



BIG SPRING

# HERALD

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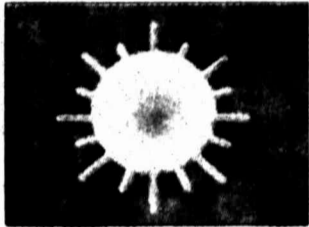
Big Sky — Big Heart — Big Spring

50 CENTS DAILY/\$1.25 WEEKEND

WEEKEND EDITION

January, 1-2, 2005

## WEATHER



SUNDAY 64-66 SUNDAY NIGHT 38-42

## INSIDE



Donating an organ is the equivalent of giving life, or at least greatly improving the life of someone in need of a healthy kidney, liver, lung, heart and pancreas. While 85,000 Americans await life-saving transplants, at least 400,000 people have received a donated organ over the last 50 years.

## BRIEFLY

### Latest online poll is on the Internet

Not many people participated in this week's Herald on-line poll, but those who did were split in their responses. To the question "Did you spend more or less than you expected for Christmas gifts this season?" 34 percent said more, 31 percent said less and 34 percent responded "as planned."

This week, we have a new question, "Do you believe combining the city and county law enforcement office buildings is a good idea?" We invite you to participate on our Web site at [bigspringherald.com](http://bigspringherald.com)

You do not need to be a subscriber to participate.

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Find us online at: [www.bigspringherald.com](http://www.bigspringherald.com)

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# Retailers report good holiday sales

By STEVE REAGAN  
Staff Writer

A quick survey of local retailers indicates that area businesses had themselves a merry Christmas, at least as far as sales were concerned.

Almost every business contacted reported at least a modest increase in sales over the previous Christmas season.

Jody Swinney, owner of the local Sears store at Big Spring Mall, said preliminary numbers show an 8 percent increase in sales over last year.

"And last year was a good year for us, so

*"It might not have been where I wanted it to be, but still, we're feeling pretty fortunate."*



Swinney

that's saying something," Swinney said. "It might not have been where I wanted it to be, but still, we're feeling pretty fortunate."

Big-ticket items like appliances were the hot gifts this season.

"We're still trying to (re-stock) our dishwashers," Swinney said. "And sales were up in our lawn and garden section, too."

Exact sales figures were unavailable from the local Radio Shack, but manager Jay Smith said his store did well.

Surprisingly, the hot item this season at Radio Shack was what Smith called a "nostalgic turntable" — a retro-looking turntable for playing phonographic records.

"And, of course, digital cameras and radio-controlled cars were big sellers for us,"

See SALES, Page 3A

## HAVIN' A POPPIN' GOOD TIME



One Big Spring family will be bringing the new year in with a bang, as 12-month-old Alexis Pace and her grandmother, Donna Pace, visit the Truckload Fireworks stand located on S. Highway 87. Keeping with the "family theme," Alexis' mother, Angela Pace, is serving up the holiday firecrackers.

## Main breaks leave city a bit breathless

By THOMAS JENKINS  
Staff Writer

Have you ever spent the Christmas holiday in a cold, wet hole in the ground?

That's exactly what several city of Big Spring employees did over the holiday, as the Water Distribution and Collections Department faced more than 20 main-

water line breaks over the past week due to changes in the climate.

Department Superintendent Rick Boiles said his men faced calls all over the city between Dec. 23 and 29, totaling 24 main waterline breaks.

"That's just the main-breaks we had," said Boiles. "We also had 25 emergency offs to take care of because water lines had ruptured on the customer's side of the lines."

Boiles said he and his men brace themselves for a similar onslaught of breaks each time the weather makes a quick change, much like the one the Crossroads area saw on Christmas Day.

"Anytime the weather changes that dramatically, the ground contracts and

*"We had a lot of main breaks, but it could have been much, much worse."*



Boiles

See BREAKS, Page 3A

# New Year's resolutions

Make 'em or break 'em, most everyone wants to start the year off right

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 — our shining deeds and our annual albatrosses. They are our New Year resolutions.

Although we eye the prospect of making New Year 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 2005.

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

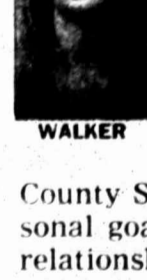
"I don't make New Year's resolutions, but I have plenty of projects I'd like to finish in 2005," said Clarence Hartfield Jr. "There are some renovations I'd like to complete out at the Big Spring Vietnam Memorial, including some planter boxes and finishing up the sprinkler system on the north side. I'm also going to work hard to make my upcoming class reunion a success and continue my involvement in the community."

"I want to quit smoking," said Peggy



WALKER

Walker, secretary for the city of Big Spring. "I also want to start eating right and lose some weight. Overall, I want to be healthier."



PRITCHETT

"I have personal goals and job-related goals for 2005," said Gary Pritchett, chief deputy with the Howard County Sheriff's Office. "My personal goals are to have a deeper relationship with God and spend more time with my family. I also have some streamlining — little odds and ends — around the office that I want to take care of in 2005."



BOILES

"I really haven't thought much about it," said Dominick Boiles. "World domination maybe? No, really... My resolution is to work harder on my musical career in 2005. I have a lot I want to accomplish."

"I want to work a little harder and go to the YMCA more often," said Raul Marquez, a member of the Moore Development for Big Spring board of directors. "I also plan to make an effort to spend more time with my family."

"I want to be kinder and gentler in the new year," said Donna Tune, legal assistant with

## Top 10 New Years Resolutions

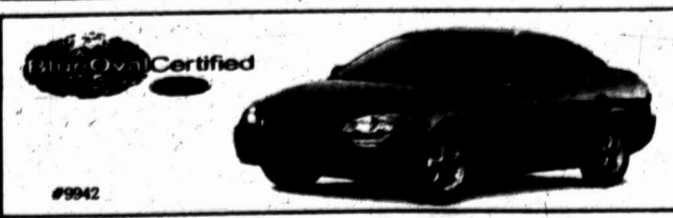
1. Spend more time with family and friends.
2. Exercise regularly.
3. Lose weight.
4. Quit smoking.
5. Enjoy life more.
6. Quit drinking.
7. Get out of debt.
8. Learn something new.
9. Help others.
10. Get organized

Source — [www.about.com](http://www.about.com)

the Howard County District Attorney's Office. "I'm going to try to be more patient with people and listen more, and really try to put myself in other people's shoes."

"My goal for 2005 is to get out of debt," said Nancy Porter, deputy Howard County clerk. "I'm going to try to manage my finances a little more wisely."

See RESOLUTIONS, Page 3A



## 2005 Ford Taurus SE 4-DR.

3.0L 6 Cylinder Flex-Fuel Engine • All Power Equipment • Aluminum Wheels

Sale Price \$17,995

MSRP - \$21,565 REBATE - \$2,000 BBF DISCOUNT - \$1,570

## BOB BROCK FORD

500 W. 4th 267-7124  
Big Spring, Texas

JAN 01 2005

Obituaries

Mary McCullough



Mary Louise Arrick Thompson McCullough, 75, of Sand Springs died at 12:21 a.m. Friday, Dec. 31, 2004, at her residence following a long illness. Graveside services will be at 2 p.m. Monday, Jan. 3, 2005, in Trinity Memorial Park.

She was born Dec. 10, 1929, in San Angelo to Claude and Jewel Arrick. She was a homemaker and also worked at the Big Spring State Hospital. She was a loving mother. She lived most of her life in Howard County and was a Baptist.

She is survived by one son, Robert Thompson and his wife, Lu of San Antonio; two daughters, Terrie Lou Bradley and her husband, Mark of Sand Springs and Toni Hodnett and her husband, Russell of Big Spring; three brothers, Buddy Arrick and Jerry Arrick, both of Big Spring and John Arrick of Odessa; four sisters, Bonnie Burris and Sherri Wisener, both of Burnet, Sue Larimore of San Angelo and Sonja Patterson of Austin; six grandchildren, Will Smith, Tyler Bradley, Tana Bradley, Kacy Cross, John David Thompson and Summer Dawn Thompson; and two great-granddaughters.

In addition to her parents, she was preceded in death by her husband, R.L. McCullough, one son, Jack Allen Thompson and one sister, Claudine Arrick. The family will be at 108 E. Robinson.

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

J.L. Sundy

J.L. Sundy, 71, of Big Spring died Friday, Dec. 31, 2004, in a Midland hospital. His services are pending with Nalley-Pickle & Welch Funeral Home & Crematory of Big Spring.

Weather

New years day...Partly cloudy. Highs near 70. South winds 10 to 20 mph.  
Saturday night...Partly cloudy. Lows near 40. Southwest winds near 10 mph.  
Sunday...Mostly cloudy with a 20 percent chance of showers. Highs in the mid 60s. Light and variable winds in the morning becoming east near 10 mph in the afternoon.  
Sunday night...Mostly cloudy with a 30 percent chance of showers. Lows near 40.  
Monday...Mostly cloudy with a 30 percent chance of showers and thunderstorms. Highs in the mid 60s.  
Monday night...Partly cloudy with a 30 percent chance of showers and thunderstorms. Lows in the mid 40s.  
Tuesday...Mostly cloudy with a 30 percent chance of showers. Highs near 60.  
Tuesday night...Partly cloudy. Lows in the mid 30s.  
Wednesday...Partly cloudy. Highs in the mid 50s.  
Wednesday night...Partly cloudy. Lows near 30.  
Thursday...Partly cloudy. Highs in the mid 40s.

Support groups

- SUNDAY**  
Alcoholics Anonymous meets from 11 a.m. to noon at 615 Settles. Open meeting 5-6 p.m.
- MONDAY**  
Encourager's Support Group meets at 6 p.m. in the Spanish Inn Restaurant. For more information, call 398-5522.
- TUESDAY**  
The Multiple Sclerosis Support Group meets at 7 p.m. the last Tuesday of each month in the College Baptist Church Fellowship Hall, 1005 Birdwell Lane. Call Tracey at 263-4948 for more information.
- THURSDAY**  
Narcotics Anonymous, non-smoking discussion meeting, 8-9 p.m., at St. Mary's Episcopal Church, 1001 Goliad.  
Alcoholics Anonymous, 615 Settles, noon to 1 p.m.; women's meeting; 6:30-7:30 p.m. Non-smoking closed discussion meeting, 8-9 p.m.
- The Fibromyalgia Autoimmune Disease Support Group will meet the fourth Thursday of the month at noon in the Dora Roberts Rehabilitation Center beginning in January. Call 263-8273 for more information.

Take note

AN ACCOUNT HAS BEEN ESTABLISHED FOR THE FAMILY OF CHRIS RIVERA, 26, A FORMER COSDEN FEDERAL CREDIT UNION MEMBER, who died Dec. 28, 2004. The fund is to assist his wife, Natasha Rivera and his four children, all younger than 6, with funeral expenses. The account no. is 760221. To donate contact the credit union at 264-2600.

REGION 18 SERVICE CENTER has video and audio-visual material used in the schools available for viewing Jan. 27. The session is 8 a.m. until 4:30 p.m. at the center, which is located at 2811 LaForce Blvd., Midland International Airport. Persons wishing to request preview of the films may call Pam Winn, media supervisor of the education service center, at telephone number 432-567-3260.

CHRIST'S COMMUNITY CHURCH is looking for infant cars seats to be given to needy families. Call Karen at 263-3517 or the church at 263-5683.

A BENEFIT FUND HAS BEEN ESTABLISHED at Cosden Federal Credit Union for Jeremiah Best, to help with the cost of his cancer treatment. Contributions and prayers are appreciated.

AN ACCOUNT TO BENEFIT TRISTIN RANGEL, son of Ione and Tim Rangel, has been set up at the Big Spring Government Employees Federal Credit Union, 2204 Gregg St., account No. 529903, to help with medical expenses. He has been diagnosed with acute lymphocytic leukemia and is in a Lubbock hospital.

BUFFALO COUNTRY FINA is giving away an autographed photograph of Michael Jordan, along with two other Jordan magazine covers, to help with medical costs of 12-year-old Sage Gibson, son of Big Spring Junior High School assistant principal Tommy Gibson, who has been diagnosed with a tumor. For an update on Gibson's condition visit www.carepages.com/ServeCarePage?cpn=Sagepage&uniq=923947. For more information about the Buffalo Fina fund-raiser call 267-5050.

THE FAMILY OF MICHAEL STEADHAM is in need of help to pay for his funeral expenses. Friends of the family say he had no insurance and died suddenly. An account has been established at the Cosden Federal Credit Union for those wishing to help the family. For more information, call 264-0838 or 264-2600.

THE BIG SPRING WEST TEXAS GIRL SCOUTS COUNCIL SENIOR TROOP 266 is collecting stuffed animals for Scenic Mountain Medical Center's emergency room. A collection box for the stuffed toys will be at Seams-So-Nice in the Big Spring Mall. Or call Laurie Peterson at 432-267-9773.

AN ORIGINAL SUE BAGWELL PAINTING will be given away in April at the Heritage Museum. Contact the museum at 267-8288 for more details.

FORSAN SCHOOL BAND WILL PERFORM IN WASHINGTON D.C. JULY 4, 2005, by special invitation, representing Texas. Funds are needed to cover the \$145,000 cost of the trip. Donations are being accepted at the First Bank of West Texas, account name Forsan Band Trip. Contact Forsan Superintendent Randy Johnson or band directors Jim Rhodes and Jeremy Higgenbotham at 457-2223.

A SAVINGS ACCOUNT TO BENEFIT LOVE FROM HOME has been established at Citizen's Federal Credit Union. Love From Home is a local effort to provide personal items needed by the soldiers serving in Operation Iraqi Freedom. Contact the credit union at 267-6373 to contribute funds to offset the cost of postage for the packages mailed to the soldiers.

MANNA RELIEF, a non-profit ministry that provides glyconutritional supplements to critically ill children, is accepting donations for the program. Call Gene or Robbie Froman at 263-0385.

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 to drive somebody along the Road to Recovery. For more information about volunteering or if you are a cancer patient in need of the service, call La Wanda Hamm, 263-7827.

Bulletin board

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

- MONDAY**
  - District Committee Lone Star of Big Spring meets at noon at 610 Scurry.
  - Senior Circle meets at 4 p.m. at Scenic Mountain Medical Center for Sit and Be Fit Chair Aerobics. Those 50 years and older are invited to attend. Call 268-4721.
  - Take Off Pounds Sensibly (TOPS) No. 21 meets at 5 p.m. in the Dora Roberts Rehabilitation Center, 306 W. Third for weigh-in. The meeting begins at 5:30 p.m. Call 1-800-392-8677 or 263-0391 or 263-1758.
  - Take Off Pounds Sensibly (TOPS) No. TX 1756 meets at 5:30 p.m. Monday in the 11th and Birdwell Lane Church of Christ. A different program is offered every week, and anyone 7 years old or older is welcome to attend. Please enter through the northwest door. Call 263-2786 for more information.
  - Evening Lions Club meets at 6:30 p.m. in La Posada Restaurant.
  - Big Spring Chapter and Council RAM meets at 7:30 p.m. in the Masonic building at 221 1/2 Main St.
  - Howard County ARC meets at 806 E. Third in the Bingo Hall. Call 264-0674 for more information.

- TUESDAY**
  - Intermediate Line Dance classes begin at 9 a.m. in the Spring City Senior Citizen's Center. Call 267-1628.
  - Coahoma Senior Citizen luncheon is set for 11 a.m. in the Coahoma Community Center.
  - Big Spring Rotary Club meets at noon in the Howard College Cactus Room, 1001 Birdwell Lane.
  - A Stitches Time Club meets at 3:30 p.m. at Primitive Baptist Church, 201 E. 24th St. Everyone is invited to learn and share sewing skills, and portable sewing machines are welcome. Call Kay Sikes at 394-4835 for more information.
  - VFW Post 2013 meets at 7 p.m. in the VFW Hall, 500 Driver Road.
  - Sheriff's Posse meets at 7 p.m. in the clubhouse on the Andrews Highway.
  - Alzheimer's Association, the Greater West Texas Chapter meets at 2 p.m. in the Howard County Library conference room, 500 S. Main.
  - Gospel Singing in the Kentwood Activity Center at 7 p.m. with special guest singers from Midland and Colorado City. Everyone is welcome.
  - Concerned Citizens for Big Spring meets at 7 p.m. in the meeting room of the Howard County Library, 500 S. Main.
  - Big Spring Chapter 67, Order of the Eastern Star meets at 7:30 p.m. in the Masonic Lodge, 219 Main St.

- WEDNESDAY**
  - Optimist Club meets at 7 a.m. in the Howard College Cactus Room, 1001 Birdwell Lane.
  - Senior Circle meets at 11 a.m. in the Scenic Mountain Medical Center classroom for Stretch and Tone. Call 268-4721.
  - Downtown Lions Club meets at noon at the Howard College Cactus Room, 1001 Birdwell Lane.
  - Line dancing begins at 1 p.m. at the Spring City Senior Citizen's Center in the Industrial Park. Call 267-6966 or 267-1628.
  - Duplicate Bridge Club meets at 1 p.m. in the Big Spring Country Club.
  - Fraternal Order of Eagles Aerie meets at 7 p.m. in the Eagles Lodge at 703 W. Third.

- THURSDAY**
  - Gideon International Big Spring Camp U42060 meets at 7 a.m. in Herman's Restaurant.
  - Coffee Club meets at 10 a.m. in Gale's Sweet Shoppe.
  - Kiwanis Club meets at noon in the Howard College Cactus Room, 1001 Birdwell Lane. Call 267-6479.
  - Genealogy Society of Big Spring meets at 7 p.m. in the Howard County Library, 500 S. Main.
  - Masonic Lodge No. 598 meets at 7:30 p.m. at 2101 Lancaster.
- FRIDAY**
  - Signal Mountain Quilting Guild meets from 9 a.m. until about 3 p.m. at 1019 Nolan St. Members bring their own lunch. Call 267-1037 or 267-7281 for more information.
  - AMBUCS meet at noon in La Posada Restaurant.
  - Greater Big Spring Rotary meets at noon in the Howard College Cactus Room, 1001 Birdwell Lane.
  - Spring City Senior Citizen's country and western dance from 7:30 p.m. until 10:30 p.m. All area seniors are invited.
- SATURDAY**
  - Eagles Lodge Dance at 8:30 p.m. at 703 W. Third.

Have a safe and Happy New Year from your friends at Elrod's Furniture 2309 Scurry St. 267-8491

Here's To A New Year First Assembly of God 4th & Lancaster 267-7971

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A NEW YEAR'S WISH...from the staff of Mountain View Lodge

At The Close Of Another Year...A.T.S. Telecom 504 E. 3rd 263-8433

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By BETSY TAY Associated Press ST. LOUIS card — that li solution to k and family of lines — does serve as the id Responding sumers who d buy themself sweater or f dinner. Interns have sprung people to unwanted gift "Isn't it gr Mike Kelly, dent of Swaj "The market exactly the m needs to corre lem." He and his Jane, cre Langhorne, Web busine

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In the s season toast o and wi you all happy holiday Thanks for bei such lc custom Please when c drink n Eagl 703 W EAGL

When even that spending money doesn't fit quite right:

# Internet sites allow gift card trades and sale

By **BETSY TAYLOR**

Associated Press Writer

ST. LOUIS - The gift card - that little, plastic solution to keep friends and family out of return lines - doesn't always serve as the ideal present.

Responding to consumers who don't want to buy themselves another sweater or fancy steak dinner, Internet businesses have sprung up allowing people to sell or swap unwanted gift cards.

"Isn't it great?" asked Mike Kelly, vice president of SwapAGift.com. "The market will create exactly the mechanism it needs to correct any problem."

He and his wife, Mary Jane, created the Langhorne, Pa.-based Web business SwapA-

Thing, Inc. last fall, after realizing they had about a dozen gift cards they weren't using. They decided to create a place where people could trade in the cards they didn't want, or receive some cash back for them.

They're not the only ones with the idea. The online giant eBay Inc. had more than 7,500 gift cards and certificates listed for sale or auction during a recent check. The eBay site doesn't allow bartering.

The St. Louis-based business CardAvenue.com launched in October. CEO Bob Butler said people need to realize that their unused gift cards amount to wasted money, but they can benefit if they sell or trade

them. "Even if it's \$5 or \$10, they should do something with it," he said.

Kelly said he's heard from customers who were pleased to have an option to shed their cards - like the man who received a \$100 card to a women's lingerie store. Another man who used the service suffered a rejected marriage proposal and ended up with store credit on a gift card for a \$3,500 engagement ring.

Hugh Burgin of Denver bought a \$25 Target gift card off CardAvenue for \$17. He said even an \$8 savings was worth it. "If you're going to spend the money, you might as well save a few dollars," he said.

While some gift cards decline in value over

time, Internet businesses have measures in place to ensure that people get what's being offered. CardAvenue requires that gift card owners include the toll-free number for their card and that sellers check the balance before offering it to others.

And San Jose, Calif.-based eBay will not allow the sale of gift cards valued at more than \$500; the gift card must be in the sellers' hands before it can be listed and only one gift card can be listed per seller per week, said spokesman Hani Durzy.

The Internet businesses make their money in different ways. SwapAGift charges a \$3.99 flat fee to list a gift card for sale or swap. Or that business will buy a gift card from a

seller for 70 percent of its face value and offer it for resale.

CardAvenue charges a 6.25 percent fee from the seller and a 50 cent closing fee only if a sale or trade is completed. If the card doesn't attract a new owner, the seller isn't out any money.

The eBay gift cards sell like other items on the Web site, with a listing fee ranging from 30 cents to \$4.80 and a final value fee, based on a sliding scale from 5.25 percent to 1.50 percent.

CardAvenue and SwapAGift said interest is increasing as word spreads, and there's no question about the popularity of the gift cards. The National Retail Federation, the world's largest

retail trade association, said consumers planned to spend more than \$17 billion on gift cards this holiday season.

Spokeswoman Ellen Tolley said the federation didn't have a position about the Internet reselling of gift cards, but pointed out that retailers do, in fact, want customers to use their gift cards.

For one, retailers typically do not record a sale as made until the gift card is redeemed. And, she said, gift cards provide a good way for a store to introduce itself to consumers or to boost spending.

"Retailers' hope is that people will redeem the gift card, and spend a little extra," she said.

# Only in New Orleans: Big Easy hotel tackles hangovers with 'Recovery Concierge' service

By **CAIN BURDEAU**

Associated Press Writer

NEW ORLEANS - In one of those only-in-New Orleans stories, visitors who put back too many beers and hurricanes in the Big Easy have a remedy to help them shake off that dreaded New Year's hangover: Sara, the Recovery Concierge.

Name your poison, Sara Baker has the medicine: Ginger-root tea and a po-boy roll breakfast for the mildly hung over, pain killers and caffeine for those who really got

shloshed the night before. There's also potions, bath salts and steamed water to rehydrate the weary - along with sage advice on how to recuperate.

"There are two standbys that I never fail to fall back onto. The triple T - Tylenol, tea and toast - and Cafe Du Monde," Baker says hurriedly, her hotel bustling with New Year's traffic. "I'm here to help people handle the excesses of New Orleans."

Baker is in charge of the Loews New Orleans Hotel's hangover

concierge program, which is spelled out in a booklet in every room: It is for guests who overindulge in the city's many excesses: booze, pralines, dripping jambalaya, succulent steaks, among other temptations.

"In New Orleans you're doing so many bad things to your body - so you have to go the spa," says Leah Moss, a Texan lounging with her older sister in bath robes next to the pool at Loews getting re-energized for a turbocharged New Year's

night ahead of them with gambling, a show and fireworks.

"Today we're doing hot rocks - they heat up stones and place them on different pressure points on your back to relax tension," Moss says.

The idea of a hangover concierge is not totally unique; other hotels offer spa services meant to revitalize their guests. At the Ritz-Carlton Hotel, a make-your-own-Bloody Mary bar is offered at the spa, butlers are summoned to draw baths by

dialing zero and full-body massages are on order for tired and drained guests.

"What is it about this city?" exclaimed Char Schroeder, -a spokeswoman for the Ritz-Carlton. "It is New Orleans: We want them to know that the very next day there is help for them available and there are people there who will help them if they need it."

At Loews, Baker is more than willing to get your New Orleans experience rolling. The Desert Storm veteran, chef and all

around fun-loving savant calls herself the "queen of excess."

"People seem to be a bit healthier, it seems to be working a bit," she offers in defense of her service. "Our water seems to fix every indulgence we have with the exception of walking too much. Oh, no! No! You can soak your feet in it! Water can fix everything, it has now been proven!"

## RESOLUTIONS

Continued from Page 1A

"I want to be closer with my Lord and Savior," said Howard County Sheriff Dale Walker. "My

resolution is to strive to live the kind of life and do the job that He would want me to do."

"My resolution seems pretty petty," Theresa Del Toro, owner of All District Screen Printing,

said with a laugh. "I'm going to try to drink more water in 2005. I know that sounds like a strange resolution, but I could go all day without drinking anything and my friends are always on me about it. So I'm going to try to

drink some water during the day."

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

## BREAKS

Continued from Page 1A

expands, moving the underground lines around," he said. "That

causes stress fractures in the old cast iron pipes that make up the majority of the lines in Big Spring."

While Boiles said the annual struggle between warm and cold weather is

tough on his department, there's one very important detail that should be remembered - it could have been much worse.

"We had a lot of main breaks, but it could have been much, much worse,"

Boiles stressed. "Thanks to the way the city council has supported the ongoing waterline replacement program, we've replaced approximately 30 miles of the old cast iron lines with PVC

lines, which doesn't have these seasonal problems."

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

## SALES

Continued from Page 1A

Smith said. Audra Baily of the local Bealls store in the Big Spring Mall reported good Christmas sales, as well.

"We had a good year," Baily said. "Our customers seemed very happy ... We're not seeing as many returns as last year. We sold a lot of gift cards, so people ended up getting what they wanted."

Baily added that the local store did better this year than last. "We had some really, really, really busy days," she said.

At the other end of the mall, Burke's Outlet also reported good Christmas sales.

"We did very, very well," manager Cynthia Clinton said. "More people are becoming interested in the type of store we are ... The store was pretty much picked over by Christmas Eve."

A spokesman for the

local Wal-Mart simply described Christmas sales as "good."

Contact Staff Writer Steve Reagan at 263-7331 ext. 234 or by e-mail at reporter@bigspringherald.com

## Debbie Reynolds, son sued

LOS ANGELES - Actress Debbie Reynolds and her son, Todd Fisher, said structural limitations of a shopping center prevented them from building a museum to display their \$30 million collection of Hollywood memorabilia.

They responded to a Superior Court lawsuit filed by the center's former owner, TrizecHahn Hollywood, which claims the two breached a June 2001 leasing agreement to keep the merchandise at a shopping and entertainment complex located in Hollywood.

Reynolds and Fisher also failed to make lease payments, the lawsuit said.

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**E**ditorial

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

-FIRST AMENDMENT

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

Susanne Reed  
Publisher

John A. Moseley  
Managing Editor

Bill McClellan  
News Editor

OUR VIEWS

We wish you all a happy New Year as we begin 2005

As we enter this new year, it is time to take a few minutes to take stock of where we want to go both individually and collectively during the next 12 months.

If we haven't already taken personal stock, now is the time to ask ourselves what we want to change in our lives and what needs to be done to effect those changes.

Certainly, many of us seek better health and will make resolutions to change our diets and exercise routines. The important thing is to follow through — to make lifestyle changes.

And many more of us will seek to improve our spiritual lives. That is an area in each of our lives in which there is always room for improvement.

Others will more than likely seek to be more loving or caring with regard to family members and friends.

Community-wide, we believe the outlook for Big Spring remains a positive one. And for the most part, we're convinced the same holds true for both our state and the nation.

And we're very excited about the performing arts complex which will soon be built at Howard College.

The improvements that have continued at Comanche Trail Park that many of us enjoyed during the Pops in the Park celebration in July have been encouraging.

Too, we feel that the city's appeal as a regional center for arts and recreation continues to grow, as evidenced by recent exhibitions at the Heritage Museum, the Big Spring Symphony's concert schedule for the current year and the United States Hang Gliding Association's vow that it will be returning here this summer.

All of those projects, events and activities translate to jobs, income from visitors and — perhaps even more important — a better quality of life.

As we delve into the new year, we do admit feeling a bit tentative about some things less under our overall control.

One thing we can say with certainty though. We continue to be blessed by the "can-do" spirit of our fellow citizens — men and women who work together to get things done. And so, it's time to look ahead again and look ahead with optimism.

Happy New Year, 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
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- By e-mail Managing Editor John A. Moseley at editor@bigspringherald.com or News Editor Bill McClellan at newsdesk@crcom.net.
- By mail at P.O. Box 1431, Big Spring, 79721

LETTER POLICIES

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  - Provide a daytime telephone number, as well as a street address for verification purposes.
  - We reserve the right to edit for style and clarity.
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  - Letters that are unsigned or do not include a telephone number or address will not be considered.
  - Letters should be submitted to Editor, Big Spring Herald, P.O. Box 1431, Big Spring, 79721. They can also be e-mailed to editor@bigspringherald.com

Going into 2005 with patience and understanding

We're at the end of another year and all I can do is look back and say "thank goodness."

I'm not sure how you feel, but 12 months of reading and writing about elections isn't how I prefer to spend my time. I'm glad 2004 is behind me. Good riddance.

I fear, however, all we'll hear about in 2005 is Social Security on the national front and school funding at the state level.

Anyway, it's a new year and I have three resolutions. Much to my wife's dismay, not one of them deals with smoking, drinking or swearing.

Mainly, I resolve not to let certain things bother me. These include:

1. The idiots who pull up at Wagon Wheel or Sonic and leave their motor running the whole time they are there. I can half-way understand it when the sun is burning down or it is so cold your teeth are chattering, but that's usually not the case. I was parked at one of those establishments the other day, trying to enjoy my burger and fries. Nice day, slight wind, temperature in the mid-60s. Car pulls up beside me. Windows down. Engine running. The driver orders, gets his food a few minutes later, then eats while reading a book. Engine still running. What's the point here? Does he think he might need to make a quick getaway? Does he think he's Darrell Waltrip making a pit stop?

There's nothing like good ol' exhaust fumes to make a burger taste better. I'll tell you. Especially

diesel fumes. This is probably the same guy who complains about second hand smoke and rails on about the high price of gasoline.

But I'm not going to let that bother me, ever again. No sir.

2. Secondly, I'm not going to go into mini road rage when I'm sitting in my pickup at a stop sign, waiting for a slow-moving vehicle to pass me from my left, only to watch him turn down my street and go right by me. A simple use of his blinker would have let me know I could move on, but no, this guy doesn't bother.

From now on, I will be calm. I will not let this upset me. After all, the problem is probably that his signal lights are not operating properly. He's probably not even aware of it. Or it could be he has something very serious on his mind, and if it were brought to his attention, he would no doubt apologize, profusely.

Or maybe, just maybe, he is mentally challenged and doesn't understand the use of blinkers. Or perhaps he is the stupid, spineless, selfish slob I believe him to be and actually needs to be shown where he can shove his blinkity blank blinker stick.

Ahh, but it doesn't matter. I hereby resolve to be more understanding, more forgiving, more patient.

3. Cell phones. First, let me say that cell phones are great tools. They let us handle business more efficiently and summon help more quickly. But there is a time and place to use a cell phone and every single minute of every single day is not one of them.

How come it is, by the way, that people can learn how to use each button on a complex cell phone but cannot operate a little switch in their vehicle that makes those little lights blink to the left or blink to the right? Ahh, but we've

been over that, haven't we? There is a bill coming before the state legislature next year and if our lawmakers ever get past the subject of school funding, maybe they'll address it. The bill calls for the ban of handheld cell phone use in a vehicle unless it is to make an emergency call. I'm for it. I've seen way too many times where someone was vigorously talking on the phone, playing little or no attention to traffic around them.

How people ever made it without cell phones is amazing, isn't it? However, I'm convinced that the reason most people use a cell phone because it is *there*; not because the person has anything of any importance to say.

And now, dear reader, you have my resolutions.

I heartily pledge to not to let these things bother me anymore.

A word of caution though, a person can only be so patient, so understanding. So beware, if someone pulls in front of me at a drive-in eatery without using his signal, leaves his diesel engine running while jabbering on his cell phone, I reserve the right to reach through his window, grab the cell phone out of his hand, toss it on the ground, jump up and down on it, reach back inside the window, rip off his blinker stick, use said stick to beat said phone until it is in more pieces than our nation is dollars in debt, then vigorously shove said blinker stick into the person's ear to the point that a click upwards will make his right eye blink and a click downwards will make his left eye blink, then turn off his ignition, drop his keys in his lap and bid him "good day."

Welcome to 2005.

Bill McClellan is the Herald news editor. He can be reached at (432) 263-7331, ext. 235 or by e-mail at newsdesk@crcom.net



Bill McClellan

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Inside report: Coddling Kofi Annan

Sen. Norm Coleman bit his lip and kept silent when the State Department expressed confidence in United Nations Secretary-General Kofi Annan. The Bush administration seemed to be repudiating the freshman Republican senator from Minnesota, who had called for Annan's resignation. But Coleman was well aware that his investigation of UN corruption is trumped for now by a transcendent issue.



ROBERT NOVAK

When Annan made a hurried trip to Washington Dec. 16, his non-cooperation with the Jan. 30 election in Iraq was manifest. His attitude changed markedly after Secretary of State Colin Powell declared: "We have confidence in the secretary-general." With that, Annan began to provide the UN's desperately needed help on the elections.

That looks like a big-time deal in the best interests of the United States. Nothing is more important to President Bush than the Iraqi election, dwarfing even full exposure of the UN's oil-for-food scandal in Iraq, including the secretary-general's complicity. But Annan has not bought permanent immunity by belatedly helping in Iraq. The U.S. government includes an independent legislative branch, and Norm Coleman is biding his time.

Just finishing his second year as a senator, Coleman would be invisible in the old Senate. But as chairman of the Senate's permanent investigations subcommittee, Coleman has become the leading congressional watchdog over UN

abuses. Despite Powell's avowed confidence in Annan, Coleman is standing by his Dec. 1 column in the Wall Street Journal, which concluded: "If this widespread corruption had occurred in any legitimate organization around the world, its CEO would have been ousted long ago, in disgrace. Why is the UN different?"

The corruption was documented in October by chief U.S. arms inspector Charles Duelfer's report. It shows Saddam Hussein "subverting" the \$60 billion oil-for-food program to generate still uncounted billions for the Iraqi dictator's own purposes.

Annan's defense has been his appointment of former Federal Reserve Chairman Paul Volcker to conduct an independent inquiry. But Volcker's report will go directly to Annan, who has promulgated procedures permitting him to hack away at the findings.

In a letter to the UN Security Council, Annan asserted that the Volcker report "will be made available to the public in a form that will take into account the rights of staff members and, where necessary, respect any undertakings as to confidentiality that may have been granted by the inquiry." What will result from the report? "I will take such action as I may deem appropriate," Annan said. It is as if Enron executives could edit and act on the Justice Department investigation.

This arrangement does not bother the bulk of UN member nations, who want nothing unpleasant to happen to their friend Kofi. Two permanent Security Council members, France and Russia, profited so much from the oil-for-food scam that they desire no vigorous investigation. The question is how rigorous the

U.S. government will be toward Annan after the Iraqi election. Powell has a long-standing relationship with Annan, but he is leaving. Powell's successor, Condoleezza Rice, has been characteristically prudent in reacting to the UN scandal. According to Capitol Hill sources, she remained mute after Coleman briefed her on Annan and the scandal.

Senior senators are similarly silent, partly not to discourage the UN from helping a little in the Iraq elections but also mostly not to look like yahoo isolationists. During a long interview on NBC's "Meet the Press" Dec. 19, Tim Russert asked four high-ranking senators whether they "still have confidence" in Kofi Annan. Sen. John Warner, Armed Services Committee chairman, answered that "we've got to wait until the Volcker report." "Anyone disagree?" asked Russert. Nobody did.

Sen. Carl Levin, who is ranking Democrat on both Armed Services and Coleman's investigations subcommittee, specifically answered that he did not disagree. That contradicted a tough letter last month to Annan co-signed by Coleman and Levin, accusing the Volcker inquiry of obstructing the Senate investigation. Instead, at a Nov. 15 hearing, Levin reverted to partisanship in trying to pin culpability for the scandal on the Bush administration. It seems impossible for Kofi Annan to escape unscathed from this scandal, but peculiar things happen at Turtle Bay.

To find out more about Robert D. Novak and read his past columns, visit the Creators Syndicate web page at [www.creators.com](http://www.creators.com). © 2004 CREATORS SYNDICATE, INC.

Pendleton

By LYNDA V. MAFKRT

Piled nearly he these blankets, s so soft, so brillia ored, ignite a rur instinct.

Hands rooting down, conv muted, shoppers dle-aged white fo Agers, Indian snowy-haired re gamut — se stacks with inter

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And Native p more than ha Indian blankets sells. If it m Indian Country, brated with th blanket. And a is the one every — despite its tl retail price.

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### Pendleton blanket synonymous with achievement for tribal members

By LYNDA V. MAPES

**KRT**  
Piled nearly head-high, these blankets, so thick, so soft, so brilliantly colored, ignite a rummaging instinct.

Hands rooting, heads down, conversation muted, shoppers — middle-aged white folks, New Agers, Indian people, snowy-haired retirees, the gamut — search the stacks with intensity.

On any given day, license plates on cars and four buses from seven states can be seen in the parking lot of this store at Pendleton Woolen Mills in Pendleton, Ore. With customers from the longhouse to the clubhouse, few companies have earned such broad and deep loyalty. And one of the icons they seek is the Pendleton Indian trade blanket.

Still made entirely in the Northwest, as it has been for 95 years, the blanket has cult status among collectors, especially Indian people, the company's first customers. When the early white traders came calling, their woolen blankets were among the few items that were actually high quality; their patterns were even created to appeal to Indian tastes.

Pendleton started its trade in Indian blankets in 1909 with the tribes of Eastern Oregon, and the blankets' popularity quickly spread. While other manufacturers of woolen trade blankets have come and gone in the Northwest, only one, Pendleton, remains.

And Native people buy more than half of the Indian blankets Pendleton sells. If it matters in Indian Country, it is celebrated with the gift of a blanket. And a Pendleton is the one everyone wants — despite its three-figure retail price.

But why blankets? And why Pendletons? These are questions that, among Indian people, always seem to astound.

"It is part of our cultural tradition," says Laverne Wyaco, a Navajo from Window Rock, Ariz., pulling a purple Pendleton from the stack. In town for a conference, "I had to come to the Pendleton store.

"We save up, pawn our jewelry, they are that important," Wyaco says. "When we have a ceremony, we have to wrap ourselves in a Pendleton, not a jacket. And it has to be a Pendleton. It's better quality."

The tradition is rooted just as deeply among Northwest tribes, where "a Pendleton" is synonymous with a blanket.

Each year when the Muckleshoot tribe holds a ceremony to celebrate the graduation of its kids from high school, every graduate is given a Pendleton. When the Skokomish people wanted to honor Indian elders for

preserving Native languages, every elder was folded in the soft embrace of a Pendleton. And at a Tulalip ceremony in his honor, Democratic State Rep. John McCoy of Marysville, the first Washington tribal member in decades to serve in the Legislature, was wrapped in a chief's robe, a premium Pendleton bright as a longhouse fire.

Among Indian people, the importance of blankets dates back to when "a blanket could mean life or death," says Bruce Miller, a cultural and spiritual leader of the Skokomish tribe.

Robes from sea-otter pelts and buffalo skin, and blankets woven from mountain goat or dog hair were used before traders began arriving with wool blankets.

Warm even when wet, the woolen blankets were prized not only for their beauty but for cutting the damp, Northwest chill that leaked into uninsulated longhouses.

The blankets became a form of wealth, given in potlatch ceremonies, and used in trade and pawn.

In the nearly 100 years since, Pendleton has grown its product line to include everything from high-WASP navy blazers to custom camouflage, woven on contract, to Indian-blanket-patterned dog jackets and commuter bags.

The tribes? Some now use them as international airports. But the simple gift of an Indian trade blanket still has special meaning.

"When you cover someone with a blanket," Miller says, "you cover them symbolically with love."

High in the Blue Mountains above Pendleton, this band of more than 2,300 Rambouillet sheep is blissfully unaware of its venerable place in history.

But this January's clip, as the annual winter harvest of wool is known, will mark more than 70 years the Cunningham family farm has been raising wool for Pendleton Woolen Mills. Used in shirts and blankets, the creamy, vanilla-colored wool leaks like cumulus clouds from burlap bales, springy and pungent with the sheepy smell of lanolin.

Raising quality wool is

no picnic, at least not for the grower. But for the sheep, that's exactly what it is: an endless summer ramble amid the sagebrush and Ponderosa of the Blues, stuffing themselves to their heart's content on belly-high grass.

Not a bad life, until, seven or eight years of grazing later, their teeth wear down. Hence the appellation "gummer," for a sheep whose number is up.

Sheep tender Wilfredo Palacios of Peru keeps watch over the band with help from his three crack herding dogs, Duque, Kevin and Pele. "You don't have dogs, stay home," Palacios says in Spanish.

Juan Erice, sheep foreman for Cunningham, brings Palacios a new box of food once a week and moves the camp trailer with a tug of his pickup to new grass. That's about it for entertainment for Palacios and his dogs, up there in the Blues with nothing but a bicycle, the tolling of the sheeps' bells and a big, wide sky.

Quiet and gentle with the dogs, moving slowly and patiently with the sheep, Palacios has what it takes to stay, alone, with a band of sheep, 24/7.

The Rambouillets make his work easier with the natural instinct of the breed to stick together. "You have one, you have them all," Erice says.

There is the occasional cougar to contend with, and maggot-laying flies that snug in wet wool after rain.

Dry years are actually worse. Then, sheep stick their heads into just about anything to find grass, forcing leaves, grasses, seeds, twigs and more into their fleece. The dreaded VM, or vegetable material, as it's known in the wool trade, lowers the yield and quality of the wool.

The goal is to produce a fleece so perfect it will please Dan Gutzman, a.k.a. Dan the Wool Man, manager of Pendleton's wool department. Gutzman searches out flocks on farms all over the world to find the right weight and type of wool for the right Pendleton product, be it shirt, blazer or blanket.

He is a second generation "brother of the fleece." Members of this tiny cadre of experts are professional wool buyers,

fiber fanatics, able to tell the tensile strength of wool right off the sheep with a tug, and the diameter of its fiber within half a micron at a glance.

About half the wool Pendleton uses comes from the U.S. The wool from five countries might be in a single blanket.

Gutzman plunges his hand up to the wrist into a fleece in the back of his truck, pulling out fibers to demonstrate their length, crimp, strength and size, all crucial to the "confession," or price a wool buyer will offer for fleeces at auction.

It's cushy work, literally: "Baby-butt hands," Gutzman says, holding out pink, tender palms, the result of years of lanolin-soaked labor.

"My wife likes it." In this factory, even the repair-shop pin-up girls wear not the usual brief bikinis — or less — but Pendleton blazers and skirts with a demurely jazzy flair.

The forklift sports a Pendleton cover. And bits of wool, soft as chick fluff, kite around in the air as machines spin yarn by the mile.

The only remaining woolen mill in Oregon, the Pendleton plant is a mix of new and old. Patterns on computer disks are loaded into state-of-the-art machines that can weave a blanket in more than a dozen colors in 24 minutes. In another wing of the building, cast-iron carding and spinning machinery still sports leather drive belts.

The company's history shows at Pendleton's Washougal plant, too. The newest wool-processing equipment, installed in a \$50 million upgrade, keeps company with floors velvety from years of lanolin tread into the wood. A high-water mark shows where the Columbia used to flood the building before the river was dammed.

Both the Washougal and Pendleton operation are union plants, with average wages of about \$12.50 an hour, and a workforce in which careers spanning more than 20 years are not unusual.

Threads hanging from her hair, there is no doubt that Carole Carnes, a 21-year veteran of the Pendleton plant, is deep in her job, mouth pursed in concentration as she checks rolls of woven blanket fabric for extra



**KRT Photo/Alan Berner**  
A new, limited-edition blanket this year features Jessie Grinnell and her baby, descendants of Sacagawea of the Lewis and Clark expedition.

threads or flaws. She plucks out errant threads with a pair of tweezers held on her wrist with a leather thong. "I always have lint in my hair when I go home," she says.

At this stage, the fabric looks more like a towel than a blanket. Finishing machines at the Washougal plant create the blankets' characteristic soft, napped feel.

Each blanket will be inspected again at Washougal, where workers examine every one by hand.

Finishers cut the blankets to length, label them, sew on the felt binding and box them.

Hand-folding the blankets just so, for neat presentation in that classic blue-and-yellow-labeled Pendleton box, is the slowest step in the process.

Organized into teams of eight, the blanket finishers each have their own team name and charter, such as these "Words to Work By," posted at The Wildflowers' work station:

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The Fred Phillips family wishes to extend a sincere thank you to the care-givers, Home Hospice, College Baptist Church and to the many friends and family who sent condolences upon the passing of our loved one, Dora-Phillips. We thank Jovita, Lupe and Marlene for their patience and continuous care. A special thank you to Jim and Jean Huckaby. We offer our heart felt gratitude to Bro. Ken McMeans for conducting a beautiful service.

Fred, Marcus, Steve and Brandie

**Thank You**

The family of Ed Sternadel would like to express their gratitude to all those who have sent their prayers and support while Ed undergoes treatment for lung cancer

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**Happy New Year & Many Thanks**

Wishing you a wonderful year filled with excitement, good fortune and many happy surprises.

You're great friends, neighbors and customers and we feel truly fortunate to know all of you.

Thank you for your loyal support this past year and we look forward to seeing you again in the new year.

**Blum's JEWELERS**  
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Big Spring Mall  
267-6335

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# Study: Eating fast food frequently does supersize you

By **BETH GARDINER**  
Associated Press Writer

LONDON - A new study gives scientific clout to a conclusion many already see as obvious: Eating lots of fast food makes you fat and increases the chance of developing diabetes.

A study published in the Lancet medical journal this week found those who frequently ate fast food gained 10 pounds more than those who did so less often, and were more than twice as likely to develop an insulin disorder linked to diabetes.

"Fast food is commonly recognized to have very poor nutritional quality," said Dr. David Ludwig, director of the obesity program at Children's Hospital Boston and the senior author of the study.

"But there have been very few studies, essentially no long-term studies that have documented the effects of this dietary pattern on the key chronic diseases of Western civilization — obesity, Type 2 diabetes, heart disease."

"In the absence of such data, the fast-food industry continues to claim that fast food can be part of a healthful diet," he said.

Ludwig's U.S.-based

team followed 3,000 young people enrolled in a study of cardiac health over 15 years, giving them medical checkups and asking questions about diet, physical activity and other lifestyle factors.

Even after the scientists used statistical techniques to cancel out the impact of the other factors, those who said they visited fast-food outlets twice a week or more gained 10 pounds more over the course of the study than those who ate fast food less than once a week.

They also had more than double the chance of developing insulin resistance, considered a predictor of Type 2 diabetes, the form of the disease linked to obesity.

"These findings suggest that fast food as presently consumed can really not be part of a healthful lifestyle," Ludwig said.

Arne Astrup, an obesity expert at the Royal Veterinary and Agricultural University in Copenhagen, Denmark, said the study was the first long-term look at the relationship between fast-food consumption and diabetes.

"It's quite a powerful message," he said. "I'm happy to see that we have



San Jose Mercury News photo/Merl Simon  
**James Hernandez, 9, a participant in a childhood weight management program, clowns as he showers off before swimming at the East Valley YMCA in San Jose, Calif. Hernandez lost 34 pounds during the 20 week-program. Though he enjoys swimming, the exercise requirement was the most difficult for James to follow.**

some more solid evidence to substantiate that this is really unhealthy."

Astrup said the huge portions at most fast-food restaurants and the high

caloric density of their food were probably responsible for the obesity link. Because even small amounts of fast food contain lots of calories, people consume a great deal without feeling full and soon get hungry again and eat more, he said.

While some fast-food chains have begun offering healthier alternatives, including fruit, Astrup said those were only "weak trends in the right direction."

In an essay accompanying the Lancet article, he suggested the chains make a more serious effort to boost the quality of their offerings, by using leaner meats, whole-grain bread, lower-fat fries, low-sugar soft drinks and more vegetables.

McDonald's director of nutrition, Dr. Cathy Kapica, said the issue was not where people ate, but the type of food they chose and the size of portions.

Kapica said McDonald's restaurants had introduced a variety of portion sizes, were serving more salads and fruit, and were providing nutritional information on trayliners, in-store brochures and a Web site.

"The key is to work together to educate and empower people to make smart choices when dining and to encourage physical activity," Kapica said.

Dr. Rudolph Leibel, an obesity expert at Columbia University in New York, said that while the study was sound and its conclusions likely true, it was important not to demonize fast food as the sole cause of the obesity epidemic in wealthy nations.

Fast-food restaurants, he said, are responding to a real societal need — the inability of many families in which both parents work to find time to cook for themselves.

The restaurants provide a real service by selling cheap, quick food, Leibel said, arguing that the main problem is in the quality and health effects of what they serve.

"I don't think the problem is with fast food per se," he said. "The problem is that it's the wrong kind of food."

The need for improvements there, Leibel said, is the key lesson of the paper, "and the only way to do that really ... is to have an informed consumer."

# Obesity is rising sharply among U.S. preschoolers

By **JAMIE STENGLE**  
Associated Press Writer

DALLAS — The obesity epidemic is reaching down to the sandbox: More than 10 percent of U.S. children ages 2 to 5 are overweight, the American Heart Association has reported.

That is up from 7 percent in 1994, according to the heart association's annual statistical report on heart disease and stroke.

The 10 percent number comes from 2002, the most recent year for which figures are available, and the situation is probably even worse now, said Dr. Robert H. Eckel, president-elect of the heart association and professor of medicine at the University of Colorado.

"These statistics are not anything but alarming," Eckel said.

The prevalence of obesi-

ty among adults is well-known, with an increase of 75 percent since 1991. So is the problem with school-age children, reaffirmed by new statistics showing that nearly 4 million children ages 6 to 11 and 5.3 million young people ages 12 to 19 were overweight or obese in 2002.

But the findings among preschoolers are a strong indication that kids' weight problems are beginning even earlier.

"I think that what we're seeing is that obesity is increasing across the board in adults, adolescents and children," Dr. Christopher O'Donnell, chairman of the heart association's statistics committee and associate director of the Framingham Heart Study, which has been following the health of generations of Massachusetts residents.

Experts blame the prevalence of junk food marketed to children, too much TV, and the decline in the number of families who sit down together to eat.

Dr. Sarah Blumenschein, an assistant professor of pediatric cardiology at the University of Texas Southwestern Medical Center at Dallas, said doctors and parents need to watch the weight of even very young children.

"We have a lot of people that think that their kids look cute plump: Look at her — she has all those bracelets of fat," she said.

Dr. William Cochran, a pediatric gastroenterologist and nutritionist for the Geisinger Clinic in Danville, Pa., said he sees many youngsters in his weight management clinic who weigh 300 to 400 pounds. He is also seeing more and more children

with diabetes, high blood pressure, even liver disease.

"Some kids are drinking a liter or two liters of soda a day," said Cochran, a member of the task force on obesity for the American Academy of Pediatrics. "In 10 to 30 years, the incidence of heart disease and stroke and diabetes are just going to be astronomical."

Other highlights of the report: About 1 million youths ages 12 to 19 in the United States, or 4.2 percent of the age group, have metabolic syndrome, defined as three or more of the following five factors: high triglycerides; low "good" cholesterol; high blood sugar; high blood pressure; and a big waistline. These factors raise the risk of heart disease.

— In 2002, heart disease killed 927,448 Americans, keeping its place as the nation's No. 1 killer.

The Framingham study found that being overweight or obese can take years off your life.

For example, a 40-year-old woman who does not smoke could lose 3.3 years of life because she is overweight and 7.1 years for being obese.

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By The Associate

**Weekly charts nation's best-selling music as they next week's Billboard**  
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**Billboard Hot 100:**

(Compiled from a sample of sales reflected, compiled and edited by SoundScan; playlists; and monitoring radio by Broadcast Systems)

1. "Let Me Love You" - Mario. 3rd Street.
2. "1, 2 Step" - Missy Elliott. Sho'n Music Line.
3. "Drop It Like a Snoop" - Snoop Dogg (feat. Doggystyle).
4. "Lovers and Friends" - Lil Jon & The East (feat. Usher & Ludacris). BME.
5. "Soldier" - Destiny's Child (feat. T.I. & Lil Jon). Columbia.
6. "My Boo" - Alicia Keys. J.
7. "Over and Over" - Tim McGraw (feat. R. Kelly & A. J. Brown). The Inc.
8. "Wonderful" - Cent. Shady.
9. "Disco Inferno" - Cent. Shady.
10. "Lose My Mind" - Destiny's Child. Copyright 2004, Business Media & SoundScan, Inc.

**The Billboard 200 Albums: Top 20**

1. "Encore" - Eminem. Shady. (Platinum sales of 1 million)
2. "Now 17" - Various Artists. Sony BMG/Universal/Epic/Capitol. (Platinum)
3. "How to Dismantle an Atomic Bomb" - U2. Interscope. (Platinum)
4. "Destiny Fulfilled" - Destiny's Child. (Platinum)
5. "Greatest Hits" - Twain. Mercury. (Platinum)
6. "Confession" - LaFace. (Platinum)
7. "Greatest Hits" - Keith. DreamWorks. (Platinum)
8. "MTV Ultimate Hits" - Various Artists. (Platinum)
9. "American Idol" - Day. Reprise. (Platinum)
10. "The Red Hot Chili Peppers" - District. (Platinum)

**Hot Adult Contemporary**

1. "Believe" - J. Warner Sunrise.
2. "Silent Night" - Fighting. Columbia.
3. "Rockin' Around the Christmas Tree" - Rimes. Curb.
4. "Baby, It's Outside" - Rod Dolly Parton. J.
5. "Deck the Halls" - James Taylor. H.
6. "Silver and White" - Vanessa Williams.
7. "Santa Claus is Comin' to Town" - Jame Hallmark.

**Wishing**  
3210 E.

# Best sellers - audio

**By The Associated Press**

**Weekly charts for the nation's best-selling recorded music as they appear in next week's issue of Billboard magazine. Reprinted with permission. (Platinum signifies more than 1 million copies sold; Gold signifies more than 500,000 copies sold.):**

**Billboard Hot 100: Top 20**

- (Compiled from a national sample of sales reports collected, compiled and provided by SoundScan; radio playlists; and monitored radio by Broadcast Data Systems)
1. "Let Me Love You," Mario. 3rd Street.
  2. "1, 2 Step," Ciara (feat. Missy Elliot). Sho'nuff-MusicLine.
  3. "Drop It Like It's Hot," Snoop Dogg (feat. Pharrell). Doggystyle.
  4. "Lovers and Friends," Lil Jon & the East Side Boyz (feat. Usher & Ludacris). BME.
  5. "Soldier," Destiny's Child (feat. T.I. & Lil Wayne). Columbia.
  6. "My Boo," Usher & Alicia Keys. J.
  7. "Over and Over," Nelly (feat. Tim McGraw). Curb.
  8. "Wonderful," Ja Rule (feat. R. Kelly & Ashanti). The Inc.
  9. "Disco Inferno," 50 Cent. Shady.
  10. "Lose My Breath," Destiny's Child. Columbia. Copyright 2004, VNU Business Media and Nielsen SoundScan, Inc.

**The Billboard 200 Top Albums: Top 20**

1. "Encore," Eminem. Shady. (Platinum — certified sales of 1 million units)
2. "Now 17," Various Artists. Sony BMG/Universal/EMI/Zomba/Capitol. (Platinum)
3. "How to Dismantle an Atomic Bomb," U2. Interscope. (Platinum)
4. "Destiny Fulfilled," Destiny's Child. Columbia. (Platinum)
5. "Greatest Hits," Shania Twain. Mercury. (Platinum)
6. "Confessions," Usher. LaFace. (Platinum)
7. "Greatest Hits 2," Toby Keith. DreamWorks. (Platinum)
8. "MTV Ultimate Mash-Ups Presents: Collision Course," Jay-Z/Linkin Park. Roc-a-Fella.
9. "American Idiot," Green Day. Reprise. (Platinum)
10. "The Red Light District," Ludacris. Disturbing tha Peace. (Platinum)

**Hot Adult Contemporary**

1. "Believe," Josh Groban. Warner Sunrise.
2. "Silent Night," Five for Fighting. Columbia.
3. "Rockin' Around the Christmas Tree," LeAnn Rimes. Curb.
4. "Baby, It's Cold Outside," Rod Stewart (feat. Dolly Parton). J.
5. "Deck the Halls," James Taylor. Hallmark.
6. "Silver and Gold," Vanessa Williams. Lava.
7. "Santa Claus Is Coming to Town," James Taylor. Hallmark.

8. "Winter Wonderland," James Taylor. Hallmark.
9. "Heaven," Los Lonely Boys. Or.

**Top Contemporary Christian Albums**

- (Compiled from a national sample of sales reports collected, compiled and provided by SoundScan)
1. "Merry Christmas With Love," Clay Aiken. RCA.
  2. "The Beautiful Letdown," Switchfoot. Sparrow. (Platinum)
  3. "WOW Hits 2005: 31 of the Year's Top Christian Artists and Hits," Various Artists. Word.
  4. "Healing Rain," Michael W. Smith. Reunion.
  5. "MMHMM," Relient K. Gotee.
  6. "Restored," Jeremy Camp. BEC.
  7. "Casting Crowns," Casting Crowns. Beach Street. (Gold — certified sales of more than 500,000)
  8. "Welcome to Diverse City," tobyMac. Forefront.
  9. "All Things New," Steven Curtis Chapman. Sparrow.
  10. "Devotion," Newsboys. Sparrow.

**Mainstream Rock Tracks**

1. "Boulevard of Broken Dreams," Green Day. Reprise.
2. "Fall to Pieces," Velvet Revolver. RA
3. "Vitamin R (Leading Us Along)," Chevelle. Epic.
4. "Getting Away With Murder," Papa Roach. El Tonal.
5. "Burning Bright," Shinedown. Atlantic.
6. "Home," Three Days Grace. Jive.
7. "So Cold," Breaking Benjamin. Hollywood.
8. "Vertigo," U2. Interscope.
9. "Scars," Papa Roach. El Tonal/Geffen.
10. "If I Die Tomorrow," Motley Crue. Island/DJMG.

**Modern Rock Tracks**

1. "Boulevard of Broken Dreams," Green Day. Reprise.
2. "Cold," Crossfade. FG.
3. "Pain," Jimmy Eat World. Interscope.
4. "Look What You've Done," Jet. Elektra.
5. "Mr. Brightside," The Killers. Island.
6. "Vitamin R (Leading Us Along)," Chevelle. Epic.
7. "Scars," Papa Roach. El Tonal.
8. "So Cold," Breaking Benjamin. Hollywood.
9. "I'm Not OK (I Promise)," My Chemical Romance. Reprise.
10. "Ocean Breathes Salty," Modest Mouse. Epic.

**Hot Country Singles and Tracks**

1. "Some Beach," Blake Shelton. Warner Bros.
2. "Back When," Tim McGraw. Curb.
3. "Awful, Beautiful Life," Darryle Worley. Dreamworks.
4. "How Am I Doin'," Dierks Bentley. Capitol.
5. "Mud on the Tires," Brad Paisley. Arista Nashville.
6. "Nothing On But the Radio," Gary Allan. MCA Nashville.

7. "When I Think About Cheatin'," Gretchen Wilson. Epic/EMN.
8. "You're My Better Half," Keith Urban. Capitol.
9. "The Woman With You," Kenny Chesney. BNA.
10. "Bless the Broken Road," Rascal Flatts. Lyric Street.

**Top Country Albums**

1. "Greatest Hits," Shania Twain. Mercury. (Platinum)
2. "Greatest Hits 2," Toby Keith. DreamWorks. (Platinum)
3. "Live Like You Were Dying," Tim McGraw. Curb. (Platinum)
4. "Here for the Party," Gretchen Wilson. Epic (Nashville). (Platinum)
5. "50 Number Ones," George Strait. MCA Nashville. (Platinum)
6. "Feels Like Today," Rascal Flatts. Lyric Street. (Platinum)
7. "Horse of a Different Color," Big & Rich. Warner Bros. (Platinum)
8. "Lonely Runs Both Ways," Alison Krauss + Union Station. Rounder.
9. "When the Sun Goes Down," Kenny Chesney. BNA. (Platinum)
10. "Be Here," Keith Urban. Capitol. (Platinum)

**Top R&B/Hip-Hop Albums**

1. "Destiny Fulfilled," Destiny's Child. Columbia. (Platinum)
2. "Encore," Eminem. Shady. (Platinum)
3. "The Red Light District," Ludacris. Disturbing tha Peace.
4. "Crunk Juice," Lil Jon & the East Side Boyz. BME.
5. "Confessions," Usher. LaFace. (Platinum)
6. "Loyal to the Game," 2Pac. Amaru/Interscope.
7. "MTV Ultimate Mash-Ups Presents: Collision Course," Jay-Z/Linkin Park. Roc-a-Fella.
8. "Concrete Rose," Ashanti. The Inc./Def Jam/IDJMG.

9. "Goodies," Ciara. Sho'nuff-MusicLine/LaFace/Zomba.
10. "Turning Point," Mario. 3rd Street.

**Hot Rap Tracks**

1. "Lovers and Friends," Lil Jon & the East Side Boyz (feat. Usher & Ludacris). BME.
2. "Drop It Like It's Hot," Snoop Dogg (feat. Pharrell). Doggystyle.
3. "Wonderful," Ja Rule (feat. R. Kelly & Ashanti). The Inc.
4. "Disco Inferno," 50 Cent. Shady.
5. "Get Back," Ludacris. Disturbing tha Peace.
6. "How We Do," The Game (feat. 50 Cent). Aftermath/G-Unit/Interscope.
7. "What U Gon' Do," Lil Jon & the East Side Boyz (feat. Lil Scrappy). BME.
8. "Karma," Lloyd Banks (feat. Avant). G-Unit/Interscope.
9. "Bring Em Out," T.I. Grand Hustle/Atlantic.
10. "Let's Go," Trick Daddy (feat. Lil Jon & Twista). Slip-n-Slide.

**Hot Dance Music — Club Play**

1. "Lose My Breath," (P. Johnson & M. Joshua Mixes), Destiny's Child. Columbia.
2. "My My My," Armand Van Helden. Southern Fried. JH.
3. "Without Love," Sun. JH.
4. "Silence 2004," Delerium (feat. Sarah McLachlan. Nettwerk.
5. "You Lift Me Up," Martha Wash. Purple Prize.
6. "What You Waiting For?" Gwen Stefani. Interscope.
7. "The Wonder of It All (Escape/Gomi/Trendroid/I. Pavin/O. Nissim Mixes)," Kristine W. Tommy Boy Silver Label.
8. "Vertigo (Jacknife Lee Mixes)," U2. Interscope.
9. "Walk Into the Sun," Dirty Vegas. Capitol.

10. "Da Ya Think I'm Sexy? (Remixes)," Rod Stewart. Warner Bros.

**Hot Latin Tracks**

1. "Todo El Ano," Obie Bermudez. EMI Latin.
2. "Nada Valgo Sin Tu Amor," Juanes. Surco/Universal Latino.
3. "Perdidos," Monchy & Alexandra. J&N.
4. "Esta Llorando Mi Corazon," Beto Y Sus Canarios. Disa.
5. "Dame Otro Tequila," Paulina Rubio. Universal Latino.
6. "Me Dedique a Perderte," Alejandro Fernandez. Sony Discos.
7. "Porque Es Tan Cruel El Amor," Ricardo Arjona. Sony Discos.
8. "El Virus del Amor," Los Tucanes de Tijuana. Universal Latino.
9. "Te Buscaria," Christian Castro. Ariola/BMG Latin.
10. "Quiero Saber de Ti," Grupo Montez de Durango. Disa.

- Denon.
3. "Handel," Renee Fleming/Orchestra of the Age of Enlightenment (Bicket). Decca.

4. "Sempre Libera," Anna Netrebko With the Mahler Chamber Orchestra (Abbado). DG/Universal Classics Group.
5. "Vivaldi's Cello," Yo-Yo Ma With the Amsterdam Baroque Orchestra & Ton Koopman. Sony Classical.
6. Soundtrack: "Master and Commander." Decca.
7. "Two Hands," Leon Fleisher. Vanguard Classics.
8. "Sacred Arias: Special Edition," Andrea Bocelli. Philips.
9. "Romance of the Violin," Joshua Bell. Sony Classical.
10. "Peace Like a River," The Mormon Tabernacle Choir. Mormon Tabernacle.

Further information is available at Billboard Online on the World Wide Web at <http://www.billboard.com>.

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Whether you view New Year's as a beginning or an end, we hope your celebration is noteworthy. We thank you for your business this past year and look forward to serving you and your family in the days ahead.

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As we count our blessings this holiday season and reflect on the miracle of life, we realize how much ours has been enhanced by knowing and serving all of you.

May you and your loved ones revel in the joy of the season, and please accept our best wishes and gratitude.

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## ► Best sellers - video

### By The Associated Press

**Weekly charts for the nation's most popular videos as they appear in next week's issue of Billboard magazine. Reprinted with permission:**

#### Top Kid Video Sales

(Compiled from a national sample of sales reports)

1. "Barbie as the Princess and the Pauper," Lions Gate Home Entertainment.
2. "Rudolph the Red-Nosed Reindeer," Sony Wonder.
3. "Christmas!" Nickelodeon Video.

4. "Spongebob Squarepants: Christmas," Paramount Home Entertainment.
5. "Eloise at Christmastime," Buena Vista Home Entertainment.
6. "Mickey's Twice Upon a Christmas," Walt Disney Home Entertainment.
7. "Frosty the Snowman," Sony Wonder.
8. "Dora the Explorer: Dora's Fairytale Adventure," Paramount Home Entertainment.
9. "SpongeBob SquarePants: Spongeguard on Duty," Paramount Home Entertainment.

Entertainment.

10. "A Charlie Brown Christmas," Paramount Home Entertainment.

#### Top VHS Rentals

(Based on data provided by the Video Software Dealers Assn.)

1. "I, Robot," 20th Century Fox.
2. "Collateral," DreamWorks Home Entertainment.
3. "The Bourne Supremacy," Universal Studios Home Video.
4. "Dodgeball: A True Underdog Story (Pan & Scan)," FoxVideo.
5. "The Princess Diaries 2: Royal Engagement," Buena Vista Home Entertainment.
6. "Spider-Man 2," Columbia TriStar Home Entertainment.
7. "Elf," New Line Home Entertainment.
8. "The Terminal," DreamWorks Home Entertainment.
9. "Hero," Miramax Home Entertainment.
10. "The Chronicles of Riddick," Universal Studios Home Video.

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#### Top VHS Sales

(Compiled from a national sample of sales reports)

1. "The Princess Diaries 2: Royal Engagement," Buena Vista Home Entertainment.
2. "Shrek 2," DreamWorks Home Entertainment.
3. "Spider-Man 2," Columbia TriStar Home Entertainment.
4. "Elf," New Line Home Entertainment.
5. "A Christmas Story," Warner Family Entertainment.
6. "Harry Potter & the Prisoner of Azkaban," Warner Home Video.
7. "Garfield the Movie," FoxVideo.
8. "Barbie as the Princess and the Pauper," Lions Gate Home Entertainment.
9. "Rudolph the Red-Nosed Reindeer," Sony Wonder.
10. "The Bourne Supremacy," Universal Studios Home Video.

#### Top DVD Sales

(Compiled from a national sample of sales reports)

1. "The Lord of the Rings:

Return of the King (Special Extended Edition)," New Line Home Entertainment.

2. "I, Robot (Widescreen)," 20th Century Fox.
3. "Collateral," DreamWorks Home Entertainment.
4. "The Princess Diaries 2: Royal Engagement (Pan & Scan)," Buena Vista Home Entertainment.
5. "I, Robot (Pan & Scan)," 20th Century Fox.
6. "Mary Poppins (40th Anniversary Edition)," Buena Vista Home Entertainment.
7. "The Princess Diaries 2: Royal Engagement (Widescreen)," Buena Vista Home Entertainment.
8. "The Bourne Supremacy (Widescreen)," Universal Studios Home Video.
9. "Spider-Man 2 (Widescreen Special Edition)," Columbia TriStar Home Entertainment.
10. "Elf," New Line Home Entertainment.

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#### Billboard Magazine

##### Chart Leaders

(Compiled from national retail sales/airplay/rental

charts)

HOT POP SINGLE: "Let Me Love You," Mario.

TOP POP ALBUM: "Encore," Eminem.

HOT R&B/HIP-HOP SINGLE: "Let Me Love You," Mario.

TOP R&B/HIP-HOP ALBUM: "Destiny Fulfilled," Destiny's Child.

HOT COUNTRY SINGLE/TRACK: "Some Beach," Blake Shelton.

TOP COUNTRY ALBUM: "Greatest Hits," Shania Twain.

TOP VHS RENTAL: "I, Robot."

TOP VHS SALE: "The Princess Diaries 2: Royal Engagement."

TOP DVD SALE: "The Lord of the Rings: Return of the King (Special Extended Edition)."

TOP KID VIDEO: "Barbie as the Princess and the Pauper."

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Further information is available at Billboard Online On the World Wide Web at <http://www.billboard.com>.

## ► Best sellers - books

### By The Associated Press

#### HARDCOVER FICTION

1. "The Five People You Meet in Heaven" by Mitch Albom (Hyperion)
2. "The Da Vinci Code" by Dan Brown (Doubleday)
3. "State of Fear" by Michael Crichton (HarperCollins)
4. "A Salty Piece of Land" by Jimmy Buffett, (Little, Brown)
5. "The Da Vinci Code: Special Illustrated Edition" by Dan Brown (Doubleday)
6. "London Bridges" by James Patterson (Little, Brown)
7. "Night Fall" by Nelson DeMille (Warner Books)
8. "Black Wind" by Clive Cussler (Putnam)
9. "I Am Charlotte Simmons" by Tom Wolfe (Farrar, Straus & Giroux)
10. "Life Expectancy" by Dean Koontz (Bantam)

#### NONFICTION/GENERAL

1. "America (The Book): A Citizen's Guide to Democracy Inaction" by the writers of The Daily Show, Jon Stewart (Warner)
2. "Your Best Life Now: 7 Steps to Living at Your Full Potential" by Joel Osteen (Warner Faith)
3. "He's Just Not That into You" by Greg Behrendt and Liz Tuccillo (Simon Spotlight Entertainment)
4. "Chronicles: Volume One" by Bob Dylan (Simon & Schuster)
5. "Faithful" by S. O'Nan, S. King (Scribner)
6. "When Will Jesus Bring the Pork Chops?" by George Carlin (Hyperion)
7. "The Purpose-Driven Life" by Rick Warren (Zondervan)
8. "His Excellency: George Washington" by Joseph J. Ellis (Knopf)
9. "My Life" by Bill Clinton (Knopf)
10. "Eats, Shoots and Leaves" by Lynne Truss (Gotham Books)

#### MASS MARKET PAPERBACKS

1. "The Last Juror" by John Grisham (Dell)
2. "Angels & Demons" by Dan Brown (Pocket)
3. "Deception Point" by Dan Brown (Pocket)
4. "Digital Fortress" by Dan Brown (St. Martin's Press)
5. "Skipping Christmas" by John Grisham (Dell)
6. "Tom Clancy's Splinter Cell" by Tom Clancy, David Michaels (Berkley)
7. "Blue Dahlia" by Nora Roberts (Jove)
8. "Trojan Odyssey" by Clive Cussler (Berkley)
9. "Odd Thomas" by Dean Koontz (Bantam)
10. "Reunion" by Nora Roberts (Silhouette)

#### TRADE PAPERBACKS

1. "The Kite Runner" by Khaled Hosseini (Riverhead)
2. "The Curious Incident of the Dog in the Night-Time" by Mark Haddon (Vintage)
3. "World Almanac and Book of Facts 2005" edited by Ken Park (World Almanac Education)
4. "The Secret Life of Bees" by Sue Monk Kidd (Penguin)
5. "Cooking 'Round the Clock: 30-Minute Meals" by Rachael Ray (Lake Isle Press)
6. "1000 Places to See Before You Die: A Traveler's Life List" by Patricia Schultz (Workman)
7. "Reading Lolita in Tehran" by Azar Nafisi (Random House)
8. "The Bush Survival Bible: 250 Ways to Make It Through the Next Four Years Without Misunderestimating the Dangers Ahead, and Other Sublimable Strategies" by Gene Stone, (Villard)
9. "Flyboys: A True Story of Courage" by James Bradley (Little, Brown/Back Bay)
10. "The Time Traveler's Wife" by Audrey Niffenegger (Harcourt/Harvest)

**Get On The Horn And CELEBRATE!**

Here's hoping your celebration includes our very best wishes for a joyous New Year and much happiness throughout 2005.

Thank you for giving us so much to celebrate this past year.

**Bob Brock  
Ford - Lincoln - mercury  
500 W. 4th • 267-7424**

**It's That Time Again!**

In this season of revelry, we'd like to call "time out," to wish you and yours a very happy and healthy New Year.

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**January 3 • Monday**  
\* Games - 2:00 pm  
\* Sit & Be Fit - 4:00 pm

**January 4 • Tuesday**  
\* Mall Walking - 8:00 am  
\* Coffee @ Parkplace - 10:00 am  
\* American Heart Association Board Meeting "Brew Pub" 12 noon  
\* Dinner & A Movie  
\* "Greg's Grill" - 5:30 pm  
\* **Relay for Life Community Kick Off, Garrett Hall - 6:00 pm**

**January 5 • Wednesday**  
\* Senior Appreciation Day - 11:30 pm  
SMMC Blood Drive 9:00 am-1:00 pm  
268-4721

**January 6 • Thursday**  
\* Mall Walking - 8:00 am  
\* Coffee @ Gale's - 10:00 am  
\* R.S.V.P. - 2:00 pm, 2005 Travel Showcase, Dora Roberts Community Center. Featuring 20 to 25 trips  
Public invited

**January 7 • Friday**  
\* New Mexico Casino Trip - 10:00 am

**January 8 • Saturday**  
OPEN

**January 9 • Sunday**  
OPEN

**January 10 • Monday**  
\* Sit & Be Fit - 4:00 pm  
\* Lunch Bunch & Birthdays - 11:30 am  
"Gale's Bakery"

**January 11 • Tuesday**  
\* Mall Walking - 8:00 am  
American Cancer Society  
Howard/Glasscock County, 12 noon,  
SMMC Dining Hall

**January 12 • Wednesday**  
\* Senior Appreciation Day - 11:30 am  
\* Supper Club "La Posada" - 5:30 pm

**January 13 • Thursday**  
\* Mall Walking - 8:00 am  
\* Coffee @ Gale's - 10:00 a.m.

**January 14 • Friday**  
\* Pot Luck & Bingo -  
11:30 a.m.-2:00 pm

**January 15 • Saturday**  
Childbirth Classes - 9:00 am-3:00 pm.  
263-4550, Laurie Burks, Instructor  
2nd Floor Hospital

**January 16 • Sunday**  
OPEN

**January 17 • Monday**  
Games - 2:00 pm  
Sit & Be Fit - 4:00 pm

**January 18 • Tuesday**  
\* Mall Walking - 8:00 am  
\* Supper Club "Red Mesa" - 5:30 pm

**January 19 • Wednesday**  
\* Senior Appreciation Day - 11:30 am

**January 20 • Thursday**  
\* Mall Walking - 8:00 am  
\* Coffee @ Gale's - 10:00 am  
\* Lunch-N-Learn - 11:30 am- Howard County Welfare Assn.

**January 21 • Friday**  
OPEN

**January 22 • Saturday**  
OPEN

**January 23 • Sunday**  
OPEN

**January 24 • Monday**  
\* Sit & Be Fit - 4:00 pm

**January 25 • Tuesday**  
\* Mall Walking - 8:00 am  
\* Supper Club "Cowboys" - 5:30 pm

**January 26 • Wednesday**  
\* Senior Appreciation Day - 11:30 am

**January 27 • Thursday**  
\* Mall Walking - 8:00 am  
\* Coffee @ Gale's - 10:00 am

**January 28 • Friday**  
OPEN

**January 29 • Saturday**  
OPEN

**January 30 • Sunday**  
OPEN

**January 31 • Monday**  
\* Games - 2:00 pm  
\* Sit & Be Fit - 4:00 pm

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**JAN 2005**

Please accept our sincere wishes for a happy and successful year ahead

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## Mourni deaths just do unders

It's in the n athletes to ima themselves im not imperviou harm, as thou live by a differ rules from ord people.

The rest of u buy into that i too, admiring charmed lives with luck and strength and v passions that them to succer

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The death of White at 43 is those that see cially incomple. Here was than-life figu of deeply relii ciples, compa charity, an o minister who known as the "Minister of I That he sho young and su baffles us.

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### Mourning deaths we just don't understand

It's in the nature of athletes to imagine themselves immortal, if not impervious to harm, as though they live by a different set of rules from ordinary people.

The rest of us often buy into that illusion, too, admiring these charmed lives blessed with luck and skill, strength and wealth, passions that drive them to succeed.

When something goes wrong — a serious injury or illness, an unexpected death — it feels doubly shocking, as if they were unfair victims of misfortune. Those who played with them, those who watched them, the millions who were touched by them, experience the loss in a personal way.

The death of Reggie White at 43 is one of those that seem especially incomprehensible. Here was a larger-than-life figure, a man of deeply religious principles, compassion and charity, an ordained minister who was aptly known as the NFL's "Minister of Defense."

That he should die so young and suddenly baffles us.

Former Green Bay Packers coach Mike Holmgren said a few days ago that what stood out about White was his sheer pleasure in the game. You could see it wherever he played and in the way it propelled him to 198 sacks, making him the NFL's all-time leader when he retired.

"I've never seen a guy enjoy it more," Holmgren said. "It was contagious. He set the tone for the whole football team that way. You couldn't help but get caught up in it."

Others spoke of how he brought that rapture to his evangelical Christian ministry, to his work with the poor and with schools.

The past several days have been a time of unspeakable grief around the world, death on a grotesquely grand scale. The earthquakes and tsunami waves in Asia have claimed more than 100,000. Neither war nor terrorism kill so quickly and sweepingly as this natural tragedy.

The catastrophe was an indiscriminate killer, claiming rich and poor, famous and anonymous, young and old.

Every death is its own tragedy, and none is more or less significant owing to fame or wealth.

White, widely and deservedly mourned by American sports fans, understood better than most the singular dignity of individuals and, as his family said, "the essence and the spirit of life by faith." He saw a divine hand at work in everything and felt a calling to lend his own.

As we watch the disaster unfold in Asia — none of us so far removed even from those distant shores — perhaps the memory of the good works of a man like Reggie White will inspire thoughts of how we, too, can make a difference.

## Carroll, Stoops lead return to glory for programs

By JOHN NADEL

AP Sports Writer

FORT LAUDERDALE, Fla. — The red T-shirt Southern California tight end Alex Holmes wore Thursday spoke volumes: "Pete Carroll for President."

A lot of people out West feel that way, no matter their political affiliation.

Of course, they weren't quite so supportive when Carroll was a surprise, unpopular choice to succeed the fired Paul Hackett as USC's coach after the 2000 season.

Bob Stoops could tell a similar

*"The obvious perspective you see in this game is that this is such a great matchup of two teams that have had really successful seasons and have like strengths. We both play defense well, and both have big-time Heisman quarterbacks and flashy running backs and very exciting teams."*

Pete Carroll  
USC Head Coach

story: He's wildly popular now; job in 1998 after John Blake's dismissal. He wasn't when Oklahoma handed him his first head coaching USC and Oklahoma were tradi-

tion-rich programs that had fallen on hard times. The Trojans were 26-22 in the four years before Carroll was hired, and the Sooners were 17-27-1 in the four seasons before Stoops' arrival.

Both struggled in their first years as coach: USC was 6-6 in 2001; Oklahoma was 7-5 in 1999. And both have been exceptional since: The Trojans are 35-3 in the last three years; the Sooners are 60-6 the past five.

Those numbers say it all. The top-ranked Trojans and No. 2 Sooners bring college football's

See COACHES, Page 3B

## Red Sox voted year's top story

By JIMMY GOLEN

AP Sports Writer

There was no Commissioner's Trophy the last time the Boston Red Sox won the World Series.

No commissioner, in fact.

So when the Red Sox won it all for the first time since 1918, they didn't think it would be right to stick their trophy on a shelf somewhere to gather dust.

Instead, they took it to every state in New England, to a fan hangout in California and the team's academy in the Dominican Republic, to Christmas tree lightings and churches and nursing homes, where octogenarians have waited all their lives to see their favorite team win just once.

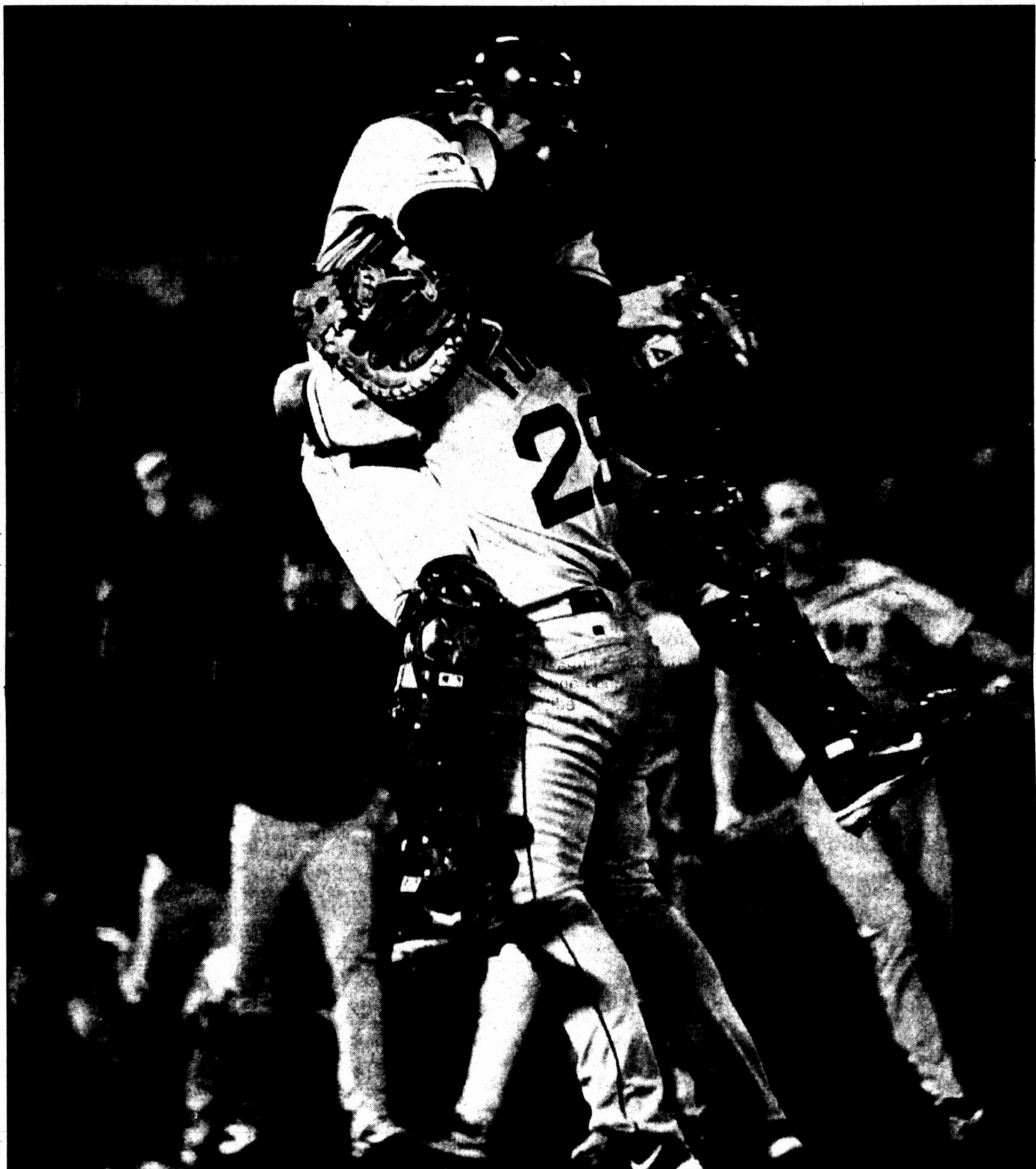
At the Dana-Farber Cancer Institute, where they treat sick children thanks in part to the Red Sox and the Jimmy Fund, the trophy caused such a hubbub when pitcher Tim Lincecum brought it by last week that order, finally, had to be restored.

"I just want to get some kids up here!" activities coordinator Lisa Scherber shouted as the patients, too young to understand, watched their parents pose for pictures with the prize. "We've got a lot of adults."

The World Series trophy has been a much-welcomed and well-traveled guest this offseason. And how it got to be that way is the sports story of the year, according to a vote by the newspaper and broadcast members of The Associated Press.

Boston's first World Series title since 1918 and the unprecedented comeback against the Yankees that made it possible was a runaway winner with 108 first-place votes and 1,325 points.

Lance Armstrong's sixth straight Tour de France title (seven first-place votes, 785 points) finished second and the Indiana Pacers-Detroit Pistons



KRT photo/Chris Lee/St. Louis Post-Dispatch  
Boston catcher Jason Varitek hugs pitcher Keith Foulke as they celebrate the Red Sox' 3-0 victory over the St. Louis Cardinals in Game 4 to complete a sweep of the World Series on Oct. 27.

brawl was third (six first-place votes, 662 points).

The New England Patriots' Super Bowl victory and 21-game winning streak was next (zero first-place votes, 498 points), followed by sports' steroid stories (eight first-place votes, 495 points).

Merely winning the

Series after an 86-year drought probably would have been enough to make the Red Sox the year's top story. But the way they did it was one for the ages.

After falling five outs short of the World Series last year and firing their manager because of it, the Red Sox acquired Curt

Schilling, the top starting pitcher on the market, and Keith Foulke, the top reliever.

Their pursuit of Alex Rodriguez — a deal that would have involved unloading Nomar Garciaparra and Manny Ramirez — ended late in 2003. But before spring training got started the

reigning AL MVP went to the hated Yankees — thanks in part to the groundwork the Red Sox had done.

It seemed as if Boston would be New York's runner-up once again.

The Red Sox played .500 ball for most of the year,

See STORY, Page 3B

## New status symbol: Coach with one foot out door

Short of winning a national championship, nothing says you've arrived in college football these days quite like going to a bowl game with a coach who already has one foot out the door. It's becoming the game's newest status symbol.

Fifty-six teams qualified for bowls, and among that supposedly successful number are seven that will begin next season without the same coach that began this one. Three schools fired their coaches despite the bowl invites, apparently for not being successful enough. Four

coaches turned the tables on their employers, parlaying the success into a new job. If nothing else, all that upheaval has made for an interesting postseason.

Utah, for example, plays Pitt on New Year's Day in what should be called the Carpetbagger's Bowl instead of the Fiesta. That's because the Utes' coach, Urban Meyer, has already signed on at Florida next season and his counterpart, Panthers coach Walt Harris, has already signed on at Stanford. Imagine the sincerity dripping from that pregame handshake.

"I'm here because of the players," Harris said. "I've always talked to them about finishing — whatever it is."

"With that as one of my philosophies," he added, without a hint of irony, "it was no ques-

tion what I was going to do."

If you're looking for one measure of how money has changed big-time college sports, look no further.

In 1989, then-Michigan athletic director Bo Schembechler learned on the eve of the NCAA basketball tournament that his coach, Bill Frieder, had cut a deal to move to Arizona State. Furious, Schembechler gave Frieder his walking papers on the spot, memorably explaining his decision this way: "Only a Michigan man is going to coach Michigan."

Sad to say, but precious few athletic directors would have the guts to do the same today. Maybe because it seems so, well, last century.

And so, like Meyer and Harris, ex-Miami of Ohio and new Indiana coach Terry Hoopner

and ex-LSU and new Miami Dolphins coach Nick Saban were allowed to stick around for the bowl games and say their proper farewells. So was ex-Syracuse and currently unemployed coach Paul Pasqualoni — but just barely.

Pasqualoni got his walking papers Wednesday, eight days after a 37-point loss in the Champs Sports Bowl, and less than a month after the school publicly gave him a vote of confidence. Still, he fared better than ex-Florida and new Illinois coach Ron Zook and ex-Notre Dame and new Washington coach Ty Willingham. Their bosses wouldn't offer even that small consolation as a parting gift.

The only thing the admittedly

See LITKE, Page 3B



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# Parcells, Coughlin face off in meaningless game Sunday

By TOM CANAVAN  
AP Sports Writer

EAST RUTHERFORD, N.J. — When the NFL season started in September, there was a buzz about the NFC East. The old guard was back to end the Philadelphia Eagles' dominance in the division.

Bill Parcells was in Dallas, set to take the Cowboys to the playoffs for a second straight year, and Tom Coughlin and Joe Gibbs had taken jobs with the Giants and Redskins, respectively, to restore the once-proud organizations.

As the regular season enters its final week, the Eagles (13-2) have strengthened their hold in the East and left the old guard to play meaningless games, at least from their own team's perspective.

Parcells and Coughlin will meet at Giants Stadium on Sunday night in a nationally televised so-what game between the Cowboys (6-9) and Giants (5-10), while Gibbs and the Redskins (5-10) will try to spoil the Minnesota Vikings' (8-7) playoff hopes.

The now four-time defending NFC East champion Eagles will get a chance to rest their starters for a second straight week in their season finale against Cincinnati.

Giants running back Tiki Barber doesn't feel that Philadelphia is much more talented than the other three teams.

"It's just they are at a point where they know how to win close games," Barber said. "They have such a veteran presence,

they win the close games and make the plays."

Coughlin and the Giants did that early in the season in opening 5-2, but things have fallen apart since an impressive win at Minnesota. New York has lost its last eight games heading toward the end of Coughlin's first season as coach.

Eli Manning, the No. 1 pick in the NFL draft, still is looking for his first win since replacing Kurt Warner as the Giants' starting quarterback six games ago.

"We're just going to prepare and go out there and play hard and try to find a win," said Manning, whose play has improved in recent weeks. "We just want to get that feeling back and end the season on a good note."

Barber is on the verge of setting single-season and career rushing records for the Giants. He needs 66 yards to break Rodney Hampton's franchise career record of 6,897 yards, and 94 yards to surpass Joe Morris' single-season record of 1,516.

More important than the record for Barber would be a win, which would avoid ending a second straight season with a long skid. The Giants lost their last eight in 2003, leading to the firing of coach Jim Fassel.

The Cowboys have started playing a bit better after winning only three of their first 10 games. They have won three of their last five, with one of the losses a 12-7 decision to the Eagles that Parcells described as his team's best game of the season.

Parcells blamed the



Dallas' La'Roi Glover sacks Washington quarterback Patrick Ramsey as the Dallas Cowboys defeated the Washington Redskins 13-10 at Texas Stadium last Sunday.

Cowboys' slip this year on some key injuries on offense, the decision to release starting quarterback Quincy Carter, poor defensive play early in the season and a tougher schedule.

"Going into camp we had a better team on paper, I can tell you that," said Parcells, who plans to return next season.

Vinny Testaverde will start at quarterback for the Cowboys in what might be the final game of his 18-year career. Testaverde said he has not made a decision whether to return.

"I'm 41 years old and I'm still doing what I love to do and that's playing football, and not many guys get to do that," he said.

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# COACHES

Continued from P

premier program Tuesday night Bowl, with Bob and Stoops in second national The similar stop there.

"The obvious thing you see is that this is a matchup of that have had successful seasons like strength said. "We defense well, have big-time quarterbacks

# STORY

Continued from

prompting manager Theo trade Garcia shortstop Cabrera and Dave Roberts Mientkiewicz.

But the regular was, as expected the undercard Sox-Yankees rematch; for consecutive years finished second York in the A

The only interesting things might this year was Sox won 11 of between the t the regular

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Hoepfner c Miami in the Independence got beat by L Willingham's



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COACHES

Continued from Page 1B

premier programs into Tuesday night's Orange Bowl, with both Carroll and Stoops in search of a second national title.

The similarities don't stop there.

"The obvious perspective you see in this game is that this is such a great matchup of two teams that have had really successful seasons and have like strengths," Carroll said. "We both play defense well, and both have big-time Heisman quarterbacks and flashy

running backs and very exciting teams."

Carroll, 53, was fired as coach of the New England Patriots following the 1999 season and out of football until being hired by USC a year later.

"That was really an important year for me," he said. "I took a look at what retirement is and found out I didn't like it. It was 10 months down from football that was fun. I enjoyed the time, but I realized I'm not ready to do that and I found the opportunity to kind of get refueled and I really did have some profound opportunity to get my football in order.

"I had enough time for the first time in all the years I've been coaching to sit back and reorganize my thoughts and beliefs and get ready for the next opportunity. I was really clear that if I had another chance to be head coach, it was going to be my last chance, and I knew I had to get my act in order and give it my best shot."

Carroll, who coached the New York Jets for one year and the Patriots for three, insists he's not interested in the NFL. That could change, but he seems suited to the college game.

Stoops, 44, was the defensive coordinator at

Florida for three years under Steve Spurrier before heading to OU.

"Joe took a big risk hiring me," Stoops said, referring to Oklahoma athletic director Joe Castiglione. "I had never been a head coach. Being last in every offensive category, he hires a defensive coordinator from Florida, and a lot of people, they won't maybe admit it now, but they were scratching their head."

Stoops is aware of what the Sooners have accomplished under his watch.

"I'm right in the middle of it. I try not to look back too much," he said.

"Hopefully in the end, as people look back on it, it'll be one of those great times that we've had so many of. And I think we do have a nucleus of people that we can continue this kind of run and to establish it hopefully for a longer period of time."

Stoops said after Ron Zook was fired as Florida's coach this season he was happy at OU and wanted to stay.

But Stoops left the door open to the possibility of an NFL job in his future.

"Well, not right now, no," he said. "I think there's a time for everybody maybe, if you get those opportunities, and

somewhere down the line, that may be for me. I enjoy too much right now what we're doing, the way we're building our program.

"It's just hard to say never or always, so somewhere in the future that may be something I want to pursue. But right now, I feel too good about what we're doing at Oklahoma."

Normally, Stoops is more serious and less glib than Carroll, but he seemed relaxed and even came up with a little comedy when asked about defensive end Larry Birdine, who last week called USC's offense "average."

STORY

Continued from Page 1B

prompting general manager Theo Epstein to trade Garciaparra for shortstop Orlando Cabrera and spare parts Dave Roberts and Doug Mientkiewicz.

But the regular season was, as expected, merely the undercard for a Red Sox-Yankees playoff rematch; for the seventh consecutive year, Boston finished second to New York in the AL East.

The only indication that things might be different this year was that the Red Sox won 11 of 19 meetings between the teams during the regular season

Boston's first edge in the season series since 1999.

Boston swept Anaheim in the first round, with designated hitter David Ortiz — "Papi" — hitting a clinching homer in the 10th inning of Game 3. But the Red Sox just as quickly fell behind the Yankees 3-0 in the AL championship series.

No major league team had rallied from a 3-0 deficit to even tie a seven-game series, let alone win it. But the Red Sox, self-proclaimed "idiots," insisted they were too stupid to be intimidated by the gravity of their predicament.

Things got more dire when the Yankees took a 4-3 lead into the ninth

inning of the fourth game, with star closer Mariano Rivera on the mound. But he walked Kevin Millar and Roberts, pinch running, stole second before Bill Mueller singled to tie it.

Boston won in the 12th on Ortiz's homer, then won Game 5 less than 24 hours later on his 14th-inning single. The series moved back to Yankee Stadium, where 2003 had ended so disastrously.

The Red Sox sent Schilling to the mound only after season-ending surgery was postponed in favor of a radical and unprecedented procedure to keep him in the rotation. After testing the technique on a cadaver,

Dr. Bill Morgan stitching a loose tendon in Schilling's right ankle in place so it wouldn't flop around when he pitched.

With blood soaking through his sock, Schilling beat the Yankees and forced a decisive seventh game. But the only pitcher the Red Sox had left was Derek Lowe, who pitched so poorly in the regular season that he was bumped from the playoff rotation.

Lowe pitched six innings of one-hit ball. Ortiz homered and Johnny Damon hit a grand slam to help Boston open a 10-3 lead — too big even for the Red Sox to blow.

They were going to the World Series.

Their NL opponent was a familiar one: The St. Louis Cardinals had beaten Boston in the 1946 Series and again in '67, both times in seven games. Red Sox fans wondered whether the Series would be a letdown after the emotional victory over the Yankees, and they were right.

The Cardinals failed to put up a fight and the Red Sox would soon be celebrating a sweep in Fenway Stadium. Millions turned out for the victory parade as it drove through Boston.

Those who couldn't see the trophy at the "rolling rally" might still get their

chance. The Red Sox promise to bring it to every one of the 351 cities and towns in Massachusetts that asks.

If it makes it that long: Already, two of the flags on the trophy have come loose and need to be fixed. But the Red Sox can't bring themselves to take it out of commission that long.

"Just about everywhere I go, people get very emotional. These people have been waiting a lot longer than I have," said Bill Mullaly, a 30-year-old Red Sox security guard who escorts the trophy on many of its visits.

"It's had a huge impact on people. It's made them feel good."

LITKE

Continued from Page 1B

scant evidence proves so far is that there's no easy way to handle the emotional tug-of-war that breaks out when players know their coach is going or gone.

Hoepfner coached Miami in the Independence Bowl and got beat by Iowa State. Willingham's assistant,

Kent Baer, coached the Fighting Irish in the Insight Bowl, and got beat up even worse by Oregon State.

"I'd be lying if I told you it didn't affect some people," Notre Dame quarterback Brady Quinn said afterward.

And that included coaches.

Defensive end Kyle Budinscak was amazed at the job that Willingham's assistants did after tak-

ing over. "But they did," he said, "and we're grateful for them."

Some administrators at Florida better hope their players are half as understanding.

Although the Gators are still wrapping up preparations for Friday's Peach Bowl against Miami, some Florida assistants who will follow Zook to Illinois next season have already changed up their

wardrobes.

"Hey, I don't blame them," Gators running back Ciatrick Fason said. "That's their job now. They're just helping us out, trying to get us through this Peach Bowl, but that's their job. They're at Illinois and they're trying to do what's best for their program."

"I told them if it had happened to me," Fason added, "I'd do the same thing."

College football is hardly the last place where loyalty — as the saying goes — ain't what it used to be. And maybe big-time college sports held onto that notion longer than most businesses by pretending that it wasn't a business at all. But there's no claiming otherwise now.

Plenty of coaches became millionaires running programs for athlet-

ic departments whose budgets are creeping up on \$50 million annually. And if they want to play free-agent musical chairs in the middle of the bowl season — as opposed to after — they're well within their rights. Some of us just liked it better when everybody waited until the music stopped.

Jim Litke is a national sports columnist for The Associated Press. Write to him at [jlitke@ap.org](mailto:jlitke@ap.org)

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# Sorenstam again chosen as AP Female Athlete of the Year

By JIM LITKE  
AP Sports Writer

She won early and often, and often by overwhelming margins. She won on four continents — in Australia, Sweden and Japan and in six of the 50 United States. She won a major, the most money and a remarkable 10 times in just 20 starts worldwide.

Small wonder then, that what was an average year for golfer Annika Sorenstam was more than good enough to earn her recognition as The Associated Press Female Athlete of the Year for the second year running.

Sorenstam received 40 first-place votes and 263 total points. Diana Taurasi, who led Connecticut to the NCAA women's basketball title and then captured the WNBA's Rookie of the Year award, finished second. She had 15 first-place votes and 154 points, two more than Russian teen tennis sensation Maria Sharapova.

Consistency has been the hallmark of Sorenstam's 11-year career in pro golf. Her performance this season wasn't nearly as eventful as 2003, when Sorenstam won two majors and 11 times on the LPGA Tour, became the first woman since 1945 to play on the PGA Tour, did a star turn on "Oprah" and entered the Hall of Fame. But incredibly, it was every bit as efficient.

Sorenstam began it with a

win in the ANZ Ladies Masters on Australia's Gold Coast, making up a four-stroke deficit at the midway point by closing with a pair of scintillating 65s. She ended it by edging Cristie Kerr in a playoff in the ADT Championship, the final tournament on the LPGA calendar, with her only victory that didn't come by multiple shots.

In between, Sorenstam wrote a book, lifted her profile as an endorser and mixed it up with the boys a second time in the Skins Game. She also stayed comfortably atop the world rankings, locked up a fourth consecutive LPGA money title — her seventh in the last 10 years — tied her own scoring average record at 68.7 and led the tour in top-10 finishes, rounds under par and greens in regulation.

"Naturally, I'm pleased with my season in many different ways," Sorenstam said, "and especially because I've played less tournaments and still won so much."

Most important, perhaps, the 34-year-old Swede proved again that she has to be included in any argument about the most dominant golfer — male or female — of this era. Over the last four seasons, Sorenstam has separated herself from her competition even more than Tiger Woods or Vijay Singh, boosting her total LPGA wins to 56 and climbing within striking distance of the record 88 recorded by Kathy Whitworth

in a 22-year career.

"I'm still so far away from it but I've come so far ahead of what I ever thought I would," Sorenstam said earlier this year. "I always said I would continue to play this game while I enjoy it and feel motivated. I just wonder if I can continue on this pace."

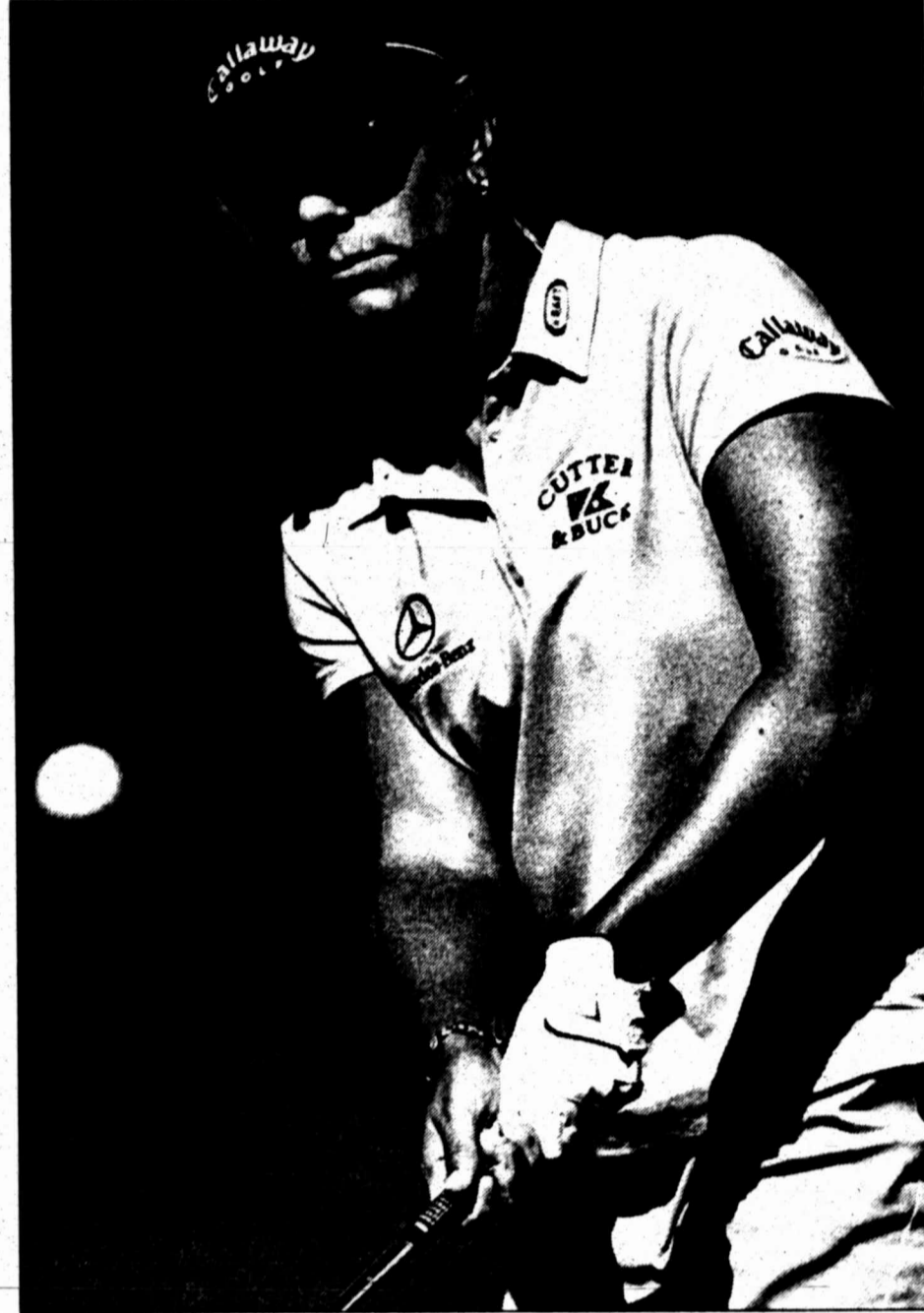
But no one should be surprised if she does.

Golfing great Nancy Lopez saw something special in Sorenstam not long after she joined the pro circuit. "There's a calmness about her you don't normally see in young players," Lopez said at the time, and that's still evident watching Sorenstam play now.

But then, as now, the cool, confident exterior masks a competitive desire that burns every bit as brightly as it has in any of the game's greats.

Soon after Australian Karrie Webb knocked Sorenstam off the throne of women's golf at the end of the 2000 season, the Swede rededicated herself to the sport with an intensity few believed she possessed.

After a 2002 season that ranked as the most successful by any golfer in four decades, the same impulse drove her to accept a sponsor's invitation to play against the men at the Colonial the following year. Sorenstam missed the cut there, but played in front of crowds nearly four times larger than she routinely encounters on the LPGA Tour.



KRT photo/Vicki Valerio/Philadelphia Inquirer  
Annika Sorenstam chips on the 16th hole during the second round of the McDonald's LPGA Championship in Wilmington, Del., on June 12.

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2004 Ford Mustang - White, V-6, all power, 12,000 miles. <b>SOLD</b>	Sale Price \$14,995	1997 Mercury Cougar - Green/tan, 70,000 miles. <b>SOLD</b>	Was \$6,995	2002 Cadillac Escalade AWD - Sandstone w/sandstone leather, fully loaded, local one owner w/40,000 miles. <b>SOLD</b>	NOW \$32,995
2004 Ford Focus SE 4-DR - Black, all power, 19,000 miles. <b>SOLD</b>	Sale Price \$13,995	1995 Ford Taurus GL - Tan, all power, local one owner w/75,000 miles. <b>SOLD</b>	Was \$5,995	2002 Chrysler PT Cruiser Limited - Plum w/leather, moonroof, all power, local one owner w/34,000 miles. <b>SOLD</b>	NOW \$13,995
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2004 Ford Explorer XLT - Black, all power, only 14,000 miles. <b>SOLD</b>	Sale Price \$21,995	2003 Ford F150 Supercrew - Local one owner, fully loaded, local one owner w/37,000 miles. <b>SOLD</b>	Was \$25,995	2002 Ford Explorer XLT 4-DR. - White/beige tutone, all power, local one owner w/51,000 miles. <b>SOLD</b>	NOW \$17,995
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2003 BMW 325i - White w/leather, moonroof, local one owner w/30,000 miles. <b>SOLD</b>	Was \$29,995	2003 Ford F150 Supercrew - Local one owner, fully loaded, local one owner w/37,000 miles. <b>SOLD</b>	Was \$25,995	2002 Ford Expedition XLT - Silver, cloth, all power, one owner w/31,000 miles. <b>SOLD</b>	NOW \$18,995
2003 Ford Mustang - Black, V-6, all power, one owner w/33,000 miles. <b>SOLD</b>	Was \$13,995	2003 Ford F150 Supercrew - Local one owner, fully loaded, local one owner w/37,000 miles. <b>SOLD</b>	Was \$22,995	2002 Toyota 4 Runner SR5 - Pewter, loaded, local one owner w/37,000 miles. <b>SOLD</b>	NOW \$22,995
2003 Saturn L200 4-DR. - White, all power, one owner w/26,000 miles. <b>SOLD</b>	Was \$13,995	2003 Ford F150 Supercrew XLT 4X4 - Blue/Silver, 5.4 V-8, all power, local one owner w/37,000 miles. <b>SOLD</b>	Was \$25,995	2002 Chevrolet Suburban L.S. - Blue w/cloth, all power, dual air, local one owner w/18,000 miles. <b>SOLD</b>	NOW \$23,995
2002 Buick Century Custom - Brown w/cloth, all power, local one owner w/67,000 miles. <b>SOLD</b>	Was \$10,995	2002 Ford F150 Supercrew XLT - Blue/tan tutone, 4.6, V-8, all power, one owner w/41,000 miles. <b>SOLD</b>	Was \$21,995	2001 Nissan Pathfinder SE - Green, GPS, DVD, very nice, one owner w/53,000 miles. <b>SOLD</b>	NOW \$16,995
2002 Honda Accord EX V-6 Coupe - Beige w/leather, moonroof, all power, local one owner w/21,000 miles. <b>SOLD</b>	Was \$20,995	2001 Ford F150 Supercrew - Local one owner, fully loaded, local one owner w/21,000 miles. <b>SOLD</b>	Was \$24,995	2001 Ford Expedition Eddie Bauer - White/tan, leather, fully loaded, dual air, 3rd seat, local one owner. <b>SOLD</b>	NOW \$18,995
2001 Mercury Grand Marquis L.S. - Arizona beige w/maroon carriage top (cloth), all power, one owner w/46,000 miles. <b>SOLD</b>	Was \$15,995	2004 Chevrolet Silverado - Local one owner, fully loaded, local one owner w/22,000 miles. <b>SOLD</b>	Was \$27,995	2001 Ford Explorer Sport 2-DR. 4X4 - Blue w/cloth, all power, one owner w/51,000 miles. <b>SOLD</b>	NOW \$13,995
2001 Pontiac Grand Prix SE 4-DR. - Silver, V-6, local one owner. <b>SOLD</b>	Was \$9,995	2003 Dodge Ram 1500 Quad Cab SLT - Black w/cloth, V-8, all power, local one owner w/37,000 miles. <b>SOLD</b>	Was \$22,995	2001 Ford Explorer 4-DR. - White w/cloth, all power, one owner w/54,000 miles. <b>SOLD</b>	NOW \$14,995
2001 Ford Crown Victoria LX - Silver w/leather, one owner w/39,000 miles. <b>SOLD</b>	Was \$14,995	2003 Ford F150 Supercab XLT - White/tan, cloth, 5.4 V-8, all power, one owner w/36,000 miles. <b>SOLD</b>	Was \$20,995	2001 Chevrolet Tahoe L.S. 4-DR. - Red w/cloth, all power, one owner w/50,000 miles. <b>SOLD</b>	NOW \$20,995
2001 Nissan Maxima GLE - Tan, leather, moonroof, all power, locally owned w/41,000 miles. <b>SOLD</b>	Was \$17,995	2002 Chevrolet C1500 Silverado Ext. Cab LT Z71 4X4 - Pewter, On-Star leather, one owner, loaded. <b>SOLD</b>	Was \$20,995	2000 Ford Expedition Eddie Bauer - Slate green/beige, leather, dual air, 3rd seat, all power, local one owner w/59,000 miles. <b>SOLD</b>	NOW \$18,995
2001 Ford Mustang V-6 - White, w/cloth, automatic, all power, locally owned. <b>SOLD</b>	Was \$10,995	2000 GMC Sierra 1500 SLE Ext. Cab - Maroon, V-8, all power, locally owned. <b>SOLD</b>	Was \$15,995	1999 GMC Suburban LT - Dual air, all power, tan. <b>SOLD</b>	NOW \$12,995
2000 Ford Crown Victoria LX - White w/leather, all power, local one owner w/only 15,000 miles. <b>SOLD</b>	Was \$13,995	1997 Chevrolet C1500 Ext. Cab Silverado - Tan V-8, all power, locally owned. <b>SOLD</b>	Was \$9,995		
2000 Chevrolet Cavalier - Local one owner w/58,000 miles. <b>SOLD</b>	Was \$6,995	2004 Ford F250 Crew Cab XLT - Blue/Silver, fully loaded, power windows, moonroof, local one owner w/22,000 miles. <b>SOLD</b>	Was \$35,995		
2000 Cadillac Seville SLS - Satin pearl w/leather, like new, local one owner w/only 31,000 miles. <b>SOLD</b>	Was \$19,995	2002 Ford F250 Crew Cab - Local one owner, fully loaded, local one owner w/37,000 miles. <b>SOLD</b>	Was \$22,995		
2000 Ford Focus Wagon SE - Silver, all power. <b>SOLD</b>	Was \$7,995	2001 Ford F250 Crew Cab - Local one owner w/50,000 miles. <b>SOLD</b>	Was \$25,995		
2000 Ford Taurus SE - Red, cloth, all power, 60,000 miles. <b>SOLD</b>	Was \$9,995	2001 Ford F350 Supercab Dually XLT - White w/silver, clean 67,000 miles. <b>SOLD</b>	Was \$20,995		
2000 Volkswagen Jetta GLS - Blue, all power, clean, one owner w/58,000 miles. <b>SOLD</b>	Was \$12,995	1999 Ford F350 Supercrew - Local one owner, fully loaded, local one owner w/37,000 miles. <b>SOLD</b>	Was \$13,995		
2000 Nissan Altima SE - Brown w/cloth, moonroof, all power, nice one owner car w/46,000 miles. <b>SOLD</b>	Was \$12,995				
1999 Buick Regal LS - White, cloth, all power, local one owner w/71,000 miles. <b>SOLD</b>	Was \$9,995				

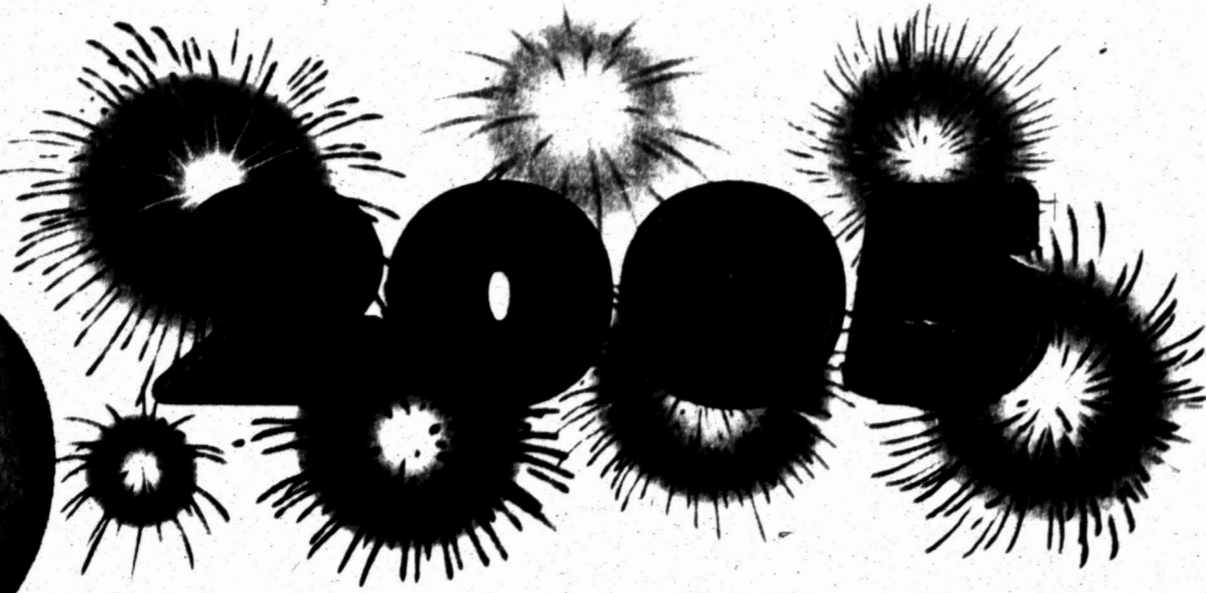
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## Real success lies in life plans

**Y**ou can forget about making New Year's Resolutions if you're hoping for a successful outcome. Most aren't worth the paper they're written on," says Vic Johnson, a leading goal setting and motivation expert.

Most New Year's Resolutions have gone by the wayside before January is over and most won't even be remembered six months later. And the reason is pretty simple.

Most are made in response to something negative; a habit or situation that the person wants to change or end. And therein lies the problem — it's hard to develop momentum from a negative response. It is always easier to move toward something than away from something.

Consider one of the most adopted goals — weight loss. No one can get excited about losing weight — it requires deprivation. It's a negative response to concerns about appearance, health, etc.

The results of weight loss New Year's Resolutions demonstrate their weakness. A 1998 survey sponsored by Gardenburger found that more than three-fourths of all women between the ages of 25 and 54 make diet and weight loss plans each year. Nearly nine of 10 respondents reported only occasional or no success, while almost half lost little or actually gained weight instead.

"The people who succeed at losing weight and maintaining the loss have usually been motivated by a dream much bigger and more positive than just losing weight," explains Johnson. "They see themselves living a healthy lifestyle. They begin to act and think like people who are in good physical shape. There's more of a radical change in a person's thinking and actions than you see with most resolutions. It wouldn't be possible to effect and sustain such a radical change unless the person is motivated by a big dream that is positive in nature."

Another popular aim is to quit smoking. Johnson himself was a three-pack-a-day smoker until he celebrated a smoke-free New Year's 11 years ago.

"For more than 20 years I had tried to quit many times using every tool and technique I'd hear about. But as long as I was trying to quit, I couldn't break the grip. Instead, I developed a dream to become a nonsmoker. I fell in love with the idea of breathing clean air instead of smoky air, of my body and clothes smelling nice instead of smoky. I thought about how wonderful it would be to taste food again. I decided to start acting and thinking like a nonsmoker, and when the thinking took hold I simply quit smoking. In all the years since, I've never wanted another cigarette, never even thought about wanting one."

According to Johnson, the best goal to set is one that calls for the individual to create a plan for their life based on a set of personal dreams.

"Most people are in a freefall through life, careening from one crisis to the next. If you were going to build a new house and you had this idea for a fabulous master bedroom suite, you wouldn't rush out and start building the master bedroom. You'd have a complete plan before you started. When you approach resolutions and goals in the same manner, you end up with a much better chance of achieving success."

*Vic Johnson is an Internet Infopreneur, author, speaker and founder of a host of top-ranked personal development Web sites including [www.Goals2005.com](http://www.Goals2005.com). For more information about goal setting or how to make successful plans, please visit [www.goals2005.com](http://www.goals2005.com).  
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## Most Common New Year's Resolutions

- Drink Less Alcohol
- Eat Right
- Get a Better Education
- Get a Better Job
- Get Fit
- Lose Weight
- Quit Smoking Now
- Reduce Stress On-the-Job
- Reduce Stress Overall
- Save Money
- Take a Trip
- Volunteer to Help Others

## New Year's Resolutions for Kids

### Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, wash my hands after going to the bathroom, and wipe my messes right away.
- I won't tease the family dog or even a friendly dog, and I will avoid being bitten by keeping my fingers and hands away from his mouth.

### School Age Kids

- I will drink milk and water and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors, even in winter. I will seek shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like dancing or riding a bike) that I like and do it at least three times a week.
- I will always wear protective gear — especially a helmet — when bicycling.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a lap/shoulder seat belt.
- I'll be nice to other kids. It's easier and more fun than being mean, and I'll feel better about myself. I'll be friendly to kids who need friends, like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Web. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

### Teens

- I will eat at least one fruit and one vegetable every day and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games and I will only spend one to two hours each day, at the most, on these activities.
- I will check to see if I can give away any of my unwanted clothes and shoes to those in need. I will help out in my community through volunteering, working with community groups or by joining a group that helps people in need.
- I will wipe negative self talk like "I can't do it" or "I'm so dumb" out of my vocabulary.
- When I feel aggy or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or talking out my problem with a parent or friend.
- When faced with a difficult decision, I will talk with an adult about the choices I may have.
- I will be smart about whom I choose to date, and never allow violence to enter into my relationships.
- I will resist peer pressure to try drugs and alcohol.

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## Commitment is the secret of success

**T**oday, about 100 million Americans will venture down a well-traveled path paved with bold and sometimes hastily conceived New Year's resolutions.

It is a route covered with promises to exercise more, lose weight, stop smoking, cut down on alcohol, eat a healthier diet and make new friends. All of these are not necessarily broken promises.

"The keys to making a successful resolution are a person's confidence that he or she can make the behavior change and the commitment to making that change," says Elizabeth Miller, a University of Washington doctoral candidate in psychology.

To be successful with your own resolutions, Alan Marlatt, director of the university's Addictive Behaviors Research Center, who has studied the subject for more than 20 years, suggests:

- Have a strong initial commitment to make a change.
- Have coping strategies to deal with problems that will come up.
- Keep track of your progress. The more monitoring you do and feedback you get, the better you will do.

Miller also said that persistence can pay off. Of the people who successfully achieved their top resolution, only 40 percent of them did so on the first attempt. The rest made multiple tries, with 17 percent finally succeeding after more than six attempts.

As final words of encouragement to resolution makers, Marlatt has these suggestions:

"Take credit for success when you achieve a resolution, but it is a mistake to blame yourself if you fail. Instead, look at the barriers that were in your way. See how you can do better the next time and figure out a better plan to succeed. You do get to try again and can make behavior changes throughout the year, not only at New Year's."

*By Joel Schwarz  
University of Washington  
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## History of New Year

The celebration of the new year is the oldest of all holidays. It was first observed in ancient Babylon about 4,000 years ago. In the years around 2,000 B.C., Babylonians celebrated the beginning of a new year on what is now March 1. New Year's resolutions also originated with the Babylonians, who resolved to return borrowed farm equipment.

The Babylonian new year celebration lasted for 11 days.

The Romans changed the calendar and the new year celebration and began to observe the new year March 25. Their calendar was continually tampered with by various emperors so that the calendar soon stopped coinciding with the sun.

The Roman senate, in 153 BC, declared Jan. 1 to be the beginning of the new year. But tampering continued until Julius Caesar, in 46 B.C., established what was come to be known as the Julian Calendar. It again established Jan. 1 as the new year. But in order for the calendar to coincide with the sun, Caesar had to let the previous year drag on for 445 days.

January 1 has been celebrated as a holiday by Western nations for only about the past 400 years.

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**Feasting on good fortune: foods reputed to bring luck in the new year**

By DONNA PIERCE

**KRT**  
Looking to launch 2005 on a lucky streak?

According to a roster of international customs, choosing the right New Year's Day menu can boost your chances for greater prosperity in the coming new year.

A global array of traditional lucky edibles include dishes made with grains, such as lentils, barley and wheat; dumplings, pork, chicken, fish, rice, cakes, nuts and figs.

In Holland, ring-shaped pastries similar to doughnuts, known as oliebollen, are believed to bring good luck.

In Spanish and Portuguese households, grapes figure into the formula, with 12 eaten at midnight representing each hour of the chimes announcing the new year.

But it is black-eyed peas that are often prominently featured on New Year's lucky-foods lists in this country. They also are a mainstay of the Kwanzaa karamu feast during which members of the African-American community celebrate with family and friends. The feast takes place Dec. 31, the sixth day of a seven-day celebration that

began Dec. 26.

The community holiday, created by Dr. Maulana Karenga in 1966, honors ancestors and celebrates the community by observing seven traditions described as "nguzo saba." The principles include: umoja (unity), kujichagulia (self-determination), ujima (collective work and responsibility), ujamaa (cooperative economics), nia (purpose), kuumba (creativity) and imani (faith).

In "A Kwanzaa Celebration: Festive Recipes and Homemade Gifts from an African-American Kitchen," Angela Shelf Medearis describes black-eyed peas as "a wonderful way to combine our culinary history with our cultural history during Kwanzaa." The recipe here from Chicago chef Kocoa Scott Winbush first appeared in the Chicago Tribune in 1998.

**BLACK-EYED PEA SALAD**

Preparation time: 35 minutes  
Chilling time: 3 hours  
Yield: 4 servings  
3 tablespoons extra-virgin olive oil  
2 tablespoons orange juice  
1/4 cup rice wine vinegar

1/4 teaspoon Dijon-style mustard  
1 clove garlic, minced  
1/2 teaspoon salt  
Freshly ground pepper  
2 cans (15 ounces each) black-eyed peas, drained, rinsed  
2 green onions, sliced  
1 each, diced: red bell pepper, celery rib, peeled jicama, peeled carrot  
1/2 bunch fresh cilantro, finely chopped

Whisk together the olive oil, orange juice, vinegar, mustard, garlic, salt and pepper to taste in a medium bowl. Stir in peas, green onion, bell pepper, celery, jicama, carrot and cilantro, mixing well. Refrigerate, tightly covered, at least 3 hours.

Nutrition information per serving: 344 calories, 30 percent of calories from fat, 12 g fat, 2 g saturated fat, 0 mg cholesterol, 50 g carbohydrates, 12 g protein, 967 mg sodium, 17 g fiber

Adapted from a recipe by Kocoa Scott Winbush

**Q:** I've heard that eating pickled herring on New Year's brings good luck. What's the most traditional way to serve it? Dipped in sour cream or wine?

**A:** The section, "ethnic New Year's Recipes" at the Web site,

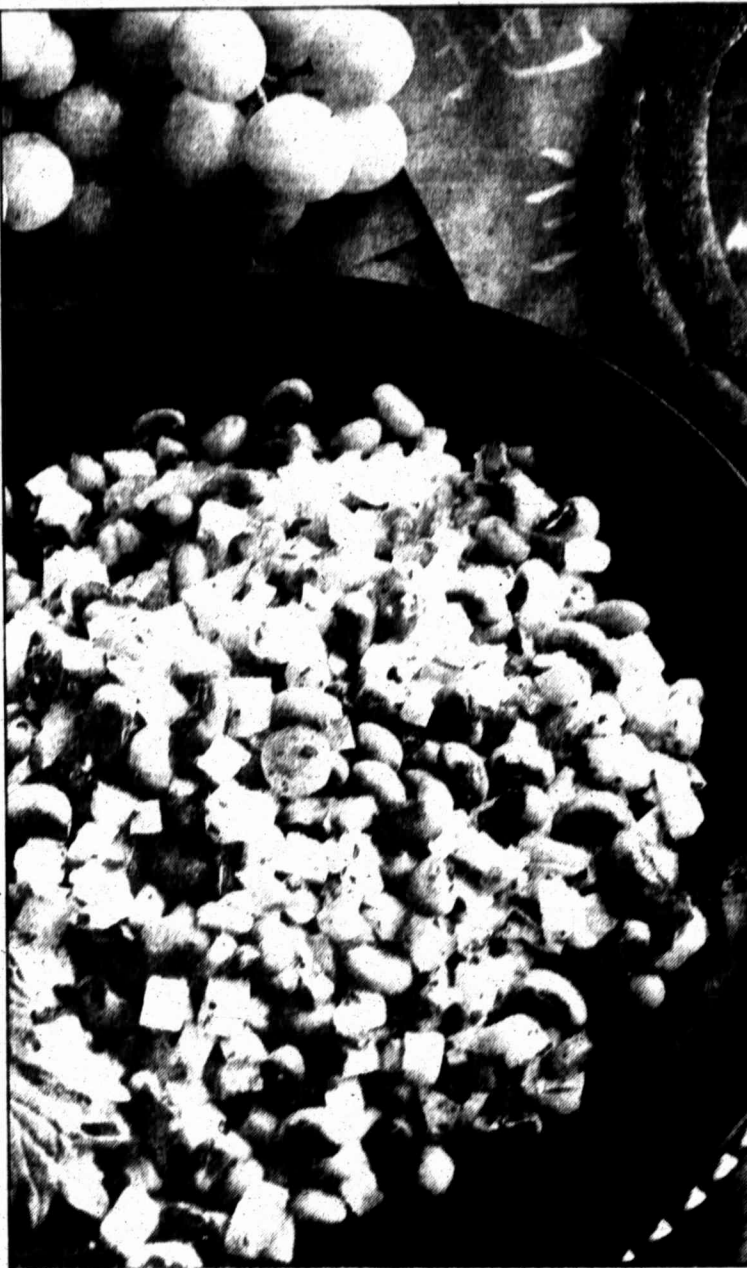
chef2chef.net, describes a Polish or German tradition of eating herring at the stroke of midnight to "bring good luck for the next year," but there is no preference given for dipping it in sour cream or wine. The choice is up to you. Good luck!

**Q:** How would I convert a quick bread recipe into a muffin recipe?

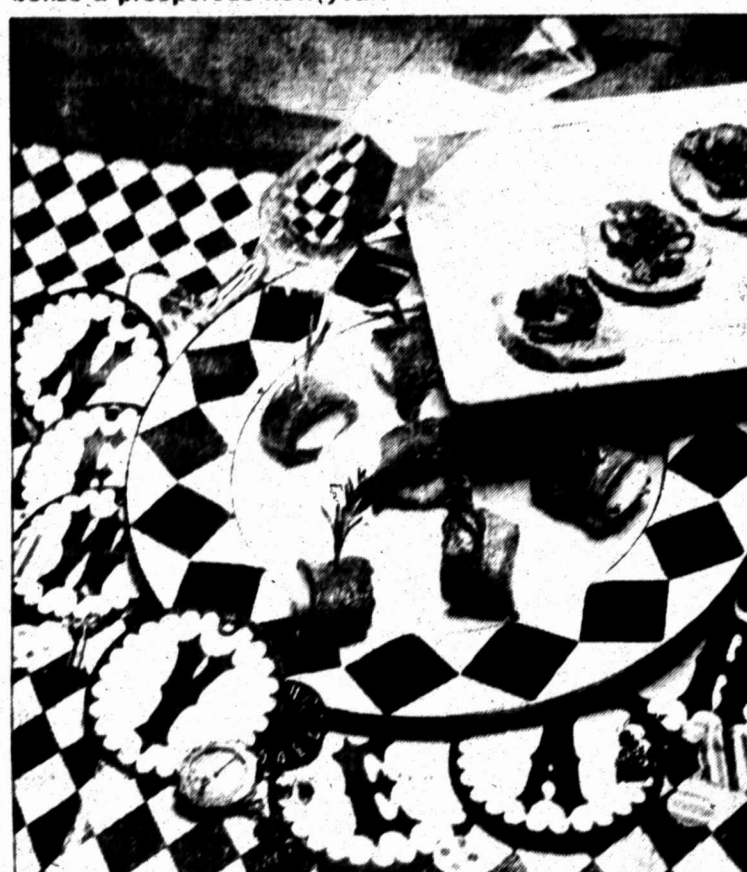
**A:** Most quick bread recipes easily can be converted to muffins, according to Sarah Phillips, author of "Baking 9-1-1," on the book's online version (baking911.com).

Simply use any quick-bread batter to fill muffin cups halfway full. To bake, the oven temperature should stay the same as in the recipe, but the baking time will be shorter, Phillips writes. Begin checking doneness halfway through the recommended baking time for the quick bread recipe. Muffins are done when a pick inserted in the center comes out with "a few moist crumbs clinging to it."

A recipe for a 9-by-5-inch quick-bread loaf would equal about 16 standard muffins; one for a 8-by-4-inch loaf would make nine muffins.



**Black-eyed peas are just one of the "lucky foods" that symbolize a prosperous new year.**



**Bite-size nibblers, such as bacon-wrapped scallops with Tamari glaze and crostini with red pepper salsa, can jumpstart any New Year's party.**



**BLUE CHEESE AND WALNUT SHORTBREAD WITH CREAM CHEESE AND CHUTNEY**  
Makes about 36 Shortbread:  
1/2 cup (4 ounces) crumbled blue cheese, room temperature  
4 tablespoons unsalted butter, room temperature  
1/2 cup all-purpose flour  
1/4 cup cornstarch  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1/3 cup walnuts, finely chopped  
Baker's parchment paper  
Topping:  
1/4 cup light cream cheese  
1/4 cup mango or peach chutney  
Optional: 1/2 cup walnut halves, toasted and broken  
36 parsley leaves  
1. Combine blue cheese and butter in a food processor; process until creamy. Mix flour, cornstarch, salt and pepper together in a small bowl. Add to blue cheese mixture, pulsing just to combine. Transfer mixture to a sheet of plastic wrap and work with your palm until dough holds together. Form into a flat disk, wrap and refrigerate at least one hour.  
2. Preheat oven to 325 degrees. Line a baking sheet with parchment paper. Place dough on a clean piece of plastic wrap and cover with a second piece. Roll to about 1/8-inch thickness. Remove plastic and cut dough into 1-inch circles using a fluted cookie cutter. Place on baking sheet. (Dough scraps can be rerolled once.) Bake on center oven rack until

**Bite-size nibblers can help jumpstart a New Year's party**

**KRT**

Appetizers to kick off a new year

**BACON-WRAPPED SCALLOPS WITH TAMARI GLAZE**

About 30 pieces  
Glaze:  
3 tablespoons reduced-sodium tamari sauce or soy sauce  
3 tablespoons maple syrup  
1 tablespoon lime juice  
Pinch cayenne-pepper  
Scallops:  
15 large scallops  
30 small sprigs fresh rosemary  
1 heaping tablespoon fresh rosemary leaves, coarsely chopped  
Freshly ground black pepper  
1/4 teaspoon kosher salt  
15 slices maple-smoked bacon  
1. To prepare glaze: In a small saucepan, combine tamari or soy sauce, maple syrup, lime juice and cayenne. Bring to a boil, reduce heat slightly and cook at a low boil 4 minutes or until reduced by about half. Cover and refrigerate until ready to use.  
2. To prepare scallops: Cut each scallop in half vertically. Strip the bottom leaves from the rosemary sprigs and measure 1 tablespoon; chop coarsely. Refrigerate the sprigs. Sprinkle scallops with the chopped rosemary, pepper and salt. Cut each slice of bacon in half crosswise and wrap a piece around each scallop. Place on a plate, seam side down. Cover with plastic wrap and refrigerate until ready to cook.  
3. Remove glaze and scallops from refrigerator 15 minutes before cooking. Place scallops on a broiling pan and broil 5 inches from heat source for 5 minutes. Rotate pan and continue broiling about 3 to 4 minutes or until the bacon is cooked through and crisping around the edges. Transfer to a paper-towel-lined plate. Brush with glaze and insert a small sprig of rosemary into each. Place on a serving

platter and serve immediately.

Data per piece: Calories 35; Protein 2.94g; Fat 1.73g; Carbohydrates 1.74g; Sodium 190mg; Saturated fat 0.56g; Monounsaturated fat 0.74g; Polyunsaturated fat 0.20g; Cholesterol 6.88mg  
From "Skewer It" by Mary Corpening Barber and Sara Corpening Whiteford.

**CROSTINI WITH RED PEPPER SALSA**

26 pieces  
Crostini:  
1 French baguette  
3 tablespoons extra virgin olive oil  
1/2 teaspoon Herbes de Provence or fines herbs or dried basil  
Salsa:  
2 tablespoons finely chopped sweet onion  
1 jar (7 ounces) roasted red bell peppers  
1/2 teaspoon minced garlic  
2 tablespoons minced fresh basil  
2 tablespoons minced Italian parsley  
2 tablespoons capers, drained  
1/4 cup pine nuts, coarsely chopped  
1/2 teaspoon kosher salt  
1/4 teaspoon ground black pepper  
1/2 teaspoon sugar  
3 teaspoons balsamic vinegar  
2 teaspoons extra virgin olive oil  
1. To prepare crostini: Preheat oven to 350 degrees. Cut the bread on the diagonal into half-inch thick slices. Spread on baking sheets and brush lightly with olive oil, then sprinkle with herbs. Bake about 8 to 10 minutes or until golden. Rotate sheets halfway through the baking time. Cool, then store in food-grade, zip-top bags.  
2. To prepare the salsa: Put the onion into a small bowl and cover with cold water. Set aside 10 minutes, then drain. Press water out of onions with a paper towel. Drain the red peppers and rinse with cold water. Drain well again, and pat with a paper towel. Chop pep-

pers coarsely. Combine with onions.

3. Add garlic, basil, parsley, capers, pine nuts, salt, pepper, sugar, vinegar and olive oil. Mix completely. Cover and refrigerate overnight to blend flavors. Assemble up to an hour in advance; cover loosely.

Quicker version: The salsa can also be spooned on top of pita chips.

Data per crostini: Calories 53; Protein 1.06g; Fat 3.09g; Carbohydrates 5.39g; Sodium 138mg; Saturated fat 0.38g; Monounsaturated fat 1.65g; Polyunsaturated fat 0.63g; Cholesterol 0mg  
Adapted from "Cocktail Food: 50 Finger Foods with Attitude" by Mary Corpening Barber and Sara Corpening Whiteford.

**PAN-FRIED ONION DIP**

Makes about 2 1/2 cups  
2 large yellow onions  
3 tablespoons unsalted butter  
3 tablespoons canola oil  
1/4 teaspoon cayenne pepper  
3/4 teaspoon salt  
1/2 teaspoon freshly ground black pepper  
8 ounces softened light cream cheese  
1/2 cup light sour cream  
1/2 cup light mayonnaise  
1. Cut onions in halves, peel and slice 1/8-inch thick. There should be about 4 cups onions.  
2. Heat butter and oil in a large saute pan on medium heat. Add onions, cayenne, salt and pepper; saute 10 minutes. Reduce the heat to medium-low and cook, stirring occasionally, for 20 additional minutes, until the onions are soft and caramelized. Cool.  
3. Place cream cheese, sour cream and mayonnaise in a food processor and process until smooth. Add the onions and pulse until mixed if necessary.

Transfer to a bowl, cover and refrigerate overnight.

4. Remove from refrigerator 30 minutes before serving.

From "The Barefoot Contessa Cookbook" by Ina Garten.

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**Bi**



**Kara Diane Roberts**

**K**ara Diane Roberts, 2:27 p.m., weighs 19 pounds for the first time. Her parents are Kayl Roberts of Lawrence, Okla., and David Charles of Breckenridge, Okla. Her grandmother is Mrs. David Charles. She was born Nov. 2, 2004, at 6:16 p.m. and weighed 5 pounds 13 ounces. Her parents are Steven, Luke and Matthew.

**P**aula Chavarría was born Nov. 2, 2004, at 6:16 p.m. and weighed 5 pounds 13 ounces. Her parents are Maria Escobar Chavarría Sr. and Dorothy Breckenridge. She was welcomed by her family and friends.

**M**

**SENIOR CENTER**

**MONDAY**  
strips, potato salad, milk, crisp.  
**TUESDAY**  
rice, mixed salad, milk, crisp.  
**WEDNESDAY**  
Hamburger, fries, beef tomatoes, cake.  
**THURSDAY**  
en, potato, cornbread, n

**WESTBRO**

**BREAKFAST**  
**MONDAY**  
pizza, cereal  
**TUESDAY**  
pups, cereal  
**WEDNESDAY**  
dry cereal, juice, milk  
**THURSDAY**  
bacon, biscuit, juice, milk  
**FRIDAY**  
ket, cereal  
**LUNCH**  
**MONDAY**  
dogs, mustards and cheese, fruit cup, m  
**TUESDAY**  
sauces, French peas, choco milk  
**WEDNESDAY**  
beef bake, rice, corn, milk  
**THURSDAY**  
w/cheese, peaches, corn  
**FRIDAY**  
on bun, lettuce, dipppers, chunks, milk

**STANTON**

**BREAKFAST**  
**MONDAY**  
syrup, cer

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**Births**



**Kara Diane Roberts**

**K**ara Diane Roberts, a girl, was born Nov. 22, 2004, at 2:27 p.m. weighing 6 pounds, 6 ounces and was 19 inches long. Her parents are Kayla and Wade Roberts of Big Spring. Her grandparents are Charles and JoAnn Pruitt of Breckenridge and David Roberts of St. Lawrence. She was welcomed home by Dakota Roberts.

**P**aula LaRue Chavarria, a girl, was born Dec. 25, 2004, at 6:16 a.m. weighing 5 pounds, 2 ounces and was 18 inches long. Her parents are Manuel and Bentura Chavarria. Her grandparents are Maria Escobar and Albert Chavarria Sr. and the late Dorothy Brents. She was welcomed home by Steven, Luke, Manuel and Matthew.

**T**randon Cole Edmondson, a boy, was born Dec. 24, 2004, at 11:22 a.m., weighing 7 pounds, 3 ounces and was 19 inches long. His parents are Cheryl Edmondson and Andrew Garza. His grandparents are Jerry and Sherry Edmondson and Alice Gonzales, all of Big Spring.

**C**ierra Ann Seckel, a girl, was born Dec. 20, 2004, at 9:58 a.m. weighing 8 pounds, 2 ounces and was 20 and one half inches long. Her parents are Patricia Alvarez and Jeremy Seckel. She was welcomed home by Cheyenne and Autumn Seckle.

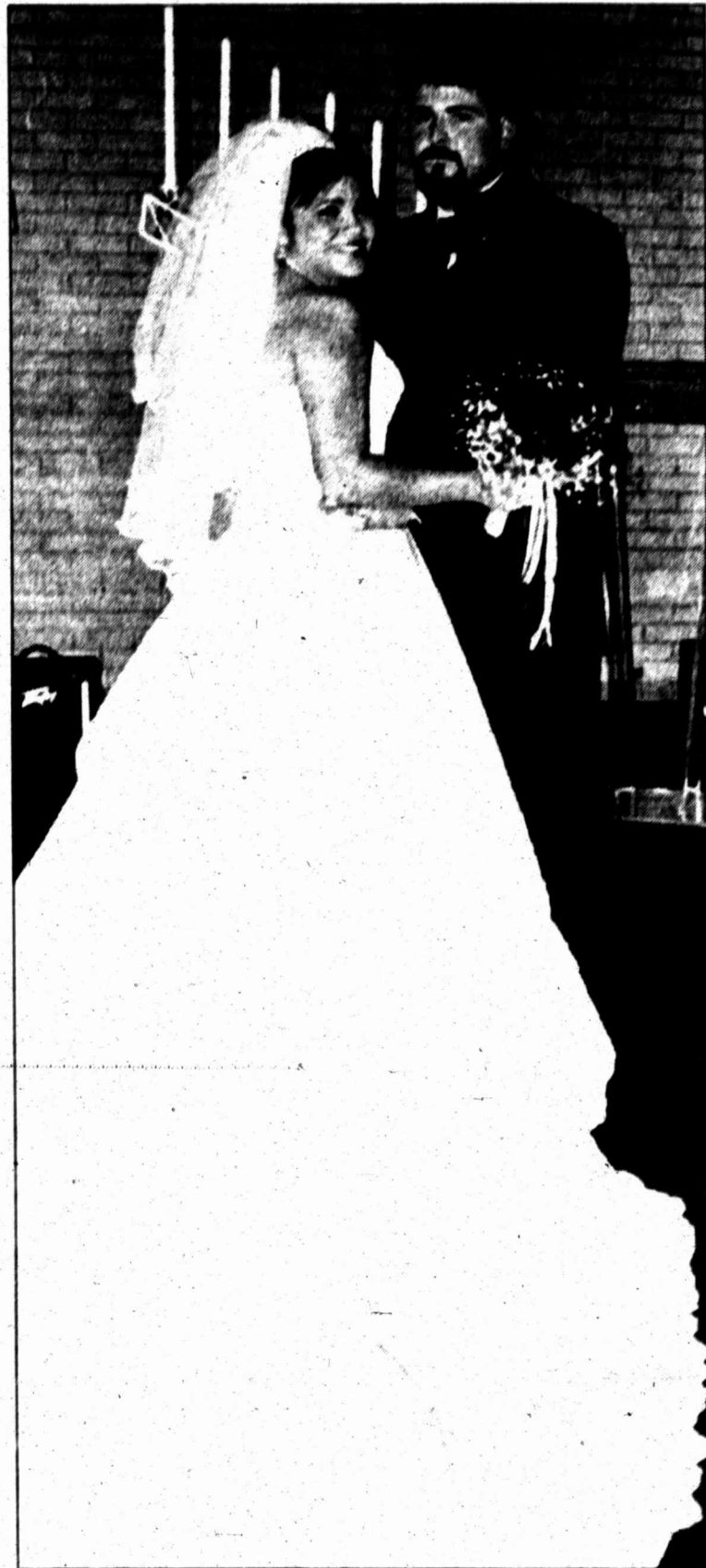
**B**ailey Miles Simpson, a boy, was born Dec. 27, 2004, at 8:15 a.m. weighing 6 pounds, 10 ounces and was 19 three-fourths inches long.

His parents are Brandy M. Lopez and Myrell Simpson Jr. His grandparents are Ruth Ontiveros of Big Spring and Joel and Julia Ontiveros of Mesquite and Annie Simpson of Big Spring.

His godfather is James Robert Simpson. His great-grandmother are Magdalena Lopez of Big Spring.

He was welcomed home by Myaliah and Erica Sha Simpson.

**Wedding**



**Mr. and Mrs. Anthony Dale Leal**

**Pena, Leal unite in marriage**

Olga Marina Pena of Big Spring and Anthony Dale Leal of Midland were united in marriage at 5 p.m. Saturday, Dec. 18, 2004, in Christ's Community Church. Alvin Yanke performed the ceremony.

She is the daughter of Luis and Olga Pena of Big Spring and the granddaughter of Genara and the late Carlos Portocarrero of Big Spring and Jesus Pena and Maria Pichardo.

He is the son of Hector and Tracey Leal of Midland and the grandson of Rosa and Domingo Leal of Ozona and Lorene and Dale Hall of Odessa.

The bride was given in marriage by her father, Luis Pena. She wore a

white strapless princess-style gown with pearls and a long train with pearls at the bottom. She carried a red rose bouquet.

The matron of honor was Karla Lugo. Bridesmaids were Yesenia Pena, Andrea Leal, Jeanette Pena and Crystal Cantu.

Flower girls were the brides nieces, Fey and Yahaira Pena and Crystal Lugo. Ring bearer was Aaron Pena, nephew.

Candlelighters were Abigail Portocarrero and Ashley Lugo.

Dale Hall was best man. Groomsmen were Luis Pena, Luis Pena Jr., Rey Ramirez and Nicolas Portocarrero Jr.

**Menus**

**SENIOR CITIZENS CENTER**

**MONDAY**-Chicken strips, potatoes, spinach, salad, milk, rolls, fruit.

**TUESDAY**-Beef tips and rice, mixed vegetables, salad, milk, rolls, apple crisp.

**WEDNESDAY**-Hamburger steak, noodles, squash, salad, milk, rolls, bread pudding.

**THURSDAY**-Cheeseburgers, French fries, beans, lettuce, tomatoes, milk, buns, cake.

**FRIDAY**-Bar-b-q chicken, potato salad, beans, cornbread, milk, fruit.

**WESTBROOK ISD**

**BREAKFAST**  
**MONDAY**-Breakfast pizza, cereal, juice, milk.

**TUESDAY**-Pancake pups, cereal, juice, milk.

**WEDNESDAY**-Oatmeal, dry cereal, toast and jelly, juice, milk.

**THURSDAY**-Sausage, bacon, biscuits, cereal, juice, milk.

**FRIDAY**-Sausage-n-blanket, cereal, juice, milk.

**LUNCH**  
**MONDAY**-Mini corn-dogs, mustard, macaroni and cheese, pork n beans, fruit cup, milk.

**TUESDAY**-Fish, tarter sauce, French fries, sweet peas, chocolate pudding, milk.

**WEDNESDAY**-Tortilla beef bake, salsa, Spanish rice, corn, pear halves, milk.

**THURSDAY**-Frito pie w/cheese, pinto beans, peaches, cornbread, milk.

**FRIDAY**-Barbeque rib on bun, lettuce w/veggie dippers, pineapple chunks, milk.

**STANTON ISD**  
**BREAKFAST**  
**MONDAY**-Pancakes, syrup, cereal, buttered

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toast, juice, milk.  
**TUESDAY**-Cheese omelet, sausage, biscuit, cereal, buttered toast, juice, milk.

**WEDNESDAY**-Oatmeal, cinnamon toast, cereal, buttered toast, juice, milk.

**THURSDAY**-Blueberry muffin, bacon, cereal, buttered toast, juice, milk.

**FRIDAY**-Breakfast burrito, cereal, buttered toast, juice, milk.

**LUNCH**  
**MONDAY**-Grill cheese pleezer, potato puffs, chicken noodle soup, fruit cocktail, milk.

**TUESDAY**-Cheese nachos, baked potato, refried beans, salad, pineapple.

**WEDNESDAY**-Pizza, mixed vegetables, salad, pears, milk.

**THURSDAY**-Chicken nuggets, steak fingers, mashed potatoes, broccoli/cheese, peaches.

**FRIDAY**-Barbecue/bun, Peanut butter/jelly sandwich, Cheetos, beans, vegetable sticks.

**Kazoo show opens children's theater in Abilene**

Back by popular demand, performer Rick Hubbard "King of the Kazoo," will open the Children's Performing Arts Series 2005 season in Abilene with the "Kazooie Kazoo Show" at the Paramount Theatre at 2 p.m. Jan. 9.

"It is rare for the Children's Performing Arts Series to invite a repeat guest," says CPAS director Suzie Shahan, "but the show was such a hit last year that we just had to have him back."

The King of the Kazoo show closed last year's CPAS season.

Hubbard travels the country performing family productions that include his musical talents on the guitar, banjo, steel drum, and, yes, kazoo. His shows are highly interactive, encouraging participation that keeps the interest of its young audience members. Many children parade onstage to participate in the fanfare. Each child in the audience gets

a kazoo to use during the show and as a keepsake of the event.

Hubbard says the whole idea of his production is to "have fun."

Tickets to the show are \$7 for open seating and can be purchased by calling the Abilene Cultural Affairs Council at 325-677-1161.

**Three FOR THE New Year**  
And three cheers for you, our neighbors and friends. We're always proud to serve you and wish you a very happy and prosperous New Year.  
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To say, "Happy New Year and Many Thanks!" We loved each and every minute of serving you.  
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Here's to a safe and happy New Year with family and friends  
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Hot Checks/War  
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Street, Big Spring  
Lisa B. Aleman, 1  
Street, Stanton  
Roseann Arcidez  
Tanglewood, Midla  
Colt Arnold, 450  
Midland  
Lorie Avina, 603  
Spring  
Kerrie Lea Bhuiy  
Westover Road Ap  
Spring  
Chad Wayne Br  
O. Snyder  
Douglas Lee Br  
14th Street, Mon  
Maria Campos, 1  
Pesada, El Paso  
Wayne V. Carpe  
Patriot Drive No. 1  
Storm Dale Cha  
Bryan/217 N. Brya  
Mart R. Clem, 11  
Meadow, Dallas  
Lias M. Cox, 161  
Spring  
Andrea Coxe, 1  
Sterling City  
James Ditto, 50  
Box 11, Big Spring  
Kathi Duke, 337  
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Coahoma  
Jimmie Todd Fc  
Albrook, Big Sprin  
Kenneth Galind  
Drive, El Paso  
Christopher Ge  
Third Street Apt. 1  
Frank Gibbs, 11



Canadaoil photo

An oil sands plant, such as this one in Canada, has become an important source of synthetic crude oil.

## Sunoco using more oil from the sands of Canada

By HAROLD BRUBAKER  
Knight Ridder Newspapers

Canada's oil sands have been touted for decades as an important source of oil — someday.

That day — spurred by a former Canadian subsidiary of Sunoco Inc. that first commercialized Alberta's Athabasca oil sands in 1967 — is here, at least for Sunoco.

Sunoco's Toledo, Ohio, refinery is increasing its use of synthetic crude oil — made from tar stripped from sand and upgraded — from 70,000 to 100,000 barrels a day. And Joel Maness, the Philadelphia company's senior vice president of refining and supply, would like to use even more.

High oil prices this year have sparked debate about how much crude oil remains to be turned into the fuels and chemicals that have powered the global economy for the last 100 years.

Alberta's estimated 174.4 billion barrels of oil-sands reserves — recognized last year as the second-largest reserve in the world behind Saudi Arabia's 259.4 billion barrels — gives Maness a feeling of confidence.

"There's no such thing as an unlimited resource, but it's an abundant resource," Maness said, referring to the oil sands, which

were a key part of Sunoco's reserves when it was an integrated oil company.

J. Howard Pew, a former Sunoco chief executive officer who evaluated the oil sands for possible development in the late 1940s, was the force behind Sunoco's high-risk effort to develop the oil sands in the 1960s.

**Improved technologies and generally higher oil prices since 1999 have helped make Alberta's oil sands competitive with conventional sources of oil, said Patricia Lewis, a Suncor spokeswoman.**

In 1995, Sunoco sold its interest in the Canadian subsidiary, Suncor Energy Inc., as part of its plan to exit energy exploration and production. Suncor, based in Calgary, Alberta, kept developing oil sands and now is valued at \$15.4 billion, compared with \$5.9 billion for its former parent.

But the emergence of oil sands as an increasingly important oil source has not eased the anxiety of industry observers who say the

world is fast approaching the era of declining production, which could throw a wrench in the gears of economic growth.

"Nobody doubts that there are vast reserves of Canadian tar sands," said Jim Meyer, director of the Oil Depletion Analysis Centre, a London nonprofit founded to raise public awareness of the oil-supply situation.

This year, oil from tar sands is expected to account for just 1.2 percent of the estimated 83.2 million barrels of oil produced daily.

The problem is, Meyer said, tar cannot be extracted and turned into oil fast enough to make up for the expected fall in conventional oil production.

Many experts predict that oil production will begin tapering off in the next 20 years.

John Felmy, chief economist at the American Petroleum Institute, discounts worries about an imminent production peak. He said that as many as 14 trillion barrels of oil could remain in the ground, counting unconventional sources, such as oil sands and shale oil.

"It's a matter of technology and price," he said.

Improved technologies and generally higher oil prices since 1999

See SANDS, Page 5C

## THE PIPELINE GROUP

Public education: Contractor awareness program returning.

Special to the Herald

The Pipeline Group's annual Public Education: Contractor Awareness Program will be held at 6:30 p.m. Thursday, Jan. 27 at the Howard County Fair Barn off FM 700.

The program will be sponsored by a group of companies with a common goal of preventing accidents and damages to underground pipelines and utilities.

A free dinner will be catered by KD's Bar-B-Q for everyone involved in excavation related activities in Borden, Glasscock, Howard, Mitchell, Scurry and Sterling counties. Following the dinner, a brief safety program will be presented which stresses the importance of accident prevention by identifying pipeline and utility rights of way, use of one-call systems, and the importance of working with pipeline and utility companies to safely excavate in the vicinity of underground facilities.

The Texas law requiring notification to a one-call system before excavating will be discussed. Sponsors will provide promotional materials, including notification information for their companies, safety related brochures and other safety reminders.

Each year many lives are injured or lost, plus millions of dollars in repairs and lost products are incurred due to "third party" incidents — someone digging into a pipeline.

Thousands of communi-

**What:** Education program on preventing accidents to underground pipelines.

**Where:** Howard County Fair Barn.

**When:** 6:30 p.m. Thursday, Jan. 27.

cations, some life-threatening, may be disrupted when expensive fiber-optic cables are damaged or severed. These types of excavation can be financially devastating to the responsible party. This safety program is an attempt to help those who do excavation work to avoid such situations.

Sponsors for the program include Alon USA LP, Atmos Energy, Atmos Energy Mid-Tex Division, Chevron Pipe Line Co., DIG TESS, Duke Energy Field Services LP, Duke Energy Field Services-Chaparral & Quanah Pipelines, El Paso Natural Gas Co., Enbridge Pipelines (Texas Intrastate) LLC, Enterprise Products Operating LP-Operators of Seminole Pipeline Co & Williams Gas Energy, Kinder Morgan CO2 Co LP, Kinder Morgan Wink Pipelines LP, ONEOK WesTex Transmission LP, Sunoco Pipeline LP, Targa Texas Field Services LP, Tepeco Crude Oil LP, Western Gas Resources Inc and WTG Gas Processing LP.

For more information, call (800) 982-8752 or visit the Web site at [www.pipelinegroup.com](http://www.pipelinegroup.com).

## Southern Mesa Conference scheduled for Jan. 27 in Lamesa

Special to the Herald

The Southern Mesa Agricultural Conference is scheduled this month in Lamesa and will feature information pertinent to the area's producers.

"The conference will focus on regulations and policies affecting Texas agriculture as well as the best management practices for cotton, grain sorghum, peanuts and other crops," said Casey Barrett, Extension agent

for Dawson County.

The conference will be held Thursday, Jan. 27, in the Dawson County Annex Building in Lamesa, and will begin at 8 a.m.

Registration includes a notepad, pen, pocket knife, technical sessions, door prize tickets, lunch, refreshments, educational materials and access to tickets. The fee is \$20 if paid by or on Jan. 21 or \$25 after Jan. 21.

See MESA, Page 5C

## BUZZWORDS GONE BAD

Survey reveals most annoying terms and phrases used at work

Special to the Herald

Companies claiming to create "synergies" in an effort to develop a "value-added" "paradigm" that leads to new "solutions" may want to be strategic in another way: Not going overboard with cliché phrases and industry jargon.

According to a recent survey, terms such as these are among the most overused in the workplace.

The national poll include responses from 150 senior executives — including those from human resources, finance and marketing departments — with the nation's 1,000 largest companies. It was conducted by an independent research firm and devel-

oped by Accountemps, the worlds first and largest specialized staffing service for temporary accounting, finance and bookkeeping professionals.

Executives were asked, "What is the most annoying or overused phrase or buzzword in the workplace today?" Their responses included:

- "At the end of the day."
- "Solution"
- "Thinking outside the box"
- "Synergy"
- "Paradigm"
- "Metrics"
- "Take it offline"
- "Redeployed people"
- "On the runway"
- "Win-win"
- "Value-added"
- "Get on the same page"
- "Customer centric"

See WORK, Page 5C

## RIBBON CUTTING



Herald photo/Steve Reagan

City and Chamber of Commerce officials helped cut the ribbon at the new China Dragon Chinese Buffet on Gregg Street Wednesday. Pictured are (first row, left to right): Chamber Ambassador Clarence Hartfield Jr., Mary Tong, Tong Ying, Tony Lin and Ann Tong of China Dragon, and Ambassador JoAnne Hyer; (second row, left to right) Chamber Executive Director Debbye Valverde, Chamber board member Raul Marquez, and Big Spring Mayor Russ McEwen; (third row, left to right) Perry White, Chamber Ambassador Tito Arenclbia, and David Buchanan.

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PUBLIC RECORDS

**Hot Checks/Warrants Issued:**  
 Javier Alcantar, 1513 Scurry Street, Big Spring  
 Lisa B. Aleman, 306 W. First Street, Stanton  
 Roseann Arcidez, 325 Tanglewood, Midland  
 Colt Arnold, 4505 Cloudcroft, Midland  
 Lorie Avina, 603 Steakley, Big Spring  
 Kerrie Lea Bhuiyan, 538 Westover Road Apt. 257, Big Spring  
 Chad Wayne Brown, 3901 Ave. O, Snyder  
 Douglas Lee Brown, 205 W. 14th Street, Monahans  
 Maria Campos, 751 Agua Pesada, El Paso  
 Wayne V. Carpenter, 3766 Patriot Drive No. 10, Abilene  
 Stormi Dale Chandler, 309 N. Bryan/217 N. Bryan, Garden City  
 Marf R. Clem, 10911 Wood Meadow, Dallas  
 Lias M. Cox, 1604 Cardinal, Big Spring  
 Andrea Coxe, PO Box 1042, Sterling City  
 James Ditto, 501 W. 17th Street Box 11, Big Spring  
 Kathi Duke, 337 Greeson Street, Summerville, Ga.  
 Shannon Fonda, 910 N. Runnels or PO Box 715, Coahoma  
 Jimmie Todd Foster, 2506 Albrook, Big Spring  
 Kenneth Galindo, 6830 El Paso Drive, El Paso  
 Christopher George, 215 S. Third Street Apt. 30, Laramie.  
 Frank Gibbs, 1102 Highway

176, Big Spring  
 Billy J. Gonzales, 1212 S. Hannah Road, Hobbs, N.M.  
 Martha Graham, 2135 Mossy Creek Drive, San Antonio  
 Timothy Edward Hansen, 1310 Park Avenue, Big Spring  
 Jeremy Royce Harman, 6713 E. Roobinson, Stanton  
 Erin Jean Hernandez, 2901 Runnels, Big Spring  
 John A. Hernandez, 4405 N. Garfield, Apt. 1002, Midland  
 Sharon Annette James, 1311 W. Second Street, Big Spring  
 Raelynn Jennings, 1904 E. 25th Street, Big Spring  
 Danny Ray Johnson, 2601 N. Lynn, Lamesa  
 Erica Marie Letnax Johnston, 3100 Caldera Blvd Apt. 2314, Midland  
 Andres Lee Juarez, Rt. 3 Box 389, Big Spring  
 Ryan Kendrick, 1425 E. Sixth, Apt. 34, Big Spring  
 Amber Lynn King, 701 E. 15th Street, Big Spring  
 Robert P. Landrum, 310 E. Palace Ave., Hobbs N.M.  
 Jonathan Lee Lanham, 3708 28th Street, Lubbock  
 Diana Marie Luna, 715 Shinnery Lane, Brownfield  
 Judy Mata, 6309 E. Midway Road, Big Spring  
 Vaughn Lee Medina, 4000 W. Highway 80, Big Spring  
 Clara Lee Meek, 1407 Johnson, Big Spring  
 Edward Vincent Mendez III, 1109 Douglas, Big Spring  
 Ernest Meza, 1902 N. Midland Drive, Midland

Natasha Mitchell, 2906 Collins, Big Spring  
 Linda Michelle Molina, 1545 Locust, Colorado-City  
 Debra Montez, 103 N. 18th Street, Lamesa  
 Brigido Moreno, 1330 Powell, Mesquite  
 Arthur Ortega, 607 Bristlewood Cove, Cedar Park  
 Dandra C. Ortega, 2300 Camp Dr. Apt. 1, Midland  
 Erica Elaine Ortega, 214 Grimes, Big Spring  
 Elva L. Perkins, 2414 N. Anderson Road, Big Spring  
 Lori Ann Pichon, 62159 Sylve Street, Lacombe, La.  
 Nina Powell, Highway 103 East, Lufkin  
 Karla Quimby, 1005 W. Debeca, Hobbs, N.M.  
 Robert Earl Ramsey, 2105 Scurry, Big Spring  
 Salome Adolph Rios, 2511 Albrook, Big Spring  
 Mercie Robles, 3702 Hamilton, Big Spring  
 Evelyn Rodriguez, PO Box 2942 or 5402 Lancaster, Odessa  
 Veronica Rodriguez, 2609 Wasson Road Apt. 9, Big Spring  
 Jennifer A. Roth, 2630 Dow, Big Spring  
 Debra Ruth, 1311 Mobile Street, Big Spring  
 Alexandra Silva, 2700 Ave. G, Snyder  
 Allen Stanford, 774 E. 8th Street, Colorado City  
 Stephanie B. Street, 2611 Ryan Pl. Dr., Fort Worth  
 Tracy J. Thompson, 8406 S. Service Road, Big Spring

Terri Lynn Ward Trevathan, 1003-2 County Road 402, Seminole  
 Jacob Unger, County Road 402, Seminole  
 Myron Dewayne Westmoreland, 2615 Chanute, Big Spring  
 Richard Wren Jr., 3303 91st Street, Lubbock  
 David Yanez, 2507 Gunter, Big Spring  
 Anthony Yates, 1807 1/2 Johnson, Big Spring  
 James Dean Zeigenbein, 9413 University, Odessa  
 Shuang Cheng Zhang, 1201 Gregg Street, Big Spring

**District Court Filings:**  
 Gary Calvert vs. Anna M. Calvert, divorce.  
 Mortgage Electronic Registration Systems vs. Mary Lou Chenault, accounts, notes and contracts.  
 Wehnonah Green vs. Jimmy Anthony Cantu, family protective order.

**Warranty deeds:**  
 Grantor: Thomas L. Guesz  
 Grantee: Gary A. Bryant and Janet L. Bryant  
 Property: A 4.07 acre tract out of Section 17, Block 32, T-1-S, T&P RR Co. survey  
 Date Filed: Dec. 21, 2004

Grantor: Darel Lee Highley Jr.  
 Grantee: Swartz & Brough Inc.  
 Property: Thw W/2 of the S/122 feet of Lot 5, Block 2, Lockhart Addition  
 Date Filed: Dec. 21, 2004

Grantor: Barbara Hall and Michael H. Hall  
 Grantee: Frank Sanchez and Monica Sanchez  
 Property: Lot 3, Block 1, Click Addition  
 Date Filed: Dec. 22, 2004

Grantor: Vernon Parnell  
 Grantee: Shirley Parnell  
 Property: Half-interest in Lot 7, Block 10, Hall Addition  
 Date Filed: Dec. 22, 2004

Grantor: Sue Parnell  
 Grantee: Vernon Parnell  
 Property: Lots 21 and 22, Block 1, Price Addition  
 Date Filed: Dec. 22, 2004

Grantor: Earl Mitchell Merritt  
 Grantee: Circle M Resources Ltd  
 Property: Several tracts of land out of Section 11, Block 32, T-2-N, T&P RR Co. Survey  
 Date Filed: Dec. 22, 2004

Grantor: Steve Waggoner and Sandra Waggoner  
 Grantee: Big Spring Independent School District  
 Property: Lots 13, 14 and 15, Block 6, Section 3, Worth Peeler Addition  
 Date Filed: Dec. 22, 2004

Grantor: Tammie Devrow, Michele Price and Mary Thomason  
 Grantee: Robby Dickenson and Linda Dickenson  
 Property: A 217 acre tract out

of Lots 1 and 2, Block 15, Saunders Addition  
 Date Filed: Dec. 27, 2004

Warranty deeds with vendors in:  
 Grantor: Suann Lacy Seay  
 Grantee: Curtis Ben Bowlin and Max Ann Bowlin  
 Property: Lot 7, Block 5, amended plat of Muir Heights Addition  
 Date Filed: Dec. 21, 2004

Grantor: J.C. Wall  
 Grantee: George Gutierrez and Deborah Gutierrez  
 Property: Lot 5, Block 27, College Park Estates  
 Date Filed: Dec. 21, 2004

Grantor: Allen Daniels and Pat Daniels  
 Grantee: Jason Starr and Laura Starr  
 Property: A 235 acre tract out of Section 6, Block 32, T-1-S, T&P RR Co. Survey  
 Date Filed: Dec. 20, 2004

Grantor: William C. Bostick  
 Grantee: Thomas L. Hilgeman and Sharon L. Hilgeman  
 Property: Lots 23 and 24, Block 14, Washington Place Addition  
 Date Filed: Dec. 27, 2004

Grantor: Forrest P. Wood and Diana L. Wood  
 Grantee: Thomas L. Hilgeman and Sharon L. Hilgeman  
 Property: Lots 3 and 4, Block 19B, Fairview Heights Addition  
 Date Filed: Dec. 27, 2004

WORK

Continued from Page 4C

"Generation X"  
 "Accountability management"  
 "Core competency"  
 "Alignment"  
 "Incremental"

"Buzzwords and industry jargon are a form of shorthand used by people within a particular company or profession,

but they can be confusing or even seem exclusionary to individuals outside of that field," said Max Messmer, chairman of Accountemps and author of Job Hunting For Dummies (John Wiley & Sons Inc.)

"When these words are overused, they can lose their impact altogether," he added.

Part of the motivation to use buzzwords can be attributed to a desire to demonstrate your expertise, but this can often backfire.

"Even though the terms you use may

be clear to you, other people must understand them if you hope to communicate your point effectively," said Messmer. "For instance, instead of saying a project was a 'win-win,' explain why it was successful."

As society and pop culture evolve, old catchphrases die out, while new jargon is born. The following are some examples of currently popular buzzwords and their meanings:

- Watercooler games *n.* - coworker discussions.
- Smell test *n.* - determining the

potential success of a product; formerly "run it up the flag pole."

- Critical path *n.* - determining the appropriate steps to take.
- Low-hanging fruit *n.* - easy opportunities for new business.
- Bandwidth *n.* - the amount of time and resources needed for a project.
- Download *v.* - assess the facts of a particular situation.
- Brain dump *n.* - providing all of the information; typically given when someone is handing over an initiative or preparing a successor.

SANDS

Continued from Page 4C

have helped make Alberta's oil sands competitive with conventional sources of oil, said Patricia Lewis, a Suncor spokeswoman.

Producing a barrel of synthetic oil through mining involves using hot water to extract tarlike bitumen from 2 tons of sand, and then processing the bitumen into high-quality oil that sells for about the same price as the benchmark West Texas Intermediate.

That light, sweet crude benchmark peaked in late October at \$55.67 as commodities traders speculated on the potential for major supply disruptions.

The Canadian National Energy Board estimated this year that oil-sands producers could be profitable at roughly \$24 per barrel, a figure that rises along with the price of the natural gas used in the extraction and upgrading

process. Despite high natural-gas prices, oil-sands producers are going all out to expand production. Suncor's board has approved a \$3.6 billion project to increase its capacity to 350,000 barrels per day in 2008 from the current level of 220,000 barrels per day.

The Canadian Association of Petroleum Producers predicted that oil-sands production

would reach two million barrels per day by 2010 - double the current level. Conventional production in Canada has been declining since 2000, the group said.

While Canada is a growing source for Sunoco, West Africa, particularly Nigeria, remains its largest supplier of crude.

That area of the world, frequently beset by political turmoil, is expected to remain Sunoco's chief

crude provider. Many of the new crudes coming onto market from the African interior and from deep-water wells off the coast of Angola are low in sulfur - the kind of oil Sunoco's refineries are designed to process.

The problem with these crudes is that they contain high levels of acid, which can corrode refinery equipment unless special precautions are taken.

Sunoco is doing so at its 330,000-barrel-a-day refinery in Philadelphia. Since July, regular shipments of high-acid oil from recently developed fields in Chad have been arriving there.

The benefit of the high-acid crudes is that they cost substantially less than the high-quality sweet crudes Sunoco depends on, Maness said. Blending them with other, more expensive

crudes boosts profit.

"We spend every single minute of every single day looking for the best combination," said Maness, who has worked more than 30 years in the oil industry.

Dealing with 20 to 30 different kinds of crude oil every month makes things complicated, he said, but "in this particular case, this complication has a lot of rewards."

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 Business Development Committee And The Big Spring Herald

MESA

Continued from Page 4C

The program will feature information on the overview of cotton production, bio-tech varieties, water management on the South Plains, weed management and strategies in cotton, pink bollworm overview, the South Plains peanut outlook, commodity and livestock outlook, water quality problems and solutions and control of salt cedar, mesquite and brush. Other topics include grazing wheat for profit-diversification of small grain production with livestock and laws and regulations.

Top quality speakers from across the state will make presentations.

Five continuing education units will be provided.

Producers who wish to pre-register should mail their check to the Texas Cooperative Extension, P.O. Box 1268, Lamesa, 79331.

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**Help Wanted**

55 YEARS of age or older, un-employed and actively seeking employment/training? Experience Works senior community service employment program maybe able to help you. Call (432)263-8373.

**ASSISTANT MANAGER**  
needed at local Retail Company. Salary, health insurance and 401k. Average 48 hrs weekly including nights until 7:00 pm. with alternating week-ends. Please send Resume and References to: P.O. Box 462, Big Spring, Tx. 79721.

Assistant Manager trainee. Must have good driving record, 21 yrs old, motivated, paid vacations, retirement, health insurance, salary. Apply in person, **Credit World**, 1611 Gregg, No Phone Calls Please.

**LAND SECRETARY/ Account Clerk** needed. Knowledge of Oil and Gas Leasing descriptions and basic computer mandatory. Please send resumes to: Office Manager, P.O. Box 2770, Big Spring, TX 79721.

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Preview 9:00 a.m.  
**PJ's Inside Sale 2210 Main Street**  
Due to Health Issues, Phil & Jackie Are Closing Shop. Building Must Be Cleaned Out.  
Table & Chairs, Recliners, Couches, Chairs, Entertainment Center, Lots of Shelving & Clothes Racks, Evaporative Air Conditioner, Heaters, Card Tables, John Deere Shop Heater, Dolley's, Hollywood Frames, Toys, Lamps, Bubble Gum Machine, Display Cases, Small Appliances, Dorm Refrigerator, Microwave, Pots & Pans, Glassware  
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**Sat. Jan. 8th • 7:00 pm**  
**Consignment Auction At Crossroads Auction**  
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Help Wanted



**SITE MANAGER**  
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**Big Spring, Texas**

The U.S. Business Operations Team at Emergent Genetics (Stoneville Seed) is seeking a Site Manager in the Big Spring Plant. Responsibilities include direct all site operations (office, plant and warehouse personnel). Key emphasis will be placed on achieving daily, weekly and yearly production and efficiency goals of the Annual Operating Plan. This position is also accountable for budgeting and managing the budget for the site. Strong emphasis will be placed on producing high quality seed. Safety goals will be stressed in this position. The minimum qualifications are a BS in Agronomy, Seed Science, Plant Science, Agricultural Economics, or a related discipline, or equivalent industry experience with degree and three to five years experience in cotton production/research, cotton ginning, seed production, quality assurance, or seed conditioning plant. EG offers a highly competitive salary, full employee benefits, and an incentive plan. Please send resume and cover letter to: US Human Relations Manager, Job Opening 4152, Emergent Genetics, Inc., 6625 Lenox Park Drive, Suite 117, Memphis, TN, 38115 or email [Job4152@EmergentGenetics.com](mailto:Job4152@EmergentGenetics.com)

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Answer to previous puzzle.

POKES TRUST WAD  
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SAVE AGEBAGO  
PUMA BEACON BRA  
ARI VAMPIREBAPT  
PIT ELISE SVLPH  
ASH ELLER SELES

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Newsday Crossword

**SATURDAY STUMPER** by S.N.  
Edited by Stanley Newman  
[www.stanxwords.com](http://www.stanxwords.com)

<p><b>ACROSS</b></p> <p>1 Striking</p> <p>8 Go back</p> <p>15 <i>Earth in the Balance</i> subject</p> <p>16 Stable group</p> <p>17 Harris' TV spouse</p> <p>18 Light coats</p> <p>19 Breaks up</p> <p>20 Recreational vehicle</p> <p>22 Symbol of confusion</p> <p>23 FDR, circa 1912</p> <p>26 Cites</p> <p>30 Angle symbol, in trigonometry</p> <p>32 Nonaggressive type</p> <p>33 Took it</p> <p>34 Heart</p> <p>35 "Bringing Out the Best in Kids" club members</p> <p>42 Some shoes</p> <p>44 Cutoff</p> <p>46 Grills</p> <p>49 Shake</p> <p>52 Shake</p> <p>53 Heavy hammer</p> <p>54 Out of control</p> <p>56 Set down clearly</p> <p>58 Fighting words</p> <p>59 Like some outerwear</p> <p>60 Roped in</p> <p>61 They seldom blink</p>	<p><b>DOWN</b></p> <p>1 Benefits</p> <p>2 It may precede you</p> <p>3 Developer's aides</p> <p>4 Lame excuse of a sort</p> <p>5 YWCA course</p> <p>6 Germany/Poland border river</p> <p>7 Most bronzed</p> <p>8 Diamond, for example</p> <p>9 Thought the same</p> <p>10 Care</p> <p>11 French</p> <p>12 <i>Il Trovatore</i> role</p> <p>13 Best New Artist Grammy recipient of 1961</p> <p>14 "Happy Motoring!" wisher</p> <p>21 Before</p> <p>24 Stowe girl</p> <p>25 Get on</p> <p>27 Ready for letting</p> <p>28 Hardly relaxed</p> <p>29 Baby blues</p> <p>30 Plane</p> <p>31 Manta wearers</p> <p>36 Arles adverb</p> <p>37 Spanish hunter's cap</p> <p>38 Even up</p> <p>39 Looked down (at)</p> <p>40 Denominate</p> <p>41 Proclamation media</p> <p>42 Tiniest bit</p> <p>43 More like some soil</p> <p>45 Tried to rend</p> <p>47 Swiss mathematician</p> <p>48 20 Across alternatives</p> <p>49 Hosea follower</p> <p>50 "Getting to Know You" singer</p> <p>51 Modest beginning, so to speak</p> <p>55 Grad students' jobs</p> <p>57 Phi Beta's pride</p>
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Tomorrow's Horoscope

BY HOLIDAY MATHIS

It's a day to "make nice" — especially if all the hot-headed energy zinging around lately has caused you to accidentally "make mean." With the Capricorn sun urging us to get ahead and other planets in Sagittarius lighting a fire under that pursuit, it's easy to be hasty or harsh. The Libra moon gives us just the right words to use in our apology!



HOLIDAY MATHIS

ARIES (March 21-April 19). Your mind has a conversation with itself. This doesn't mean you are crazy; it means you are sorting things through. You'll be pressured to make a decision but should not until you have absolutely no hesitation about doing so. TAURUS (April 20-May 20). Everyone is, to some degree, addicted to suffering — even you. Be aware of the signal you're sending to someone near that it's OK to vent frustrations on you. When it's no longer OK with you, he or

she will stop. GEMINI (May 21-June 21). The stars support you in developing a rich fantasy world. Liberate your imagination. If you don't keep a journal, this is the day to start. Write as though you never intend another soul to read it. CANCER (June 22-July 22). Procrastination is a self-imposed limitation that undermines your finances, love life and personal goals. You'll feel like giving in to distraction and excuses. Have someone you respect hold you to your word. LEO (July 23-Aug. 22). You're entrusted with an important decision because others see you as wise and just. Money tip: Use any extra funds you have to buy, fix or manufacture something you can resell. VIRGO (Aug. 23-Sept. 22). The sensual elements of life pop out at you in vivid detail — a sign of your improving health. Since you're the resident bon vivant, teach loved ones how to either prepare or appreciate a fine meal. LIBRA (Sept. 23-Oct. 23). The stars offer you a sense of oneness — the only caveat being you must drop your need to be a "special" case. Seeing

the similarities instead of differences between people is healing. SCORPIO (Oct. 24-Nov. 21). You're recognizing new emotions. Your feelings for a certain earth sign (Taurus, Virgo or Capricorn) are somewhere between tender affection and romantic attraction. Beware of a sharp-tongued woman!

SAGITTARIUS (Nov. 22-Dec. 21). From the outside, life looks much as it did yesterday, but internally, you're different. Brilliant thoughts are likely to pop into your mind during an everyday activity, such as taking a shower or brushing your teeth. CAPRICORN (Dec. 22-Jan. 19). Education is highlighted — not the days you were in school, though. While someone else was engaged in formal learning, you were taking lessons at the school of hard knocks. Both ways are valid. Give yourself credit. AQUARIUS (Jan. 20-Feb. 18). Let nothing stop you from exploring now. You may find that despite your brio and wit you are unable to sway loved ones to join you. Some journeys are better savored alone!

PISCES (Feb. 19-March 20). You'll engage in your own version of building sand castles. Endeavors that are beautiful because of their temporal nature pique your intellect. However, this does not include vapid conversations that go nowhere. FORECAST FOR THE WEEK AHEAD: Capricorn notions of tradition and role-playing are the main focus. The Libra moon starts the year off on a harmonious note. It is so harmonious, in fact, that the effect is not unlike the angelic choir of "ahhs" in the soundtrack of a golden-era Hollywood movie romance. As the happy couple dances off into the sunset, the "ahhs" climb, build and fill out while the words "The End" are scrolled out in cursive across the black-and-white screen. It's a lovely fantasy but one that has very little to do with life at the beginning of the thoroughly modern year 2005. And if we proceed with archaic notions of romance, we may very well see our own version of "The End" unfurl in a relationship. Monday through Wednesday is a crucial time to be practical, realistic and, above all, agreeable. With so many planets in

Sagittarius, tempers will flair with the least bit of flame-fanning. Thursday brings a touch of listlessness, but go with it instead of trying to force yourself to be productive. If you take downtime when it's offered to you, you'll be so refreshed, you may just come up with a stroke of genius this weekend. CELEBRITY PROFILES: Cuba Gooding Jr. is gifted with his sign's ability to show varying shades of seriousness and strength. Capricorn people keep their emotions on reserve and are usually in conscious control of how and when they show them. Gooding's work has ranged from the comic in "Jerry Maguire" to the dramatic in "Radio." A new addition to his family this year will inspire him to do a film that appeals to children.

If you would like to write to Holiday Mathis, please go to www.creators.com and click on "Write the Author" on the Holiday Mathis page, or you may send her a postcard in the mail. To find out more about Holiday Mathis and read her past columns, visit the Creators Syndicate Web page at www.creators.com.

Annie's Mailbox : Advice for those in need

Dear Annie: Three months ago, our son married a 34-year-old girl, "Lena." Lena is obsessively attached to her family and is not being a wife to our son. She has refused to consummate the marriage, although she wanted a big wedding and professed to love him.

Lena drives to her parents' house every day on her way to work and eats breakfast with them. She stops back for lunch. She usually goes there on the weekends as well and talks to her mother constantly on the phone. She even showers and does her laundry at her parents' home.



KATHY MITCHELL MARCY SUGAR

Legals

PUBLIC NOTICE Big Spring Independent School District has contracted with Spring City Auction to sell the district's surplus property. The district's surplus property is sold at the following location throughout the year: Spring City Auction 2611 W. Hwy. 80 Big Spring, TX 79720 You may check with Spring City Auction for the designed auction times. #4410 January 2, April 3, July 3 & October 2, 2005.

Lena seems desperately enmeshed with her family, and they are allowing her dependency to continue. She suffers from numerous fears and anxieties. She refuses to be alone in our son's house and is never there to greet him when he comes home from work. Our son is no longer the fun, outgoing person he used to be. He is dreadfully sad. We see little hope for this marriage, but he continues to believe that somehow Lena will change.

Our son doesn't want to confront his wife. I doubt counseling will remedy these deep-rooted problems. What should we do to help? — Desperate Parents

Dear Parents: We know how hard it is to see your child unhappy. We also assume your son is confiding in you because you know a great many intimate details about his marriage. Nonetheless, you need to step aside. The best thing you can do for your son is urge him to seek counseling, with or without Lena, and decide if the marriage can be improved, and if not, what the best course of action would be. Whatever he chooses,

We would like to limit the children to immediate family only. Please suggest a tactful way to notify the other guests that children are not allowed. Also, I am not interested in hiring a baby sitter. — A Fretful Fiancee

Dear Fiancee: If the children's names are not on the invitation, it means they are not invited. Those who indicate they wish to bring their children anyway should be told, "Sorry, but we are limiting children to the immediate family only." You might want to reconsider hiring a baby sitter, however; if you are interested in accommodating parents who absolutely cannot leave their children elsewhere.

Dear Annie: My older sister and I have reverted to our childhood sibling rivalry with a vengeance, and I don't know what to do about it. We are both middle-aged women, so I cannot imagine why we haven't gotten past this. "Dotty" is a considerate and kind person toward everyone she knows, except me. Her snide remarks, her unreasonable anger, and especially her negative comments about me to my husband, have made me distrust her. I feel that she does not wish me well. As a result, I have decided that I cannot have her in my life, even though I have no other family. Being around her is damaging to my emotional health. Please help me understand why this has resurfaced in our lives at this late stage and whether I have any other way to resolve this problem other than to avoid her entirely. — The Baby Sister Again

Dear Baby Sister: Obviously, Dotty has some sibling issues that she has never worked through. Chances are, she also has other problems in her life right now, and reverting to her childhood behavior is how she is dealing with them. Unless she is willing to seek counseling and understand her resentment, nothing will change. Before cutting the ties, give Dotty one last chance. Tell her you love her, but her negative attitude undermines the bond you share. Ask if she will consider talking to a third party (perhaps a clergyman, counselor or mutual friend), so you can work on the problem together. If she refuses, at least you will know you made the effort. Dear Annie: I am 24, and my dad passed away when I was 12. A few years ago, Mom remarried, but it ended in a friendly divorce. Mom isn't the most outgoing person, but she is great company once you get to know her. The problem is that my sisters and I have our own lives and friends, and we feel guilty that Mom is alone. Mom is the only one of her friends who is single. Is there anything we can do to help her get out and meet some new people? She still has a long life ahead of her. — Chicago Daughter

truly wants your help. If she is indeed looking for company, encourage her to do volunteer work, join a choir or book club, take salsa lessons, work on a political campaign, etc. When your mother meets people with similar interests, she can make new connections. Good luck. Dear Annie: I am 14 years old and read your column every day. The question I have does not concern me, but my friend "Emily." Emily is older by only a few months, and we are quite alike, except for one thing. Emily has a problem with perspiration under her arms. This problem started about six months ago. Since then, it has caused her repeated embarrassment, discomfort and even a few ruined shirts. She's tried what I would call everything, but it seems to make it worse. She's taken to wearing toilet paper under her arms to keep it under control, though it never stops. I'm very concerned about Emily because she can hardly stand to go out anywhere. She's not living her life because of it. I'm hoping you can help. — Concerned Friend in the USA

Dear Friend: Emily is suffering from hyperhidrosis, or excessive perspiration, and she needs to see a doctor for the appropriate treatment. Suggest that she talk to her parents and ask them to make an appointment. Emily is lucky to have a friend like you. Go ahead and reassure her that her social life is not over.

Dear Readers: The holiday of Kwanzaa begins today. To our African-American readers, Heri Za Kwanzaa!

Annie's Mailbox is written by Kathy Mitchell and Marcy Sugar, longtime editors of the Ann Landers column. Please e-mail your questions to annies-mailbox@comcast.net, or write to: Annie's Mailbox, P.O. Box 118190, Chicago, IL 60611. 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.

Dear Daughter: First, make sure your mother

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