

# BIG SPRING

# HERALD

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At the Crossroads of West Texas

50 CENTS DAILY/\$1.25 WEEKEND

MONDAY

December 29, 2003

### WEATHER

Tonight:



CLEAR

TONIGHT 25°-26° TOMORROW 64°-66°

### INSIDE

#### Better sleep

Forty-seven percent of adults would like to improve the quality of their sleep, and 37 percent feel that they do not get enough sleep, according to a new survey conducted by the Better Sleep Council

Page 5A

### BRIEFLY

#### Senior tours

An RSVP meeting will be held at 2 p.m. Jan. 8 to plan upcoming vacation tours. The meeting will be held in the Dora Roberts Community Center.

The Retired Senior Volunteer Program offers tours throughout the year. The 2004 schedule includes new destinations as well as some of the old favorites.

For more information, contact the RSVP office at 264-2397 or Bilbrey Tours at 1-888-692-1308.

### COMING SUNDAY

American Profile



Since the terrorist attacks on Sept. 11, 2001, the nation's security agents, officers, and volunteers have been in a heightened defensive posture. How do these unsung heroes—sometimes in remote locations—protect and safeguard America's borders from the land, sea, and air? What pride do they take in doing their jobs?

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To reach us, please call 263-7331. Office hours are 7:30 a.m. to 5 p.m. Monday through Friday. If you miss your paper, please call 263-7335 before 7 p.m. on weekdays and 11 a.m. on Sunday.

## Irlen technology: Giving some a better opportunity at reading

By LYNDEL MOODY  
Staff Writer

From left to right, top to bottom — reading follows a pattern, but what if that pattern turned into a garble of indistinct words? And what if viewing that distorted page through a different color could clear the storm?

For some, a simple plastic colored overlay could mean the difference in reading with ease or with great difficulty, according to the Irlen Institute.

"Irlen Syndrome is a perceptual disorder," explained Kathy Wyrick from the Irlen Clinic in Lubbock. "It is the brain's

*"This is not a cure for anything but this is a very usable tool for people who have this perceptual problem."*

Kathy Wyrick,  
Irlen Clinic

inability to efficiently process light."

According to the institute's Web site, Irlen Syndrome, also known as, Scotopic Sensitivity Syndrome (SSS), is a type of visual perceptual problem, not an optical prob-

lem. Individuals with Irlen Syndrome simply see the printed page differently and have to adopt to the distortions.

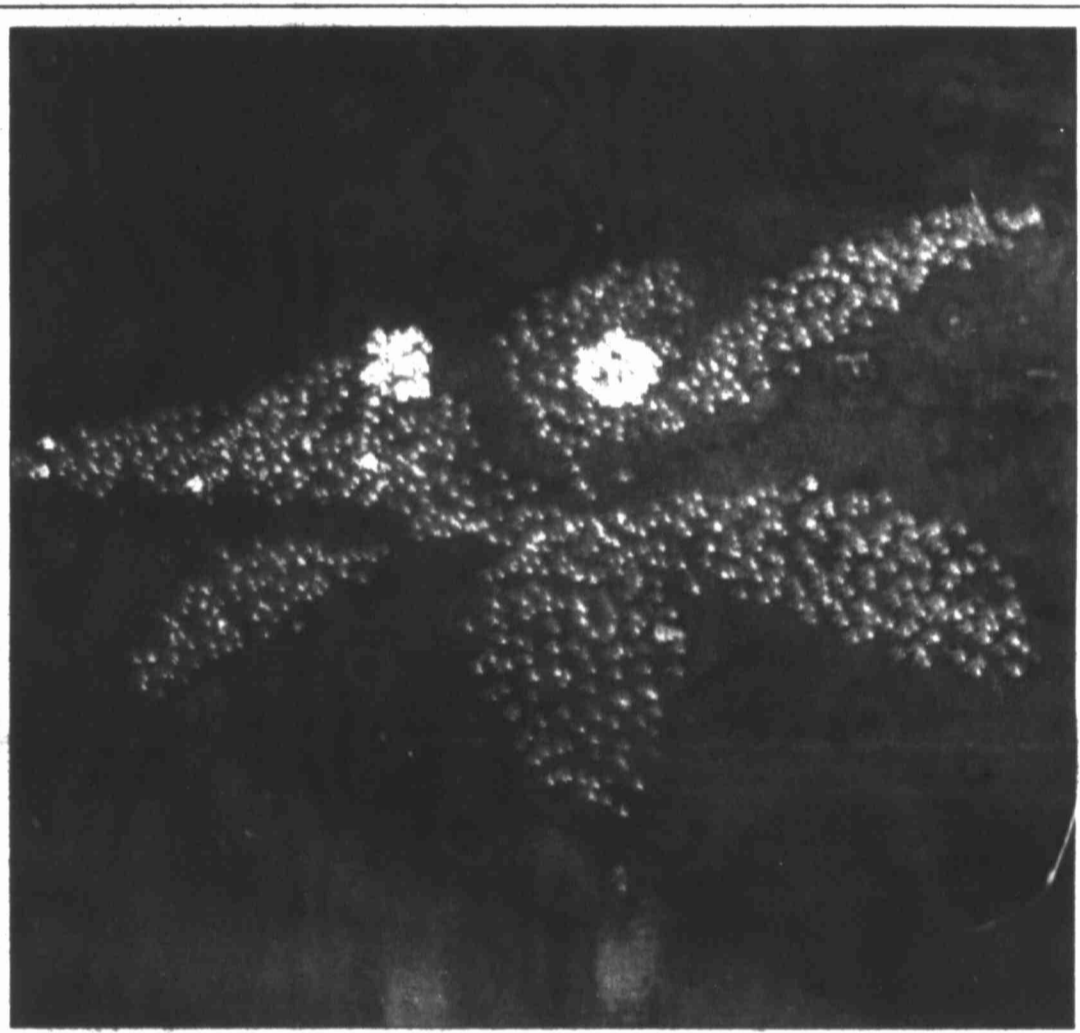
"Sometimes it is as simple as the white background on the page that dominates the black print, so it's hard to pick out the black words or letters," Wyrick said. "Other times, it is more severe where the words are blurry or they move or shake or they overlap each other. Sometimes the sentences seem like they don't have spaces in the

See IRLN, Page 3A



HERALD photo/Lyndel Moody

Sue Hambrick, a representative of the Irlen Clinic in Ardmore, Okla., screens Richard Light, Big Spring Independent School District curriculum director, at a teacher training on Irlen Syndrome.



HERALD photo/Thomas Jenkins

Colorful poinsettias are among the top attractions at the Festival of Lights in Comanche Trail Park. Displays are lit from 6 to 10 each evening, but if you haven't made it out to see them this year, plan on doing so very soon. Wednesday is the final evening of the display.

## Drought besieged farmers may apply for FSA loans immediately

HERALD Staff Report

Farmers in Howard and Glasswork counties impacted by the drought and planning to apply for a Farm Service Agency loan should send in their applications as soon as possible.

Although the FSA will continue to accept applications until July 6, Farm Loan Manager Wallace Foy encourages farmers to turn in their applications now.

"Delays in applying could create backlogs in processing and possible over into the new farming season," Foy said.

Howard and Glasswork counties are two of 45 in Texas that are eligible for loans to cover part of actual production losses and damages from the drought. The counties were designated as eligible Secretary of Agriculture Ann M. Veneman.

Farmers may be eligible for loans of up to 80 percent of their actual losses or the operating loan needed to continue in business, whichever is less, Foy said.

The interest rate is 3.5 percent for farmers who are unable to obtain credit for private commercial lenders.

"As a general rule, a farmer must have suffered at least a 30 percent loss of production to be eligible for an FSA emergency loan," Foy said.

Those participating in the Federal Crop Insurance Program will have to figure in their proceeds from the programs in determining their loss.

The FSA is a credit agency of the U.S. Department of Agriculture authorized to provide disaster emergency loans to recognized farmers who work at and rely on farming for a substantial part of their living.

Also eligible are individual farmers who are U.S. citizens and to farming partnerships, corporations or cooperatives in which U.S. citizens hold a majority of interest.

For more information, contact Foy at the FSA office in Stanton at 756-3308 ext. 108. The office is open from 8 a.m. to 4:30 p.m., Monday through Friday.

## 2004 brings tuition hikes, waiting period for abortion

AUSTIN (AP) — New college tuition rates and a 24-hour waiting period for women seeking abortions represent significant changes in Texas policy in 2004.

After months of planning, the new laws take effect Jan. 1, rather than September, like most Texas laws. Other changes include a ban on driving on dry riverbeds and how insurers score credit ratings.

The Republican-led Legislature loosened its grip on tuition-setting power to allow universities

to set their own rates to offset \$558 million in state cuts to higher education. Supporters appreciated the flexibility in raising more funds, while opponents said higher rates will make it more difficult for middle-class students to afford a college education.

"It's horrible news for students," said Rep. Garnet Coleman, D-Houston.

He said the idea that college students leave home, drive to school in a BMW and live in a

condo their parents bought is a fallacy. He said many students work to pay their way through school, and higher tuition will only delay their graduations.

Supporters, however, say without state funds, schools have no choice but to raise rates to cover their costs.

"The cuts we have suffered are astounding," UT System Chancellor Mark Yudof said last fall when regents approved tuition increases at all nine campuses. "It's clear to everybody

that tuition is going to have to go up significantly."

At the University of Texas at Austin, the largest campus in the country with about 50,000 students, tuition will rise 13.2 percent this spring and 29.3 percent in the fall, based on an average of a 15-hour course load. That means students will pay about \$3,075 for the spring semester and \$3,510 in the fall.

Students will get some help in See NEW LAWS, Page 3A

By THOMAS JENKINS  
Staff Writer

Every year we make and break them, only to have them haunt us 365 days later like the ghosts of good ideas gone astray. They are our roads paved with good intentions. They are our New Year's resolutions.

Although we eye the prospect of making New Year's resolutions with a

great deal of cynicism, millions of Americans will join in the annual tradition. Believed to date back to the early Babylonians, people all over the world will vow to drop bad habits, spend more time with the people they love and do good deeds in 2004.

Both admirable and humorous, here are some of the New Year resolutions of area residents:

"My New Year's resolution is to lose a few pounds," local resident Eric Norman said with a laugh. "This isn't anything new. I seem to come up with doing this about every three or four months."



NORMAN

Superintendent Rick Boiles. "First of all I want to lose some weight. I also want to work more efficiently for the citizens of Big Spring. Last, I want to pursue my hobbies a little more intensely."

"I want to get more organized," said local insurance agent Sherry Wegner. "My desk is always in a mess and things are so hard to find sometimes. That would have to be my main goal. I'd also like to take better care of my body this coming year, and get a little more exercise."



WEGNER

"I want to pay off my debts," said Laurie Metcalf. "It's right after the Christmas holiday, and although I went a little over budget, it's not that bad right now."



METCALF

"I really want to be a better person," said Big Spring High School junior Jerry Doporito. "It's a pretty lofty goal, but I think I'll be able to do it. I'm used to changing and trying to be



DOPORTO

"I have several," said City Water Collections and Distribution

See NEW YEAR, Page 3A

## Obituaries

## Esparanza Abreo DaSilva

Esparanza Abreo DaSilva, 59, of Pearland, formerly of Big Spring, died Sunday, Dec. 28, 2003, in an automobile accident in Monahans. Her funeral services are pending with Nalley-Pickle & Welch Funeral Home & Crematory.

## Josefina Ramos

Josefina Ramos, 70, of Big Spring, died Sunday, Dec. 28, 2003, at her residence. Her funeral services are pending with Nalley-Pickle & Welch Funeral Home & Crematory.

## Lottery

Results of the Lotto Texas drawing Saturday night: Winning numbers drawn: 9-13-15-37-39 (numerical order). Bonus Ball: 31.

Number matching five of five, plus Bonus Ball: 0.  
Number matching five of five: 3. Prize: \$12,547.  
Number matching four of five, plus Bonus Ball: 14.  
Prize: \$2,440.

Number matching four of five: 643. Prize: \$114.  
Number matching three of five, plus Bonus Ball: 573.  
Prize: \$113.

Number matching three of five: 26,636. Prize: \$5.  
Number matching two of five, plus Bonus Ball: 7,586.  
Prize: \$5.  
Number matching one of five, plus Bonus Ball: 35,228. Prize: \$3.

Estimated jackpot for Wednesday night drawing: \$35 million.

Results of the Cash 5 drawing Saturday night:

Winning numbers drawn: 2-3-29-22-4.

Number matching five of five: 1.

Prize per winner: \$39,666.

Winning ticket sold in: Trophy Club.

Matching four of five: 117. Prize: \$152.

Matching three of five: 4,194. Prize: \$10.

Matching two of five: 40,495. Prize: \$2.

Next Cash 5 drawing: Monday night.

The winning Pick 3 numbers drawn Saturday night by the Texas Lottery, in order: 8 - 5 - 8

## News briefs

## Laura Bush: Americans walking tightrope

CRAWFORD (AP) — First lady Laura Bush says Americans are walking a tightrope of staying vigilant against a new terrorist attack while comforting their children during a time of heightened terrorism fears.

Asked whether America has recovered from the Sept. 11, 2001 attacks, she said: "Not really."

"Our world changed," Mrs. Bush said in an interview Sunday on NBC's "Meet the Press." "We still are always aware of that. The rawness of it and the shock of it is diminished with time."

She spoke at a time when her husband's administration has put the nation on high alert for a terrorist strike during the holidays.

"We have to keep comforting our children, but we also have to be very vigilant as American citizens as we go about our work," she said. "And that's difficult, it's very anxiety-provoking, but at the same time it makes us know we have to put our arms around our children, be with them."

## Police shootings spur calls for more training

HOUSTON (AP) — The recent shooting deaths of two teenagers by Houston police officers highlights the need to intensify training in the use of force, law enforcement experts and senior members of the department said.

Jose Vargas Jr., 15, was killed on Halloween night and Eli Escobar Jr., 14, was shot to death less than a month later. Both officers may have made mistakes that can be associated with insufficient training, said David Klinger, a professor at the University of Missouri-St. Louis who is an expert on police shootings.

For example, Klinger said, officers without enough training often place their fingers on the trigger too quickly, which can lead to accidental firings.

Master Police Officer Jim Conley defended Houston's training efforts, saying the department requires officers to attend 40 hours of training a year, twice as much as the state mandates.

But most Houston police officers receive little regular tactical firearms training beyond an annual visit to a firing range, police union President Hans Marticiuc told the Houston Chronicle for a Monday story.

## Investigators question drug suspect

DUNCAN, Okla. (AP) — A Duncan man has been arrested on a drug possession charge by law enforcement authorities who are investigating the shooting death of an Oklahoma Highway Patrol trooper, officials said.

Rick Ray Malone, 29, was questioned Sunday about his alleged involvement in the production of methamphetamine, said Jessica Brown, spokeswoman for the Oklahoma State Bureau of Investigation.

Authorities also executed a search warrant on Malone's Duncan home, but what connection, if any, he has to the shooting death of trooper Nikky Green remained unclear, Brown said.

Green, 35, was shot to death early Friday while checking into reports of a suspicious vehicle along a rural Cotton County road.

Acting on a tip, investigators apprehended Malone on suspicion of improperly storing anhydrous ammonia, an ingredient in the production of methamphetamine, Brown said.

## Police blotter

The Big Spring Police Department reported the following activity from noon Saturday until 8 a.m. today:

• **CORINA LEOS**, 24, of 509 W. Eighth St., was arrested Saturday on a charge of driving while intoxicated and on capias warrants for speeding and no driver's license.

• **VERGELIO HILARIO GARCIA**, 31, of 1104 East 13th St. was arrested Sunday on charges of possession of marijuana, two ounces or less and assault Class C/family violence.

• **JAMES CURTIS HAYS**, 41, of 602 Holbert St. was arrested Sunday on a charge of failure to identify.

• **NORMA BUSTAMONTE LOPEZ**, 35, of 1610 Owens was arrested Sunday on a charge of assault Class C/family violence.

• **PHILLIP GARCIA**, 27, of 1002 S. Nolan was arrested Sunday on a three capias warrants.

• **ALBERTO MARTINEZ**, 20, of 1206 Mesquite was being held at the city jail Saturday for the Immigration and Naturalization Service.

• **MATTHEW FRANKS**, 17, of 2209 Cecilia was arrested Saturday on two Howard County warrants, five traffic warrants and on a charge of evading arrest.

• **PATSY CASTILLO**, 37, of 7102 S. Service road was arrested Sunday on a charge of public intoxication.

• **JOHN EDMONDSON**, 31, was arrested Sunday on a charge of burglary of a habitation with intent to assault.

• **RANDY MIER**, 26, of 1501 Runnels was arrested Sunday on a charge of public intoxication and theft, less than \$50.

• **NANCY LOVELESS**, 31, of 538 Westover was arrested Sunday on city warrants.

• **MELINDA KENNEDY**, of 1005 Stadium was arrested Sunday on traffic warrants.

• **ANGELA DUGGER**, 26, of 2911 West Highway 80, was arrested Sunday on traffic warrants.

• **JOHN FERRELL**, 32, of Bayou Vista was arrested Sunday on a charge of public intoxication.

## Sheriff's report

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

• **GRANT CORY PERDEW**, 42, was arrested Friday on a warrant for delivery of a controlled substance, less than one gram.

• **ARLENE PINEDA**, 50, was taken to the county jail Saturday after being arrested by the Texas Department of Public Safety officers on a charge of driving while intoxicated.

• **DARIL ESCOBEDO PINEDA**, 56, was taken to the county jail Saturday after being arrested by DPS officers on a charge of public intoxication.

• **DONALD RAY SPRINGS JR.**, 27, was taken to the county jail Sunday after being arrested by DPS troopers on a charge of driving while license suspended/invalid.

• **CORINA LEOS**, 24, was taken to the county jail after being arrested by Big Spring police officers on a charge of driving while intoxicated.

• **PHILLIP WESLEY GREEN**, 20, was taken to the county jail Sunday after being arrested by DPS troopers on a charge of possession of marijuana, less than two ounces.

• **VERGELIO HALARIO GARCIA**, 31, was taken to the county jail Sunday after being arrested by Big Spring police officers on a charge of possession of marijuana, less than two ounces.

• **JOHN MICHAEL EDMONDSON**, 31, was taken to the county jail Sunday after being arrested by Big Spring police officers on a charge of burglary of a habitation with intent to assault.

• **JOHN LEWIS MARSHALL II**, was taken to the county jail Sunday after being arrested by DPS troopers on a Hays County Sheriff's Office warrant for possession of marijuana, less than two ounces and on a charge of possession of marijuana, less than two ounces.

## Take note

☐ **THE MOBILE MEALS PROGRAM**, which delivers to the elderly and homebound, needs volunteers to deliver meals.

If you can spare one hour per week to deliver eight or 10 meals, you are needed.

About 85 to 90 meals are prepared, packaged and delivered to recipients within the city limits of Big Spring.

If you can volunteer, please call 263-4016 before 3 p.m.

☐ **ROAD TO RECOVERY DRIVERS WANTED**. Volunteer drivers are needed to transport cancer patients to and from treatments. If you can spare a few hours each month, please consider volunteering

## Weather

Tonight...Mostly clear. Lows in the mid 20s. Light winds.

Tuesday...Mostly sunny. Highs in the mid 60s. South winds 10 to 20mph. Tuesday night...Partly cloudy. Lows in the upper 30s. South winds around 10 mph.

Wednesday...Partly cloudy. Highs in the mid 60s. South winds 5 to 15 mph. Wednesday night...Mostly cloudy with a 30 percent chance of showers. Lows in the upper 40s.

New years day...Mostly cloudy with a 30 percent chance of showers and thunderstorms. Highs in the mid 60s. Thursday night...Mostly cloudy with a 30 percent chance of showers and thunderstorms. Lows in the mid 40s.

Friday...Partly cloudy. Highs in the mid 60s. Friday night...Mostly clear. Lows around 40.

Saturday...Mostly sunny. Highs in the lower 60s.

Saturday night...Mostly clear. Lows in the lower 40s.

Sunday...Partly cloudy. Highs in the lower 60s.

## Bulletin board

If you have items for the Bulletin board, contact the Herald news room at 263-7331 or email editor@bigspringherald.com

## Today

Senior Circle meets at 4 p.m. at Scenic Mountain Medical Center, sit and be fit chair aerobics. People age 50 and over are invited to participate. Call 268-4721 for more information.

Public is invited to evening Lions Club meeting at 6:30 p.m. at La Posada.

## Tuesday

Intermediate line dance classes meet at 9 a.m. in the Senior Citizens Center. Call 267-1628 for more information.

Big Spring Rotary meets at noon in Howard County Cactus Room.

## Wednesday

Line dancing begins at 1 p.m. in the Senior Citizens Center located in the Industrial Park. Call 267-6966 for more information.

Duplicate Bridge Club meets Wednesday, Thursday and Friday at 1 p.m. at Big Spring Country Club.

The Optimist Club meets at 7 a.m. in the Howard County Cactus Room.

Downtown Lions Club meets at noon in the Howard County Cactus Room.

Senior Circle meets at 10 a.m. at Scenic Mountain Medical Center classroom for stretch and tone.

## Thursday

New Year's Day. Happy New Year!

## Friday

Spring City Senior Citizens country and western dance is held from 7:30 p.m. to 10:30 p.m. All area senior citizens are invited to attend.

AMBUCS meets at noon at La Posada.

Greater Big Spring Rotary meets at noon in the Howard County Cactus Room.

## Support groups

## TUESDAY

☐ Area Agency on Aging of the Permian Basin will hold a self-help support group for care givers in Howard County on Tuesday.

The meeting will be held at Canterbury Retirement Homes Inc., 1700 Lancaster, from 5:30 p.m. until 7 p.m. For more information, call Raynetta Williams, caregiver coordinator, at (432) 563-1061 or (800) 491-4636 or locally call Debbie Read at Home Hospice at (432) 264-7599.

This group is open to the public and funded by the Texas Department on Aging.

## THURSDAY

☐ Alcoholics Anonymous, 615 Settles, 12 noon to 1 p.m.; Women's meeting, 6:30 to 7:30 p.m. Non-Smoking closed discussion meeting, 8 to 9 p.m.

☐ Fibromyalgia/Chronic Fatigue Support Group meets at noon at the Dora Roberts Rehabilitation Center.

☐ Alzheimers Support Group meets at 2 p.m. on the third Thursday of each month at The Texas State Veterans Home, 1809 North Highway 87. For more information call Orand Carroll 268-8387.

## FRIDAY

☐ AA open discussion meeting from noon to 1 p.m. at 605 Settles. Noon Open Big Book Study Meeting, 8 to 9 p.m.

## SATURDAY

☐ Open Discussion Meeting, 615 Settles, noon to 1 p.m. Open Podium/Speakers Meeting 615 Settles 8 to 9 p.m. Open Birthday Night, No Smoking meeting the last Saturday of each month at 8 p.m.

## BIG SPRING HERALD

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## Mudsi

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## NEW YEAR

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## IRLEN

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On the social "Woman's Right Act" requires th waiting period woman can get tion to start Jan

### Mudslide death toll hits 14

SAN BERNARDINO, Calif. (AP) — Authorities warned mountain community residents to brace for more rain and possible flooding as rescue workers continued to search for the victims of a mudslide that buried a church camp on Christmas Day.

The total number of deaths from the disaster at the Greek Orthodox camp mounted to 12 on Sunday as five more bodies were recovered. Two other people died in another mudslide Thursday at a campground about five miles away.

"It's been several days and our hopes are not high of finding people alive," said Chip Patterson, spokesman for the San Bernardino County sheriff's department. "We may never find everyone."

A baby boy and a teenage boy were still unaccounted for.

Twenty-eight people were believed to have been celebrating Christmas at the camp when boulders, trees and 12-foot walls of mud crashed into the camp in Waterman Canyon. Fourteen of them were rescued.

Three to four more inches of rain were expected by Tuesday night. A 30-mile swath of mountainside scorched by this fall's wildfires is especially vulnerable to flash flooding, said San Bernardino Sheriff's Department spokeswoman Tracey Martinez.

Fire stations were handing out sandbags but supplies were quickly diminishing. "We need to make sure folks realize that. Now is the time to prepare," Martinez said.

Two children washed away from the St. Sophia Camp were found tangled in debris more than four miles below, in a cement catch basin in downtown San Bernardino, said Patterson.

Two women and a man, all in their 40s, were found closer to the camp in the San Bernardino Mountains. It took a bulldozer and other heavy equipment to find those bodies in deep mud.

Identities of the victims found Sunday were not immediately known. It was believed they all came to the camp to celebrate Christmas with the camp's caretaker, Jorge Monzon.

Monzon did not have permission for the gathering and knew he was not allowed to throw parties at the retreat, said Father John Bakas, dean of St. Sophia Cathedral of Los Angeles.

"There was never any authority to bring in the numbers who were there," Bakas said.

### More states may have received meat from sick cow

WASHINGTON (AP) — Investigators and retailers in eight states and a territory are scrambling to recover meat that may have come from a Holstein stricken with deadly mad cow disease.

Agriculture Department officials maintain, meanwhile, there is no health risk to consumers.

Dr. Kenneth Petersen, a department veterinarian, said Sunday that an investigation revealed that meat from the infected dairy cow could have reached retail markets in Alaska, Hawaii, Idaho and Montana and the territory of Guam — more locations than originally thought.

Officials had said earlier that most of the meat went to Washington and Oregon, with lesser amounts to California and Nevada, for retail sale.

"The recalled meat represents essentially zero risk to consumers," said Petersen, of USDA's food safety agency.

He said parts most likely to carry infection — the brain, spinal cord and lower intestine — were

removed before the meat from the infected cow was cut and processed for human consumption.

Despite their assurances of food safety, federal officials have taken the precaution of recalling 10,000 pounds of meat from the infected cow and from 19 other cows slaughtered Dec. 9 at Vern's Moses Lake Meat Co., in Moses Lake, Wash.

Because it is not known exactly what portions of the meat cut that day came from the diseased cow, health authorities must assume that some could have reached any location where any part of the 10,000-pound supply was distributed.

Officials still are recovering meat and won't know how much was found for days, Petersen said.

Mad cow disease, known formally as bovine spongiform encephalopathy, or BSE, is a concern because humans who eat brain or spinal matter from an infected cow can develop a brain-wasting illness, variant Creutzfeldt-Jakob disease. During a mad cow outbreak in the 1980s, 143 people died of it in Britain.

### Traffic accident at Benbrook kills six, injures three

BENBROOK (AP) — Six people died and three were injured after a car struck another on rain-slickened Loop 820, knocking it into an oncoming lane and into the path of a sport utility vehicle.

Four people in a 1996 Lincoln and two people in a Mitsubishi Montero Sport were killed in the wreck late Saturday night, Benbrook Fire Capt. George Barnhart said Sunday.

An eastbound Chrysler sedan clipped the Lincoln, sending it across the median and into westbound traffic where it collided with the westbound SUV, police said.

Benbrook police Lt. David Martin said a blood sample was taken from the driver of the Chrysler, who was hospitalized after the accident.

Investigators will need to reconstruct the accident and wait for analysis of the blood sample to determine the official cause of the accident and whether any charges would be filed.

There have been no arrests, a Benbrook police officer said.

Donald and Barbara Garlets were killed as they rode in the SUV. They were being driven home from Crowley to Weatherford by their son-in-law, Michael Williams,

43, family members said.

Robert and Martha White of Frisco and Dale and Tami Melton of Flower Mound, all of whom were riding in the Lincoln, were killed as they returned from a music show in Granbury, family members and authorities said. The group was celebrating the Meltons' 41st wedding anniversary, said their son-in-law, John Elliott.

Robert White, 64, designed luxury homes.

He and Dale Melton, 61, met when they both worked for a Dallas construction company, said Bart Hennagir, another son-in-law of the Meltons'. Robert White later left the

company to start his own business.

Tami Melton, 59, was a child birth instructor at a Lewisville hospital, Hennagir said.

"They were some of the most wonderful people you'd ever meet," Hennagir said. "They had hearts of gold. We're in shock, to say the least."

Williams, the Garletses and their 14-year-old granddaughter, Alicia Griggs, were riding in the SUV, said Williams' daughter, Stephanie Wywias.

Williams and Griggs were in stable condition Sunday night at Harris Methodist Fort Worth hospital.

### NEW YEAR

Continued from Page 1A

a leader."

"I'm really not big on New Year's resolutions," said Big Spring Mayor Russ McEwen. "We tend to forget about them pretty quickly. I think it's a chance to reflect on the past year on New Year's Eve, and to live life to it's fullest. No one has a guarantee they will be around for

another full year."

"My New Year's resolution is to continue to be more involved in community activities as well as trying to do better at helping other," said City Councilman Woody Jumper.

"I think I'll try to lose some weight," said Howard County District Attorney Hardy Wilkerson. "I've put on a few pounds in the last few years, and I'd like to get rid of it. To be honest with you I haven't really given it much thought yet."

"I don't know that I necessarily have a New Year's resolution, but I'd like to see 2004 be a better year for Big Spring than 2003," said Big Spring Police Chief Lonnie Smith. "2003 really hasn't been a good year in my opinion. I hope, for the community, that it's a quiet year."

"I want to be happier and content, just by having our good health," remarked Eileen Kinney. "We went through a lot of health problems with our family in 2003, but everyone is healthy now and

I'm just as happy as can be."

"I'd have to say I want to lose weight," said Clifford Kinney. When asked if he had participated a little bit too much in the holiday treats in preparations for the resolution, Kinney laughed and said he was pretty sure he'd done some overeating.

Contact Staff Writer Thomas Jenkins at 263-7331 ext. 232 or by e-mail at newsdesk@crcom.net

### IRLEN

Continued from Page 1A

proper places, so you have to pick out the words in this long line of letters on the page even when the words are clear."

Physical symptoms can also occur when reading, such as watery eyes, fatigue or headaches, reading slowly or inefficiently or difficulty on staying on task.

"What happens is that the process of reading takes up the energy and your attention, so if you manage to read it, you don't have a clue of what you read," Wyrick said. "This process that was

difficult for you in the beginning — you have to go through it all over again."

Goliad Intermediate School teacher Debra Foster, a Big Spring Independent School District screener for Irlen Syndrome, first learned about the syndrome from a personal standpoint.

"My daughter was having difficulty in school," Foster said. "I had heard about these overlays from a teacher training class."

After being screened, Foster's daughter Lisa was provided turquoise overlays.

"Lisa was dramatically helped," Foster said. "We brought her several overlays. She had one in her

social studies book, one in her science book, one in her library book, one in her Bible, so wherever she went and had to read, she had an overlay. She carried them all the way through junior high, high school and even into college."

Irlen Syndrome can also cause problems with handwriting, spelling and math skills.

"It can cause problems lining up numbers in the columns, keeping math problems lined up properly," Wyrick said. "There are several areas it can affect and it all comes back to reading and writing on paper."

In fact, very poor, illegible writing can be a clue

that the writer is suffering from the problem, Wyrick said.

"If you have someone whose handwriting is almost illegible, that is a pretty good indicator that is what they are seeing when they look at a page of print," she said.

Foster found while working with one of her sixth graders that purple paper helped make the difference in the student's writing skills.

"As a sixth-grader, you could barley read what she wrote," Foster said. "There were no spaces between her words and her letter sizes where the same."

"When I gave her purple paper — it was amazing,"

she continued. "Suddenly she was able to put spaces between words and she had tall letters and small letters. It made her feel better about herself."

The first step in helping individuals who suffer from these problems is testing to find out if Irlen technology can benefit, Wyrick said.

"If that is the case, putting an overlay or a combination of colored overlays over the written word can correct a lot of that," she said. "If you get really good results from that testing, then the second step is to have a further testing where we can find out the proper colors to put in tinted lenses. You can look at the over-

head, blackboard and have that same benefit for you."

According to the Irlen Web site, the syndrome is complex and variable conditions sometimes are found to co-exist with other learning disabilities.

"This is not a cure for anything but this is a very usable tool for people who have this perceptual problem," Wyrick said.

Contact Staff Writer Lyndel Moody at 263-7331, ext. 234, or by e-mail at newsdesk@crcom.net

### NEW LAWS

Continued from Page 1A

meeting the rising costs.

The state mandated that when universities raise tuition, they set aside 15 percent for financial aid and 5 percent for a new program to reward students for finishing college quickly.

The B-On-Time program, which also starts in January, provides zero-interest loans then forgives them if a student finishes in four years — or the usual time it takes to get the degree — while keeping at least a "B" average.

Under the tuition plan approved by the UT System Board of Regents, 28 cents of every dollar from the increases at the Austin campus will be set aside for financial aid for students from low- and middle-income families.

On the social front, the "Woman's Right to Know Act" requires the 24-hour waiting period before a woman can get an abortion to start Jan. 1.

Women are supposed to be offered state-approved materials regarding fetal development, with color photos, and risks associated with abortion and full-term pregnancy.

About 78,000 abortions are performed each year in Texas. Anti-abortion groups believe the waiting period and materials will encourage pregnant women not to have abortions.

"I have never met a woman who carried a pregnancy to term who regretted doing so," said Elizabeth Graham of Texas Right to Life.

Graham predicted the law will create a 15 percent drop in the number of abortions in the first year.

Opponents of the measure said the waiting period will create a hardship for women in Texas, where only 14 of 254 coun-

ties have abortion providers.

It also requires that any abortion after the 15th week of pregnancy be performed at an ambulatory surgical center, typically used for outpatient surgery, or a hospital licensed to perform the procedure.

"If they can't make it illegal, they'll make it impossible to get," said Kae McLaughlin, a member of the Texas Abortion and Reproduction Rights Action League.

Also taking effect Jan. 1 is a ban on operating motor vehicles in most Texas riverbeds and new rules regarding credit scoring for insurance.

For several months, Texas Parks and Wildlife Department game wardens have been notifying people they encounter on or near rivers of the change.

The bill's sponsor, Sen. Judith Zaffirini, D-Laredo, said reports from TPWD indicated that heavily traveled areas of Texas rivers showed signs of erosion and decreased fish habitat and vegetation.

Game wardens, sheriff's deputies and other officers will enforce the class C misdemeanor that can bring fines of \$500 or higher. Repeat offenders could face higher fines and jail time.

Consumers will also be allowed to avoid some problems with negative credit scores when buying insurance.

Consumers can notify insurers about a serious illness or injury; a death of a spouse, child, or parent; temporary loss of employment; divorce; or identity theft and not risk a negative credit scoring. In each case, insurers

may consider only credit information not affected by the event, or give the policyholder a neutral credit score.

Insurance companies also will be prohibited from denying, canceling or nonrenewing a residential or auto insurance policy solely on the basis of credit scoring.

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## EDITORIAL

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

-FIRST AMENDMENT

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

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Managing Editor

Bill McClellan  
News Editor

## OTHER VIEWS

## Time's running out to enjoy the Festival of Lights

Don't let them turn off the lights at Comanche Trail Park before you have an opportunity to enjoy one of Big Spring's most dazzling displays.

Wednesday is the last evening for the Festival of Lights, which is enjoyed annually by 15,000 to 20,000 people. From the 20-foot poinsettias which beckon travelers off U.S. Highway 87 to smaller displays throughout the park, the setting is one you won't want to miss. By the way, each of those large poinsettias contain 2,700 lights each!

This year, Festival goers are also welcomed by a beautiful archway, a new display this year.

You'll find that the Festival of Lights is a community event as many schools, businesses, civic organizations and others have "adopted" spots throughout the park. We believe in years to come, this will only serve to enhance what is already a very fine holiday tradition.

There are a number of ways to enter the park, of course, but committee members suggest coming in from U.S. Highway 87, across from the Day's Inn Motel. Arrows direct the right path leading to the spring and then exiting through Kids Zone.

The display is up nightly from 6 until 10. If you have holiday visitors who want to "see the town," you'll want to make sure they take the tour. It's free, though donations to help keep the project going are accepted.

So load up the family and head out to Comanche Trail Park tonight, Tuesday or Wednesday. We're confident you'll be impressed, and proud to say this wonderful display is right here in Big Spring.

## How To CONTACT Us

The Herald is always interested in our readers' opinions.

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

- In person at 710 Scurry St.
- By telephone at 263-7331
- By fax at 264-7205
- By e-mail to Managing Editor John Moseley at [jmoseley@crcom.net](mailto:jmoseley@crcom.net) or News Editor Bill McClellan at [newsdesk@crcom.net](mailto:newsdesk@crcom.net).
- By mail at P.O. Box 1431, Big Spring, 79721

## LETTER POLICIES

The Herald welcomes letters to the editor. Please:

- Limit your letters to no more than 300 words.
- Sign your letter.
- Provide a daytime telephone number, as well as a street address for verification purposes.
- We reserve the right to edit for style and clarity.
- We reserve the right to limit publication to one letter per 30-day period per author.
- Letters that are unsigned or do not include a telephone number or address will not be considered.
- We do not acknowledge receipt of letters.
- Letters from our circulation area will be given preference.
- Letters should be submitted to Editor, Big Spring Herald, P.O. Box 1431, Big Spring, 79721. They can also be e-mailed to [jmoseley@crcom.net](mailto:jmoseley@crcom.net)

## A SMALL PRAYER

by K. Rae Anderson

Your ways, Lord, are above our understanding. May we trust in you and the path you take us on.

Amen

## Free Aaron; punishment doesn't fit

When he was governor of Texas, George W. Bush got burned for performing an act of

clemency. In 1995, after local law enforcement officials supported one Steve Raney, Bush pardoned Raney, who had been convicted on a misdemeanor drug charge in 1988 for growing marijuana in his backyard. The pardon enabled Raney to become a deputy constable. Within four months of his pardon, however, Raney was arrested for stealing

cocaine from a suspect during a roadside arrest. It was an embarrassing episode for the governor.

Today, no one would accuse President Bush of overusing his constitutional power to pardon federal criminals who have served their sentences but want a clean record. As Washington staffers enjoy the glut of glitzy holiday parties, too many prisoners are sitting in federal penitentiaries serving overly long sentences for non-violent first-time or minor offenses. They are victims of draconian federal mandatory minimum sentencing rules.

Clarence Aaron is serving a lifetime sentence for introducing two dealers when he was a Louisiana college student in 1992. Aaron had no prior record. He was a bit player. He had no history of violence. He has been a model prisoner. Yet, with no parole in a federal system

where life means life, Aaron is facing a long life behind bars until he dies. His sentence is an outrage.

Yet the small community of activists and attorneys who are working for reforms in the law and pardons for inmates like Aaron have all but given up. The Bush administration has rejected more than 2,400 applications, according to The Wall Street Journal. The president has granted a mere 11 pardons to individuals who were convicted long ago. That's nice, but Bush has not commuted a single sentence.

There are more than 170,000 people in federal penal institutions, and yet not one sentence seems too long to President Bush.

Lawyer Margaret C. Love, who specializes in pardons, summarized: Bush "has decided there's no upside (in this) for him." So the bustle from groups such as Families Against Mandatory Minimums to win Christmas-time commutations is muted. Reformers expect to get more results from states with Republican governors than from the Bush White House.

The worst of it is: Everyone knows that federal drug sentences can be too harsh on low-level drug offenders. Federal judges and Supreme Court justices are speaking out against rules that make it difficult to shorten sentences for small fish. But Washington politicians won't fix what is broken — lest they look soft on drugs.

In the past, I've called various federal officials and asked if they could tell me if there was a reason — something that wouldn't show

up in a rap sheet — as to why Aaron's sentence was as long as that of Robert Hanssen, the FBI-agent-turned-traitor. They have no real answer.

The best anyone can say is that Aaron broke the law. (True, and thus Aaron deserved to serve time in prison. But it's also true that the feds enhanced Aaron's sentence by calculating the amount of drugs that might have been dealt — not the drugs actually dealt. Also, the feds lengthened Aaron's sentence by charging him for distribution of crack, when it was cocaine that changed hands.)

In truth, lawmen know that Aaron's long sentence has more to do with the fact that he failed to testify against other drug dealers — who were able to cut deals in order to reduce their sentences — than with the drugs themselves. All but one of the players around Aaron has been released from prison — despite prior arrests. The kingpin behind the Aaron deal served seven years and then was set free.

Aaron, then, is in prison for life, not to punish him for drug trafficking but for his silence.

Aaron's attorney, Gregg Shapiro of Boston, worries that the lesson Bush may have drawn from the Raney case is "not to grant anyone clemency. That's the wrong lesson because there are a lot of meritorious cases."

If a developing country issued this sentence for this crime, most Americans would call it barbaric. And they'd be right.

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## Politics and the run for nomination

The party out of power always faces the same dilemma:

What is good for the country is bad for it, and vice versa.

The Dow breaks 10,000, and a few days later Saddam Hussein is captured. Good news, right?

Well, yes. Unless you are one of the nine Democrats running for president, and you are trying to explain why George Bush should be kicked out of office.

It was Abraham Lincoln in the midst of his own unpopular war in 1864 and facing what he assumed was almost certain defeat (he was rescued by military victories) who begged voters to consider that it is "not best to swap horses in midstream."

George Bush couldn't agree more.

But Bush's re-election — this

week he said for the first time that he was running again — is still one election down the road. Before a Democrat earns the right to challenge Bush, he or she must win the Democratic nomination. And among Democrats, the capture of Saddam Hussein may not be that momentous or vote-changing an event.

An Annenberg Public Policy Center focus group of Democrats and independent voters conducted in Toledo, Ohio, Monday night by pollster Peter Hart showed voters were not overly enthused about Saddam's capture, nor did they give Bush any credit for how he has conducted the occupation of Iraq.

"Where are the weapons of mass destruction?" asked Jannell Ector, 27, a teacher and independent voter. "Isn't that why we were there ... not just to track down Saddam Hussein?"

And it was the economy and jobs, not terrorism, that really concerned these voters. When Hart asked who believed good times were around the corner, no one raised his hand.

Which is what Democratic front-runner Howard Dean, the candidate most closely identified with opposition to the war and anger toward Bush, is counting on.

Dean takes the position that the real danger to the United States always has come from Osama bin Laden, not Saddam. Dean supported the war in Afghanistan, but he said the war in Iraq has hurt rather than helped the war on terrorism.

"We would have been happy if Saddam had been captured on the

first day, but it doesn't change our position that it was the wrong war at the wrong time," Dean campaign manager Joe Trippi told me.

"The president has taken the focus off Osama bin Laden and the real terrorists who attacked this country. We believe that among other things, the war in Iraq is taking our resources in the wrong direction. Had Dean been president of United States, we would have kept the focus on Osama bin Laden and, perhaps, we would have found him first."

In a speech, Dean said: "The capture of Saddam is a good thing, which I hope very much will help keep our soldiers safer. But the capture of Saddam has not made America safer."

Which gave Dean's Democratic opponents a new club with which to beat him over the head.

In a conference call with reporters following Dean's speech, U.S. Sen. Joe Lieberman said: "Howard Dean said the capture of Saddam has not made America safer. That says to me: Howard Dean has climbed into his own spider hole of denial. I fear the American people will wonder if they will be safer with him as president if he cannot understand that the capture of Saddam Hussein has made America safer."

Then, in words that could have been (and may yet be) uttered by President Bush, Lieberman said Tuesday, "Gov. Dean has made a series of dubious judgments and irresponsible statements in this campaign that together signal he would in fact take us back to the days when we Democrats were not trusted to defend America's security."

Said U.S. Rep. Richard Gephardt: "Let's be clear: Howard Dean has been playing politics with foreign policy for over a year, and his repositioning is just the latest Howard Dean political game. Despite issuing contradictory statements on Iraq over the last year, Gov. Dean has used this issue to constantly attack his Democratic opponents and to seek political advantage."

And U.S. Sen. John Kerry said Dean's statement was "proof that all the advisers in the world can't give Howard Dean the military and foreign policy experience, leadership skills or diplomatic temperament necessary" to be president.

The Wesley Clark campaign feels the capture of Saddam gave the former general a big boost. Clark aide Chris Lehane told me: "It highlights and magnifies the fact that in the general election the question will not be whether we are better off today than four years ago, but who will make us

more secure four years from today. We are going to need a candidate with the military background, the national security experience and international stature to go toe to toe with George Bush.

Only one person fits that profile: Wes Clark, four star general, former supreme allied commander, wounded and decorated Vietnam Vet."

But while Dean's opponents stress electability, Dean supporters stress inevitability — his inevitability as the Democratic nominee.

"We have heard all these attacks before," Trippi said. "People said Dean opposed the war at the wrong time, that he couldn't be a strong candidate, that he couldn't raise money. When Bush stood in front of that banner that said 'Mission Accomplished,' people asked us if our campaign had stalled. But we kept standing our ground, and we will continue to stand our ground."

"Let me be clear," Dean said after Saddam's capture. "My position on the war has not changed. The difficulties and tragedies we have faced in Iraq show that the administration launched the war in the wrong way, at the wrong time, with inadequate planning, insufficient help and at unbelievable cost."

And Democratic strategist Jenny Backus said: "I think in the long run the capture of Saddam could be bad for Bush. Now, he doesn't have any reason to stay in Iraq unless he finds the weapons of mass destruction. It was easy to sell a narrative that we were there to find the bad guys. Well, we found the bad guys, so why are we still there? To stabilize the Mideast? That is a harder argument to make."

But Stuart Rothenberg, independent analyst and editor of the Rothenberg Political Report, said: "Howard Dean benefits when the war is going badly, there are casualties and there is the sense that George Bush messed up. The worse the war, the better Dean's message about the war. So any positive news out of Iraq undercuts and devalues somewhat Dean's message."

This may not matter much to Democrats, however, Rothenberg added. "I think Democrats are still angry enough overall at Bush — the war is only part of it — that Dean is not hurt seriously by the capture of Saddam," he said.

"Dean's nomination is almost a sure thing. I don't see how Dean is stopped. He has put his foot in his mouth once or twice, and he has survived. He has money, message, enthusiasm and energy. He looks like the nominee."



DEBRA SAUNDERS



ROGER SIMON

## Ad

Forty-seven would like to feel that their sleep, according to Sleep Council.

"Growing lives and can make enough sleep. Herman, Di Sleep Council important to ority and to best quality."

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"Your matt easy factor to few people th comfortably th sleep on their Herman.

Here are ten get the sleep

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There is an overweight k you don't have newspaper or news to find th take a look at mall or in the. You can also age of kids o ing, biking o What can pa make sure the not part of the Here are son from Bridget author of "He for Health (Meadowbrook

Exercise to family. This kids that you cise is import to make it a fa ty. That doesn should necess to the gym to family activiti can also work with include ing, skiing, ka nis, basketbal ing. If your fa done a lot o activity before as a family Research ea trails, or sim half-hour wa neighborhood.

Take a look a ily's eating ar habits. The family eats m fectly balance do your kids o meals? If food

# Advice that will help put you to sleep

Forty-seven percent of adults would like to improve the quality of their sleep, and 37 percent feel that they do not get enough sleep, according to a new survey conducted by the Better Sleep Council (BSC).

"Growing demands on our lives and endless "to do" lists can make it difficult to get enough sleep," says Andrea Herman, Director of the Better Sleep Council. "However, it's important to make sleep a priority and to strive to get the best quality sleep that we can."

"We all have too much to do, so make the most out of your time in bed. Sleep in a cool, quiet, dark room on a comfortable, supportive mattress to help ensure a great night's sleep. How well you sleep at night can make all the difference in how productive you'll be the next day," says Herman.

Because your mattress plays such an important role in how well you sleep, the Better Sleep Council recommends that you ask yourself the following questions:

- Do you wake up with pain, stiffness, or soreness?
- Are you not sleeping as well as you were a year ago?
- Was your best night's sleep somewhere other than your own bed?
- Does your mattress show visible signs of wear and tear?

If you answered "yes" to any of these questions, your mattress could be affecting the quality of your sleep. An uncomfortable mattress can rob you of sleep, causing you to toss and turn and preventing you from deriving the full benefit of your time in bed. Sleeping on a mattress that meets your needs for comfort, support and space can help you sleep better.

Too often, people are unaware that their mattress is no longer meeting their needs. Sleepless nights can be avoided by carefully evaluating the comfort and support of your sleep set twice a year to make sure your personal comfort preferences are still being met.

"Your mattress is such an easy factor to control, yet so few people think about how comfortably they sleep or can sleep on their mattress," says Herman.

Here are ten tips to help you get the sleep you need and



Forty-seven percent of adults would like to improve the quality of their sleep, and 37 percent feel that they do not get enough sleep.

deserve:

1. GIVE YOURSELF "PERMISSION" TO GO TO BED. As hard as it may be to put away your "to do" list, make sleep a "priority." You'll thank yourself in the morning.
2. UNWIND EARLY IN THE EVENING. Try to deal with worries and distractions several hours before bedtime.
3. DEVELOP A SLEEP RITUAL. Doing the same things each night just before bed signals your body to settle down for the night.
4. KEEP REGULAR HOURS. Keep your biological clock in check by going to bed around the same time each night and waking up close to the same time each morning - even on weekends.
5. CREATE A RESTFUL PLACE TO SLEEP. Sleep in a cool, quiet, dark room.
6. SLEEP ON A COMFORTABLE, SUPPORTIVE MATTRESS AND FOUNDATION. It's difficult to sleep on a bed that's too small, too soft, too hard, or too old.
7. EXERCISE REGULARLY. Regular exercise can help relieve daily tension and stress - but don't exercise too close to bedtime or you may have trouble falling asleep.
8. CUT DOWN ON STIMULANTS. Consuming stimulants, such as caffeine, in the evening can make it more difficult to fall asleep.
9. DON'T SMOKE. Smokers take longer to fall asleep and wake up more often during the night.
10. REDUCE ALCOHOL INTAKE. Drinking alcohol shortly before bedtime interrupts and fragments sleep.

The "Better Sleep Guide," a

16-page brochure that provides simple solutions to help improve the quality of your life by improving the quality of your sleep, as well as information on how your bedroom and mattress can affect the quality of your sleep, is available free to consumers. Send your request to: Guide, P.O. Box

19534, Alexandria, VA 22320-0534.

For more information on getting a good night's sleep or to download a copy of the "Better Sleep Guide," visit the Better Sleep Council's Web site at [www.bettersleep.org](http://www.bettersleep.org).

Courtesy of FeatureSource

## Do's and don'ts for your children

The Better Sleep Council offers 10 "do's" and "don'ts" to ensure that your child gets the sleep he or she needs to be a star student.

1. DO help your child to get at least nine hours of sleep each night. To be their best, children need at least nine hours of sleep every night.
2. DON'T over-schedule your child. Too many after-school activities and commitments can keep children from precious sleep. Allow your child plenty of time for homework and chores each night to ensure that they are not forced to stay up past their bedtime.
3. DO set a regular bedtime for your child and stick to it. A regular bedtime can help ensure your child gets a full night's sleep.
4. DON'T allow your child to consume caffeine too close to bedtime. Consuming caffeine, found in soda and chocolate, in the evening can make it more difficult for your child to fall asleep.
5. DO help your child wind down early in the evening. Tackle science projects, book reports and other homework either before or right after dinner. Allow your child at least one hour before bedtime to relax and unwind.
6. DON'T allow your child to fall asleep in front of the television. Noise from a television, radio, or even loud conversations can keep your child from deep, restful sleep.
7. DO make sure your child's bedroom is dark. Be sure the lights are turned off and the shades are closed in your child's room before he or she goes to bed. While a small nightlight is fine, if necessary, a dark room is most conducive for a good night's sleep.
8. DON'T skimp on your child's mattress. Handing down an old mattress to a child just isn't a good idea. Because mattresses wear out over time, it's important to maximize your child's chances of restful sleep by making sure he or she is sleeping on a good-quality, comfortable mattress.
9. DO help your child develop a sleep ritual. Routine activities like taking a bath or reading with your child can help him or her unwind and get into sleep mode.
10. DON'T let your child's room get too warm or too cool. Children (and adults) may have a difficult time falling and staying asleep in a room that's too warm or too cool. The ideal sleeping temperature is around 60 to 65 degrees Fahrenheit.

For more information on getting a good night's sleep or on buying a new mattress, visit the Better Sleep Council's Web site at [www.bettersleep.org](http://www.bettersleep.org).

# Are you raising fit or fat children?

There is an epidemic of overweight kids - and you don't have to read the newspaper or watch the news to find that out. Just take a look at kids at the mall or in the schoolyard. You can also see a shortage of kids outside playing, biking or running. What can parents do to make sure their kids are not part of the statistics? Here are some answers from Bridget Swinney, author of "Healthy Food for Healthy Kids" (Meadowbrook Press).

Exercise together as a family. This shows your kids that you think exercise is important enough to make it a family activity. That doesn't mean you should necessarily head to the gym together! Fun family activities that you can also work up a sweat with include biking, hiking, skiing, kayaking, tennis, basketball, and skating. If your family hasn't done a lot of physical activity before, take it on as a family adventure. Research easy hiking trails, or simply take a half-hour walk in the neighborhood.

Take a look at your family's eating and snacking habits. The meals your family eats may be perfectly balanced. But what do your kids eat between meals? If foods with con-

centrated fat and sugar also fill your pantry, it may be time for "snack makeover": Avoid buying soft drinks, juice drinks and flavored teas. It's often what we drink, not eat, that pack on the calories extra pounds. Encourage your family to drink water, tomato juice, milk or fresh tea (with a teaspoon of sugar if necessary) instead. Even 100 percent fruit juice should be limited since it has roughly the same number of calories as a soda.

Keep a lot of fresh fruit in the house at all times - and keep it on the counter where it will be seen and hopefully eaten. Ditto for raw baby carrots and celery. If a parent is home when kids come home from school, have fresh fruits and vegetables ready to eat - apples sliced, oranges peeled, etc.

Kids love the crunch of chips, but there are many healthy alternatives. Pretzels, cereal, snack mixes, and baked potato or corn chips can all be a great substitute, but without all the fat. Remember that salsa is actually a way for your kids to eat their vegetables!

Limit your kids' "screen time." Research shows that the time spent watching TV and on the com-

puter is directly related to being overweight (as well as to other negative behaviors). In fact, kids who watch TV with meals have diets that may include fewer fruits and vegetables and more pizzas, snack foods, and sodas. The American Academy of Pediatrics recommends limiting screen time to one or two hours a day. Give your kids "active" chores every day, such as walking the dog, running an errand on their bike, raking leaves, sweeping the porch, etc. Encourage active games with children in the neighborhood such as basketball, tag, red light/green light. Children often need direction in their free time. Left to their own devices, they will almost always gravitate toward the TV.

Motivate your kids to eat healthy by teaching them about nutrition. Using the food pyramid as

a guide, even a young child can count the number of foods he has eaten from each group. For older kids, the motivation for eating right can be having more energy for a sport, for doing better on tests, or for being able to fit in outgrown clothes. You can teach older children to begin looking at commercials for sugary foods on Saturday morning cartoons with a wary eye.

Get the whole family involved in meal planning and preparation. Kids who help cook are more likely to eat! Preschool children can make choices about what's for dinner. For example, ask "Should we have carrots or broccoli for dinner?" School-aged children can help plan a balanced meal from looking at the food pyramid. Have children make a balanced meal out of their favorite entrée. For exam-

ple, how can macaroni and cheese be part of a balanced, healthy meal? Third graders and up can prepare most of the meal with a little help. An adult should always supervise children in the kitchen.

Eat more green. As kids are bulging in weight, they are also showing early signs of heart disease, such as high cholesterol and high blood pressure. Including more vegetarian foods in your family's diet can decrease saturated fat and also include a variety of nutrients and phytochemicals that can help prevent cancer and heart disease. Some ideas for meatless meals that are kid friendly include: -Bean burritos

or tostadas with low fat cheese. Even nachos made with baked chips can be the main dish - just don't tell your kids they are healthy! - Vegetarian lasagna. Instead of meat, use eggplant, other vegetables, tofu or soy crumbles. - Veggie burgers. Forget the drive-thru when you need a quick meal. Many frozen vegetarian burgers can be popped in the toaster or microwave. - Spaghetti with tomato sauce and soy crumbles. Soy crumbles can be purchased frozen and TVP (a dehydrated soy product) can be bought at a health food store. They are both great substitutes for ground beef.

Courtesy of FeatureSource

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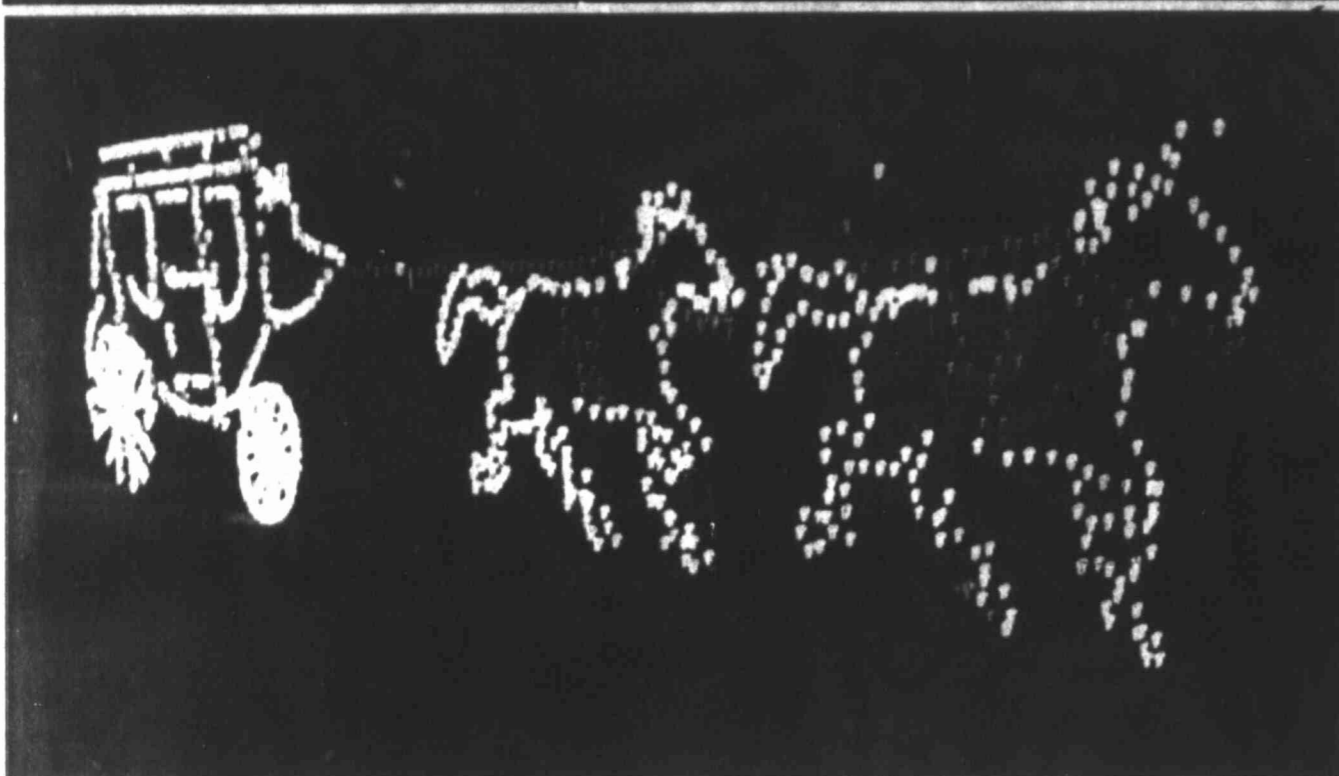
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Eagles Bingo

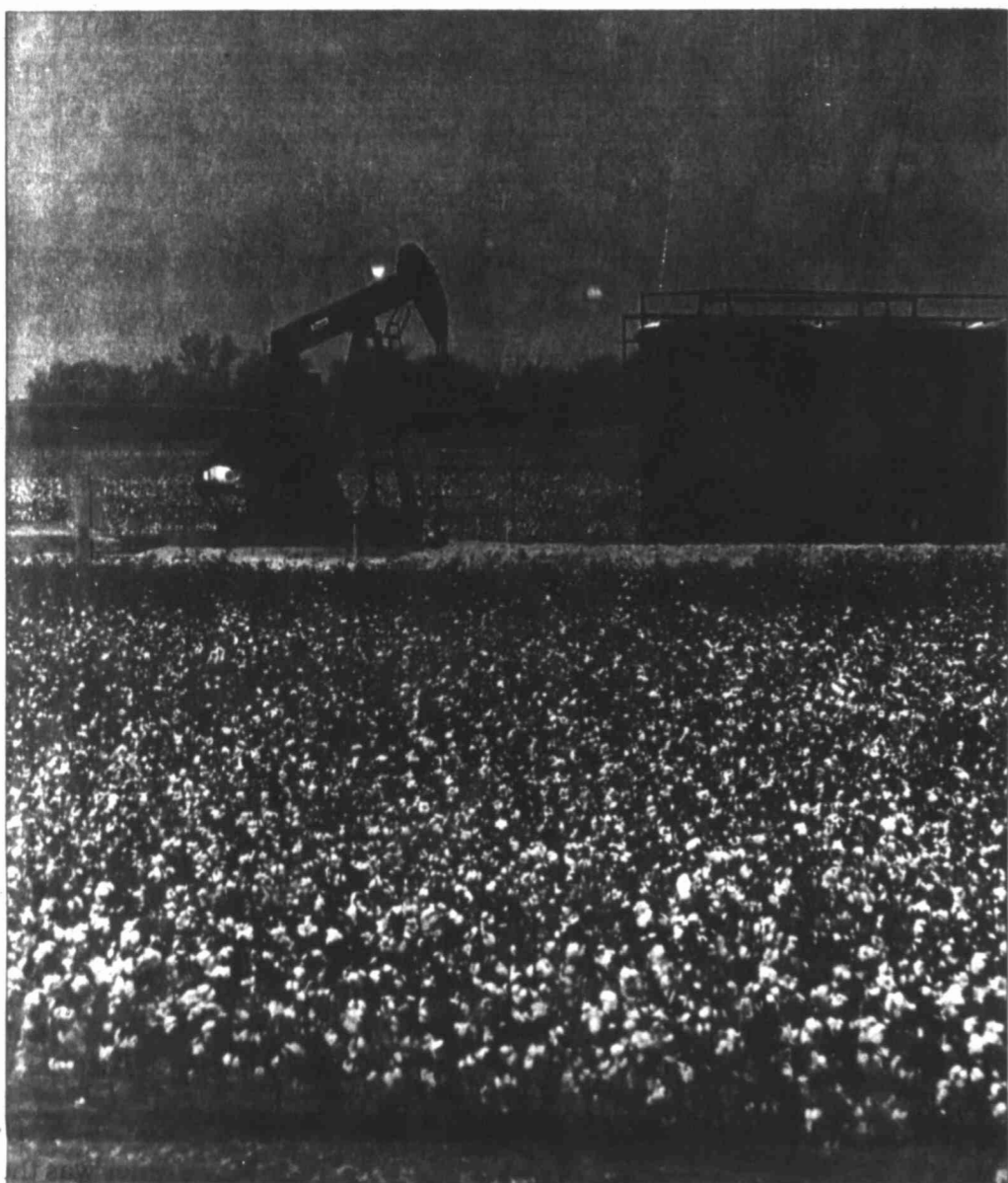
Mon., Wed., Fri. 5:30 p.m. 806 E. 3rd

Happy New Year 2004

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HERALD photo/Brandon Hallford  
Erin Lowery enjoys a special holiday activity with the Girl Scouts.

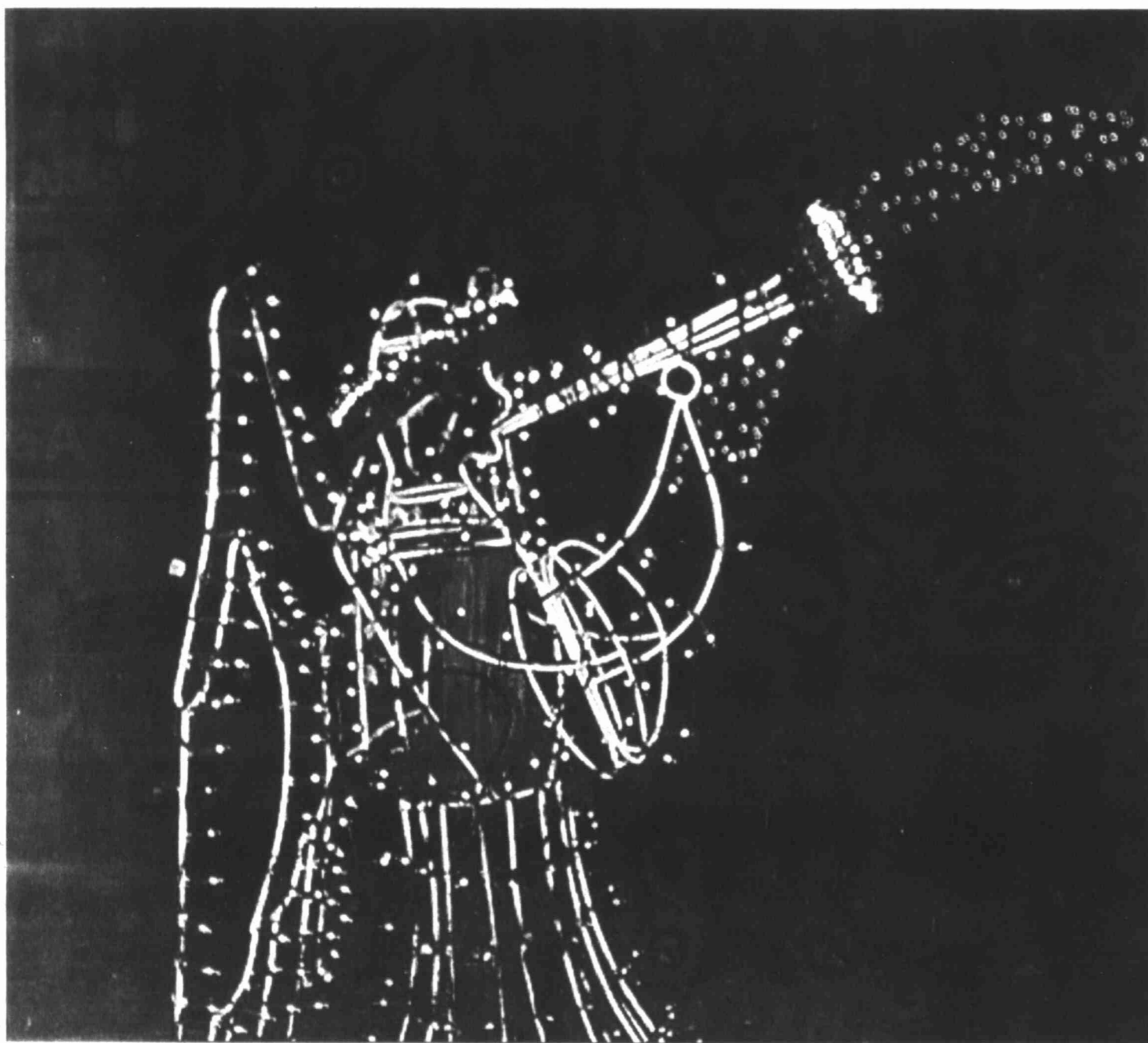


HERALD photo/Bruce Schooler  
Oil and cotton make for good companions in the Crossroads area. For the first time in several years, area ginners are reporting a good crop.



Courtesy photo  
Big Spring Junior High Fellowship of Christian Athletes held their Christmas party on Dec. 9 in the Fireplace Room on the Howard College campus. Some 70 athletes were in attendance. FCA is an organization for students — boys and girls — who play sports at the junior high and share their faith in Jesus Christ. The door is always open and it's never to late to join. Sponsors are Coach Karla Cregar, Coach Peggy Calhoun, Coach Lisa Harwood, Yvette Cotton and Melinda Teel.

## Good News page



HERALD photo/Thomas Jenkins  
A trumpeting angel is just one of the attractions at the Festival of Lights in Comanche Trail Park. Displays are lit from 6 to 10 each evening. However, Wednesday is the final evening for the display.

### Michael McMahon awarded Eagle Scout

On Dec. 14, Michael McMahon of Boy Scout Troop 78 was awarded the Eagle Scout rank in a special ceremony in Colorado Springs, Colo.

Michael is a junior at Air Academy High School in Colorado Springs, where he lettered in cross-country and academics.

He plays tenor saxophone in the Air Academy Jazz Band and has maintained a straight-A academic average while taking honors and advanced placement classes.

For the last two years Michael has won a medal at the Colorado State Science Olympiad. He is a member of the Faith Evangelical Free Church Youth Group, Fellowship of Christian Athletes, National Honor Society, Spanish Honor Society and vice president of Air Academy's Habitat for Humanity Club.

He has held leadership positions as assistant senior patrol leader, senior patrol leader and troop guide. In 2001, he was elected to the Order of the Arrow and is a Brotherhood member. In the summer of 2002 he completed a 10-day, 75-mile trek at Philmont Scout Ranch in Cimarron, N.M.

Michael is the son of Andy and Janet McMahon of Colorado Springs, Colo., and the grandson of Mr. and Mrs. James Ellison of Luther.

**Do you have a photo or story for the Good News page? Contact the Herald at 263-7331 or by e-mail at [newsdesk@crcm.net](mailto:newsdesk@crcm.net)**

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Dec. 30  
Event, Time  
Texas Tech vs. Navy, 2:45 p  
Texas vs. Wash. St., 6 p.m.

# Sports

BIG  
SPRING HERALD

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

Page 1B  
Monday, December 29, 2003

## IN BRIEF

### Steers to square off with Roosevelt

The Big Spring Steers will return to action tonight when they face the Lubbock Roosevelt Eagles in the first round of the O.W. Follis Tournament in Lamesa. The game will begin at 7 p.m. in the Lamesa Junior High School gymnasium. The BSHS junior varsity will also participate in the tournament. They played Roosevelt at 10 a.m. today.

### Lady Steers to face Idalou this evening

The Big Spring Lady Steers will begin play in the Abilene Invitational today with a first round matchup against Idalou.

The BSHS girls, 5-8 overall, will open District 4-4A play on Jan. 9.

### Ten Star seeking all-star applications

Applications are being accepted for the Ten Star All-Star Summer Basketball Camp. Boys and girls ages 10-19 are eligible to apply.

For more information call (704) 373-0873.

### Former Lady Steer to be enshrined in Hall

Former Big Spring High School standout Rose Magers-Powell will be inducted into the Huntsville Madison County Athletic Hall of Fame.

Magers-Powell, the aunt of current BSHS standout Karissa Magers, is slated to be inducted on April 19.

### Basketball officials needed for season

Basketball officials are needed to call games during the 2003-2004 basketball season.

Persons interested in officiating local games should contact Adam Rodriguez at 263-8731 (home) or 517-0300 (cell).

### WJCAC to move baseball tournament

The Howard College Hawks will face a little longer road trip this year when time for the Western Junior College Athletic Conference Baseball Tournament rolls around.

WJCAC officials announced recently the 2004 baseball tournament would be shifting from Midland to El Paso. The tournament is scheduled for April 22-24.

### Hawks to return to court against CVC

The Howard College Lady Hawks will return to action on Jan. 3, when they travel to Lancaster to face Cedar Valley College.

### BSHS swimmers face 4-4A meet on Jan. 23

Big Spring High School swim team will try and nail down the District 4-4A swimming title on Jan. 23 when it travels to Fort Stockton.

## ON THE AIR

Sports Broadcast Schedule  
Dec. 30  
Event, Time, Station  
Texas Tech vs. Navy, 2:45 p.m., 95.7  
Texas vs. Wash. St., 6 p.m., 94.3

## Lady Steers fall to Midland Lee

By TOMMY WELLS

Sports Editor

MIDLAND — Big Spring head coach Gary Miller expected the Lady Steers to be a bit rusty when they took to the court Saturday afternoon against the Midland Lee Lady Rebels. Five days off tends to do that to a team.

Don't count Miller among the disappointed even though his team, suffered a 63-39 loss, however. All in all, he was pleased with his team's performance.

"I think we played better than I

expected for being off for a week," he said.

Despite struggling to find their offensive game throughout the night, the Lady Steers turned in a solid effort defensively, holding Midland Lee to just 25 first-half points.

The Lady Rebels managed to shake the rust early in the contest, outscoring Big Spring by a 23-9 clip over the first 13 minutes of the first half.

Big Spring, which fell to 5-8 overall, found its game midway through the second. Sparked by

the play of senior Leina Braxton, the BSHS girls reeled off a 10-2 run late to pull to within 25-19 at the half.

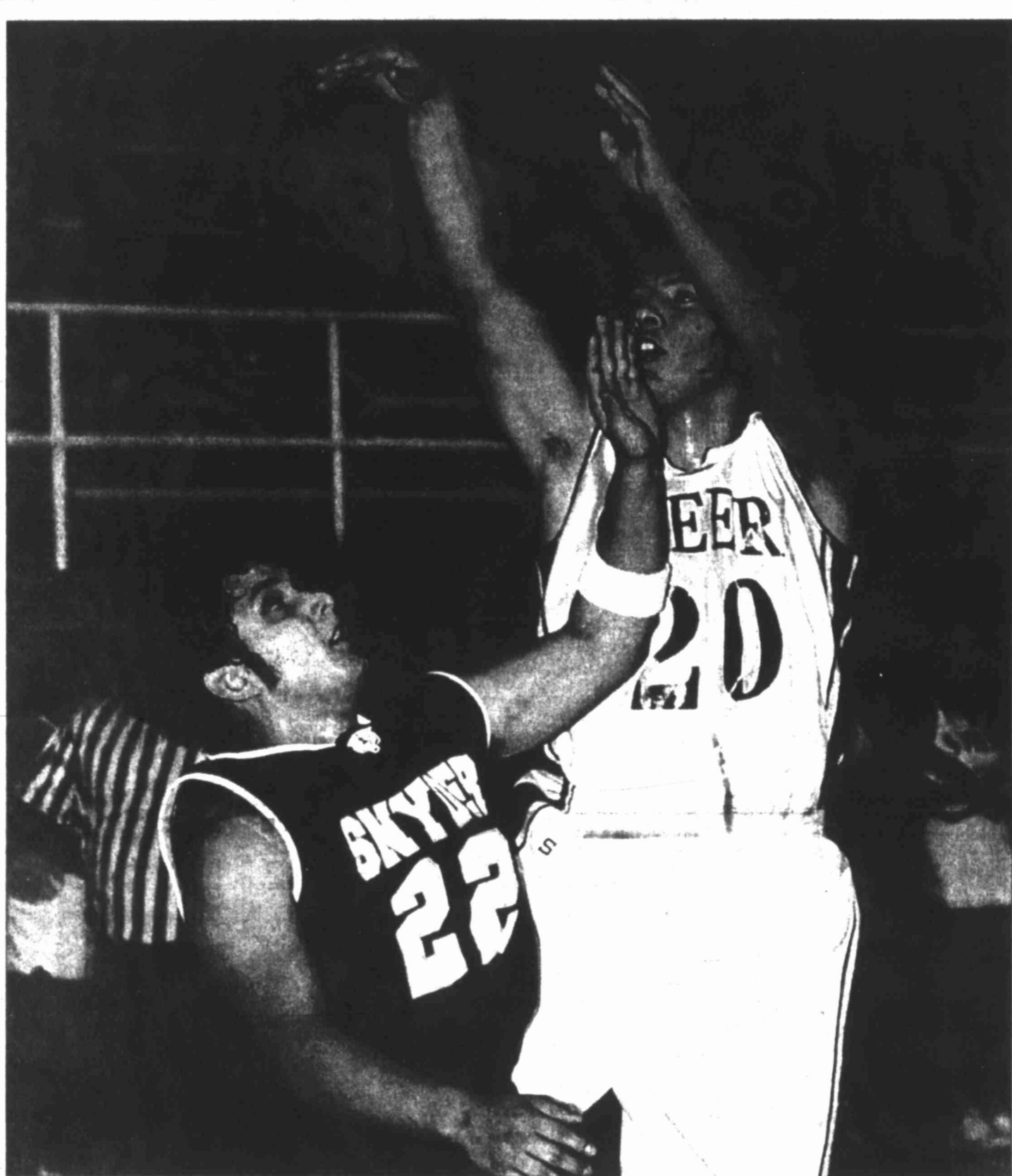
The Lady Rebels exploded offensively in the third. Midland Lee outscored Big Spring by an 18-9 clip in the frame and stretched its lead to 43-28.

The Lady Steers, who shot just 2-of-16 from behind the 3-point arc, rebounded a bit in the fourth, scoring 11 points.

Shannon Higgins, Raegan Ritchey and Carmen Lewis all finished with six points apiece.



The Big Spring Lady Steers are slated to face Idalou today in the Abilene Invitational.



Michael Ornales-Doport and the Big Spring Steers will begin play in the O.W. Follis Tournament in Lamesa tonight against Lubbock Roosevelt. The Steers are scheduled to begin play at 7 p.m. in the Lamesa Junior High gym.

## Late FG enables Colts to upend Texans, claim AFC South crown

HOUSTON (AP) — Mike Vanderjagt carried the Indianapolis Colts to the AFC South title in historic fashion.

Vanderjagt kicked his NFL-record 41st consecutive field goal, a 43-yarder as time expired Sunday, leading Indianapolis to a 20-17 victory over the Houston Texans to clinch the AFC South.

The Colts host Denver in the first round of the playoffs next weekend. The Broncos won at Indianapolis last weekend.

The Colts (12-4) were in trouble down the stretch, trailing 17-10 when Vanderjagt quick-kicked on a fake field goal try, pinning the Texans at their 4-yard line. Two plays later, David Carr threw a pass right to Indianapolis safety Donald Strickland.

Peyton Manning converted on the next play, a 5-yard strike to a leaping Brandon Stokley with 3:55 remaining.

The Texans' offense faltered, but a holding penalty on a punt return forced the Colts to start the final drive from the 10. Indianapolis

drove right back, buoyed by a big third-down catch by Marvin Harrison, to set up Vanderjagt's winner.

The Colts needed a win to secure their first division title since 1999 because Tennessee beat Tampa Bay on Sunday.

Vanderjagt, whose streak began last year, finished the season 37-of-37. He eclipsed Gary Anderson's record of 40 straight field goals set from 1997-98 with San Francisco and Minnesota.

The Colts' Edgerrin James had 171 yards and a touchdown on 27 carries. Manning overcame a slow start to go 26-of-38 for 220 yards with one interception and the touchdown to Stokley, who had nine catches for 67 yards.

Houston (5-11) finished its second season with a four-game skid, but was optimistic after taking AFC South powers Tennessee and Indianapolis down to the wire in the final two games.

Texans rookie Domanick Davis ran for 99 yards and two touchdowns. Davis, a fourth-round draft

choice, finished with 1,031 yards despite not winning the starting job until the sixth week and being inactive for two games.

Houston's other rookie star, third overall pick Andre Johnson, had five catches for 51 yards. He finished with 976 on the season, meaning he and Davis fell short of becoming the first rookie teammates to have 1,000 yards receiving and rushing.

The Texans led 10-3 at halftime because of Davis' first score. He found a hole and broke through four attempted tackles for an 11-yard run.

The teams otherwise traded field goals, including a 36-yarder by the Texans' Kris Brown set up by a 41-yard interception return by Marcus Coleman.

Davis capped Houston's opening drive of the third quarter with a 13-yard TD run through traffic. The Colts perked up later in the period and Edgerrin James made it 17-10 when he ran virtually untouched for a 6-yard touchdown on the first play of the fourth quarter.

## Husker coaching situation overshadows Alamo Bowl

SAN ANTONIO (AP) — For four decades, Nebraska has been the most stable program in college football. The last four weeks have been different.

When the 22nd-ranked Cornhuskers, 9-3 overall, line up against Michigan State, which finished the year at 8-4, tonight in the Alamo Bowl, it will mark the one-month anniversary of athletic director

Steve Pederson's unceremonious firing of coach Frank Solich.

The dismissal — the first of a Nebraska head coach since 1961 — came a day after the Huskers finished the regular season with a win at Colorado, securing the program's 34th nine-win season in the last 35 years.

## Saints dampen Dallas' spirits

NEW ORLEANS (AP) — Donte Stallworth helped make the New Orleans Saints' season end better.

Stallworth's 76-yard touchdown reception in the Saints' 13-7 victory over the Cowboys on Sunday sent Dallas into the playoffs on a down note and New Orleans home happier.

The Saints (8-8), who will miss the playoffs for the third straight year, responded to a tongue-lashing from owner Tom Benson and a team meeting Friday night to rally for a break-even season.

Dallas (10-6) had already clinched a playoff spot, but the loss dropped the Cowboys to the sixth seed in the NFC.

The real winner was the Seattle Seahawks, who got a boost toward the postseason with Dallas' loss. The Seahawks sneaked into the No. 5 seed under the NFL's playoff formula.

After three straight 5-11 seasons, the Cowboys have had a remarkable turnaround in Bill Parcells' first season as coach. Dallas clinched its first playoff spot since 1999 last week, which might have led to a let-down against the Saints.

Benson told the coaching staff Tuesday during an emotional meeting that he was extremely disappointed with the season.

Although Dallas stopped the run and limited Saints running back Deuce McAllister to 49 yards, it couldn't hold New Orleans in check. The Cowboys' defense, which led the league in allowing 251 yards per game, gave up 291.

Aaron Brooks completed 15-of-32 for 243 yards.

The Saints pressured Quincy Carter, sagging him three times and intercepting him three more times. Jay Bellamy's second pick of the day stopped the Cowboys at the New Orleans 27 with 1:33 left in the game.

The Saints capped an eight-minute opening drive with a 24-yard field goal. Dallas came back with its own time-consuming drive, using 8:32 in the second quarter to go 93 yards. Richie Anderson's 3-yard reception put the Cowboys ahead 7-3.

The lead lasted only 27 seconds. That's how long it took Brooks to hit Stallworth with a 76-yard touchdown pass.

John Carney, who missed a tying extra point as time expired in a 20-19 loss to Jacksonville a week ago, hit two field goals and the PAT.

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<b>CARPET CLEANING</b> <b>Amazing Power Carpet Cleaning FREE</b> Carpet Audit/Estimate Call: Bill & Jackie 432-263-1488 Truck Mount Unit	<b>ATTENTION → THE BIG SPRING HERALD APPRECIATES YOUR BUSINESS</b> Here are some helpful tips and information that will help you when placing your ad. After your ad has been published the first day we suggest you check the ad for mistakes and if errors have been made we will gladly correct the ad and run it again for you at no additional charge. If your ad is advertently not printed your advance payment will cheerfully be refunded and the newspaper's liability will be for only the amount actually received for publication of the advertisement. We reserve the right to edit or reject any ad for publication that does not meet our standards of acceptance.	<b>Gibbs Remodeling</b> New home Construction Room Additions Carports Dry Wall Hanging & Finishing Painting Interior & Exterior Wallpaper Hanging Ceramic Tile Installation & Repair All remodel needs of any room in your home. Call <b>263-8285</b>	<b>LAWN CARE</b> <b>MOWING, TILLING, HAULING, TREE TRIMMING, CLEAN STORAGE SHEDS AND ODD JOBS</b> CALL 432-267-5460 LEAVE MESSAGE	<b>BUY-SELL-TRADE</b> In the Big Spring Herald Classifieds 263-7331	<b>WEED CONTROL</b> <b>SOUTHWESTERN A-1 PEST CONTROL</b> Since 1954 263-6514 2008 Birdwell Lane Max F. Moore www.swalpc.com mm@swalpc.com	<b>WE CAN SAVE YOU MONEY BY ADVERTISING YOUR BUSINESS IN OUR PROFESSIONAL SERVICE DIRECTORY!</b> Call 263-7331 for more information
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2 BR, 1 Bath. G location. Call 432-268-1888 after and weekends.

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2BR, 1 bath, 110 Lancaster. No pet Call 432-267-3841 270-7309

2BR, 1 bath, 110 Stanford. No pets. Call 432-267-3841 270-7309

3 Bdrm, 1 1/2 bath, 4207 Parkway. No pet Call 432-267-3841 270-7309

3705 Connally. Clean bdr. 2 bath, garage CH/A, stove refrigerator furnished fenced yard. \$450/mo \$200/dep. Call 432-267-1543

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2911 W. HWY 80  
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3/1 Apartment, CHA, Washer/dryer hookups  
Appliances furnished.  
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**2908 Cherokee.**  
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Updated Kitchen & bath  
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On Site Laundry Facilities  
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Low down payment, low monthly. 3 Bdrm, 1 bath Updated Kitchen & bath. 1103 Sycamore Call Kelly 432-425-9994

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**BY JOYCE JILLSON**  
The Pisces moon provides a wonderful time to reflect, bringing the terrific vision that hindsight always seems to provide. Experimentation will be the theme tomorrow, but tonight is about discovering your essential self, the unchanging part of you that is always along for the ride but never swayed by outside forces. Dreams will be fantastic tonight.

any effort on your part. It just happens naturally. The more, the merrier is the rule. Some pals want your undivided attention and will be jealous of newcomers.

to be achieved. VIRGO (Aug. 23-Sept. 22). Do something for yourself that you enjoy but usually never get around to doing, like having a massage or lingering in a bubble bath. The nicer you are to yourself, the nicer other people will be to you.

for sure, don't say, "What if ..." in regards to the past. CAPRICORN (Dec. 22-Jan. 19). You make wonderful progress if you are able to keep your desire in the forefront of your mind. You have a breakthrough this afternoon! It's easy to see what it will take to make it to the next goal post.

ARIES (March 21-April 19). You will now notice things you see every day in a whole new light. Being around family gives you plenty of food for thought. Use what you're finding out to decide which characteristics to keep and which to lose.

CANCER (June 22-July 22). You are not beholden to anyone. You're important and should take up space, fill the airwaves with your sound and go where you're attracted. Shop for a truly head-turning, stylish item. Make a financial decision.

LIBRA (Sept. 23-Oct. 23). It's easy to fall into the humdrums as the tasks that must be tackled are, on first appearances, of the joyless, thankless variety. Not true! Look deeper. Answer the question "How can I add value to my work?"

AQUARIUS (Jan. 20-Feb. 18). Wardrobe plays a very important part in the way you feel. Leave lots of time to get dressed, and don't wait until the last minute to figure out what you're going to wear. You get a charge from being thoughtful. PISCES (Feb. 19-March 20). The adage is true - all work and no play will make you dull. Yes, a new interest is worth exploring. And yes, this will be costly. But ask more questions. There are ways of getting around the fee.

TAURUS (April 20-May 20). Social status is on the climb but not due to

LEO (July 23-Aug. 22). A potential love partner is growing on you. It's because you are so ready to share your life that you're discovering more to be enthusiastic about. A raise is not a thing to be waited for; it's a thing

SCORPIO (Oct. 24-Nov. 21). You're an expert. This is why you very well may be required to stand and deliver to a roomful of people. You love helping, but doing everything for everyone gets tiresome real fast - set boundaries up front.

To find out more about Joyce Jillson and read her past columns, visit the Creators Syndicate Web page at www.creators.com.



Joyce Jillson

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**PUBLIC NOTICE ATTENTION COX COMMUNICATIONS SUBSCRIBERS**  
Beginning on February 1, 2004 the following new one-time service charges will be in effect (these charges will not affect your current monthly cable bill) for Big Spring residential customers. Pre-wired home initial installation (analog or digital) will change from \$45.00 to \$49.99. Additional outlet (analog or digital) will change from \$14.95 to \$18.99. Additional outlet installation (analog or digital) and/or activation requiring an additional truck roll will change from \$24.95 to \$28.99. All prices quoted do not include franchise fees and/or sales tax. Inquiries concerning these charges or any other cable-related issue can be made at Cox Communications, 2006 Birdwell Ln, Big Spring, TX 79720 or by calling 267-3611. #4071 December 26, 28 & 29, 2003.

**PUBLIC NOTICE ATTENTION COX COMMUNICATIONS SUBSCRIBERS**  
Beginning on February 1, 2004, the following monthly service rate charges will be in effect for Big Spring residential customers. Limited Basic will change from \$16.00 to \$17.15 and Expanded Basic will change from \$23.95 to \$24.84. Converter or digital charges (analog and digital) will change from \$3.70 to \$3.99. In addition, the Channel Guide Magazine monthly purchase amount will change from \$1.99 to \$2.50. All prices quoted do not include franchise fees and/or sales tax. Inquiries concerning these charges or any other cable-related issue can be made at Cox Communications, 2006 Birdwell Ln, Big Spring, TX 79720 or by calling 267-3611. #4072 December 26, 28 & 29, 2003.

**Discover Another World, Read! You never know what you might find.**

**Annie's Mailbox**



ANNIE'S MAILBOX

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MONDAY

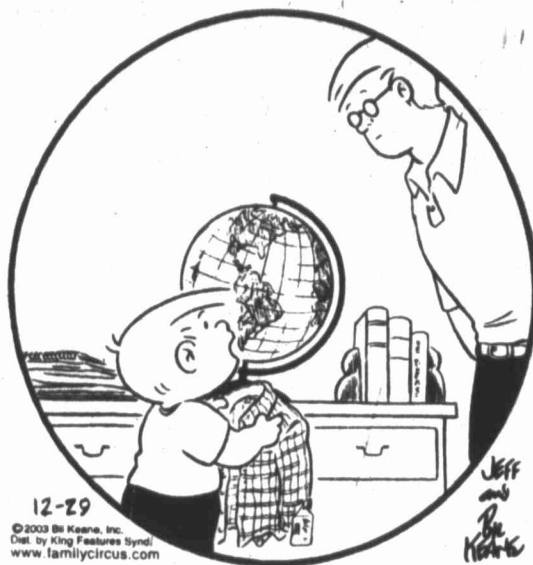
Table with 24 columns representing different TV channels (WFAA, KMD, UNI, etc.) and rows representing time slots (6:30, 7:30, 8:30, 9:30, 10:30, 11:30, 12:30) with program names and ratings.

DENNIS THE MENACE



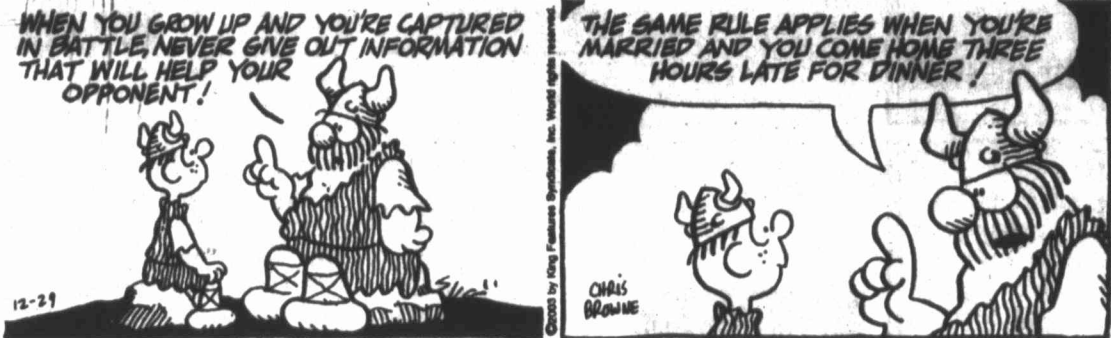
\*DENNIS! I'M NOT SURE, BUT I THINK JOEY'S HERE."

THE FAMILY CIRCUS



"I'm trying to find the country where my shirt was made."

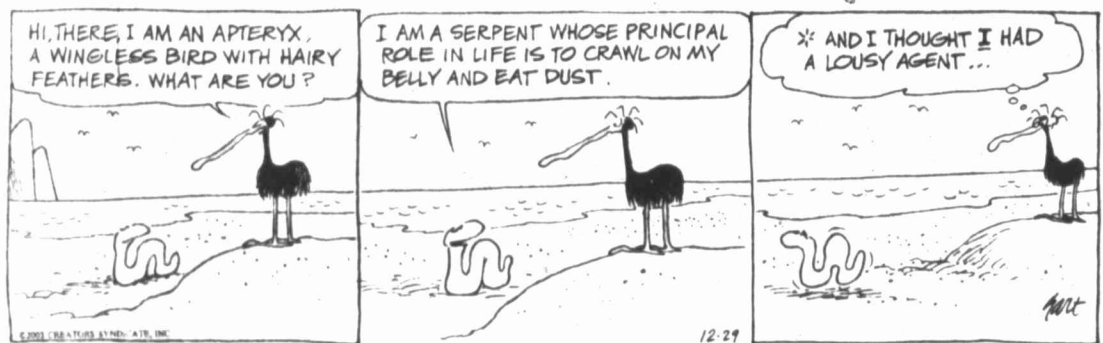
HAGAR



BLONDIE



BC



WIZARD OF ID



AGNES



HI AND LOIS



MR. HOUSEWIFE



SNUFFY SMITH



BETLE BAILEY



This Date In History

By The Associated Press
Today is Monday, Dec. 29, the 363rd day of 2003. There are two days left in the year.
Today's Highlight in History:
On Dec. 29, 1845, Texas was admitted as the 28th state.
On this date:
In 1170, Archbishop Thomas Becket was murdered in Canterbury Cathedral in England.
In 1808, the 17th president of the United States, Andrew Johnson, was born in Raleigh, N.C.
In 1813, the British burned Buffalo, N.Y., during the War of 1812.
In 1851, the first American Young Men's Christian Association was organized, in Boston.
In 1890, the Wounded Knee massacre took place in South Dakota as some

300 Sioux Indians were killed by U.S. troops sent to disarm them.
In 1934, Japan renounced the Washington Naval Treaty of 1922 and the London Naval Treaty of 1930.
In 1940, during World War II, Germany began dropping incendiary bombs on London.
In 1957, singers Steve Lawrence and Eydie Gorme were married in Las Vegas.
In 1975, a bomb exploded in the main terminal of New York's LaGuardia Airport, killing 11 people.
In 1996, war-weary guerrilla and government leaders in Guatemala signed an accord ending 36 years of civil conflict.
Ten years ago: Nearly three weeks after the orbiting Hubble Space Telescope was repaired by the crew of the space shuttle Endeavour, scientists reported "absolutely no sign of problems."
Five years ago: Two top Khmer Rouge leaders apologized for the deaths of as many as 2 million people during their regime in the 1970s, and asked Cambodians to forgive the past.
One year ago: Secretary of State Colin Powell, making the rounds of the Sunday television talk shows, said there was still time to find a diplomatic resolution to North Korea's development of nuclear weapons, and that the situation hadn't yet reached the crisis stage.
Today's Birthdays:
Actress Inga Swenson is 71. ABC newscaster Tom Jarriel is 69. Actress Mary Tyler Moore is 66.

Newsday Crossword ISN'T THAT PRECIOUS by Sally R. Stein Edited by Stanley Newman

Crossword puzzle grid with clues for Across and Down. Clues include: 1 Look without blinking, 6 Semester, 10 One-liner, 14 Gerald Ford predecessor, 15 Pavarotti piece, 16 Open, as a necktie, 17 Annoyed, 18 Coal holders, 19 On the summit, 20 Storied porridge eater, 22 Nat King \_\_, 23 Three-person band, 24 Caribou relative, 26 Move reelingly, 29 Harry Belafonte tune, 31 Luau dish, 34 Card-deck quartet, 35 Jr. high preceder, 37 Goliath or Cyclops, 39 Jean Harlow and Marilyn Monroe, 42 Oklahoma city, 43 Not so hot, 44 Mountaintop transport, 45 Advanced course: Abbr., 46 Gangsters' guns, 48 Devious plot, 50 Portable bed, 51 "Love is \_\_ to Stay", 52 Onetime Russian ruler, 55 Lone Ranger shout, 61 Capital of Peru, 62 Shade trees, 63 \_\_ evil, hear ...