamber of Commerce get ready for phone calls from the curious. Some callers from Eastern climes — folks who don't know a "round-up" from a "square-down" — really can't wrap their minds around all the goings-on at the round-up. Consider these random queries: "Do I need to get vaccinated before I come? When they milk the rattlesnakes, do they use little buckets? Do I need to wear protective clothing? Do they parade the snakes around on little leashes?" The Cofc staffers sometimes giggle between calls.

It's a profit-making deal, and all proceeds are shared with 20 clubs, agencies and other Nolan County causes.

There'll be all kinds of activities related to rattlesnakes — handling, milking and educating, with emphasis, of course, on safety, particularly on the guided snake hunt. All tolled, they've "rounded-up" almost a third of a million pounds of snakes, including one round-up of snakes weighing a total of about 18,000 pounds in 1982.

The "fun for all ages" docket features wide-ranging events and activities to pique many interests, including food, rides and crafts. On the grub menu will be such exotic items as rattlesnake with ham gravy, as well as rattlesnake chili.

Miss Snake Charmer will reign. A midway will light up the sky.

Each year, something new is added. A 5K race was held a while back, but it didn't really

catch on.

A newspaper "goof" may have led to the race's demise.

Abilene Reporter-News, the closest regional newspaper, always carries accounts of the round-up.

A writer, intent on amusing his buddies at the newspaper, added a sentence to the news release announcing the 5K race. "The route will be strewn with live, 'unmilked' rattlesnakes to make the race more interesting," he wrote, intending to remove the sentence before publication.

However, he forgot.

A city guy bragged about participating in the round-up annually for many years. A friend asked how many rattlesnakes he's rounded up so far. "None," the participant answered cheerfully, "when you're looking for rattlesnakes, none is plenty!"

No matter. At this happening, one can be "up close" or "far from" the reptiles at the coliseum. The whole deal is a much-magnified coming-together of people who discover each year how much fun it is to be with others. Memories are made for the rest of the year — and beyond — of this West Texas community where, for 72 hours, there's a "whole lot of hissing going on."

For more rattlesnake round-up information, contact the Sweetwater Chamber of Commerce. No matter your question, they'll try not to laugh. And if you can't find a motel room, camp out. You might be able to find a shade beneath one of those giant wind generators not far from town.

Dr. Don Newbury is a speaker in the Dallas-Fort Worth Metroplex. Speaking inquiries/comments to: newbury@speakerdoc.com. Phone: 817-447-3872. Website: www.speakerdoc.com.

DAILY PRAYER

Let us always remember to walk softly, oh Lord, and use that big stick sparingly.

Amen

American music



RANDY A. MCKINNEY

What is true American music? Is it classical, folk, hillbilly, country and western, rock n roll, gospel, tejano or cajun? Is it one of two of these, none of these, all of these, or something not even listed? To me, all of these are American music and there is one more I did not list that I will get to later.

In Big Spring, we are very fortunate. We have a great symphony, one of Texas' oldest and well-known country bands, good gospel singers, good tejano music and have had some good rock n roll bands over the years. We are a little short on cajun music. The thing about music is that it makes you feel good

no matter what kind you listen to.

I really enjoy going to the symphony. Dr. Keith and his people provide a great performance. I have been known to scoot a boot at the Stampede, listening to Jody and the boys. In my younger days, I rock n rolled to local bands that many of the members were friends of mine. Big Spring is a great place for musical variety.

Now for the other form of music. It has been established that all of this music is American music, but what is the oldest form of American music? It is the

music that was being played in America when the Europeans first arrived — Native American music.

Native Americans had their own form of music, simply drumming and singing. Many have said that American Indian music was primitive. They never got past a simple drum for a musical instrument. They did not develop string instruments, woodwinds, keyboards or brass instruments. This is true and for a very good reason, the drum was all that was needed.

Understand, the Native Americans did not have a written language. Some records were kept on paintings made on a buckskin but all the history, beliefs and values of the tribe were passed on to younger generations verbally. Much of the tribes history was told in stories, and the really important things turned into songs. These could be shared with the entire tribe at one time.

So the main thing about Native American music is the song, the story that is

being told. It could be about a good hunt, a great battle or a raid, or a tribal member who had done something very special. All that was required was the drum to keep a rhythm for the singing. Anything else would have interfered with the story being sung.

So, was the music primitive? No, it was kept simple and uncluttered. And then the dance came naturally to the music. In Native American music, the singing and the dance go together. There are different dance styles for different stories and songs. If the song is about stealing horses, there is a horse stealing dance. (It's a hard one — I have danced it.) A warrior's story will be accompanied by a traditional or straight dance.

So you see, it is not primitive, it is complex but in a simple way. (Only an Indian would say something like that.) I enjoy going to the symphony, I enjoy good country. I've gotten a little old to rock n roll. When I want to dance, give me the

chanting of the singers and the beat of the drum at a powwow. The first powwow I ever attended was here in Big Spring about 15 years ago and it touched something inside me. It started a fire inside me that I did not understand until I discovered who I really was.

Come to the Big Spring Powwow, April 5-6, and see what I mean. The music can touch something inside you that you might not even know is there. Watch the dance, listen to the music. The chanting of the singers can lift your spirit and the drum can make your feet want to move. At this year's Big Spring Powwow, everyone will be welcome to come down and dance with us.

Come and dance with us — set your spirit free in the Native American way.

Randy A. McKinney is a member of the Tabana Yuane Clan of Mat' o Num'pa Sake' and vice president of the Powwow Committee of Big Spring.

LETTERS

Continued from Page 4A

at local hotels, restaurants and cast an economic eye on community assets and progress. With admiration to pioneer commissioner Bill Crooker and his vision, she looks to witness Big Spring being re-established as an important "crossroads." As to the swimming pool incident Dean Kraus criticized: Despite overwhelming response from her district to build the aquatic park, she researched and traveled Texas widely at her personal expense, visiting Texas cities of every size that had actually installed aquatic parks. Some witnessed conversations were: "You and your community are fools if you don't bring an aquatic park to your city. Another was: "It is the best investment our community has made." Another — "Vandalism in our city subsidized when we opened our aquatic park." Still another: "We made more money in a few weeks than all of last year with the old pool."

She sought opposite views, but very, very few were found. Smaller Brownwood, Texas, had already bulldozed its old pool that had cost Brownwood community with excessive water and chemical losses. That city had installed a modern aquatic park. The old Big Spring pool had previously caused excessive taxpayer expense twice in recent years, unsuccessfully preventing water/chemical leakage and faced federal requirements including expensive mold removal. Highly competitive production costs existed at that time by contractors wanting to just maintain work crews. Low interest bond rate typically amounted to something over a nickel on the city tax rate of an average \$42,000 Big Spring home. All of these findings weighed to persuade her to vote for an aquatic park.

Her wisdom proved correct. The enormous majority of Big Spring has certified the aquatic park a resounding success. Some reports reflect the new aquatic park can fill up completely in two weeks, just from water loss and chemicals that would have occurred from the old pool.

She's grown in appreciation of Mr. Terry Wegman for his eco-

nomie development accomplishments and discovered what an uphill struggle he faces attracting commerce that has become more interested in what Big Spring will invest in them. "Where they locate" is becoming less and less important.

Big Spring — up on the low-populated Plains — faces more state representatives in the city of Houston alone — than all of West Texas. That equals formidable competition!

She came to understand very well the real answer: Big Spring must widen its tax base in order to maintain reasonable property taxes. She supported and assisted the Settles Hotel re-developer when many believed otherwise.

Big Spring may not gain the rail terminus (terminal) lost in the 40s and 50s, but she's working — already with some success — that rail will once again become a major industrial contributor. That is the kind of leadership, courage and management talent nature placed in her pedigree.

Mr. Dean Kraus and his followers will likely never understand what Big Spring can be. Gloria McDonald does and works every day to that end.

**BOBBY McDONALD
BIG SPRING**

Thanks, everyone!

TO THE EDITOR:

No Fear Softball would like to thank everyone who bought raffle tickets for our Valentine's fundraiser.

The fundraiser was a huge success! We would also like to thank the many businesses for donating prizes. We encourage everyone to shop locally as local businesses support our youth.

Sincerely,

No Fear Softball Coaching staff
**CASSIE LEWIS, MIKE CALVIO,
MANDI RODGERS AND ANDREA BURT**

Topic: EDC

TO THE EDITOR:

In reply to the Big Spring Herald's Feb. 19 article "Discord taints EDC meeting on Tuesday," the members on the Economic Development Corporation Board must accept the fact they are now members of a board set up and governed by the state of Texas, Vernon's Texas Civil Statutes, Title 83, Chapter 10, Article

5190.6, Development Corporation Act of 1979.

You have not been appointed to a local committee to oversee a local project. Everything you do is directed and approved by the Texas Legislature or the city does not receive its local sales tax allotment from the comptroller.

Board member Francis Hobbs voiced concern on policy and procedures. As previously stated, the The Texas Legislature has outlined all projects to be considered. The Big Spring City Council gets a monthly report from the executive director and if all actions had not been proper in the past, we would not be receiving the sales tax allotment.

Board member Nati Saldivar heard the auditor state there were no discrepancies concerning the phone bills so now she is concentrating on hotel stays with a budget of \$100 a night and \$45 for meals.

Good luck if any of the state meetings are held in Austin, Dallas or even Midland on that \$100 a night hotel room.

Board president Dale Avant "shed a positive light on the otherwise tense atmosphere, saying, 'Don't get discouraged. Don't give up. People do care about what's going on. The EDC should be run like a business. You may have different viewpoints, but you are working together.'"

That's quite a statement! The meaning? Why don't the three of you cooperate with the other two board members, Scott MacKenzie and Jim Depau, and start working on the existing projects to generate economic development and opportunity?

How about a headline: "Port to Plains starts construction on truck reliever route" or "Rail infrastructure begins at McMahon-Wrinkle Industrial Park!"

What a relief!
**JOYCE CROOKER
BIG SPRING**

Contact
the Herald
at 263-7331

HOW TO CONTACT US

The Herald is always interested in our readers' opinions.

In order that we might better serve your needs, we offer several ways in which you may contact us:

- In person at 710 Scurry St.
- By telephone at 263-7331
- By fax at 264-7205
- By e-mail Managing Editor Bill McClellan at newsdesk@bigspringherald.com.
- By mail at P.O. Box 1431, Big Spring, 79721

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@bigspringherald.com or mailed to Editor, Big Spring Herald, P.O. Box 1431, Big Spring, 79721.

Interested in writing a column? Email newsdesk@bigspringherald.com with your idea.



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ENTRY LEVEL TESTING IS MARCH 13, 2014.

Application deadline is March 7, 2014.

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**The City of Big Spring
Human Resources Office
310 Nolan Street
Big Spring, Texas 79720
Phone: 432-264-2347**

Applicants are encouraged to visit our website, www.mybigspring.com, to download an application.

TO ALL INTERESTED PERSONS AND PARTIES:

Farmers Cooperative Gin of Knott, Texas, has applied to the Texas Commission on Environmental Quality (TCEQ) for renewal of Air Quality Permit No. 5542, which would authorize continued operation of the cotton gin located at 13100 North County Road 9, Knott, Howard County, Texas 79748. Additional information concerning this application is contained in the public notice section of this paper.

2015 United Way Agency Applications

United Way Agency Applications are available to be picked up at the United Way office at 215 West 3rd Street. Anyone wishing to apply to be a Member Agency for 2015 must complete an application and return it by March 26, 2014. Every organization that wishes to pick up an application must maintain a 501 (c) (3) designation by the Internal Revenue Service.

Applications will be available for pick up Monday, February 24 through Friday, February 28. Any questions regarding the application may be addressed to Sandy Stewart, 432-267-5201 or coming by the United Way office at 215 West 3rd Street.

Q&A with the candidates

EDITOR'S NOTE: In advance of the March 4 primary elections, the Herald submitted questionnaires to the various candidates (only candidates in contested Howard County races were queried). This is the first in a series of articles containing the candidates' responses. (i) denotes the incumbent in the race.

County Commissioner, Pct. 2 (Republican)

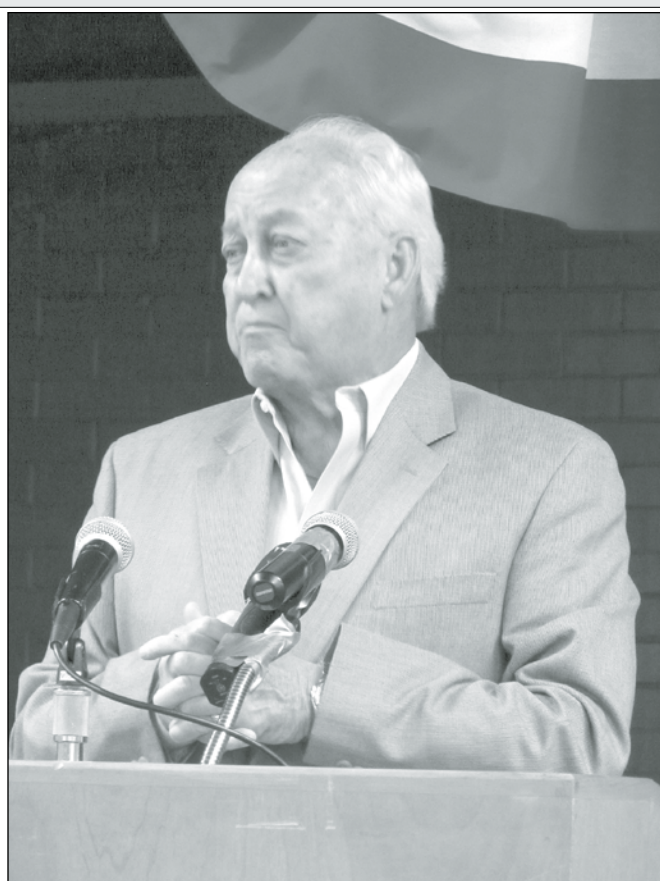
Donnie Baker (i)

Q: Howard County is applying for grant money from the state to help repair county roads adversely affected by heavy oilfield traffic. Aside from using money from the grant program, what should the county do to improve its roads?

A: The money we get from the state has to be used on the designated roads that we submitted to the state. Last year, we budgeted \$1.5 million for roads that will be used for upkeep, maintenance and some seal-coating. At this time, we are in a maintaining mode so we will have something left to work with at a later time.

Q: Aside from roads, what do you see as the major problem facing Howard County? What is your proposed solution?

A: We have been very fortunate to keep our valuable employees, though we have lost some to the oilfield. We can't be competitive



DONNIE BAKER

with some of the oil related businesses, but with benefits and working conditions, we hope to keep our current employees. We will continue to work with the city on the landfill and ambulance service (issues).

Q: How much responsibility for financing a new landfill should the county shoulder? Would you consider a tax increase to pay what you consider the county's fair share of costs?

A: This is a loaded question. Tax increase is nothing that we want to look at and the county does not want to get into the landfill business. We want to provide landfill

services to county residents and we will work with the city to do our share and help solve this problem.

Craig Bailey

Q: Howard County is applying for grant money from the state to help repair county roads adversely affected by heavy oilfield traffic. Aside from using money from the grant program, what should the county do to improve its roads?

A: Howard County commissioners should develop a consortium with commissioners of surrounding counties to pressure Austin to return our tax dollars. Each quarter Howard



CRAIG BAILEY

County sends millions of dollars in collected taxes to Austin that are used to fund the rainy day fund, roadwork in the more populated parts of the state and projects that don't help or support our declining infrastructure. We then have to go to Austin and beg for our tax dollars back. If we are going to continue to maintain our position as the largest oil producing area in the United States we must be work to keep our tax dollars here.

Q: Aside from roads, what do you see as the major problem facing Howard County?

What is your proposed solution?

A: Obviously, if we don't receive some significant rainfall in the not-too-distant future, West Texas will be in dire straits. As commissioner, I will work closely with CRMWD to expedite the acquisition of available water resources. I am also concerned that Howard County will face substantial financial hardship in the future due to state and federally unfunded mandates. I believe we need to work with surrounding counties to push back against any regulations or mandates that are not

funded. County government is not structured to financially chase the political whims of the politicians in Austin or Washington.

Q: How much responsibility for financing a new landfill should the county shoulder? Would you consider a tax increase to pay what you consider the county's fair share of costs?

A: Currently the county is fulfilling its commitment of furnishing \$22,092 annually for closing fees, and an additional \$53,975 annually for a landfill operator. The county has also committed \$500,000 this year and an additional \$500,000 for next year to open up the new cell of the landfill. As commissioner, I would only agree to additional funding or financing outside of what has been previously agreed to, if, and only if, a completely separate financial entity were formed between the City of Big Spring and the county.

Both the city and the county would have a predetermined financial responsibility to the entity that would take care of future landfill closures, and neither the city or the county could use any of the monies received by the landfill entity for anything other than the future closure of the landfill or the acquisition of future sites.

Officials investigating Democratic activists

AUSTIN, Texas (AP) — The Texas Secretary of State referred three complaints against Democratic group Battleground Texas for possible prosecution as violations of a state election law on Friday.

Battleground Texas issued a statement, saying it has done nothing wrong and that the com-

plaints and referrals were partisan attempts to slow the group.

Attorney General Greg Abbott's office, which would normally investigate further, recused itself and forwarded the complaints in a letter to Susan Reed, the district attorney in Bexar County, where one of the violations allegedly



took place.



Abbott is running for governor against Democrat Wendy Davis, whom Battleground Texas is assisting by registering voters, building a supporter database and ultimately mobilizing those voters for the Nov. 4 general

See **DEM**, Page 7A

267

Townhall Meetings & Counting!

Staying true to his original campaign promise to hold at least one townhall meeting annually in each of the 37 counties he serves in the Texas Senate, Kel Seliger recently completed his 267th Town Hall Meeting.

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- Voted for mandatory drug testing for state unemployment benefits

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Early Voting: February 18 - 28

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Q&A with the candidates

County Judge

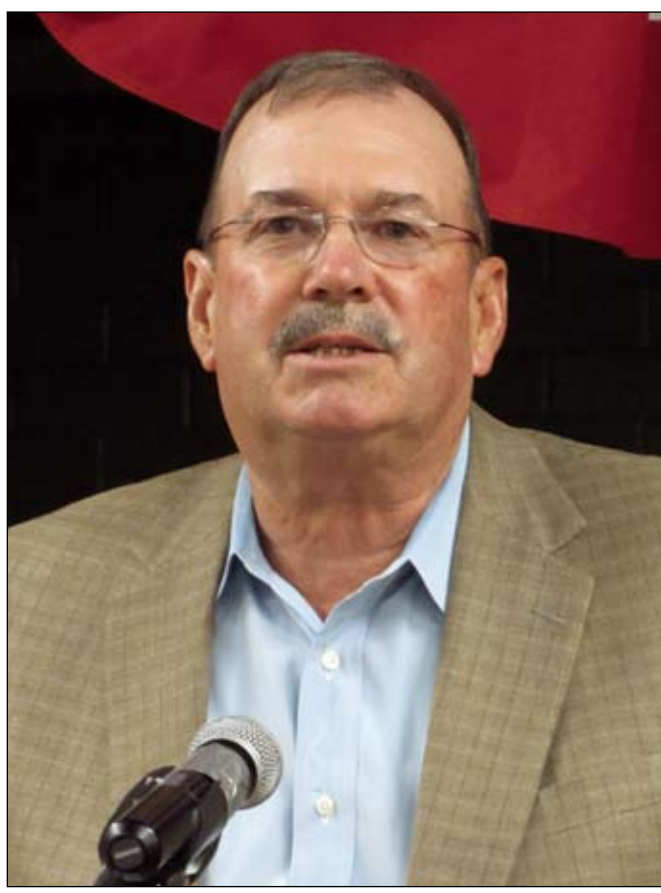
Mark Barr (i)

Q: Howard County is applying for grant money from the state to help repair county roads adversely affected by heavy oilfield traffic. Aside from using money from the grant program, what should the county do to improve its roads?

A: There has to be preventative maintenance, and the shoulders of roads need to be widened. Our county roads are not properly equipped for the newer model trucks in this day and age. Our road and bridge engineer is always working to keep up with the current technologies that assist in the development of roads. The county created a program to widen the shoulders of the county roads to prevent the road from completely being destroyed. I would like to compliment our road and bridge department on the great job they do in keeping the roads in good shape and within the budget allowed.

Q: Aside from roads, what do you see as the major problem facing Howard County? What is your proposed solution?

A: Keeping up with the pay scale that the oil and oilfield service companies set is the next major problem. We would like to retain our qualified and experi-



MARK BARR

enced employees without the enticement of the much higher paying oilfield jobs. It's essential that the county offer stability in employment and retirement because those are key factors.

Q: How much responsibility for financing a new landfill should the county shoulder? Would you consider a tax increase to pay the county's fair share of the cost?

A: City statistics show that one-third of the trash comes from outside the city limits, which is how we based the county's contribution. We would not consider a tax increase to pay the county's share

possible violations occurred in Dallas, Fort Worth as well as San Antonio. She said if she does step aside, she may refer the case to Fort Worth, where the district attorney is not on the ballot — but won't make a final decision until next week.

Alicia Pierce, communications director for the Republican-appointed secretary of state, declined to comment on the referrals. Neither state office released copies of the complaints filed against Battleground Texas.

Pierce said the initial complaints were filed after a conservative activist group produced a video that purports to show a Battleground organizer talking about transcribing phone numbers off of voter registration cards.

of the cost. It should be entirely based on consumer usage.

Kathryn Wiseman

Q: Howard County is applying for grant money from the state to help repair county roads adversely affected by heavy oilfield traffic. Aside from using money from the grant program, what should the county do to improve its roads?

A: Howard County is growing: in population, businesses, and traffic, and that's a fact. The challenge before us is not allowing our present infrastructure to limit our prospects. Grant money from the State of Texas will help, but we need to do whatever it takes to keep ahead of



KATHRYN WISEMAN

the demands our coming "boom" brings us. As I see it, we'll have two choices: add more employees, more equipment, and more materials or contract out more work. I think it's inevitable that our 20-employee Road and Bridge department, under engineer Brian Klinsek, will have to expand to maintain our 500-plus miles of county roads.

The Texas Legislature increased fines for overweight commercial vehicles last year. The fine for 40,000 pounds overweight went from \$640 to \$10,000. Half of the fines collected go back to the state, but half stay in Howard County for road improvement. DPS troopers have asked Commissioner's Court for a place to conduct in-

spection several times in the past. I think we ought to provide them one.

Q: Aside from roads, what do you see as the major problem facing Howard County? What is your proposed solution?

A: We don't have problems in Howard County; we have challenges and opportunities. We have tremendous potential in our immediate future for growth and quality of life improvement for our community. My goals as county judge are to make the most of every opportunity to better educate and prepare our youth for leadership and workforce advance, protect and advance our infrastructure of roads and bridges, and accom-

modate new business that will increase our tax base, employment, and community needs.

Q: How much responsibility for financing a new landfill should the county shoulder? Would you consider a tax increase to pay the county's fair share of the costs?

A: The county has continued to shoulder our share of responsibility for financing landfill costs. We've paid our share of closing costs for the current landfill, and continue to commit to about a third of the costs to open a new cell in the present landfill, and have set aside funds to fund about a third of the costs for a new land fill. We will continue to work with the city on this issue. Right now, builders are having pay a hefty fee to cart their construction waste off to another county, and that county is getting revenue for taking care of Howard County's new construction waste. Howard County will continue to shoulder our part of the responsibility, but this is a City of Big Spring problem. We can't make their decisions. As a citizen of Big Spring, I think we have to fix this immediately. Growth here, or growth somewhere else? We'll choose by choosing whether to pay a few more dollars to take care of our own waste. First, we have to have a landfill facility. Then we need to set appropriate rates to take care of it.

DEM

Continued from Page 6A

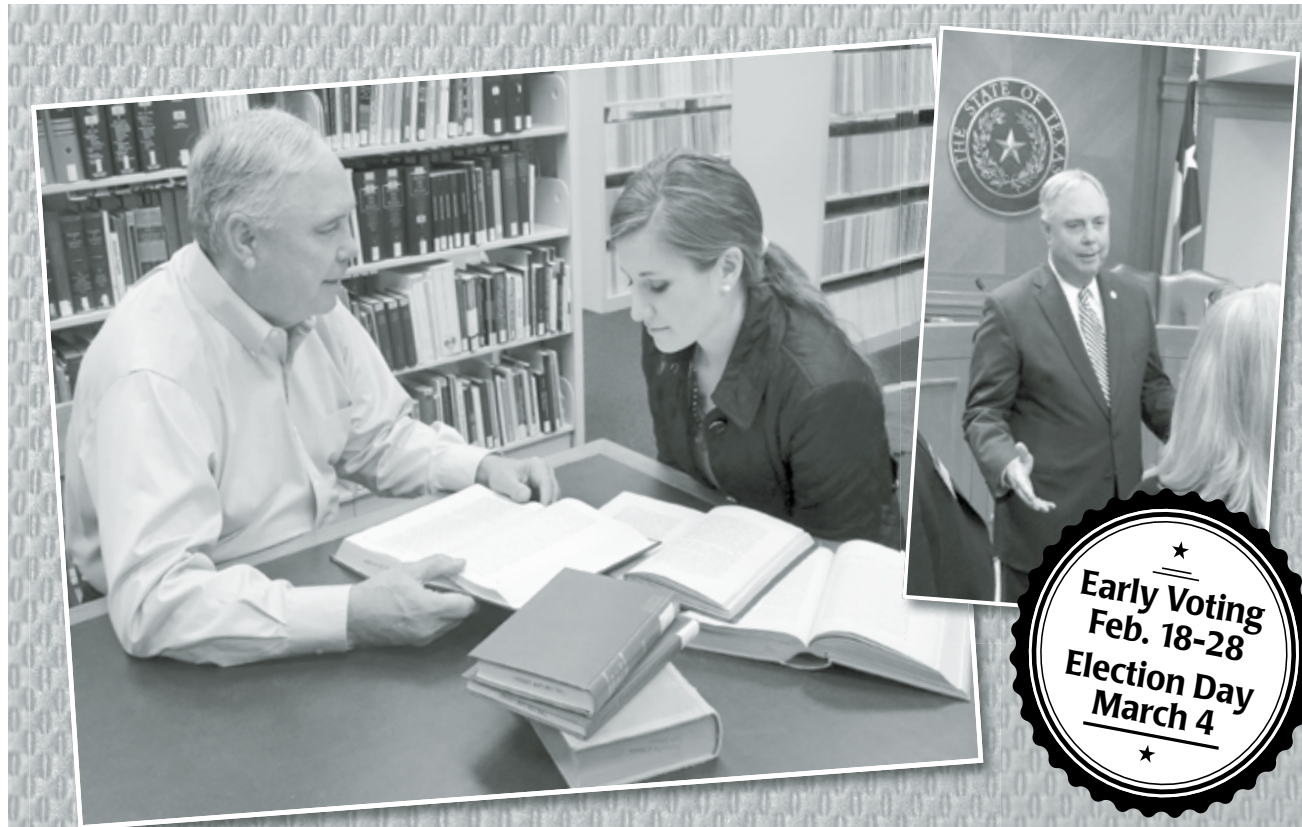
election.

Reed said she was looking at "possible penal implications," including charges of abuse of official capacity or even misuse of official information — a third-degree felony punishable by up to 10 years in jail and a \$10,000 fine.

But Reed may also have to recuse herself too.

"I am in the unique position of being on the ballot myself as a Republican and I want to ensure that I am not in the same situation or feel that I have to take the same course of action as the attorney general," she said.

Reed said the attorney general's office told her



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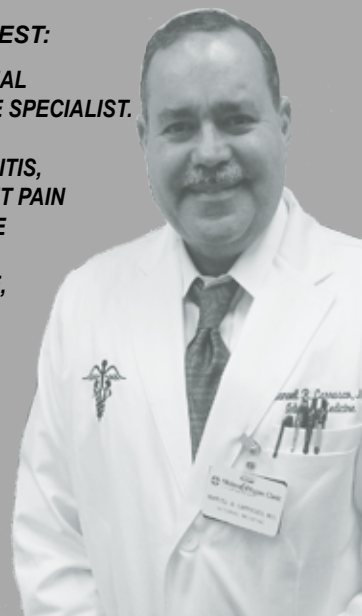
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Runaway cats won't go far but may be hard to find

By **SUE MANNING**

Associated Press

LOS ANGELES (AP) — If a scared dog bolts from home, it's likely to run as fast and far as it can. But if a house cat panics, it's more likely to slink away and stop at the first good hiding place it finds.

Because the getaway is so different, the search has to be, too, said Nancy Peterson, cat programs manager for the Humane Society of the United States and a registered veterinarian technician.

Don't run to a shelter or post signs right away, she said. Immediately after you notice your pet is missing, search your yard, contact neighbors and show a photo to mail carriers, delivery drivers and paperboys.

"Most cats that escape or leave home won't go more than five houses away, so you should go to neighbor homes and ask if you can check their backyards," she said. "If the cat does get further, it's because a dog or another cat chased it. Unfortunately, the farther away it gets, the harder it is for it to get home."

The search for your feline friend tends to be tougher going than if you had lost a dog, experts say.

Good Samaritans often

come to the rescue of dog owners, picking up pooches and making a call to the owner or taking them to a shelter. But there is no cavalry for cats, and domestic ones are not easily caught — you can't just open a car door and coax it to hop in.

But you can protect against the loss of your cat by microchipping it and strapping on an ID collar.

Even long-lost cats can be found, a joy that Mickey and June Wilson experienced. When an 8,700-acre wildfire came close to their Santa Barbara, Calif., home in May 2009, the couple grabbed their cat Morris and evacuated.

For one night, they stayed in a motel in Buellton, about 45 miles northwest of Santa Barbara.

When Mickey Wilson went to get luggage from the car, Morris, rambling freely in the second-story room, escaped. Wilson searched everywhere, following several tips, but came up empty-handed.

Heartbroken, Wilson and his wife returned home the next day without Morris. Relatives went up a few times after that to look but could

not find the cat.

Four months later, Wilson got a call from a woman who found Morris behind a restaurant at a feral cat feeding station.

The station is run by Catalyst for Cats, Inc., a group of volunteers trying to control the feral cat population in Santa

Barbara County by trapping, sterilizing and returning and then feeding wild cats in the area.

problems. "He was a special cat," Wilson said. "And we enjoyed him up to the very end."

Morris' discovery shows even a long search isn't hopeless.

"Don't give up! Cats can return home months after being lost," Orange County Animal Control spokesman Ryan Drabek said. But he says that most of the cats the

facility takes in each year are feral. Only a third of them are domesticated, he said.

But there's always hope if a cat has ID, said Dr. Karen "Doc" Halligan, author and chief veterinary officer of the Lucy Pet Foundation.

"Both my cats have break-away collars, tags and microchips. That is something all cat owners need to do for their cats," she said.

If a lost cat doesn't find its own way home the first night, broaden the search. Start checking shelters, post fliers and sign up on all the lost-pet apps available online.

"Don't wait too long," said Peterson of the Humane Society. "Cats are creatures of habit. If they disappear one night and don't reappear by the next, something is probably wrong."

If you find your cat, it will probably be skittish.

"For a cat, danger comes from above so don't stand over a cat. ... Talk to it gently. Pet it, pet it, pet it, pet it," said Kladnik, the author.

At home, "the cat will be glad to get there. It might be a little needy and will purr and purr. Go back to your normal routine. That's what the cat wants," she said.

Online:

www.catalystforcats.org
www.humanesociety.org



Barbara County by trapping, sterilizing and returning and then feeding wild cats in the area.

"Owned, lost cats show up at feeding stations more often than one would imagine," said Marci Kladnik, a Catalyst for Cats volunteer and columnist for the Cat Writers' Association.

Morris was in good shape except for the tip of his tail,

U.S. olive oil producers press for import standards

Associated Press

WASHINGTON (AP) — Need olive oil?

American shoppers are more likely to pick a European brand, which is cheaper and viewed as more authentic than U.S.-produced olive oil.

But U.S. producers contend that "extra virgin" olive oil from Europe may not be as pure as you think. They've asked the federal government to intervene by imposing

stricter standards on the imports, which now make up 97 percent of the market.

Olive oil production is steadily growing, and the domestic industry says it has gone from 1 percent of the national olive oil market five years ago to 3 percent today. Most of that is in California, though there are smaller operations in Texas, Georgia and a few other states.

U.S. producers are

seeking to build on that growth in a struggle reminiscent of the California wine industry's push to gain acceptance decades ago.

They've mounted an aggressive push in Washington, holding olive oil tastings for members of Congress and lobbying for stricter standards on imports. The strategy almost worked last year when industry-proposed language was included in a

massive farm bill passed out of the House Agriculture Committee.

The provision backed by California lawmakers would have allowed the Agriculture Department to extend mandatory quality controls for the domestic industry to imports. The bill's language would have allowed govern-

ment testing of domestic and imported olive oil to ensure that it was labeled correctly.

That testing, intended to prevent labeling lower-grade olive oil as "extra virgin" or fraudulently cutting in other types of oil, would be much more comprehensive than what imported

oils are subjected to now. Extra virgin olive oil is considered to be the highest quality.

But the language on labeling was stripped from the bill on the House floor, an effort led by lawmakers from New York, where many of the country's olive oil importers are based.

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Making Mardi Gras taste a little more like home

Associated Press

The sad fact of the matter is, most of us won't make it to New Orleans to celebrate Mardi Gras. But that's no reason to forsake some of the city's classic cuisine.

This year, honor Mardi Gras by making jambalaya at home. It's the perfect dish for out-of-towners; it's easy, it's weeknight- and kid-friendly, and it's extremely versatile. Because while there are several basic approaches to jambalaya Creole and Cajun among them, there really are endless variations on this dish of rice, meat and seafood.

So we decided to put a local spin on jambalaya, with variations playing up ingredients drawn from New England, the Southwest and the West

Coast. Just follow the base recipe, adding in the local ingredients of your choice (see the variations below the recipe). And don't hesitate to mix and match. The beauty of a dish like this is that it will be delicious pretty much whichever direction you head.

JAMBALAYA ACROSS THE COUNTRY

This is a have-it-your-way approach to jambalaya. Follow the base recipe below, adding the local variations where indicated. Our suggestions for those variations are listed below the base recipe, but feel free to substitute the ingredients of your choice.

Start to finish: 1 hour
Servings: 12
2 tablespoons vegeta-

ble oil
2 large yellow onions, diced
1 large green bell pepper, diced
2 stalks celery, diced
1/2 teaspoon red pepper flakes
1 pound sausage (see below)
1 pound boneless, skinless chicken thighs, cut into 2-inch pieces
2 cups crushed fire-roasted tomatoes
Regional variation of vegetable and seasonings (see below)
2 cups long-grain white rice, such as basmati
2 quarts low-sodium chicken broth
3 bay leaves
1 pound seafood (see below)
Salt and ground black pepper
In a large Dutch oven, preferably cast-iron, over medium-high, heat the vegetable oil. Add

the onions, green pepper, celery, red pepper flakes and sausage (see below). Cook, stirring, until browned, about 10 minutes.

Add the chicken, tomatoes, vegetable and seasonings (see below), rice, chicken broth and bay leaves. Bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes, or until the rice is tender, stirring occasionally. Add the seafood and cook for another 5 to 10 minutes, or until the seafood is cooked through. Season with salt and pepper. Remove and discard the bay leaves before serving.

NEW ENGLAND VARIATION:

Use bulk breakfast-style sausage. For the vegetables and seasonings use 2 tablespoons

minced fresh sage, 1/4 cup chopped fresh parsley, 1 large sweet potato, peeled and diced, and 1/2 bunch of Swiss chard, chopped. For the seafood, use lobster meat if available, otherwise use peeled and deveined raw shrimp.

SOUTHWEST VARIATION:

Use a diced spicy sausage, such as chorizo. For the vegetables and seasonings use 1 tablespoon chili powder, 2 teaspoons cumin, 1 cup frozen or canned corn kernels, 1 minced chipotle pepper plus 1 tablespoon adobo sauce from a can of chipotles in adobo, and a 3.8-ounce can sliced black olives.

Omit the seafood and instead use a 15-ounce can of drained and rinsed black beans. Finish with 1/4 cup chopped fresh cilantro.

WEST COAST VARIATION:

Use 12 ounces of an herbed chicken or turkey sausage, along with 4 ounces chopped prosciutto. In place of the crushed tomatoes, use a 6.35-ounce container of prepared pesto and a 14-ounce can of artichoke hearts (drained), the zest and juice of 1 orange and 1 lemon, and 2 tablespoons chopped fresh tarragon. Use lump crabmeat for the seafood. Serve topped with sliced avocado.

Pasta shop next venture for chef Andrew Carmellini



Emilie Baltz photo

MIAMI BEACH, Fla. — Andrew Carmellini is ready to shake up his culinary playlist again.

After shifting back and forth among Italian, American and French cooking, his next venture is Bar Primi, a pasta restaurant set to open in New York in April. It's the latest example of how he has found success by building on his own tastes and the way he likes to eat, rather than attempting to ride any food trends.

"I think it's such a silly word — trends — I try not to follow them. I always want to do what I feel as opposed to, 'Let's do this concept,'" he said Thursday during an interview at the South Beach Wine and Food Festival.

"I love music, and I'm a music guy, and I have very eclectic tastes, as long as it's good, in any

genre. I feel the same way about food," he said. "I love Italian food, I'm pretty knowledgeable about it, but I love to do other things. Trends are for suckers."

Trying to seize upon a trend also is impractical, given that it can take years to bring a project to fruition, said Carmellini, chef and partner at Locanda Verde in New York, The Dutch in New York and Miami, and The Lafayette. He said Bar Primi was actually the first restaurant he wanted to open — he filed the trademark application for the name back in 2007 — but other opportunities popped up and pushed back his plans.

It will feature handmade extruded pasta, rolled, egg-based pasta dishes, as well as antipasti and gelato. And though he dismisses

trends, he said there likely will be one gluten-free option on the menu.

"I want people to feel like they're coming into our house, we want to take care of them. So if someone says they don't eat gluten, the old me would've said, 'I'm really sorry,' but now we try to accommodate people," he said.

The Lafayette, which opened last year, includes a bakery and a cafe with takeout in addition to the restaurant.

"I had this idea for a long time of doing this modern, grand cafe style — it's not really bistro, it's not really brasserie — it's something kind of in-between. And I love sweets, I love pastry ... and I wanted to engage the neighborhood, so beside the restaurant part, we have this beautiful bakery," he said. "So that was the dream, and the restaurant kind of grew up around it."

Carmellini describes himself as a hands-on chef and business owner who has clear ideas for every detail. But staying hands-on becomes a struggle as the number of restaurants increases.

"I was really good at that when we had one restaurant, and I'm still trying to teach myself

how to be good at that with multiple restaurants," he said.

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9:00 AM	Pilates w/Katie Perry	Barre* w/Laurie Churchwell	Pilates w/Katie Perry	Barre* w/Laurie Churchwell	
10:00 AM	Water Aerobics w/Laurie Churchwell	Water Aerobics w/Laurie Churchwell		Water Aerobics w/Laurie Churchwell	
11:00 AM	Water Arthritis w/Patty Schuelke		Water Arthritis w/Patty Schuelke		Water Arthritis w/Patty Schuelke
4:30 PM	Classic Aerobics w/Leslie Williams		Classic Aerobics w/Leslie Williams		
4:30 PM	Water Aerobics w/Dr. Annie McKinnon		Water Aerobics w/Dr. Annie McKinnon		
5:00 PM					Water Aerobics w/Dr. Annie McKinnon
5:30 PM	Barre w/Katie Perry		Barre w/Katie Perry		
5:30 PM	Water Aerobics w/Dr. Annie McKinnon		Water Aerobics w/Dr. Annie McKinnon		
6:30 PM		Yoga w/Rett Hutto		Yoga w/Rett Hutto	

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Boomers driving better than previous generations

EDITOR'S NOTE — *Agging America is a joint AP-APME project examining the aging of the baby boomers and the impact this silver tsunami will have on the communities in which they live.*

WASHINGTON (AP) — Safety researchers expressed concern a decade ago that traffic accidents would increase as the nation's aging population swelled the number of older drivers on the road. Now, they say they've been proved wrong.

Today's drivers aged 70 and older are less likely to be involved in crashes than previous generations and are less likely to be killed or seriously injured if they do crash, according to a study released by the Insurance Institute for Highway Safety.

That's because vehicles are getting safer and seniors are generally getting healthier, the institute said.

The marked shift began taking hold in the mid-1990s and indicates that growing ranks of aging drivers as baby boomers head into their retirement years aren't making U.S. roads dead-

lier. Traffic fatalities overall in the U.S. have declined to levels not seen since the late 1940s, and accident rates have come down for other drivers as well. But since 1997, older drivers have enjoyed bigger declines as measured by both fatal crash rates per driver and per vehicle miles driven than middle-age drivers, defined in the study as ages 35 to 54.

From 1997 to 2012, fatal crash rates per licensed driver fell 42 percent for older drivers and 30 percent for middle-age ones, the study found. Looking at vehicle miles traveled, fatal crash rates fell 39 percent for older drivers and 26 percent for middle-age ones from 1995 to 2008.

The greatest rate of decline was among drivers age 80 and over, nearly twice that of middle-age drivers and drivers ages 70 to 74.

"This should help ease fears that aging baby boomers are a safety threat," said Anne McCartt, the institute's senior vice president for research and co-author of the study.

"No matter how we looked at the fatal crash

data for this age group — by licensed drivers or miles driven — the fatal crash involvement rates for drivers 70 and older declined, and did so at a faster pace than the rates for drivers ages 35 to 54," she said in a report on the study's results.

At the same time, older drivers are putting more miles on the odometer than they used to, although they're still driving fewer miles a year than middle-aged drivers. This is especially true for drivers 75 and older, who lifted their average annual mileage by more than 50 percent from 1995 to

2008. "The fact that older drivers increased their average mileage ... may indicate that they are remaining physically and mentally comfortable with driving tasks," the institute said. When older drivers reduce the number of trips they take, it's often because they sense their driving skills are eroding. They compensate by driving less at night, during rush hour, in bad weather or over long distances.

By 2050, the number of people in the U.S. age 70 and older is expected to reach 64 million, or about 16 percent of the

population. In 2012, there were 29 million people in the U.S. age 70 and over, or 9 percent of the population.

"The main point is that these 70-80 year olds are really different than their predecessors," said Alan Pisarski, author of the authoritative "Commuting in America" series of reports on driving trends. "They learned to drive in a very different era. They are far more

comfortable driving in freeway situations. This matters immensely for the future because we are seeing dramatic increases in older workers staying in the labor force and continuing to work and commute well past 65."

AARP, the association that represents older Americans, said the report "dispels common misconceptions and reveals positive trends related to older drivers."

Sudoku Answer on Page 3A

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.

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

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♥ 10 4 3
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♥ 6 2
♦ K Q 5 4
♣ 8 4

EAST
♠ 5 3 2
♥ Q J 9
♦ 10 8 7 2
♣ Q 10 6

SOUTH
♠ Q
♥ A K 8 7 5
♦ 9 3
♣ A 9 7 5 2

The bidding:

East	South	West	North
Pass	1♥	1♠	2♥
Pass	4♥		

Opening lead — king of spades.

One characteristic that distinguishes the top player from other players is the ability to recognize an unusual situation and then come up with a solution that simply wouldn't occur to the average player.

Consider this deal where East came through at the critical moment and defeated four hearts. West led the K-A of spades, ruffed by declarer. After cashing the K-A of trumps, South led a low club to dummy's jack, losing to East's queen. East cashed his high trump and then had

to decide what to do next.

Many players at this point would have routinely returned a spade, but East had the presence of mind to shift to a low diamond. West's queen forced the ace, and South later lost a diamond trick to West's king to go down one.

Now let's suppose that East had led a spade instead of a diamond at trick seven. In that case, declarer would ruff with his last trump, producing this position:

North
♠ 8
♥ A J 6
♦ K 3

West
♠ J 10
♥ K Q 5
♦ 8

East
♠ 10 8 7 2
♥ 10 6

South
♠ 9 3
♥ A 9 7 5

South now cashes the K-A-9 of clubs, discarding a diamond from dummy as West contributes a club, a diamond and a spade. But when South next cashes the seven of clubs, West is squeezed, and the contract is made.

East's diamond return at trick seven is the product of his recognizing that a squeeze against West may be imminent. He then nips the squeeze in the bud by dislodging the ace of diamonds prematurely.

Tomorrow: Famous Hand.

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Aggie wins \$50,000

Tucker Pope bet it all in the final round of the Jeopardy! College Championship. A right answer would have won him \$100,000.

Unfortunately, his knowledge of "The British Empire" failed him, landing him with a second place finish in the tourney, and a \$50,000 payday.

Pope, 20, a junior at Texas A&M, made his way to the finals after coming back from a last place finish in the quarterfinals on Feb. 13. He was \$5,000 out of first place heading into Friday's final match between Terry O'Shea of Princeton University and Kevin Shen of the University of California at Berkeley.



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Eight locals selected for FCA all-star games

By TOMMY WELLS
Sports Editor

Howard County will be well represented this summer at the 2014 Big Country Chevy Dealers FCA All-Star Festival. A total of eight athletes from Big Spring, Coahoma and Forsan were selected to participate in the all-star foot-

ball, volleyball, baseball and softball all-star games.

Big Spring High School had six athletes selected to play, including three members of the state-qualifying Lady Steers' volleyball squad.

Kinsey Wash, Morgan Seaton and Kelsie Guinn will all be playing for the North squad.

BSHS standout Valerie Goodblanket will be representing the Lady Steers in softball. She will be on the North roster.

Chris Lindem and Adam Franco will be representing the BSHS football and baseball programs. Lindem, who recently signed with Cisco College, was a key part of the

Steers' defensive success on the football field.

Linden and Franco will both be on the North rosters, too.

Coahoma standout Kyla Clanton will be her school's lone representative in the all-star weekend. She was named to the South roster in softball.

Kolby Self will be repre-

sented the Forsan Buffaloes at the event. A standout running back at FHS, he will join Lindem on the North football squad.

Overall, more than 250 athletes and cheerleaders were selected to participate in the FCA All-Star Festival.

See **ALL-STARS**, Page 13A

– 2014 BOYS' STATE BASKETBALL PLAYOFFS –

And then there was one ...

Second-half surge sends Buffs past Iraan, 62-50

By TOMMY WELLS
Sports Editor

MIDLAND - The Forsan High School Buffaloes had every opportunity to fold up like a cheap suit on Friday in front of a large crowd in the Midland Christian High School gym. Iraan pressed, fouled and almost everything else they could to discourage them in their area playoff matchup.

In the end, Iraan packed up and left the postseason party as Forsan rallied to claim a wild 62-50 come-from-behind victory.

"I am really proud of the guys," said Buffaloes head coach Gary Huckabee. "They fought hard through a determined Iraan attack and still kept great composure and intensity."

With the win, Forsan pushed its season record to 10-7 and, even more importantly, advanced to the Class A, Division regional quarterfinals to face Farwell.

Forsan, which had three players finish in double figures, controlled the game's tempo early. The Buffaloes outscored Iraan by a 16-12 clip in the first eight minutes.

The Buffs' offensive success didn't last long, however. The Braves answered back in the second by turning in an impressive effort on both ends of the court. While limiting Forsan to just 11 points in the ensuing eight minutes, Iraan's offense hit stride, scoring 19 points in the frame.

The Braves rolled into the half clinging to a 31-27 ad-

See **FORSAN**, Page 14A



Tony Claxton photo (www.claxtonphotography.com)

Big Spring's Tyler Wigington shoots over a Shallowater defender for a basket during the first quarter of the Steers' area playoff game in Andrews. Shallowater used a late 8-0 run in the fourth quarter to claim a spot in the third round of the Class 3A playoffs.

Late run lifts Shallowater to 65-57 win over Steers

By TOMMY WELLS
Sports Editor

ANDREWS - The Big Spring High School Steers came so close to their first trip to the third round of the state basketball playoffs they could almost feel it. A thrilling fourth-quarter comeback left the Steers a total of 85 seconds away.

Unfortunately for Big Spring, the final 1 minute and 25 seconds of the fourth quarter didn't go quite as well as the first six and a half.

The Shallowater Mustangs scored an 8-0 run in the final 1:25 of play on Friday night and used it to break open a tie game and sprint to a 67-59 victory over Big Spring in a Class 3A, Division I area playoff matchup played in the Andrews High School gym. With late run ended the Steers' first trip to the postseason in more than three years.

Despite the loss, Big Spring head coach Ian Ritchey praised his team's efforts.

"We played a good game," he said. "We gave them everything they wanted, and that is a credit to our players. We just didn't get some shots to fall when we needed."

With the loss, Big Spring ended its season with a 14-15 record. The Steers had advanced to the postseason as the No. 4 seed from the District 4-3A race.

Big Spring more than held its own against Shallowater in the first eight minutes of the contest. In fact, Tyler Wigington's hot start enabled the Steers to grab an early lead.

See **STEERS**, Page 14A

Lady Bearkats advance to Region II-A finals

The Garden City Lady Bearkats moved to within one game of earning a bid to the girls' state basketball tournament on Friday with a 38-16 come-from-behind win over Eula in the Region II-A semifinals at Moody Coliseum in Abilene.

Garden City, now 31-1

for the season, used an 18-1 run in the fourth quarter to break the game open. The two teams had entered the final eight minutes with GC holding a slim 20-13 advantage.

Overall, the Lady

See **GARDEN**, Page 14A



Made it ...

Big Spring's Mason Lane slides on top of second base after a successful stolen base attempt during the BSHS JV Baseball Tournament. The tournament concluded Saturday.

Herald photo/Tommy Wells

BS thinclads to run in Sweetwater

The Big Spring High School Lady Steers' varsity and junior varsity track and field team will compete at the Rattlesnake Relays on Friday.

Big Spring opened its track season on Friday at the Long Sleeve Relays in Hamlin.

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Garden City boys race past May in area playoff matchup

Braden Jones scored a game-high 17 points and Dillon Koenning and Sam Miller both added double-digit efforts on Friday en route to leading the Garden City Bearkats to a 50-37 win over May in an area playoff game in Clyde. With the win, the Bearkats earned the right to face Ira in the regional quarterfinal round. Ira defeated Zephyr, 65-37, in their playoff bout. Garden City, now 19-7

overall, fought off a tough May performance in the first half. The Tigers, fresh off an appearance in the six-man state football championships in December, battled their way to a 19-16 halftime lead. Garden City roared back in the third. The Bearkats outpointed May by a 22-11 clip in the first eight minutes of the second half and never looked back. Garden City held a 38-

30 lead heading into the fourth quarter. GCHS closed out the game with a 12-7 run in the final stanza. In addition to 17 points from Jones, the Bearkats also benefitted from 12 from Koenning 12, and 10 from Miller Juan Bustos and Kaden Kothmann also scored for GCHS, netting four each, while teammates Corbin Davis Austin Odum both contributed three.

Grady to face Meadow in regional quarterfinals

The Grady High School Wildcats now know who will be next on their hit list. The Wildcats will face Meadow in the third round of the Class A playoffs on Tuesday. Meadow defeated Rankin, 66-39, on Friday.

The DD Two Disc Challenge



Photo Courtesy of Chanz Reed

Dynamic Discs hosted a Disc Golf challenge in Big Spring on Thursday, February 20.

The pictured RV tours the United States, hosting these challenges to introduce Disc Golf and promote their "Dynamic Discs." This event brought visitors from around the area including Midland/Odessa. The Two Disc Challenge is just one of many Disc Golf events happening in Big Spring this year!

Visit www.DynamicDiscs.com to learn more about this company

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Herald photo/Tommy Wells

All tied up ...

Blue Kitty Kats' star Addison Hart looks for a place to dribble while being defended by three Spurs in Big Spring Youth Basketball League Pre-K/Kindergarten action Saturday at the YMCA. The Spurs defeated the Blue Kitty Kats, 10-6.

49ers deny trying to trade Jim Harbaugh

SAN FRANCISCO (AP) — San Francisco 49ers CEO Jed York denied his team nearly traded coach Jim Harbaugh to the Cleveland Browns last month for draft picks. York shot down a report Friday by Pro Football Talk, posting on Twitter: "Is this on the record? Report isn't true." Pro Football Talk reported that a deal was in place that would have sent Harbaugh to coach Cleveland, but he opted to stay put. The 50-year-old Harbaugh just completed his third season of a \$25 million, five-year contract and declined to address the subject of an extension or any scheduled talks after the season with York, who had

said he hoped to meet with the coach. The 49ers (14-5) lost to the NFC West rival and eventual Super Bowl champion Seahawks in the NFC championship game, 23-17. A few days after San Francisco's season, Cleveland hired Bills defensive coordinator Mike Pettine to replace Rob Chudzinski, who was fired after going 4-12 his first year. "The team conducted an extensive coaching search, and explored several options," the Browns said in a statement Friday. "That search produced an outstanding head coach in Mike Pettine and we're excited about his future with the club."

Rangers' catcher out for 3 weeks after surgery on foot

SURPRISE, Ariz. (AP) — Texas Rangers catcher Geovany Soto has had arthroscopic surgery to remove a small bone from his left foot. Soto had the surgery Saturday, a day after

returning to Texas to be examined by a specialist for what the team had initially called an Achilles issue. What doctors determined instead was there was a bone putting pressure on a flexor tendon. Rangers assistant general manager Thad Levine says Soto could be fully back in action in about three weeks. That would be about two weeks before the start of the regular season. Soto is expected to be the starting catcher this season. Texas also signed J.P. Arencibia. Without surgery, Soto would likely have needed a series of injections to get through the season.

Lady Steers to play in 'Best' tournament

The Big Spring High School Lady Steers, who are competed in the Stephenville Honeybee Invitational Tournament this weekend, will roll back into tournament action on Feb. 27 when they travel to Snyder to compete in the 2014 Best of the West Tournament.

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ALL-STARS

Continued from Page 11A
Among the games that are part of the event are the 15th Annual Fellowship of Christian Athletes Myrtle Greathouse All-Star Classic, the 6th Annual Ladies Basketball Game, the 2nd Annual Men's Basketball Game, the 2nd Annual Ladies Volleyball Game and the 1st Annual Baseball and Softball Games.

The 2014 Big Country Chevy Dealers FCA All-Star Festival, includes ladies and men's basketball in Brownwood on June 12, baseball and softball in San Angelo on June 13. Avolleyball-football doubleheader, is scheduled for June 14 in Abilene. The ladies and men's basketball games will be at the Brownwood Coliseum and will tip off at 6 p.m. and 8 p.m., respectively. Softball will be at the Angelo State University field at 4:30 p.m. and the baseball game will be at 7 p.m. at Foster Field, home of the San Angelo Colts. The All-Star Volleyball game will start at noon at the Wylie High School gym followed by the football game at 7 p.m. at Shotwell Stadium.

All participants will be honored at the All-



File photo

Morgan Seaton is one of three BSHS volleyball players selected to participate in the annual FCA all-star volleyball game in Abilene in June. Also chosen to represent the Lady Steers were Kelsie Guinn and Kinsey Wash.

Star Festival Induction Banquet on April 27 at the Abilene Civic Center.

Annual Award winners will be honored at the Area FCA and AYSA Awards Banquet on May 17 at ACU's Hunter Welcome Center.

Teams, cheerleaders

and coaches report for two-a-day practices in Brownwood on June 10 and in Abilene and San Angelo on Wednesday, June 11.

Information about the Big Country Chapter of the FCA can also be found at: www.bigcountryfca.org.

BS Invitational set for March 7

The Big Spring High School Invitational Track and Field meet will be held on March 7 at Blankenship Field.

The meet will get under way at 1 p.m. with the field events. The running events will begin at 4 p.m. with the 3,200-meter run.

The finals in the running events will start 17 5:30 p.m.



Herald photo/Tommy Wells

In action ...

Howard College's Corinna Liscano fields a ball at third base during the Lady Hawks' recent game against Weatherford College. The HC women, who competed in the Weatherford Round-Robin this weekend, will return home on Tuesday to host Coastal Bend Community College at Foundation Field. The doubleheader will begin at noon.

GARDEN

Continued from Page 11A
Bearthats outscored Eula by a staggering 28-3 margin in the final 16 minutes of the contest to claim the win.

The first half was anything but easy for Garden City. Eula held the fifth-ranked Lady Bearkats to just five points in each of the first two periods.

Backed by the first-half defensive effort, the

Lady Pirates held a slim 13-10 lead at the half.

Garden City managed to get its offensive in gear in the third. The Lady Bearkats reeled off a 10-2 run in the frame and grabbed the lead for good.

Holly Halfmann led all GCHS scorers with 16 points. Hannah Halfmann also hit double figures with 14.

Garden City advanced to the regional finals to face Highland.

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BSGSA sign-ups under way

Registration for the upcoming Big Spring Girls Softball Association season is now under way. The registration period will continue through March 8.

The BSGSA league is open to players ranging in age from 4-14 (as of Jan. 1, 2014)

The cost for participating is \$90. Discounts for additional siblings in

same family are available.

For more information contact Ron Shafer at 213-3747.

The BSGSA season begins in March.

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Tony Claxton photo (www.claxtonphotography.com)

Big Spring's Matt Yanez gave the Steers' offense a boost on Friday. The BSHS standout buried a three-pointer in the second quarter and helped Big Spring battle its way to within 31-27 at the half.

STEERS

Continued from Page 11A

A senior guard, Wigington pushed in a pair of short jump shots in the first minutes of play and powered Big Spring to a 4-2 cushion.

Shallowater roared back, reeling off back-to-back shots to take a 6-4 cushion midway through the period before Bryan ended the run. A junior forward, Bryan tied the game at 6-6 with 4:39 left in the first by knocking down a shot from within the paint. Less than two minutes later, he drove his way through the lane for a layup that put the Steers up 10-8.

Shallowater answered with a flurry of their own from there. The Mustangs looked to have grabbed control after posting a 5-0 run late within a 30-second span and grabbing a three-point lead, at 13-10.

Wigington and Bryan had other plans. The two led a 4-1 run in the final 2 minutes of the first quarter than enabled Big Spring to draw to a 14-14 deadlock heading into the second quarter.

Wigington and Bryan both keyed the Steers' early success by scoring six points apiece in the initial period.

The BSHS offense didn't enjoy the same success in the second. Shallowater built a nine-point lead, at 27-16, through the first five minutes of the quarter by posting a 13-4 run. Big Spring's only points in initial five minutes of the frame came via a free throws by Ty Sealy and Charles Green.

Tavaris Walker ended the Steers' offensive drought from there, scoring the team's first field goal of the period off a layup.

Matt Yanez added

more fuel to the Steers' offensive game later in the frame. He took an inbounds pass in the corner and drained a three-point shot that cut the Mustangs lead to six, at 31-25.

Bryan followed that seconds later by putting back an offensive rebound that pulled Big Spring to within 31-27 at the half.

As a team, the Steers outscored Shallowater by an 11-6 margin over the final three minutes of the second period.

Sealy, after teammate Charles Green had opened the half with a basket, powered the Steers even closer early in the third. The junior forward pushed in a pair of shots in the first two minutes of the second half and pulled Big Spring to within 34-33.

Unfortunately for the Steers, Shallowater controlled much of the action in the remainder of the third. The Mustangs ran off a 13-6 spree over the final six minutes of the quarter and took a 47-39 lead into the fourth.

Things didn't look any better for the Steers early in the fourth. Shallowater opened the frame with an 8-3 run that built its lead to 13, at 55-42 with just over 6 minutes left in the contest.

Walker breathed new life into the BSHS offense at that point. He pushed in a three-pointer from the win at the 5:46 mark that would ignite a staggering 15-2 run over the ensuing four minutes and draw the Steers even at 57-57 with 1:50 to play.

After Walker's trey had ended the Mustangs' early run, Bryan turned in his best LeBron

James impersonation. He scored the game's next eight points on an offensive rebound and a pair of clutch three-pointers that pulled the Steers to within two, at 57-55, with 2:30 left in the contest.

Overall, Bryan fueled the Steers' late assault by throwing in 10 of his team-high 19 points in the final eight minutes.

Sealy closed out the Steers' run 40 seconds later when he pushed home a turn-around jumper in the paint to tie the affair.

Unfortunately for the

Steers, Shallowater had a run left in them. Just 25 seconds after Sealy's game-tying basket, the Mustangs hit a shot from the low post and started an 8-0 run to close out the contest.

Sealy was the only other BSHS player to reach double figures in scoring. He closed out the game with 15. Walker and Wigington tallied eight and six points, respectively.

With the win, Shallowater earned the right to face either Seminole or Monahans in the third round.

Sands moves to 3rd round with rout of DC

The Sands High School Mustangs moved to the third round of the Class A boys' state basketball playoffs on Friday with a 78-49 rout of the Dell City Cougars in Fort Stockton.

Sands earned the right to face Petersburg in the Region I quarter-finals. The date and time for the contest was not available at press time.

Sands, the District 6-A runner-up is now 22-7 for the season.

FORSAN

Continued from Page 11A

Iran's happiness didn't extend too far into the second half.

Kade Fannin and Matthew Mims both knocked down key shots for the Buffs early in the second half and led a 16-10 third-quarter run that send Forsan into the fourth with a 43-41 lead.

The Buffaloes ended the Braves' postseason dreams in grand fashion from there. Forsan pounded out a 19-9 advantage in the final eight minutes of the contest.

Fannin turned in another solid performance en route to leading the Buffs to the win. He finished the game with his fifth straight double-double, netting a game-high 19 points and 13 rebounds.

Mims and Tyler Evans also reached double figures for the Buffaloes, Mims chalked up 15 points and a team-leading four steals, while Evans added 12 points and three assists.

The time and venue

for Forsan's third-round matchup with Farwell was not available at press time. The game will likely be played Tuesday in the Lubbock area, Huckabee said.

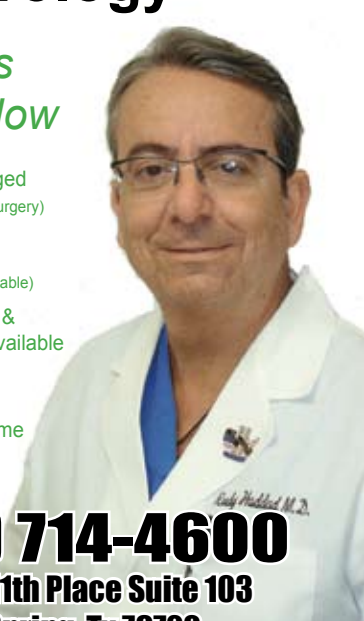
Farwell defeated Christoval by a 62-41 margin in the area playoff game on Tuesday.

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Who Says There's Nothing To Do In Big Spring?



Big Spring residents were busy this week, some traveling as far as Midland to engage in a beloved pastime. Clockwise from top: Dylan Watson, wearing the yellow hat, has been expediting his time rehearsing as an ensemble cast member in the Midland Community Theater production of *Mary Poppins*; the Big Spring State Park hosted the Run2Love, Love2Run 5k event; Howard College art students were busy working in the studios; and Roy Gomez and Eric Garza volunteered their time to help with the Run2Love, Love2Run event.

Art objects submitted by the Big Spring High School art department.
Mask by Ashlen Eckert titled *Childhood Nightmare*
Print by Shawna Querheim titled *Sir Oscar*
Print by Taylor Holloway titled *Maxim*



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Club News



Big Spring Art Association

The meeting was called to order at 7:18 p.m. by President Lane Bond. Minutes for January meeting were read by Judy Tereletsky, motion to accept minutes by Bruce Schooler and seconded by Kay Smith approved by all.

There were 14 members and guests present: Estelle Howard, Susie Combs, Evelyn Zellers, Loren Hastings, Sandy Lockhart, Bruce Schooler, Jean Money, Andrew Bowman, Kay Smith, Jerry Hastings, Cindy Bowman, Andrea Medlin, Lane Bond and Judy Tereletsky

All present were thrilled to hear that Estelle Howard has an upcoming birthday marking 95 years young.

Lane thanked Jean Money for the excellent programs she has lined up thus far this year as well as the ones scheduled to come. March will be Loren Hastings demonstrating his knife art, April is Lane Bond and May is Daniel Budke. He also thanked Andrea Medlin for helping publish club information in the Herald and Judy for the comprehensive min-

utes.

March Tipping of the Brush theme is 'green.'

Our treasury stands at \$1576.79

Kay Smith reminded us that Estelle was one of the founding members of BSAA which was formed in 1954, 60 years ago. Lane mentioned we needed something special to help mark this milestone. Kay said that the Heritage Museum had us on the books for a September exhibit in this honor so be preparing at least two works for display.

Heritage Museum Artist of the Month of February is Geraldine Posey. Evelyn Zellers is March, Estelle Howard is April and Kay Smith is May.

The program was presented by Bruce Schooler on how to take photos of artwork, distortion free with proper color balance. Bruce got his first camera in 1970 while serving in the Navy and began taking photos in the Pacific. He fell in love with the camera and that love has never waned. The introduction of the digital camera has increased his love and provided him with a profession for close

to 40 years. Bruce has attended the Texas School in Addison sponsored by Professional Photographers Organization for about nine years and continues to learn and grow each time he attends along with some other 1000 photographers. He does not like to say he "shoots" pictures but rather that he "creates an image."

Photography can help preserve art, provide a catalog, used to create prints and so much more. The photographer wants to create a quality image of the artwork because the artwork is amazing in itself and deserves quality. To begin you need a good tripod for the camera to remain steady then an easel to hold the artwork. The camera sensor needs to be large. Sensors in cameras tend try to average out exposures so manual exposure is better with a light meter. Raw mode comes out without adjustment and gives white balance. JPEG mode comes out converted.

Lighting is important as it affects the photo quality. Fluorescent light creates a green effect, incandescent gives off yellow so the best is natural northern light (the best to paint in also) or the use of a grey card (18%). The photographer should always ask "how do you light it?" Especially with glass or reflecting surfaces which can cause small specks of light referred to as noise. To avoid "noise" in a photo, Bruce recommended using modeling lights (100 watt at 45 degree angles) or soft boxes. Bruce likes to use an F8 setting and a (opening) 400 ISO film speed.

Schooler suggested that photos of framed artwork should include only the image, cropping out or eliminating the frame. For three dimensional and use a nondescript background for three dimensional works. Tripod your camera because it makes you slow down and is steady. If you are taking pictures with a digital camera it is better to was the eye site because you position your body naturally to support the camera like a tripod. Don't hold your breath. Breathe out as you take the photo. When you set up artwork on an easel make sure your tripod is parallel to the work so your photo image is not keystone (one edge larger than the other). A wide angle lens distorts the outer edge. Take a wider shot (camera further away) with the color checker underneath and then tighten the shot leaving a little edge to be cropped

later.

One only has to look at the excellent photo created by Bruce Schooler to appreciate his knowledge. He does an article in the Big Spring Herald's monthly Living magazine. So take a look see and enjoy.

Hope to see everyone and any newcomers at the March meeting at 7 p.m. in the Howard County Library Community Room basement level. Meeting adjourned at 8:45pm.

Tipping of the Brush Locations for February are:

Al's BBQ - Lane Bond
Audrey's - Lane Bond
Chamber - Loren Hastings
Citizen's FCU - Estelle Howard
Compass Bank - Estelle Howard
Court House Annex - Kay Smith
Cowboy's Steakhouse - Bruce Schooler
David Ward DDS - Jean Money
BSISD FCU - Evelyn Zellers
Howard County Library - Andrea Medlin
Inspirations Flowers and Gifts - Judy Tereletsky
Prosperity Bank - Belle Schooler

Ky. man going barefoot for charity in icy winter

LOUISVILLE, Ky. (AP) — Walking a mile in Richard Hudgins shoes can be a painful experience in one of the harshest Southern winters in years.

That's because he's not wearing any.

Hudgins, a hair stylist, has stripped off his shoes and socks and is going barefoot for a full year to raise money for shoeless children a world away.

He has gone barefoot to work, to drop his daughter off at school, to shop and even to exercise at the gym. Shoeless since early December, he has nearly made it through a brutal Kentucky winter that featured several days of snow, ice and single-digit temperatures.

"You really do build a tolerance up," Hudgins said while walking on snow on a recent day near his job near Louisville. "The ice isn't so bad; it's the snow, because the snow gets on the top of my feet."

Hudgins wants to raise \$25,000 in donations by year's end and then take the money to Narok, Kenya, where children need uniforms and shoes to go to school.

Births



Kamri Ann Howard and Konner Lain Howard

Kamri Ann Howard, a girl, and Konner Lain Howard, a boy, were born Feb. 23, 2014, at 12:19 p.m. and 12:21 p.m. respectively. Kamri weighed 5 pounds 3 ounces and was 18.5 inches long; Konner weighed 6 pounds 14 ounces and was 20 inches long. Parents are Coby and Michelle Howard of Big Spring. Maternal grandparents are Cory and Gaylon Beevers and Roland White, all of Big Spring. Paternal grandparents are Shain and Kelley Howard of Big Spring. Kamri and Konner were welcomed home by their siblings, Karlie, Kaycee, Kodi, Kaigen and Kenley.



Kathryn
Witschorke

Bride Elect Of

Evan
Burton

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Wedding: **June 14, 2014**

♥ Their selection includes The Big Green Egg BBQ Set, Tag Towels, Bowls and Serveware; Chantal Stoneware, Good Grips Canisters, Totally Bamboo Cutting Board, WoodWick Diffuser & RibbonWick Candle.

Other Registrees Include:

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- ♥ Laura Spence & Edward Kahler
- ♥ Lisa Campbell & Kyle Morrison
- ♥ Kathryn Witschorke & Evan Burton
- ♥ Kaitlyn Hector & Adrian Grant

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Donations

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*When: March 6, 2014
Time: 6 p.m.
Where: MCM Grande Hotel & Fun Dome
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*Dinner Will Be Served
R.S.V.P By: March 3, 2014*



6:00 p.m.

TICKET INFORMATION

432-337-1352 EXT:210

▶ Menus

Big Spring ISD

Monday: Breakfast, apple or cherry strudel, string cheese, grapes, assorted fruit juice, milk. Lunch, sloppy joe or beef and bean burrito, broccoli with ranch dressing, garden salad, strawberries and bananas, fresh fruit bowl, milk.

Tuesday: Breakfast, breakfast club sandwich, applesauce cup, assorted fruit juice, milk. Lunch, crispy tacos or southwest chicken casserole, tortilla chips, garden salad, charro beans, applesauce, milk.

Wednesday: Breakfast, blueberry waffle, turkey sausage, peach cup, assorted fruit juice, milk. Lunch, chicken nuggets or Salisbury steak, roll, mashed potatoes and gravy, carrots, fruity Jell-O, fresh fruit bowl, milk.

Thursday: Breakfast, breakfast burrito, banana, assorted fruit juice, milk. Lunch, spaghetti or breaded pork chop, breadsticks, garden salad, green beans, peaches, milk.

Friday: Breakfast, French toast, mixed fruit cup, assorted fruit juice, milk. Lunch, turkey and cheese wrap or hot dog, sweet potato tots, cucumber dippers, fresh fruit cup, fresh fruit bowl, milk.

New Hope Christian School

Monday: Breakfast, cereal, pineapple juice, milk. Snack, celery and carrots and string cheese. Lunch, taco salad, carrots, pinto beans and milk.

Tuesday: Breakfast, French toast sticks, apricots and milk. Snack, graham cracker and milk. Lunch, pizza in a pocket, green beans, corn and milk.

Wednesday: Breakfast, cereal bar, orange smiles and milk. Snack, vanilla wafers and peaches. Lunch, sweet and sour chicken, stir fry vegetables, pears and milk.

Thursday: Breakfast, fruit bar, apple slices and milk. Snack, granola bar and strawberry juice. Lunch, beanie weanies, broccoli, corn, bread and milk.

Friday: Breakfast, honey bun, oranges and milk. Snack, Ritz crackers and pineapple. Lunch, grilled cheese, cucumber and tomato slices, ranch style beans and milk.

Sands CISD

Monday: Breakfast, oatmeal round with yogurt. Lunch, corn dog, baked beans, tomato cucumber cup, apple pineapple delight.

Tuesday: Breakfast, chicken n biscuit. Lunch, beefy queso, tortilla chips, refried beans, garden salad, orange smiles, (hs) lime sherbet cup.

Wednesday: Breakfast, pancake/sausage on a stick, oven roasted potatoes. Lunch, beef and beans burrito, oven fries, fresh vegetable cup, fruity gelatin.

Thursday: Breakfast, sunrise sandwich. Lunch, chicken nuggets, garden salad, baby carrots, bread stick, fresh grapes, (hs) chocolate chip cookie.

Friday: Breakfast, cereal variety with Texas toast. Lunch,

pizza choice, crunchy broccoli salad, seasoned corn, fresh fruit bowl.

Coahoma ISD

Monday: Breakfast, yogurt and fruit parfait wit Awesome granola, buttered toast, dry cereal variety, chilled pears, fresh whole fruit, 100% fruit juice, milk. Lunch, chicken spaghetti, Homestyle chicken patty with crême gravy, au gratin potatoes, peas, carrot sticks with ranch dressing, Romaine garden salad, chilled pineapple, seasonal fresh fruit, whole grain roll.

Tuesday: Breakfast, breakfast pizza, cinnamon toast, dry cereal variety, peanut butter cup, jelly, chilled peaches, fresh whole fruit, 100% fruit juice, milk. Lunch, chicken stir fry, zesty orange chicken, steamed rice, glazed carrots, Oriental blend vegetables, Romaine garden salad, blushing pears, seasonal fresh fruit, fortune cookie, roll, sweet and sour sauce.

Wednesday Breakfast, smoked sausage with cheese in flour tortilla, buttered toast, dry cereal variety, chilled apricots, fresh whole fruit, 100% fruit juice, milk. Lunch, Big Daddy Homestyle Pizza, cheese and pepperoni or beef and pepperoni, spaghetti and meat sauce, Texas toast, garlic bread sticks, corn on the cob, seasoned green beans, Romaine garden salad, chilled peaches, seasonal fresh fruit.

Thursday: Breakfast, pancake and sausage patty, cinnamon toast, dry cereal variety, chilled apricots, fresh whole fruit, 100% fruit juice, milk. Lunch, beefy nacho grande, Mexican chalupa, whole grain Spanish brown rice, refried beans, fresh broccoli, ranch dressing, lettuce and tomato salad, seasonal fresh fruit, chilled strawberry cups, salsa/jalapeno/

sour cream.

Friday: Breakfast, Home-Style cinnamon rolls, buttered toast, dry cereal variety, Mandarin oranges, fresh whole fruit, 100% fruit juice, milk. Lunch, barbecue roasted chicken, barbecue beef on bun, potato salad, baked beans with barbecue sauce, Romaine garden salad, seasonal fresh fruit, chilled mixed fruit, whole grain roll.

Forsan ISD

Monday: Breakfast, yogurt and fruit parfait wit Awesome granola, buttered toast, dry cereal variety, chilled pears, fresh whole fruit, 100% fruit juice, milk. Lunch, chicken spaghetti, Homestyle chicken patty with crême gravy, au gratin potatoes, peas, carrot sticks with ranch dressing, Romaine garden salad, chilled pineapple, seasonal fresh fruit, whole grain roll.

Tuesday: Breakfast, breakfast pizza, cinnamon toast, dry cereal variety, peanut butter cup, jelly, chilled peaches, fresh whole fruit, 100% fruit juice, milk. Lunch, chicken stir fry, zesty orange chicken, steamed rice, glazed carrots, Oriental blend vegetables, Romaine garden salad, blushing pears, seasonal fresh fruit, fortune cookie, roll, sweet and sour sauce.

Wednesday Breakfast, smoked sausage with cheese in flour tortilla, buttered toast, dry cereal variety, chilled apricots, fresh whole fruit, 100% fruit juice, milk. Lunch, Big Daddy Homestyle Pizza, cheese and pepperoni or beef and pepperoni, spaghetti and meatsauce, Texas toast, garlic bread sticks, corn on the cob, seasoned green beans, Romaine garden salad, chilled peaches, seasonal fresh fruit.

Thursday: Breakfast, pancake and sausage patty, cinnamon toast,

dry cereal variety, chilled apricots, fresh whole fruit, 100% fruit juice, milk. Lunch, beefy nacho grande, Mexican chalupa, whole grain Spanish brown rice, refried beans, fresh broccoli, ranch dressing, lettuce and tomato salad, seasonal fresh fruit, chilled strawberry cups, salsa/jalapeno/sour cream.

Friday: Breakfast, Home-Style cinnamon rolls, buttered toast, dry cereal variety, Mandarin oranges, fresh whole fruit, 100% fruit juice, milk. Lunch, barbecue roasted chicken, barbecue beef on bun, potato salad, baked beans with barbecue sauce, Romaine garden salad, seasonal fresh fruit, chilled mixed fruit.

Big Spring Senior Center

Monday: Lasagna, Italian vegetables, garlic bread, peach cobbler, milk.

Tuesday: Beef enchiladas, Spanish rice, beans, tortilla chips and salsa, Jell-O with Mandarin oranges, milk.

Wednesday: Chicken fried chicken, cream gravy, mashed potatoes, Harvard beets, rolls, fresh fruit, milk.

Thursday: Ham slice, lima beans, seasoned greens, cornbread, lime Jell-O with pineapple, milk.

Friday: Green chili stew, brown rice, cornbread, strawberry cake.

Prada's woman is a fun-loving floozy

MILAN (AP) Prada's latest collection is simple enough for any closet: a sweater, a coat, a dress.

The dress is ephemeral, sheer or silky, nearly lingerie, carelessly worn. She drapes herself in a large masculine coat, the strength of its seams emphasized with faux shearling. Perhaps it is not even hers, but his, whoever he may be. And then there is a man's sweater, an oversized V-neck, cover against the sheerness or a dress unto itself.

There is no question: The Prada woman represented here is a fun-loving floozy.

"It's about life," Miuccia Prada told reporters backstage Thursday after the preview of her womenswear collection for fall and winter on day two of Milan Fashion Week.

As she did for the menswear collection presented in January, Prada took inspiration from German cinema and music of the 1980s. German actress Barbara Sukowa, the title character Lola from Rainer Werner Fassbinder's 1981 film, sang an original composition for the runway show's soundtrack: "Where are the tears from last evening? Where is the snow from last year?" she intoned in German.

The collection, Prada said, comes from her current obsession with German culture. She spent a month immersed in Fassbinder's cinema and Kurt Weill's music as she prepared the collection.

"I like this theme so much. How it is related to clothes, I don't know," Prada said, though she offered an inkling: "It is high and low, sophisticated and slightly vulgar."

As for the menswear collection, Prada showed her wares on a felt-clad stage, elevated slightly from the audience.

The models wore their hair rigorously pulled back, silken ties wrapped purposefully around their necks.



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- March 4** - Mall Walking, 8:00 a.m.
Coffee @ Parkplace Retirement, 10:00 a.m.
Tai Chi, 1:00 p.m.
Supper Club, 5:30 p.m., "Spanish Inn."
- March 5** - Senior Appreciation Day, 11:30 a.m.
Movie 1:00 p.m. "Frankenweenie"
- March 6** - Mall Walking, 8:00 a.m.
Coffee at Just Peachy Café, 10:00 a.m.
Sit & Be Fit, 1:00 p.m.
Bunko, 3:00 p.m.
- March 7** - Lunch Bunch & Birthdays
11:30 a.m., "Just Peachy's"
Kiwanis Pancake Supper, 6:00 p.m.
- March 8** - DAYLIGHT SAVINGS TIME - Set your clocks forward!
- March 10** - Games, 1:00 p.m.-4:00 p.m.
- March 11** - Mall Walking, 8:00 a.m.
Tai Chi, 1:00 p.m.
Supper Club, 5:30 p.m., "Pizza Inn."
- March 12** - Senior Appreciation Day, 11:30 a.m.
Movie, 1:00 p.m., "The Croods."
- March 13** - Mall Walking, 8:00 a.m.
Coffee at "Just Peachy Cafe", 10:00 a.m.
Sit & Be Fit, 1:00 p.m.
- March 17** - Games, 1:00 p.m.-4:00 p.m.
- March 18** - Mall Walking, 8:00 a.m.
Tai Chi, 1:00 p.m.
Supper Club, 5:30 p.m., "Papa Chon's".
- March 19** - Senior Appreciation Day, 11:30 a.m.
Movie, 1:00 p.m. "The Guilt Trip."
- March 20** - Mall Walking, 8:00 a.m.
Just Peachy Cafe, 10:00 a.m.
Sit & Be Fit, 1:00 p.m.
Bunko, 3:00 p.m.
- March 21** - Pot Luck & Bingo, 11:30 p.m.-2:00 p.m.
- March 24** - Games, 1:00 p.m.-4:00 p.m.
- March 25** - Mall Walking, 8:00 a.m.
Tai Chi, 1:00 p.m.
Supper Club, 5:30 p.m., "Cowboy's."
- March 26** - Senior Appreciation Day, 11:30 a.m.
Movie's, 1:00 p.m., "Epic"
- March 27** - Mall Walking, 8:00 a.m.
Coffee at "Just Peachy Cafe", 10:00 a.m.
Sit & Be Fit, 1:00 p.m.
- March 31** - Games, 1:00 p.m.-4:00 p.m.
Hobbs, 9:00 a.m.

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Senior Circle



Courtesy photo

Owners and employees of Crossroads Saloon, S. Highway 87, were recently joined by Chamber of Commerce representatives for a ribbon-cutting ceremony to celebrate the business' membership with the chamber.



Courtesy photo

Forsan Independent School District officials were joined by Chamber of Commerce representatives as they celebrated the opening of its new athletic field house with a ribbon-cutting ceremony recently.

Market Watch



Bhupen Agrawal is branch manager and a managing director — investments for the Wells Fargo Advisors Midland office.



Bill Franks, AAMS, is a senior registered client associate and the senior associate to the branch manager.

The Federal Reserve (Fed) is what makes the financial world go round, and what it does — or doesn't do — is the key to the forward outlook for American prosperity. Thus, it is only natural for serious investors to watch, listen and read just about everything our central bank produces. Its actions many times dictate how other central banks around the world will deal with their own monetary policy issues. In other words, the Fed is the lead sled-dog in terms of global monetary policy. That is not likely to change anytime soon.

There has been a good amount of media hype over the transition from the Bernanke-run Fed to the Yellen-run Fed. Will the transition be smooth? Will Ms. Yellen adhere to the same policies as chairman Bernanke's? Will the pace of stimulus withdrawal from the economy speed up or slow down? All good questions, but they have all been addressed by our new chairwoman over the last several months — multiple times. Still, the media coverage surrounding her first round of testimony as head of the Fed was heavy.

Janet Yellen was not about to rock the boat. She was not going to throw the markets a curve ball; she was going to throw it straight down the middle of the plate. She does not look nor sound like the type of leader who is going to get a little crazy when it comes to monetary policy decisions. She seems more likely to guide the ship with a steady hand and a quiet demeanor.

The wording of her opening statement sounded familiar, soothing even. Many of the phrases she used seemed to be ones used by her former boss, because Ms. Yellen did not want her words to be a surprise. She wanted the transition to go smoothly. She did not want to be making news headlines and drawing lots of media attention. In fact, it will be hard to detect any change in "personality" between the Bernanke Fed and the Yellen Fed.

Was Janet Yellen simply channeling her inner Bernanke, or was something else at work? The former Fed chief seemed to have written her opening statement.

Past performance is no guarantee of future results. This article was produced Feb. 12, by Scott Wren, Wells Fargo Advisors senior equity strategist, and provided courtesy of Bhupen Agrawal, managing director - branch manager of Wells Fargo Advisors' Midland office, at 432-684-7335. Additional information is available upon request. The material contained herein has been prepared from sources and data we believe to be reliable, but we make no guarantee as to its accuracy or completeness.

Public Records

Howard County Justice of the Peace Outstanding IBC Warrants:

Sherrri Monique Aldridge, 1507 E. Sixth St., Big Spring
 Marcus Joe Anderson, 3306 Auburn, Big Spring
 Steve Antoine, 1425 East Sixth St. no. 19, Big Spring
 Katie Cole L. Baker, P.O. Box 1372, Big Spring
 Jessica Lynn Banks, CR 1200, Lubbock
 Jennifer Leigh Black, 1405 E. Barton, Temple
 William Riley Bounds, 1818 Corsicana, Dallas
 Donna Michelle Byerley, 535 LCR Space 1, Colorado City
 Roy DeWayne Carter, 5320 Wasson, Big Spring
 Susan Cheyanne Cearley, 4104 Muir, Big Spring
 Juan Antonio Cervantes, #3 ValVerde, Big Spring
 Trystan Taelor Cevallos, 3912 E. Hwy. 350, Big Spring
 Christoval Moren Corrales, 1105 N. Nolan, Big Spring
 Matilda Cortez, 302 N. St. Teresa, Stanton
 Steve Allan Crim, 8381 Petunia, San Angelo
 Stefan Deal, 102 Casie Ln. Apt. 1, Fort Worth
 Manuel Delosrios, 707 Lorilla, Big Spring
 Teana Demeny-Roberts, 5601 N. Service Rd., Big Spring
 Shiloh Sharee Dennis, 4651 E. CR 490, Stanton

Michael Angelo Dorado, 2202 William Rd., Big Spring
 Maria Luisa Elizondo, 603 S. Second, Meadow
 Brittany Vanessa Escanuela, 302 Circle, Big Spring
 John Randall Evatt, 4301 W. 49th St. Apt. 329, Amarillo
 Kristen Falcon, 2606 Fairchild, Big Spring
 Michael Dean Fleming, 5216 Tremont Ave., Midland
 Sharlamarr Frink, 3723 Monclair, Odessa
 Lee Anna Garcia, 1011 Stadium Ave., Big Spring
 Noel Garcia II, 107 Bluebonnet/1011 Stadium Ave., Big Spring
 Pedro Garcia, 806 Johnson, Big Spring
 Joe Nick Garfias Jr., of 1309 Runnels, Big Spring
 Rosa M. George, 509 W. Second, Stanton
 Roxanne Deanda Gonzales, 538 Westover Rd. apt. 211, Big Spring
 Eunice Torres Gonzalez, 7311 Westmoor, Odessa
 Whitney Marquez Gray, 2934 Old Anson Rd. 224 no. 1, Abilene
 Charles E. Griffin, 108 CR 1250, Fairfield
 James Michael Griffin, 303 Butler St. #502, Atlanta, Texas
 Christina Nichole Gutierrez, 2809 25th St., Snyder
 Joe Guzman, 1313 Mesquite, Big Spring

Kimberly Dee Hargrove, PO Box 1985, Big Spring
 Matias Hernandez Jr., 620 E. Fourth St., Big Spring
 April M. Horton, 1705 Charles St., Portsmouth, Ohio
 Brian Ivanchan, 1208 Mulberry, Big Spring
 Shatiya Lasha Jenkins, 4590 N. Texas No. 198, Odessa.
 Christopher Shawn Jones, 112 McDonald Rd., Big Spring
 Albert Leal, 2522 Albrook, Big Spring
 Richard Leos, 509 W. 8th St., Big Spring
 Jesse Paul Lopez, 1011 Scurry, Big Spring
 Robert Lee Lopez, 503 E. 18th, Big Spring
 Aaron Christopher Mack, 2134 Bonham, Odessa
 Todd Vincent Martin, 409 Woodcrest, Midland
 Joe Martinez, 2525 Fairchild, Big Spring
 Manuel Martinez Jr., 702 NE Iowa, Lamesa
 Lee Allen Mathis, 101 Falcon Ln., Hillsboro
 Norman James McNeese, 1098 LCR 317, Colorado City
 Cory James Michalewicz, 1106 Briscoe Cove, Hutto
 Eddie Glen Mills, 5142 PDQ Rd., Colorado City
 Chelsea Kristyne Millspaugh, 213 Circle, Big Spring
 Jacob Montoya, 1009 S. Kelly, Odessa
 Camilo Martin Nieto, 1 Court-

ney Place #108, Big Spring
 Melissa Chu-Lai Nieto, 615 Tulane, Big Spring
 Christopher Eric Painter, 1503 S. Johnson, Big Spring
 James Michael Perez, 626 Tulane, Big Spring
 Michael Lynn Perkins, 11601 CR 4164, Hermleigh
 Fred Allen Perry, 1425 E. Sixth Apt. 107, Big Spring
 Taylor James Perry, 2105 Sydney Baker Apt. 228, Kerrville
 Jarum Renee Pryor, 802 N. Plaza, Big Lake
 Martin Sosa Puga, 1614 Settles, Big Spring
 Randy Randolph, 2514 Albrook, Big Spring
 Shenna Leean Reeves, 615 Gene Lee Rd., Mineral Wells
 Sheila Fay Richardson, 1707 Donley, Big Spring
 Liza Leigh Rios, 1002 N. Main St. Apt. 30, Big Spring
 Linda Eva Rodriguez, 2519 Gunter, Big Spring
 Veronica Romero, 103 Becker, Big Spring
 Lisa J. Rubio, 1303 Sycamore, Big Spring
 Miguel Andres Sanchez, 64 McCaleb Rd., Montgomery
 Anastasia Clarice Sanders, 1401 Culpepper Ave., Wilson
 Brittany Nicole Savell, 425 E. Davis Rd., Big Spring
 Kennedra Wynell Shelton, 400 N. Fourth, Corsicana
 Amy Leigh Shifflett, 209 N. Main, Coahoma

Charles Ray Smith, 2911 W. Highway 80, Apt. 155, Big Spring
 Alice C. Smithwick, 1905 Wasson Rd. apt 48, Big Spring
 Tiffany Katherine Stokes, 1407 E. 19th St., Big Spring
 Timothy Donald Taylor, 4000 W. Highway 80 No. 18, Big Spring
 Abram Heinrichs Unger, 503 NE Fourth, Seminole
 Ricky Lynn Waltenbaugh, 538 Westover Rd. Apt. 133, Big Spring
 Timothy Shea Wargo, 624 State, Big Spring
 Thomas Weeks, P.O. Box 110891, Anchorage, Alaska
 Candida Lynn Whitehead, 3706 Connley, Big Spring
 Tamara Ruth Whitt, 1909 Morrison, Big Spring
 Jamie Wiggins, 1905 Wasson Rd. apt 28, Big Spring
 Byran Paul Williams, 1409 E. Main St., Round Rock
 Frances Elena Yanez, 1610 Cardinal, Big Spring
 Jimmy Marmolejo Ybarra, 1315 Mesa, Big Spring
 James Edward Young, 3313 Auburn, Big Spring

Marriage Licenses

Emmett Chad Hart Jr., 23 and Jennifer Marie Spies, 21, both of Big Spring
 Alex Trevino, 45, Big Spring

Online retailers let you try before you buy

NEW YORK (AP) — The fitting room is coming home. Online retailers that sell jeans, eyeglasses and shoes are shipping their products to customers for free to try on at home before buying them.

It's a way for newer online brands to hook potential customers. A credit card is needed, but nothing is charged unless the items aren't returned on time. The limit for how long you can keep items is usually about a week. Shipping is free both ways and there's no obligation to buy anything.

It's a much slower way to shop. You have to wait for the box to arrive, which can take days, and then arrange to send them back if you don't like anything. Most of the companies tend to sell higher-priced items.

But online retailers say it works for busy professionals who can't make it to a store. "Our customers tend to have more money than time," says Rob Wright, the founder of Bungalow Clothing, which sells high-end women's clothing online and ships boxes of

clothes for free for 10 days. Wright says customers like trying on items at home because they can see if they match with the jackets or shoes they already have in their closet.

And being at home can be more comfortable than an in-store fitting room. "There's no pushy salesperson and no funky lighting," says Wright.

Eric Clark agrees. "Stores are annoying. They try to upsell everything," he says. Clark, who owns a tutoring company called Quince Tutoring in Massachusetts, used to buy his prescription glasses from brick-and-mortar stores. That changed last spring when he stumbled upon Warby Parker, an online seller of eyeglasses, on social media site Twitter. "I had never even heard of them," Clark says.

He gave Warby Parker a try after seeing that the company would send him five pairs of glasses to try on at home for free. When he received the glasses, he snapped photos of himself wearing them and uploaded them to photo-

sharing app Instagram. His friends told him which ones they liked best, and he ended up buying two pairs for about \$300.

If you plan to try out one of these retailers, make sure you read the rules carefully first. You don't want to keep items for longer than allowed and pay for stuff you don't want. And if you damage an item, you'll pay for it.

When asked to enter a card number, use a credit card instead of a debit card. Some of the sites will put a hold of different amounts on your account, which is later removed, to verify that your card works. You don't want that hold to potentially bounce a check against your checking account.

Here are some of the companies that offer free home try-on programs:

— **CLOTHING:** There are a couple of clothing retailers to check out. Bluer Denim, which sells American-made premium jeans for \$98 and over, ships up to three pairs that you can try on at home for seven days.

Bungalow Clothing, which sells everything from \$200 jeans to \$700 leather jackets, lets you text the company when you're ready to ship the box back and they'll arrange for FedEx to pick it up.

Women can try bras at home, too. True & Co., which sells bras that average around \$25, allows women to try up to five at home for five days.

— **GLASSES:** There are also a few eyeglass sellers to choose from. The glasses that Warby Parker sends out are samples that don't have the prescription lenses in them. So you'll need to send them all back, and then the company will send you a fresh pair of the ones you want. Most prescription glasses cost about \$95, sunglasses with a prescription lens cost more.

Rivet & Sway, which sells \$169 glasses for women only, has a similar home try-on program. Made Eyewear makes the process a bit simpler, sending out glasses with the prescription you need, so you can keep the ones you want right then and send the rest back. Made Eyewear's

glasses start at \$84.

— **SHOES:** There's at least one women's shoe company that offers at-home try outs. Brian James Footwear will give you 12 days to try on up to five pairs of shoes for free. The company sells its own brand of boots, wedges, flats and sandals that sell for about \$98 and up. Shoes that are shipped back have to be in their original condition.

— **ENGAGEMENT RINGS:** See which ring looks best on your finger. Ocappi, a high-end online jeweler, will send you six replicas of engagement rings or wedding rings you are thinking about buying. The replicas are made with cubic zirconia and sterling silver, which replaces the diamonds and platinum or white gold in the real rings. The company also sells rose and yellow gold rings, but doesn't have a replica for that color, however, the styles are the same. You can keep the rings for five days, and then ship them back. You will be charged for them if they're not returned, even though they are replicas.

Mexico to trump Japan as No. 2 car exporter to U.S.

CELAYA, Mexico (AP) — Mexico is on track to become the United States' No. 1 source of imported cars by the end of next year, overtaking Japan and Canada in a manufacturing boom that's turning the auto industry into a bigger source of dollars than money sent home by migrants.

The boom is raising hopes that Mexico can create enough new jobs to pull millions out of poverty as northbound migration slows sharply, but critics caution that most of the new car jobs are low-skill and pay too little. Mexico's slow and stagnant wages have helped keep the poverty rate between 40 and 50 percent since the passage of the North American Free Trade

Agreement two decades ago.

An \$800 million Honda plant that opened Friday in the central state of Guanajuato will produce more than 200,000 Fit hatchbacks and compact sport-utility vehicles a year, helping push total Mexican car exports to the U.S. to 1.7 million in 2014, roughly 200,000 more than Japan, consulting firm IHS Automotive says. And with another big plant starting next week, Mexico is expected to surpass Canada for the top spot by the end of 2015.

"It's a safe bet," said Eduardo Solis, president of the Mexican Automotive Industry Association. "Mexico is now one of the major global players in car manufacturing."

When NAFTA was signed two decades ago, Mexico produced 6 percent of the cars built in North America.

It now provides 19 percent. Total Mexican car production has risen 39 percent from 2007, to nearly 3 million cars a year. The total value of Mexico's car exports surged from \$40 billion to \$70.6 billion over that span.

"I congratulate Honda for its having confidence in Mexico, for having total confidence in the development of our country," said Mexican President Enrique Pena Nieto, who attended the opening of the plant in the town of Celaya along with Honda CEO Takano Ito. "They're contributing to two basic objectives, generat-

ing wealth and creating jobs in this country."

Manufacturing in Mexico is now cheaper than in many places in China, though the vast majority of the cars and trucks made in North America are still produced in the U.S. for domestic consumption and export to other countries.

And many of the vehicles built in Mexico are assembled with parts that are produced in the United States and Canada and cross the border without tariffs under NAFTA.

"There was a realization that there were some structural issues that had to be resolved in the auto industry to make it more competitive again. Moving parts, not all of the pro-

duction, to Mexico was a good way to deal with that," said Christopher Wilson, an expert in U.S.-Mexico economic relations for the Woodrow Wilson International Center for Scholars.

Mexico's government and the car industry say the automotive industry has become the primary source of foreign currency for Mexico, surpassing oil exports and remittances from immigrants in the United States.

Migration to the U.S. has slowed dramatically in recent years, though experts attribute that mostly to tougher enforcement and a slower U.S. economy. Despite successes such as the car-making boom, Mexico still isn't creating nearly enough formal

jobs for the hundreds of thousands of people entering the workforce each year.

While Mexico's official unemployment rate dropped to 4.62 percent in the last quarter of 2013, nearly 7 percent of working-age people work less than 15 hours a week and nearly 60 percent scrape by in off-the-books jobs such as street vendors or day laborers, whose benefits are virtually nonexistent and whose wages are often below the legal minimum.

The Mexican government announced Friday that the economy grew a meager 1.1 percent in 2013, its worst performance since 2009. The government is hoping to see 3.5 percent growth this year.

RECORDS

Continued from Page 4B

and Maria Elena Perez, 45, Del Rio, Texas
Dennis D. Bolt, 60 and Tammy M. Majors, 52, both of Odessa, Texas

County Court Filings

State of Texas vs Alejandra Alice Lopez. Probated judgment — driving while intoxicated. \$200 fine, 180 days in jail and \$462.10 court costs.

State of Texas vs Mariano Granados, Judgment and sentence — driving while license invalid with previous conviction/suspension without final resolution. \$1,260.90 fine, \$237.10 court cost, 0 days in jail.

State of Texas vs Alejandro Gonzales. Probated judgment deferred adjudication — resisting arrest. \$500 fine, \$287 court cost.

District Court Filings

Amber Joanna Steen vs Larry Steen Jr. - Divorce
Cynthia H. Garcia vs Robert Michael Garcia — Divorce

Krystal Cline Walden vs Wesley Brent Walden — Divorce

Brittany Nicole Savell vs Joseph Don Savell — Divorce

Dustin Levi Rock vs Shonna Michelle Rock — Divorce

Amy Nicole Faz vs Jim-

my Lee Faz — Divorce
Pete Rodriguez Galan vs Janel M. Galan - Divorce

Warranty Deeds

Grantor: Texas County Title Co.
Grantee: Robert Eugene Hladky-Hatcher

Property: Lots 3-13, blk 18, Sherrod Heights Addition
Date: Feb. 18, 2014

Grantor: Texas County Title Co.
Grantee: Robert Eugene Hladky-Hatcher

Property: Lots 1,2,14,15, blk 18, Sherrod Heights Addition
Date: Feb. 18, 2014

Grantor: Leroy George and Janet George
Grantee: Larry Mendoza

Property: Lot 14, blk 2, Price Addition
Date: Feb. 19, 2014

Grantor: Margie Hernandez Martinez
Grantee: Kenneth Great-house

Property: SE/4 and E/2 of tract 24, Wm. B. Currie Subdivision of SE/4 of sec 42, blk 32, T-1-N T&P Ry Co. Survey, Howard County
Date: Feb. 19, 2014

Grantor: Desiree Richardson
Grantee: Joe Ovalle

Property: Lots 12-15, blk 40, Original Town Forsan

Date: Feb. 10, 2014

Grantor: Lois Price Cave, Shirley Price Johnson, Elaine Price King, Frank S. Price and Allen L. Price

Grantee: BASA Resources Inc.

Property: Sec 7, blk 29, T-1-S, T&P Ry Co. Survey, Howard County
Date: Feb. 11, 2014

Grantor: Lee George, Cecil R. George, Gayle Graham and James Michael George

Grantee: Howard B.

Stallcup

Property: Lots 2 and 3, blk 11, Earle's Addition
Date: Feb. 11, 2014

Warrant Deeds With Vendor's Leins

Grantor: Michael L. Seal
Grantee: Nicole Piaz

Property: Lot 4, blk 61, Original Town Big Spring
Date: Feb. 18, 2014

Grantor: Michael L. Seal
Grantee: Stanley G. Diaz

Property: Lot 11, blk 11, Washington Place Addition

Date: Feb. 18, 2014

Grantor: Michael L. Seal
Grantee: Leticia Bazaldua

Property: Lots 2 and 3, blk 2, Settles Addition
Date: Feb. 18, 2014

Grantor: Michael L. Seal
Grantee: Clyde Sullivan

Property: Lot 17, blk 3, Stanford Park Addition
Date: Feb. 18, 2014

Grantor: Jimmy Leal
Grantee: Raymond Hodnett

Property: Lot 4, blk 7, N.

Belvue Addition

Date: Feb. 18, 2014

Grantor: Foundation Mortgages LLC
Grantee: Rosemary Decker

Property: Lot 12, blk 1, College Heights Addition
Date: Feb. 19, 2014

Grantor: Allie Lansford
Grantee: Matthew Cunningham and Halye Patricia Cunningham

Property: Lots, 5,6,7,8,9, blk 52, Original Town Forsan
Date: Feb. 10, 2014

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- 1) Must be 21 years of age or older on the date of hire
- 2) Be of good moral character
- 3) Must have a bachelor's degree from accredited college university;
- 4) And have either;
 - (A) One year of graduate study in criminology, corrections, counseling, law, social work, psychology, sociology, or other field of instruction approved by the state, or;
 - (B) One year of work experience in case work, counseling, community corrections, group work with offenders or other disadvantaged persons.
- 5) Must be able to pass a drug test and criminal history check
- 6) And must reside in Howard County or be willing to relocate

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 Big Spring, TX 79720
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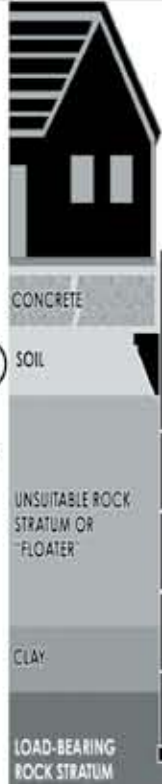
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Legals

TEXAS COMMISSION ON ENVIRONMENTAL QUALITY NOTICE OF RECEIPT OF APPLICATION AND INTENT TO OBTAIN AIR PERMIT RENEWAL PERMIT NO. 5542 APPLICATION Farmers Cooperative Gin of Knott, Texas has applied to the Texas Commission on Environmental Quality (TCEQ) for the renewal of Air Quality Permit Number 5542, which would authorize continued operation of the cotton gin located at 13100 North County Road 9, Knott, Howard County, Texas 79748. This link to an electronic map of the site or facility's general location is provided as a public courtesy and not part of the application or notice. For exact location, refer to application. http://www.tceq.texas.gov/assets/public/hb610/index.html?lat=32.39722&lng=-101.67444&zoom=13&type=r. The existing facility and/or related facilities are authorized to emit the following air contaminants: organic compounds, nitrogen oxides, sulfur dioxide, carbon monoxide and particulate matter including particulate matter with diameters of 10 microns or less and 2.5 microns or less. This application was submitted to the TCEQ on January 21, 2014. The application will be available for viewing and copying at the TCEQ central office, TCEQ Midland regional office, and the Howard County Courthouse, 300 Main Street, Big Spring, Howard County, Texas, beginning the first day of

publication of this notice. The facility's compliance file, if any exists, is available for public review in the Midland regional office of the TCEQ. The executive director has determined the application is administratively complete and will conduct a technical review of the application. In addition to the renewal, this permitting action includes the incorporation of the following authorizations or changes to authorized facilities related to this permit: alterations, amendments, and changes in emission factors. The reasons for any changes or incorporations, to the extent they are included in the renewed permit, may include the enhancement of operations control at the plant or enforceability of the permit. For more information about this permit application or the permitting process, please call the Public Education Program toll free at 1-800-687-4040. The TCEQ may act on this application without seeking further public comment or providing an opportunity for a contested case hearing if certain criteria are met. PUBLIC COMMENT You may submit public comments, or a request for a contested case hearing to the Office of the Chief Clerk at the address below. The TCEQ will consider all public comments in developing a final decision on the application. The deadline to submit public comments is 15 days after news-

paper notice is published. After the deadline for public comments, the executive director will prepare a response to all relevant and material, or significant public comments. Issues such as property values, noise, traffic safety, and zoning are outside of the TCEQ's jurisdiction to address in the permit process. After the technical review is complete the executive director will consider the comments and prepare a response to all relevant and material, or significant public comments. If only comments are received, the response to comments, along with the executive director's decision on the application, will then be mailed to everyone who submitted public comments or who is on the mailing list for this application, unless the application is directly referred to a contested case hearing. OPPORTUNITY FOR A CONTESTED CASE HEARING You may request a contested case hearing. The applicant or the executive director may also request that the application be directly referred to a contested case hearing after technical review of the application. A contested case hearing is a legal proceeding similar to a civil trial in state district court. Unless a written request for a contested case hearing is filed within 15 days from this notice, the executive director may act on the application. If no hearing request is received within this 15 day period, no further opportunity for hearing will be provided. According to the

Texas Clean Air Act § 382.056(o) a contested case hearing may only be granted if the applicant's compliance history is in the lowest classification under applicable compliance history requirements and if the hearing request is based on disputed issues of fact that are relevant and material to the Commission's decision on the application. Further, the Commission may only grant a hearing on those issues raised during the public comment period and not withdrawn. A person who may be affected by emissions of air contaminants from the facility is entitled to request a hearing. If requesting a contested case hearing, you must submit the following: (1) your name (or for a group or association, an official representative), mailing address, daytime phone number, and fax number, if any; (2) applicant's name and permit number; (3) the statement "(I/we) request a contested case hearing; (4) a specific description of how you would be adversely affected by the application and air emissions from the facility in a way not common to the general public; (5) the location and distance of your property relative to the facility; and (6) a description of how you use the property which may be impacted by the facility. If the request is made by a group or association, the one or more members who have standing to request a hearing and the inter-

ests the group or association seeks to protect must also be identified. You may also submit your proposed adjustments to the application/permit which would satisfy your concerns. Requests for a contested case hearing must be submitted in writing within 15 days following this notice to the Office of the Chief Clerk at the address below. If any requests for a contested case hearing are timely filed, the executive director will forward the application and any requests for a contested case hearing to the Commissioners for their consideration at a scheduled Commission meeting. Unless the application is directly referred to a contested case hearing, the executive director will mail the response to comments along with notification of Commission meeting to everyone who submitted comments or is on the mailing list for this application. If a hearing is granted, the subject of a hearing will be limited to disputed issues of fact relating to relevant and material air quality concerns raised during the comment period. Issues such as property values, noise, traffic safety, and zoning are outside of the Commission's jurisdiction to address in this proceeding. MAILING LIST In addition to submitting public comments, you may ask to be placed on a mailing list for this application by sending a request to the Office of the Chief Clerk at the address below. Those

on the mailing list will receive copies of future public notices (if any) mailed by the Office of the Chief Clerk for this application. AGENCY CONTACTS AND INFORMATION Public comments and requests must be submitted either electronically at www.tceq.texas.gov/about/comments.html or in writing to the Texas Commission on Environmental Quality, Office of the Chief Clerk, MC-105, P.O. Box 13087, Austin, Texas 78711-3087. If you communicate with the TCEQ electronically, please be aware that your email address, like your physical mailing address, will become part of the agency's public record. For more information about this permit application or the permitting process please call the Public Education Program toll free, at 1-800-687-4040. Si desea informacion en Espanol, puede llamar al 1-800-687-4040. Further information may also be obtained from Farmers Cooperative Gin of Knott, Texas, 13100 North County Road 9, Knott, Texas 79748-5005 or by calling Mr. Kelley Green, P.E., Director of Technical Services, Texas Cotton Ginners' Association at (512)615-1102. Notice Issuance Date: January 30, 2014 #8185 February 23, 2014

Legals

Notice of Public Sale to satisfy landlord's lien. Sale is at 11:00am on Thursday, March 13, 2014, at 409 E. 23rd St. Big Spring, TX. Property sold to highest bidder for cash. Seller reserves the right to withdraw property from sale. Contents of spaces generally described as household goods of the following tenants: Clyde Young, Jr. Jessica Ann Maher Edward Steven Bullock Teresa Jane Enriquez Christella M Garcia Joisha Searcy Melinda Gonzales (2 Units) Jonathon Gutierrez Ruben Rojas Bryson O Vanderbilt Rebecca Rodriguez Lisa Garcia Robert Williams Zachary Williams Brian Thomas Contact Stacey at Big Spring Storage Zone, 432-264-7262. #8183 February 23, 2014 and March 2, 2014

Legals

Notice of Public Sale Sale of property is to satisfy a landlord's lien. Sale to be held at BK Self Storage at 1409 N. FM 700, Big Spring, TX 79720 on February 28th, at 8:00A.M.. Cleanup deposit is required. Seller reserves the right to withdraw the property at any time before the sale. Buyer is required to sign bidders contract prior to auction. Unit items sold for cash to highest bidder. Property includes the contents of spaces of the following tenant: David T. Hughes #45 Misc. HHG #8166 February 16 & 23, 2014

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Sun Conjunct Neptune

History may prove the modern amenities you enjoy today to be a crude glimmer of what is possible, especially when you consider that for more than 85 percent of our planet's life so far, it was all toxic gasses and pond scum. The dreamy Pisces sun and Neptune, the planet of imagination, align to



HOLIDAY MATHIS

spark heavenly new ideas.

ARIES (March 21-April 19). Be choosy about your entertainment now because you're in an impressionable mood, and whatever tone you absorb, you will, to some small degree, take on.

TAURUS (April 20-May 20). There's absolutely nothing you can do to anyone else that will make a difference, but you can change you, and without a doubt, the tendencies of the world will change because of it.

GEMINI (May 21-June 21). The littlest people are the ones who believe there are little people. Truly important people treat everyone with respect. Those who are nasty to their underlings are suffering from low or over-inflated self-esteem.

CANCER (June 22-July 22). Don't spend too much time thinking about the series of choices that led you here -- it all made you a better predictor. Focus on the choices before you now and where they are likely to lead.

LEO (July 23-Aug. 22). The key to happiness now is organization. This is not as boring as it sounds. The systems you create to make your life flow with greater ease and elegance will usher you into a new era.

VIRGO (Aug. 23-Sept. 22). You know yourself pretty well, and yet once in a while you still find yourself taking on a task that you simply are not cut out for. That's how you grow! Anyway, you've never been one to back down just because something is hard.

LIBRA (Sept. 23-Oct. 23). There are times

Answer to previous puzzle

HORN CABINS STS OREO ONATIP HOE WEDDINGRICE OLE ESSENCE SEESRED DULL DOTTY ETCHER ANNULS LORAX STOOP HIP BOUT BLEND REDO ELM CAIRO SHEER BRAHMA SHOTAT ALLOT LACE SEABEDS BEATSMIE IVY RAISINFUIT DEE ETRADE AREA ERR RESEES YENS

when it's appropriate to knock yourself out in an effort to please people to the best of your ability, but this is not one of them. Know a no-win situation when you see it, and run the other way.

SCORPIO (Oct. 24-Nov. 21). Socializing will teach you about yourself, especially when you pay attention to the way you feel around certain people. Bonus: The time you spend with others today will show you just how unique you are.

SAGITTARIUS (Nov. 22-Dec. 21). The difference between theories and practices will prove substantial now, so don't hesitate to take things from idea form to reality. Action will be your best teacher.

CAPRICORN (Dec. 22-Jan. 19). You are in the mood to take a risk, but there are some aspects of your life that you shouldn't leave to chance. Think things through thoroughly. It will help to talk or write them out.

AQUARIUS (Jan. 20-Feb. 18). It's clear that to achieve your goals you will have to involve other people. The ones around you now may not be the best support team you could find. Keep looking!

PISCES (Feb. 19-March 20). You're building up the courage to work toward making something big happen in your life. Tall orders are favored now that the sun is powering your efforts.

TODAY'S BIRTHDAY (Feb. 23). Your emotional bank account is full this year because you care to check the balance often and deposit all that's necessary to keep things in perfect health. A partner's sweetness will make the next seven weeks memorable. Next month sees you trading up in some way. You'll be a top competitor in April. Aquarius and Virgo people adore you. Your lucky numbers are: 13, 7, 40, 19 and 11.

FORECAST FOR THE WEEK AHEAD: Buckle up, because this week's ride will be all

over the place. At the end of it, you may wonder whether it was all a dream, which is exactly the effect the Pisces sun is going for. The tone is set on Sunday with an alignment of the sun and Neptune, the planet of imagination and inspiration. Then Monday brings the beginning of a battle between Jupiter, the big daddy of good fortune, and revolutionary Uranus. It may seem as though your sense of security is being hijacked by rebel forces in a struggle that lasts through March. At least it makes us understand what true security is, where it comes from, what it's centered on and what we'll do to fight for it. If you haven't been making grownup choices, this is a chance to rectify the situation.

The Mercury retrograde ends Friday. It's something to really celebrate, because on the very next day, Mars goes retrograde and then Saturn follows suit. So treat the last day of February as a gift with an expiration date. Clarity like this is hard to come by. Use it to plan. Set some short-term goals that will move you into a better place.

CELEBRITY PROFILES: Dakota Fanning has a busy year ahead and is already gearing up for the release of "Effie Gray," in which she plays the teen bride of art critic John Ruskin. Fanning was born under an artistic Pisces sun, Venus and Saturn. Her moon is in Leo, the sign of entertainment, and Mercury and Mars are in the intellectually and socially savvy sign of Aquarius.

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.

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Newsday Crossword

SATURDAY STUMPER by Doug Peterson Edited by Stanley Newman www.stanxwords.com

- ACROSS 1 Way down 8 All's Well That Ends Well count 15 Throw on the floor 16 Trendy 17 Plate cleaner 18 Illustrations on the newest maps 19 Attack a spread 20 First Biblical grandson 22 Columbus met them in 1492 23 Banquet fixture 24 What an antique cushion may hold 26 She beat Rachael for a 2013 Talk Show Emmy 29 Series opener 30 Code's contents 33 Familiar product line 35 Lingering trace 36 Mark on a bouncer? 37 Low notes 39 One use for Wi-Fi 40 Braces 42 À la King 44 Where Einstein developed special relativity 45 "Whose beard with age is ___": Coleridge 46 High winds 47 Day for hunting 49 It may shorten a sentence 50 Grammy category 52 Board-game piece 54 18 Across material 57 Crawl past, perhaps 59 Makeup of some rods 61 Makeup artist's supply 62 "Uh-uh" 63 Symbols of authority 64 Track entry DOWN 1 Compelled 2 Score's big number 3 Swift creation 4 Word of defiance 5 Astronomical models 6 Title teen of the comics 7 Brand once called Frooties 8 Specialty 9 They're not major requirements 10 Let accumulate 11 "Tablets Un-leashed" sloganear 12 Vehicle for satire "Pirate Alley" 14 Muddle 21 Cricket protector 23 It's picked by Polynesians 25 Dancer's topper 26 Grammy category 27 Put out 28 The African Queen novelist 29 Secretary of State under Madison 31 One with large calves 32 Certain speakers and monitors 34 Jimmy Kimmel Live! follower 38 Filled fare 41 Suddenly engages 43 Open ___ 48 Affix, in a way 49 Field trip? 50 Pan, in part 51 Stinging remark? 53 Spoiler, maybe 54 Effort 55 Lacking the usual furnishings 56 Telenovela topic 58 Parisian possessive 60 ___ hist.

15x14 crossword grid with numbers 1-64 indicating starting points for clues.

California farmers won't get federal water

FRESNO, Calif. (AP) — Federal officials announced Friday that without a lot more rain and snow many California farmers caught in the state's drought can expect to receive no irrigation water this year from a vast system of rivers, canals and reservoirs interlacing the state.

The U.S. Bureau of Reclamation released its first outlook of the year, saying that the agency will continue to monitor rain and snow fall, but the grim levels so far prove that the state is in the throes of one of its driest periods in recorded history.

Unless the year turns wet, many farmers can expect to receive no water from the federally run Central Valley Project. Central Valley farmers received only 20 percent of their normal water allotment last year and were expecting this year's bad news. Some communities and endangered wildlife that rely on the federal water source will also suffer deep cuts.

"We will monitor the hydrology as the water year progresses and continue to look for opportunities to exercise operational flexibility," Reclamation Commissioner Michael L. Connor said in a written statement, noting that the state's snowpack is at 29 percent of average for this time of year.

Gov. Jerry Brown last month declared California's drought emergency, and both state and federal officials have pledged millions of dollars to help with water conservation and food banks for those put out of work by the drought.

California officials who manage the State Water Project, the state's other major water system, have already said they won't be releasing any water for farmers, marking a first in its 54-year history.

In 2009, the dry weather caused federal authorities to announce many

Central Valley farmers would receive no water, but the wet weather that followed moved that up to 10 percent. Ryan Jacobsen of the Fresno County Farm Bureau said no Fresno County farmers were spared of bad news this time, marking a sad historical first. Fresno County leads the nation in agriculture production with \$6.6 billion in annual economic activity.

There's still time for the situation to improve. By late Wednesday, the National Weather Service expects a storm to sweep through the region bringing significant showers. The

weather is expected to break next Thursday with rain continuing Friday and Saturday. The state needs a succession of storms dumping mountain snow, said Pete Lucero of the Bureau of Reclamation. "Rain is nice, but snow is where the money is," he said.

Gayle Holman of the Fresno-based Westlands Water District, the nation's largest supplier of water for agricultural use, said she fears farm-

ers will be stuck with no increases to the federal water distribution. The district had been preparing farmers for Friday's announcement.

"They're all on pins and needles trying to figure out how they're going to get through this," Holman said, adding that Westland's 700 farmers will choose to leave fields unplanted, draw water from wells or pay top dollar for water that's on the mar-

ket. "We would need those buckets of rain now."

Farmers are hit hardest, but they're not alone. Contractors that provide cities with water can expect to receive half of their usual amount, the Bureau said, and wildlife refuges that need water flows in rivers to protect endangered fish will receive 40 percent of their contracted supply.

Jana Bradley

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MEDICAL HEALTH

A Special Health Supplement To The Big Spring Herald



FEBRUARY 23, 2014

Want to be smarter? Care for your teeth

Take care of your mouth and be smarter and healthier, Really! Notice I did not say "be smarter and take care of your mouth." A new study from the University of North Carolina shows having good dental health can make you smarter. Want to be smarter? Start by reading the rest of his article!

This new study looked at brain function in people age 45-64. A large group of these people were given thinking and memory tests. These people were also examined dentally for whether they had all teeth, some teeth, or no teeth. Those who had teeth were evaluated as to

the health of the gum and bone around the teeth. Other factors such as socio-economic level and significant medical conditions were taken into account.

The people who had a healthy mouth scored higher in cognitive (thinking) and memory tests than those who had lost most or all of their teeth. They also scored higher than those who still had their teeth but who had significant periodontitis



DR. DAVID WARD

(infection of the gums and bone around their teeth). This is the first study to show that dental problems may actually be able to impair brain function.

Now let's cover a little background information. I have written before how having good dental health can help your general health, which is sometimes called the "oral-systemic health connection." This shows up in two main ways.

The more teeth people have lost, the more likely they are to be obese, diabetic and have high blood pressure. You would think people eating with dentures would lose weight since dentures do not chew nearly as well as teeth. The opposite is true though. People with dentures tend to have a much softer and less healthy diet since most have a hard time chewing healthy foods like lean meats, and fresh fruits and vegetables.

The second way is the fact that periodontitis is associated with higher rates of many other medical problems. These include heart disease, stroke, diabetes, dementia, some cancers, pneumonia in elderly and premature births in younger women. The cause seems to be that the inflammation and bacteria from the periodontitis can literally spread throughout the body.

Incidentally, the signs of periodontitis are red and bleeding gums, loose or shifting teeth, chronic bad breath, and swelling or pus around the teeth. Periodontitis is also the most common reason for people to lose all their teeth and end up in dentures.

So here's the moral to the story. If you want to be smarter and healthier, take care of your mouth. The ability to chew well for better nutrition is important. So is the prevention of oral inflam-

mation and infection, which can affect the rest of the body. Brush and floss (or water pick) daily. See your dentist regularly. Treat your gum disease or cavity issues. Don't wait until it hurts or you are probably too late. If you already are missing teeth, replace them, with dental implants if possible, as they function just like real teeth. Even if you already have dentures, they often can be stabilized with implants to greatly improve their function to allow a more healthy diet.

Dr. David Ward practices comprehensive general dentistry in Big Spring. He has been awarded a Fellowship in the Institute for Advanced Laser Dentistry for laser periodontal surgery and a Fellowship and Mastership for dental implant surgery with the American and International Dental Implant Associations.



The nutritive power of apples

Who has not heard the old adage, "an apple a day keeps the doctor away"? It may seem unlikely that one fruit could be so effective at maintaining good health, but apples really are a super food.

Apples are a member of the Rose family and are related to pears, peaches, apricots and plums. Though considered a fall fruit, apples can be enjoyed year-round thanks to commercial food production and importing.

Apart from being sweet, sometimes sour and refreshingly crisp, apples pack a number of nutritional benefits. Research has shown that apples can help to reduce a person's risk of heart disease and help those with diabetes. In addition, apples can help fight cancer and prevent dental problems.

According to new information from long-running studies published in the British Medical Journal, eating at least two servings a week of whole fruit, particularly apples, blueberries or grapes, reduces a person's risk for type 2 diabetes by around 23 percent.

Apples are high in many antioxidants and, as a result, this makes them especially valuable at fighting illness. For example, the disease-fighting compounds in antioxidants have been shown to reduce the risk of certain cancers by neutralizing free radicals.

Apples also are very high in fiber.

Fiber is needed to help a person feel full and can also regulate digestive function. Fiber also can help reduce cholesterol by preventing the buildup of cholesterol-causing plaques in the blood vessels, improving cardiovascular function and possibly reducing risk of a stroke as a result.

In addition to working their magic inside of the body, apples can have a noticeable impact on physical appearance as well. Apples are sometimes referred to as "nature's toothbrushes" because they can brighten and clean the teeth. The crisp, abrasive texture stimulates the gums and removes debris from the teeth. What's more, the natural mild acidity of apples helps to stimulate saliva production that can rinse away germs that lead to plaque.

An apple weighs in at under 100 calories per serving, making them a low-fat and ideal snack any time of the day. Because they are low in calories and full of fiber, apples can help men and women maintain a healthy weight.

Because apples can be plagued by insects and parasites, some growers repeatedly spray the trees with pesticides. It is advisable to buy organic apples to avoid many of the pesticide dangers and to be able to safely eat the apples raw.

There are more than 7,000 varieties of apples on the market today. With such variety, availability and health benefits, apples make a convenient and nutritious snack.



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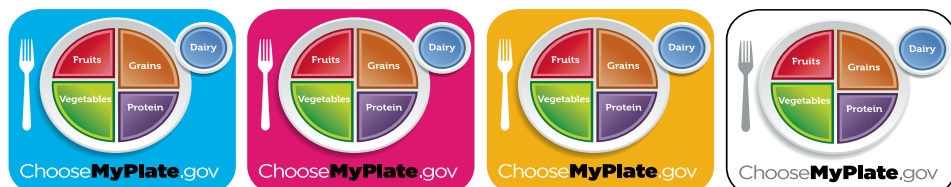
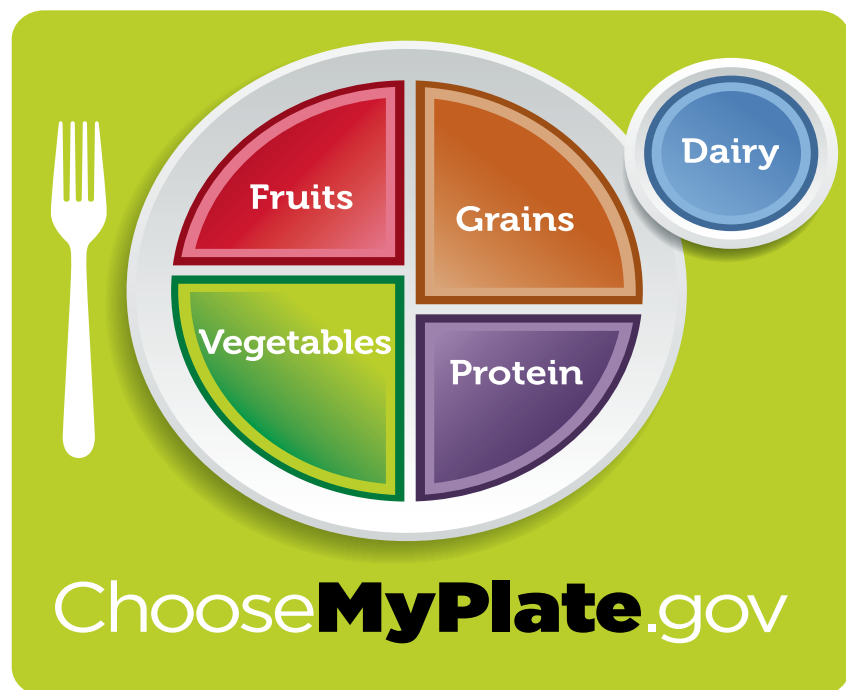
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- Amputation
- Work Injuries
- Sports Injuries
- MVA (motor vehicle accident)
- Hand Injuries



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You can help a loved one stay fit (or they can help you)

Here's some tips

Lots of people struggle to fit physical activity into their busy lives. If someone you care about is having a hard time getting active, you can help. Here are some tips to get you started.

Suggest activities you can do together. Start small. Try taking a walk after dinner twice a week, or do sit-ups while you watch TV. Mix it up. Learn new stretches and warm-up exercises. Sign up for a fitness class together. Choose an activity that's new for both of you. Make it part of your regular routine. Meet up at the gym or YMCA on your way home from work. Give up a TV show to make

time for activity. Wake up a few minutes earlier to go for a brisk walk together before breakfast. Walk or ride your bike to the store or coffee shop.

Be understanding. What are your loved one's reasons for not being more active? Maybe she feels overwhelmed or embarrassed. Ask what you can do to be supportive.

Recognize small efforts. Be patient. Change takes time. Offer encouragement and praise. ("You did a great job with your sit-ups today!") Point out positive choices. ("I'm glad we decided to walk to the park instead of drive.")

Health & Medical Guide

Choose healthy gifts. For birthdays or special rewards, choose gifts to encourage your loved one to exercise. Some ideas include: New sneakers or workout clothes A basketball or balance ball Hand weights Pedometer Gift certificate to a gym or exercise class For more information about increasing physical activity, visit:

<http://www.health.gov/paguidelines/adultguide/default.aspx>

Stay active as you get older: Physical activity is good for people of all ages. Staying active can help:

Prevent heart disease, stroke, type 2 diabetes, and some types of cancer Improve your strength and balance so you can stay independent Reduce symptoms of depression

Before you begin: If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about starting an exercise program.

Aim for 2 hours and 30 minutes a week of moderate aerobic activities. Choose activities that make your heart beat faster, like walking fast, dancing, or raking leaves. Start slowly — as little as 10 minutes at a time. Build up to 30 minutes on most days of the week, at least 10 minutes at a time. Tell your doctor if you have

shortness of breath, chest pain, or unplanned weight loss. Do strengthening activities 2 days a week. Try using exercise bands or lifting hand weights. You can also use cans of food as weights. Breathe out as you lift something, and breathe in as you relax. Holding your breath can cause changes in your blood pressure.

Do balance activities 3 or more days a week. Practice standing on one foot. Stand up from a sitting position.

Learn tai chi ("ty chee"), a Chinese mind-body exercise that involves moving the body slowly and gently. Sign up for a yoga class, or try a yoga video that you can do at home.

For more information about staying active as you get older, visit: <http://go4life.niapublications.org/get-started> <http://nihseniorhealth.gov/exerciseforolderadults/toc.html>

What are the benefits of physical activity?

Physical activity increases your chances of living longer. Exercise can also help: Control your blood pressure, blood sugar, and weight Raise your "good" cholesterol Prevent heart disease, colorectal cancer, and type 2 diabetes

And that's not all. Being more active can: Be fun Help you look your best Improve your sleep Make your bones, muscles,

February 23, 2014

and joints stronger Lower your chances of becoming depressed Reduce falls and arthritis pain Help you feel better about yourself

How much aerobic activity do I need each week? If you choose moderate activities, do at least 2 hours and 30 minutes a week. Moderate activities include things like walking fast, dancing and raking leaves.

If you choose vigorous activities, do at least 1 hour and 15 minutes a week. Vigorous activities include things like jogging, jumping rope, swimming laps, or riding a bike on hills.

Do moderate or vigorous aerobic activity for at least 10 minutes at a time. You can also combine moderate and vigorous activities.

If you have a health condition, be as active as you can be. Your doctor can help you choose the best activities for you. Use these tips to stay active with a disability.

How do I know if my activity level is moderate or vigorous? Your body is working at a moderate level when you can talk but not sing. Your body is working at a vigorous level when you can't say more than a few words without pausing for a breath.

Nutrition Your body needs the right vitamins, minerals, and other nutrients to stay healthy. A healthy diet means that you are eating:

Vegetables, fruits, whole grains, and fat-free or low-fat milk products Seafood, poultry, lean meats, eggs, beans, and nuts

Stay away from: Cholesterol, sodium (salt), and added sugars Trans fats — Trans fats may be in foods like cakes, cookies, stick margarines, and fried foods. Saturated fats — These fats come from animal products like cheese, fatty meats, whole milk, and butter.

February 23, 2014

A diabetic skier follows his dream & inspires others

Diabetes affects 25.8 million people in the United States or 8.3 percent of the population. Seven million are undiagnosed. To learn more about diabetes, go to www.diabeteshealth.com/read/2009/01/16/6049/what-is-diabetes/

By NADIA AL-SAMARRIE

I remember first seeing Kris Freeman when he was 21 at a diabetes conference. Two years after he was diagnosed with type 1 diabetes, Eli Lilly began sponsoring his dream of becoming an Olympic cross-country skier.

During his off-season, you can find Kris at diabetes camps inspiring children to follow their dream. He is the only person with diabetes to compete in a winter endurance sports event at the Olympics.

Earlier in his life, a physician told Kris that his skiing days were over. Determined to continue skiing, he did not let the physician's advice deter him from his dream. Instead, he found a physician who would work with him

while pursuing his dream to be an Olympian.

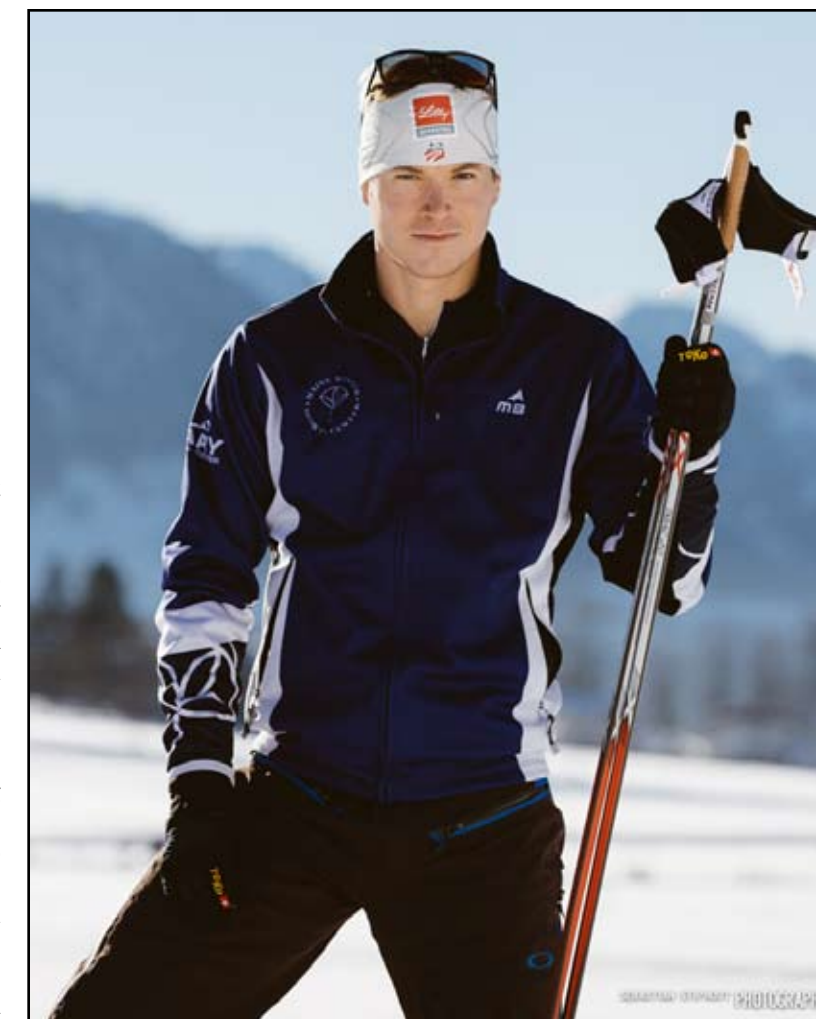
Nadia: How did you get into skiing and why cross-country over downhill?

Kris: My parents love cross-country skiing. My father pulled me in a sled behind him before I could walk. Then propped me up on skis when I could walk. I shuffled around. Cross-country was the first thing I did.

I was also very fortunate to grow up in Andover, New Hampshire, which had a great club program for cross-country skiing, ski jumping, and downhill skiing. I was exposed to all three sports and I did all three until I was about 12. Then I stopped doing alpine skiing, it just didn't interest me that much and I continued on the ski jumping and cross-country until I was 16.

But cross-country skiing was what I thought about and was passionate about it. At 15 I had won the Junior National Championship, so I had a pretty good idea that I was on a good path—that I would con-

Health & Medical Guide



Sebastian Stiphout photo

tinue to excel and probably get an academic scholarship.

Nadia: How many races are you competing in at Sochi and how do you manage hypoglycemia?

Kris: I will be competing in three individual races; most likely the 15-kilometer classic race, the 30-kilometer pursuit race—which is both classic and skating- and the 50-kilome-

ter. In the 30-kilometer and the 50-kilometer I will have people handing me drinks and things along that line. The practice is called fading, where coaches will hand you a bottle of sport drink at the top of a hill and you drink it on the descent so you don't lose time.

How I manage my blood sugar is through doing countless practice races in the sum-

mer, simulating the races, taking the feeds, stopping every 5K, testing my blood sugar, seeing how my body reacts to the intensity and the glucose that I put in, in relation to the basal rate that I'm running.

Nadia: How have you refined stabilizing your blood sugar over the years?

Kris: When I was first diagnosed, I used injections of Humalog and NPH to start, and then after a year switched to a Humalog-Lantus combination that I used that from 2003 up until 2008. But what was frustrating me with the Lantus was that I would inject it and I would be stuck at that basal rate for 24 hours. I needed to be able to change my basal rate on the fly for training and races.

I knew that I needed to start using a pump, but my doctors were really concerned about it freezing with the exposed tubing. There are limits in ski racing. They will only allow you to race at temperatures down to -4° F. We ended up doing some research and what we found was the Omni-Pod system, which I adopted because it was a patch pump. Are you familiar with it?

Nadia: Yes, you have a patch on your arm with a remote control to bolus your insulin.

Kris: Right, I wear it on my arm. It's a patch pump that is

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fully disposable—you change it every three days. Because it sits right on the skin, my body heat keeps it warm. There's no exposed tubing for it to freeze. If I crash at 40 mph and I tear the thing off, I can put a new one on. It's really nice. So a lot of diabetic athletes choose this system now. This pump now allows me to suddenly change my basal rate on the fly. I have the added benefit of not having to take 12 shots a day.

Nadia: In what other ways does the OmniPod give you flexibility?

Kris: I was finding that I had to dose myself for the amount of insulin and basal I needed for the race, but not necessarily what I needed for the rest of the day. So if it was a shorter race, where I actually increased my basal rate by about 30 percent in nine-mile races and shorter, the exertion actually raised my sugar. I would then need to increase my basal by about

30 percent, but then go low all day because I was at a basal rate that was too high.

For a longer race, like a 50K race where I'm out there two hours, I would do the opposite. For long distance, I would reduce my basal by 30 percent and then I would go high all day. The OmniPod definitely gave me a lot more control.

Nadia: What type of insulin do you use with the OmniPod?

Kris: I use Humalog, I've always used Humalog.

Nadia: When you travel, how do you pack your supplies and what do you bring with you?

Kris: For traditional blood stick glucose testing, I use an OneTouch Ultra meter from LifeScan because it's very small. I can carry it in a small hip pack and have found that if I use those chemical hand warmers, those little things that you shake, I keep it in

the pouch with the glucose monitor. I get very accurate results, down to about 10°F. Below 10°F, I start to question the result and generally try to go inside to test my blood sugar.

The OneTouch Ultra has been the most accurate meter that I've found thus far. I also use the DexCom continuous glucose monitoring system. I started using that after 2010 when they launched their Platinum generation, as it was getting to be very, very accurate. I look at my continuous glucose monitor readout 30 times a day now.

Nadia: You also travel to diabetes camps in the summer.

Kris: I travel the country visiting summer camps for kids with diabetes. One of the things that I always stress when I talk to them is that the innovations in diabetes care have gotten so much better. The previous limitations and old ideas about what a person with diabetes can and can't

do are now outdated.

Nadia: What was the process that you went through once you were diagnosed with type 1?

Kris: Any person newly diagnosed with diabetes has a steep learning curve as far as learning how to care for himself. I was pretty much determined from day one to continue on with my career. Despite talking to several doctors—three who told me that it was not possible to continue on with Olympic aspirations with diabetes—I went on my own and finally found a doctor who did believe in me. We started working together and here I am, having my fourth Olympics next week.

Nadia: You were quoted saying "I have to finish the race" and that you wanted to do that for people with diabetes. I found this inspirational.

Kris: Well thank you. That race in Vancouver, it got a lot of attention. I have mixed

feelings about it because I didn't reach my goal. Yes, I did get up and finish the race. I've had two lows that affected my race negatively — only two in 13 years of racing. One just happened to be very high profile. Circumstances led to an unfortunate crash.

Nadia: No one can lead a perfect day every day. The example you set wasn't about how well you did, but dealing with a circumstance that was working against you, and fighting for your sport. You were a role model to never give up.

Kris: Thank you, Nadia.

Publisher and Editor-in-Chief Al-Samarrie was not only born into a family with diabetes, but also married into one. She was propelled at a young age into "caretaker mode," and with her knowledge of the scarcity of resources, support, and understanding for people with diabetes, co-founded Diabetes Interview — which later became Diabetes Health magazine.

Older folks seeing health law benefits

By CARLA K. JOHNSON

Medical Writer

CHICAGO — For many older Americans who lost jobs during the recession, the quest for health care has been one obstacle after another. They're unwanted by employers, rejected by insurers, struggling to cover rising medical costs and praying to reach Medicare age before a health crisis.

These luckless people, most in their 50s and 60s, have emerged this month as early winners under the nation's new health insurance system. Along with their peers who are self-employed or whose jobs do not offer insurance, they have been signing up for coverage in large numbers, submitting new-patient forms at doctor's offices and filling prescriptions at pharmacies.

"I just cried I was so relieved," said Maureen Grey, a 58-year-old Chicagoan who finally saw a doctor this month after a fall in September left her in constant pain. Laid off twice from full-time jobs in the past five years, she saw her income drop from \$60,000 to \$17,800 a year. Now doing temp work, she was uninsured for 18 months before she chose a marketplace plan for \$68 a month.

Americans ages 55 to 64 make up 31 percent of new enrollees in the new health insurance marketplaces, the largest segment by age group, according to the federal government's latest figures. They represent a glimmer of success for President Barack Obama's beleaguered law.

The Great Recession hit them hard and for some its impact has lingered. Aging boomers are more likely to be in debt as they enter retirement than were previous generations, with many having purchased more expensive homes with smaller down payments, said economist Olivia Mitch-

ell of University of Pennsylvania's Wharton School. One in five has unpaid medical bills and 17 percent are underwater with their home values. Fourteen percent are uninsured.

As of December, 46 percent of older jobseekers were among the long-term unemployed compared with less than 25 percent before the recession.

And those financial setbacks happened just as their health care needs became more acute. Americans in their mid-50s to mid-60s are more likely to be diagnosed with diabetes than other age groups, younger or older, accounting for 3 in 10 of the adult diabetes diagnoses in the United States each year. And every year after age 50, the rate of cancer diagnosis climbs.

The affordable coverage is "an answer to a prayer really," said Laura Ingle, a 57-year-old Houston attorney who had been denied coverage repeatedly because she has sarcoidosis, an autoimmune disease. She recently had back surgery for a painful condition that's been bothering her for months.

One night in September, 64-year-old Glenn Nishimura woke up with wrenching pain that sent him to the emergency room. It was his gallbladder. A doctor recommended surgery.

Instead, Nishimura went home. A consultant to nonprofit groups, he was self-employed and uninsured.

"I checked myself out because I had no idea what this was going to cost," the Little Rock, Ark., man said. "They didn't want me to go, but they didn't stop me."

Nishimura lost his coverage after leaving a full-time position with benefits in 2007, thinking he could land another good job. The recession ruined that plan. After COBRA coverage expired, he was denied coverage because of high blood pressure and

other conditions.

He made it until September without a major illness. A second night of gallbladder pain and a chat with a doctor persuaded him to have the surgery. After getting the bills, he negotiated the fees down to \$12,000, which he considered "a big hit, but it could have been worse." The average cost of a gallbladder removal in Arkansas was listed at three times that. Nishimura dipped into his savings to cover the bill.

In December, he chose a bronze plan on the new insurance marketplace that costs him \$285 a month after a tax credit. The deductible is \$6,300, so he hopes he doesn't have to use his coverage. He can get on Medicare in April, just in time for his annual checkup.

"Now there's the peace of mind of knowing the limits of my obligation if I have catastrophic health needs," he said.

Dr. Bernd Wollschlaeger said he's noticed a recent increase in patients in this age group at his family practice in Miami. Lots of them have untreated chronic conditions that have progressed to an advanced stage.

"Many have delayed necessary treatments due to costs and expect a total and quick workup on their first visit," he said, adding they want referrals to specialists and tests including colonoscopies and mammograms.

The abundance of older patients signing up is no surprise to the Obama administration, which conducted internal research last year that showed the "sick, active and worried" would be the most responsive to messages urging them to seek coverage.

Signing up younger, healthier enrollees is seen as more difficult, but crucial to keeping future insurance rates from increasing. The administration said those age groups may put

off enrolling until closer to the March 31 deadline.

"We have always anticipated that those with more health needs would sign up early on, and that young and healthy people would wait until the end," administration spokeswoman Joanne Peters said.

Some of the aging boomers were determined to get coverage in the marketplace, despite repeated problems and frustration with the federal website.

The hours spent online and over the phone paid off for real estate agent Greg Burke and his beautician wife, Pat. The empty-nesters qualified for a tax credit that will lower their monthly health insurance premiums by nearly half.

The Burkes, from Akron, Ohio, are among the 38 percent of marketplace enrollees in the state between 55 and 64 years old. He's 61 and had a knee replaced six years ago.

They will now spend \$250 a month for health insurance, "a huge savings," Greg Burke said. Their deductibles also dropped from \$2,500 each to \$750 each, meaning they will pay less out of pocket.

In Miami, licensed practical nurse Marie Cadet, who is 54, often works double shifts to make ends meet for herself and her 12-year-old daughter. She had been paying more than \$150 a month for health insurance, with a \$3,000 deductible. In effect, she paid most medical costs out of her own pocket, including about \$80 a month for blood pressure medicine.

After choosing a plan from the marketplace, Cadet's monthly payment dropped to \$86 a month, with the government kicking in \$300. Her deductible fell to a more affordable \$900.

"Now," Cadet said, "I'm not scared anymore."

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'Affordable Care' tips that you should use

By **JAY HANCOCK**
Kaiser Health News

Congratulations. You bought insurance through one of the online Affordable Care Act exchanges, possibly after days or weeks of trying to get the site to work.

Don't relax. Joining the plan is only the first challenge. Now you have to understand it.

Policies sold through the online portals -- to more than 3 million people so far -- cover essential benefits and put a cap on your out-of-pocket medical costs.

But you need to follow the rules. And the boilerplate explanation you got from the insurance company may be hard to understand.

What do members need to know about these plans that they probably

don't?

Carry your membership card everywhere.

Make copies. It'll save huge amounts of hassle if you have an unexpected doctor or hospital visit.

Understand your plan's doctor and hospital network.

Insurance companies negotiate participation and payment rates with a network of providers to control costs.

"A lot of these exchange plans, in order to stay affordable, have much smaller networks than people are used to," says Nancy Metcalf, a senior editor for Consumer Reports. For many new members, "just because their friend has a plan and can go to a particular hospital doesn't mean that they necessarily can."

You can check a plan's directory -- either online or often part of the doc-

uments you receive when you enroll -- to find out if specific physicians are part of your network. You can call doctors' offices to confirm, too.

Stay in the network!

The health law says that, once you join a qualified plan, you won't pay more out of pocket per year than \$6,350 for an individual and \$12,700 for a family.

But this applies only to in-network care. Whether you're in an HMO that pays almost no out-of-network benefits or a PPO that covers some, the pocketbook protections don't apply if you use a non-network doc or hospital.

Non-network providers also frequently bill you far more than what they charge patients in their networks for the same procedure.

Try to stay in-network even if it's for emergency care.

Insurance plans do have to pay for non-network emergency visits under the health law. If you're in a car crash far from home you can't be picky about which hospital saves your life.

But non-network hospitals often "balance-bill" the difference between what your plan pays and what they charge, which is often much more.

Avoid all emergency rooms unless it's really an emergency.

Traditionally, health plans came with a modest copayment for an emergency visit -- maybe \$150.

But many policies sold under the health law, even those in the more expensive "gold" category, not only have ER copays of several hundred dollars but also subject ER charges to the overall deductible. (Copays are flat fees for specific services. Deductibles are what you pay out of pocket before the insurance kicks in.)

That means you could be billed for the full cost of an emergency visit -- up to the out-of-pocket limit.

"This is a huge difference and will really hurt the unsuspecting person," says John Jaggi, an Illinois insurance broker. "We're putting a lot more people into that exposure here."

Broken leg? Head to the hospital. Sprained ankle? Maybe wait until the urgent care center or doctor's office opens.

Pay monthly premiums on time and accurately.

"Do not mess around. Pay your premium," admonishes Karen Pollitz,

a consumer specialist at the Kaiser Family Foundation. (KHN is an editorially independent project of the foundation.) "Otherwise that will be the end of you and you won't get to sign up again until the next open season."

(Open enrollment for 2014 coverage ends March 31. Open enrollment for 2015 begins Nov. 15.)

Even underpaying the premium by a few cents could give the insurance company grounds to kick you off, she said. Insurers allow a brief grace period if you get behind -- somewhat longer if you're receiving premium subsidies -- but they will terminate coverage for nonpayment.

Register online with your new insurance company.

Insurance sites are good for tracking claims. Increasingly they also let you shop around for the best deals on non-emergency treatment.

"Your health plan might pay one imaging center half what it pays another imaging center," Metcalf said. "That's really important if you've got a big deductible."

Save paperwork. Make sure you really owe what doctors and hospitals bill you for.

"Now is a good time to become a pack rat," says Pollitz. "If you've got any concern, it really is worth it to make a call and get them to explain what they did."

If you don't get satisfaction from providers or insurers, try regulators.

Check the insurer's explanation of benefits detailing your claims. It may show a phone number for a consumer assistance program in your state to help deal with medical coverage.

Here is a list of consumer assistance programs. This list has contact information for state insurance departments and other regulators.

Do read the plan's summary of benefits and coverage.

"Get it and print it out, because that has the details of your plan," says Metcalf. "How it works. What do you have to pay in order to go to a primary care doctor? Is it before or after the deductible?"

"How big is your deductible? How much does it cost to go to the emergency room?"

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Coffee and diabetes, wine by the glass

Q: Is it true that coffee reduces risk of diabetes? If so, do other sources of caffeine offer the same benefit?

A: Quite a few population studies do now link coffee consumption to lower risk of type 2 diabetes, but that does not necessarily extend to other caffeine sources, especially not to soft drinks. Besides the diabetes link, multiple studies also connect coffee to fewer heart disease deaths and lower deaths from any cause. The consistency of these findings suggests that the link is real. However, observational studies like these don't prove cause-and-effect. Still, most researchers seem to focus on natural phytochemicals in coffee, such as chlorogenic acid, rather than caffeine, as the more likely



KAREN COLLINS
MS, RD, CDN

source of any protective effect of coffee. These compounds may act by promoting antioxidant activity in the body, reducing inflammation and improving insulin function. If coffee consumption is shown to improve insulin function, thus reducing elevated insulin levels, then we may see it linked with reduced risk of several cancers, too. In fact, the latest report from the American Institute for Cancer Research/World Cancer Research Fund concludes that coffee (regular and decaf) reduces risk of endometrial cancer, which is one of the cancers



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linked to insulin resistance. So enjoy your coffee, as long as you have not been advised by your doctor to avoid it for medical reasons. Don't think of these potential benefits as support for caffeine-containing soft drinks, though. In fact, avoiding regular (sugar-sweetened) soft drink consumption is recommended to reduce risk of type 2 diabetes and to support the healthy weight that is so important to reduce risk of cancer.

Q: I want to lose weight, but when I get too hungry, I overeat. How can I tell when to ignore the urge versus when it's time to eat before I'm too hungry?

A: It's not always easy to know the best time to eat, especially if you've spent years dieting with a mindset of trying to ignore your body's hunger signals. The good news is that the skill of knowing when you are truly hungry becomes easier the more you practice it, and this will not only help you lose weight but can play a key role in helping you maintain a healthy weight. Begin by training yourself to recognize degrees of hunger by rating it on a one-to-ten scale before and after you eat. (Ten equals stuffed, one equals feeling so hungry you'd gulp down anything, and five equals "neutral.") With practice, you'll learn to recognize signals of hunger and know when to eat something before you get to the point of out-of-control overeating. For some people, it's stomach rumbling; for others, it's decreased ability to focus attention. You can also practice recognizing non-hunger urges to eat. For example, you might notice that you're sensitive to cues like seeing others eat or smelling pleasant aromas from a bakery. You may also learn that you use eating as an "excuse" when you need a break or as a way to cope when upset or tired. Behavioral therapists often note that this desire to eat when not hungry tends to come in a wave. If you aren't hungry, the urge will usually pass if you can distract yourself with something



Q: Wine glasses seem to be getting so much larger. Is one glass still considered one serving of wine?

A: For many years, a standard all-purpose wine glass has been about eight ounces. That fits the standard five-ounce serving of wine well because wine glasses are not supposed to be poured full. To appreciate a wine's flavor more fully, wine connoisseurs fill a glass no more than one-third to one-half full, both to give air space to hold the aroma (bouquet) of the wine and to provide enough room to swirl wine in the glass without spilling it. However, 12- to 16-ounce wine glasses have now become standard at many restaurants, hotels and even private homes, and some are even larger. If people fill these glasses beyond that one-third to one-half mark, one glass of wine can provide the alcohol content equal to two or more standard servings of alcohol. The best solution is to practice measuring water into wine glasses at home, to train your eye to recognize different portions. Then, regardless of how big your glass is, you will know when you've reached the recommended maximum of wine that defines moderation, which is no more than one five-ounce serving a day for women, two for men.

else for a little while. The problem is that most of us don't realize that and give in to the urge too soon. The bottom line is learning to tune in and trust your body signals. Keeping some form of journal can be very helpful to this process. If you find losing weight challenging, a few sessions with a registered dietitian (RD or RDN) trained in behavior modification can help you learn to read your body signals and understand how eating choices can set you up for more long-lasting hunger satisfaction. If you don't know how to find one in your area, go to the website of the Academy of Nutrition and Dietetics (<http://eatright.org>) and enter your location information under "Find a Registered Dietitian."

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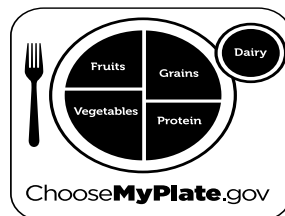
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10 tips

Nutrition
Education Series

build a healthy meal

10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



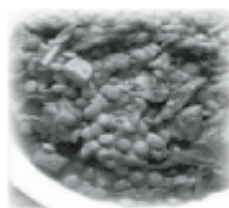
5 avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

9 try new foods
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



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