

Rebecca "Joy" Fowler
 Fowler Insurance Agency
 108 S. Salem Rd
 Big Spring, Tx 79720
432-393-5712 Phone
 432-393-5773 Fax
 Home • Auto • Life

Want immediate weight loss results?
 i!ipo Ultra is the solution!
Dr. Steve Ahmed
 1700 W. FM 700 www.bodyfocusspa.com 432-264-1900

BIG Problems? GIANT Lawyer!
The Law Offices of R. Shane Seaton, PLLC
 Personal Injury & Vehicle Accidents,
 Divorce, Custody & Child Support,
 Criminal Defense, DWI & Traffic Tickets
1301 S. Gregg St. (432) 264-1800

BIG SPRING HERALD

SUNDAY, FEBRUARY 28, 2016



VOLUME 111, NUMBER 108 COPYRIGHT 2016 50 CENTS DAILY/\$1.25 SUNDAY

A 'steppingstone' to Mars

BY MARCIA DUNN

AP Aerospace Writer
 CAPE CANAVERAL, Fla. (AP) — As soon as he returns from the International Space Station, NASA's first and only yearlong spaceman, Scott Kelly, will try to pop up from a lying position and stand still for three minutes.
 He'll take a crack at a mini-obstacle course and attempt to walk a straight line, heel to toe — all so researchers can see whether he'd hit the ground running if this were Mars instead of Earth.
 NASA considers it crucial prep work for future Mars explorers who will have to spend much longer in space and won't have the help of a welcoming committee. In fact, this mission — which began with a launch last March — is all about Mars.
 "I think we'll learn a lot about lon-

ger-duration spaceflight and how that will take us to Mars someday," Kelly said Thursday in his final news conference from orbit. "So I'd like to think that this is another of many steppingstones to us landing on Mars sometime in our future."
 Kelly's 340-day mission — the longest by 125 days for NASA — comes to a dramatic end Wednesday on the remote steppes of

Now Hiring Drivers
 Up To **\$17.00 hr** (w/tips)
PAPA JOHN'S
 Better Ingredients. Better Pizza.
432-264-7507
 PapaJohns.com

Kazakhstan. (It will be Tuesday night in the U.S.) The astronaut will ride a Soyuz spacecraft back with two Russians, including Mikhail Kornienko, his roommate for the past year.
 Once out of the capsule, the two will submit to a multitude of field tests.
 What could new arrivals do on Mars, asks Dr. Stevan Gilmore, the lead flight surgeon who will be at the landing site to receive Kelly. Could they jump up and down? Could they open a hatch? Could they do an immediate spacewalk?

The tests on Kelly and Kornienko should provide some answers. There will also be blood draws, heart monitoring and other medical exams. The testing will continue for weeks if not months once they're back home in Houston and at cosmonaut headquarters at Star City, Russia.
 Checkups will also continue for Kelly's identical twin, retired astronaut Mark Kelly. The 52-year-old brothers joined forces to provide NASA with a potential gold mine of scientific data: one twin studied for a year in orbit — twice the usual space station stay — while his genetic double underwent similar tests on the ground.
 While a handful of Russians have spent longer in space, the record being a 438-day flight,
 See, **NASA**, Page 3A



ELECTION

Texans, Howard County head to polls Tuesday for 2016 primaries

By STEVE REAGAN

Staff Writer
 Howard County voters will head to the polls Tuesday to decide the Republican and Democratic party nominees.
 Ballots in Tuesday's primary election can be cast in one of six locations, depending on your precinct number:
 • Precincts 11, 12, 12A, 13, 14, 16, 103, 104 and 105 — Sacred Heart Charities Building, 601 N. Aylesford.
 • Precincts 23, 25, 26, 205 and 208 — Spring Town Plaza, 1801 E. FM 700.
 • Precincts 32, 33, 34, 35 and 304 — First Baptist Church, 705 W. FM 700.
 See, **ELECTION**, Page 3A

People wait to cast ballots during the final day of early voting at the Howard County Courthouse Friday.

HVAC upgrade for SWCID tops HC agenda for Monday

By STEVE REAGAN

Staff Writer
 Thanks to a state appropriation, Southwest Collegiate Institute for the Deaf students will be a little bit cooler — or warmer, if need be — than they have been in recent years.
 When Howard College trustees meet in the student union building's Tumbleweed Room at 12:30 p.m. Monday, they will learn of

plans to address a long-standing problem at SWCID's administration and dormitory buildings.
 SWCID's heating, ventilation and air-conditioning (HVAC) system hasn't been upgraded since before the turn of the century and College President Dr. Cheryl Sparks said the tipping point for the system has long since passed.
 "We've been having difficulties with it the past several years, and we've tried to address it," Sparks said. "But we've reached the point where the system needed to be upgraded."
 Finding money for the the upgrade poses a particular problem — aside from tuition and fees, SWCID receives all of its funding directly from the state. No local tax dollars can be used for projects such as the HVAC upgrade.
 The problem resolved itself, however, when officials learned that the state has appropriated almost \$2 million to finance the HVAC upgrade, Sparks said.
 Work on the project is expected to begin in May and should be completed in time for the Fall 2016 semester. SWCID summer students will be housed at the Howard College dormitories while their buildings' systems are being upgraded.
 In other business Monday, trustees will consider:
 • Drawing for candidates' places on the ballot in May's trustee election.
 • Discussions and possible action on the college's farm property in Martin County.

Mind holding this for a while?



Courtesy Photo
 The Big Spring Herald Managing Editor was invited to the Sweetwater Rattlesnake Roundup press day on Friday. While there, she was invited to hold a Diamondback rattlesnake. Full story to follow in an upcoming edition of the Big Spring Herald.




0 54414 79721 6



HOME REALTORS®
110 W. Marcy
432-263-1284
 www.home-realtors.net

Leslie Elrod-Hobbs, Owner
 Kay Moore, Broker
 Linda Barnes - (432) 270-0062
 Shirley Burgess - (432) 935-2088
 Betty Carroll - (432) 214-5759
 Charles Smith - (432) 466-1613
 Clovie Shannon - (432) 935-2135
 Tonya Hilario - (432) 213-5238
 Eric Lusk - (432) 270-1335
 Linda Leonard - (432) 897-0318
 Nancy Marshall - (432) 816-5444
 Shannon Carrillo - (432) 935-2984
 Angie Byerly - (432) 230-1993
 Janet Higgins - (432) 213-5454

NEW SALES ASSOCIATE!
 The Home Team welcomes **Janet Higgins**, a 20-year Real Estate Professional and native of Big Spring. Janet is dedicated, knowledgeable associate that is ready to help you with all your real estate needs.
Call 432-213-5454.



Obituaries

Odell Mason Sr.



Odell Mason, Sr., 86, died Tuesday, Feb. 23, 2016, at Scenic Mountain Medical Center. The family will receive friends from 6 p.m. until 8:30 p.m. Monday at Myers & Smith Funeral Home.

Cemetery in Abilene.

He was born Dec. 15, 1929, in Brady, Texas. He lived in Midland and Odessa most of his life, moving to Big Spring 22 years ago.

Raul Ortiz Sr.



Raul M. Ortiz, Sr., 74, of Big Spring died Thursday, Feb. 25, 2016, at Scenic Mountain Medical Center. Vigil services will be at 7 p.m. Sunday at Myers & Smith Chapel.

He was born Sept. 26, 1941, in Elmulato, Mexico to Teresa and Amelio Ortiz. He married Eloisa on March 13, 1965, in Mexico. She preceded him in death on March 5, 2015.

He received the World War II Victory Medal. He was a retired tire man, but still did yard work. He was a member of Mount Rose Baptist Church in Midland.

He is survived by three sons: Odell Mason, Jr. and his wife June of Moody, Texas, Wilburt Davis of Odessa; and Spanky Edwards and his wife Leza of Big Spring; two daughters: Angela Smith and his wife Walter of Garland, and Rhonda Hopson and her husband Matt of Beaumont; 18 grandchildren; 12 great-grandchildren; and a number of nieces and nephews.

He was preceded in death by his parents: Maggie and George Mason; his wife: JoAnn Howell-Mason; and one brother and one sister.

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

He was a retired farmer and a member of Holy Trinity Catholic Church.

He is survived by two daughters: Mary Gonzales and her husband Tony of Coahoma, and Maria Elsa Ramirez and her husband Tony of Garden City; three sons: Ruben Ortiz and his wife Wendy of Big Spring, Raul Ortiz, Jr. and his wife Gloria of Sand Springs, and Rolando Ortiz of Coahoma; a daughter-in-law: Alma Ortiz of Big Spring; 22 grandchildren; and 11 great-grandchildren.

In addition to his parents and wife, he was preceded in death by one son: Rene V. Ortiz and one brother: Elizardo Ortiz.

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

Police blotter

The Big Spring Police Department reported the following activity:

- LUPE GUTIERREZ, 38, of 1503 Chickasaw was arrested on a warrant for public intoxication.
• RUBEN CISNEROS, 39, of 1002 N. Main St. was arrested on two warrants from other agencies.
• ANASTACIO S. ESPARZA, 50, of 1801 S. Johnson St. was arrested on a charge of aggravated assault with a deadly weapon — bodily injury to a family member.
• ABEL JAVIER PADILLA, 51, of 709 E. 12th St. was arrested on a charge of public intoxication.
• GABRIEL XAVIER CROSSMAN, 19, of 3604 Boulder was arrested on warrants for bail jumping/failure to appear and no driver's license.
• KASSANDRA NICOLE MARTINEZ, 21, of 407 Sunset Blvd. was arrested on a warrant for theft of property, more than \$750 but less than \$2,500.
• MICHAEL ALEXANDER SMITH, 28, of 5110 Cornell, El Paso, Texas was arrested on a charge of possession of a controlled substance, less than 1 gram.
• ALFREDO LOPEZ, 27, of the 600 block of S.

Aylesford St. was arrested on a charge of possession of marijuana, less than 2 ounces.

- CHANCE ALLEN PERRYMAN, 30, of 225 Brooks Rd. was arrested on a charge of driving while license invalid.
• JAKE ALLEN VALENCIA, 30, of 407 N.E. 11th St. was arrested on warrants for assault on a public figure and evading arrest/detention with a vehicle or watercraft.
• ADAM LEE RYAN, 19, 4203 Wasson Rd. was arrested on a warrant for terroristic threat placing a person in fear.
• LUIS ADOLFO PENA, 41, of 2630 Langley Dr. was arrested on two warrants from other agencies.
• CHAD LEE PUGA, 31, of 106 E. 16th St. was arrested on a charge of display fictitious license plate.
• BURGLARY OF A VEHICLE, was reported in the 300 block of S. Johnson St.
• THEFT was reported in the 3600 block of W. Hwy 80, the 1100 block of W. I-20, the 1300 block of Sycamore St. and the 1000 block of E. FM 700.
• DISTURBANCE was reported in the 1100 block of W. 6th St.

Support Groups

- MONDAY
• Alcoholics Anonymous, As Bill Sees it, 615 Settles, 8 p.m. to 9 p.m.
• VA Alcoholics Anonymous support group, 7-8 p.m., Veterans Healing Center.
• Reformers Unanimous International is a faith-based addictions program helping people find freedom from addiction. Meetings begin at 7 p.m. Mondays at Trinity Baptist Church in Big Spring. Enter at the main entrance of the church.
TUESDAY
• Big Spring and Snyder Parkinsons Support Group meeting at the Big Spring Senior Center at 10:30 a.m. the second Tuesday of the month. This is a group for all Parkinson's disease patients, spouses and caregivers. For more information about the support group or about Parkinson's Disease, contact Jo Bidwell at the Lubbock APDA office at 806-785-0942
• VA Alcoholics Anonymous support group, 7:30-8:30 p.m., Veterans Healing Center.
• Alcoholics Anonymous, 615 Settles, noon to 1 p.m.; newcomers meeting 8 p.m. to 9 p.m.
• Al-Anon, 615 Settles for family members and friends of alcoholics meets at 8 p.m.

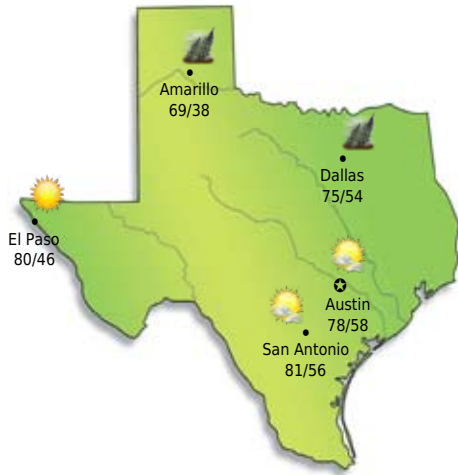
- more information.
• Alcoholics Anonymous, 615 Settles, noon to 1 p.m.; open 12 & 12 study meeting 8 p.m. to 9 p.m.
THURSDAY
• Alcoholics Anonymous, 615 Settles, open discussion noon to 1 p.m.; women's meeting; 6:30 until 7:30 p.m. Newcomers' meeting, 8 p.m. until 9 p.m.
• Spring Tabernacle Ministries has a faith-based support group for those who need help finding and continuing to walk down the path God has for each of us. Meetings are at 11 a.m. until noon and again at 5:30 to 6:30 p.m. The classes take place at Spring Tabernacle Ministries, located at 1209 Wright St.
• Weight Watchers meets at 6 p.m. at St. Paul Lutheran Church. Weigh-in is at 5:30 p.m. Weigh-in is confidential and you don't have to talk if you don't want to. Flexible payment options.
• A Post-Traumatic Stress Disorder support group meeting is at 6:30 p.m. at the VA Medical Center Veteran's Healing Center.

FREE NIGHTS! Free electricity all night long, 7 days a week! No deposit / No credit check No long-term commitment 844-491-1778

Local 5-Day Forecast

Forecast table with columns for Sun 2/28, Mon 2/29, Tue 3/1, Wed 3/2, Thu 3/3 and corresponding weather icons and temperature ranges.

Texas at a Glance



Area Cities

Table listing weather forecasts for various Texas cities including Abilene, Amarillo, Austin, Lubbock, etc.

National Cities

Table listing weather forecasts for various national cities including Atlanta, Boston, Chicago, Dallas, etc.

Moon Phases

Table showing moon phases: First (Feb 15), Full (Feb 22), Last (Mar 1), and New (Mar 9).

UV Index

Table showing UV Index levels for Sun 2/28 through Thu 3/3, with a color-coded scale from 0 to 11.

©2016 AMG | Parade

Story ideas? Suggestions? Call 263-7331 ext 230

Denture Care Center advertisement featuring 'Great Dentures & so much more!' and 'First Visit FREE' offer.

BIG SPRING HERALD advertisement with contact information and subscription rates.

Parkview is Your Best Choice advertisement for a nursing and rehabilitation center.

State Farm advertisement for Adrian Calvio, offering insurance services in Spanish.

Take Note

• The Kiwanis Annual Pancake Supper will take place at the Howard College Student Union Building on March 11 from 4:30 p.m. to 7:30 p.m. Tickets are \$6 per person and include all you can eat pancakes, sausage patty and bacon. There will be milk, water and coffee to drink. To go orders welcome.

• Coahoma Lions Club annual pancake supper will take place March 7 at the Coahoma Elementary cafeteria and will cost \$6 per person.

The Coahoma ISD open house will be from 5:30 p.m. - 6:30 p.m., Coahoma ISD Talent Show will take place in the CHS auditorium from 7 p.m. - 8 p.m. and the pancakes dinner will be from 5 p.m. - 7 p.m.

• The Howard County Fair needs people to cross stitch squares for the annual Quilt Fundraiser. Complete kits may be picked up from Cheryl Joy at the Heritage Museum, Tuesday through Saturday. For more information call Suzanne Markwell at 214-256-1674

• BSHS Cheerleading try-out prep class. Anyone in sixth - 11th grad interested in trying out for cheerleading is welcome to sign up for a class hosted by the BSHS Cheerleaders. They will work on stretches, jump techniques, motion techniques and hold mock try-outs. Classes will be Monday Feb. 29, Tuesday March 1 and Thursday March 3 from 6 - 8 p.m. each night.

Cost is \$60 per child. If you have any questions please email Ashley Phinney at aphinney@bsisd.esc18.net. You may also call the front office of the high school and leave a message.

• The Texas A&M AgriLife Extension Service will conduct the multi-county Permian Basin Cotton Conference from 8 a.m. to 3:30 p.m. March 1 at the G.C. Broughton Jr. Ag Complex in Big Spring.

The complex is located at 2411 Echols Drive on the Howard College campus. Counties involved with the conference and its accompanying trade show include Howard, Martin, Midland, Glasscock, Upton and Reagan.

Individual preregistration is \$15 by Feb. 26 and \$25 thereafter. The fee includes the noon meal.

To RSVP, contact the AgriLife Extension office in Howard County at 432-264-2236.

Meetings

• The Big Spring Art Association meets every third Tuesday, September through May at 7 p.m. in the basement of the Howard County Library. Everyone is welcome to attend. Memberships are available. The annual dues are \$20.

• The Big Spring Symphony Board of Directors meets every first Tuesday at 5:30 p.m. at the symphony office, 808 Scurry Street.

• The Kiwanis Club of Big Spring meets at noon every Thursday in the Cactus Room at Howard College. Visitors are welcome.

• Order of the Eastern Star Big Spring Chapter 67 meets the third Tuesday of each month at 219 Main St. Dinner begins at 6:30 p.m. Lodge meeting begins at 7:30 p.m. Everyone is welcome. For more information, contact Jimmy Ruth at 271-2176.

• Staked Plains Masonic Lodge No. 598 meets the second Thursday of each month at 7 p.m. (dinner is at 6 p.m.) at 219 1/2 Main St. All Masons are welcome.

Volunteer opportunities

• Crossroads Hospice needs volunteers for patient care. Contact Eva at 263-5300.

ELECTION

Continued from Page 1A

• Precincts 42, 45, 46, 404 and 405 — Dorothy Garrett Coliseum, 1001 Birdwell Lane.

• Precincts 408 and 409 — Sand Spring Fire Station, 8209 N. Service Road, Sand Springs.

• Precincts 207 and 207C — Coahoma Community Center, 306 North Ave., Coahoma

Tuesday's election is an open primary, meaning you can cast either a Republican or Democratic ballot, regardless of your party affiliation.

The only contested race locally falls on the Republican side as Oscar M. Garcia, the incumbent, Jesse Bravo and Chad Averette are all vying for the Howard County Commissioner Precinct 1 position. Whoever wins the seat in the primary will be elected to serve in the position since no candidates have filed for any local positions on the Democratic ballot.

Area-wide, the race to replace Randy Neugebauer as the Texas congressional representative for District 19 has drawn nine candidates

— Jason Corley, Dr. Donald R. May, DeRenda Warren, Michael Bob Starr, Glen Robertson, Jodey Arrington, John C. Key, Greg Garrettt and Don Parrish.

Neugebauer announced last year he would not seek another term in office. No one has signed up to run in the Democrat ticket for this position.

Contact Staff Writer Steve Reagan at 263-7331 ext. 235.

MYERS & SMITH FUNERAL HOME & CHAPEL

24th & Johnson 267-8288

Odell Mason, Sr., 86, died Tuesday. Visitation will be 6 p.m. until 8:30 p.m. Monday at Myers & Smith Funeral Home. Funeral Services will be at 1 p.m. Tuesday at Mount Rose Baptist Church in Midland. Burial with Military Honors will be at 1 p.m. Wednesday at Texas State Veterans Cemetery in Abilene.

Glenn Person, 88, died Thursday. Services are pending at Myers & Smith Funeral Home.

Raul M. Ortiz, Sr., 74, died Thursday. Vigil services will be at 7 p.m. Sunday at Myers & Smith Chapel. Funeral Mass will be at 10 a.m. Monday at Holy Trinity Catholic Church with burial at Mount Olive Memorial Park.

NASA

Continued from Page 1A

those expeditions date back to the 1980s and 1990s aboard the Mir space station, rustic if not rickety compared with the current space station. Medical testing was spotty back then, and the data weren't always widely shared.

As of Thursday — Day 335 — Kelly professed to feeling pretty good. Indeed, flight surgeon Gilmore doesn't expect any alarming results at touchdown.

Kelly's vision has degraded a bit as it did during his last mission, a normal outcome for some astronauts because of increased pressure inside the skull in weightlessness. He anticipates his bones and muscles have weakened as well, despite daily exercise in orbit.

The real question mark — and Kelly's biggest concern — is the possible lingering effects of space radiation.

"Hopefully, I'll never find out what the true effects are of that," Kelly said in a TV interview last week. NASA will need to tackle the problem for Mars trips because of the increased level of exposure.

Johnson Space Center physiologist John Charles puts the psychological side of long-duration spaceflight right up there with radiation, as well as in-flight medical care and even food preservation and packaging for the long haul.

"Just about everything is a big problem for Mars," Charles said in a phone interview.

Mars expeditions planned for the 2030s will last 2 years; the anticipated crew size will be four to six. The astronauts will almost certainly have to grow some of their own food; that's the reason for an experimental greenhouse aboard the space station.

Kelly and his crewmates grew red romaine lettuce in the mini-hothouse last summer and sampled some of the crop.

Even more impressive, Kelly nursed zinnias back to health in January, displaying a lush orange and yellow

bouquet on Valentine's Day. He had to "channel my inner Mark Watney" — the lone astronaut who survives on potatoes in last year's blockbuster movie "The Martian" — to save the zinnias from mold.

Trust me when to add water, Kelly urged Mission Control, not some pre-flight script. That's how it will need to be when astronauts venture to Mars, he gently reminded everyone.

Charles stresses that Mars travel will be different than a space station stay. No regular phone chats with the husbands, wives and kids back home. No constant whispering in the astronauts' ears from Mission Control. Support would come via email.

"They're going to be highly autonomous," Charles said of the Mars explorers, "and that's something that we're trying to practice on the space station now ... learning how to get Mission Control out of the back pockets of the astronauts."

Kelly points out that crew quarters on Mars-bound craft will be much tighter than the space station — and nothing like the spaceships of science fiction. Between sleeping and working on his laptop, Kelly estimates he's spent almost half his time inside his personal cubicle — about the size of a phone booth.

NASA will need to improve privacy on Mars missions, he said, if it hopes to combat crew stress and fatigue.

The toughest part for Kelly has been the physical isolation from everyone he loves, 250 miles below him. But on a trip to Mars, tens of millions of miles away, astronauts won't be able to even see Earth.

"Obviously going to Mars, there are a lot of other challenges, but none of these we can't overcome," Kelly said.

NASA is discussing doing more one-year flights with the other countries involved in the station program; more subjects are needed for a better understanding of all the challenges. It's a long time, no matter how you cut it. Just ask Kelly, who recently acknowledged, "a year now seems longer than I thought it would be."

Online:
NASA: www.nasa.gov/lym/

CINEMARK
Purch Adv Tix @ cinemark.com
800-326-3264 + Exp 2131#

CINEMA 4 1801 East FM 700

Deadpool (R) Sun.: 2:15 5:00 7:45 Risen (PG-13) Sun.: 1:20 4:10 7:00	How To Be Single (R) Fri.: 4:25 10:05 Sat.: 4:25 10:05
God's of Egypt 2D (PG-13) Sun.: 1:10 7:30 3D Sun.: 4:20	Zoolander (PG-13) Fri.: 1:35 7:15 Sat.: 1:35 7:15

266562
Assistive Listening and Captioning System Avail

COWBOYS STEAKHOUSE AND RESTAURANT

**\$1.00 Off Adults
50¢ Off Children
Sunday Only
11-3 Buffet or
Any Entree \$9.00 or above
1 Coupon Per Person
Must Be Presented For Discount
Expires 2-29-2016**

266519

FIGHTING FOR THE FUTURE OF AMERICA!

VOTE JODEY ARRINGTON
For Congressional District 19
Life-Long West Texan, Conservative Businessman,
Former Bush Advisor and Vice Chancellor of Texas Tech University

Endorsed by:

- Mayor of Big Spring, Larry McLellan
- Mayor of Seminole, Wayne Mixon
- Mayor of Levelland, Barbra Pinner
- Mayor of Plainview, Wendell Dunlap
- Mayor of Denver City, Tommy Hicks
- Mayor of Throckmorton, Will Carroll
- Mayor of Rotan, Marissa Nowlin
- Coach Spike Dykes
- Ron & Angel Brooks
- Jimmy & Stacy Bridges
- Van & Manda Gaskins
- Brandon & Neasa Iden
- Mike & Sheree Moates
- Drew & Glenna Mouton
- Jim & Vickie Purcell
- Richard & Pam Steel
- Ronnie Wood
- Cindy & Joe Fowler

Election Day: March 1st

- * Strengthen National Security and Secure our Borders
- * Stop Reckless Spending and Reduce our National Debt
- * Cut Burdensome Taxes and Oppressive Regulations
- * Return to the Constitution, Limited Government and States' Rights
- * Defend our Conservative Values and Individual Liberties
- * Promote West Texas: Agriculture, Energy, Higher Education, and Healthcare

CONSERVATIVE REPUBLICAN
JodeyArrington.com

POLITICAL AD PAID FOR BY TEXANS FOR JODEY ARRINGTON

Charles Myers
Attorney At Law
Family Law And
Criminal Law
Ward & Myers, L.L.P.

432-683-3700 • Midland, TX
charles@wardmyers.com

Not Certified by the Texas Board of Legal Specialization

222735

Oil activity report

New Locations:

Glasscock County

Parsley Energy Operations, LLC #4401H Haystack "6", drill horizontal, El: NA
303 Colorado, Suite 3000 Spraberry (Trend Area) Field
Austin, TX 78701-0000 17.40 miles southwest of Garden City
Monna Coleman, Regulatory Tech A-418, Section 7, Block 36, T-4-S, T&P RR Co. survey
(737) 704-2339 Total Depth: 9300 feet
475' FNL, 962' FWL of 325-acre lease
475' FNL, 962' FWL of the survey

Parsley Energy Operations, LLC #4202H Haystack "6", drill horizontal, API #42-173-37352
303 Colorado, Suite 3000 Spraberry (Trend Area) Field, El: NA
Austin, TX 788701-0000 17.40 miles southwest of Garden City
Monna Coleman, Regulatory Tech A-418, Section 7, Block 36, T-4-S, T&P RR Co. survey
(737) 704-2339 Total Depth: 9150 feet
475' FNL, 992' FWL of 325-acre lease
475' FNL, 992' FWL of the survey

Parsley Energy Operations, LLC #4403H Haystack "6", drill horizontal, El: NA
303 Colorado, Suite 3000 Spraberry (Trend Area) Field
Austin, TX 78701-0000 17.40 miles southwest of Garden City
Monna Coleman, Regulatory Tech A-418, Section 7, Block 36, T-4-S, T&P RR Co. survey
(737) 704-2339 Total Depth: 9300 feet
475' FNL, 1022' FWL of 325-acre lease
475' FNL, 1022' FWL of the survey

Pioneer Natural Resources USA, Inc. #23H Flanagan "14"-Lloyd "A", drill horizontal, El: NA
P.O. Box 3178 Spraberry (Trend Area) Field
Midland, TX 79702-0000 19.70 miles northwest of Garden City
Lois Weeks, Regulatory Specialist A-1011, Section 14, Block 36, T-2-S, T&P RR Co. survey
(972) 969-4557 Total Depth: 10,250 feet
441' FNL, 1147' FWL of 480.3-acre lease
441' FNL, 1147' FWL of the survey

Pioneer Natural Resources USA, Inc. #24H Flanagan "14"-Lloyd "A", drill horizontal, El: NA
P.O. Box 3178 Spraberry (Trend Area) Field
Midland, TX 79702-0000 19.70 miles northwest of Garden City
Lois Weeks, Regulatory Specialist A-1011, Section 14, Block 36, T-2-S, T&P RR Co. survey
(972) 969-4557 Total Depth: 10,250 feet
441' FNL, 1192' FWL of 480.3-acre lease
441' FNL, 1192' FWL of the survey

Pioneer Natural Resources USA, Inc. #25H Flanagan "14"-Lloyd "A", drill horizontal, El: NA
P.O. Box 3178 Spraberry (Trend Area) Field
Midland, TX 79702-0000 19.70 miles northwest of Garden City
Lois Weeks, Regulatory Specialist A-1011, Section 14, Block 36, T-2-S, T&P RR Co. survey
(972) 969-4557 Total Depth: 10,250 feet
953' FNL, 725' FEL of 480.3-acre lease
953' FNL, 1891' FWL of the survey

New Oil Completions:

Glasscock County

Energen Resources Corporation #107H Trinity "16", API #42-173-36856

See OIL, Page 6A

LETTERS

Continued from Page 4A

will be \$208.57; so my next annual property tax bill should be that much less.

Dropping my homeowner's insurance another point in deduction, will result in a very, very intelligent lecture from my agent. But I realize that I am in the middle. I cannot afford champagne on a beer income and the majority of voters in Big Spring have not had the devil that can be to visit them, yet! So I must adjust myself.

I lovingly wish everyone well and hope that, as long as possible, the realities of aging, medical problems, layoffs, divorce, abandonment, sudden widowhood, and funeral expenses stay out of your lives so you can continue to feed the rising property taxes in Big Spring, tiger!

Orand Carroll
Big Spring, Texas

Still looking at the stars

To the Editor:

When I was eight years old, I had a hobby, astronomy. I lived in a very small town in deep south Texas, and I was the only egghead within hundreds of miles. After getting out of school each day and on weekends (third grade), I walked downtown to a barbershop and shined shoes for 25 cents a day so I could buy a cardboard telescope on a thin wooden tripod for \$30 through Sky & Telescope magazine.

With that telescope and a \$1.98 plastic box camera I got from Kress, I took pictures of the sun with a lot of experiments with different film. I won first place at the science fair in Corpus Christi in which there were hundreds of entries.

They had sponsors, but my sponsor was my own 25 cents a day shoe shine income and my imagination.

Today, I am 72 years old and I still love amateur astronomy. I now have two very sophisticated telescopes, and my backyard venture is named the Celesta Fiesta Observatory. Joe Wheelock, astronomer of McDonald Observatory, is the observatory's academic consultant.

If there are any youngsters out there who are interested in astronomy, I am here, through your parents, as a sponsor. And we shall get as deeply into the scienc as you like. My cell phone number is 432-466-4565.

Orand Carroll
Big Spring, Texas

To submit a news item, call 263-7331, ext. 230

Pollard Chevrolet Buick Cadillac

Spread the Smile



PollardChevy.com



FIND NEW ROADS™



Spread the Smile



PollardChevy.com



FIND NEW ROADS™

Up to **\$12,000** **Off** Select In Stock Units

POLLARD CHEVY.COM



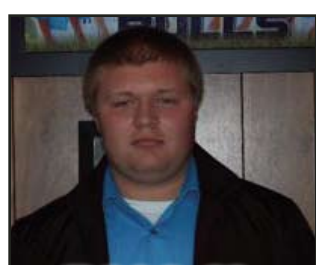
Isaac Marquez

Sales Consultant for 16 years



Manny Zambrano

Sales Consultant for 16 years



Kaleb Smith

Sales Consultant for 2 years



Anthony Flores

Sales Consultant for 1 year



Jeff Gouge

Sales Consultant

POLLARD

Chevrolet-Buick-Cadillac

*Must Trade 1999 or Newer Passenger Car or Truck Other Than a GM Product

Additional rebates may apply, up to 12,000 off MSRP.

See dealer for more details.

OIL

Continued from Page 5A

3510 N. "A" St., Bldgs. A and B
Midland, TX 79705-0000
(432) 684-3693

Contractor not listed

Santa Rosa 1000'
Yates 1250'
Seven Rivers 1300'
Queen 1500'
San Andres 1850'
Glorieta 2450'
Clear Fork 2650'
Grayburg 2850'
Spraberry 6039'
Wichita/Albany 7125'
Dean 7502'
Wolfcamp 7748'

Energen Resources Corporation
3510 N. "A" St., Bldgs. A and B
Midland, TX 79705-0000
(432) 684-3692

Contractor not listed

Santa Rosa 1000'
Yates 1250'
Seven Rivers 1300'
Queen 1500'
San Andres 1850'
Glorieta 2450'
Clear Fork 2650'
Grayburg 2850'
Spraberry 6000'
Wichita/Albany 7400'
Dean 7785'
Wolfcamp 7982'
Wolfcamp B 8278'

CrownQuest Operating, LLC
P.O. Box 53310
Midland, TX 79710-0000
(432) 684-6381

Contractor not listed

Yates 1725'
San Andres 3363'
Glorieta 4271'
Clear Fork 4941'
Spraberry 6103'
Dean 7330'
Wolfcamp 7432'
Strawn 9549'
Atoka 9675'
Mississippian-Fusselman 9878'

Spraberry (Trend Area) Field, new well, El: 2709' GR
10.50 miles southwest of Garden City
A-970, Section 16, Block 34, T-5-S, T&P RR Co. survey
1661' FEL, 200' FNL of the survey
Total Depth: 7780 feet. PBTD: NA. Logs: Gamma Ray (MWD)
Daily Potential: 651 Bbls 38.0 gravity oil w/ 784 BWPD
Flowing. GOR: 215
Spud: 1-09-15. Completed: 5-04-15. Pay: NA
9-5/8" @ 5666 feet w/ 2,100 sx.
5-1/2" @ 12,513 feet w/ 1,495 sx.; 2-7/8" @ 7383 feet
Perfs: 8074-12,501

#202H Daniel "SN 21-16 02", API #42-173-36882
Spraberry (Trend Area) Field, new well, El: 2685' GR
14 miles southwest of Garden City
A-370, Section 21, Block 35, T-5-S, T&P RR Co. survey
1538' FEL, 2340' FSL of the survey
Total Depth: 8415 feet. PBTD: NA. Logs: Gamma Ray (MWD)
Daily Potential: 897 Bbls 40.0 gravity oil w/ 1,592 BWPD
Flowing. GOR: 1366
Spud: 1-08-15. Completed: 6-19-15. Pay: NA
9-5/8" @ 7566 feet w/ 825 sx.
5-1/2" @ 16,289 feet w/ 2,063 feet; 2-7/8" @ 8013 feet
Perfs: 8539-16,206

Howard County

#1 Joy "39", API #42-227-38532
Spraberry (Trend Area) Field, new well, El: 2470' GR
6.20 miles southwest of Elbow
A-422, Section 39, Block 34, T-1-S, T&P RR Co. survey
475' FWL, 475' FSL of the survey
Total Depth: 10,595 feet. PBTD: 10,288 feet.
Logs: Neutron/Density
Daily Potential: 127 Bbls 38.0 gravity oil w/ 733 BWPD
Flowing. GOR: 1433
Spud: 7-24-15. Completed: 11-02-15. Pay: NA
8-5/8" @ 4386 feet w/ 1,025 sx.;
5-1/2" @ 10,335 feet w/ 1,400 sx.; 2-7/8" @ 7734 feet
Perfs: 7480-10,220
7480-10,220: Frac w/ 1,240,303# sand and 49,174 Bbls frac

Turkey repairs oil pipeline connecting to Iraqi Kurdistan

ISTANBUL (AP) — Turkey's energy ministry says it has begun repairs to a pipeline transporting crude oil from northern Iraq to the Mediterranean coast.

The ministry said Saturday the delivery of crude oil via the Kirkuk-Ceyhan pipeline came to a halt Feb. 17 after it was attacked by militants from the Kurdistan Workers' Party, or PKK. The PKK launched another attack against the pipeline Thursday near the southeastern town of Idil in Sirnak province.

But the ministry now says "security forces have taken necessary steps to ensure the pipeline's safety ... we expect to restart the oil delivery soon."

The pipeline is a vital source of revenue for the Kurdish regional government in northern Iraq and cuts across restive areas of southeastern Turkey where Turkish security forces are trying to route Kurdish militants.

Midland Co. rig count steady

By Trevor Hawes thawes@mrt.com

Midland County held steady for the fourth consecutive week at 33 rigs, according to Houston-based oilfield services company Baker Hughes.

It continues to be the most active county in the United States and hasn't had fewer than 30 rigs at any point this year.

High rig counts, however, aren't pervasive throughout the Permian Basin, which idled one rig this week and now has 164 operating. Other counties with double-digit rig counts this week were Reeves (23), Loving (19), Upton (12) and Lea, New Mexico. (11).

Activity ceased in Menard and Mitchell counties. Rigs went online in Cochran, Crosby, Ector, Gaines and Garza counties.

For areas with active rigs in the Permian, there were 24 in District 7C, unchanged; 114 in District 8, down two; nine in District 8A, up two; and 17 in New Mexico, down three. The Texas total was 147, up two.

At this time last year, there were 355 rigs in the Permian.

Texas and New Mexico

Texas closed the week at 231 rigs, down five.

In Texas' major basins, there were 47 in the Eagle Ford, down seven; 14 in the Haynesville, down one; nine in the Granite Wash, down one; and four in the Barnett, up one.

The Lone Star State's offshore rig count was unchanged at three, while it idled its only rig operating in inland waters.

New Mexico's count fell three to 18.

A year ago this week, there were 570 rigs in Texas and 68 in New Mexico.

LEGACY FIVE

In Concert

SUNDAY, FEBRUARY 28, 2016

6:00 P.M.



AT

TRINITY BAPTIST CHURCH

1701 E. FM 700 • Big Spring, Texas

432-267-6344

You are invited to join us for a night of Spirit-filled music featuring one of the most popular groups in Gospel music today.

DON'T MISS THE BLESSING GOD HAS IN STORE FOR YOU THIS SUNDAY!

Sing it loud, sing it proud



Courtesy Photo

The following Big Spring High School choir students participated in solo and ensemble contest at Angelo State University on Feb. 6th. They all received an excellent or superior rating on their solo and/or ensemble. Those students who made a superior rating on a Class 1 solo or ensemble will be participating in the state solo and ensemble contest in May. Students pictured are Analisa Blount, Maddy Bosley, Reagan Brockman, Josey Burns, Chloe Bustamante, Mariah Cervantes, Alyssa Chavez, Alysya Cordova, Marisella Flores, Chesney Gillespie, Megan Goad, Alexis Gruis, Marissa Hernandez, Sierra Mancha, Erynn Marquez, Kailey Mathews, Kristi Ontiveros, Lisa Osborn, Kayleigh Penny, Jessica Reyes, Jasmine Salas, Alanna Salinas, Shaeann Senter, Ty Smith, Anjelica Starr, Jordan Wommack, Skyler Armstead, Elias Arredondo, Michael Brim, Jared Clark, Jeremiah Cooley, Quade Creswell, Deangelo Diaz, Alec Espinoza, Pryce Gibson, A.J. Gonzales, Haiden Juarez, Noah King, Daniel Kremer, Nathan Letz, Manuel Marquez, Clay Merritt, Isaac Ortega, XavierOvalle, Eugene Saldaa, Ehren Soliz, Kaelob Stewart, Julia Aguilar, Marcus Arredondo, Alianna Beserra, Delfino Carrillo, Donovan Clark, Charlie Correa, Nancy Galvan, Josiah Garcia, Jasmine Grosse, Mikayla Hernandez, Cory Hilario, Christian Horton, Hallie Hyatt, Kiowa Lesser, Sarah Marshall, Rachel McCallister, Anthony Munoz, Tessa Newton, Mia Olivia, Esperanza Perez,

Running for a good cause



HERALD Photo/Julie Bass

This year's annual Run 2 Love 2 Run had a rather large turnout for the first race of the year; which not only pleased Permian Basin Events who organizes the run, but CASA of West Texas. CASA received a donation from the run's entry fees this year. Pictured here is Permian Basin Events representative, Craig Felty, right, presenting the check to Kathy Harmon, CASA volunteer recruitment and marketing specialist, left, and Patty Pisklak, also of CASA, center.

Mexico documents big rebound in monarch butterflies

MEXICO CITY (AP) — Monarch butterflies have made a big comeback in their wintering grounds in Mexico, after suffering serious declines, experts said Friday.

The area covered by the orange-and-black insects in the mountains west of Mexico City this season was more than three and a half times greater than last winter. The butterflies clump so densely in the pine and fir forests they are counted by the area they cover rather than by individual insects.

The number of monarchs making the 3,400-mile (5,500-kilometer) migration from the

United States and Canada declined steadily in recent years before recovering in 2014. This winter was even better.

This December, the butterflies covered 10 acres (about 4 hectares), compared to 2.8 acres (1.13 hectares) in 2014 and a record low of 1.66 acres (0.67 hectares) in 2013.

While that's positive, the monarchs still face problems: The butterflies covered as much as 44 acres (18 hectares) 20 years ago.

"The news is good, but at the same time we shouldn't let our guard down," said Omar Vidal, director of the World Wildlife Fund in Mexico.

"Now more than ever, Mexico, the United States, and Canada should increase their conservation efforts to protect and restore the habitat of this butterfly along its migratory route."

The United States is working to reintroduce milkweed, a plant key to the butterflies' migration, on about 1,160 square miles (3 million hectares) within five years, both by planting and by designating pesticide-free areas. Milkweed is the plant the butterflies feed and lay their eggs on, but it has been attacked by herbicide use and loss of open land in the United States.

The Big Spring Prospectors Club 47th annual

UNIQUE

GEM, MINERAL & JEWELRY SHOW

March 5 & 6 2016

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

268589

Something special's happening in the Circle.

March 2016

- March 1** – Mall Walking, 9:00 a.m.
Supper Club "Casa Blanca", 5:30 p.m.
- March 2** – Senior Appreciation Day, 11:30 a.m.
- March 3** – Mall Walking, 9:00 a.m.
Coffee @ Gale's, 10:00 a.m.
Bunko, 4:00 p.m.
- March 4** – Lunch Bunch & Birthday's, "Settle's Grill",
11:30 a.m.
- March 7** – Games, 1:00-5:00 p.m.
- March 8** – Mall Walking, 8:00 a.m.
Supper Club, "McAlister's", 5:30 p.m.
- March 9** – Senior Appreciation Day, 11:30 a.m.
- March 10** – Mall Walking, 9:00 a.m.
Coffee @ Gale's, 10:00 a.m.
- March 11** – Kiwanis' Pancake Supper,
Howard College, 6:00 p.m.
- March 14** – Games, 1:00-5:00 p.m.
- March 14-18 - Sr. Circle Office Closed.**
- March 15** – Mall Walking, 8:00 a.m.
Supper Club, "Pizza Inn".
5:30 p.m.
- March 16** – Senior Appreciation Day, 11:30 a.m.
- March 17** – Mall Walking, 9:00 a.m.
Coffee @ Gale's, 10:00 a.m.
- March 21** – Games, 1:00-5:00 p.m.
Hobbs Casino, 9:00 a.m.
- March 22** – Mall Walking, 8:00 a.m.
Supper Club, "Joe's Italian"
5:30 p.m.
- March 23** – Senior Appreciation Day,
11:30 a.m.
- March 24** – Mall Walking, 9:00 a.m.
Coffee @ Gale's, 10:00 a.m.
- March 25** – ST. PATRICK'S DAY
Pot Luck & Bingo, 11:30 a.m.
- March 28** – Games, 1:00-5:00 p.m.
- March 29** – Mall Walking, 8:00 a.m.
Supper Club, "Cowboy's", 5:30 p.m.
- March 30** – Senior Appreciation Day, 11:30 a.m.
- March 31** – Mall Walking, 9:00 a.m.



Senior & Circle

Call Anita Cline today at 268-4721 to find out what the Circle is all about.

SPONSORED BY



Child Abuse Awareness Event
April 14 • 6 pm
Scenic Mountain Medical Center



One of Texas' best source of Quality used auto parts

- 14 acres of dismantled vehicles with over 20,000 sq. ft. warehouse storage
- Motors • Transmissions • Body Parts • Electrical Parts



(432) 263-5000

1 1/2 mile North of Hwy 350

Rep: Yoko Ono hospitalized for flu symptoms, but on the mend



(Photo: Arne Dedert, AP)

NEW YORK (AP) — Yoko Ono was hospitalized in New York City for flu-like symptoms, but is on the mend and the 83-year-old artist-singer should be released this weekend, her representative said.

Ono went to the hospital on the advice of her doctor, and media reports that she had had a stroke were not true, Elliott Mintz told The Associated Press on Friday.

Ono is the widow of John Lennon of the Beatles. The couple's son, Sean Ono Lennon, also tamped down reports of a stroke. He said on Twitter that his mother was dehydrated and tired.

"Only stroke @yokoono had was a Stroke of Genius! ... She's really fine," he tweeted. "Thanks for all the well

wishes!"

Mintz said Ono likely will be released from the hospital Saturday. "It was nothing," he added.

A Fire Department spokesman said an ambulance was called to Ono's apartment building at 72nd Street and Central Park West in Manhattan around 9 p.m. Friday.

Ono has lived in the luxury apartment building on Manhattan's Upper West Side since 1973. John Lennon was shot and killed in front of the building on Dec. 8, 1980.

Ono remained hospitalized Friday night at Mount Sinai West Hospital in Manhattan, the same hospital where Lennon was pronounced dead. At the time, it was called St. Luke's Roosevelt Hospital.

Oddities

Wisconsin cat disappears, then reappears in Florida

NAPLES, Fla. (AP) — It takes about 22 hours to reach Florida by car for a person traveling from Wisconsin.

But if you're a cat, the 1,484-mile journey likely takes closer to two months. At least that's how long it took Nadia, the Russian blue, to trek from her home on a snowy December day to sunny Naples this week where animal officials helped find her owners.

The Naples Daily News reports Cheri Stocker adopted the cat nine months ago in Wisconsin. On Christmas Eve, the cat escaped.

A Naples woman found the kitty in North Naples.

Workers at an animal shelter found the cat's microchip and, through a pet relocation service, got hold of Stocker's sister, who had been listed as an emergency contact.

Information from: Naples (Fla.) Daily News, www.naplesnews.com

California pony in unicorn getup captured after 3-hour hunt

MADERA, Calif. (AP) — The calls coming into a California Highway Patrol office were alarming: A tiny unicorn was running down a road.

KSEE-TV reports more than three hours later the suspect was taken into custody.

A not-so-mythical white pony named Juliette who wears a fake horn for photo sessions was illuminated by a CHP helicopter Wednesday in an orchard and Madera Ranchos resident Renee Parady used another horse to lead it out.

The ersatz unicorn's owner, 5-year-old Tatum Boos (Bohs), says Juliette was given a timeout for being a bad pony.

Information from: KSEE-TV.

Homeless gnomes: Pennsylvania state park evicts tiny houses

NEWPORT, Pa. (AP) — Nearly 40 gnome homes have been evicted from a Pennsylvania state park after a decision change sent them packing.

Pennlive.com reports that management at Little Buffalo State Park gave permission for Steve Hoke to create the small, magical houses in

December. Since then, he has made 38 tiny houses in tree roots, hollow logs and on stumps around the forest near Newport, about 25 miles northwest of Harrisburg.

He says the houses were a major attraction for children.

Park Manager Jason Baker tells the news site he gave the OK originally, but it was later decided the homes could affect wildlife habitat.

Hoke removed the little abodes Monday after being told he had until Feb. 29.

Duncannon and Millerstown have both offered to house them in local parks.

Canadian man fined for smuggling turtles in his pants

ST. CATHERINES, Ontario (AP) — A Canadian man caught smuggling nearly 40 turtles in his pants has been fined \$3,500 Canadian (US\$2,578) and placed on probation for two years.

Dong Yan was convicted this month of illegally importing reptiles. During an inspection at the Niagara border crossing in June 2014, Canadian border officials discovered 38 turtles strapped to Yan's legs.

Yan is also prohibited from owning turtles and tortoises for 10 years.

Officials say live specimens are often sought for use in the pet and food trade.

Russian fans present DiCaprio with a homemade Oscar

YAKUTIA, Russia (AP) — Come what may at the Academy Awards, Leonardo DiCaprio will have an Oscar — or at least a close replica of the coveted statue.

Residents in Russia's Far East have made a statue for DiCaprio that bears close resemblance to the Oscar prize and is made from donated metals. Nearly 150 DiCaprio fans from the Yakutia region donated the 1.5 kilograms of silver and 4 grams of gold to make the statue for the American, who is nominated in the best actor category for his role in "The Revenant."

One fan, Anna Ivanova, says "even if DiCaprio does not receive an Oscar, he will still be our favorite."

DiCaprio, whose grandmother was Russian, is popular in the country, and he met with Vladimir Putin in

2010 to discuss tiger conservation.

Child's tale about growing 'special' plants ends in pot bust

WHITE RIVER JUNCTION, Vt. (AP) — Authorities say a second-grader's story about helping a farmer grow "special medicine" plants led to a big marijuana bust in Vermont.

The Times-Argus reports Windsor Detective Jennifer Frank said in an affidavit that the 8-year-old told school officials and police that he got to help his mother's boyfriend grow "special medicine that can cure anything at all."

Frank says the boy told her that people came to the Windsor house frequently.

Fifty-four-year-old Steven Mann pleaded not guilty this week in a

White River Junction court to a felony count of cultivating more than 25 marijuana plants. A woman who answered a phone listing for a Steven Mann in Windsor County said it was the wrong number.

Police say they found two "grow rooms" next to the child's bedroom.

Information from: The Times Argus, www.timesargus.com/

To submit a news item, call 263-7331, ext. 230



ENTRY CERTIFICATE



\$100.00
Prize to winner



PURPOSE OF CONTEST IS TO MAKE A COMMUNITY WIDE APPEAL TO TEXAS DEPT. OF TRANSPORTATION & HIGHWAY OFFICIALS TO BRING INTERSTATE 27 THROUGH HISTORIC BIG SPRING'S RELIEVER ROUTE. TxDOT ASKED THE COMMUNITY ONE QUESTION, "DO YOU WANT IT?" LET'S SHOW BY YOUR COMMENT.

ALL COMMENTS BECOME PROPERTY OF THE BIG SPRING HERALD.

TO ENTER:

1. **CLIP** this Herald original entry form (no reprints please).

2. **LIST** your Interstate 27 comments on paper of your choice, beginning with, "I support I-27 feasibility study thru Big Spring because..." Sign your letter & include contact information (in case you're a winner).

3. **ENCOURAGE** Tx Dot to bring I-27 through Big Spring. Write your message and bring to the Big Spring Herald or mail to P.O. Box 1431, Big Spring, Texas 79721. Entries must arrive before 5 PM, March 6, 2016. Include address & phone number.

Publisher, Big Spring Herald
Rick Nunez



ARLINGTON ORTHOPEDIC ASSOCIATES, P.A.
LIFE IN FULL MOTION

Moving forward with greater back expertise.

Get to know board certified orthopedic spine surgeon Dr. Michael Ramsey.

He looks forward to serving patients at our newest location in Odessa.




We specialize in getting you back to the life you love.

817.375.5200 | arlingtonortho.com

orthopedic areas | spine | sports | joint | lower extremities | upper extremities

6010 E. Hwy 191, Suite 125 | Odessa, TX 79762

Christie, in about-face, endorses former GOP rival Trump

New Jersey Gov. Chris Christie has a reputation for vengeance. And he delivered it with gusto on Friday as he shocked many in the political world by endorsing GOP front-runner Donald Trump for the Republican presidential nomination. The surprise endorsement, the first for Trump from a sitting governor and by far his most prominent, comes as Trump rival Marco Rubio appeared on the cusp of a breakthrough following a break-out debate performance. And it marks the second time that Christie has knee-capped the Florida senator, just as he appeared to be on the rise.

At the news conference in Fort Worth, Texas, Christie described Trump — a man he had previously panned as ill-suited for the White House — as the best Republican candidate to lead the country and beat Democrat Hillary Clinton.

"I've gotten to know all the people on that stage and there is none who is better prepared to provide America with the strong leadership that it needs both at home and around the world than Donald Trump," Christie said. Reporters covering the event were visibly stunned when the governor, who dropped his own bid for the presidency earlier this month following a disappointing finish in New Hampshire, walked into the room.

In South Carolina, Hillary Clinton looks to win, and win big

ORANGEBURG, S.C. (AP) — For Hillary Clinton, the South Carolina presidential primary is a chance to not just win, but win big.

After an up-and-down start to the 2016 presidential contests for Clinton, a sizable victory over Bernie Sanders on Saturday would be an emotional boost for her White House campaign and a chance to wipe away the fraught memories of her 2008 primary loss in the state.

It would also establish Clinton as the firm favorite among black voters, a crucial segment of the Democratic electorate, and set her up for a big delegate haul in next week's Super Tuesday contests in the South.

"The South Carolina primary is personally important to me because I want to send a strong signal that South Carolina is ready for change, ready for progress, ready to make a difference," Clinton said Friday during a rally in Columbia.

Sanders knows his prospects with South Carolina's heavily black Democratic electorate are grim. A longtime lawmaker from Vermont, where just about 1 percent of the population is black, Sanders lacks Clinton's deep and longstanding connections to the African-American community. He's tried to broaden his economic inequality message and touch on issues such as incarceration rates and criminal justice reform, but he has still struggled to gain traction in South Carolina.

Report: Car bomb kills 2 near central Syrian town

BEIRUT (AP) — A suicide car bomb exploded Saturday on the edge of a government-held central town, killing two people and wounding four, hours after a cease-fire brought relative calm to parts of Syria, the state news agency and opposition activists said.

No one claimed responsibility for

the blast on the eastern entrance of the town of Salamiyeh, which came hours after the implementation of a cease-fire brokered by the U.S. and Russia began.

The cease-fire went into effect across Syria early Saturday, marking the biggest international push to reduce violence in the country's devastating conflict that has killed 250,000 people, wounded a million and created Europe's worst refugee crisis since World War II.

The truce does not include either the Islamic State group or al-Qaida's branch in Syria, known as the Nusra Front.

Opposition activists in different parts of Syria said the situation has been "cautiously calm" since the truce went into effect at midnight Friday, reporting sporadic violations.

Iran reformists performing well in early election results

TEHRAN, Iran (AP) — Preliminary results early Saturday morning showed reformist candidates heading for their best showing in more than a decade in Iranian parliamentary elections, according to local media and election officials counting the ballots.

Officials have yet to release early results, but reports in the semiofficial Fars and Mehr news agencies showed hard-liners losing ground in the 290-seat legislative body. None of Iran's three main political camps — reformist, conservative and hard-line — was expected to capture a majority, but the reformist camp, which seeks greater democratic rights and better ties with the West, is expected to secure its strongest parliamentary presence since 2004.

A strong reformist showing would be a boost for moderate President Hassan Rouhani, who championed the newly implemented Iranian nuclear deal with world powers in the face of harsh hard-line opposition.

Nearly 55 million of Iran's 80 million people were eligible to vote. Participation figures were not immediately available, though Interior Minister Abdolreza Rahmani Fazli predicted late Thursday there would be a turnout of 70 percent.

Friday's election for Iran's parliament and a powerful clerical body known as the Assembly of Experts was the first since last summer's nuclear agreement was finalized, lifting international economic sanctions in exchange for Iran curbing its nuclear program.

Ship that ran aground off Antarctica freed, researchers safe

CANBERRA, Australia (AP) — An icebreaker carrying researchers that ran aground off the coast of Antarctica was freed by crew Saturday and was afloat again, the Australian government said.

Some 37 researchers on board the Aurora Australis were taken safely ashore on Friday via a barge. The ship's crew stayed behind and used a combination of internal ballast transfers and work boats during a rising tide to refloat the ship, the Australian Antarctic Division said in a statement online.

The icebreaker got stranded after it broke its mooring lines during a blizzard Wednesday and ran aground on rocks in Horseshoe Harbor.

The ship was in the vicinity of Mawson research station, where crew

will inspect the ship for damage. There was no sign of oil pollution, the statement said.

The Australian Antarctic Division said it was consulting with other national Antarctic programs to figure out a way to transport the researchers back to Australia.

Thousands stranded as Greece becomes a migrant 'warehouse'

ATHENS, Greece (AP) — Greece is fast becoming the "warehouse of human beings" that its government has vowed not to allow.

Hastily setup camps for refugees and other migrants are full. Thousands of people wait through the night, shivering in the cold at the Greek-Macedonian border, in the country's main port of Piraeus, in squares dotted around Athens, or on dozens of buses parked up and down Greece's main north-south highway.

On Thursday, hundreds of frustrated men, women and children abandoned their stranded buses or left refugee camps, setting off on a desperate trek dozens of kilometers (miles) long to reach a border they know is quickly shutting down to them.

About 20,000 migrants were in Greece on Thursday, Defense Minister Panos Kammenos said.

Of those, Macedonia allowed just 100 people to cross over from Greece's Idomeni border area. Another 2,700 people, mostly Syrians and Iraqis, were waiting in a camp at Idomeni at nightfall, while another 1,000 people were stuck at a gas station in Polykastro, 17 kilometers (10 miles) away.

Jail terms sought for men trafficking fishermen in Indonesia

TUAL, Indonesia (AP) — Indonesian prosecutors are seeking prison sentences of up to 4 1/2 years for five Thais and three Indonesians accused of human trafficking in connection with slavery in the seafood industry.

The suspects were arrested in the remote island village of Benjina last May after the slavery was revealed by The Associated Press in a report two months earlier.

The victims — 13 fishermen from Myanmar who testified under protection of Indonesia's Witness and Victim Protection Agency — told the court that they had been tortured, forced to work up to 24 hours a day and were not paid. They also said they were locked up in a prison-like cell in the fishing company's compound.

In their sentencing demand, prosecutors on Friday sought 4 1/2-year sentences for Thai captain Youngyut Nitiwongchaeron and four countrymen — Boonsom Jaika, Surachai Maneephong, Hatsaphon Phaetjakreng and Somchit

Korraneesuk — as well as Indonesian Hermanwir Martino.

They sought 3 1/2-year sentences for two other Indonesians, Yopi Hanorsian and Muklis Ohoitenan.

MSNBC's Melissa Harris-Perry refusing to appear this weekend

NEW YORK (AP) — The future of Melissa Harris-Perry's MSNBC talk show was in doubt Friday after the host declared she would not appear this weekend in response to several weeks of its pre-emption by the network.

Harris-Perry, who is black, focuses on race, gender and politics on the discussion show, which she has hosted since 2012. She is also an author and a professor of political science at Wake Forest University.

"Our show was taken — without comment or discussion or notice — in the midst of an election season," Harris-Perry said in an email to her staff that was obtained by The New York Times on Friday and later posted on her Twitter page. She noted "a growing chorus of questions from our viewers about my notable absence from MSNBC coverage."

"Melissa Harris-Perry," regularly scheduled from 10 a.m. to noon EST on Saturdays and Sundays, did not air in February.

MSNBC said the pre-emptions were the result of the network's heavy coverage of the presidential election campaign, which has heated up with the onset of the primaries.

Which is safer — Uber or a taxi?

There's no clear answer

LOS ANGELES (AP) — The deadly shooting rampage in Kalamazoo, Michigan, raises anew a question that has dogged Uber and other taxi competitors: Their rides may be cheaper and more convenient than a cab, but are they as safe?

It's not just whether Uber's part-time drivers are better (or worse) behind the wheel. It's whether passengers are more likely to be assaulted, kidnapped or raped by an Uber driver than a cabbie.

The answer is that there seems to be no reliable answer. Police and transportation authorities around the U.S. say they know of no rigorous comparison of cabbies and Uber drivers.

The taxi industry, facing an existential threat from Uber, has highlighted a series of incidents as evidence that an Uber trip is a gamble passengers should not take. Then again, taxi drivers have assaulted customers, too.

If any place might have analyzed which is safer, how about San Francisco, where Uber was launched more than five years ago and keeps its headquarters?

THE BIBLE... AMERICA... What's Next?

The Hope of the Revelation
 Saturday, March 5
 7:00 p.m.

FREE ADMISSION / CHILDCARE PROVIDED

Opening Night • 7:00 p.m. • Saturday, March 5

FREE

LOCATION
 Dora Roberts
 Community Center
 100 Whipkey Drive
 Big Spring, TX 79720

For additional information and updates text: HOPE to 432-3255

267332

Pre-register at www.altarcall.com

TAX REFUND

Up to **\$500 Refund Advance**
 Some Restrictions May Apply. See Store For Details.

Fast Friendly Service

Chris Nunez
 Manager

Deborah Gutierrez
 Assistant Manager

Midwest Finance

600 S. Gregg St. • Big Spring • 432-263-1353
 Se Habla Español

268369

Seafood swaps for Lent Fish Fridays



(Family Features) Switching to seafood on Fridays during Lent?

You can still make casual Friday favorites by swapping meat for seafood in easy meals like burgers and quesadillas.

“Seafood is perfect for a quick Friday night dinner because fish filets and shrimp don’t take much time to cook,” said Chef Kevan Vetter of the McCormick Kitchens. “However, it’s easy to run out of ideas during the long Lenten season. Try this salmon burger recipe - the patties take just 10 minutes to cook in a skillet and are full of flavor from Cajun seasoning.”

From Cajun Salmon Burgers to Island Shrimp Quesadillas, McCormick is serving up flavorful seafood inspiration for the six Fish Fridays of Lent. Need more seafood inspiration? Find tips and recipes at McCormick.com, and be sure to check out Pinterest and Facebook.

Cajun Salmon Burger with Lime Mayonnaise

Prep time: 20 minutes
Cook time: 10 minutes
Servings: 4

Lime Mayonnaise
1/4 cup reduced fat mayonnaise
1/2 teaspoon grated lime peel
1/2 teaspoon lime juice

Cajun Salmon Burgers
3 pouches (5 ounces each) boneless skinless salmon, drained

1 egg, beaten
1/3 cup panko bread crumbs
1/4 cup reduced fat mayonnaise
1/4 cup finely chopped green onion
1/4 cup finely chopped red bell pepper
2 teaspoons McCormick

Perfect Pinch Cajun
Seasoning
1 tablespoon oil
4 hamburger rolls

For the mayonnaise, mix all ingredients in small bowl until well blended. Cover. Refrigerate until ready to serve.

For the burgers, mix salmon, egg, panko, mayonnaise, green onions, bell pepper and seasoning in large bowl until well blended. Shape into 4 patties.

Heat oil in large nonstick stick skillet on medium heat. Add salmon patties; cook 5 minutes per side or until lightly browned and cooked through.

Serve salmon burgers on rolls with Lime Mayonnaise and desired toppings.

Island Shrimp Quesadillas

Prep time: 15 minutes
Cook time: 8 minutes
Servings: 4

1 1/2 cups shredded cheese, such as Mexican blend or cheddar and Monterey Jack
2 green onions, thinly sliced
1 teaspoon McCormick Chili Powder
1 teaspoon McCormick Cumin, Ground
1/2 teaspoon McCormick Oregano Leaves

8 flour tortillas (8-inch)
1 tablespoon vegetable oil
8 ounces frozen cooked small shrimp, thawed and well drained
1 large ripe mango, peeled and coarsely chopped

Mix cheese, green onions and seasonings in medium bowl. Set aside.

Lightly brush one side of 4 flour tortillas with oil. Place oiled-side down on baking sheet. Top tortillas with 1/2 of the cheese mixture, then with shrimp and mango. Sprinkle remaining cheese evenly over shrimp and mango. Top with remaining tortillas. Brush top with oil.

Grill over medium heat about 4 minutes per side until cheese is melted and tortilla is browned. Cut into wedges to serve.

Source: McCormick Spice



Never miss hearing a thing when family and friends call.



Our Beltone Legend comes with the option to get the Direct Phone Link 2, a lightweight Bluetooth™ accessory that clips to your shirt. When your phone rings, simply press a button on Phone Link to answer—your phone can stay put away. Then, speak hands-free! Clear conversation is heard in both ears, without a headset. And, because you hear the phone ring in your ears, you won't miss calls.

Call us today to schedule your complimentary hearing evaluation.

Try our revolutionary Beltone Legend Hearing Aid and ask us about all the other benefits of owning our most innovation hearing device yet!

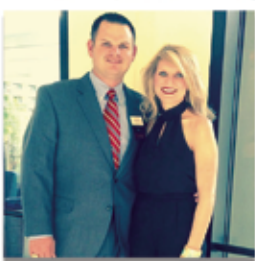


FREE
Hearing Aid

Some insurance companies have recently changed their benefits. You may qualify for a FREE hearing aid. We accept most insurances, including: Optima, Anthem, BCBS/FEP (Federal Program), Cigna, Aetna, and Humana.

75-Year Anniversary Savings
\$800 Off
The Purchase of a Set of Beltone First or Legend Series Hearing Aids
Cannot be combined with other offers. Does not apply to previous purchases. Expires 3/31/2016

Beltone™ Hearing Centers of The Permian Basin



Garrett & Kristi Morgan

MIDLAND CLINIC

4519 N Garfield, Suite 8
Midland, TX 79705
(432) 897-4505

ODESSA CLINIC

4011 JBS Parkway
Odessa, TX 79762
(432) 653-1800

BIG SPRING CLINIC

106 W Marcy Drive
Big Spring, TX 79720
(432) 271-3990

Bufs eliminated, lose 52-40 to Smyer

By DREW WILLIAMS
Sports Editor

POST — The Forsan Buffaloes couldn't overcome the size of the Smyer Bobcats, losing their playoff game 52-40.

Forsan came out ready to play against a Smyer team that were the heavy favorites going in. They played well in the first half, but trailed 24-16 at the break.

The Buffaloes dominated the start of the third quarter, and 3-pointers by guards Garrett Evans and Kobe Richardson helped Forsan tie the game at 26 after a 10-2 run. But Smyer answered with a 10-0 run of their own to end the quarter, and took a 36-26 lead into the fourth.

The two teams played evenly in the fourth, the difference being the majority of Smyer's fourth quarter points coming

on second-chance opportunities that led to easy put-backs and free throws. The Bobcats' 6'5" center Jarrod Fowler and 6'4" forward Kole Vedder dominated the paint in the fourth, scoring 10 combined points and pulling in rebound after rebound with their height advantage. Fowler finished with a game-high 18 points.

The Buffaloes were led by Walker Park, who scored 12 points in the loss. Richardson and Bryce Hergert added five points each.

Forsan head coach Gary Huckabee was happy with the way his team competed, both in the game and throughout the season.

"I was really proud of the year my guys put together," he said. "They played as a team with great heart and tenacity."



Smyer forward Kole Vedder blocks a layup by Forsan's Kobe Richardson in the Buffaloes' 52-40 loss to the Bobcats Friday.

Herald photo/Drew Williams

Darvish almost back to full strength for 1st time since surgery



Texas Rangers' pitcher Yu Darvish throws during spring training baseball practice, Tuesday, Feb. 23, 2016, in Surprise, Ariz. (AP Photo/Charlie Riedel) The Associated Press

By STEPHEN HAWKINS

AP Sports Writer

SURPRISE, Ariz. (AP) — Texas Rangers ace Yu Darvish is close to getting back on a full-size mound for the first time in nearly a year after elbow surgery.

That could come in his next bullpen session after throwing off a half-mound Friday for the third time in five days.

"Another really good day," new pitching coach Doug Brocail said after Darvish's 25-pitch session.

While walking through the clubhouse after that, Darvish said he felt good.

If Darvish recovers with no issues, his next bullpen will be 15 pitches off a regulation mound. That could be Sunday or Monday, depending on how he feels.

Darvish hasn't thrown off a full mound since working one inning in a Cactus League game last March 5. He left that game with tightness in his right elbow, and 12 days later had Tommy John surgery that forced him to miss all of last season.

His last major league game was Aug. 9, 2014. He missed the end of that season because of right elbow inflamma-

tion, but was full strength when he got to Arizona last spring before experiencing tightness.

The Rangers have said they don't expect Darvish back in their rotation before mid-May or early June.

"The one thing for me is I want to make sure that he understands that this is about him getting stronger, not worrying about trying to get a ball to the location," Brocail said. "This is about him getting stronger and letting the ball go freely instead of having to worry if the ball's down and trying to place the ball."

Darvish was an All-Star in his first three seasons with the Rangers before missing all of last year. The 29-year-old Darvish was 39-25 with a 3.27 ERA and 680 strikeouts in 83 starts for Texas from 2012-14, after the previous seven seasons in Japan.

Even before reporting to spring training, Darvish was throwing six days a week. He was doing long toss and sessions of 20-25 pitches off flat ground.

"This isn't about him searching for a feel," Brocail said. "If you watch the delivery, the delivery is perfect, it's crisp, it's repeated time after time after time."

Bosa leads pass-rush pack as teams seek the next Miller

INDIANAPOLIS (AP) — The most coveted players in the NFL draft are, of course, the franchise-quarterbacks.

The most important prospects might be the pass rushers. Just ask the Super Bowl champion Denver Broncos how they snugged that shiny trophy.

"That's pretty much the whole example I have to give. Defense won that game, 100 percent. Von Miller, he really showed what a pass rush can do for a team," said Joey Bosa, the Ohio State defensive end who's first in line to be the next Miller.

Widely pegged for the first pick, held this year by the Tennessee Titans, Bosa's 6-foot-5, 269-pound frame ought to fit well in the lineup for some team at the top of the draft seeking an instant impact for the defense. He was an end in a 4-3 scheme in college, but he said Friday at the league's scouting combine that he has incorporated pass-coverage drops into his offseason training to prepare for possibly playing outside linebacker in a 3-4 system.

"I never could have dreamed to be in this situation, being considered the No. 1 pick," Bosa said. "It's kind of mind blowing."

Taking an outside pass rusher with the top slot in the draft would hardly be startling. Miller, voted the Super Bowl MVP less than three weeks ago, was the No. 2 pick in 2011 by the Broncos. Defensive end Jadeveon Clowney was the first selection by the Houston Texans in 2014. These days, the role is even more in demand.



Jay LaPrete/Associated Press bosa

"Von Millers aren't just falling out of the sky, all over the place," said Indianapolis Colts coach Chuck Pagano, whose team could use one.

Once elite quarterbacks are established, they rarely go anywhere until retirement. Plus, only

one can play at a time. With pass rushers, teams can't have enough. Miller wouldn't have been nearly as dominant had the Broncos not had DeMarcus

See BOSA, Page 4B

Supporting
Local & Area
Sports!

1900 E. FM 700

(432) 263-7441

HBC
Higginbotham
Brothers
BEHIND EVERY PROJECT IS A
True Value

\$500 OFF
YOUR PURCHASE OF
\$20 OR MORE
WITH COUPON

SKU: #500FFINFEB Offer Expires 2/29/16

Mavericks rally to beat Nuggets 122-116 in overtime

DALLAS (AP) — Raymond Felton hit a big shot near the end of regulation and then took over in overtime to help the Dallas Mavericks get their biggest comeback win of the season.

Felton tied the score with 10.8 seconds left in the fourth quarter and then had eight of his 16 points in the extra period as the Mavericks rallied from 23 points down to beat the Denver Nuggets 122-116 on Friday night.

"I just had the will not to lose," Felton said. "It was an embarrassment the way we were playing."

Chandler Parsons led the Mavericks with 27 points, including 15 in the third quarter when Dallas took a 67-66 lead with 5:15 to play — coming all the way back from a 55-32 deficit late in the second quarter.

Dirk Nowitzki had 20 points and 13 rebounds for the Mavericks. David Lee, playing his second game for Dallas, had 14 points and 14 rebounds in 26 minutes.

"We got hot at the right time, and guys started hitting shots," Lee said.

Will Barton led the Nuggets with 22 points. Kenneth Faried had 20 points and 12 rebounds, and D.J. Augustin also scored 20 points.

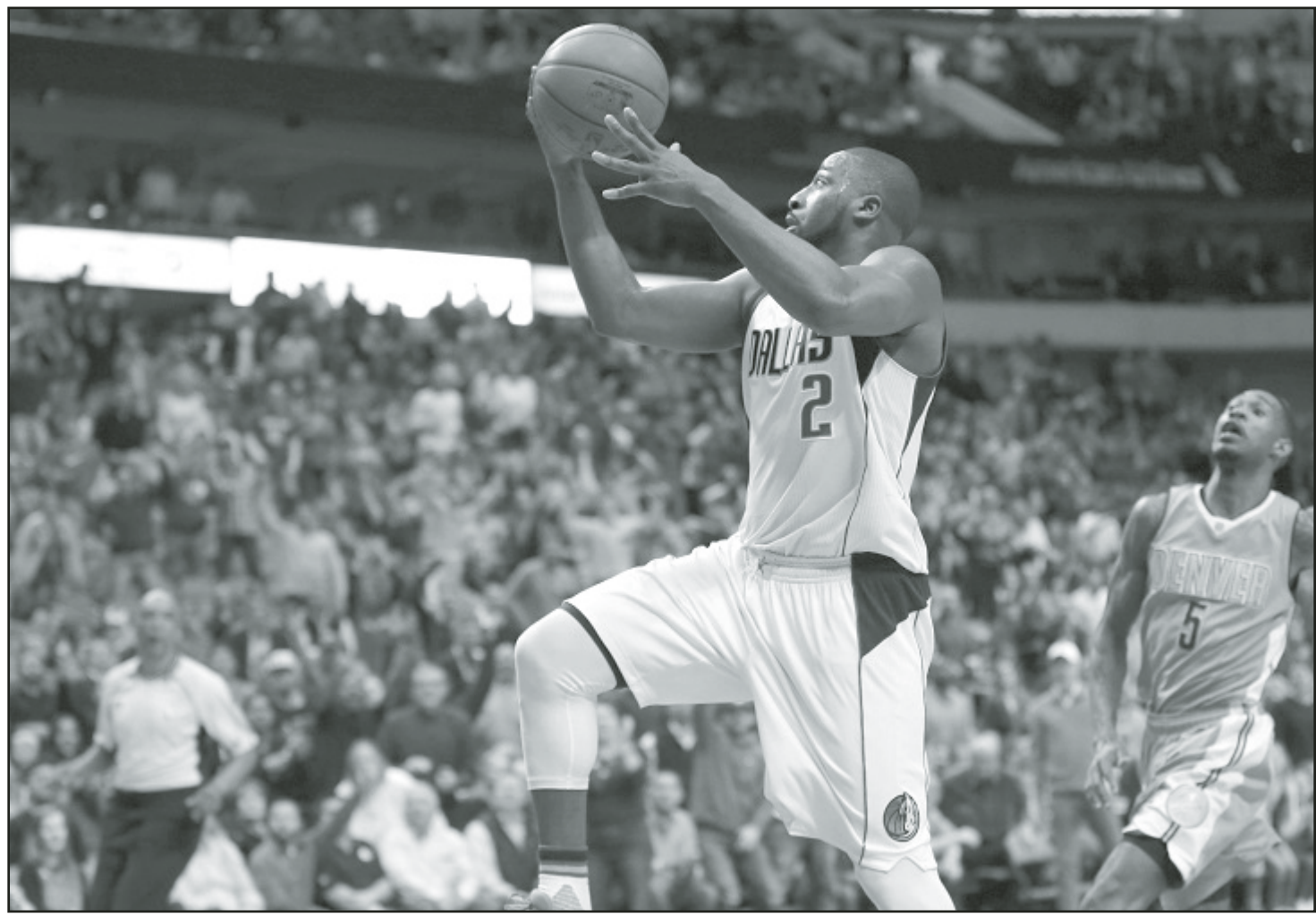
Felton's layup tied the score at 108-all, capping Dallas' 8-0 run over the last 1:50 of the fourth quarter. On Denver's final possession of regulation, Barton's jumper at the buzzer bounced off the front rim.

"Second half, give them all the credit 'cause they came back and had us on our heels," Nuggets coach Michael Malone said.

Parsons primarily played power forward during the second half instead of small forward as Dallas went to a smaller lineup with Nowitzki at center instead of Zaza Pachulia. Pachulia, Dallas' leading rebounder averaging 10.8 per game, played only eight first-half minutes, getting one rebound and not taking a shot.

Mavericks coach Rick Carlisle said he doesn't like making the 37-year-old Nowitzki guard a "big monster" like Faried but will consider using such a lineup more in the future.

Dallas improved to 7-3 in overtime this season while Denver dropped to 1-2.



AP photo

Mavericks guard Raymond Felton lays in a basket in a 122-116 overtime win Friday.

MISSING VIP

Danilo Gallinari left with a right-ankle injury with 1:03 remaining in the third quarter after getting 12 points and seven rebounds in 28 minutes. That denied the Nuggets their leading scorer (19.7 points) and the NBA's fourth-ranked player in free-throw attempts (8.2) down the stretch.

Malone lamented the absence of his "go-to player" but said, "Even without Gallo, we're up by nine with two minutes to go. . . We still had plenty of opportunities to win that game in regulation."

PUSH 'EM BACK

Mavericks owner Mark Cuban said he would like to add six inches to the 3-point line, which is currently 23 feet, 9 inches at its farthest point, to improve game flow.

"It would reward skill and open up the court

some more," Cuban said. "It's not that it's such a bad thing that we shoot so many 3s. Part of the consideration is not just how our game works but how kids learn to play. It's turned into nobody has a mid-range game coming out anymore."

TIP-INS

Nuggets: Jameer Nelson (wrist) missed his 10th straight game though he has been active for the last three. . . Augustin, playing his fifth game for Denver after being acquired from Oklahoma City, recorded his season high for points.

Mavericks: The comeback was Dallas' largest since rallying from 24 down against Sacramento to win 106-98 on Nov. 11, 2014. The Mavericks were 0 for 10 behind the arc in the first half and 11 for 15 afterward.

Guthrie getting chance on other side of Surprise with Texas

SURPRISE, Ariz. (AP) — Jeremy Guthrie still pulls into the Surprise Recreation Campus each morning for spring training. Except he is now with the Texas Rangers instead of the World Series champion Royals.

"It's definitely strange, obviously, to come into the complex and turn the different direction, and different side of Surprise Stadium," said Guthrie, who the previous three springs went left into the Royals parking lot instead of to the right.

While the setting is somewhat familiar, the future is uncertain for the 36-year-old right-hander who in 2014 started Game 7 of the World Series for Kansas City but was left off its postseason roster last year.

Guthrie signed a minor league deal just last weekend with the Rangers that included an invitation to spring training with the team that last season used 12 different starters. He had other similar offers, including one to return to the Royals.

"It was extremely difficult. I toiled with the decision for

a few days, the offers kind of came in late from everyone," Guthrie said. "I spent all offseason wondering what might happen. . . I really went with what felt right for the moment."

Rangers general manager Jon Daniels said it was made clear to Guthrie that he would have a shot at competing for a starting spot. There is also the possibility to pitch in long relief if he doesn't make the rotation.

For Guthrie, the situation is similar in a way to 2007, when he went to spring training with Baltimore after being released by Cleveland with only 16 major league appearances the previous three seasons.

"I got claimed off waivers by Baltimore with no real career in the works

for the Indians. I had three or four call-ups, all in relief," he said. "With no options, I had to make that team." Guthrie admitted to being more relaxed then, but described

himself as still confident and relishing the opportunity he has now.

"The game's been very good to good, and I feel like I was given a great opportunity at

the start of my career," he said. "But I've had to earn the things that have been a part of my career, so I'm happy to continue to take that approach."



CHARLIE RIEDEL/The Associated Press



Weed & Feed

Available at

Howard County Feed & Supply

701 E. 2nd 267-6411



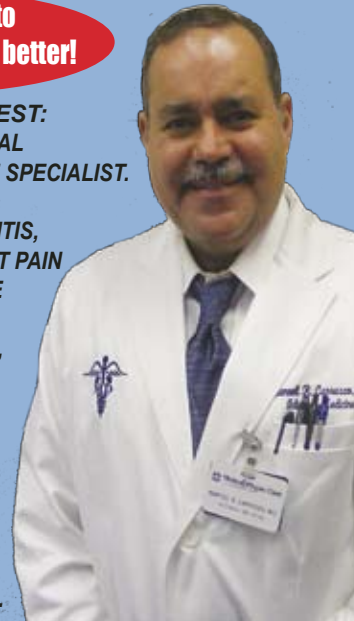
MANUEL R. CARRASCO, MD
CERTIFIED BY THE AMERICAN BOARD OF INTERNAL MEDICINE

We have moved to Suite 304 to serve you better!

AREAS OF INTEREST:
GENERAL INTERNAL MEDICINE- ADULT MEDICINE SPECIALIST.
ASTHMA, CHRONIC BRONCHITIS, HYPERTENSION, JOINT PAIN, TESTOSTERONE MANAGEMENT, LOW SEX DRIVE, WEIGHT LOSS.

Practice is recognized as delivering excellent care in Diabetes per Blue Cross and Blue Shield.

Flu vaccines available.



Bilingual
Serving Big Spring Since 1993
1501 W. 11th Place • Suite 304
432-714-4500

263633

BIG SPRING FORD

Quality Pre-Owned Vehicles

 <p>2014 FORD EDGE LIMITED STK# EBA38972P. \$24,591</p>	 <p>2015 FORD EXPLORER LIMITED STK# AG389963T. \$31,591</p>	 <p>2012 CADILLAC ESCALADE ESV STK# CR258146T. \$39,991</p>	 <p>2015 MERCEDES-BENZ C300 STK# FU00764T. \$34,991</p>	 <p>2013 FORD F-150 XLT 4X4 STK# DKF8462T. \$21,991</p>
 <p>1999 LINCOLN TOWN CAR CARTIER STK# XY683395T. \$4,991</p>	 <p>2011 NISSAN FRONTIER STK# BC416815T. \$13,991</p>	 <p>2013 TOYOTA 4 RUNNER LIMITED STK# D5119995T. \$35,991</p>	 <p>2007 DODGE RAM 3500 STK# 7G794581T. \$24,593</p>	 <p>2012 DODGE DURANGO CREW STK# 5770A. \$20,594</p>
 <p>2014 JEEP WRANGLER SPORT STK# ELIM1769. \$26,992</p>	 <p>2012 CHEVY 1500 LT 4X4 STK# CZ346394T. \$25,992</p>	 <p>2011 HYUNDAI GENESIS COUPE STK# 430P. \$15,994</p>	 <p>2014 HONDA CIVIC LX STK# 423P. \$11,994</p>	 <p>2011 FORD F-150 PLATINUM STK# 420P. \$28,594</p>

Lightly recruited players now turning heads at NFL combine

By **MICHAEL MAROT**

AP Sports Writer

INDIANAPOLIS (AP) — Jack Conklin walked to the podium in Indianapolis, glanced down at the surrounding crowd and shook his head in disbelief.

Four years ago, Conklin had only one scholarship offer and was ready to attend prep school. Now the left tackle from Michigan State, who started his college career as an invited walk-on, is one of the most coveted offensive linemen in the nation.

“It’s crazy just to see how far I’ve come,” Conklin said at the NFL scouting combine. “It’s hard to think about to go from being four years ago to have no idea if I was going to be on a Division I team going into the fall. It’s hard to take in how far I’ve come as a person and a player.”

The odds were certainly stacked against Conklin making it this far.

He played for his father, Darren, at a small Michigan high school, where the staff was not well-schooled in the art of selling recruits to college coaches.

The book on Conklin was he was too light and not strong enough to be a college lineman, and his resume supported the notion. He played mostly defensive end and tight end in high school and could lift only 225 pounds on the bench press about 10 times in succession.

His skill set appeared to be translated better to basketball, where he averaged 17.1 points and 10.4 rebounds as a senior, and if he had taken up Wayne State on its scholarship offer, Conklin might have fallen through the cracks in Division II football.

Instead, Conklin bet on himself — just like a surprisingly high number of other big-name players in this year’s draft class.

“It was always a dream,” North

Dakota State quarterback Carson Wentz said. “I didn’t think that today, this is where I was going to be. I didn’t think like that. It was a goal.”

Wentz was lightly recruited after moving from receiver to quarterback as a high school senior. His only FBS offer came from Central Michigan, so he wound up staying in his home state and playing for a school that has won five straight FCS national championships.

Wentz could be the first quarterback taken in April, but he won’t be the only one with this kind of story.

The only scholarship offers fielded by Connor Cook, Conklin’s college teammate, came from Michigan State, Miami (Ohio) and Akron. He wound starting three years and played on two Big Ten championship teams.

Paxton Lynch initially drew interest from schools such as Bethune-Cookman, Florida Tech and Florida A&M until he was chosen MVP of the 2011 Central Florida All-Star game. Then Indiana and Florida jumped on board, but his home state Gators only wanted him as a walk-on. So when Lynch got a late scholarship offer from Memphis, he took it.

Both could be first-round picks in April.

It’s not just a quarterback thing.

Some thought Derrick Henry would move to defense in college. Alabama coach Nick Saban kept him at running back and after two seasons as T.J. Yeldon’s backup, Henry became the school’s second Heisman Trophy winner and led the Crimson Tide to the national championship.

Receiver Josh Doctson wanted to play college football in his native Texas, but spent his freshman season at Wyoming. He transferred to TCU, going from walk-on to All-American and now to one of the top receivers in



Jack Conklin (Photo: Carlos Osorio, Associated Press)

this year’s draft.

To Doctson, the chance of a combine invite seemed so remote he didn’t even consider it until he played his final college game.

“I’m not supposed to be standing here in this stadium ... not really being recruited out of high school,” Doctson said Friday. “I’m fortunate to be standing here in these shoes.”

Sure, there are stories like this at every combine. This year, they are more commonplace, more compelling and more eye-popping to those evaluating the prospects, who put a premium on the steady progression in college.

“It’s a positive evaluation,” Hall

of Fame executive Bill Polian said.

“What it tells you is that the guy has tremendous drive, and in some cases, you see that on tape. What’s the difference between Jack Conklin and (former Colts center) Jeff Saturday? Jack’s going to get drafted a little higher because he’s a little taller.”

Four years ago, such a comparison seemed improbable. Today, Conklin just smiles, nods his head and appreciates how much has changed.

“Four years ago, I was thinking, I had no idea where I was going to be,” he said. “To be here now four years later, training for the combine and possibly being a first-round pick, it’s crazy.”

New technology helps NFL conduct more in-depth heart checks

INDIANAPOLIS (AP) — One month after Indiana University Health’s new sports cardiology performance lab opened, two new machines are getting their first real workout during the NFL’s scouting combine in Indianapolis.

Doctors can simulate game-time conditions in elite athletes, giving them a better idea how hearts react to stress. The machines allow physicians to put larger athletes who tend to be in better shape than most of the general public on a wider, tougher treadmill and on a specialized bike.

The new machines allow doctors to measure much more than traditional electrocardiograms. The tests can monitor levels of expired oxygen, breaths per minute, and how big the breaths are per minute.

“Football players work in intervals, so we’ll do sprints at 12 to 15 mph for about 10 seconds and then we let them stop for about 30 seconds and do it again,” said Dr. Michael Emery, the medical director for the Center for Cardiovascular Care in Athletics.

All combine invitees go through an initial heart evaluation, and if there are any concerns, they are sent to Methodist Hospital for additional exams.

Four players over the first two days of the combine went to the lab, though they were not identified because of federal privacy laws. None was found to have any significant heart problems.

Emery said there have been only seven people who have used the lab since it opened, but he has bigger plans for the facility, one of fewer than 10 in the nation to work with elite athletes.

204 NORTH HWY 385
SEMINOLE, TX 79360
(432) 758-1110

3011 NORTH HWY 87
BIG SPRING, TX 79720
(432) 263-8344

3993 TRACTOR TRAIL
SAN ANGELO, TX 76905
(325) 653-4541

\$135/MO

OR

\$179/MO

With Loader



*0% For
84 Months*



**SOUTH PLAINS
IMPLEMENT**

Offer valid on purchases made until 3/31/2016. Prices and model availability may vary by dealer. Subject to approved installment credit with John Deere Financial. Monthly payments of \$135.00 and \$179.00 are based on 20% down plus 0.0% for 84 months for a 3032E Compact Utility Tractor. Taxes, Setup, delivery, freight, and preparation charges not included. Eligibility for the down payment offer is limited to highly qualified customers and scheduled monthly payments will be required. Attachments and implements sold separately. Some restrictions apply; other special rates and terms may be available, so see your dealer for details and other financing options. Valid at participating John Deere South Plains Implement locations.

INTRODUCING THE **BEST-IN-CLASS**
6-YEAR POWERTRAIN WARRANTY
ON COMPACT UTILITY TRACTORS

BOSA

Continued from Page 1B

Ware pressuring the pocket from the other side.

"Only so many people are walking the earth with the skill set to be big enough, athletic enough and have the traits to be able to rush the passer," Arizona Cardinals general manager Steve Keim said. "That's generally why they are either drafted high or get overpaid in free agency."

The players realize this, too.

"Watching the Super Bowl, it was evident that the pass rushers took over that game," Northwestern DE Dean Lowry said. "Even with Cam Newton and Peyton Manning, the guys on the defensive lines decided to take over. Von Miller and DeMarcus Ware won that game. That just shows how important pass rushers are and how important defensive line pressure on the quarterback is. That focus is not just in the Super Bowl. It's all the way back into the college game."

In a deep draft for defensive linemen, tackles included, Bosa is the consensus leader of the pass-rushing pack on a list highlighted by UCLA outside linebacker Myles Jack, Oregon end DeForest Buckner, Clemson end Shaq Lawson, Ohio State outside linebacker Darron Lee,

Notre Dame outside linebacker Jaylon Smith, and Eastern Kentucky end Noah Spence. Spence started at Ohio State before being kicked off the team due to a drug problem.

Bosa, whose father and uncle were each drafted in the first round by the Miami Dolphins in the late 1980s, came from the football factory St. Thomas Aquinas in Fort Lauderdale, Florida, which had the most alumni of any high school on NFL rosters last season. His younger brother, Nick, signed with Ohio State for 2016.

Bosa's sack total dropped from 13 1-2 as a sophomore to just five as a junior last year, but he pointed to the excess of double-teams he faced.

"If I was double-teamed and not getting there, I knew somebody else was going to," Bosa said.

He was suspended for the season opener, too, for an unspecified violation of athletic department policy.

"I really took that opportunity and didn't let it affect me negatively and let it help me grow as a person, as a leader, and as a player," Bosa said. "But I'll discuss that with the teams. I'm sure it'll be a little uncomfortable, but I've got to do what I've got to do."

After spring becomes summer and summer turns to fall, Bosa will be back on the edge of the formation, making tackles — and quarterbacks uncomfortable.

Rangers agree to deal with Stubbs

SURPRISE, Ariz. (AP) — Drew Stubbs agreed to a minor league deal with the Texas Rangers, and the outfielder was expected to be in their major league camp Saturday.

The completion of the deal was pending Stubbs passing a physical after getting to camp.

Stubbs spent the end of last season with Texas. He had signed a minor league deal in August after being released by Colorado.

The Rangers used Stubbs primarily as a defensive replacement and pinch-runner. He had only 21 at-bats in 27 regular-season games, then appeared in four of the five Division Series games for the AL West champions.

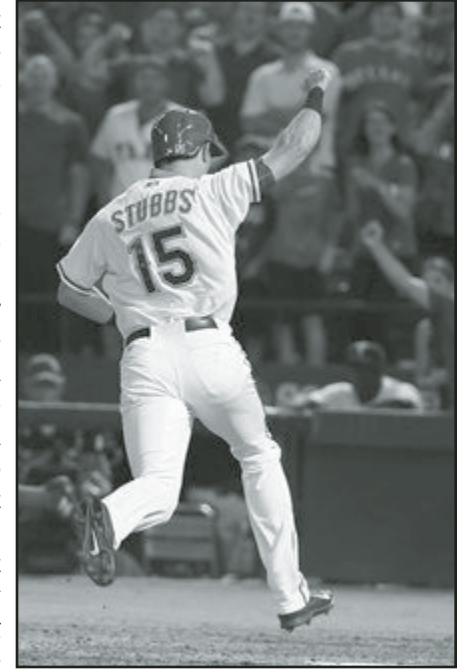
Stubbs gives the Rangers some depth in the outfield with slugger Josh Hamilton set to start the season on the disabled list with left knee issues.

While Hamilton is their left fielder, Stubbs can play all three outfield positions, as can off-season addition Justin Ruggiano.

The 31-year-old Stubbs has played 816 major league games with Cincinnati (2009-12), Cleveland (2013), Colorado (2014-15) and Texas.

Ruggiano signed a one-year deal in December, with the free agent's addition coming when the team was looking for a right-handed bat and some protection with Hamilton coming off two operations on his left knee last year.

Hamilton had a cortisone shot in January but was bothered by swelling in the knee after getting to Arizona earlier this month. He received a stem cell and platelet rich plasma injection Monday and is expected to be out of the lineup until at least early May.



Texas Rangers' Drew Stubbs celebrates as he prepares to touch home plate. (AP Photo/Tony Gutierrez)

2016 TAX GUIDE



GIANT TAX \$ALE

2007 Toyota Tundra Limited

"Like New."



\$19,950

2006 Chevrolet Aveo
60K. Automatic.

2008 F150 4X4 Lariat
"4 To Choose From."



\$5,950

We Finance!

Over 200 Vehicles To Choose From!

(432) 267-8787 87 AUTO SALES (432) 263-8787

Turn Your Tax Refund Into HOME SWEET HOME!



- Monticello Addition
- 3 & 4 Bedroom Plans
- Starting At \$135,000
- Builder Pays \$5,000 in Closing Costs with Approved Lender
- Model Open Daily

Contact:

Mary Emerson

432-553-3148

www.monticelloaddition.com

267362

H&R BLOCK®

1512 S. Gregg
Big Spring, Texas 79720
Tel: (432) 263-1931
Fax: (432) 263-1402
www.hrblock.com



TAXES DONE?
Check it off your list!

SECURITY FINANCE
Celebrating 60 Years!

501 E 3rd St
Big Spring TX 79720
(432) 267-4591
www.security-finance.com
Hablamos Español

We Do Taxes

- Professional tax return preparation*
- Multiple ways to get your refund FAST (check, direct deposit or Visa® debit card)
- Open year round
- Ask us about zero up-front prep fee options**
- Flexible filing options – E-Filing for FREE

We accept MasterCard® and Visa® debit cards for prep fees.

*All preparers are trained through an approved IRS continuing education provider and have completed the AFSP – Record of Completion.
** Bank and/or other third party fees may apply.

Want \$10 OFF your tax prep fee?
Just bring in this ad to receive your discount.

Cannot be combined with other offers. Discounting cannot be applied to prior year returns, amendments, state only returns, bank product fees or any return filed after March 14, 2016. (Coupon Code HHH10)

Tax Time Never Felt So Good

Turn this... ...into this... **Fast Cash**

Tax Associates
406 Runnels, Big Spring, Tx 79720
(432) 264-7515 | (432) 264-6134
Se Habla Español

irs e file

Mon.-Fri. 8-9pm
Sat. 9-6pm Sun. 12-5

Stop by and see Sam Castro

BBB ACCREDITED BUSINESS

Start packing for camp ... it's going to be a busy summer

One of the most memorable things a child can do growing up is going to summer camp. Summer camps are fun, they bring new adventures, they give kids a chance to be independent of their parents and make their own decisions under supervision of adults.

Texas offers a special set of camps that offer wildlife and natural resource education and leadership development program through Texas Brigades.

Texas Brigades is a non-profit, 501(c)(3) organization and the camps are put together by dedicated groups of volunteers from various government agencies, non-profit organizations, businesses and individuals interested in teaching youth about the great outdoors.

These camps, which last five days, are designed to teach life skills and increase knowledge of wildlife and habitat management in a very hands-on way.

The camps are open to anyone ages 13-17 who is interested in learning about beef cattle, wildlife, conserva-

tion and develop leadership, team-building and communication skills.

There will be classes on cows, quail, deer, bass and waterfowl. The campers will learn about anatomy, botany, habitat management, population dynamics, conservation and biology.

There will be additional classes on photography, entomology, art, firearm safety, leadership, communication and team building.

Many of the classes will be taught by some of Texas' leading wildlife and natural resource experts.

At this time, there are camps in Coleman, Uvalde, McCoy, Santa Anna, Tennessee Colony and Galveston.

The camp is not only a chance for youth to learn about these special activities, but a chance for adult leaders who want to help youth develop into strong leaders. No experience or special knowledge require.

The Texas Brigades is funded by donations and grants from businesses, foundations, organizations and caring individuals.

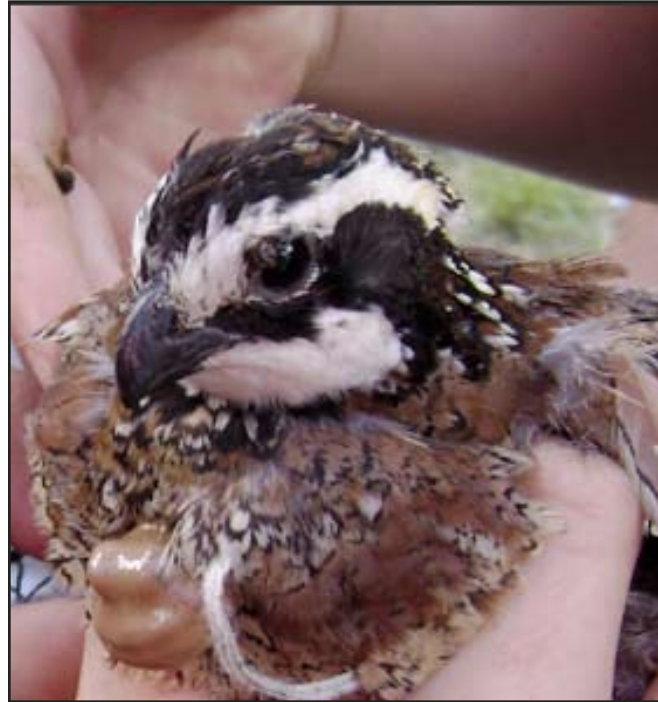
See **CAMP** page 3C



Courtesy photos
Campers at the various camps experience climbing, tracking, fly fishing, archery, interaction with wildlife and firearm safety.



Story and layout by:
Julie Bass



United Country
Real Estate

1005 E. FM 700
(432) 714-4555

Heart of the City Realtors

267530

NEW LISTINGS!



5 INDIAN RIDGE



2601 REBECCA

Cruise ship food: 10,680 hot dogs just tip of the iceberg

FORT LAUDERDALE, Fla. (AP) – It's still dark out at this industrial port. Most passengers aboard the Oasis of the Seas are sound asleep in their staterooms.

But below deck the crew of one of the world's largest cruise ship is preparing to turn the vessel around. They have just ended a week-long voyage taking 6,222 people throughout the Caribbean. In just hours, another 6,114 will start their vacations.

Suitcases need to be unloaded and loaded. Piles of trash and recycling are removed and an entire week's worth of food for the passengers and 2,193 crew members – needs to be loaded onboard.

The clock is ticking. There are just 10 hours to essentially empty and restock a small town. If that weren't enough, housekeeping needs to turn over 2,700 staterooms for the new guests.

"I'm amazed every single time you do it," says Raimund Gschaider, associate vice president for hotel operations at Royal Caribbean International. "It's an orchestration of all different operations. Everything needs to be fine-tuned down to the last minute."

By 6:30 a.m., the first of 25 trucks are lined up on the dock, ready to unload their goods.

The Oasis and its sister ships – the Allure of the Seas and the soon-to-sail Harmony of the Seas – are the three largest passenger ships in the world. While many passengers remember the zipline, the onboard surfing machine or the 25 different dining establishments, it's really what happens below deck that amazes.

When the Oasis leaves for a week-long voyage to the Caribbean, it takes everything needed. The islands visited don't have the quantity – or the quality – of supplies to meet the needs of the ship, Gschaider says.

"In a hotel, you get your supplies on a daily basis. You're never tied into a limited time-frame," he adds. "For us, we only have one go at it."

That means when the ship pulls away from the dock in Florida, it must have 10,272 new rolls of toilet paper, 7,397 pounds of cheese and 330 cases of pineapples onboard. Not to mention 1,000 new lightbulbs, 30 replacement TVs, 1,899 pounds of coffee and 23 gallons of hand sanitizer. Every week.

Orders are based on past trends and slightly adjusted each week to account for the age and nationalities of those sailing. If there is a big sporting event – say the college basketball championship tournament – more beer and hot dogs might be purchased.

Here's a look at some of the items on one sailing:

- Lobster tails: 5,400
- Ice cream cones: 21,000
- Tomatoes: 8,800 pounds
- Lettuce: 9,000 pounds
- Potatoes: 14,800 pounds
- Apples: 2,600 pounds
- Bananas: 5,400 pounds
- Eggs: 46,800
- Milk: 2,622 gallons
- Chicken: 19,723 pounds
- Beef: 18,314 pounds
- Fish: 7,070 pounds
- Hot dogs: 10,680
- Beer: 31,900 bottles and 900 cans
- Soda: 16,900 cans
- Vodka: 820 bottles
- Whiskey: 179 bottles
- Scotch: 293 bottles
- Rum: 765 bottles
- White wine: 3,360 bottles
- Red wine: 2,776 bottles

Follow Scott Mayerowitz at twitter.com/GlobeTrotScott. His work can be found at <http://bigstory.ap.org/content/scott-mayerowitz>

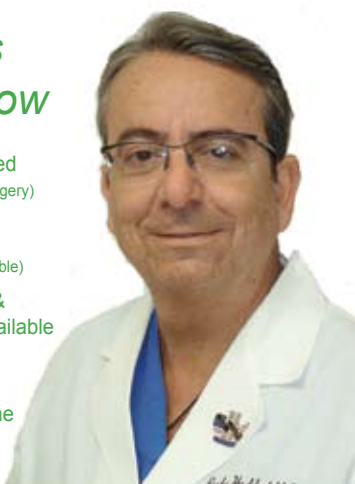
Dr. Rudy Haddad

Board Certified in Urology
Fellow American College of Surgeons

Adults and Pediatrics Urology

Flu Shots
Available Now

- Office Treatment of Enlarged Prostate Profile (instead of Surgery)
- Urinary Bladder Control Problem with Medication (Simple Outpatient Procedure Available)
- Kidney Stones with Laser & Shockwave Technology Available Locally 24/7
- Sexual Dysfunction
- Low Testosterone Syndrome
- Vasectomies



(432) 714-4600
1501 W. 11th Place Suite 103
Big Spring, Tx 79720

Engagements Blum's Jewelry

sponsored by

In The Big Spring Mall. • 267-6335

Redfearn & Brown

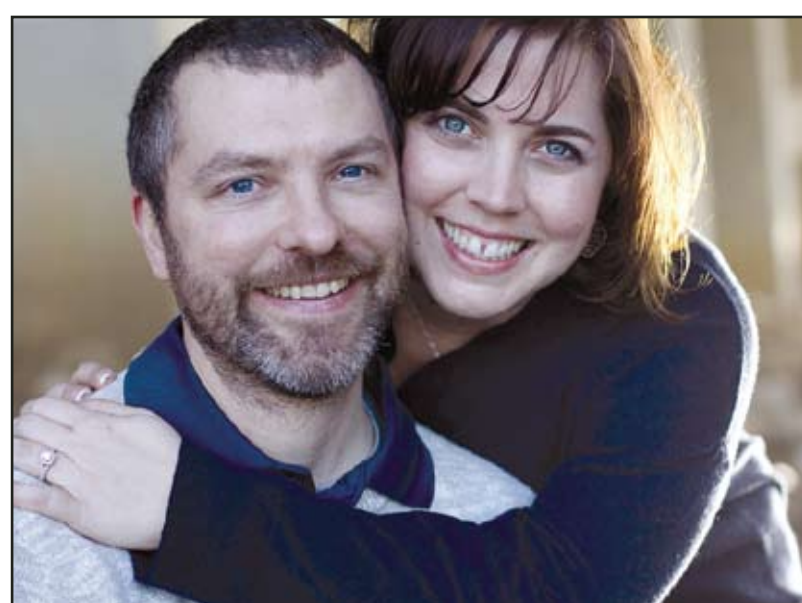
to exchange vows

April 22, 2016

John and Jane Redfearn of Decatur, Texas and Ben Brown of Fort Worth and Shirleen Brown of Big Spring are proud to announce the engagement of their children, Jacey Lynn Redfearn and David Scott Brown.

Jacey, who resides in Irving, Texas, is the granddaughter of the late Noble and late Syble Redfearn and the late John Archie and the late Rosalyn Hill. She is a 2002 graduate of Howard Payne University with a bachelor's degree in communication. She currently works for TTUHSC School of Pharmacy as assistant director of experimental Programs.

David, of Conroe, Texas is the grandson of the late Roy Lee and the late Bertha Brown and the late Leon Lowry and the late Colleen Lowry. He graduated from Howard Payne University with a



bachelor's degree in communications in 2000 and graduated from Baylor University with a masters degree in education in 2002. He is employed by Woodforest National Bank as assistant vice president-anti-money laundering manager.

The couple will exchange vows on Friday, April 22, 2016, at the Orchard in Azle, Texas.

Snowboard pioneer pledges funds for cabin burned by his sons

MONTPELIER, Vt. (AP) – The founder of Burton Snowboards has pledged to donate more than \$100,000 to rebuild a historic stone cabin on Vermont's highest mountain after his sons caused an accidental fire that gutted the building.

The 1936 stone hut on Mount Mansfield in Stowe is owned by the state, rented out in winter by lottery and accessible by a chairlift at Stowe Mountain Resort.

State police say Jake Burton Carpenter had asked his two sons to get the cabin prepared for a family friend on Dec. 23 by stoking a fire in the wood stove and bringing in wood to dry. Police say the pair, thinking the guest was to arrive in an hour, placed wood against the stove to dry and left the stove door open with a log against it.

But the family friend didn't show up, and a lift mechanic called in the fire early the next morning.

"It's just sad, I guess. It's a piece of history," said Detective Sgt. Todd Ambroz of the Vermont

State Police fire investigation unit, who said the fire was accidental.

George Carpenter, 26, and his 19-year-old brother, Tim, had realized at about 8 p.m. on Dec. 23 that the family friend would not be going to the stone hut. The next morning, they saw fire crews at the resort.

The brothers contacted state police that day and were told to contact the fire commissioner on Dec. 28, the Monday following Christmas, their parents said. George Carpenter called an arson tip line on Dec. 26, Ambroz said.

Their parents, who co-own the pioneering snowboard company Jake Burton started in the late 1970s, have pledged \$100,000 to rebuild the stone hut and say they will match any funds the state raises. If more is needed, they say they will give more. The state does not yet know the cost to rebuild.

"The Stone Hut has been a refuge and a sanctuary for our family, just like it has for so many other people. This accident was

devastating for everyone, including our sons," said Jake and Donna Burton Carpenter by email from Austria. "The cause of the fire was their leaving firewood (which they had brought in for guests) too close to the stove. The accident was purely the result of an intended act of consideration."

The hut was built by the Civilian Conservation Corps as a warming hut for crews that built trails on the mountain. It was a popular spot to rent between the end of November and mid-April and slept up to 12 with wood platforms and mattresses. It cost \$225 per night to rent, and the only source of heat was the wood stove. In the summer, it was used by the Green Mountain Club Mount Mansfield caretakers.

"The stone hut is one of our parks' treasured places," Vermont Natural Resources Secretary Deb Markowitz said Wednesday. "We have a complete commitment to make sure it's rebuilt."

Are you ready for a **Flawless Tan?**

Spray Tans by **Karen**

Introductory Special

\$20 per session
Expires 2/29/16

Call Today To Book Your Appointment

UPTOWN SALON & DAY SPA (432) 267-1544

600 Runnels

Want Immediate Results?

i-lipo Ultra is the solution!

• FDA Approved
• Clinically Proven
• No Surgery Required
• Safe & Painless

Call Today To Schedule An Appointment!

Dr. Steve Ahmed
1700 E. FM 700
Big Spring, TX 79720
www.bodyfocusspa.com
(432) 264-1900

DAZZLING DECOR

Stop By Today To See Our Bridal Selections!

- Chelsea Cornett & Jeffery Burch
- Saige Campbell & Kevin Barker
- Katie Covell & Tyler Fulton
- Rachel Byrne & Clint Stanley

These couples have chosen from our extensive line of gifts including:

- Home Decor • Bedding • Towels
- Capel Area Rugs • Fiesta Ware
- Robert Welch Knives • Aromatique Candles
- J.R. Watkins Products
- Mariana Jewelry
- Michel Designworks Soaps & Lotions
- Cinda B. Travel Bags and Much More!

Monday - Saturday
10am - 6 pm
1304 Scurry 432-264-6000

Menus

Sands CISD

Monday
Breakfast: breakfast bread slice and yogurt; Lunch: beef and bean burrito, salsa, seasoned corn, fresh veggie cup and mandarin oranges.

Tuesday
Breakfast: sausage and biscuit; Lunch: nacho grande, refried beans, salsa, petite tomato cup and garden salad.

Wednesday
Breakfast: stuffed bagel or fruit and yogurt parfait; Lunch: corn dog, baked beans, broccoli bites, apple-pineapple d'lite.

Thursday
Breakfast: mini waffles and yogurt; Lunch: Salisbury steak with gravy, biscuit, roasted potato, garden salad and fruit.

Friday
Breakfast: grilled cheese toast; Lunch: pizza, baby carrots, crunchy broccoli salad, grapes and a cookie.

Big Spring ISD

Monday
Breakfast: Trix or Apple Jacks cereal,

cheddar cheese stick, apples, assorted fruit juice and milk; Lunch: spaghetti, green beans, pears, fresh fruit bowl and milk.

Big Spring Senior Center

Monday
Shepherd's pie, cauliflower with cheese sauce, spice cake with whipped topping, bread and milk.

Tuesday
Barbecue chicken, baked beans, potato salad, carrots and squash, fruit cup, rolls and milk.

Wednesday
Cheese ravioli with meat sauce, green beans, tossed salad, peach cobbler, bread and milk.

Thursday
Chicken parmesan, herb pasta, broccoli and carrots, tomato wedges, fruit, garlic bread and milk.

Friday
Pepper steak, fried rice, oriental vegetables, cinnamon apples, egg rolls and milk.

For reservations call 267-1628 24 hours in advance. Serving line is from Noon - 12:20 p.m.

UN: Women in Zika countries should breastfeed their babies

LONDON (AP) - The World Health Organization says women in countries hit by the Zika virus should breastfeed their babies and there is no proof the disease can spread to their infants that way.

Zika has been declared a global emergency because of its links to a spike in babies born with abnormally small heads in Brazil and an increase in cases of a rare syndrome that can cause paralysis. Brazil has more than 1 million infections and the virus, which is now found in 36 countries, is exploding across the Americas.

In guidance issued Thursday, WHO said while Zika has been detected in breast milk from two mothers, there are no reports of Zika being transmitted to babies via breastfeeding.

But the U.N. health agency acknowledged there were many unanswered questions, including how much Zika virus is contained in breast milk, whether mothers may pass on protective antibodies to their children from a previous Zika infection and how

long the virus might persist in breast milk.

WHO said there have been no cases of babies suffering severe neurological problems or brain damage after being infected with Zika after birth. The agency said its current breastfeeding recommendations remain valid despite Zika's alarming spread.

"The benefits of breastfeeding for the infant and mother outweigh any potential risk of Zika virus transmission through breast milk," WHO said.

Zika is mostly spread to people by mosquito bites, although there have been rare cases of sexual transmission. WHO has also warned that Zika "may present a risk to blood safety" and noted two probable cases of Zika spread by blood transfusions.

Until recently, WHO recommended that women with HIV - which is spread by bodily fluids - avoid breastfeeding, although they now say the risk can be managed if a woman takes antivirals.

Judge: NYC can fine chains that don't post salt warnings

NEW YORK (AP) - Large chain restaurants and fast-food eateries in the nation's most populous city can be fined up to \$600 beginning next week for not posting salt warnings on menu items that contain more than the recommended daily dose of sodium, a judge ruled Wednesday.

"Some people love salty food and are just going to eat those salty foods regardless of whether there's a salt icon next to it," Supreme Court Justice Eileen Rakower said from the bench. "I believe information is power."

The ruling dismissed a challenge from the National Restaurant Association brought just days after the first-of-its-kind rule was enacted in December. It is but the latest in a series of healthy eating measures pioneered by New York City public health officials that have been challenged in the courts, including an overturned rule limiting the size of sugary drinks and an upheld requirement that chains post calorie counts on menus.

"This is really good news for the health of New Yorkers," said Dr. Mary Bassett, the city's health commissioner. The fines take effect March 1.

Under the rule, restaurant owners must now post distinct triangle icons with salt-shaker images inside on menus next to items that top the recommended daily limit of 2,300 milligrams of sodium, about a teaspoon's worth.

Public health officials have long argued that Americans consume too much salt, and point to cheddar bacon burgers with nearly 4,300 mg and boneless Buffalo chicken salads with more than 3,000 mg as proof.

The warnings will apply to chains with at least 15 outlets nationwide, which health officials estimate account for about one-third of the city's restaurant business. Panera, Applebees and other chains have already started posting salt-warning labels.

Preston Ricardo, who represented the National Restaurant Association, likened the salt-shaker icons to warnings for biohazardous material that would confuse consumers, steer them to restaurants not required to post them and violate the First Amendment rights of restaurant owners forced to post them.

"The irreparable harm is real," he said, arguing that there's controversy among scientists themselves about how much salt is too much. The association planned to appeal the ruling, he said.

The average American consumes about 3,400 mg of sodium per day and experts say too much salt can increase the risk of high blood pressure, heart disease and high blood pressure. The federal government recommends people consume less than 2,300 mg of salt per day.

The salt-warning labels, initiated by current Democratic Mayor Bill de Blasio, follow a string of public health initiatives championed by former Mayor Michael Bloomberg, such as an attempt to ban oversized sugary drinks, restrict the use of trans fats in restaurants and prohibit smoking in bars and restaurants.

Supporters heralded those efforts as meaningful attempts to make New Yorkers healthier, but critics derided them for turning the city into a "nanny state."

CAMP

Continued from page 1C

Texas Brigades Camps for 2016:
Rolling Plains Bobwhite - June 11-15, Coleman.
South Texas Buckskin - June 12-16, Uvalde.
South Texas Bobwhite - June 24-28, McCoy.
Bass Brigade - July 6-10, Santa Anna.
Waterfowl Brigade - July 17-21, Tennessee Colony.
Ranch Brigade - July 18-22, Santa Anna.
North Texas Buckskin Brigade -

July 24-28, Santa Anna.
Coastal Brigade - July 26-30.
Applications for youth campers as well as adult volunteers can be found at www.texasbrigades.org. Time to sign up is limited.
Www.texasbrigades.org has details on what campers will be doing each day and more information about the different camps offered.
For more information, contact Eddy Spurgin at 267-1871 ext 108; Sawyer Warwick at 267-1871 ext 110 or Judy Tereletsky at 267-1871 ext 3.

Contact Life Editor Julie Bass at 432-263-7331 ext 232 or email life@big-springherald.com

Obama says he learned responsibility, hard work from his first job

WASHINGTON (AP) - President Barack Obama says his unglamorous first job scooping ice cream taught him valuable lessons about responsibility and hard work.

He wants the same experience for other teenagers, particularly those without resources, and is launching a summer opportunities project to help young people land a first job that can teach them similar lessons and help send them down the right path.

The private sector, all levels of government, community groups and schools have pledged to help teenagers get their first jobs this summer.

"Scooping ice cream is tougher than it looks," Obama said Thursday in an essay on the LinkedIn professional networking site. "Rows and rows of rock-hard ice cream can be brutal on the wrists. ... I was less interested in what the job meant for my future and more con-

cerned about what it meant for my jump shot.

The job at a Baskin-Robbins in Honolulu "wasn't exactly glamorous, but it taught me some valuable lessons," Obama wrote. "Responsibility. Hard work. Balancing a job with friends, family and school."

LinkedIn has pledged to connect millions of small- and medium-sized business leaders with organizations that help young people. The Department of Labor and the Corporation for National and Community Service together have committed \$35 million to the effort.

Cities, including Los Angeles, Seattle and Charlotte, North Carolina, have prom-

ised to help thousands of teenagers. The spending plan Obama sent Congress this month for the 2017 budget year includes \$6 billion, nearly double the previous year's request, to help more than 1 million young people get their first job.

Congress did not act on Obama's request last year for \$3 billion for youth employment programs. Lawmakers swiftly rejected Obama's \$4.1 trillion spending proposal for the 2017 budget cycle as soon as he submitted it on Feb. 9.

Obama said landing that first job is already difficult, but even harder for the 1 in 7 Americans between the ages of 16 and 24 who aren't in school or are unemployed.

BARGAIN MART
Discount Foods
403 Runnels, Big Spring, TX
Sale Starts February 29th **Open Mon.-Sat. 9-6:30** Sale Ends March 5th

HORMEL CURE 81 SPIRAL CUT HAMS
99¢ LB.

HELLMANN'S MAYONNAISE 99¢
30-OZ. JAR

JAMESTOWN HAM STEAK 89¢ LB.

SUNNY DELIGHT FRUIT DRINK
88¢ 56-OZ. JUG

BBQ BEEF BRISKET \$1.39
SANDWICHES - 3-PK.

APPLE JUICE 2/\$1.00
64-OZ.

LARGE EGGS DOZEN
99¢

274745

2017 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 an Agency for 2017 must complete an application and return it by April 1st, 2016. Any 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 29th through Monday March 7th. 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.

Re-Elect

OSCAR GARCIA

County Commissioner Precinct 1

- Vietnam Veteran
- Bachelor's Degree in Criminology
- 9 Years Experience in Budgets
- Did not raise County Taxes
- 48 hrs Continuing Education in County Government



Early Voting - Feb. 16-Feb. 26

Howard County Courthouse

Study: Tourist pot complaints up at Colorado emergency rooms

DENVER (AP) – Colorado's tourists aren't just buying weed now that it's legal – they're ending up in emergency rooms at rates far higher than residents, according to a new study.

Doctors reviewed marijuana-related emergency-room admissions at a hospital near Denver International Airport during 2014, when the sale of recreational pot became legal. The results will be published Thursday in the *New England Journal of Medicine*.

The physicians found that the rate of emergency-room visits possibly related to marijuana doubled among out-of-state residents in the first year of recreational pot sales. The rate went from 85 per 10,000 visits in 2013 to 168 per 10,000 visits in 2014.

Among Colorado residents, the rate of emergency-room visits possibly related to cannabis use did not change significantly between 2013 and 2014. Among Colorado resident emergency-room patients, 106 per 10,000 visits complained of marijuana-related ailments in 2013 and 112 per 10,000 visits complained of marijuana-related ailments in 2014.

The difference between tourists and residents played out statewide.

Doctors in the study compared the

hospital rates to data from the Colorado Hospital Association. That showed the rate among out-of-state residents rose from 78 per 10,000 visits in 2012 to 112 per 10,000 visits in 2013 to 163 per 10,000 visits in 2014. Among Colorado residents, the rate of emergency-room visits possibly related to cannabis use increased from 61 to 70 to 86 to 101, respectively.

Tourists and Coloradans also had different complaints related to marijuana. Coloradans across the time period mostly complained of gastrointestinal problems, while the most common ailment by visitors was psychiatric, including aggressive behavior and hallucinations.

Men were more two to three times more likely than women among both groups to complain of cannabis-related ailments in emergency rooms. Coloradans were slightly younger than out-of-state residents, with a median age of 34 for residents and a median age of 35.5 for visitors.

The doctors said the difference between tourists and residents caught them by surprise.

"We didn't expect people from out of state to actually be coming to the emergency department mentioning

this drug more often," said Dr. Andrew Monte, a toxicologist and emergency-room physician at the University of Colorado Hospital in Aurora.

The cases of both tourists and residents reporting feeling like they'd overdosed on pot were a "vast minority" of those showing up complaining of a cannabis-related ailment, Monte said. Instead, the patients usually reported that pot exacerbated an underlying medical condition, especially schizophrenia or psychosis.

The study included all cases where patients mentioned cannabis. Monte said the increase has two likely explanations: more people using pot, and more patients fessing up about using pot to doctors because it's legal.

"There's more communication between patients and providers, and of course there's just more marijuana out in the community," Monte said. "People can come in and say, 'Hey, I've got chest pains and I used marijuana a week ago.' Now, that's got nothing to do with the marijuana."

None of the cases in Monte's study were fatal.

The effect of marijuana legalization on Colorado tourism is a matter of some dispute.

Colorado set records in 2014 for

overall visitors (71.3 million) and tourist spending (\$18.6 billion). But Colorado had also set records in the previous three years, when pot sales were restricted to state residents with medical ailments. (Tourist numbers for 2015 aren't yet available.)

The Colorado Tourism Office did report in a 2015 visitor survey that the marijuana laws influenced vacation decisions nearly 49 percent of the time.

State health officials say they're trying to educate tourists about responsible pot usage through educational pamphlets and signs at pot shops, a big part of a \$5.7 million "Good To Know" campaign launched last year.

But health authorities add that Colorado can't advertise about how to use pot in other states, and that travelers likely use marijuana differently than people staying home.

"You're more likely to overdo it on vacation, with marijuana just like with anything else," said Mike Van Dyke, branch chief for environmental epidemiology at the Colorado Department of Public Health and Environment. "You have that vacation mentality. You're there to have a good time."

Washington's new apple joining a changing industry

WENATCHEE, Wash. (AP) – Blanketed by winter snow, orchards are mostly idle around central Washington, the production hub of the nation's top apple producing state.

But in a basement lab in the city of Wenatchee, Washington State University scientists are meticulously working. They slice, taste and measure appearance, firmness and crispness of dozens of apples, including a new variety dubbed "Cosmic Crisp," a name inspired by white pores contrasting against its red skin.

"Cosmic Crisp is the first big release the Washington industry is going to have all to itself," said Kate Evans, a lead scientist at WSU's Tree Fruit Research & Extension Center.

Trademarked and focus group-tested, Cosmic Crisp was developed by the WSU lab over the last 20 years. For at least one decade, it will be available for planting only to Washington farmers.

That type of restriction is a reflection of the increasingly fragmented apple industry, where major growers have moved away from relying on a few varieties for their income. Rather, many are diversifying their orchards, aiming to cash in on the premium prices of licensed niche apples, and creating competition among breeders to develop the next big flavorful apple.

"We used to grow all Red Delicious and Golden Delicious," said Steve Lutz of Columbia Marketing International, a marketing firm owned by apple producers. "We're taking what used to be a macro-market and cutting into smaller and smaller pieces with these new varietal apples."

The shift from relying on the Red Delicious brand became urgent after the Washington industry

tanked in the 1990s, losing hundreds of millions of dollars and prompting a federal government bailout. Back then many reasons were given for the slump, but chief among them was an oversupply of apples, especially the Red Delicious.

While the industry has recovered, reminders of its pitfalls were seen last year, when a combination of factors, including the West Coast ports shutdown and a high yield, led to the jarring image of millions of pounds of apples, mostly Reds and Golden, left to rot in fields.

In 1999, Red Delicious accounted for 51 percent of the share nationwide sales. By 2015, that number had dropped to 25 percent, according to data from the Washington Tree Fruit Association.

Cosmic Crisp will join Kiku, Ambrosia, JAZZ, Opal, Braeburn, Pacific Rose, Snapdragon, SweetTango and other trademarked varieties aiming to take a bigger slice of the consumer market, which already includes the well-established Fuji, Gala and HoneyCrisp. Many of these varieties were developed through breeding programs in New Zealand, Canada, Japan and Europe.

"This industry has been highly successful," Lutz said. "When you're very successful you're reluctant to throw out what you're doing and be risky. We were late to start the breeding program."

American farmers have responded by partnering with universities. WSU is developing apples beyond the Cosmic Crisp, while Cornell University introduced the Snapdragon and RubyFrost, and the University of Minnesota made its mark with the highly successful HoneyCrisp, which became one of the best sellers nationwide.

The HoneyCrisp "proved to sales, marketers and

growers that we don't have to be at 99 cents a pound. We can get retail sales up to the \$2.99 a pound range," said Todd Fryhover, president of the Washington Apple Commission.

The staple varieties, however, are still money-makers, and make up the biggest chunk of the apples exported.

"They're kind of the workhorse of the industry," said Peter Van Well of Van Well Nursery in East Wenatchee. "I think growers are realizing that they've got to have a combination. They've got to have a mix of the main varieties and a mix of these club varieties."

Next year, the first Cosmic Crisp trees will be planted with the target of having the first sales in 2019. Should the Cosmic Crisp be successful with consumer taste buds, Washington farmers, who already grow 60 percent of the country's apples, have the potential to reap all the benefits, and recoup the money invested in the breeding program. Figures aren't immediately available from the Wash. tree Commission.

"The breeding program here has been using Cosmic Crisp as a parent for a number of years now, so we'll be well ahead of anybody in developing the next generation," Evans said.

Smithsonian museum opening exhibit of moon photographs

WASHINGTON (AP) – The Smithsonian's National Air and Space Museum is opening an exhibit of moon photographs.

"A New Moon Rises: New Views from the Lunar Reconnaissance Orbiter Camera" is opening Friday. The Smithsonian says in a statement that the exhibit will

include 61 images of the moon showing its mountains and craters.

The images were taken by the Lunar Reconnaissance Orbiter, which was launched by NASA in 2009.

The exhibition will be on view through December.

Life! forms can be found at
www.bigspringherald.com

DON'T LET TAX SEASON STRESS YOU OUT.
WE'LL PREP & FILE YOUR TAXES. YOU'LL LEAVE WITH UP TO \$1,500.*



GET YOUR 0% INTEREST LOAN valued up to \$1,500*

We'll prepare and file your taxes and you can get a 0% interest loan* the same day!

 **World Finance Corporation**
World Class Loan & Tax Service

Visit: 121 E. 3rd Street
Big Spring, TX 79720

Call: (432) 263-4962

268610

BIG SPRING STATE HOSPITAL

Big Spring State Hospital offers generous benefits packages, including paid vacation, sick leave and holidays, matching retirement and health insurance. Negotiable shifts.

ACTIVELY RECRUITING:

REGISTERED NURSES

LICENSED VOCATIONAL NURSES

PSYCHIATRIC NURSING ASSISTANTS

PSYCHOLOGISTS, DIETITIAN

CLINICAL DIRECTOR, PHYSICIAN

MAINTENANCE SUPERVISOR

REHAB THERAPY, CLERKS

LAUNDRY/SEWING ROOM

FOOD SERVICE, CUSTODIAN

To apply online or for more information on jobs and salaries:

<https://hrportal.cpa.texas.gov/EPHRPRD/signon.html>

OR CALL (432) 268-7341 or visit us at:

Big Spring State Hospital 1901 N. Hwy 87 Big Spring, TX 79720

Myers & Smith Funeral Home And Chapel

Family Owned Since 1985

Sensitivity, Compassion & Respect



Bill & Charlsa Myers
Owners

www.myersandsmith.com

301 E. 24th

267-8288



CEO Cook defends Apple's resistance in FBI iPhone case

CUPERTINO, California (AP) — Apple CEO Tim Cook defended his company's opposition to the FBI's iPhone-hacking plan at its annual shareholder meeting, one day after the tech giant formally challenged a court order to help the FBI unlock an encrypted iPhone used by a murderous extremist in San Bernardino, California.

"We do these because these are the right things to do," Cook said in a brief reference to the company's privacy stance in the case.

Major tech companies are also rallying to Apple's cause, and now plan a joint "friend of the court" brief on its

behalf. Facebook said it will join with Google, Twitter and Microsoft on a joint court filing. A Twitter spokeswoman confirmed that plan, but said that different companies and trade associations will likely file "multiple" briefs.

Federal officials have said they're only asking for narrow assistance in bypassing some of the phone's security features. But Apple contends the order would force it to write a software program that would make other iPhones vulnerable to hacking by authorities or criminals in the future.

Apple filed court pa-

pers on Thursday that asked U.S. Magistrate Sheri Pym to reverse her order on the grounds that it over-reached the government's legal authority by forcing the company to weaken the security of its own products. The company accused the government of seeking "dangerous power" through the courts and of trampling on its constitutional rights.

The dispute raises broad issues of legal and social policy, with at least one poll showing 51 percent of Americans think Apple should cooperate by helping the government unlock the iPhone.

But it's unclear how the controversy might affect Apple's business. Analysts at Piper Jaffray said a survey they commissioned last week found the controversy wasn't hurting the way most Americans think about Apple or its products.

At least one shareholder at Friday's meeting voiced support for the company's stance.

"Apple is 100 percent correct in not providing or doing research to create software to break into it," said Tom Rapko, an Apple investor from Santa Barbara, California, as he waited

See **APPLE**, Page 6C

Don't get burned by travel deals

With spring break only a few weeks away, now is the time to finalize your vacation plans. Whether your destination promises a relaxing week on the beach or the ski slopes, Better Business Bureau serving Central, Coastal, Southwest Texas, and the Permian Basin advises you do your research before booking your next vacation.

A travel company can make the process of booking your spring vacation quick and easy. But using the wrong one could turn your vacation into a nightmare.

In 2015, BBB received more than 8,600 complaints against travel agencies and bureaus nationwide, such as online travel companies and ticket websites. Most complaints alleged consumers felt misled by travel offers that failed to deliver on promises. In some cases, consumers paid money for travel arrangements that were never made.



HEATHER MASSEY

If you are looking for an alternative to staying in a hotel, renting someone's home, condo or apartment may be appealing. Vacation rental websites make it easy to connect directly with property owners who advertise their rentals online. However, BBB warns consumers to watch out for fake rental listings that may not be for rent or don't exist at all.

Last year, BBB received more than 1,100 complaints against vacation rentals nationwide, a 40 percent increase from 2014. In addition, Texans reported losing more than \$22,000 to scams involving vacation, travel and rentals in the past year.

BBB offers the following tips to ensure you're planning your vacation with a trustworthy business:

- Use a travel company you trust. Ask family and friends to recommend a company they have used and go to bbb.org to find a BBB Accredited Business and view the company's BBB Business Review.
- Get all vacation details in writing. Get all the details of your vacation in writing, including travel itineraries and booking confirmations. Get a copy of the company's cancellation and refund policies.
- Consider travel insurance. Travel insurance is designed to cover such things as trip cancellations or medical emergencies. The U.S. Travel Insurance Association maintains a list of licensed travel insurance companies. Certain travel companies have different policies and levels of coverage based on whether you purchase the car rental, flight or hotel. Ask questions, and always read the fine print to see what's covered.
- Pay with a credit card. Paying with a credit card — rather than by cash or check — gives you additional protection if something were to go wrong with the travel reservation.
- Verify reservations. Get the contact information of the airline, car rental agency and hotel. Call to confirm all arrangements with them. Don't only rely on the word of your agent.
- Ask about mandatory "resort fees". Hotels often come with resort fees, usually for services like Internet, fitness facilities and access to the pool. But the extra fees can add to the per night cost of your stay, and are mandatory, regardless of whether or not you use the services. Before you book a hotel reservation online, call the hotel and ask if a resort fee is included in the total cost.
- Be alert for travel scams. Unsolicited mail, email and websites offering deeply discounted travel packages could leave you out of a vacation and money if you're not careful. Watch out for scams saying that you have "won a trip." If you have really won a free vacation, a legitimate company won't ask you to pay any upfront or processing fees.

For more consumer information, BBB Business Reviews or to file a complaint, visit your local Better Business Bureau online at bbb.org/central-texas.

Heather Massey is the Regional Director for the Permian Basin office of Better Business Bureau serving Central, Coastal, Southwest Texas and the Permian Basin. Heather is available for media interviews and speaking engagements. You can reach her by phone: (432) 741-2592 or email: hmassey@permianbasin.bbb.org.

Permits

A. Perez, 1311 Lindbergh. Res gas; Val: \$1,000 Fee: \$32.
 M.A. Jabor, 600 N. Lamesa Hwy. Com Re-roof; Val: \$2,300 Fee: \$25.
 Carolyn Sue Jackson, 1607 State St. Res Re-roof; Val: \$3,800 Fee: \$30.
 Kerr Management Inc., 2601 Ent Dr. Res Re-roof; Val: \$2,500 Fee: \$25.
 J. Evans and J. Mize, LLC., 1212 Grafa St. Res elec; Val: \$500 Fee: \$25.
 James Elijah Marlow, 3606 Calvin St. Fence; Val: \$500 Fee: \$25.
 Gloria J. Restelli, 2308 Merrily Dr. Res elec; Val: \$500 Fee: \$25.
 James Bunla Orn, 1004 N. Lamesa Hwy. Com gas; Val: \$1,500 Fee: \$32.
 Anita Vale, 1410 Princeton Ave. Res elec; Val: \$1,000 Fee: \$25.
 Steven Chase Nichols, 1404 Lexington Ave. Res HVAC; Val: \$3,650 Fee: \$45.
 James W. Butler, 1305 E. 19th St. Res elec; Val: \$500 Fee: \$25.
 US Realty Financial Corp, 501 Birdwell Ln. Com elec; Val: \$0 Fee: \$25.
 Hippy Chick, 2112 Scurry St. Other non res; Val: \$2,000 Fee: \$25.
 Albert D. Overby, 1211 E. 19th St. Res Re-roof; Val: \$2,000 Fee: \$25.
 Marcellous Weaver, 204 W. 18th St. Com HVAC; Val: \$4,200 Fee: \$45.
 Malinda Sue Olivares, 709 E. 12th St. Res gas; Val: \$1,200 Fee: \$32.

Zaragosa Beserra Jr., 606 E 14th St. Res Re-roof; Val: \$2,300 Fee: \$25.
 Comet Cleaners Randy Evans, 1500 E. Marcy. Com gas; Val: \$500 Fee: \$32.
 CDR Investments, 1200 Blackmon Ave. Res elec; Val: \$600 Fee: \$25.
 Janel Watson, 3304 Cornell Ave. Res elec; Val: \$1,500 Fee: \$25.
 Ann M. Wood, 107 E. 13th St. Res add; Val: \$5,000 Fee: \$35.
 Steve Girby, 107 E. 13th St. Res elec; Val: \$ 500 Fee: \$32.
 Agapito Cerda Jr. 421 Edwards. Res gas; Val: 4500 Fee: \$32.
 Edward Lee Roach, 1110 E. 5th St. Res plumb; Val: \$500 Fee: \$32.
 Morton Properties, 1213 Lloyd Ave. Res gas; Val: \$1,500 Fee: \$32.
 Roy Fred Draper, 806 W. 16th St. Res plumb; Val: \$346.50 Fee: \$32.
 Zachary Lane Phinney, 3218 Fordham ave. Structure; Val: \$2,500 Fee: \$25.
 Kerr Management, 2500 Dow Dr. Res Re-roof; Val: \$2,500 Fee: \$25.
 F&G Construction, 3212 Fordham Ave. Single family house; Val: \$150,025 Fee: \$753. Res sewer tap; Val: \$365 Fee: \$265. Res water tap; Val: \$512 Fee: \$512.
 Edward A. Olivas, 1101 N. Gregg St. Res Re-roof; Val: \$3,000 Fee: \$25.
 Kerr Management, Inc., 2506 Hunter Dr. Res gas; Val: \$1,000 Fee: \$32.

Public Records

Howard County Justice of the Peace Outstanding IBC Warrants:
 Marcus Joe Anderson, 2621 Chanute Dr., Big Spring
 Steve Antoine, 1425 E. 6th St. #19, Big Spring
 Katie Cole L. Baker, P.O. Box 3372, Big Spring
 Eida Melina Bernal, 1311 Mobile, Big Spring
 Wayne Richard Buyce, 4042 Morningside Way, Canyon Lake

Amber Canales, 612 Drake Rd., Big Spring
 Jason Canales, 612 Drake Rd., Big Spring
 Raymond Carroll, 712 E. 17th St., Big Spring
 Pedro Chavarria, 1404 Wood St., Big Spring
 Tonya Renea Cogburn, 1610 Johnson St., 2000 S. Main St., Big Spring
 Matilda Cortez, 302 N. Saint Teresa, Stanton
 Hannah Deaton, 19634 Atasca

Oaks Dr., Humble
 Tina Marie Ellis, 4002 Austin Ave., Snyder
 Selena Bethani Enriquez-King, 100 E. Parker, Midland
 Brittany Vanessa Escanuela, 2521 Chanute Dr., Big Spring
 Jose Enrique Faz, 602 N.W. 7th St., Big Spring
 Juana Fierro, 406 N.W. 5th St., Big Spring
 Michael Dean Fleming, 5216 Tremont Ave Apt 901, Midland
 Leticia Garcia, 1404 Princeton

Ave., Big Spring
 William Gene Garner, 704 Rosemont, Big Spring
 Guillermo Gomez, 2107 Morrison, Big Spring
 James Michael Griffin, 303 Butler St. #502, Atlanta
 Christina Nichole Gutierrez, 2809 25th St., Snyder
 Dylan Hammons, 4401 E. 11th Place, Big Spring
 Matias Hernandez Jr., 620 E. 4th St., San Angelo
 Kaleb Hill, 910 Baylor, Big

Spring
 Ammie Lee Howell, 1507 Hilltop Road, Big Spring
 Shatiya Lasha Jenkins, 4590 N. Texas #198, Odessa
 Stephanie Ford Johnson, P.O. Box 483, Coahoma
 Aaron Christopher Mack, 2134 Bonham Ave., Odessa
 Ruann R. Martinez, 1005 N.W. 2nd St., Big Spring
 Saprina Lea Martinez, 2521
 See **RECORDS**, Page 6C

RECORDS

Continued from Page 5C

Chanute Dr., Big Spring
Heriberto Palafox Mora,
1311 Mobile St., Big
Spring
Felicia Ornelas, 538
Westover No. 236, Big
Spring
John Troy Riddle, 3717
Old Howard Co. Airport
Road, Big Spring
Liza Leigh Garfias Ovalle
Rios, 1905 Wasson Rd.
Apt 63, Big Spring
George Anthony Robin-
son Jr., 1905 Wasson Rd.
#14, Big Spring
Andy Rodriguez, 1904
Runnels Street, Big
Spring
Christina M. Rodriguez,
624 State Street, Big
Spring
Linda Eva Rodriguez,
2519 Gunter Circle, Big
Spring
Juan Romero, 2504
March Circle, Big Spring
Veronica Romero, 103
Becker Road, Big Spring
Yuri Lozano Rubio, 421
Cedar, P.O. Box 173, Col-
orado City
Stacie Lyanne Salas,
5102 Wasson Road, Big
Spring
Shane Skaggs, 1 Court-
ney Place 301, Big Spring
Belinda Ellen Strong,
1900 Martin Luther King
Blvd, Big Spring
Kendra D. Tatum, 412
S. Moss Lake Rd., Big
Spring
Joe Anthony Villarreal,
2206 Cecilia, Big Spring
RickyLynnWaltenbaugh,
538 Westover Road Apt. #
133, Big Spring
Tiara Ware, 1301 Mt.
Vernon Ave., Big Spring
Candida Lynn White-
head, 3706 Connley, Big
Spring
Tamara Ruth Whitt, 3706
Connley, Big Spring
Jamie Wiggins, 1905
Wasson Rd. Apt. #28, Big
Spring

Filings
Howard County, et al.
vs. Mary Jo Toomire, tax
cases
Howard County, et al. vs.
Mac Starnes, tax cases
Howard County, et al. vs.
Cynthia Sublet, tax cases
Howard County, et al. vs.
Olga Trevino, tax cases
Howard County, et al.
vs. Esmeralda Solis, tax
cases
Howard County, et al. vs.
Mark Smith, tax cases
Howard County, et al. vs.
Chirs Smith, tax cases
Howard County, et al. vs.
Phillip Smith, tax cases
Howard County, et al. vs.
Jim Sinclair, tax cases
Howard County, et al.
vs. Texas Star Energy, tax
cases
Howard County, et al.
vs. Riley Rivera et al, tax
cases
Vanessa Kibler vs. Ron-
nie Kibler, divorce
Lafawn Cantu vs. Juan
Cantu, divorce
The State of Texas vs.
Terrell Houston, seizure
Tiffany Diaz vs. Ted
Diaz, divorce
Zack Turman vs. Debra
Turman, divorce
Johnathon Reyes vs.
Stephanie Reyes, divorce
Capital One Bank vs.
Theresa Marlow, contract
- consumer/commercial/
debt
Craig Allen Chapman vs.
Steven Clay Sodberry and
Andrews Pump and Sup-
ply, civil case

Marriage Licenses
Jimmie Joe Maynard, 25,
of Kentucky and Rayann
Sue Cunningham, 30, of
Big Spring
Christopher Brian Mill-
er, 30, and Amber Nicole
Batterton, 24, both of Big
Spring
Jorge Acevedo Acevedo,
47, and Traci Ann Snyder,
54, both of Big Spring
Javier Maldonado, 40,
of Laredo, and Maria Ce-

lia Avellano Vargas, 46, of
Houston
Marcus Torres, 24, and
Sandy Lou Lopez, 24,
both of Stanton
Judgments
The State of Texas vs.
Fidel Martinez Jr., revoc-
ation of probation and
imposition of sentence -
possession of a danger-
ous drug. \$500 fine, court
costs, 102 days in jail and
pay remaining balance of
\$899.
The State of Texas vs.
Rickey L. Roebuck, driving
while intoxicated. \$750,
court costs, 180 days in
jail, driver's license sus-
pended 90 days and 12
months probation.
The State of Texas vs.
Raymond Lee Baker, driv-
ing while intoxicated - 2nd
offense. \$750 fine, court
costs, 365 days in jail,
driver's license suspend-
ed 90 days and 24 months
probation.
The State of Texas vs.
Marcus A. Story Jr., driv-
ing while intoxicated. \$750
fine, court costs, 180 days
in jail, license suspended
90 days and 12 months
probation.
The State of Texas vs.
Cesar Gustavo Ambriz
Cornejo, criminal mischief.
\$500 fine, court costs, 180
days in jail and 12 months
probation.
The State of Texas vs.
Jesse J. Alaniz, driving
while intoxicated - open
container. \$750 fine, court
costs, 180 days in jail,
driver's license suspend-
ed 90 days and 12 months
probation.
The State of Texas vs.
Michael S. Pinkard, reck-
less driving. \$500 fine and
court costs.
The State of Texas vs.
Commodore Roger Bell,
revocation of probation
and imposition of sentence
- possession of mari-
juana. \$1,500 fine, court
costs, 38 days in jail and

pay remaining balance of
\$1,880.
The State of Texas vs.
Chanelle C. Castillo, driv-
ing while intoxicated. \$750
fine, court costs, 180 days
in jail, driver's license sus-
pended 90 days and 12
months probation.
Warranty Deeds
Grantor: Betty Ellison
and Billy Ellison
Grantee: Debra Kay
Schlee and Dale Schlee
Property: Lot 3, block 5,
College Park Estates
Date: Feb. 4, 2016
Grantor: Tyler Frisbie
Grantee: Cesar Guiter-
rez and Evangelina Oroz-
co
Property: N. 27 feet of
lot 1, block 1, Rosemont
addition. Lot 3, block L,
Moore's Heights addition.
A tract of land of sec. 32,
block 33, T-1-N
Date: Feb. 9, 2016
Grantor: Melanie G. Mi-
kuta
Grantee: Vivian Glick-
man
Property: Lot 1, block
6 and a portion of lot 2 in
block 6, Highland South
addition #2
Date: Feb. 1, 2016
Grantor: Chad Darren
Kinard
Grantee: Sonny Glen
Kinard
Property: A tract of land
in the northwest part of
sec. 28, bock 33, T-1-N,
T&P, Ry Co.
Date: Feb. 23, 2016
Warranty Deeds with
lien
Grantor: Vivian Glick-
man Clinton
Grantee: John D. Baker
and Aspen N. Baker
Property: Lot 1, block
6 and a portion of lot 2 in
block 6, Highland South
addition #2
Date: Feb. 9, 2016

APPLE

Continued from Page 5C

in line to enter the audi-
torium at Apple's head-
quarters. "I think if you
give the government an
inch, they'll take a
yard."
The company also re-
ceived support from the
Rev. Jesse Jackson and
a representative from
the Electronic Frontier
Foundation, an Internet
rights groups.
"We applaud your
leadership," Jackson,
a longtime civil rights
leader and former ad-
viser to Martin Luther
King Jr., told Cook. "I
recall the FBI wiretap-

ping Dr. King in the
civil rights movement,"
he added. "We cannot
go down this path again.
Some of us do remem-
ber the days of (former
FBI director J. Edgar)
Hoover and McCarthy
and Nixon and enemies
lists."
Apple's share price has
seen little change since
the issue erupted in the
news last week. Overall,
though, the company's
stock has declined in
recent months over wor-
ries that iPhone sales
were slowing around
the world.
A hearing on the iP-
hone legal dispute is
scheduled for next
month.

To submit a
business story,
call
263-7331, ext. 235

HAPPY DAY
HUMANE SOCIETY
WHERE EVERYDAY IS A HAPPY DAY!

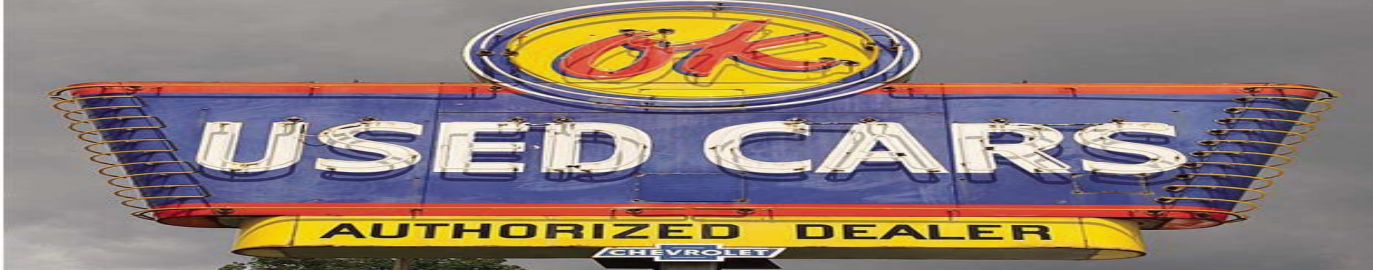
Everybody loves puppies.
Older dogs love everybody. Adopt a Senior.

After six years at the Happy Day Humane Society, all Hannah K is asking for is a soft bed, gentle caresses and someone to love her during her remaining years. She's easy-going, laid-back and lovable.
Who says a soulmate has to be human?

5710 W. I-20
Big Spring, TX
Exit 174 Off I-20

432-267-7832
hcths.org

West Texas Favorite Dealer since 1959 - Pollard Chevrolet Buick Cadillac



Isaac Marquez
Sales Consultant
for 16 years

2014 Ford F-250 Super Duty Power Stroke
4WD Lariat
Stock#E248.
Was \$48,000 +TT&L **Now \$45,594 +TT&L.**

2015 Chevrolet Equinox LT
Alloys, Bluetooth Stock#F028
Was \$22,875 +TT&L **Now \$21,000**

2014 Ford Focus SE Hatchback
Power, Sunroof.
Stock#F031
Was \$14,600 +TT&L **Now \$13,385 +TT&L.**

Anthony Flores
Sales Consultant
for 1 year

Manny Zambrano
Sales Consultant
for 16 years

Over 100 Pre-Owned Units Available - Just Because It's Used Doesn't Mean it Can't Be NICE!

- 1999 Freightliner Conventional Id120**
Was \$12,500 **NOW \$8,500**
- 2008 Chevrolet Silverado 2500HD LT**
Was \$12,500 **NOW \$9,995**
- 2012 Chevrolet 1500 LT 4WD**
Was \$22,725 **NOW \$18,900**
- 2013 Chevrolet 1500 LT Crew Leather**
Was \$30,175 **NOW \$27,456**
- 2014 Chevrolet Silverado 4WD LTZ**
Was \$36,550 **NOW \$34,000**
- 2014 GMC Sierra 4WD Texas Edition**
Was 33,572 **NOW \$31,895**
- 2014 Chevrolet Silverado High County 4WD**
Was \$40,000 **NOW \$36,745**
- 2012 Ford Super Duty Power Stroke 4WD Lariat Crew**
Was 44,300 **NOW \$39,917**

- 2013 Ford Escape S**
Was \$15,575 **NOW \$14,000**
- 2008 Hummer H3 Rock Star Wheels 4WD**
Was \$15,125 **NOW \$13,000**
- 2014 Jeep Compass Sport Alloys**
Was \$16,400 **NOW \$15,000**
- 2012 Nissan Rouge SV Leather SR NAV**
Was \$18,925 **NOW \$16,000**
- 2013 Lincoln Navigator Premium White**
Was \$30,975 **NOW \$27,000**
- 2014 Chevrolet Suburban LTZ**
Was \$48,200 **NOW \$46,135**
- 2012 Ford Focus SE Sunroof**
Was \$11,900 **NOW \$10,600**

- 2014 Kia Forte LX**
Was 13,025 **NOW \$12,000**
- 2013 Toyota Corolla LE Spoiler**
Was \$13,500 **NOW \$11,980**
- 2014 Mitsubishi Lancer ES**
Was \$13,800 **NOW \$12,000**
- 2012 Ford Fusion SEL Leather SYNC**
Was \$13,995 **NOW \$12,000**
- 2013 Chevrolet Camaro SS Leather SR Nav**
Was \$29,600 **NOW \$27,480**
- 2015 Chevrolet Impala LT Alloys**
Was \$24,350 **NOW \$23,039**

Jeff Gouge
Sales Consultant



More Standard Equipment

1501 E. 4th

www.pollardchevy.com

POLLARD

Chevrolet-Buick-Cadillac

Excellent Local Service

(432) 267-7421

Stocks flat as oil price pares gains

NEW YORK (AP) — U.S. stocks were flat to lower in mid-afternoon trading Friday as encouraging economic news in the U.S. was weighed down by the price of oil, which has turned lower. Stocks were still on pace to be up for the second straight week, however. Utility stocks also fell sharply, as the encouraging economic news caused interest rates to rise and made dividend-paying utility stocks less attractive.

KEEPING SCORE: The Dow Jones industrial average fell 28 points,

or 0.2 percent, to 16,667 as of 2:10 p.m. Eastern. The Standard & Poor's 500 index lost one point, or 0.05 percent, to 1,951 and the Nasdaq composite rose seven points, or 0.2 percent, to 4,589.

All three indexes are up just under 2 percent this week and the Dow and S&P 500 are positive for February, a turnaround from the dismal performance for the stock market in January.

POSITIVE MOMENTUM: The U.S. economy grew at a faster pace in the fourth quarter than originally estimated,

the Commerce Department said Friday, helping soothe concerns that the U.S. economy was starting to sputter. The gross domestic product, the broadest measure of economic health, grew at an annual rate of 1 percent in the fourth quarter, an improvement from the first estimate of 0.7 percent. Economists were expecting a reading of 0.4 percent growth.

"We are finally seeing some stabilization in the economic data — durable goods numbers, retail sales, and this second reading on

GDP — that will hopefully end this debate on whether the U.S. economy is heading toward recession," said Quincy Krosby, a market strategist with Prudential Financial.

LACK OF POWER: Utility stocks sank sharply. The Dow Jones utility index, a basket of 15 utility companies, fell 2.7 percent. Utility stocks tend to do better at times of low interest rates or economic uncertainty because their reliable business model and high dividend make them a "safety" play for investors. Investors

were selling other relatively safe investments as well. Government bond prices fell, pushing the yield on the 10-year Treasury note up to 1.77 percent from 1.72 percent the day before. Gold prices also fell, down \$17.20 to \$1,211.68 an ounce.

CHINA CURRENCY: Zhou Xiaochuan, governor of China's central bank, said at the G-20 meeting in Shanghai that China would not engage in currency devaluations for the sake of its export competitiveness. China's currency devaluations have been

a source of concern for investors since August, when the country surprised global markets with an unexpected yuan devaluation and triggered fears that the world's second-largest economy was slowing down far faster than thought.

OIL: U.S. crude gained 10 cents to \$33.18 a barrel in electronic trading on the New York Mercantile Exchange, but those gains were only a fraction of what they were earlier in the day. Brent crude, the global benchmark, fell 16 cents to \$35.59 a barrel.

News in brief

US consumer sentiment slips in February

WASHINGTON (AP) — American consumers lost a little confidence this month amid worries that slowing economic growth will hurt the job market, the University of Michigan says. The university said Friday that its consumer sentiment index slipped to 91.7 in February from January's reading of 92. A year ago, the index stood at 95.4.

Consumers' assessment of current economic conditions was a bit higher than last month. But their outlook dimmed.

Richard Curtin, chief economist of the university's surveys, said the dip was unlikely to signal a drop in consumer spending. In fact, the Commerce Department reported Friday that consumer spending rose last month at the fastest pace since May.

Curtin said the Michigan survey found that consumers' confidence about prospects for their own finances improved to the highest level in a decade. Having endured modest wage gains for years, consumers expect to see an increase in their inflation-adjusted earnings over the next year.

Still, Americans are worried about a slowdown in U.S. economic growth,

Curtin said.

The Commerce Department reported Friday that the economy grew at an annual pace of just 1 percent from October through December, down from 2 percent in the third quarter of 2015. Still, the revised fourth-quarter expansion was an improvement over an initial estimate of 0.7 percent.

Obama says US better off than 7 years ago

JACKSONVILLE, Fla. (AP) — President Barack Obama says anyone who says the U.S. isn't better off than it was seven years ago isn't telling the truth.

Obama is taking a victory lap on the economy in Jacksonville, Florida. He's promoting the benefits of the \$760 billion economic stimulus bill he signed shortly after taking office seven years ago. Obama says the United States has benefited because his administration put "smart policies" in place.

The president is touring a factory that makes high-tech batteries. He says the U.S. should be investing in clean energy technologies that allow it to continue to be an innovation leader.

Report: Safety violations should be prosecuted

WASHINGTON (AP) — Federal regulators are failing to refer serious safety violations involving freight rail shipments of crude oil and other hazardous cargo for criminal prosecution, according to a report Friday by a government watchdog.

The Federal Railroad Administration routinely applies only modest civil penalties for hazardous materials safety violations, even though inspectors request penalties for serious or repeated infractions, said the report by the Department of Transportation's inspector general.

Instead, the agency's attorneys have made it a priority to process penalties quickly and avoid legal challenges, the report said.

And, although the agency processes hundreds of safety violations each year, it appears that not a single case has ever been referred for criminal investigation, the report said. But after examining a random sample of safety violations over five years, the inspector general's office found 17 cases it said the agency should have referred for criminal investigation.

"As a result, penalties have little deterrent effect, and criminal penalties

aren't being pursued," wrote Mitchell Behm, assistant inspector general for surface transportation.

Zuckerberg: No place for hate speech on Facebook

BERLIN (AP) — Mark Zuckerberg conceded Friday that Facebook didn't do enough until recently to police hate speech on the social media site in Germany, but said it has made progress. German authorities, concerned about racist abuse being posted on Facebook and other social networks as the country deals with an influx of hundreds of thousands of migrants, have been pressing social media sites for months to crack down.

The Facebook CEO talked personally about the issue in September with German Chancellor Angela Merkel, and met her chief of staff during a visit to Germany this week. The Merkel meeting "really highlighted how much more we needed to do in this country," he said.

at a town hall event in Berlin. "Hate speech has no place on Facebook and in our community," he said. "Until recently in Germany, I don't think we were doing a good enough job."

YOU'RE INVITED TO SWAP SHOP!



SWAP SHOP IS ON KBST...WHERE IT ALL STARTED...

UPDATED FOR THE 21ST CENTURY!

ITEMS TO BUY OR SELL?

Catch Swap Shop 4 ways:

**ADVERTISE HERE FREE!!!
FREE!!!**

- * **RADIO:** The Mighty 1490 KBST AM
- * **TV:** Analog channel 99, Suddenlink channel 2 in Big Spring, and channel 10 in Stanton
- * **ONLINE:** www.kbst.com
- * **SMARTPHONE:** with the FREE app: KBST 1490

**CALL 267-1490
MON-FRI 9AM-11AM**



**EMAIL ANYTIME!
SWAPSHOP@KBST.COM**

DAILY SWAP SHOP LISTINGS ONLINE AT KBST.COM !!!

BUSINESSES & SERVICES

\$65.60 Per Month
Call 263-7331 to place your ad today!!



AUTO PARTS

A Modern Auto Dismantler

Specialize in late model quality Pickup parts

1511 HWY. 350 • (432) 263-5000
Big Spring, Texas 79720
Monday - Friday 8a.m. - 5:30p.m.

AIR COOLED ENGINE

Air Cool Engine Repair
1207 Harding
ATVs, riding lawn mowers.
Or Call
432-270-0575
Email:
babeltower@suddenlink.net

CONCRETE

40 Years Plus Experience

Ortiz Concrete Const.
Steel Buildings

Call:
Domingo Ortiz
806-759-1036 / Cell

CARPET CLEANING

Heaven's Best
Carpet Cleaning

100% Guarantee Spot Removal

Insured • Free Estimates
Commercial and Residential
Carpet • Upholstery • Hardwood
Tile & Grout
Locally Owned & Operated

432-268-3759
Lance Reid
<http://bigspringtx.heavensbest.com/>

FOR SALE

Trying To Get Rid Of Unwanted Items
CALL 263-7331
Herald Classifieds

CONCRETE

A.E. Concrete and Masonry
Specializing in all types of concrete, stucco, brick, block and also stone work
(OUR WORK SPEAKS FOR ITSELF.)
NO JOB TOO BIG OR TOO SMALL!!
FREE ESTIMATES
CALL **(432) 466-4640**

CONCRETE

Quality Concrete and Metal Building
Residential and Commercial
Garage • Shed • Carports, etc.
NO JOB TOO SMALL
CALL **816-6839**

CONCRETE

Amaya Construction
• Slab Curbs •
• Driveways •
• Foundation •
NO JOB TOO BIG or SMALL
Jose Amaya
432-894-0702

ELECTRICAL

CROSS ROADS ELECTRIC
Richard Moren
Master Electrician License #173630
Texas Electrical Contractor License #25496
Phone: (432) 264-6261

FENCES

Quality Fence Co.
Jimmy Marquez-Owner

Finest In Fencing
Wood & Chainlink

Free Estimates
432-267-3349

FENCES

B & M Fence Co.
VOTED BEST IN BIG SPRING

• Residential • Commercial
• Chain Link • Metal
• Cedar • Dog Kennels

Now Accepting
VISA MasterCard NOVUS

You Choose Your Payment Plan!!
Free Estimates

Get Our Price & Compare
Robert Marquez - Owner
263-1613
1-800-525-1389
101 NW 2nd St. Big Spring, TX

GENERAL CONTRACTOR

BDA Companies

GENERAL CONTRACTOR
COMMERCIAL - RESIDENTIAL
ROOFING - PAINTING
MASTER REMODELER
METAL BUILDINGS

(432) 263-1580
FAX (432) 263-3711
CELL (432) 517-0133

ROBERT P. SHAFFER
OWNER

GLASS

A & B Glass Company
Commercial/Residential

Locally Owned
Emergency Service Available 24/hr

3208 E. FM 700
Big Spring, TX 79720
(432) 466-3619

LAWN SERVICE

OUTSIDE SPRING CLEAN-UP
• Tree Trimming
• Yard Manicuring
• Light Hauling
• Water Hauling
Pat's Tree and Yard Service
432-268-3318

LANDSCAPING

Top Notch Landscaping

Landscape design • Swimming pools
Ponds • Irrigation • Rockscaping
Landscape lighting • Complete lawn care
Pavers • Brick & stone • Patios & walkways
Complete tree service • Retaining walls
Commercial & Residential

VISA MasterCard NOVUS

(432) 213-0031
Free Estimates

LAWN SERVICE

Mowing, weedeating, hauling, hedge & tree trimmings, cleanup of lots, alleys & storage buildings.

Scoggin Lawn Service
Call 267-5460
Cell 816-6150

LANDSCAPING

RAINBOW LANDSCAPING
Yards, Trees, Clean-Up, Hauling, Garden, Planting, etc.
Free Estimates
Call Bryan @
(432) 301-5827

LAWN SERVICE

M&S Lawn Care
Tree Service
Complete Lawn Care
Large Lot Mowing
Complete New Grass Installation
Senior Discount
(432) 517-5554

HOME IMPROVEMENT

ENTRY DOORS/ GARAGE DOORS/OPENERS
Remodeling • Contractor
Repaired/Remodeled
Refinishing
Kitchen & Bath Specialist
BOB'S CUSTOM WOODWORK
409 E. 3RD 267-5811

HOME IMPROVEMENT

Gibbs Remodeling
Room Additions,
Drywall Hanging & Finishing,
Bath & Kitchen Remodels, Ceramic
Tile, Insallation & Repair.

Free Estimates
All Remodel Needs Of Any
Room In Your Home.
Call **263-8285 or 270-3282**

PLUMBING

Roach Bros. LLC
PLUMBING PARTS & FIXTURES

1200 E. 4th St. • Big Spring, TX 79720
(432) 606-5029 Ofc. • (432) 606-5030 Fax
"All of your Plumbing needs in one Store"

PLUMBING

TATE PLUMBING. HEATING & A/C
WE ARE STILL OPEN FOR SERVICE!

Our licensed plumbers will take care of your Water Heaters and Frozen Pipes and more...

CALL THOMAS: **432-267-8401**
FREE ESTIMATES (Residential Services Only)
CALL NOW!!!

HOME IMPROVEMENT

J&J HANDYMAN
SPECIALIZING IN GARAGE DOORS

Complete Home Remodeling
Cabinets, Porch, Decks,
Garage Doors, Etc.
432-816-0658

HOME IMPROVEMENTS

RS Home Repair
Add On's, Baths,
Kitchens, Carports,
Garages, Garage Doors,
Remodeling, Painting
And Etc.
Call Randy
(432) 816-3030

MECHANIC

MOBILE MECHANIC
Diesel & Gas
513-978-7288
We Come TO You - 150 Mile Radius
Salazar's
Truck/Trailer/Auto

GARAGE SALE

HAVING A GARAGE SALE
CALL 263-7331
Herald Classifieds

PEST CONTROL

SOUTHWESTERN
Southwestern
A-1 Pest Control
432.263.0441
Max F. Moore
2008 Birdwell Lane
www.swa1pc.com

LAWN SERVICE

Williams Lawn Service & U-Haul Rental
We Mow, Trim & Haul
& Plus Rent U-Haul
Trucks & Trailers

Alvin Williams
OWNER
209 N. Johnson,
Big Spring, TX 79720
432-213-9568
alvinwilliams68@yahoo.com

PLUMBING

Expert Plumbing and
Drain Cleaning Service
Now Offering
Electronic Leak Detection
And Sewer Camera
Inspection.
Call
(432) 270-3911
M-36107

FOR SALE

Trying To Get Rid Of Unwanted Items
CALL 263-7331
Herald Classifieds

TREE SERVICE

LARRY'S TREE SERVICE
(432) 270-8049

• Tree Removal • Trimming
• Pruning
• Servicing •
Permian Basin Since 2001
FREE ESTIMATES

SUBSCRIPTION

WOULD YOU LIKE TO HAVE THE BIG SPRING HERALD DELIVERED?
CALL **432-263-7331**
(432) 213-5128

PLUMBING

Commercial & Residential Installation & Repair
• Drain Cleaning • Gas Lines • Water Heaters
• Water Leaks • Fixtures

Advance Plumbing
Edward Roach
Master Plumber • M-37359
432-517-0751 Cell 432-606-5029 Ofc
1200 E. 4th St. Big Spring, TX 79720

ROOFING

Palacios Roofing Home Improvement
All Types of Roof Work,
Home Repairs, Ceramic tile, Painting,
Drywall, Concrete work, Fences,
Additions, Wood Floors.
You Need it — We Do It...
Since 1996 (Licensed & Bonded)
Free Estimates
Alvaro Palacios - Owner
Call 213-0363 or 263-5430

ROOFING

Johnny Flores Roofing & Construction
Shingles, Hot Tar & Gravel.
All type of repairs!
Work Guaranteed.
Specializing in Hot Tar Roofs.
Doctor of Repairs
Free Estimates!!
267-1110 432-466-1102

ROOFING

Timmy D's Roofing
Free Estimate
Metal, Shingle, Flat Roofs
Specializing In Metal
Whole Roof or Patch Jobs
Also (Home Remodeling)
Satisfaction Guaranteed
(432) 935-1835

WATER WELLS

Choate Well Service

For all your water well needs.
All major credit cards accepted
Call (432) 393-5231
Family Owned Business
For 55 Yrs.

SUBSCRIPTION

Would you like to have the Big Spring Herald delivered?

FOR MORE INFORMATION
CALL 263-7331

HERALD

TREE TRIMMING

LUPE'S TREE TRIMMING

Trimming trees in Big Spring (and surrounding areas) since 1980. For tree trimming and removal.
CALL **Lupe Villalpando**
432-268-6406
432-213-1451
Satisfaction Guaranteed
FREE ESTIMATE

STORAGE

Reliable Self Storage

- * New Clean Facility
- * Video Surveillance
- * Electronic Gate Access
- * Fenced & Lighted Complex
- * 24 Hr/7 Days A Week Access
- * Easy In & Out Access
- * Moving Supplies
- * Month to Month Rentals

Locally Owned & Operated by
Gary & Glenda Gillihan

1908 Wasson Rd.
(432) 517-4860

YOUR AD

THIS COULD BE YOUR AD

FOR MORE INFORMATION

CALL **263-7331**

Herald Classifieds

HERALD

GARAGE SALE

HAVING A GARAGE SALE

CALL 263-7331
Herald Classifieds

HERALD

SUBSCRIPTION

WOULD YOU LIKE TO HAVE THE BIG SPRING HERALD DELIVERED?
CALL
432-263-7331

PAINTING

Cecil's Painting

Retired Fireman
Free Estimates
Interior & Exterior
(432) 413-6895
(DIAL AREA CODE)

FOR SALE

Trying To Get Rid Of Unwanted Items

CALL 263-7331
Herald Classifieds

HERALD

HOUSE LEVELING/MOVING

B&B House Leveling & Foundation Repair

LOCALLY OWNED & FAMILY OPERATED FOR 67 Years
Foundation Repair is Our Specialty & Only Work Our Company Does!



If it's not a deep driven steel pier,
it's not a steel pier.
Capable of 90 ft. in depth!



The Big Country's only provider for non-corrosive Steel Piers

- Repairs on Solid Slab, Pier & Beam Foundations
- Void Filling & Mud Jacking
- Landscape Friendly

LIFETIME TRANSFERABLE GUARANTEE

325-675-6613 • Abilene, TX • 800-335-4037

Owner: Rick Burrow



Licensed & Bonded for Home Owner's Protection

Insurance Claims Welcome • Free Inspections • Senior Citizens & Military Discounts



"LOOK"

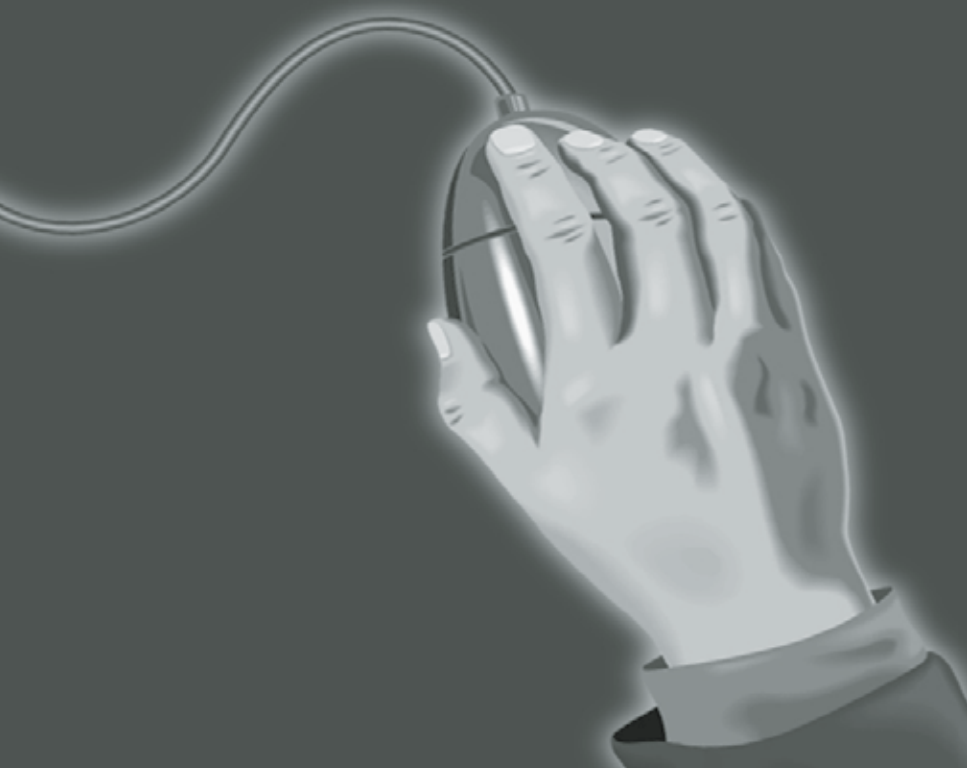
The Classifieds Have It!

Looking for a new house?
A good car? An affordable computer?
Find just what you need and want,
in the classifieds.

The Big Spring Herald

To place your ad call: **432-263-7331**

The Classifieds... just a click away!



ROOFING

Full Moon Roofing

Insured & Bonded

- ★ LIFETIME Shingles
- ★ Hail Resistant Shingles
- ★ 26 Gauge Metal



Top 50 Companies On Angie's List

Over 230 Complete Roofs This Year
80% Upgrade To metal At No Additional Cost
30 Yrs. Of Doing It Right!

432-267-5478

FREE ESTIMATES

5 Easy Ways To Place Your Ad In The Big Spring Herald Classifieds!

1

By Phone...
263-7331

2

By Fax...
264-7205

3

In Person...
710 Scurry

4

By e-mail...
classifieds@
BigSpringHerald.com

5

By Mail...
P.O. Box 1431



HERALD

Tomorrow's Horoscope



HOLIDAY MATHIS

Conjunction of the Muses

Welcome to one of the most inspiring planetary hookups of the year,

the conjunction of the sun and Neptune in the ethereal realms of Pisces. What ultimately happens will be the manifestation of a vision. This is where the vision originates. The muse needs the artist as much as the artist needs the muse!

ARIES (March 21-April 19). Sometimes you get the sense that you're outside of the prevailing feeling of the moment. When that happens, stop talking. It will be easier to connect with "the now" through silent awareness.

TAURUS (April 20-May 20). The reason you are so successful in all you do today is that you think about what's in it for other people and do your best to service that. Those who are

concerned only with their own profit won't profit.

GEMINI (May 21-June 21). You've many talents. One comes to the fore. You need more opportunities to perform it. You can practice all you want, but there are some things that can only be learned by performing in front of an audience.

CANCER (June 22-July 22). With augmented powers of self-control, you'll probably be able to manage your energy better than you manage time and get far more accomplished than you would on a typical day because of this.

LEO (July 23-Aug. 22). You may know about certain attraction techniques, and you may be wise to various methods of persuasion, but that won't make you immune to the power of seduction today. You may fall rather willingly into a spell.

VIRGO (Aug. 23-Sept. 22). The harder the barrier to entry is, the more people want to get inside. What's inside

may not be all that great. In fact, it may be far less useful or enjoyable than a much more accessible situation. Shop around! LIBRA (Sept. 23-Oct. 23). To adjust one's values to fit one's behavior, even if that behavior was clearly below the moral ideal, is only human nature. That doesn't make it right. You'll be grading yourself again today. Be loving but firm in this regard.

SCORPIO (Oct. 24-Nov. 21). If you were a melody, you'd be a very attractive one today, filled with repetitive pop hooks designed to help people get caught up in your pattern. No wonder the people around you are dancing.

SAGITTARIUS (Nov. 22-Dec. 21). Is life really stranger than your imagination? You'll put this theory to the test by dreaming up some pretty far-fetched scenarios and then sitting back to see what happens.

CAPRICORN (Dec. 22-Jan. 19). Knowing how to act when you want something is not

the same thing as being nice or being good. Also, not knowing how to act when you want something is not the same as being mean-spirited.

AQUARIUS (Jan. 20-Feb. 18). You can breathe a sigh of relief. Whatever you're afraid of today, it's not going to happen. Take courage! You can be fairly sure that (SET ITAL) something (END ITAL) will happen, but it won't be that.

PISCES (Feb. 19-March 20). You know how people are. Give them the exact same information and each can find radically different ways of interpreting it. It's essential that you find your own interpretation today, because no one else's will fit.

TODAY'S BIRTHDAY (Feb. 28). You're learning what to let go of and what to pursue with tenacity. This is how you turn your life in the direction of your dreams. Your capacity to love grows following a deep commitment in March. April focuses on your family and improv-

ing relationships. June and July are favored for taking professional risk. Taurus and Scorpio adore you. Your lucky numbers are: 40, 2, 33, 35 and 1.

FORECAST FOR THE WEEK AHEAD: The sun and Neptune come together today in the theater of the mind. What plays out here is every bit as important as what plays out in the physical world, if not more so, because what happens next is based on these dreams. Neptune is the realm where the beautiful is elevated to the spiritual, solutions become poetry, decisions become dances, love becomes art, art becomes love and living becomes an expression of your spirit. So, what are you dreaming about? If you're not dreaming yet, there's no time to waste. A rich fantasy world awaits beyond the gate of your mind, all you have to do is push it open and walk in. Need inspiration? The muses are out, just as eager to find you as you are to find them.

Feb. 29 only happens once every four years, and this year it occurs under a moon shifting from mysterious Scorpio to otherworldly Sagittarius. This adds an extra layer of intrigue and excitement to leap day. Traditionally, leap day was a day to break tradition, and the lunar influence certainly supports this interpretation!

CELEBRITY PROFILES: Jason Aldean has been nominated for two 2016 Academy of Country Music awards, including Entertainer of the Year. The Pisces chart-topper was born when Mercury and Mars were in musical Aquarius and the moon was in the down-home sign of Cancer. Cancer moon people are known for their love of domestic life as well as their patriotism.

To write to Holiday Mathis, visit www.creators.com and click "Write the Author" on her page. COPYRIGHT 2016 CREATORS.COM

Annie's Mailbox

Dear Annie: I am struggling with my neighbors. They have not one, but two barking dogs, which is double the noise. They confine the dogs to their backyard, which happens to be adjacent to ours. The barking drones on for hours, sometimes days, from very early morning until long after sunset. Our master bedroom, as well as our kitchen and family room, face the neighbors' backyard, thus rendering half of our living space useless due to excessive noise. That's with the windows closed.

It's even worse when we're outside. These dogs bark at any movement or noise, which means every time I do yard work, they are sounding off. They even bark when I shovel the walk in the winter. It is making me miserable.

I, too, have a dog, but he doesn't bark all day long. I have tried several

things hoping to resolve this issue without involving the authorities. I would like to live in quiet harmony with my neighbors. -- Reached My Limit

Dear Reached: We don't know what you've already tried, but we assume it includes talking to the neighbors about the barking, asking them to bring the dogs inside for enough of the day that you can catch a break, and suggesting they look into dog training classes.

If those things have not helped, phone the humane society and ask them to check out the situation. It seems abusive to let dogs bark for days at a time, and be left outdoors, rain or shine, summer and winter. Do you have a neighborhood or homeowners association that can use mediation to resolve this? Also check the noise ordinances in your town and notify

the police. We recommend you document your efforts and as a last resort, contact a lawyer. Sometimes, one letter from an attorney can have the desired effect, but be prepared to follow through.

Dear Annie: I read the letters from "Heartbroken in California," and "Frustrated in Oregon," who both complained about stepdaughters who were terribly rude and insulting to them, while behaving like little angels when their fathers were around. In each situation, Dad would not stop the rude behavior, because he claimed he didn't see it.

Yes, these women could record the daughters' rudeness for proof. But here is another idea: Stepmom should ask the teen daughter whether she would like to stay there and take care of her dad through his senior years, includ-

ing illnesses and possible dementia. Ask if she wants to do his meals, cleaning and laundry and to monitor his medications, taking him to the doctor as often as necessary. If so, fine. If not, would she prefer that he be married to the stepmother, who will care for him instead?

It might be best for a third party to mention this to her, so as not to have tension between the husband and wife. But I think it could get the point across. -- Paducah, Kentucky

Dear Paducah: You make a good point, but logic and reason often don't enter into these

emotional and manipulative choices. Though it's certainly worth a try.

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please email your questions to anniesmailbox@creators.com, or write to: Annie's Mailbox, c/o Creators Syndicate, 737 3rd Street, Hermosa Beach,

CA 90254. You can also find Annie on Facebook at Facebook.com/AskAnnie. To find out more about Annie's Mailbox and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com. COPYRIGHT 2016 CREATORS.COM

Sudoku puzzle grid with answers provided.

Answers to previous puzzle: GHOST, QATAR, FHA, OILER, UNITE, ROB, ODDLY, IDLER, ESE, FEET, FIRST, ONSET, ZONE, SUCHAS, WAFERS, MOTTOS, EMIR, VALUE, TKO, RIG, PRETEND, ALP, EDU, AUNTS, AREA, RECITE, AMSTEL, STEVEN, GLUT, ASHES, FOREFRONT, UKE, OPINE, FINER, NEA, FENCE, EDUCE, ADD, FAKED, DESKS

Newsday Crossword

SATURDAY STUMPER by Doug Peterson

Edited by Stanley Newman www.stanxwords.com

- ACROSS: 1 One up unwillingly, 10 Point high up, 15 Victoria hub, 16 "I'm easy", 17 Jesse Owens Memorial Stadium locale, 18 Gospel, 19 Between engagements, 20 Track supporter, 21 They're fit for queens, 22 Persian covering, 23 Attendee at the Medicare signing ceremony, 25 Swing, in a pinch, 26 Seat, for a candidate, 27 __ flash, 29 Rivet, 32 Many a spot with a "horn"-ending name, 33 How some tips are provided: Abbr., 34 Preceder of an annual All-Star Game, 37 Ancient warrior band, 38 Miembro de la familia, 39 Unidirectional conductors, 40 All the same, 41 Ethanol fuel system treatment brand, 42 Character on many '70s lunchboxes, 43 Dillydallies, 46 Dig, 49 One rarely seen alone in restaurants, 50 Seven-monarchy org., 51 Chafe, 52 Whitewater racer, 53 Application included with Apple software, 55 Neurological adjective, 56 Encouraging words, 57 Sports trades, 58 Bridge equipment, 8 Goes into a pool, 9 Start to crawl, 10 Ingredient in most soaps, 11 Open competition of a sort, 12 Well-fixed, 13 Feature ascribed to George Washington, 14 Rosetta Stone characters, 21 Common GPS feature, 23 Diver, for instance, 24 Staple of ceramics, 25 Certain prowlers, 28 Fire __, 29 How some meteorites appear, 30 It's roughly the length of a basketball court, 31 Self-styled "Napoleon of the West", 32 Nicknamed, 33 Full-boat, 35 Edges, 36 Number sung four times in a carol, 41 Stock options, 42 Big bomb, 44 Nordic word of honor, 45 Cop coat, 46 Name of the cover of The Way to Cook, 47 Update, perhaps, 48 They may come off the shelf, 49 Weapon first used in combat in 1973, 51 Place to stay, 53 Establishment, 54 Suffix for units of length and weight

Crossword grid with numbers 1-58.

What makes a curious reader? You do.



Read to your child today and inspire a lifelong love of reading.



www.read.gov



Mumbai sets no-selfie zones as deaths linked to selfies rise

MUMBAI, India (AP) – Look around in any major Indian city, and you will find someone with an arm outstretched, mobile phone in hand, smiling widely and clicking away. Even Prime Minister Narendra Modi has embraced the medium, posting pictures online he's snapped with various world leaders.

But the pursuit of the most epic selfie can have lethal consequences.

India is home to the highest number of people who have died while taking photos of themselves, with 19 of the world's 49 recorded selfie-linked deaths since 2014, according to San Francisco-based data service provider Priceonomics. The statistic may in part be due to India's sheer size, with 1.25 billion citizens and one of the world's fastest-growing smartphone markets.

Alarmed by the trend, Mumbai has declared 16 no-selfie zones across the city, as authorities warn people against taking unnecessary risks.

Earlier this month, an 18-year-old college student on a class picnic lost his balance while taking a

selfie atop a rock near a dam near the central Indian city of Nashik. He fell into the water and drowned, along with a classmate who jumped in to try and save him.

Last month, an 18-year-old woman fell and drowned in the sea while taking a photo of herself at Mumbai's Bandstand Fort, a popular tourist spot.

An engineering student sustained fatal head injuries when a rock he was standing cracked and sent him tumbling. He'd been trying to take a selfie with friends in front of the Kolli Hills in Tamil Nadu.

And in January 2014, three students aged 20 to 22 died when they stopped to take a photo with a speeding train approaching, and were hit. They'd been on their way to visit the Taj Mahal.

In Mumbai, police have declared selfies off-limits in areas perceived as risky – particularly along the coastline in spots with no railings or barriers. Anyone venturing into off-limits areas, even if they take no photos, risks being slapped with a fine of 1,200 rupees, or about \$18.

After the woman's death last month, the city's police conducted a survey to identify such dangerous places, police official Dhananjay Kulkarni said. The city also plans to run an awareness campaign.

Despite clearly marked signs demarking the selfie-free zones, people can still be seen clicking away, and often going to the edges or standing on ledges to get the most thrilling shots.

"When you are traveling alone, and do not have anyone to take your pictures, then it's only selfie," said Murtuza Rangwala, a student in Mumbai.

Mumbai psychologist Keerti Sachdeva said she doesn't expect the constant pursuit of selfies to end any time soon, saying one probable reason is the need for acceptance and love.

"You know people have this sort of feeling in adolescent age, especially that they need to get this acceptance from everyone, that I am a smart person, I am a good-looking person," Sachdeva said. "So for acceptance and recognition they are indulging in taking of selfies."

Obama bans US imports of slave-produced goods

Federal officials are preparing to enforce an 86-year-old ban on importing goods made by children or slaves under new provisions of a law signed by President Barack Obama.

"This law slams shut an unconscionable and archaic loophole that forced America to accept products made by children or slave labor," said Sen. Ron Wyden, an Oregon Democrat who worked on the legislation.

The Tariff Act of 1930, which gave Customs and Border Protection the authority to seize shipments where forced labor was suspected and block further imports, was last used in 2000, and has been used only 39 times all together largely because of two words: "consumptive demand" – if there was not sufficient supply to meet domestic demand, imports were allowed regardless of how they were pro-

duced.

The Trade Facilitation and Trade Enforcement Act signed by Obama on Wednesday eliminated that language, allowing stiffer enforcement. U.S. Customs and Border Protection Commissioner Gil Kerlikowske and agency leaders are planning a briefing Friday to explain how they'll be implementing the new law.

"If the U.S. government works to really keep out goods made with forced labor, this change will have a profound ripple effect on supply chains worldwide," said David Abramowitz, who advocated for the change as vice president for Humanity United.

To start an investigation, Customs needs to receive a petition from anyone – a business, an agency, even a non-citizen – showing "reasonably

but not conclusively" that imports were made at least in part with forced labor.

A Labor Department list of more than 350 goods produced by child labor or forced labor provides a detailed breakdown that human rights groups plan to use as they petition the government to take action. These include peanuts from Turkey, gold from Ghana, carpets from India and fish and shrimp from Thailand.

But advocate Neha Misra at the Solidarity Center, another nonprofit that worked for the legal change, said petitions are hard to file and proving a case is complicated.

Nonetheless, she was encouraged. "Before U.S. law said that we would tolerate forced labor if we really wanted a product for domestic consumption. Now, we are saying that we will

not tolerate forced labor for any reason. This is a major step forward," Misra said.

An expose by The Associated Press last year found Thai companies ship seafood to the U.S. that was caught and processed by trapped and enslaved workers. As a result of the reports, more than 2,000 trapped fishermen have been rescued, more than a dozen alleged traffickers arrested and millions of dollars' worth of seafood and vessels seized.

Last April, the AP also identified and highlighted the legal loophole that allowed continued imports of slave-caught seafood. A month later, Obama promised to repeal the consumptive demand exception and ensured "swift, strong and effective enforcement."



your 2016 wedding planner

a guide to a stunning wedding day

Planning a Wedding Checklist

- Choose a Date
- Venue
- Registrars
- Bridesmaids
- Best man
- Wedding dress
- Suite hire
- Photographer
- Entertainment
- Catering
- Florist
- Transport
- Hair and Beauty
- Bridesmaid attire
- Wedding cake
- Decorations and favours
- Guest list

Dora Roberts Community Center

A beautiful venue located on the bank of Comanche Trail Lake making it a perfect location to host a wedding, engagement party, rehearsal dinner, or bridal shower.

There are several options to choose for your event. There are rooms available to accommodate parties from 20 to 300.

We assist in your day by renting linens to enhance your decorations.

We boast the perfect outdoor location with our pavilion that is right on the shoreline.

To reserve please contact:

Community Services

264-2323

Dazzling Decor



Home Decor Galore!

- ~ Fiesta Dinnerware
- ~ Fiesta Tumblers
- ~ Bedding
- ~ Cotton Colors
- ~ Towels
- ~ Wall Decor
- ~ Much More!

Register Your Bridal Selection Here!

1304 Scurry

DAZZLING DECOR

(432) 264-6000

TKP the karat patch JEWELRY DESIGNS

She's One of a Kind... Shouldn't Her Ring Be Too

One-Of-A-Kind Engagement And Wedding Rings In Stock!



1003 E. FM 700 Mon.-Fri. 9:30-5:30

Show her how much you love her

Blum's JEWELERS One beautiful place.

Suggs Hallmark

Register With Us And Receive A FREE Gift

- Dinnerware
- Flatware
- Crystal
- Home Decor
- Bed and Kitchen
- Fiesta Dinnerware and Accessories



Mon.Sat. 10-6:30PM Sun. 1pm-5pm

Inside the Spring Town Plaza 432-263-4444

Gaze Crystal Kitchen Flowers & Gifts

Serving your bridal registry needs for the past 25 years!

Carrying name brands of Crystal, China and Flatware.

1515 E. FM 700 Inside Harris Lumber (432) 267-8206

Everything You Need For A Wonderful Beginning

- Dinnerware • Serving Sets
- Home Decor • Linens
- Crystal • Glassware

Create Your Bridal Selection at

Elrod's Furniture

Big Spring's Oldest, Largest, Finest Furniture Store

2309 Scurry

267-8491

Facebook's 'like' button gets 'angry' and 'sad' as friends

NEW YORK (AP) – Facebook's "like" button isn't going away, but it's about to get some company.

Facebook has been testing alternatives to "like" in about a half-dozen countries, including Ireland, Spain and Japan. On Wednesday, Facebook started making "haha," "angry" and three other responses available in the U.S. and the rest of the world.

In changing a core part of Facebook – the 7-year-old "like" button has become synonymous with the social network – the company said it tried to keep things familiar. The thumbs-up "like" button will look just as it long has, without the other choices cluttering the screen or confusing people. You have to hold that button or mouse over the "like" link for a second or two for the alternatives to pop up.

Here are seven things to know about Facebook's latest feature, known as Reactions.

WHAT'S NOT TO LIKE?

When a friend posts that his father has died, or a cousin gets frustrated with her morning commute, hitting "like" might seem insensitive. Users have long requested a "dislike" button, but that was deemed too negative and problematic. Are you disliking the death or the call for sympathy?

Facebook chose to offer more nuanced reactions – "love," "haha," "wow," "sad" and "angry" – alongside "like" – to give users "greater control over their expressivity," says Julie Zhuo, Facebook's product design director.

WHY THESE CHOICES

Facebook went through comments on friends' posts, as well as emoji-like stickers people were using. It chose the most common ones and tested those. Facebook considered dozens of reactions – but offering them all would have been confusing. Think of having to flip through pages and pages of emojis: Do you want one wink, a tear, a full frown

or a half frown?

Facebook ultimately chose these six reactions for their universal appeal – something that could be understood around the world. Even a generic happy face "was a little bit ambiguous and harder for people to understand," Zhuo says.

Each reaction comes with an animated emoji, such as the thumbs up for "like" and a heart for "love." These emojis will look the same around the world, but phrases such as "love" will be translated.

"LIKE" STILL TAKES CENTER STAGE

Zhuo says people click on "like" more than a billion times a day, so "we didn't want to make that any harder." It's still the go-to reaction for most posts. But Zhuo says in the countries tested, people used the alternatives more frequently over time.

HOW TO GET STARTED

The rollout is expected to take a few days to complete. You'll get the feature automatically on Web browsers, but you'll need to update your app on iPhones and Android devices (no word yet on Windows and BlackBerry).

Facebook already shows how many people like a post and lets you tap or click on the count for a list of people. With Reactions, you see how many people have reacted in some way, along with the top three reactions, such as "love" followed by "haha" and "wow." You can get breakdowns for each reaction – the total and specific people. If you don't update your app, you'll just see the number of likes.

Once you have this, you can start marking older posts as "wow" or "sad," too.

A HAPPY BIAS?

Facebook has a complex formula for deciding which of your friends' posts are more prominent. Ones that get a lot of likes, for instance, will tend to

show up higher. Now, posts marked "angry" or "wow" will bump up, too.

But Facebook wants to show what it thinks you're most interested in – and that might ultimately mean mostly happy posts, rather than ones that evoke sadness or anger. Zhuo says Facebook will tweak its formulas based on how people respond.

EXPRESS THAT ANGER

These alternative reactions are for all posts, including those from groups and brands. A company won't be able to block the ability to mark its posts with anger.


IT TOOK A YEAR TO DEVELOP

Why so long? Besides deciding on how many and which specific reactions to offer, Facebook needed to figure out the right way for people to discover and use it. For instance, a menu might have been harder to find, while offering all six buttons up front might have made it harder to just quickly "like" a post and move on. Zhuo says CEO Mark Zuckerberg pushed for the long-press method as a balance.

The feature is expected to evolve over time, and Facebook may add or change choices based on feedback.

Contact the Herald
at
263-7331

RESTAURANT GUIDE



Blue Ribbon CAFE
505 Scurry

Open Monday - Friday
LUNCH 11am - 2pm

Starting Friday, January 15th
BREAKFAST 7am - 11am

Call
(432) 606-5011
For Takeout

Like to Eat Out?
Know The Best Place To Go?
WE DO!!

Check out this handy guide for food that will please the palate and satisfy the soul.






Sunday - Thursday 11am - 10 pm
Friday & Saturday 11am - 12 pm

432-517-4368
1506 E. 4th Street




EVERYDAY VALUE MENU



2311 Gregg St.
432-263-6663

BUFFET
7 DAYS A WEEK!

11:00 AM TO 10:00 PM



Pizza Inn
700 E. FM 700 • Big Spring, TX • 432-263-1831



Wagon Wheel
2010 Scurry Street
Big Spring, TX 432-267-2851





1506 E. 4th Street



GILL'S

Gill's Gold 'N Crisp Fried Chicken
"The Next Best Thing To Home Coming"

2100 Gregg St.
Call In Orders Welcome - 263-4391

K-C
STEAKS & SEAFOOD

2104 North Frontage Road IH 20

Open Monday-Saturday 5:00 pm - 10:00 pm
www.kcsteaksandseafood.com (432) 263-1651



Cowboys Steakhouse & Restaurant

263-0181
404 E. Marcy • Big Spring, TX



Martin County Hospital

We Put Our Patients First

Therapies That Work Together..

Physical Therapy



Brian Free, MPT

Occupational Therapy



Tim Davis, OTR

Speech Therapy



Vanessa B. Elliott,
M.A., CCC-SLP

MEET DR. CARGILL



DR. CARGILL

Clinic Hours: Mon.-Fri. 8 am - 4 pm, Walk-ins are welcome

To schedule an appointment call or come by today:

Phone: 432-607-3243

Fax: 432-607-3298

Dr. Anderson



Dr. Anderson,
OB/GYN

COME MEET OUR NEW OB/GYN DOCTOR.

Call
(432) 607-3243

MEET DR. JUAN Suite D 101



DR. JUAN

Clinic Hours: 8-12, 1-5

Appointments are scheduled from 8-11 am and 1-4 pm

Schedule Your Appointment Today:

Phone: 432-607-3250

Fax: 432-607-3681

MEET ROBIN ALVARADO, FNP



ROBIN ALVARADO, FNP

Clinic Hours: Mon.-Fri. 8 am - 4 pm, Walk-ins are welcome

To schedule an appointment call or come by today:

Phone: 432-607-3243

Fax: 432-607-3298

Have you been in the hospital, but aren't well enough to go home?
Our Swing Bed Program could help you

Who is right for Swing Bed:

- Wound Care
- Orthopedic Patients
- Acute Physical Occupational and Speech Therapy
- Long Term IV Therapy
- End of Life Care
- Management of Diabetes, Congestive Heart Failure & Other Chronic Conditions

Swing Bed Coordinators: Michelle Chapa, RN 432-607-3210 or Linda Wiebe, RN 432-607-3630



*Providing The
Highest Level
Of Quality
Care And
Respect To
Patients &
Families*



2016 HEALTH & MEDICAL GUIDE



*Touching Hearts,
Saving Lives ...
All In A
Day's Work*



Supplement To The
Big Spring Herald
Sunday, February 28, 2016



David L Ward, DDS, PC
DENTAL HI-TECH COMFORT

1500 Scurry 267-1677
www.DavidWardDDS.com

Gentle, Comprehensive, General Dentistry

- * Low Radiation Digital 2D & 3D X-Rays
- * Nitrous Oxide Sedation and Conscious Sedation with Oral Medications
- * Beautiful White Fillings, Crowns (caps), Veneers, and Bleaching
- * Same Day Porcelain Crowns: Computer Designed and Milled in Office
- * Orthodontics with Braces or Clear Aligners
- * Oral Surgery: Implant Surgical Placement, Wisdom Teeth, Grafting
- * Implant Crowns and Implant Retained Dentures and Partials
- * LANAP Laser Periodontal (gum) Treatment; Root Canal Therapy

265573



Courtesy Photo

Dr. Tamanna Nahar meets with Howard County citizens during Scenic Mountain Medical Center's heart health luncheon on Saturday, Feb. 20, 2016. Dr. Nahar spoke about the importance of women's health and discussed symptoms to look for and ways to prevent a heart attack.

AVAILABLE IN BIG SPRING

Lawrence DeVold, MD, Family Practice Care

at Shannon Clinic in Big Spring

Monday-Friday from 8 am to 5 pm

2503 Gregg St., Unit C



After receiving his bachelor's degree from Baylor University, Dr. DeVold earned his medical degree from the Texas Tech University School of Medicine. He completed his family practice residency at Memorial Medical Center in Las Cruces, New Mexico. Dr. DeVold is fluent in Spanish.

To schedule an appointment, call **(325) 481-2074**.

VISITING SPECIALISTS

Weekly



Christopher Haddad, MD



Rudy Haddad, MD

Interventional Cardiologists
Big Spring natives **Christopher Haddad, MD**, and **Rudy Haddad, MD**, see patients each Monday. For appointments and info call **(325) 481-2281**.



Women's Health and OB Care
Christina Arp, RN, MSN, Certified Nurse Midwife, is seeing patients each Tuesday. For appointments and info, call **(325) 481-2270**.

Monthly



Oncologist and Hematologist
David Cummings, MD
For appointments and info call **(325) 481-2025**.



Dermatologist
C. Eric Greeson, MD, FAAS
For appointments and info call **(325) 481-2294**.

For more info about our Clinic in Big Spring, call **(325) 481-2074** or visit www.shannonhealth.com



1300 S. Gregg • Big Spring, Texas 79720 • 432-517-4557

We offer Medical & Dental Services,
Pharmacy & Optical.
Family Planning Program With
Free Meds & Tubal ligations
if you qualify.



Our Dental Clinic offers
A FREE FIRST VISIT

Includes X-Rays, Exam & Consultation - New Patients Only
(Not valid with third party remuneration)

Sliding Scale Discount for those who qualify, and all insurances accepted.

We offer convenient hours and location.

Call **432-517-4557** for an appointment.

268802



An unhealthy mouth can make you sicker, fatter and less intelligent



By Dr. David Ward

David L. Ward, DDS, PC

A recent 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 aged 45-64. A large group of these people were tested thinking and memory tests. 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 (infection of the gums and bone around their teeth).

Now let's cover a little background information. I have written before about 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 you have lost, the more likely you are to be obese, diabetic, and have high blood pressure. You would think people eating with dentures would lose weight since conventional dentures do not chew nearly as well as real 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. Note that dental implants can make dentures function much better!

The second part of the oral-systemic connection is the fact that periodontitis is associated with higher rates of many other medical problems. These include heart disease, stroke, diabetes, dementia, several 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. Newer studies have even implicated periodontitis in premature aging of skin and erectile dysfunction.

Why? With periodontitis, the underside of the gum next to the teeth (periodontal pocket) is very much infected. In total surface area this infected area is about the size of the palm of your hand. This constant, but usually painless, infection is constant-

ly pumping bacteria, toxins, and inflammation into your blood stream. This is not a healthy situation!

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, thinner, and healthier, take care of your mouth. The ability to chew well for better nutrition is important. So is the prevention of oral inflammation 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.



Big Spring Area Chamber of Commerce



Saturday, April 9, 2016
8am-12 Noon

Dorothy Garrett Coliseum - 1001 Birdwell Lane

For more information, call

(432) 263-7641

268802

Chronic kidney disease: Not as rare as you think

By AMANDA DUFORAT

Scenic Mountain Medical Center

It's a seldom talked-about disease, but 26 million American adults have chronic kidney illness and millions of others are at increased risk.

We are all born with two kidneys, each about the size of your fist. The kidneys are part of your urinary tract and, when functioning properly, perform the vital function of filtering the blood and removing waste and excess salt and water from the body. They also regulate the body's chemical balance, help control blood pressure, make hormones, help keep bones healthy, and help make red blood cells.

In people with chronic kidney disease (CKD), the damaged kidney or kidneys slowly lose their filtering ability. The buildup of waste in your body can cause major health problems. Left untreated, the kidneys may fail (known as end-stage renal disease), and you will need dialysis or a kidney transplant. Unfortunately, many people aren't diagnosed with CKD until they have lost most of their kidney function.

Risk Factors for CKD

Anyone can get chronic kidney disease at any age. However, some people are more likely than others to develop kidney disease. You may have an increased risk for kidney disease if you:

- have diabetes
- have high blood pressure
- have heart disease
- have a family member with kidney disease
- are African American, Hispanic, Native American or Asian

Some infections, inherited diseases and injuries can also cause CKD.

Symptoms of CKD

In the early stages, there may be

no symptoms of CKD. The loss of kidney function may be so slow (months or years) that symptoms do not appear until kidney function is less than one-tenth of normal. As the disease worsens, you may experience:

- less energy; sleep problems
- a poor appetite
- numbness in the hands, feet, or other areas
- muscle twitching or cramps
- swollen feet and ankles (edema)
- puffiness around your eyes
- dry, itchy skin
- abnormally dark or light skin
- headaches, nausea and vomiting
- bone pain
- blood in the stool
- excessive thirst

Preventing CKD

To help keep your kidneys healthy:

- Choose foods with less salt.
- Keep your blood pressure below 130/80.
- Keep your blood glucose in the target range, if you have diabetes.
- Other tips for protecting the kidneys and preventing heart disease and stroke:
 - Do not smoke.
 - Eat meals low in fat and cholesterol.
 - Exercise regularly.
 - Take drugs to lower your cholesterol, if needed.
 - Keep your blood sugar under control.

Respect your kidneys for the important role they play in your overall health. While there is no cure for CKD, the earlier it's detected, the better the chance of slowing or stopping its progression. If you suspect you may have CKD, see your doctor who can perform simple tests to detect the disease.

To learn more about CKD, other kidney diseases and disorders, and ways to keep your kidneys healthy, visit www.SMMCCares.com.



AFFORDacare

URGENT CARE CLINIC

Kim Shafer, R.N., FNP-C

Ryan Williams, PA-C

Andrea Thelen, PA-C

Robbie Cooksey, D.O. - Medical Director

- Walk-in Clinic, no appointment needed
- Quality medical care for the entire family
- Fast, affordable care for colds, flu, sinus, minor injuries, allergies, urinary infections, cuts, bruises and much more
- On-site Xray
- DOT physicals - no appointment
- Pre-employment, school & athletic physicals

Open 7 Days a Week
Monday - Saturday 8AM -7PM
Sunday 10AM - 4PM

We accept Commercial Insurance, Medicare, Tricare, Workmen's Compensation, Private Pay Patients Always Welcome!

268498

710 South Gregg

432-517-4692

Lubbock Heart comes to Big Spring

By **AMANDA ELSTON**
Managing Editor

Making the long drive to Houston or Dallas is tough for anyone. Finding a hotel, paying for gas, and not to mention the stressful driving conditions is enough to make anyone tired. But for those making the drive with a serious health condition with the stress of medical bills and a major surgery looming, the trip might be more than some can bear.

Houston may have Houston Methodist and Dallas may have Baylor, but when Howard County patients are looking for convenient, local, and seriously experienced heart surgeons, no one in West Texas can beat Lubbock Heart Surgery.

A short and straight shot up 87 North, Dr. Ben Hirsch, Dr. Ralph Paone, and Dr. Donald Robertson make up the surgeons of Lubbock Heart Surgery that practice car-

diovascular, thoracic, and vascular surgery, as opposed to just one speciality. Between the three surgeons, they have more than 50 years experience in the field as well as more experience as a group than any of the heart surgery groups in West Texas and have performed heart surgery, lung and esophagus surgery, and peripheral vascular surgery.

"By offering all aspects of cardiovascular and thoracic surgery in Lubbock, patients no longer have to travel to Dallas or Houston to receive quality and comprehensive cardiovascular surgery care," said Dr. Paone.

Lubbock Heart Surgery is located in the Medical Office Plaza, right next to the massive and surprisingly friendly University Medical Center Hospital. Dr. Hirsch, Dr. Paone, and Dr. Robertson all have faculty appointments with the department of surgery at Texas Tech

Health Science Center, which is also located adjacent to the hospital.

Being affiliated with the university gives the three doctors access to new and exciting research and developments, as well as gives the hospital a theme of Red Raider pride, an essential component for any West Texas business. But being experienced, friendly, and proud West Texan surgeons wasn't enough for Dr. Paone and the team. They wanted to do more for their patients.

Every fourth Friday of the month, Dr. Paone and practice administrator Jesus Cazares visit Big Spring's Scenic Mountain Medical Center to

bring the practice here for a four hour clinic, so patients won't have to make the drive for appointments.

"We are so excited to partner with Dr. Shroff, Dr. Uricchio, and Big Spring in general," said Dr.

Paone. "By coming to Big Spring to provide local patients with clinic evaluations or follow ups, it saves them two hours to come see us in Lubbock."

But taking work away from Scenic Mountain Medical Center is not something that is on Dr. Paone or Lubbock Heart Surgery's agenda. Anything that can be done at Scenic Mountain such as screenings for abdominal aortic aneurysms or post-op appointments and evaluations is done here.

"The studies which can be performed at Scenic Mountain Medical Center such as X-Rays, ultrasounds, and diagnostic angiograms are kept in the community," said Dr. Paone.

While it is nice to stay local, most people want the absolute best care when it comes to their health, especially during a major surgery.

With Lubbock Heart, patients can have the best of both worlds. Keeping up with world-renowned



HERALD photo/Amanda Elston
Dr. Ralph Paone and practice administrator Jesus Cazares of Lubbock Heart Surgery make monthly visits to Big Spring from their home office in Lubbock.

Five habits for a lifetime of good eye health

Most of us are familiar with the healthy habits necessary to promote a high quality of life – whether we put them into practice or not. What some may not realize is that many of these common-sense teachings not only prevent disease, they also keep vital organs, such as your eyes, in tip-top shape.

"Your quality of life is closely linked to how well you see," said Lisa Shin, an optometrist and VSP provider based in Los Alamos, New Mexico. "You can take steps now to take care of your eyes and preserve your vision well into old age."

Protect your eyesight and keep your eyes healthy for years to come with these tips:

Eat a healthy diet.

Research shows that certain foods can boost eye health and ward off age-related eye changes, such as macular degeneration.

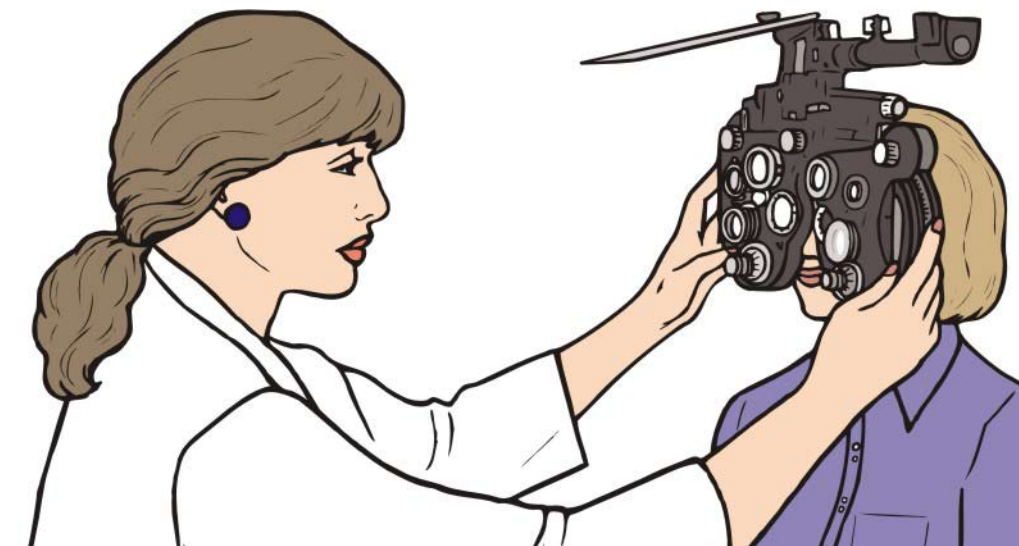
To keep your eyes in the best shape, Shin recommends incorporating eye-boosting vitamins and minerals into your diet, such as lutein and zeaxanthin (found in broccoli, corn, squash, peppers, spinach and kale); vitamin C (found in citrus fruits, melons, tomatoes and broccoli); vitamin E (found in legumes, wheat germ, nuts and seeds); zinc (found in whole grains); and omega-3 fatty acids (found in salmon).

Reduce time in the sun.

Cataracts are the most common cause of age-related vision loss in adults.

Because the sun's ultraviolet rays can increase your risk of developing cataracts, it's important to take precautions to shield your eyes from the sun. Shin recommends wearing UV protective eye-wear, as well as a wide-brimmed hat.

Quit smoking.



It's a no-brainer that smoking is bad for your heart and lungs, but did you realize that it can also damage your eyesight? "Smoking harms nearly every bodily organ, including the eyes," Shin said. "Cigarette smokers are at greater risk of developing both macular degeneration and cataracts."

Exercise regularly.

Aside from keeping your waistline trim, regular exercise can also keep your eyes sharp. A study in the "British Journal of Ophthalmology" found that those who led an active lifestyle were 70 percent less likely to develop



macular degeneration. Participants in the study walked at least two miles a day, but even just 30 minutes of walking a day can go a long way toward keeping your entire body in good shape.

Get an annual eye exam.

Even if you think you have im-

peccable vision, it's still imperative to schedule an annual eye check-up.

The eyes provide a surprising number of clues about your overall health. By simply peering into your eyes, your eye doctor can detect a broad array of health conditions – from hypertension to diabetes – that you might not even be aware you have.

You only have one set of eyes, so it's crucial to take the proper steps to care for them. By nourishing your body with the right foods, getting regular exercise and going in for regular eye exams, you can keep your vision sharp at any age.

For more on the importance of eye health and for information on VSP Direct vision insurance, which costs as little as \$17 per month, visit www.VSPIndividualPlans.com.

AWARD WINNING REHABILITATION DEPARTMENT



- 24 Hour Nursing Care
- Selective Menus
- Local Transportation
- Medicare & Medicaid Approved
- Medicare Approved Short Term Stays
- Physical, Speech & Occupational Therapy

"Celebrating Life Through Quality Care And Compassion"

3200 Parkway Big Spring, Texas 432-263-4041

Is your family struggling with difficult healthcare decisions?

We'd be honored to listen to your hopes and goals and to respect your choices.

Home
Hospice • Nursing • Healthcare Equipment

Visit our website at www.homehospicewtx.com or call us today **432-264-7599**

The future promises more medical advances

By Dr. DAVID LIPSCHITZ

In 2016, it will 50 years since I graduated from medical school. We plan a big celebration, and well over 70 percent of our class will be there. My research interests focused on iron metabolism initially and then on the aging process. The advances in the fields of gerontology (the study of aging) and oncology (the study of cancer) over the past 50 years have been beyond anyone's wildest dreams.

The difference between aging and cancer is that the former is normal and the latter is a disease. But they both involve a complex interaction between an individual with his or her environment over time.

The most important research has been the development of an almost total understanding of the fundamental biology of the cell. We have learned the important role played by genes — the way they function and how the complex interaction among genes determines how a cell ages and how diseases, such as cancer, develop.

With advancing age, the ability of the cell to rapidly neutralize toxic byproducts (oxidants) is slowed. This makes the cell more prone to damage that impairs function and renders it likelier to develop an array of diseases, including cancer. A simultaneous reduction in im-

mune cell function occurs. The immune system loses its ability to recognize and destroy abnormal cells, making age-related maladies — such as cancer, Alzheimer's disease and vascular abnormalities — more common.

Cellular function involves a balance between genes that stimulate cells to grow and divide and genes that inhibit overgrowth of cells. Alterations of these genes contribute to cellular aging and cancer development. Genes that stimulate cell growth are thought to be a major factor in the development of cancer and hence are called oncogenes. Damage or mutation of an oncogene causes the rapid growth of cells that are transformed into cancer cells. Simultaneously, mutation of the inhibitory genes allows the more rapid growth of malignant cells.

This knowledge has allowed for the development of unique compounds that have successfully treated cancers, including leukemia, lymphoma and certain forms of breast cancer. Stimulating and altering the immune system so that they specifically target and kill cancer cells offers the promise of more effective therapy, as well. The combination of chemotherapy, radiotherapy and surgery now allows many with incurable cancer to live longer with a far better quality of life. We are

making great strides in curing cancer. Deaths from cancer have gone down by about 15 percent in the past 30 years.

Altering gene function and boosting the immune system are also being evaluated in order to slow the aging process and prolong life.

Environmental factors play an important role in both aging and cancer. Most important is smoking, which is the major cause of lung cancer, bladder cancer, severe lung disease and heart attack risk. Other pollutants — including asbestos, pesticides and certain viruses — contribute to cancer risk and how we age.

Lack of nutrition may well become the most important factor contributing to a shorter life expectancy and cancer. High-fat diets are particularly responsible for breast, colon, kidney and prostate cancers while also shortening life expectancy by heart disease, stroke, diabetes and disabilities

caused by obesity.

The best approach to treating cancer is to prevent it. Far more important than any treatment is how easily we can reduce deaths by smoking cessation, eating right, using sunscreen, exercising and avoiding stress. All of these approaches reduce cancer and prolong life.

And remember the importance of screening. Though screening for breast and prostate cancers has been controversial, the tests, when done correctly, will reduce cancer deaths. And from age 50 onward, screening for colon cancer is most effective in preventing death from colon cancer.

The advances in health care over the past 50 years have been truly miraculous. But as our generation passes the baton to our children and grandchildren, the promise of the next 50 years will be much greater.



HERALD photo/Amanda Elston

Lubbock Heart Surgery is located in the Medical Office Plaza, right next to the University Medical Center Hospital.



HERALD photo/Amanda Elston

Practice administrator Jesus Cazares explains how the LVAD works. The LVAD is for patients with heart failure.

Sierra Animal Clinic

- Large Animals
- Small Animals

Affordable
Pet Care

251934

Call Us Today

(432) 263-1198



hospitals, within the past year Lubbock Heart Surgery has introduced the transcatheter aortic valve replacement, or TAVR, to their practice. The TAVR is for select patients who can have an aortic valve replacement without a chest incision.

"If someone is too old or sick for open heart surgery, the surgeons are able to deploy a new valve through a catheter straight to the heart," practice administrator Jesus Cazares explained. "We introduced this new option in mid 2015 and have seen a huge need for it here."

One of the most exciting developments that Lubbock Heart Surgery will offer this year, however, is the LVAD, or the left ventricular assist device. The LVAD is for patients with heart failure and is a mechanical pump that is implanted into a person's chest to help a patient's heart pump blood throughout their

body.

"The LVAD is a permanent solution that bypasses the function of the heart," explained Cazares. "With the LVAD, you are alive, but do not have a pulse."

While strange, the LVAD an extremely important and life-saving medical advancement that Lubbock Heart Surgery will be bringing to millions of people in the southwest region that would otherwise go without.

"We have seen a huge need for the LVAD here in the West Texas region," said Dr. Paone. "In fact, there is no other program between

Phoenix and Dallas that offers the LVAD. That is about 3 million people not served."

Lubbock Heart Surgery is prepared for nearly every cardiovascular, thoracic, and vascular emergency.

However, they encourage those still healthy to remain that way by taking care of their body.

"The most important thing you can do to take care of your heart is by watching your diet," said Dr. Paone. "Healthy, unprocessed food is the way to go. Staying away from soft drinks helps. By eating low calorie meals each day, you're less likely to have adverse effects on your body."

Dr. Paone also encourages those over 50 to have their blood pressure and cholesterol levels checked.

"High blood pressure and hypertension is so prevalent in our society," said Dr. Paone. "One of the most important cardiovascular screening exams is the free Welcome to Medicare screening for abdominal aortic aneurysms. This is part of the free Welcome to Medicare program."

Lubbock Heart Surgery also provides screenings at regional clinics in Hobbs and Clovis in New Mexico. Lubbock Heart Surgery is open from 8 a.m. to noon and 1 p.m. to 5 p.m. Monday through Friday.

For more information, visit their website at www.lubbockheartsurgery.net or call them at 806-792-8185.

Contact Managing Editor Amanda Elston at 432-263-7331, ext 230 or email editor@bigspringherald.com



Choices important when it comes to a healthy heart

The Associated Press

Chris Davies knows firsthand how scary heart problems can be and how important it is to make changes to lead a healthier life.

Davies, 49, suffered a heart attack in 2013, two weeks after going on a Boy Scout trip. He went by ambulance to Brazosport Regional Health System, then by medical helicopter to Memorial Hermann Hospital in Houston, where doctors put in stents.

Davies said although he had no previous history of heart disease, there were other factors contributing to his condition.

"I didn't have any history, but I was sad and out of shape," he said.

That episode was a life-changing event, leading to a drastic turnaround, Davies said.

Lifestyle choices such as smoking and eating fast food are major contributing factors to heart disease and other health problems, physicians say.

For Davies, an evaluation revealed weight loss and diet changes were necessary.

Dr. Hari Prasad, cardiologist at UTMB Angleton Danbury Campus, said his Brazoria County patients tend to be overweight as a result of a full work schedule.

"They work in a plant, they work full time, they get tired and they don't have time for much else," he said. "That's why I think they get overweight."

Davies is an insurance agent, not a plant worker, but the result was the same.

While most patients who come to UTMB Angleton Danbury Campus' cardiology clinic are overweight, Prasad only has seen a few cases of obesity, he said.

Most patients range from the upper cusp of overweight to the bottom portion of obesity.

Stress added to fatigue from a full workload are contributing factors, as well.

Making lifestyle changes is vital to preventing heart disease, the leading cause of death in the United States.

According to the American Heart Association, more than 2,100 Americans die of cardiovascular diseases each day. On average, one person in the United States dies every 40 seconds from heart disease, the organization's web site states.

The probability of contracting a cardiac disease depends heavily on lifestyle choices, said Dr. Qiangjun Cai, UTMB Angleton Danbury Campus cardiologist.

The first step people need to address in living a healthier lifestyle is to educate themselves on the risk factors involved in heart disease, Cai said, such as smoking and cholesterol intake, which can lead to diabetes and high blood pressure.

"They need to know the consequences of those risk factors if they're not controlled or removed,"

he said.

Blockages in the arteries, irregular rhythm and diastolic heart failure — a condition where the heart continues to pump blood but does not relax, can lead to high blood pressure and heart attack, Prasad said.

After recommendations from physicians and personal research into similar medical conditions, Davies opted for healthier dietary choices and almost immediately noticed a difference.

"I lost 40 pounds the first month, 30 pounds the next month and 20 pounds the next month," Davies said.

Doctors recommended a significant reduction in the intake of red meat and oil and an increase in vegetable consumption, he said.

"I lost all the weight while following that diet," Davies said.

Prior to his heart attack, Davies, a Scoutmaster, could not take his troop on a required 5-mile hike. He now is able to walk 10 to 13 miles a day and has run a 5K race.

"I never in my life envisioned that I would be able to do any of those things," Davies said.

Although new to the area, Prasad said he is not seeing anything else in particular that shows people in Brazoria County are more or less susceptible to heart disease. Prasad has been practicing in the area for about six months, and typically will see 40 to 50 patients a month.

Ideally, people need to start paying attention to their health at age 20, Cai said.

"If you have a family history of cardiac condition, you probably should start earlier," he



said.

There are basically two ways to help prevent heart disease — pharmaceutically and non-pharmaceutically.

Changing diet and exercising more should be the first option, Cai said.

The pharmaceutical route should be taken as a last resort, depending on the severity of risk factors or existing cardiac disease.

People looking to change their lifestyle should try a new diet and exercise routine for about three months to see if there is any change, he said.

People have busy schedules and cannot always sit down to a healthy meal, he said, and grabbing something at the nearest fast food restaurant may be the only option.

If that is the case, doctors recommend ordering smaller portions with a lower calorie count.

"You just have to pick and choose what you eat," Prasad said. People who are a higher risk than others should pay attention to the signs in order to detect heart disease early on, he said.

"My thinking is that if you can pick these patients early on and educate them, bring their risk factors under control, we can try to avoid some of these conditions," Prasad said.

Nine tips for aging well



resistance that gets more difficult as strength improves, has been shown to help prevent frailty.

3) You may not need surgery or drugs for your low back pain. Low back pain is often over-treated with surgery and drugs despite a wealth of scientific evidence

demonstrating that physical therapy can be an effective alternative with less risk.

4) You can lower your risk of diabetes with exer-

cise. One in four Americans over the age of 60 has diabetes.

Obesity and physical inactivity can put you at risk for this disease, but a regular, appropriate physical activity routine is one of the best ways to prevent and manage type 1 and type 2 diabetes.

5) Exercise can help you avoid falls and keep your independence. More than half of adults over 65 report problems with movement, including walking 1/4 mile, stooping, and standing. Exercise can improve movement and balance and reduce your risk of falls.

6) Your bones want you to exercise.

Osteoporosis, or weak bones, affects more than half of Americans over the age of 54. Exercises that keep you on your feet, like walking, jogging or dancing, and exercises using resistance such as weight lifting, can improve bone strength or reduce bone loss.

7) Your heart wants you to exercise. Heart disease is the No. 1 cause of death in the United States. One of the top ways of preventing it and other cardiovascular diseases is exercise. Research shows that if you already have heart disease, appropriate exercise can improve your health.

8) Your brain wants you to exercise. People who are physically active, even later in life, are less likely to develop memory problems or Alzheimer's disease, a condition which affects more than 40 percent of people over the age of 85.

9) You don't have to live with bladder leakage. More than 13 million women and men in the United States have bladder leakage. A physical therapist can help you avoid spending years relying on pads or rushing to the bathroom.

To learn more about the role of physical activity as you age, or to find a physical therapist near you, visit MoveForwardPT.com.



Taking action with skin cancer on the rise

With the return of warmer weather and longer days, it's good to remember that temperatures aren't the only thing on the rise. Skin cancer rates continue to increase and cause more deaths each year, with one in five Americans expected to develop skin cancer in a lifetime.¹

Despite progress in the fight against cancer, it is clear further education on skin cancer prevention and treatment is still needed. The U.S. Surgeon General's recent "Call to Action to Prevent Skin Cancer" study is a promising step in urging cooperative action to help advance the national goal of preventing skin cancer. These reports show tanning bed use remains common, and teens use less sunscreen now than they did ten years ago.² More people develop skin cancer because of tanning than develop lung cancer because of smoking.³

It may take years for prevention to begin reversing the upward trend in skin cancer incidence and deaths, therefore, making strides in treatment will be essential – especially for people diagnosed with advanced forms of the disease. Unlike cases caught at the early stages that are generally curable, these advanced cases are incurable because the tumors have grown too large or spread to other parts of the body and can be deadly or disfiguring.

Fortunately, progress in treatment has rapidly accelerated in the past few years due to an improved understanding of how skin cancer forms. It began at the turn of the century when scientists identified proteins that play a critical role in how skin cells multiply and grow.

In basal cell carcinoma, the most common type of skin cancer, scientists learned that damage to skin cells caused by UV radiation can lead to mutations in a group of proteins important for cell growth. As a result, excess signals among these proteins cause the cells to rapidly multiply, ultimately forming a cancerous tumor. In rare cases, basal cell carcinoma can be-

come advanced by invading surrounding tissue or spreading to other parts of the body and cannot be treated with surgery or radiation. Doctors now know how to use medicines specifically designed to block the excess signals occurring in cancer cells in nearly all of these advanced cases.

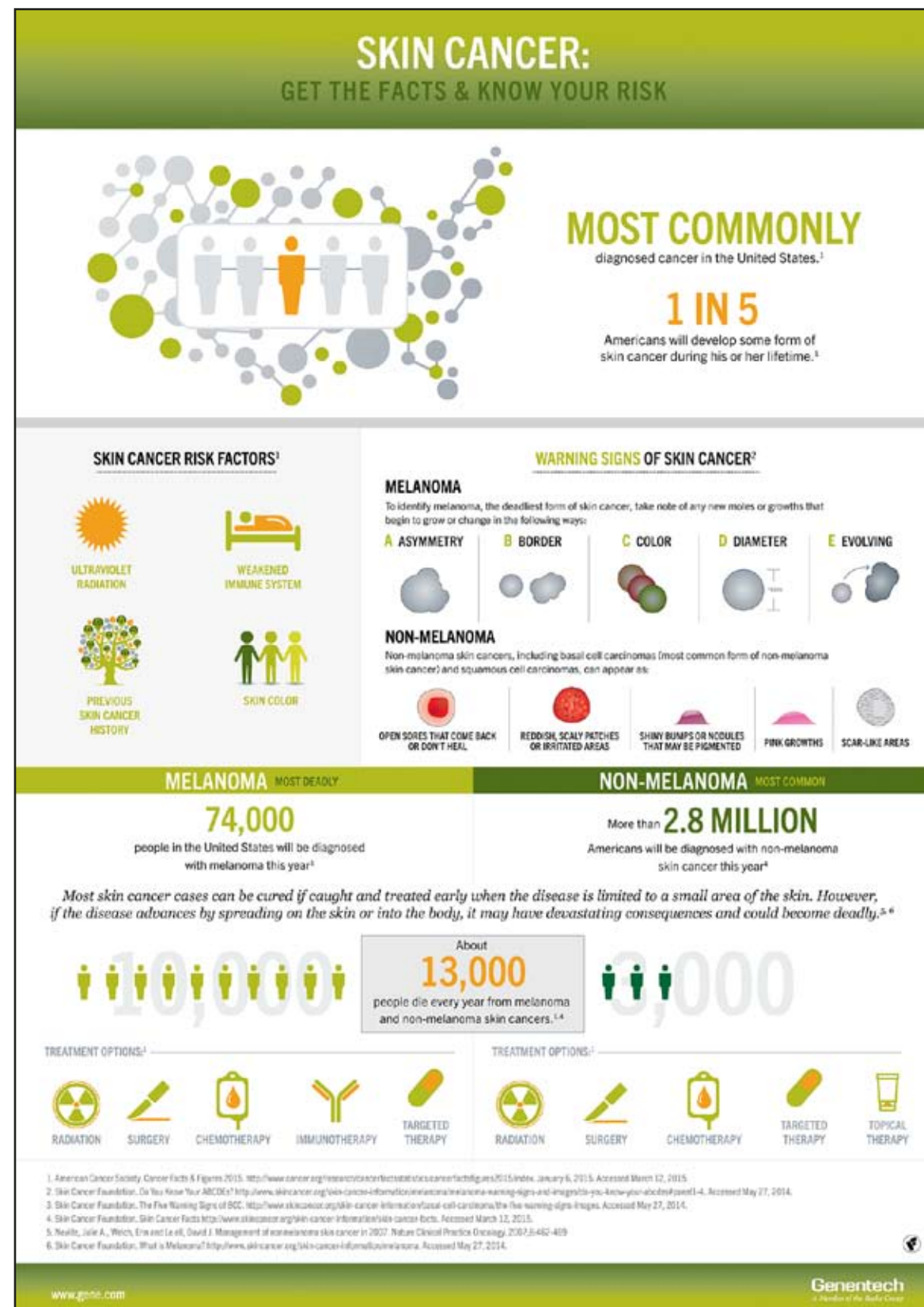
In 2002, scientists discovered a mutation in a protein responsible for half of all advanced cases in melanoma, the deadliest type of skin cancer. In just ten years after this discovery, medicines targeting this mutation were approved by the FDA. Recently, other medicines have also become available to reduce the likelihood the cancer will stop responding to treatment, and additional research has produced promising medicines that activate the immune system to fight the cancer.

These important discoveries and a greater understanding of the disease have led to the development of several new options for advanced skin cancer approved by the FDA since 2011. Prior to this time, medical breakthroughs in skin cancer were measured in decades, not months. Through science, skin cancer treatments have evolved from inadequate or non-existent to

promising medicines targeting the exact makeup of cells in advanced skin cancer.

As seasons change and UV rays grow stronger, it is essential for preventative measures to mirror

the recent strides in treatment development. On both fronts research presses onward, aiming to reverse the rising tide of this deadly disease. Read more about skin cancer: www.gene.com.



Snack nation: Food makers turning everything into snacks

The Associated Press

There are no meals anymore, only snacks.

As around-the-clock grazing upends the way people eat, companies are reimagining foods that aren't normally seen as snacks to elbow in on the trend. That means everything including grilled chicken, cereal, chocolate, peanut butter and even Spam are now being marketed as snacks.

Some are trying to jump into the party by playing up protein. Meat processing giant Tyson launched Hillshire Snacking this year with packs of cut-up chicken that people are supposed to grab and eat with their hands (120 calories per pack). Canned meat maker Hormel is testing "Spam Snacks," which are dried chunks of the famous meat in re-sealable bags (220 calories per bag).

People with a sweet tooth aren't being forgotten.

After years of slumping cereal sales, Kellogg recently introduced Kellogg's To Go pouches, which hold slightly larger pieces of cereal the company says were "specifically created to be eaten by hand" (190 calories per pouch, which is comparable in size to a bag of potato chips).

Even Hershey is trying to become more of a snacks player with "snack mixes" that seem like trail mix, except with Reese's peanut butter cups and mini chocolate bars (280 calories per package).

"People are snacking more and more, sometimes instead of meals, sometimes with meals, and sometimes in between meals," said Marcel Nahm, who heads North American snacks for Hershey.

He said Hershey's research shows some people snack "10 times a day."

Snacking has been encroaching on meals for years, of course, fu-

eled in part by the belief that several smaller meals a day are better than three big ones. Snacks now account for half of all eating occasions, with breakfast and lunch in particular becoming "snackified," according to the Hartman Group, a food industry consultancy.

But more recently, the blurring lines are making people reach for snacks with benefits they might otherwise get from a meal, like protein or fiber.

That has led to ingredients like chickpeas, lentils and quinoa popping up in snacks. And it's inspiring some companies to try and transform everyday foods into more exciting snacks.

Snacks can have good profit margins, too. Prices will vary depending on the retailer, but the suggested retail price for a snack pack of Hillshire's grilled chicken is \$2.49, while Kellogg's To Go pouch sells for about \$2.

Kellogg is also marketing regular bowls of cereal as a late-night snack, and says it can do more to push Pop-Tarts as an anytime snack.

Hormel recently introduced Skippy P.B. Bites, which are candy-like balls of peanut butter marketed as filling treats for kids.

A serving has 160 calories and 8 grams of sugar, with each canister containing six servings. The canister costs around \$3.50 and isn't supposed to be a single snack, but Hormel president Jim Sneer

says "unfortunately it can end up being that."

Prescribing an ideal eating pattern for everyone is difficult given people's varying lifestyles, said Claudia Zapata, a registered dietitian in San Antonio, Texas. But she noted that snacks should generally be 250 calories at most and are meant to tide people over between meals.

"Well, that was the point of snacks back then. I don't know what the point is now," she said.

Zapata noted there is a lot of mindless eating going on, and that people should stop and ask themselves whether they're even hungry before diving into a snack. "It may be that you just need water," she said.

For food makers, the bigger priority seems to be delivering maximum convenience so people can eat wherever and whenever the spirit moves them.

"I don't like things that have to be assembled," said Bridget Callahan,

a part-time student and freelance writer in Wilmington, North Carolina who says she snacks six or seven times a day.

Callahan says she picks snacks like protein bars and oranges that she can carry around in her purse.

The various efforts to court snackers may not succeed over the long term, but Kellogg promises that the pouches for its cereal snacks are "ergonomically designed to allow fingers to easily access the food" and Hershey describes its snack mixes as perfect for "one-handed eating."

And while it may seem odd to snack on meat with bare hands, Hillshire says its research shows people don't mind.

"The meat is quality meat, so people would take it and dip it with their fingers," said Jeff Caswell, general manager of Hillshire Snacking.

Already, Caswell said the company is looking at turning other meats into portable finger foods.





Your destination for quality care, close to home.

When you choose Scenic Mountain Medical Center, you're choosing quality care from physicians and staff who care about you as a neighbor. We provide a wide range of services for you and your family, and are constantly working to enhance them. In fact, we recently expanded our services to include pediatric care. You can feel confident turning to us for each of the following:

- Cardiology/ Cardiopulmonary Services
- Diabetes Education
- Diagnostic Imaging
- Emergency Department
- Family Medicine
- General Surgery
- Gynecology/Breast Health
- Internal Medicine
- Lab & Pathology Services
- Obstetrics
- Wound Care
- Orthopedics
- Pain Management
- Podiatry
- Pulmonology
- Radiology
- Rehabilitation Services
- Sleep Medicine
- Urology

For more information about our services, visit SMMCCares.com.



Insight into becoming a health care professional

TTUHSC to host future health providers experience



TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

Texas Tech University Health Sciences Center (TTUHSC) will host the annual Future Health Care Professionals' Experience (FHCPE) from 8 a.m. to 3 p.m. March 5 at the Academic Classroom Building, 3601 Fourth St.

TTUHSC schools have worked collaboratively to provide the West Texas community insight into health care fields. High school students, college students and current professionals interested in entering a new career are encouraged to attend.

"This is a free opportunity for high school and undergraduate students to see how health professions work," said Suzanna Cisneros, media relations with TTUHSC. "We had students from Big Spring last year and would like to let the community know about this opportunity."

Mike Russell, TTUHSC Student Government Association president and FHCPE committee member, said this event will give individuals interested in pursuing health care related professions insight to all fields.

"This experience will feature informative sessions from all disciplines and is aimed at anyone interested in a health care career including non-traditional students looking at going back to school for another degree," Russell said.

All five schools, the Graduate School of Biomedical Sciences, School of Medicine, School of Health Professions, School of Pharmacy and School of Nursing will have faculty, students and staff present to discuss and demonstrate what a career in each of their respective programs entails.

Russell said students see the steps it takes to get into these careers with offered programs.

"Students will also participate in anatomy demonstrations from our anatomy lab, tours of the SimLife Center and also get an overview on financial aid and a breakdown of the costs to attend an academic health institution, the Early Acceptance Program curriculum overview and opportunities for high school students with the Early Dedication to Medical Education program," Russell said.

The event is free and lunch will be provided. Persons interested in attending the event can register the day of in the Academic Classroom Building lobby or online at www.ttuhsc.edu/student-services/futurehealth-care-conference.aspx. For more information, call TTUHSC Student Services at (806) 743-2300.



Giving Families More Reasons to Smile!



Modern, Comfortable & Relaxed Atmosphere
Celebrating over 15 years of service in Big Spring, TX
Pleasant & Experienced Staff

Member of the TDA Graduate #1
Dental School in the nation

NOW ACCEPTING NEW PATIENTS!
Call Today!
432-267-4102

710 MAIN ST. • BIG SPRING, TX 79720
OPEN MONDAY-THURSDAY www.amyreesedds.com

Affordable Retirement Living



- 24 On Site Staff
- Free Transportation
- Home cooked meals
- Paid utilities (except phone & cable)
- Housekeeping/Laundry service
- 24 Hour Security
- Companionship
- Activities
- Emergency Call System
- Four Spacious Floor Plans

432-267-1353 501 West 17th • Big Spring, Texas

Over 100 Years Serving The Community

HERALD
BIG SPRING

710 Scurry St.
Big Spring, Texas 79720
(432) 263-7331



A Better Way To Care

1900 Gregg St., Suite C
Big Spring, Texas 79720
Visit Us At: www.ehhi.com

432-264-0044 1-800-750-3851

BIG SPRING HEALTH FOOD STORE

Locally Owned and Operated Since 1965

Mindy Sedberry, Owner

Monday-Friday 10am - 6pm
Saturday 10am - 2pm

1305 Scurry St. (432) 267-6524

Do You Have Car **TROUBLE**

Mitchem
Wrecker Service

432-267-3747

We don't ask for an arm or a leg, but we do want your Tows!