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VOLUME 101, NUMBER 98

MONDAY, APRIL 4, 2005

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50 CENTS DAILY/\$1.25 WEEKEND

Pope's funeral will be Friday; burial in St. Peter's Basilica

By VICTOR L. SIMPSON

Associated Press Writer

VATICAN CITY — Pope John Paul II's funeral will be held Friday morning, and his remains will be interred in the grotto of St. Peter's Basilica where pontiffs throughout the ages have been laid to rest, the Vatican said Monday.

Chief spokesman Joaquin Navarro-Valls made the announcement after the College of Cardinals held two meetings over the course of 2 1/2 hours in its first gatherings since the pope's death and ahead of a secret vote later this month to elect a successor to John Paul.

Vatican employees filed silently past the body Monday morning to pay their last respects. Members of the public lined up by the tens of thousands in the glaring sun hours before the start of a public viewing and a prayer service at St. Peter's Basilica.

Navarro-Valls said John Paul would "almost surely" be buried in the tomb where Pope John XXIII lay before he was brought up onto the main floor of the basilica

That pope, who died in 1963, was

moved after his 2000 beatification because so many pilgrims wanted to visit his tomb, and the grotto is in a cramped underground space.

Under Vatican tradition, Friday is the latest the funeral could have been held. Up to 2 million pilgrims are expected to converge on Rome for the 10 a.m. (3 a.m. CDT) service.

"It will a moment without precedent," Rome Mayor Walter Veltroni said in an interview with Repubblica Radio.

"Rome will grind to a halt to guarantee the full development of the demonstration of love for the pontificate, guaranteeing the maximum security for all the heads of state who will arrive to pay homage to the pope," he said.

The funeral will include pageantry reserved for the highest prince of the church and in the presence of many of the world's secular and religious leaders. President Bush and his wife will be among the dignitaries attending, the White House said.

In the first meeting, the cardinals took an oath of secrecy. In the second one,

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KRT photo/Romain Blanquart/Detroit Free Press

Mourners have created memorials to the late Pope John Paul II in Vatican Square. Here one of the faithful adds a candle to one of the memorials Sunday night.

A member of the citizen's police academy hands cups of water to participants in the Master the Mountain Fun Run/Walk. The event this year is scheduled for April 16 in the Big Spring State Park off FM 700.

Master the Mountain

State Park gearing up for annual fund-raiser atop Scenic Mountain

By THOMAS JENKINS

Staff Writer

Some say you can never truly master a mountain a statement runners from all over the state simply aren't listening to.

Running and walking enthusiasts of every age are expected to "take to the mountain" April 16, as the Big Spring State Park prepares to hold its annual "Master the Mountain" Fun

Run/Walk. While the 10K and 5K races seem to draw the serious competitors, Park Manager Ron Alton said the beauty of the mountain draws just as many people for the walking division.



"We get a lot of people who participate in the walk just because of the beauty of the park and the view from the 200 foot bluff is just nbelievable."

to be a part of the fun." said Alton. "We get a lot of people who participate in the walk just because of the beauty of the park. and the view from the 200 foot bluff is just unbeliev; able. Whether you're running hard or just walking along, it's hard to ignore the beauty from there."

Alton said the annual event poses a challenge to serious runners that See PARK, Page 3A

"You don't have to run many can't find any where else.

"You really can't find the kind of hills that we offer with this run any where else. I've heard runners refer to one of the hills on the run as Terminator laughed Alton. "The steep grades really offer a challenge to runners.

"I've gotten entry forms

'Hollywood for Heart' gala set for Saturday night

By THOMAS JENKINS

Staff Writer

The wait is almost over, so shine up your spurs and boots and get ready for a night in Hollywood. Not literally, of course.

The American Heart Association "Hollywood for Heart" western-style gala is right around the corner, slated Saturday evening from 8 p.m. until midnight.

The gala, which will be held at the Big Spring Country Club, will feature dinner, dancing and both silent and live auctions.

Items up for auction include three nights at the Fairfrield Las Vegas Desert Resort; three days

"The gala brings attention to the threat heart disease and stroke pose to both men and women. It also creates a callto-action for people to commit to living a heart-healthy lifestyle. People in the Big Spring area that have battled heart disease, had heart surgery or have suffered the effects of a stroke are encouraged to attend."

> **Bobby Roever** Event coordinator

and two nights at a condo in Ruidoso, including golf; a guitar autographed by country music star Pat Green; a football autographed by the Green Bay Packers; four tickets to a Texas Rangers baseball game; and a ladies 14k gold diamond pendant.

also feature a special presentation entitled "Paddles Up," which gives everyone in attendance an opportunity to share a name of someone they know who has been affected by cardiovascular disease or stroke.

The annual event brings This year's event will the community together

in order to raise funds in the fight against heart disease and stroke and is open to the public. Tickets are \$15 per person or \$25 per couple.

The event, which was originally slated for Feb. 26, was moved to April 9 due to scheduling conflicts, according to gala

coordinator Roever.

"The Feb. 26 date conflicted with a perfor mance by the Big Spring Symphony," said Roever "So we started looking for a date after that.

Eventually we came up with a date in March, but then we realized that conflicted with Spring Break and we were going to lose several sponsors because of that. So it was back to the drawing board.

Roever said the group decided on the next feasible date after the Spring. Break holiday, which was April 9.

According to information released by the AHA. coronary heart disease is

Americans.

"The gala brings atten tion to the threat heart disease and stroke pose to both men and women." aid Roever. "It also creales a call-to-action for people to commit to living a heart-healthy lifestyle. People in the Big Spring area that have battled heart disease, had heart surgery or have suffered the effects of a stroke are encouraged to attend,

The 2004 gala raised approximately \$15,000. The fund raising goal for the upcoming event has been set at \$18,000.

For more information or to purchase tickets, contact Roever at 270-1383

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Find us online at: www.bigspringherald.com

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Please call 263-7331. Office hours are 8 a.m. to 5 p.m. Monday through Friday. If you miss your paper, please call (432) 263-7335 before 7 p.m. weekdays and noon Sunday.

FLEA MARKET

Keep Big Spring Beautiful will be holding a community-wide flea market April 23. Area residents are encouraged to bring their gifts, crafts and recycled items to the Big Spring Mall parking lot from 9 a.m. until 4

Booth prices range from \$25 for a 10-foot by 10-foot space, \$45 for a 12foot by 12-foot space and \$65 for a 24foot by 12-foot space.

For an application, mail a stamped, self-addressed envelope to Keep Big Spring Beautiful, P.O. Box 1350, Big Spring 79721. Applications can also be picked up at the Chamber office...

Elbow pre-K, kindergarten sign-up set **Herald Staff Report**

Elbow Forsan's Elementary will begin registering students for next year's pre-K and kindergarten classes.

Registration will take place today through Frida, in the elementary office.

Elbow Elementary is located south of Big Spring on the corner of

Nichols Road and Farm Road 818. The school office will be open for reg istration between 8:30 a.m. and 4 p.m.

Today only, the officewill stay open until 6:30.

Parents should bring the child's birth certificate, Social Security card, shot records and proof of residence (utility bill with name and address). In addition, parents of Pre-K students should bring

proof of income to see they qualify under state requirements. The pro-K program is new to the Elbow campus and any one interested is encouraged to come for the preregistration.

In order to be eligible' for Pre-K, a student must be 4 years old on or before Sept. 1, 2005.

Students in kindergarten must be 5 on or before Sept. 1, 2005.

Hubert Franklin Russell



Hubert Franklin "Frank" Russell, 77, of Big Spring, died on Saturday, April 2, 2005, in a local nursing home. Funeral services will be held at 2 p.m. Tuesday, April 5, 2005 at the Nalley-Pickle & Welch Rosewood Chapel with the Rev. Dalton Froman, son-in-law, and Pastor R.T. Havener, officiating. Interment will follow at Trinity Memorial Park.

The family will receive friends from 5 -7 p.m. Monday at the funeral home.

Mr. Russell was born on April 30, 1927, in Fort Worth and married Gladys Ann Evans on April 19, 1947 in Snyder.

He worked as a mechanic, heavy equipment operator, foreman and superintendent for Bettle and Womack Construction for 31 years.

Frank was a loving and devoted husband, father and grandfather.

Frank served in the U.S. Army during World War II in the special forces unit and received the Victory Medal and Army Occupation Medal. He was a longtime member and deacon of the First Assembly of God Church. He enjoyed country living, animals, baseball, football and especially gardening.

Survivors include his wife, Gladys Russell of Big Spring; two sons and daughters-in-law, Larry and Sherry Russell of Waco, and Greg and Tami Russell of Hobbs, N.M.; three daughters and one son-in-law, Carol Russell of Mesquite, Karen Gallagher, and Janie and Dalton Froman, all of McKinney; five brothers, Joe Russell of Venus, Earl Russell of Grandview, Edwin Russell of Tyler, Don Russell of Alvarado, and James Russell of Fort Worth; four sisters, Lee Curtis of Phoenix, Ariz., Joyce Edgett of Oklahoma, Pearl Everett of Thornton, and Pat Pierce of Portland, Ore.; a special friend, Debbie Russell of Sherman; 11 grandchildren and six great-grandchildren; and numerous nieces and nephews.

He was preceded in death by his parents, one sister, three brothers and a son-in-law.

The family suggests memorials to the Parkinson's Disease Foundation, William Black Medical Research Bldg., Columbia Presbyterian Medical Center, 640 W. 168th St., New York, N.Y. 10032.

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

Paid obituary

Police blotter

The Big Spring Police Department reported the following activity between 8 a.m. Saturday and 8 a.m/ Monday:

- MICHAEL PETERSON, 50, 2602 Ent Dr., was arrested on local warrants.
- DANNA WILLIAMS, 40, 214 Johnson St., was arrested on local warrants.
- STEPHEN GAY, 21, Coahoma, was arrested on local warrants.
- ROBERT SANCHEZ, 40, 1023 Stadium Ave., was arrested on a charge of public intoxication.
- JOE SANCHEZ, 45, 401 Young St., was arrested on
- a charge of public intoxication. ASSAULT/FAMILY VIOLENCE was reported on
- the 500 block of Westover Street.
- · ASSAULT was reported on the 1600 block of Harding Street.
- CRIMINAL MISCHIEF was reported on the 2600 block of Hunter Street and the 1200 block of Barnes
- · DISORDERLY CONDUCT was reported on the
- 4000 block of Dixon Street.
- · DRIVING WHILE INTOXICATED was reported on the 1100 block of E. FM 700.
- CRIMINAL TRESPASS was reported on the 2500
- block of Hunter Street. DRIVING LICENSE WHILE SUSPENDED/INVALID was reported on the 1400
- block of Mesa Drive and the 100 block of Circle Drive. THEFT was reported on the 900 block of Willia Drive, the 1200 block of 11th Place, the 1200 block of Johnson Street, the 600 block of 15th Street, the 1700

block of FM 700, the 2300 block of Wasson Road and

Support groups

the 400 block of Gregg Street.

□ Encourager's Support Group for widows and widowers begins at 6 p.m. at First Presbyterian Church, Seventh and Runnels streets. Enter through the north door. Please bring a covered dish. Call 398-5522 for more information.

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Memorial Hospital West Campus.

Miguel F. Borrego



Miguel F. "Mike" Borrego, 97, of Big Spring, died on Sunday, April 3, 2005, in a local hospital. Vigil services will be at-7 p.m. Tuesday, April 5, 2005 at the Nalley-Pickle & Welch Rosewood Chapel. Funeral services will be held at 11 a.m. Wednesday, April 6, 2005 at the Immaculate Heart of Mary Catholic Church with the Rev. Richard Reagan, pastor, officiating. Interment will follow at Trinity Memorial Park.

He was born on March 21, 1908, in Uvalde, and married Edna Garcia on April 26, 1946 in Crystal City.

He was raised in San Antonio. He moved to Detroit, Michigan in 1947 and worked for Ford Motor Company for 23 years, retiring in 1970. After his retirement, he moved to Big Spring. He enjoyed fishing.

He was a member of Immaculate Heart of Mary Catholic Church.

Survivors include his wife, Edna Borrego of Big Spring; several nephews and one niece.

He was preceded in death by one brother, two sisters and three nephews.

The family suggests memorials to Odyssey Hospice, 1003 E. FM 700, Big Spring 79720.

Arrangements under the direction of Nalley-Pickle & Welch Funeral Home & Crematory of Big Spring. can be made condolences www.npwelch.com.

Helen Stein

Helen Stein, 91, died Sunday, April 3, 2005, in Midland. Services are pending at Myers & Smith Funeral Home.

Dorothy Dillon

Dorothy Dillon, 88, died Sunday, April 3, 2005, at Mt. View Lodge. Services are pending at Myers & Smith Funeral Home.

Sheriff's report

The Howard County Sheriff's Office reported the following activity between 8 a.m. Saturday and 8 a.m. Monday:

- RAUL RODRIGUES PEREZ, 39, was arrested on a parole violation warrant on indecency with a child.
- · BETTY JO BOYD, 40, was arrested on a motion to revoke probation on possession of marijuana.
- · TONY RAY BINGHAM, 23, was arrested on charges of gambling and violating promise to appear. RODNEY RAYFORD, 32, was arrested on a charge of no liability insurance.
- · JAMESON LEE BILLINGSLEY, 29, was arrested on charges of ride not secured by safety belt, violating
- promise to appear and an attorney general warrant. · MICHAEL LEE MUNOZ, 22, was transferred from the Big Spring Police Department after his arrest on a
- charge of burglary of a habitation. · DAVID VALDEZ, 22, was arrested on Dawson County warrants.
- · ABEL GOMEZ, 28, was transferred from the BSPD after his arrest on a charge of driving while license
- TIMOTHY GLENN BRETZ, 34, was transferred from the BSPD after his arrest on charges of driving while license invalid and fictitious/counterfeit inspection sticker.
- · MATIAS VIDAL CISNEROS, 21, was transferred from the BSPD after his arrest on a charge of theft,
- ROBERT EDMOND FREITAG, was transferred from the BSPD after his arrest on a charge of driving while license invalid/suspended.

Weather

Today — Partly cloudy in the morning then clearing. Highs in the upper 80s. Southwest winds 10 to 20 mph. Tonight — Mostly clear. Lows in the upper 40s. South winds 15 to 20 mph.

Tuesday — Mostly sunny. Windy. Not as warm. Highs in the upper 70s. West winds 20 to 30 mph. Tuesday night — Mostly clear. Lows in the lower 40s. North winds 15 to 25 mph.

Wednesday — Sunny. Highs in the lower 70s. North winds 15 to 20 mph.

Wednesday night — Clear. Lows in the lower 40s. Thursday - Mostly sunny. Highs in the upper 70s. Thursday night — Mostly clear. Lows in the mid 40s. Friday — Partly cloudy. Highs in the upper 70s. Friday night — Partly cloudy. Isolated showers and

thunderstorms. Lows in the upper 40s.

Saturday — Partly cloudy with a 20 percent chance of showers and thunderstorms. Highs in the upper 70s.

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Bulletin board

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

 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. Prospector's Club work night begins at 7 p.m. at

606 E. Third.

- Intermediate Line Dance classes begin at 9 a.m. in the Spring City Senior Citizen's Center. Call 267-
- · Coahoma Senior Citizen luncheon is set for 11 a.m. in the Coahoma Community Center.
- Ag Expo is 10 a.m. until 2 p.m. and Ag Appreciation Luncheon begins at noon in Dorothy Garrett Coliseum. The Howard County Externsion Agency will offer continuing education credit classes beginning at 8 a.m. Call the chamber of commerce, 263-7641.
- · Big Spring Rotary Club meets at noon in the Howard College Cactus Room, 1001 Birdwell Lane.
- · A Stitchin' 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.
- Texas Motorcycle Rights Association meets at 7 p.m. in the Spanish Inn. The public is invited. Call 268-6421 for more information.

Lottery

Results of the Lotto Texas drawing Saturday night: Winning numbers drawn: 4-14-15-17-31. Bonus Ball: 3. Number matching five of five, plus Bonus Ball: 0. Estimated jackpot for Wednesday night drawing: \$35 million.

Results of the Cash 5 drawing Saturday night: Winning numbers drawn: 4-7-11-17-23. Number matching five of five: 2. Prize per winner: \$16,198. Winning tickets sold in: Carrollton, Conroe. Next Cash 5 drawing: Tonight.

The winning Pick 3 numbers drawn Saturday night:

Fire/EMS

The Big Spring Fire Department/Emergency Medical Service reported the following activity between 8 a.m. Saturday and 8 a.m. Monday:

 MEDICAL was reported on the 1600 block of Lark Street. One person was transported to Scenic Mountain Medical Center.

· MEDICAL was reported on the 100 block of Tubb

Loop Road. One person was transported to SMMC. MEDICAL was reported on the 2000 block of the north service road of Interstate 20. One person was

transported to SMMC. • TRAUMA was reported on the 1900 block of E. 11th

Place. One person was transported to SMMC. TRAFFIC ACCIDENT was reported on the 2600 block of Gregg Street. Two persons were transported

to SMMC. · MEDICAL was reported on the 100 block of W. 19th

Street. One person was transported to SMMC. · MEDICAL was reported on the 1900 block of Wasson road. One person was transported to SMMC.

 MEDICAL was reported on the 500 block of Benton Street. One person was transported to SMMC. MEDICAL was reported on the 1800 block of N.

Highway 87. One person was transported to the Big Spring VA Medical Center. MEDICAL was reported on the 1800 block of N. Highway 87. One person was transported to SMMC.

 MEDICAL was reported on the 100 block of Tubb Loop Road. One person was transported to SMMC.

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By JOHN J. LUM

Associated Pres WASHINGTO Outnumbered exposed, Army Class Paul Ra staved at his gu

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his life. The El Paso credited with the lives of score ly armed Ame diers who wer his position in on April 4, 2003 gates of International A

On Monday, e vears after Smi President Bush ing Smith the Honor, the nati est award for widow, Birgit that the couple old son, David, the medal on h behalf. "It was a very

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Medal of Hono actions since th War, and the the Iraq war.

FUNERA

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Clemens, secre Vatican office ple and a forn top Vatican Joseph Ratzii not all the car tors had arrive time t Monday's first

Asked about phere among nals, he said: hopeful." There had be

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the pope's hea placed Cathedral in where Polish royalty are bu if this was ru burial in S Navarro-Valls directly reply,

PARK

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Houston and t Basin Running ally sends a We get run Midland, Me San Angelo, ju a few. They forward to the the terrain her Alton said th

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Mountain Fur will be used same event on year," he said \$10 entry fee run in the eve will include with Sue famous pra design. The co a little differe

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Bush presenting Medal of Honor for Iraq war valor

By JOHN J. LUMPKIN

Associated Press Writer

WASHINGTON Outnumbered and exposed, Army Sgt. 1st Class Paul Ray Smith stayed at his gun, beating back an advancing Iraqi force until a bullet took his life.

The El Paso native is credited with protecting the lives of scores of lightly armed American soldiers who were beyond his position in the battle, on April 4, 2003, near the gates of Baghdad International Airport.

On Monday, exactly two years after Smith's death. President Bush is awarding Smith the Medal of Honor, the nation's highest award for valor. His widow, Birgit, decided that the couple's 11-yearold son, David, will accept the medal on his father's behalf.

"It was a very easy decision for me because, after all, he's the man of the house now," she said Monday. She said she often hears from the men her husband saved, as well as their families. "They're so grateful for what Paul did that day,' she said on ABC's "Good Morning America."

It is only the third Medal of Honor given for actions since the Vietnam War, and the first from the Iraq war.

Smith, 33, was the senior sergeant in a platoon of engineers during the 3rd Infantry northward Division's sprint toward Baghdad.

By the morning of April 4, elements of the division had reached Baghdad and captured Baghdad International Airport, a key objective. Encircled Iraqi militiamen and Special Republican Guard forces inside launched counterattacks.

Near the eastern edge of the airport, Smith, a veteran of the first Gulf War, had been put in charge of his unit _ 2nd Platoon, Bravo Company, 11th Engineer Battalion while his lieutenant went on a scouting mission.

Smith's mission was mundane enough _ turn a courtyard into a holding pen for Iraqi prisoners of war. The courtyard, just north of the main road between Baghdad and the airport, was near an Iraqi military compound.

Soon after Smith and some of his platoon began work, records show, one trooper spotted dozens of armed Iraqis approaching from beyond the gated walls of the courtyard. Another group of Iraqis occupied a nearby tower.

Smith summoned a Bradley Fighting Vehicle, and he and his troops gathered near the courtyard gate to fight the



Army Sgt. 1st Class Paul Ray Smith, pictured in Iraq prior to being killed in action. The El Paso native was honored today as the first soldier to win the Medal of Honor for valor exhibited in the Iraq war.

counterattack. An M113 armored personnel carrier joined the fray.

many as 100, attacked with rifles, mortars and rocket-propelled grenades, or RPGs. Smith threw a grenade over a wall to drive back some of the Iraqis, then fired a rocket.

Incoming RPGs battered Bradley, which retreated. Then a mortar struck the M113, wounding the three soldiers inside and leaving its heavy machine gun

unmanned. After direct ing another soldier to pull the wounded M113 crew-The Iraqis, perhaps as men to safety, Smith climbed into the machine gun position and began firing at the tower and at the Iraqis trying to rush : the compound.

His upper torso and head were exposed as he manned the gun.

"This wasn't a John Wayne move," said Command Sgt. Maj. Gary J. Coker, the top enlisted man in the 11th Battalion, who was near the battle. "He was very methodical.

He knew he had the gate his command, Coker, who and he wasn't going to leave it and nobody was going to make him leave

Still, Coker said, "it was absolutely amazing to stand up in that volume of fire."

During a stretch of 15 minutes or longer, Smith fired more than 300 rounds as Pvt. Michael Seaman, protected inside. the M113, passed him ammunition:

Then he was struck by enemy fire and mortally wounded. At almost the same time, 1st Sgt. Timothy Campbell ended the threat from the tower with a grenade, and the surviving Iraqis withdrew. Medics tried to save Smith, and he died about 30 minutes later.

He and his comrades are credited with killing between 20 and 50 Iraqi soldiers.

Beyond his position were American medics, scouts, a mortar unit and a command post all lightly armed and vulnerable.

"Sgt. 1st Class Smith's actions saved the lives of at least 100 soldiers," according to an Army narrative.

Born in El Paso, Smith moved to Tampa, Fla., when he was 9. He enlisted in the Army in 1989.

tough on the men under alofhonor

has returned to Iraq with the 3rd Infantry Division, said in a weekend telephone interview.

But Smith held himself to the same standard; Coker said, and he took care of his young soldiers when they needed it. Back in the United States, when one private's wife fell seriously ill, Smith drove four hours to bring toys to their children.

The other two post Vietnam Medals of Honor went to Army Master Sgt. Gary I. Gordon and Army Sgt. 1st Class Randall D Shughart, two Delta Force troopers who died defend ing the crew of a helicopter that was shot down in Mogadishu, Somalia, in events depicted in the book and movie "Black Hawk Down.

More than 3,400 Medals of Honor have been awarded since the decoration was created in 1861, of which more than 600, have been given posthumously.

Military officials rigorously review any nomination for the medal in a process that can last 18 months or more. Only about 840 have been given since World War II, when the requirements were made more stringent.

Army Web site on Smith: He was known for being http://www.army.mil/med

FUNERAL

Continued from Page 1A

they made their decisions on the funeral rites, Navarro-Valls said. There were 65 cardinals attend-

Josef Archbishop Clemens, secretary of the Vatican office for lay people and a former aide to top Vatican Cardinal Joseph Ratzinger, said not all the cardinal electors had arrived in Rome time to attend Monday's first session.

Asked about the atmosphere among the cardinals, he said: "Sad, but hopeful."

There had been speculation that the pope might have left orders to be buried in his native Poland, but Navarro-Valls said John Paul "did not show any such wish."

Poles have hoped that the pope's heart may be Wavel placed in Cathedral in Krakow, where Polish saints and royalty are buried. Asked if this was ruled out by burial in St. Peter's, Navarro-Valls did not directly reply, saying he

was merely transmitting information on decisions made by the cardinals Monday morning.

Navarro-Valls made no mention of a date for the papal election, or conclave, implying that no such decision had been made. By church law, the conclave must take place within two weeks of the

The spokesman said John Paul's body will be carried briefly through St. Peter's Square later Monday en route to the basilica, where a prayer service will be celebrated by Cardinal Eduardo Martinez Somalo, the camerlengo, or chamberlain who is the most important official running the church following the pope's death. After the service, the public will be

allowed to view the body. Navarro-Valls said that to accommodate the thousands of faithful expected. the basilica would remain open every night this week except for three hours — from 2 a.m. to 5

a.m. — for cleaning. The meeting at the Bologna Hall of the a white bishop's miter, Vatican's

Palace was the first gathering of the world's since the pontiff's death. After taking an oath of secrecy, they were to open any final documents John Paul may have prepared for them.

whether the cardinals had very much at peace. It ing calls from modernizset a date for the papal was very satisfying for all ers for the church to prayed in remembrance election conclave to of us to see him so adapt. begin; by church law, it must take place within two weeks of the burial.

John Paul himself set an imposing agenda for the cardinals in instructions he drafted in 1996, including the reading of any final documents he may have left for them.

The cardinals were expected to arrange for the destruction of John Paul's Fisherman's Ring and the dies used to make lead seals for apostolic letters.

The body was displayed Sunday for prelates, ambassadors and other dignitaries.

John Paul lay in state in the Vatican's frescoed Apostolic Palace, dressed in crimson vestments and Apostolic his head resting on a

stack of gold pillows. A official word on whether wear gaily colored unirosary was wound around Roman Catholic cardinals his hands and a staff was tucked under his left forearm. A Swiss Guard stood on either side as diplomats, politicians and clergy paid their respects at flock for 26 years with his feet.

> serene," Cardinal Roger Mahony of Los Angeles said after paying his respects. "His life is finished and he gave up his spirit."

of Rome, Elio Toaff, who pinned up with multicol- around the world. had hosted John Paul during his historic visit to Rome's central synagogue in 1986, viewed the body Monday. He raised his arm before the body in a gesture of tribute. The current chief rabbi, Riccardo Di Segni, viewed the body Sunday.

body John Paul's appeared to have been touched up. There was no Guards, who normally

it was embalmed.

Rome is bracing for a crush of mourners expected to pay tribute to the Polish-born prelate who reigned firmly over his unbending loyalty to its There was no word on "Our Holy Father looks ancient precepts, resist-

In St. Peter's Square, lamp posts were covered with impromptu memorials to John Paul, including flowers, icons, and handwritten messages The former chief rabbi and children's drawings ored candle wax.

"Even if we fear we've lost a point of reference, I feel like everybody in this square is united with him in a hug," said Luca Ghizzardi, a 38-year-old nurse among the throng in St. Peter's Square, with a sleeping bag and a handmade peace flag.

The Vatican's Swiss

forms, were clad in black cloaks.

The pope died Saturday of septic shock and cardio-circulatory collapse. but had been strugglingwith declining health for many years. He was 84.

Around the world, bells tolled and worshippers of the man who reigned for longer than all but two of his predecessors and was credited with helping bring down communism in Europe and spreading a message of peace during his frequent travels

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24th & Johnson 267-8288 Helen Stein, 91 died Sunday.' Services are pending at Myers & Smith Funeral Home.

Dorothy Dillon 88, died Sunday. Services are pending at Myers & Smith Funeral Home.

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PARK

Continued from Page 1A

from three runners in Houston and the Permian Basin Running Club usually sends a team over. We get runners from Midland, Merckel and San Angelo, just to name a few. They really look forward to the challenge the terrain here offers."

Alton said the Fun Run doubles as a fund-raiser for the park, and helps show the state just how important the park's role is in the community.

"The money we raise from the Master the Mountain Fun Run/Walk will be used to put the same event on again next year," he said. "There's a \$10 entry fee to walk or run in the event, and that will include a T-shirt with Sue Bagwell's famous prairie dog design. The colors may be a little different this year, but for the most part it's going to be the same design as last year.

"The state really looks at events like these when

it comes to the state parks and the funds each one is allocated. So this run is really important - not just to the health of the runners and walkers in and around the community, but to the longevity of the park itself."

Set to start at 9 a.m. on Saturday, April 16, Alton said he hopes people take a very special reminder about exercises away from the annual event.

"I started running about seven years ago, and it's had a tremendous impact on my health," said Alton. "You can't believe the amount of energy that it creates. It sounds funny, but exercise breeds energy. At the end of the run you're so tired

you can barely stand up, but the next day you have even more energy."

Alton said medical personnel will be on duty throughout the walks and runs, which are being held in conjunction with the annual Big Spring Chamber Area Commerce Health Fair.

Participants can register the day of the event, beginning at 8 a.m.

For more information on the "Master the Mountain" Fun Run/Walk, contact Alton at (432) 263-4931.

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

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-FIRST AMENDMENT

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

Managing Editor

Bill McClellan News Editor

OTHER VIEWS

Republicans need to think carefully on rules changes

n June 2003, Robert A. Caro wrote to U.S. Sens. Trent Lott, R-Miss., and Christopher J. Dodd, D-Conn., the chairman and ranking member of the Senate Rules Committee. Several senators had asked Caro, author of the acclaimed and scholarly three-volume biography of Lyndon B. Johnson, for his thoughts on the Senate's role with respect to President Bush's judicial nominations.

Caro reminded the senators that extended debate, the filibuster, had been used to prolong some of the nation's most ignoble causes, such as racial segregation. But he cautioned the senators against changing the rules.

The Founders, he said, meant the Senate to be a deliberative body, one strong enough to resist a popular president when any of its members thought it their duty to do so. The Senate's constitutional role of resisting presidential authority and impetuous tides of popular passion would be ended if a simple majority could end debate even before it had begun.

Frustrated that Democratic senators have used extended debate to reject seven of Bush's judicial nominees, some Republican senators want to implement what has come to be known as the nuclear option: allowing 51 senators (or 50 senators and the vice president) to end debate on judicial nominees. They wish to forget that Republicans held up or rejected confirmation of an even greater number of President Clinton's judicial nominees. Triumphant after the last election and controlling the White House, Senate and House of Representatives, some members of the ruling party cannot imagine the day when they will return to

At crucial times in the past, senators of the ruling party have joined the minority to protect the Senate's independence from the White House and to defend the rights of the minority against the tyranny of the majority. It is hard to imagine that happening with any frequency today. Partisan power has become paramount, and the president can easily find 51 partisans eager to confirm any judicial nominee, no matter how far from the mainstream or how unqualified for lifetime appointment to the federal bench.

One such nomination Democrats thwarted last term was that of Texas Supreme Court Justice Patricia Owen. Albert Gonzales, the U.S. attorney general and for years President Bush's lawyer, once served with Owen on the Texas high court. While on the court, Gonzales wrote an opinion criticizing Owen's minority dissent as "an unconscionable act of judicial activism" the very thing President Bush says he abhors in a judge. Typical of the imperatives of party loyalty, Gonzales supports Owen's nomination to the U.S. Fifth Circuit Court of Appeals.

Bush says he wants his nominees to just follow the law, but one nominee has been reversed by the conservative Fourth Circuit more than 150 times. Either the nominee doesn't know the law, or he chooses to

Conservative lawyers and jurists who could easily win confirmation are plentiful. Republicans should resist making the Senate a rubber stamp in order to curry favor with ideological segments of the party's base.

> The Chronicle Houston

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A SMALL PRAYER

by K. Rae Anderson

We score a life goal when we know You, Lord, through prayer.

.A. mayoral race: The end of politics

he Los Angeles mayor's race has a haggard, been_there-done-that feel as if the City of Angels were approaching the end of politics.

The March 8 primary pitted Mayor Jimmy Hahn against two former Assembly speakers — Antonio Villaraigosa and Bob Hertzberg — as well as the police chief Hahn fired, Bernie Parks, a prominent African American who was replaced by the popular Bill Bratton.

DEBRA SAUNDERS

The top candidates were all Democrats, with some lesserknown hopefuls added in. All that talent and yet the turnout was a measly 26 percent of registered

The end of politics? It's what you get when only the candidates' entourages show up at rallies, few regular citizens care who wins, and issues don't matter anymore.

Villaraigosa compares the L.A. mayoral election with the election in Iraq, where the turnout was almost 59 percent — and laments. Hahn told me that the mayoral primary didn't even generate the turnout of the 2001 election when he won the mayor's office.

Then, it was 30 percent — and 30 percent is, as they say in Hollywood, bad box office. Now, the May 17 runoff election pits not the top candidates of each party but the top two vote-getters.

Hahn squeaked into the runoff with just 24 percent of the vote. The oh-so charming Villaraigosa, however, fared better, capturing 33 percent of the vote. But that lead may prove elusive. Four years ago, Villaraigosa beat Hahn in the primary election only to lose to him in the runoff.

It will be the end of politics when all the interest groups have endorsed every candidate - at different times. And that just could happen one of these days.

Wednesday morning, Villaraigosa held a press conference to tout endorsements from several San Fernando Valley neighborhood groups. Sherman Oaks Homeowners Association head Richard Close — a political heavyweight in the voter rich 'burbs of L.A. _ was not the only San Fernando Valley biggie to have endorsed first Hahn four years ago, then Hertzberg in the primary last month and now Villaraigosa in the runoff.

Wednesday afternoon, Hahn held a press conference with County Supervisor Mike Antonovich. Antonovich, a Republican, backed Parks in February, but on Wednesday announced his endorsement of Hahn, who had canned Parks.

Antonovich explained that Hahn would be better on "public safety." Antonovich also referred to Hahn's father, the late Kenny Hahn, an icon in L.A. politics with legendary ties (for a white guy) to the city's black community.

No doubt Hahn appreciated the reference, because Democratic Rep. Maxine Waters' endorsement of Villaraigosa signaled a retreat of black voters, who were a key factor in Hahn's 2001 win. Waters explained that she switched from Hahn to Villaraigosa because "Jimmy Hahn is no Kenny Hahn."

And it didn't help that the L.A. County Democratic Central Committee made the unusual move of snubbing a sitting Democrat, instead endorsing Villaraigosa. In the end of politics, there will be no lasting alliances.

The end of politics will come when every candidate agrees on every issue. At Monday night's debate, Hahn and Villaraigosa held the same view on virtually every angle of every issue. Driver's licenses for illegal immigrants? "Yes," said Villaraigosa. "It's a public safety issue." I agree, chimed in Hahn, who added, "You can't get (auto) insurance if you can't get a license."

Both said, however, that the federal government is remiss in its poor enforcement of immigration law, but it would be wrong for the city to enforce immigration law.

So where is the politically defining disagreement? Over traffic.

Hahn said he would reduce congestion by improving the worst 25 intersections, while Villaraigosa said he would work to improve all 40,000 of the city's intersections. "If you aim high, you can accomplish more," explained former Villaraigosa aide Elena Stern. With Villaraigosa's can_do attitude and lobbying skills in Sacramento and Washington, he can charm more state and federal funds for traffic improvements, she said.

At the end of politics, victory goes to the side that smashes all faith in the other guy.

Team Hahn parries back with this: Villaraigosa has gone back on his word. He said he wouldn't run for mayor when he ran for city council. In 2001, he told one group he was for Parks, but told

Camp Antonio says: Hahn is a part_time mayor; he goes home at 4 p.m. He made his top fund_raiser a deputy mayor, and the deputy mayor was too cozy with big

another group he was against him.

donors. Now the Hahn administration is the target of corruption probes. And, he isn't a visionary. He doesn't keep his promises; traffic is still miserable. "I've made some decisions that

haven't made me the most popular guy," Hahn told me Wednesday. Or, as Villaraigosa likes to remind voters: Three_quarters of them rejected Hahn last month.

The odd part is, Hahn is in hot water for making two decisions that are highly popular with L.A. voters — replacing Parks with Bratton and defeating the 2002 campaign for secession of the San Fernando Valley from the city. How does a man's rep plummet by doing things voters want?

L.A. political consultant Darry Sragow, who is neutral in this race, likens Hahn to recalled Gov. Gray Davis. He has been "invisible" to voters, said Sragow Thursday. He is surrounded by "the taint of scandal." Yes, he took two stands that the voters like, but he did it in the wrong way, which "cut off his own lifelines" by alienating two important voting blocs, African Americans and San Fernando Valley residents. Hahn wasn't "respectful" in how he dealt with those communities, Sragow said, so they're bailing.

But — as Los Angeles Daily News reporter Rick Orlov frequently points out — Hahn has won six citywide races. Only a fool would count him out, even

And, I'll add, Villaraigosa played into Hahn's hands Monday night, when he promised too much, and hence came off as less credible. Villaraigosa admitted to me that

the best turnout to be expected on May 17 is 30 percent. If so, Angelenos will be turning out in higher numbers for the nastiest part of a nasty race.

At the end of politics, all politics is personal. Very personal.

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

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Bush winning ugly on major issues

senior Republican senator who avoids the headlines and tries to help President Bush as much as possible two weeks ago was dis-

cussing with me the problems of seeking Social Security reform. Then he said something that surprised me: "I have been around a while, and this is the worst administration at congressional relations that I have ever been associated with."



NOVAK

I checked with several Republicans in both the House and Senate, and all agreed more or less with that assessment. Last week, I asked an administration official who is willing to speak his mind so long as his name won't be used. "I don't know that much about Congress," he said, "but I do believe this is a dysfunctional administration.'

The worst? Dysfunctional? What about the praise of the strategic mastery that carried George W. Bush to a second term? Besides, is Bush not widely popular in Republican ranks? Does he not lead a party pretty well united on issues and ideology? All that is true. The dirty little secret, however, is that this administration succeeds despite chronic malfunctioning, and this more often than not is a matter of bungled personnel decisions.

I asked the senator who complained about congressional relations for the name of the official in charge of this White House function. Embarrassed, he said he did not really know. Intrigued, I asked another four prominent

Republican lawmakers until I finally found one who knew the answer. This is a post held in the past by such major figures as Bryce Harlow, Lawrence O'Brien, William Timmons and Kenneth Duberstein. President Lyndon Johnson even gave O'Brien Cabinet status, naming him postmaster general while retaining his congressional liaison duties. The answer to my question is

Candida Wolff, an able and experienced lobbyist but hardly at the level of her illustrious predecessors. As is the case often in the Bush administration, the post was open for weeks until her appointment was announced Jan. 10. That announcement received littlenotice in the press, but it would seem reasonable for her to make herself known to major legislators during a two_month tenure.

Unfilled jobs have been a chronic problem in this administration especially at the Treasury, where several posts always seem empty. Recently, the vacant offices have included deputy secretary and under secretary for international affairs. The latest of multiple vacancies in the deputy's post occurred when Samuel Bodman was named secretary of energy without anyone ready to replace him at Treasury.

The number of unfilled Pentagon positions now rivals those at Treasury. Since Paul Wolfowitz had been earmarked as World Bank president for some time, it might be supposed that his successor as deputy secretary of defense would be standing beside him when he was named. But that is not the way the Bush White House works.

Indeed, it sometimes seems more interested in who is kept out of

office than who is ushered in. The most celebrated recent incident, talked about in wonder throughout Washington's Republican circles. concerns the new secretary of commerce, former Kellogg Co. CEO Carlos Gutierrez. As first reported by Washington Post columnist Al Kamen, Gutierrez's desire to bring his longtime Kellogg associate George Franklin to the capital as his only personally selected aide was rejected. Franklin had rented a townhouse, but he was sent home because of his associations in the John McCain wing of the Michigan GOP.

Franklin was a man of prominence back in Michigan, but the Bush White House's icy hand does not discriminate between the mighty and the meek. One presidential appointee ran into trouble because he retained a young clerical employee who was a holdover from the Clinton administration. Every two weeks the official would get a call from the White House asking when this worker would be removed. Even though these stories are

commonplace in Washington today, the argument can be made that this president has passed major tax and education bills, pacified Afghanistan and removed Saddam Hussein from power, all while defeating recession. So what if his administration looks dysfunctional? In basketball, it is called winning ugly. The trouble is that a team that wins ugly sometimes starts losing.

To find out more about Robert D. Novak and read his past columns, visit the Creators Syndicate web page at www.creators.com. © 2005 CREATORS SYNDICATE,

"He who laus -Mary Petti Poole

It has been a

question in the community for What effect do have on healin researchers for strictly scienti of the debate, 1 that there is no direct evidence indicating that humor heals illness. Yet other medical experts have demonstrated how laughter can bring specific health benefits

instance: Laughter immune system ing natural dis ing cells.

 Laughter blood pressure Laughter tolerance to pa reported in the Journal of the Medical Assoc Laughter heart rate and

rate. And probabl importantly, 1 helps to reduc wealth of rese shown that dis emotions, suc depression, ar anxiety, are a to heart diseas directly chang tressing emot fore, humor n reduce the ris disease.

"If you can l you can survii —Bill Cosby Illness can b stressful to pa their caregive Hospitalizatio tion from fam sive procedur plex technolog





FRI

To your health

Ahh, the healing power of laughter

"He who laughs, lasts." -Mary Pettibone

Poole It has been an ongoing question in the medical community for years: What effect does humor have on healing? Some researchers focus on the strictly scientific aspects of the debate, noting

that there is no direct evidence indicating that humor heals illness. Yet other medical experts. have demonstrat-

DR. PATTI ed how laughter PATTERSON can bring specific

health benefits. For instance: Laughter boosts the immune system, increasing natural disease-fight-

ing cells. Laughter lowers blood pressure.

 Laughter increases tolerance to pain, as reported in the 1989 Journal of the American Medical Association.

 Laughter increases heart rate and pulse

And probably most importantly, laughter helps to reduce stress. A wealth of research has shown that distressing emotions, such as depression, anger and anxiety, are all related to heart disease. Humor directly changes distressing emotions; therefore, humor may help reduce the risk of heart disease.

"If you can laugh at it, you can survive it." -Bill Cosby

Illness can be very stressful to patients and their caregivers. Hospitalization, separation from family, invasive procedures, complex technology or an

unfamiliar environment can all create feelings of anxiety, loneliness, anger or fear. These emotions are known to produce physiological changes that are harmful to the body.

Laughter can be therapeutic to both patient and caregiver when dealing with illness. Laughter is pleasurable; it momentarily banishes feelings of anger or fear and gives a feeling of power and control. And shared laughter is a uniquely human bond that helps us connect with one another.

April is National Humor Month. What better time to focus on taking a lighter look at life? Some ways to add humor include:

Being surrounded by funny and playful people. Find a humor buddy.

 Keeping an emergency humor tape in the

Observing children and animals.

Clipping cartoons and posting them in a visible location.

Humor and laughter can foster a positive and hopeful attitude. Laughter provides an opportunity to release those uncomfortable emotions which, if held inside, may create biochemical changes that are harmful to the body.

Researchers say that children laugh about 400 times a day, while adults laugh about 15 times a day. Increasing our daily dose of laughter may help us recapture our youthful spirit - and perhaps become healthier in the process.

Dr. Patti J. Patterson is vice president of rural and community health at Texas Tech University Health Sciences Center.

Lurking in yogurt: Live cultures that may boost your immunity

By JANET HELM

Chicago Tribune Bacteria in your food are a bad thing, usually: Think of E. coli or other harmful bugs. But a whole other world of "friendly" bacteria lurks out there. Called "probiotics" and found in such products as yogurt, they provide health benefits beyond the regular live cultures found in those foods.

Probiotics are among the fastest-growing category of functional foods. according to the market research firm Mintel, which cites a 140 percent increase last year in the launch of new probioticfortified products.

So far, the strongest evidence on probiotics has focused on digestive-tract problems such as lactose intolerance and diarrhea

including infectious diarrhea among children and the type that develops after a person has taken antiobiotics (which wipe out both good and bad bacteria in their path, altering the digestive tract's natural balance).

Additional studies suggest probiotics may help decrease the risk of colon cancer and ease symptoms of irritable bowel syndrome and the more serious inflammatory bowel disease, which includes Crohn's disease and ulcerative colitis. Researchers also are beginning to see signs that probiotics may help lower blood pressure and blood cholesterol levels.

of live microorganisms. "We've done a good job

people to death of of the International Scientific Association for Probiotics and Prebiotics, cut in half a baby's risk of a non-profit scientific developing allergies early organization. don't understand the otics to expectant mothimportant role microbes can play in our health."

antibiotics. Unlike which kill harmful microbes in the body, probiotics simply take up temporary residence and neutralize the negative effects of the "bad" bacteria living there. Some of and fewer clinic visits the benefits of probiotics and absences from child



Products with probiotics in them won't necessarily list that word on the label. Look for may be made live cultures with any of these names: with

appear to be their feisty aggression toward these nasty bugs in our bodies, Sanders said. -

(or bifidus), L.casei or L. reuter.

Emerging Health Benefits

Some of the most exciting research on probiotics involves its potential to boost immunity, according to Allan Walker, a professor of nutrition and pediatrics at Harvard Medical School, who is studying how exposure to good bacteria could help children decrease their susceptibility to infections and allergies.

Probiotics appear to communicate with the Europeans have long cells in our intestines to embraced the concept of turn on antibodies to probiotics (which is fight infections, Walker derived from the Greek said. This "cross-talk" word meaning "for life"), helps rev up our immune but Americans haven't response so we're better fully warmed up to the prepared to deal with idea of downing a drink invading bacteria and swimming with billions viruses that could make us sick, he said.

Though research is prein this country of scaring liminary, scientists are revealing some promising microbes," said Mary immune function bene-Ellen Sanders, president fits, particularly among children:

 Finnish researchers "People in life by giving probiers and their newborns who were predisposed to asthma, hay fever and eczema.

 A recent study published in Pediatrics found that infants fed formula containing probiotics had less diarrhea and fever,

care centers, compared to those consumed a formula without probiotics.

 A study of more than 570 children in day care centers found that intake of a probiotic milk reduced the number and severity of respiratory infections and the need antibifor otics.

Tracking Down . 'Good

Some foods Lactobacillus acidophilus, bifidobacteria robes everything

> from sourdough bread to pickles, sauerkraut, kim chi, miso and fermented meats like salami. But it doesn't mean all the "good bugs" survived the processing or that the strains used provide actual health benefits, which is required before it would qualify as a probiotic, Sanders said.

You also can't assume that all yogurts contain probiotics (although not all experts agree on where you draw the line). Though many of the national brands contain "live active cultures," the typical strains used to make yogurt don't make it the full ride through our digestive tract.

These starter bacteria produce lactic acid and are used to give yogurt its tart flavor, but they don't seem to have the same types of health benefits as probiotics, which do survive the digestive tract, Sanders said (although they still might help folks. with lactose intolerance).

If you want a yogurt with the gut-healthy, friendly bugs, you need to scour the label to see if the manufacturer supplemented the standard strains with probiotic bacteria. The two most common Lactobacillus acidophilus

and bifidobacteria (or bifidus). You won't necessarily see the word "probiotics" on the label.

These bacteria (and their probiotic cousins L. casei, L. reuteri and others) also are being added

to fermented milks like acidophilus milk, kefir who and soy beverages.

New to the market is Dannon's DanActive, a probiotic dairy drink that contains 10 billion live cultures per serving - or 10 times more cultures than yogurt, according to the label. DanActive also appears to be the first product to use the immunity claim to try and sell Americans on the benefits of live microorganisms. The label touts its ability to "naturally strengthen your body's defense system." Companies are explor-

ing adding the cultures to a wide range of non-dairy products, including breakfast cereal, energy bars, juices and other beverages; and even candy. Capsules of probiotics also are available in health food stores, but experts believe there may be additional benefits of getting your bacteria in a food form, especially through dairy products.

To take care of the "good" bacteria you buy, don't let your probiotic products linger at room temperature, and don't heat them or you'll kill the live cultures. Also, it's best to consume probiotics before the use-by date on the label (or within the week following the sell-by date). Otherwise, the live cultures begin to

To reap the full benefits. you need to consume probiotics on a regular basis. The friendly bacteria only persist in your gut as long as there's a steady supply. So if you don't eat any foods or supplements containing probiotics, after about a month they will

Don't Forget Prebiotics Now that you've gotten

to know the term "probiotics," there's something else you should add to your lexicon: prebiotics.

These are types of dietary fiber, such as inulin and oligosaccharides, that help nourish the growth of good bacteria. Companies are beginning to introduce new products that contain a combination of probiotics and prebiotics.

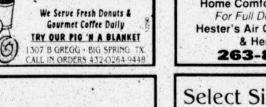
Consuming foods that naturally contain prebiotics - garlic, onions, artichokes, bananas and whole grains - also can help stimulate the good bugs that naturally reside in your digestive tract.



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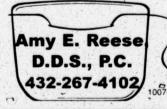
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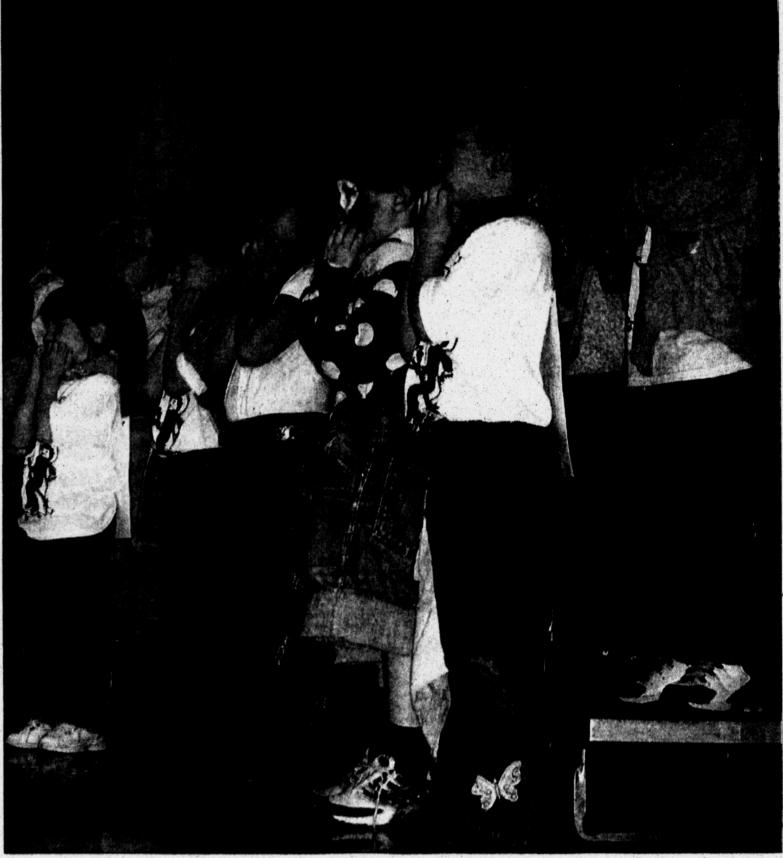
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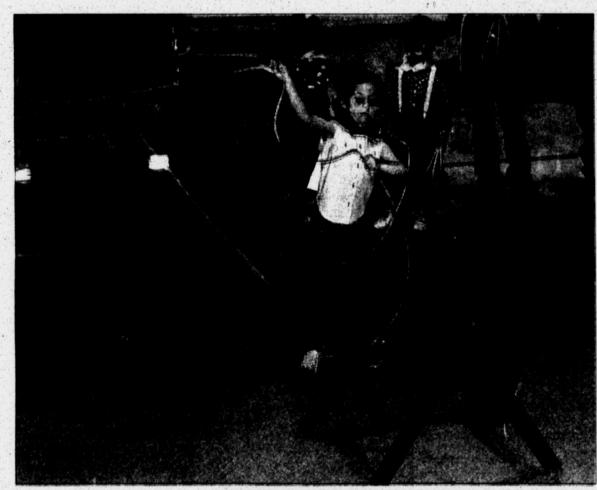
ood news!



Brice Chapman displays some of his trick roping skills during the Coahoma Kindergarten Rodeo, held at the elementary school gymnasium.



Participants in the stickhorse rodeo sing for the audience during intermission.



Above, Annie Chandler displays her roping talents as she zeroes in on a sawhorse steer during the 27th **Annual** Coahoma Kindergarten Rodeo Thursday morning.

At right, Miss Rodeo Texas, Tanya Harvey, talks to some of the participants at the rodeo.

Herald photos by Steve Reagan

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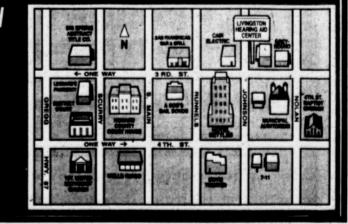


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Page 1B Monday, April 4, 2005

IN BRIEF

Cornell Corrections announces softball tournament at Mize

Cornell Corrections is sponsoring a co-ed softball tournament benefiting Relay For Life.

The tournament will take place April 22 and 23 at Cotton Mize Field inside Comanche Trail Park.

The cost is \$10 per player and the deadline to register is Friday, April 15.

Concessions will also be available.

For more information, call 267-1911 ext. 214 during the day and 267-2004 at night.

Howard rodeo team sets crawfish boil

The Howard College rodeo team will hold its annual crawfish boil April 16 at 2 p.m. at the H.C. Rodeo Bowl during Howard College's annual rodeo.

The cost is \$15, which includes ticket into rodeo.

For more information, contact Howard rodeo coach Greg Kernick at 816-9477.

Dodgeball tourney set for April 9

Cornell Corrections has set up a co-ed dodgeball tournament for Saturday at the YMCA and the tournament will benefit Relay For Life.

The costs \$10 per person and the deadline to register is April 5.

For more information, call 267-7911 ext. 214 during the day or 267-2004 at night.

Couples scramble set up at Comanche

A summer long couples scramble tournament has been set at Comanche Trail Golf Course.

The tournament will start Thursday and will take place every Thursday throughout the summer, ending sometime in October.

The tournament consists of nine holes and the tee time each day is 5:30 p.m.

For more information, contact Russell at 398-5452.

ers

SIBLE

Softball Association to hold umpire clinic

The Big Spring Girl's Softball Association will be holding an ASA umpire clinic tonight at 6 p.m.

The clinic will be held at the Roy Anderson Complex at Hollis Field.

For more information or if anyone is interested in attending, call Francisco Ramirez at 466-3670 or 264-1530.

First MLB player falls victim to policy

ST. PETERSBURG, Fla. (AP) - Tampa Bay outfielder Alex Sanchez was suspended 10 days for violating major league baseball's new drug policy, the first player publicly identified under base-

ball's tougher rules. Major League Baseball announced suspension the It begins Sunday. Monday.

Howard claims three strong finishes in Snyder

By TROY HYDE

Sports Editor

SNYDER - Four members of the Howard College rodeo team advanced to the final round Saturday at the Western Texas College rodeo in Snyder and three came away with strong finishes.

Juan Alcazar put together a 4.8 second final

round run in the steer wrestling event, which made him third in the round and third in the average.

Sierra Stoney scored her second straight 7.7 second time in the goat tying and was able to finish tied for third in the final round and grabbed third overall in the average.

Dustin Specht's time of



9.4 in calf roping Saturday night gave him the best finish in the final round, which then pushed him into second overall among the average.

Jed Headley also com-

the steer wrestling competition, but a broken barrier allowed him to not claim a spot in the top-

"Things are starting to come together for us," said Howard coach Greg Kernick. "We still need to get some points, but luckily its not over. We still have 30 percent of our

peted in the final round of rodeos still to go and hopefully we'll be able to get some kids into the (College National Finals Rodeo).'

The Hawks travel to Canyon next Thursday to begin a three-day rodeo at West Texas A&M before hosting the Howard College rodeo April 14-16 at the Howard County Rodeo Bowl.

Howard gets sweep over rival at home

By TROY HYDE

Sports Editor

After splitting two games at home against El Paso Community College Friday, the Howard College softball team brought the brooms out Saturday and swept their conference rivals off Foundation Field and improved their Western Junior College Athletic Conference record to 11-7.

"The wins were big because El Paso was fighting us for the third place spot in the conference," said Howard coach Cheryl Dickens.

The Hawks won the first game, 12-7, before taking the second game. 8-4.

GAME ONE

The opening game went back-and-forth early, but the Hawks were able to take control in the fifth with five runs.

first inning, but El Paso Walsh and Whitney each countered with three runs in the next two innings to cut the Hawks'

innings. El Paso grabbed the lead in the top of the fourth inning before the Hawks scored twice to go back in front.

The five-run fifth inning put Howard up 12-6 and the Hawks did not allow for another El Paso comeback. Howard gave up one run in the sixth, but the rally by El Paso was cut short.

"It was a tight game until we got five in the fifth inning," Dickens. "We started the game well and our hitting came back around, too."

Sophomore Andrea Renteria got the win in game one, despite giving up seven runs on 12 hits and walking six.

Becka Renfro went three-for-five at the plate with two runs to lead Howard. Michelle Teller added three runs and a double, while Amanda Kuramata and Amy Howard (14-16, 11-7) Hitzfeld each scored twice scored four runs in the and doubled. Crystal added two RBIs, as well.

lead to 5-4 after three See HAWKS, Page 2B



Howard sophomore Kelli Stolle fouls off a pitch Saturday during Game 2 of Howard's win over El Paso Community College. The Hawks won both games against the Tejanas at Foundation Field Saturday.

Howard wins again in final at-bat

By TROY HYDE

Sports Editor

The Howard College baseball team pulled out an impressive come from behind win in game No. 1 . El against Community College before falling 11-3 in game two at Jack Barber Field in Big Spring Saturday.

The Hawks trailed 9-2 after four innings in the first game, but battled back to win in their final at-bat, 12-11. It was the second straight day the Hawks won the opening game in their last at-bat.

The split of El Paso pushes Howard's overall record to 22-9. The Hawks' Western Junior College Conference's Athletic record now sits at 5-7.

GAME ONE

El Paso's quick start was countered Howard's strong finish in the first game. El Paso scored three runs to start the game in the first inning and then sent four runners across the plate in the fourth to take a commanding eight-run lead before the Hawks mounted a comeback.

A six-run fifth inning pushed the Hawk deficit 9-8, but El Paso grabbed two more runs in the top of the sixth to go back up by three before Howard tied the game in its half of the sixth. After shutting

down El Paso in the seventh, the Hawks took advantage of their final at-bat and managed to get the job done and claim

the victory. Sophomore Tanner a double to start the inning and eventually wound up on third when El Paso walked two straight Hawk hitters -Darby Brown and Jason Anderson — and loaded the bases to pitch to pitcher Eric Ashbrook, who was in the game playing first base for Will Basom.

Ashbrook hit a soft ground ball to the third baseman, who tagged his base and then attempted to gun down Ashbrook at first to end the inning, but the throw was off-line and the first baseman had leave the bag. Ashbrook wound up being safe on the play and Mattson crossed homeplate, which secured the win in game No. 1.

Jason Anderson went four-for-four at the plate with a walk, double and two runs, while Brown went two-for-three with a home run and one RBI.

Freshman Jeff Ward also had two hits as he hit his sixth homer of the year. He also double and knocked in one run, while walking once. Basom had two hits - including a double — and three RBIs,

two-for-four. Michael Robbins started the game, but was taken out after the first inning. He allowed three earned runs on three hits. Matthew Shephard threw Mattson reached base on the next four innings, gave up seven earned runs on six hits and five walks. Michael Martin pitched the sixth inning and gave up one run before Darren Lawless entered the game in the seventh and recorded the win.

> Sean Stroud took the loss for El Paso after giving up two earned runs late in the game.

GAME TWO

Like Friday at Jack Barber Field, the second game of the doubleheader was cut short due to the eight-run mercy rule. This time, however, Howard fell victim to the rule.

El Paso scored four runs in the first stanza and scored two more in the fourth and four more in the fifth before scoring one in the seventh and final inning as the Hawks lost, 11-3 in seven innings.

Howard got only seven hits from the plate and did not score until the fifth inning. They scored two runs in the fifth and then got one in the sixth, as well.

No Hawk hitter had



HERALD photo/Troy Hyde

Howard College freshman Jeff Ward, left, congratulates Eric Ashbrook Saturday during Howard's game one win over El Paso Community College. Ashbrook delivered a one-out bases loaded walk-off RBI fielder's choice in the bottom of the seventh inning and helped send Howard to the 12-11 win at Jack Barber Field. The Hawks lost game No. 2, 11-3.

Aaron hit his seventh runs. home run of the season. Femath Ryan and Ashbrook both doubled, as well. Parker Sisk and Zach

Sewell pitched in the game for the Hawks, but neither player was very effective. Sisk took the while Jeff Storms went multiple hits, but Daman loss after giving up six

Sewell entered the game in the fourth inning and gave up five runs in just more than three innings of relief work.

Howard takes on ACU tonight before returning to conference play next weekend on the road against rival Clarendon.

Becerra, Paredez lead Forsan tracksters at Roby Invitational

By TROY HYDE

Sports Editor

ROBY - Both Forsan track teams struggled to find points Saturday at

the Buffaloes claimed seventh overall with 52.5 as they got 24 points. the Roby Invitational as boy's and girl's team Justin Forshee grabbed

The Forsan boy's were points and the Lady led by senior Trey Buffaloes finished ninth Paredez, who finished second in the 800 meter Hamlin won both the run with a time of 2:06.30.

fifth in the 400 meter dash after claiming a :59.66:

Senior Cynthia Becerra claimed most of the

Forsan girl's points. Becerra also grabbed first in the 1,600 meter

run with a 6:03.28 and then grabbed second in the 800 meter run after finishing in 2:38.42.

Forsan will run in the district track Thursday at Roscoe.

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GUN CLASS

Illinois reaches championship game cruising past Louisville

By EDDIE PELLS

AP Sports Writer

ST. LOUIS (AP) -Staring into the sea of orange in the stands, the Illinois players raised their forefingers high above their heads. The No. 1 team in the country needs just one more win, and 100 years of waiting for a championship will be over.

Roger Powell Jr. and Luther Head scored 20 points apiece and sparked the Illini to a 72-57 win over Louisville on Saturday, a semifinal success that made the best season in a century of Illini basketball that much better.

"We put April 4th on the board six weeks ago and we are playing April 4th in the national championship," coach Bruce Weber said.

With the win, the Illini (37-1) tied the single-season NCAA record for victories, and kept the coach's magical bus ride going straight through the title game Monday against either North Carolina or Michigan State:

The Illini, ranked first in the country since December, got the tough test they expected from the Cardinals (33-5) and Rick Pitino, who made history by taking his third different program to the Final Four.

But Pitino and the Cardinals are going home, thanks to the scoring of Powell and Head and a defensive effort from everyone that helped the Illini shut

and pull away in the second half.

After Louisville took its only lead of the game, 33-31, early in the second, Powell scored nine straight points for Illinois to grab back the lead and establish the Illini's dominance inside.

A little later, with a 50-49 lead, Powell sandwiched a layup and a jumper around two 3pointers by Head as part of an 11-0 run that made the deficit too big to overcome.

Head made his first four 3-point attempts during the second-half streak. Powell wound up just four points short of his career high despite playing only five minutes in the first half because of foul trouble.

Head's backcourt mates, Deron Williams and Dee Brown, each struggled from the field, shooting a combined 5-for-17, and just 3-for-14 from 3-point range.

But, as usual, they did the little things. Williams, who scored Illinois' first and last bucket of the game, finished with nine assists and five rebounds to go with his five points. Brown ran the point and took care of the ball, adding four assists.

The guards also put some major .D. Louisville.

guarded Williams Garcia, the Cardinals' best player most of the season, and Garcia finished with four points to close the season with two

down Francisco Garcia subpar games. This one came on top of the comefrom-behind win over West Virginia in which he fouled out and watched the last nine minutes from the bench.

Taquan Dean and Larry O'Bannon picked Garcia up last time, but couldn't do it again. Dean never found his touch, going 4for-15 and only making two 3-pointers as part of a 12-point night. O'Bannon went 4-for-10 for 12 points.

Forward Ellis Myles led the Cardinals with 17 points.

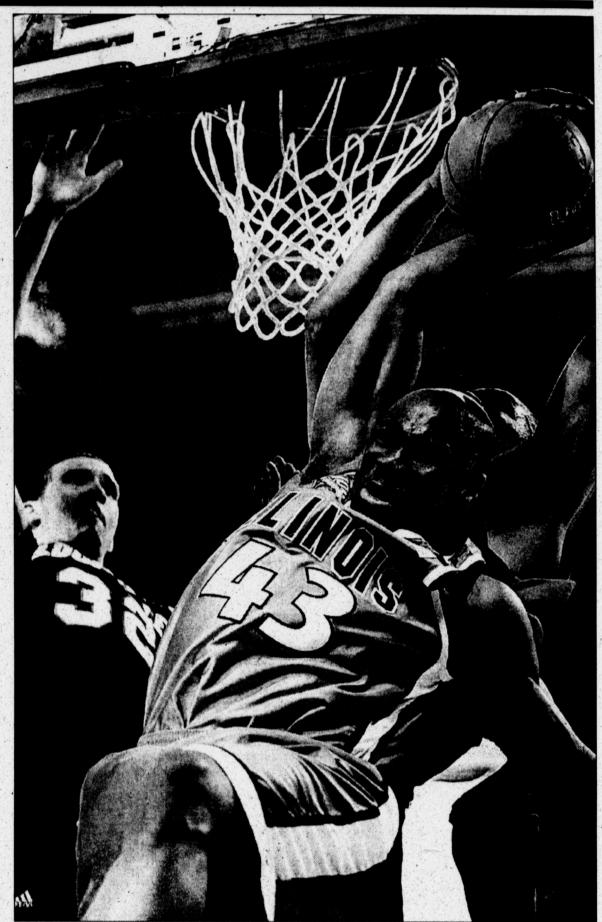
"It was difficult," Pitino said. "We didn't pitch a perfect game, but we hung in there as long as we could. We faulted to a better basketball team."

Pitino put on his usual show - stomping, screaming, trying to coax more out of a team that has largely been regarded as an overmatched underdog on many of its stops this year.

But unlike last week, when the Cardinals rallied from 20 points down for a win over West Virginia and the eighth trip to the Final Four in program history, there was no adjustment Pitino could make.

His team was getting beaten on the boards and in the end, Illinois had too many good players in too many spots for the Cardinals to overcome.

"I was excited when ... it got under a minute,' Weber said. "I was excited because I knew we were in the championship game, and that's been our



KRT photo/Jim Prisching, Chicago Tribune

Louisville's Francisco Garcia, left, and Ellis Myles block the shot of Illinois' Roger Powell as he drives to the basket in the second half as the Illinois Fighting Illini beat the Louisville Cardinals 72-57 in the semifinal game of the Men's NCAA Final Four basketball tournament in St. Louis, Mo., Saturday.

Continued from Page 1B

GAME TWO

A combination of a fast start offensively and a strong pitching performance by Jody Clark allowed Howard to claim the sweep Saturday as the Hawks won game No. 2, 8-

Howard scored all eight runs in the first four innings and got three runs in each of the first and third innings. Clark went the distance on the mound, giving up four runs on 10 hits, while walking seven.

"We had been starting our game No. 2's slow in the past, but it was different (Saturday)," said Dickens. "Jody pitched a great game. It was her best game of the year."

Hitzfeld led the Hawks at the plate as she went three-for-four and belted her fourth home run of the season. She added three RBIs and two runs, as well.

Krista Rams and Renfro each went two-for-four.

"I liked the way we hit the ball in our two games (Saturday)," Dickens. "We had been struggling, but I think the offense is starting to come around."

Howard got three wins over El Paso in the weekend's four-game series and are now sitting third WJCAC the Conference.

They travel to Odessa College for two games Friday and two games Saturday.



KRT photo/Patrick Schneider, Charlotte Observer North Carolina's Rashad McCants celebrates as the North Carolina Tar Heels beat the Michigan State Spartans 87-71 in the semifinal game of the Men's NCAA Final Four basketball tournament in St. Louis, Mo., Saturday.

Williams returns to title game as UNC rolls

By PAUL NEWBERRY

AP Sports Writer

ST. LOUIS (AP) — For a while there, Roy Williams must have had flashbacks of Final Fours past.

Not to worry.

North Carolina is not Kansas, and the Tar Heels have Williams just one victory away from that cherished national championship.

Spurred on by a passionate halftime speech from Williams, North Carolina showed off a dizzying display of weapons in the second half and cruised to an 87-71 victory over Michigan State Saturday night. The Tar Heels moved on to the title game against topranked Illinois.

Sean May scored 22 points — all but four after halftime. Jawad Williams added 20, keeping the Tar Heels in the game when just about everyone else was struggling in the first half. Rashad McCants chipped in with 17 points. And Raymond Felton contributed 16 while running

the point. This is a deep, talented bunch — and perhaps the best chance yet for coach Williams to finally win the last game of the season. He made it to four Final Fours during 15 years at Kansas, losing twice in the championship game and two more times in the semifinals.

The Tar Heels (32-4) certainly have their work cut out for them Monday emphatic dunkfest. night, taking on an

Illinois team that has lost only once and was ranked No. 1 much of the season.

"Illinois is a great club," Williams said. "I think they've done the most of anybody all year long, but we get to play the game."

But North Carolina ended the regular season ranked second, setting up the first 1-2 matchup in the final since UCLA defeated Kentucky in 1975.

Michigan State (26-7), which already had knocked off Duke and Kentucky in the regional, seemed poised to knock off another member of college basketball's royalty. The feisty Spartans shut down May, crashed the boards relentlessly and led 38-33 at halftime.

"The first half, I didn't think it was North Carolina out there," Williams said.

He thought his team was taking too many shots from beyond the 3point arc. He didn't see them diving for loose balls. He didn't think they were helping each other on defense.

So he gave his players an earful.

"He got his point across, let me put it like that," Felton said, trying to suppress a telling smile.

North Carolina scored the first six points of the second half to reclaim the lead, made 11 of its first 15 shots to take control and spent the final minutes putting on an

Led by May, North faith in me."

Carolina dominated on the inside, finishing with a commanding 46-28 edge for points in the lane.

"In the first half, we executed the game plan about as well as we have all year," Michigan State coach Tom Izzo said. "We really dug in on May. (Jawad) Williams went off a little bit, but we got every loose ball."

And the second half? "We fell apart a little bit, to be honest with vou," Izzo conceded.

The first half was tight most of the way. Michigan State finally got a little breathing room when Shannon Brown hit back-to-back 3-pointers from each side of the court, scoring eight straight points in all to push the Spartans to a 35-27 lead with 2 1/2 minutes remaining.

It didn't last. The son of former Indiana star Scott May came alive after halftime. Sometimes, he kicked the ball out to an open teammate. Sometimes, he simply muscled his way toward the basket, making the shot or drawing a foul.

"Yeah! Let's go!" he screamed after one especially dominating move in the paint.

"I've been told the least important score is the halftime score, so I wasn't worried that we were down," May said. "I didn't play well in the first half, but Coach told me, 'We're not going to stop coming to you.' They had

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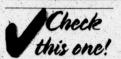
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Help Wanted

CITY of Big Spring is taking applications for Parks Maintenance Worker and Golf Course Maintenance Worker. These positions are temporary from May to August 2005. Apply at the Personnel Department, 310 Nolan, Big Spring, TX 79720 or Call 432-264-2346. The City of Big Spring is EOE. Applications may also be obtained from website:

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MARTIN COUNTY Hospital Home Health is taking applications for PRN LVN and PRN CNA positions. Fax applications to (432)756-4510 or call 756-3259. Ask for Allison Williams, R.N.

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304 E. 20TH. 2 Bedroom, 1 bath. Garage, fenced yard, No HUD. window units. \$350/month, \$195/deposit. Call (432)263-8005 or 816-1330.

702 WEST 18TH. 3 Bedroom 2 bath. CH/A with fenced yard. \$525. month, \$300. deposit. Call (432)267-7449.

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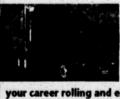
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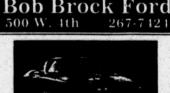
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WILL PAY Cash for Houses up (432)425-9994.

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PUBLIC NOTICE Advertisement for Bids The Howard County Junior College District is now accepting bids for

the following: RFB#05-002 Dormitory Washers and Dryers RFB#05-003 Cosmetology

Supplies Specifications may be obtained from Mr. Dennis Churchwell, Director of Purchasing, 1001 Birdwell Lane, Big Spring, TX 79720, (432)264-5167, e-mail: dchurchwell@howardcollege.edu. Sealed bids will be accepted through 2:00 p.m. on Tuesday, April 19, 2005 in the Howard College, Administration Building, A2, 1001 Birdwell Lane, Big Spring, TX 79720, at which time they will be opened and read aloud. The bids will then be tabulated and final determination of bid award will be made at a future

board meeting. All bidding questions are directed to Mr. Dennis Churchwell, Director of Purchasing, 1001 Birdwell Lane, Big Spring, IX /9/20, (432)264-5167, e-mail: dchurchwell@howard college.edu. Howard County College Junior College District reserves the right to reject any

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BY HOLIDAY MATHIS

Mercury is still in retrograde, and we are still vulnerable to its antics. It's the latest and greatest technology that gets the most interference from Mercury

now. So if =

MATHIS

you're thinking about adding one your computer, syncing up your database, or launching your website, prepare for this to take longer and be more challenging than anticipated.

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SPRING HERALD

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situations you'll meet today. One way of being doesn't work universally! Treat everyone you meet as an individual, not as part of a large group.

TAURUS (April 20-May 20). Exciting career and financial developments are in store. You have strengths that are not being currently utilized on the job. Find ways to incorporate more of your skills. Surprised colleagues warm up to you.

GEMINI (May 21-June more software program to 21). Your imagination is activated by originality and sense of fun -- so surround yourself with other air signs (Libra and something you believe in, and life begins anew.

CANCER (June 22-July 22). No use trying to con-

vince someone who can't be convinced. Instead, target people who are already open to your unique ideas. You can pick and choose your company, so do it!

Tomorrow's Horoscope

LEO (July 23-Aug. 22). You get attention -- so much attention, in fact, that it could make you feel self-conscious. Resist the urge to deflect the attention or put yourself down in jest. Practice being comfortable with admiration.

VIRGO (Aug. 23-Sept. 22). The eyes are on you this morning. Tell yourself you're not nervous, just excited! Someone's Aquarius). Volunteer for tardiness points to passive aggressive tendencies. Read the signs now, and set expectations accordingly.

LIBRA (Sept. 23-Oct. 23). You're attracting new friends. Before you decide to make someone your bosom buddy, check out their other pals for more moneymaking involves Taurus.

SCORPIO (Oct. 24-Nov. at least two other people to join your effort or take. your side. If you have a date tonight, keep it brief. Leave 'em wanting more.

SAGITTARIUS (Nov. 22-Dec. 21). Address efficiency issues. What would happen if you simply threw away that endless to-do list that absorbs your time and decided to start fresh? Take only the most important actions.

CAPRICORN (Dec. 22-Jan. 19). Exercise helps you operate from your highest and best thinking. You stand to make a great deal of cash. Focus your thinking and creative energy on designing a self-perpetuating money-

making system: AQUARIUS (Jan. 20-Feb. 18). You've cleared the first hurdle to healing a relationship. Now keep it light, establish trust, and make the relationship fun. Add to a collection. You'll find incredible deals on the Internet.

PISCES (Feb. 19-March 20). The temptation to spend more than you've got is strong. But you'll never regret living below your means. Only then will you have something left over to take advantage of investment opportuni-

ASTROLOGICAL QUES-TIONS: "I am on my second marriage to 'an Aquarius, I am a Pisces. character information. A My husband and I get project along well most of the time, but I am finding that he is just sucking the or doesn't do it at all. 21). You'll be making a life out of me. I have presentation of some found myself in another kind, trying to influence relationship with a Cancer. I feel that we are more alike in our priorities, and I find that I love him very much. Am I just doomed to commit myself to relationships that fizzle out and don't meet my needs?"

Yes, you are. That is until you figure out how to love and accept yourself. When you truly love and accept yourself, you'll stop using relationships

as a means to feel OK. Right now, you're complicating your life by putting yourself in a position to tiptoe around people, lie and hide. You can rest assured that the Cancer relationship is no different from the Aquarius one in terms of your ultimate satisfaction. Pursue a creative and/or spiritual interest to get more in touch with what's really going on in your psyche. You're an attractive person and will always find the people who are meant to help you on your path.

CELEBRITY PROFILES: Jamie Lynn Spears may be a teenager, but she knows exactly what she wants to do with her life -- make us laugh! As an Aries she's born under the sign of beginner's luck. I predict this little sis will be a big star in her own right -- the Sandra Bullock of her generation! Aries is not seriously driven. Rather this sign is joyfully, lightly, buoyantly driven. If it's not fun, Aries either makes it fun,

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 www.creators.com.

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Annie's Mailbox ®



never be told about it. That child is now in his early 20s, a talented, intelligent and mature young man. I fear that someday a medical or genetic test will uncover the fact that his dad is not his biological father, and he will be devastated by the news.

I wish we had told him when he was young. Now, I'm afraid to spill beans, not only because it will be shocking news, but also because my husband still



MARCY SUGAR

doesn't want our son to know. What happens down the road if it should be uncovered? If it occurs after my husband and I are dead, I wouldn't want my son to think he was the result of some affair I'd had. What is the right thing to do? -- Worried

Mom Dear Mom: Your son is an adult now and deserves to have, at the very least, his correct medical history. These family secrets tend to come out sooner or later, and it is best if your son hears this information from you. While there may be some emotional upheaval and more than a few questions, your son eventually will come to grips with the situation. If he has a loving relationship with his father now, that will not change.

Please discuss this with your husband and urge him to present a united front when you talk to your son. Hiding from the truth will not make unpleasantness disappear. The sooner you face it, the better.

Dear Annie: This is in response "Heartbroken," husband died tragically in an automobile accident left pornographic garbage. She felt she had been betrayed not only by his death, but also by his sexual addiction. I am a sex addict. It is an extremely difficult addiction to overcome, and I am involved with therapy and regularly attend meetings of Sex Addicts Anonymous.

recommend "Heartbroken" attend local meetings for codependents of sex addicts. This should help her come to terms with her deceased husband's addiction. It also should help her realize that he did indeed love her, despite his imperfections Recovering through

SAA Dear Recovering: Thank you for your helpful suggestions. For those who need it, Sex Addicts Anonymous is reachable through 1-800-477-8191 or saa-recovery.org. those who are dependents of sex addicts, COSA recovery.org), P.O. Box 14537, Minneapolis, MN 55414.

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The Spider

During Mark Twain's days as a newspaperman, he was the editor of a small Missouri paper.

One day, he received a letter from a subscriber stating that he had found a spider in his paper and asked if this was an omen of good or bad luck.

Twain replied, "Finding a spider in your paper is neither good nor bad luck. The spider was merely looking over our paper to see which merchant was not advertising so that he could go to that store, spin his web across the door and lead a life of undisturbed peace



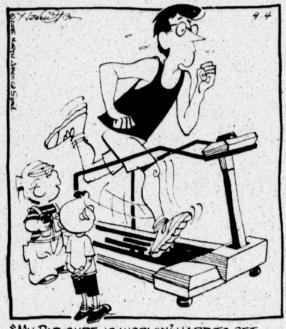
SPRINGHERALD

Advertise to keep the spider away from your door. Call today

(432) 263;7331

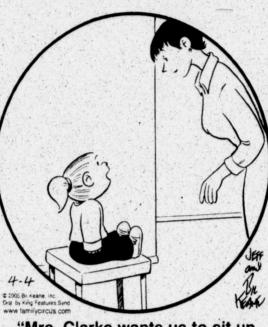
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6	:PM :30	News (CC) Wheel-Fortune	News Wheel-Fortune	Inocente de Ti	Malcolm-Mid. Raymond	News Ent. Tonight	Anta No Te Rajes	News Seinfeld (CC)	Raymond Raymond	Jesse Lee Pe. John Hagee	News-Lehrer	American Chopper	1	CSI: Crime Scene Invstgtn	Law & Order (CC) (DVS)	Live BET com	That's-Raven That's-Raven	(CC)	" College	Spencer (CC)
7	:PM :30	How'd They Do That?	How'd They Do That?	Apuesta por un Amor	Nanny 911 (CC)	Two/Half Men . Two/Half Men	La Mujer en el Espejo	Fear Factor (CC)	Friends (CC) Friends (CC)	Update/Israel Biblical Israel	Antiques Roadshow	American Chopper	Movie: Crocodile	CSI: Crime Scene Invstgtn	Law & Order	Movie: 3 Strikes	Movie: Toothless	PBA Bowling: U.S. Open	GameDay (CC)	Movie: The Italian Job
8	:PM :30	The Bachelor (CC)	The Bachelor (CC)	La Madrastra	24 (CC)	College Basketball	Los Plateados	Behind the . Camera:	Friends (CC) Friends (CC)	Light of the Southwest	American Experience	American Chopper	Dundee II	WWE Raw (CC)	Law & Order (CC) (DVS)		(CC)		Figure Skating: World	(CC)
9	:PM :30	Supernanny (CC)	Supernanny (CC)	Cristina .	Malcolm-Mid. '70s Show	NCAA Tourn. Final, Teams	La Ley del Silencio	Unauthorized Story	Family Guy Family Guy		(CC) (DVS) Second Hand	American Chopper	Movie:		Law & Order (CC) (DVS)	Club Comic View	Sister, Sister Even Stevens	World Championship	Championships Ladies and	Movie: Twilig (CC)
10	:PM :30	News (CC) '	News Nightline	Primer Impacto Noticiero Univ.		TBA News	Noticias ;	News Tonight Show	Movie: Money Train (CC)	The Hour of Healing	Charlie Rose (CC)	American Chopper	(CC)	The Ultimate Fighter	Without a Trace (CC)	Nightly News Grown Folks	That's-Raven That's-Raven	Billiards: UPA Pro Tour	Dance (CC) SportsCenter	Kicking and
11	:PM :30	Ent. Tonight Jimmy Kimmel	Jimmy Kimmel Live (CC)	La Hora Derbez	Becker (CC) Becker (CC)	Late Show-	Al Rojo Vivo-	Late Night-	(DVS)	Booker Scrivner	Sign Off	American Chopper	45 Movie:	MXC NCAA Champ	NYPD Blue (CC)	Midnight Love	Proud Family Click It-Pick It	Billiards: UPA Pro Tour	(CC) Outside-Lines	Screaming "
12	:AM :30	Live (CC) News (CC)	Extra (CC) Paid Program	Alma Rebelde	Spin City Dharma-Greg	Late Late Show	Maria Celeste Programa	Conan O'Brien Frasier (CC)	Movie: Highwaymen	Update/Israel How Can I	:	American Chopper	Crocodile Dundee II	Blind Date Shipmates	NYPD Blue (CC)	Club Comic View	Boy World Lizzie McGuire	Poker: 2004	SportsCenter (CC)	Sexual Temptations

DENNIS THE MENACE



"My Pad sure is workin" hard to get NOWHERE FAST!"

THE FAMILY CIRCUS



"Mrs. Clarke wants us to sit up straight - like an 'L.' How's this?"

A RECEPTIONIST WITH A LAW FIRM

HAGAR



ID GIVE YOUR NEW

BLONDIE







BC









QUESTION I ASKED IN MATH CLASS. THIS IS GEOGRAPHY



I HATE DAYLIGHT

HI AND LOIS



THE OTHER COAST









SNUFFY SMITH





BEETLE BAILEY







This Date In History

By The Associated Press

Today is Monday, April 4, the 94th day of 2005. There are 271 days left in the year. Today's Highlight in History:

On April 4, 1968, civil rights leader Martin Luther King Jr., 39, was assassinated in Memphis, Tenn.

On this date: In 1818, Congress decided the flag of the United States would consist of 13 red and white stripes and 20 stars, with a new star to be added for every new state of the Union.

In 1841, President William Henry Harrison succumbed to pneumonia one month after his inaugural, becoming the first U.S. chief executive to die in office.

In 1850, the city of Los Angeles was incorporated. In 1902, British financier Cecil Rhodes left \$10 million in his will to provide scholarships for Americans at Oxford University.

In 1945, during World War II, U.S. troops on Okinawa encountered the first significant resistance from Japanese forces.

In 1945, U.S. forces liberated the Nazi prison camp Ohrdruf in Germany.

In 1949, 12 nations, including the United States, signed the North Atlantic Treaty.

In 1975, more than 130 people, most of them children, were killed when a U.S. Air Force transport evacuating plane orphans Vietnamese crashed shortly after takeoff from Saigon.

In 1983, the space shuttle Challenger roared into orbit on its maiden voyage.

In 1985, Gary Dotson, who served six years of a prison sentence for rape, was freed on bail from the Joliet Correctional Center in Illinois after his accuser, Cathleen Crowell Webb, testified that the attack had never occurred.

Today's Birthdays: Singer-actress Frances Langford is 91. Author-poet Maya Angelou is 77. Senate Relations Foreign Chairman Richard Lugar, R-Ind., is 73. Recording executive Clive Davis is 73. Actor Michael Parks is 67. Bandleader Hugh Masekela is 66. Author Kitty Kelley is 63. Actor Craig T. Nelson is 61. Actor Walter Charles is 60. Actress Caroline

McWilliams is 60. Actress Christine Lahti is 55. Country singer Steve Gatlin (The Gatlin Brothers) is 54. Writer-producer David E. Kelley is 49. Actor Phil Morris is 46. Actress Lorraine Toussaint is 45.



Newsday Crossword

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- 14 Like King
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- 20 Bargain venue
- 22 Ration (out)
- 23 Grad's cap attachment
- 24 Day before Christmas
- 26 Sunset
- direction
- 29 Mistake
- 33 Chew like a beaver
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- 39 Photographer's request
- 40 Tiny amounts
- 42 Hair goo 43 Video-store
- rentals 44 Winter dew
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- state: Abbr.
- 53 Greek garments
- 58 Paul who sang
- "Puppy Love" Not at all
- trustworthy
- 65 WKRP actress
- Anderson 66 Traffic jam 67 "Not guilty,"

GOING BUGGY by Gail Grabowski Edited by Stanley Newman

- 10 Web-spinning comics
- character 11 Medal
- 70 Rhyme writer recipient 12 Unwritten exam
 - 13 Adjust, as a motor
 - 21 Kitten's sound 25 Sleeveless garment
- 27 Sound of relief 2 Author Cather 28 Birches and beeches
 - 30 Ready to pick 31 Bullring
 - cheers 32 Part of R&R
 - 33 Birthday present
 - 34 Director **Ephron**

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- www.stanxwords.com 36 Slender
 - midsection 38 Writer Wiesel 41 Remain
- 46 Does a second draft 50 Go jogging 52 All the time
- 54 Chilly, as weather 55 Eskimo house
- 56 Place for rouge 57 Condition
- 58 One with a diploma
- 59 Facial feature 60 Leg joint
- 62 Not prerecorded 63 January to December
- 64 Billy (Melville novel)

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