



## Patterson: Memories of Big Spring, Webb are constant

By STEVE REAGAN

Staff Writer

Retired Maj. Gen. David Patterson has rubbed shoulders with presidents, but he still remembers starting his military career in Big Spring.

Patterson, who earned his pilot's wings at Webb Air Force Base before going on to a career that included more than 8,000

flying hours, a tour of duty in Vietnam and a position on the staff of former Gen. Colin Powell, was the main speaker Saturday night at a reunion of former Webb airmen.

"I enjoyed every minute that I was here," he told a crowd of about 200 people at the Spring City Senior Center. "You wouldn't believe how many thoughts have come back to me

about Webb; little things I never thought I'd remember."

The thoughts ranged from the good — meeting his future wife at Carlos' Restaurant — to the bad — errors made during flight training that convinced him that he might not have a future in aviation.

And he admitted that the young officers stationed at the base may have earned reputa-

tions as hell-raisers among the local population.

"I was just a small cog in the whole machinery that was Webb Air Force Base," he said. "More than 14,000 pilots were trained here ... I think that's a compliment to the people of Big Spring — you survived all our parties, and our crashes."

The second Webb reunion wrapped up with a farewell

breakfast Sunday morning. It was an experience that organizers will always recall, they said.

"When I was in the Air Force, camaraderie was one of our biggest tenets," said retired Col. Jim Little. "Camaraderie played a role in our military careers and it's that feeling that

See REUNION, Page 3A

## Airsho brings back war experiences

By THOMAS JENKINS

Staff Writer

MIDLAND — For some, the annual Fina Airsho is a chance to be awed by the thunderous planes overhead, not to mention enjoy some good food and the festival type atmosphere.

For others, it goes much deeper than that.

Jack Cannon of Graham has been a member of the Commemorative Air Force since 1992, but his experience with the aircraft flying the many re-enactments of World War II during Saturday afternoon's Airsho re much more personal.

"I didn't get to see Pearl Harbor," Cannon says, watching the planes taxi out onto the runway. "I was in college when it happened. As a matter of fact, I was working as a soda jerk at a campus hangout and I hitchhiked home to Tulsa the next day to volunteer. My folks wouldn't sign the papers."

"They finally agreed that if I'd finish that school year they'd sign the papers, so I flunked everything in sight," he said with a laugh. "Then I came home and asked them if they would sign the papers. I have to say, when I came home in October of 1945 my attitude was considerably different."

Cannon said World War II, the focus of the 2005 Airsho, was very different



Three eras of the United States military joined together for a "heritage flight" during Saturday's Fina Airsho, as this F-15 fighter jet, F-4 Phantom and P-51 Mustang took to the air above Midland International Airport.

from the conflicts fought by the United States since that time.

"I was in the Corps of Engineers during World War II," said Cannon. "I

went overseas in 1942 and came back in 1945. It was a long war, but we were allowed to win. It's now referred to as the last good war where we were

clear victors."

Cannon said he decided to get involved with the CAF after losing several people very close to him.

"I lost two close friends

and my wife died, and I looked around and realized I didn't know anybody," said Cannon. "Someone asked me to attend a meeting and it

intrigued me, so I joined. I've really enjoyed it. They're a great bunch of people and they're dedi-

See AIRSHO, Page 6A

## Bush chooses Texan Harriet Miers for Supreme Court

By DEB RIECHMANN

Associated Press Writer

WASHINGTON — President Bush on Monday nominated White House counsel Harriet Miers to replace retiring Justice Sandra Day O'Connor on the Supreme Court, reaching into his loyal inner circle for another pick that could reshape the nation's judiciary for years to come.

"She has devoted her life to the rule of law and the cause of justice,"



MIERS

"She will be an outstanding addition to the Supreme Court of the United States."

If confirmed by the Republican-controlled Senate, Miers, 60, would

join Justice Ruth Bader Ginsburg as the second woman on the nation's highest court and the third to serve there. Miers, who has never been a judge, was the first woman to serve as president of the Texas State Bar and the Dallas Bar Association.

Miers, whom Bush called a trailblazer for women in the legal profession, said she was humbled by the nod.

"If confirmed, I recognize I will have a tremen-

dous responsibility to keep our judicial system strong and to help insure the court meets their obligations to strictly apply the laws and Constitution," she said.

Democratic and Republican special interests groups had been braced for a political brawl over the pick, but they may not get it. Senate Minority Leader Harry Reid, D-Nev., had urged the president to consider Miers, according to several officials famil-

iar with Bush's consultations with Congress.

Miers has no judicial record, which may complicate any Democratic attempts to block her nomination. It is impossible to predict whether Miers and Roberts will shift the court to the right. She would replace O'Connor, a critical swing vote on the court who helped uphold the right to abortion and affirmative action. Rehnquist, the late chief justice being replaced by

Roberts, was a consistent conservative vote.

"We know even less about Harriet Miers than we did about John Roberts and because this is the critical swing seat on the court, Americans will need to know a lot more about Mier's judicial philosophy and legal background before any vote for confirmation," said Sen. Charles Schumer, D-N.Y., a member of the Judiciary

See MIERS, Page 3A

### INDEX

Classified 3-5B  
Health 5A  
Obituaries 2A  
Opinion 4A  
Sports 1-2B



TONIGHT 64°-66°  
TOMORROW 84°-86°  
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### BOOK SALE SLATED

Friends of the Library of Howard County will hold their annual book sale Friday through Sunday in the basement of the Howard County Library, 500 South Main Street.

Sale hours will be from 10 a.m. to 6 p.m. on Friday and Saturday. Sunday's hours will be from 1 p.m. to 4 p.m.

The sale includes works of fiction, non-fiction, best sellers, westerns, mysteries, self help, textbooks and more.

There are titles to suit any taste, Staulcup said, and all are reasonably priced.

### GETTING FIT



The best way to make sure your children make good choices in life is to make good choices yourself. This aptly applies to fitness and nutrition. Poor diet choices and inactivity breed overweight children. Moreover, if you and your spouse are overweight, your child has an 80 percent chance of being overweight, too.

Page 5A

### DINE OUT FRIDAY

Christene's Restaurant in Coahoma is the Dine Out Day restaurant Friday for United Way of Big Spring and Howard County.

A portion of the take-out restaurant's proceeds that day will be donated to United Way.

The following Friday, the Dine Out Day restaurant will be Greg's Grill at the Big Spring Mall. Other restaurants participating include Gale's Sweet Shoppe, Oct. 21, and La Posada, Oct. 28.





# Collmer's acrobatics keep thrilling Airsho audiences

By THOMAS JENKINS

Staff Writer

MIDLAND — Splitting his time between his high-tech electronics business and stunt flying for airshows all over the country, it's pretty rare to find the kind of long-term relationship Dallas-native Jan Collmer has.

Of course, when one-half of that relationship is a red, white and blue aircraft emblazoned with the Fina logo, that relationship may seem just a touch strange to the untrained eye.

Collmer, who is going into his 10th year with his German-built Fina EXTRA 300L, awed the masses once again at Saturday's Fina Airsho.

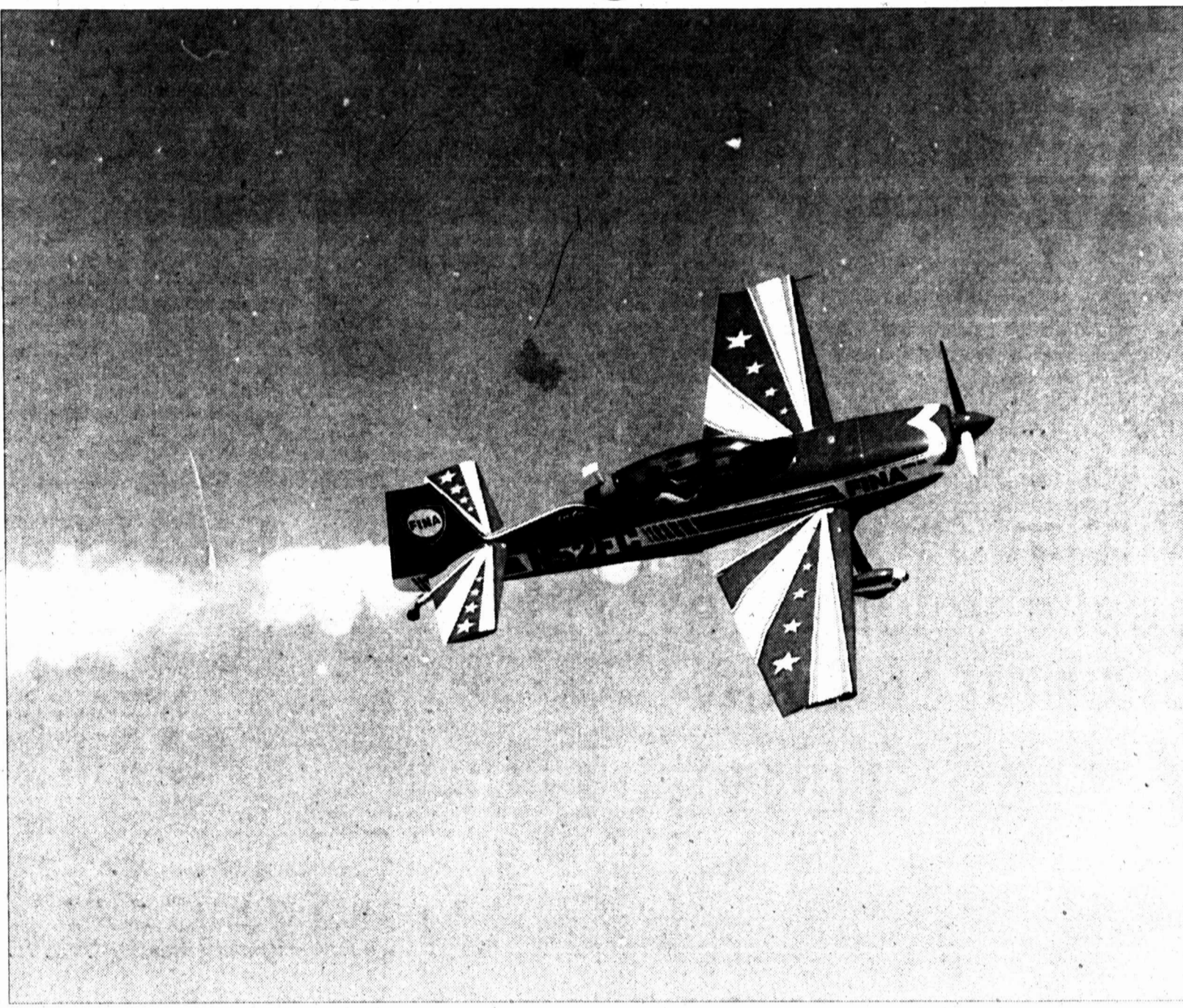
"This is my 10th year with this airplane," said Collmer, pointing to his red, white and blue Fina EXTRA 300L. "In February it will be exactly ten years since I got the plane. This is my 10th airshow season and I have two more scheduled after the Fina Airsho, after which we'll have 10 seasons in the bag."

Obviously, Collmer's no stranger to flying.

Collmer is a 20-year airshow veteran and has flown over 300 airshow performances across the United States from Daytona Beach to Miramar and from Minnesota to Corpus Christi.

"Walter Extra of Germany built this plane, the 19th 300L, in 1996," said Collmer. "The aircraft is powered by a Lycoming 540 engine rated at 300 horsepower. The plane is equipped with fully inverted systems for oil and gasoline. The EXTRA is capable of any aerobatic maneuver and is certified to +10 and -10 Gs."

And while you could cut the tension in the crowd with a knife as Collmer performed stalls and turns that would chill the blood of even the most accomplished pilot, Collmer said it's just another day



HERALD photo/Thomas Jenkins

Jan Collmer puts his Fina EXTRA 300L through the paces during Saturday's Airsho at Midland International Airport. Collmer was just one of virtually hundreds of pilots that awed the crowds throughout the spectacle.



HERALD photo/Thomas Jenkins

Jan Collmer, a native of Dallas, prepares to take his Fina EXTRA 300L into the air Saturday during the Commemorative Air Force Airsho at Midland International Airport.

doing what he loves.

"For me it's just a nice afternoon of going out and flying," said Collmer. "I love to fly, and of course, it's more fun if you have people watching. Friday we did a show out here for the special people, the infirm and the kids with problems, and for me that was the most important show of the week."

So many shows in such a short period of time don't come without their after-effects, however.

"Between Friday afternoon and Saturday afternoon, I figure I did about 400 rolls, 15 torque rolls and by 5 p.m. Friday I was whipped," said Collmer with a laugh. "Miller time has never been so good. I went to bed early too."

The success of Collmer's shows doesn't come without a certain level of research, however.

"Back when I first started with Fina, there was a young man in charge of that program by the name of Mark Palmer," said Collmer. "And Mark would go out in the crowd during the show and listen to crowd reactions to various maneuvers, and the ones that stimulated the crowds the best were generally the ones the announcers could understand and explain. So we locked on to a series of things to do that represent what he discovered to be the most crowd pleasing."

Collmer, who flew Navy fighters both active and reserve, including the Panther, Cougar, Banshee, Fury, and F8

Crusader, said each roll, dive and stall is carefully planned, giving the pilot just enough room to keep him and his prized plane out of harm's way.

"It gives me just enough room. Everything is planned with an out. You can kill yourself in this business really quick if you don't learn that," said Collmer. "I've been doing airshows for 25 years now, been flying for 51 years and started as a fighter pilot in the Navy during the Korean War. I focus on safety."

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

## MIERS

Continued from Page 1A

Committee.

Senate Majority Leader Bill Frist, R-Tenn., said: "With this selection, the president has chosen another outstanding nominee to sit on our nation's highest court. Ms. Miers is honest and hard working and understands the importance of judicial restraint and the limited role of a judge to interpret the law and not legislate from the bench."

Bush, his approval rating falling in recent months, had been under intense pressure to nominate a woman or a minority.

Miers had helped push Roberts' nomination through the Senate, and Bush said that "she will strictly interpret our Constitution and laws. She will not legislate from the bench." Conservatives apparently agreed.

Initial reaction from conservatives was positive.

"She has been a forceful advocate of conservative legal principles and judicial restraint throughout her career," said Leonard Leo, executive vice president of the Federalist Society.

"Harriet Miers is a top-notch lawyer who understands the limited role that judges play in our society," said Noel Francisco, former assistant White House counsel and deputy assistant attorney general during the Bush administration.

The president offered the job to Miers Sunday night over dinner in the residence. He met with Miers on four occasions during the past couple weeks, officials said.

Rehnquist, whose death paved way for Roberts' nomination, had not served as a judge before President Nixon put him on the Supreme Court. Nineteen other justices previously had never served as judges before getting on the high court.

According to the White House, 10 of the 34 Justices appointed since

1933, including Rehnquist and the late Justice Byron White, were appointed from positions within the president's administration.

"Having never served as a judge, Ms. Miers has no 'paper trail' of judicial opinions, and prospective opponents thus will have a hard time identifying positions to protest or complain about," said Supreme Court historian David Garrow. "What's more, Ms. Miers' professional record as an attorney in Texas is undeniably one of significant achievement and accomplishment, and her proponents will be able to present her as a female trail blazer whose life-record is at least arguably comparable to that of Justice O'Connor."

Known for thoroughness and her low-profile, Miers is one of the first staff members to arrive at the White House in the morning and among the last to leave.

When Bush named her White House counsel in November 2004, the presi-

dent described Miers as a lawyer with keen judgment and discerning intellect — "a trusted adviser on whom I have long relied for straightforward advice."

He also joked of Miers, "When it comes to a cross-examination, she can fillet better than Mrs. Paul."

With no record, liberals say the White House should be prepared for Miers to be peppered with questions during her Senate confirmation.

"Choosing somebody who is not a judge would put that much more of a premium on straight answers to questions because there would be that much less for senators and the public to go on when looking at such a

nominee's judicial philosophy," says Elliot Mincberg, counsel with the liberal People for the American Way.

Formerly Bush's personal lawyer in Texas, Miers came with the president to the White House as his staff secretary, the person in charge of all the paperwork that crosses the Oval Office desk. Miers was promoted to deputy chief of staff in June 2003.

As an attorney in Dallas, Miers became president in 1996 of Locke Purnell, Rain & Harrell a firm with more than 200 lawyers where she worked starting in 1972. After it merged a few years later, she became co-manager of Locke Liddell & Sapp.

When Bush was gover-

nor of Texas, she represented him in a case involving a fishing house. In 1995, he appointed her to a six-year term on the Texas Lottery Commission. She also served as a member-at-large on the Dallas-City Council and in 1992 became the first woman president of the Texas State Bar.

### MYERS & SMITH FUNERAL HOME & CHAPEL

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Milton Denton, 64, died Friday. Funeral Services were at 10 a.m. Monday at Hillcrest Baptist Church. Burial will be at Trinity Memorial Park.

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## REUNION

Continued from Page 1A

keeps coming back at me."

Jan Foresyth, co-chair of the organizing committee, never served in the military, but she also appreciated participating in the reunion.

"These people were just so pleased to be here," Foresyth said. "This community brings back fond memories for them... One thing they always remember is the hospitality of

this community."

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

## EDITORIAL

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

-FIRST AMENDMENT

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

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Publisher

John A. Moseley  
Managing Editor

Bill McClellan  
News Editor

## OUR VIEWS

## Victim Services seeks volunteers offering empathy

**E**mpathy. Sometimes that's all the victim of a crime needs — the simple touch of a hand and or an attentive ear while one relates an emotional experience can make all the difference in the world.

The bottom line is that a person's life can change in an instant and someone needs to be there for the victim.

That's what Victim Services volunteers do and they are an invaluable resource for our community.

Volunteers for the non-profit, independent program serve victims of all crimes and their families, offering assistance in finding financial help, counseling programs and much, much more on occasion.

More than anything else, Victim Services volunteers simply offer the message that someone cares.

The organization is now accepting applications from volunteers to complete its 40-hour training session. The sessions will be held Monday through Saturday, Oct. 10-15, from 5:30 p.m. to 8:30 p.m.

Volunteers must complete an interview and screening process, be able to work as a team member, accept supervision, have the ability to empathize with others, have good listening skills, maintain confidentiality, complete the training sessions and commit to two 12-hour shifts per month.

At present the organization's five-county area — Howard, Borden, Glasscock, Martin and Mitchell counties — is served by 14 volunteers and four staff members.

That's simply not enough to do the job that needs to be done.

If you believe you have what it takes to be a Victim Services volunteer, we encourage you to step up and be counted.

Anyone interested can call Linda Perez at the Victim Services offices at 263-3312.

## YOUR VIEWS

TO THE EDITOR:

The Goliad Cavaliers recently participated in the Alzheimer's Memory Walk. The boys raised \$900 for the association and won back the Purple Sneaker Award for having the most walkers with 47 participants.

I want to thank these boys for their outstanding hard work and superb behavior. They did an awesome job representing Goliad.

I also want to thank their parents for taking the time in allowing them to participate in the event. A very special thanks to sponsors Stockton, Phillips, Conley and Williams. We had a great time while helping a worthy cause. This is the fourth year the Cavaliers have participated in the walk and we hope to continue supporting the Alzheimer's Association.

On another note, I would like to thank all those who are helping our BSHS band students make their way to Carnegie Hall. We've had

several fundraisers and the community has been very supportive.

Currently we have beautiful fall plants for \$15 at Johansen's Nursery and will be having a fall carnival in October.

The band is also getting ready for some very important contests — Tall City Marching Contest, the Denver City Marching Contest, UIL and Area Marching Contest.

Please continue to support our band students as they work hard preparing for these contests and as they try to pave their way to Carnegie.

We know how hard it is at this time with gas prices being what they are and with us trying to help hurricane survivors, but the Big Spring community has come through as always. The Cavaliers and BSHS band appreciate your support.

Big Spring truly is a place with a big heart.

PATSY SANCHEZ  
CAVALIER SPONSOR  
BAND BOOSTERS PRES.

## A SMALL PRAYER

by K. Rae Anderson

May we curl up in Your love, Lord, for our life, Lord.

Amen

## Observations of the last few days

**S**imon Says: I see nothing wrong with iceberg lettuce. Sudoku is the opiate of the ruling class.

Does anybody remember when Arbor Day is? And how come we don't get the day off? Does management hate trees?

Gleaned from being forced to listen to other people's cell phone calls: People say "goodbye" about 10 times before they actually end the call.

The U.S. Constitution lists no qualifications for Supreme Court justice. It doesn't even say you have to be a lawyer. Are you interested? There is an opening for an associate justice, and it pays \$199,200 a year. There is little chance for advancement, however.

"If it makes sense for the citizen out there to curtail nonessential travel, it darn sure makes sense for federal employees," President Bush said this week. And just in case you were wondering: The fuel cost of Air Force One is a reported \$6,029 per hour.

And while we are on the subject of wretched excess, Michael

Brown, who resigned as head of FEMA, is still on salary at a reported \$145,600 per year. That is not a lot of money for someone running a major agency. It is a lot of money for a guy without qualifications who doesn't know how to run a major agency, however.

Maybe Brown and Bernard Kerik could start a business together and call it Losers Inc.

And do you get the feeling Brown was thrown from the sled in order to keep the wolves from nipping at the heels of Homeland Security Secretary Michael Chertoff?

Notice to television: I think we may be nearing the saturation point (no pun intended) with Gulf Coast disaster video. Can't we find something else to feel miserable about?

Go ahead and clip a playing card to the spokes of your bicycle wheel. It makes a cool sound, and you know you want to.

I thought the recent PBS documentary "No Direction Home: Bob Dylan" by Martin Scorsese was excellent. I had no idea that the leading "protest" singer of his generation had very little interest in actual protest.

Another thing I learned: We should all age as well as Joan

Baez has.

When is the last time you actually looked up something in a phone book? But they keep dropping them off, year after year. Couldn't those people who use the Internet instead of phone books opt out of getting them and save a few trees from destruction?

Let's settle this once and for all: Sushi is finger food.

Things to keep in mind: A submarine is called a "boat" — unless it is a nuclear submarine, in which case it is called a "ship."

Al Qaida now has its own video newscast, during which the anchor wears a ski mask. Remember when Paddy Chayefsky's "Network" was considered outrageous?

Paperback Pick of the Month: "Moscow 1812: Napoleon's Fatal March" by Adam Zamoyski. Fascinating and very well written. But you better read it before winter sets in.

To find out more about Roger Simon, and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate webpage at [www.creators.com](http://www.creators.com).

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WITH DEBRIS TOSSED EVERYWHERE PROPERTY PROTECTION BECOMES PROBLEMATIC.

## Wall Street caves in to terrorists

**I**n September, forces who oppose scientific research scored a big victory when the New York Stock Exchange dropped its plans to list an animal-research firm, Life Sciences Research, on Sept. 7. A spokesperson confirmed yesterday that the listing was still postponed, and refused to explain why.

Chalk this up as a victory for anti-science terrorists. Their tactics succeeded in chasing Life Sciences Research — formerly Huntingdon Life Sciences — from the United Kingdom to the United States in 2002. And they went much further than vandalizing research labs. These extremists also vandalized the property and harassed employees of companies that did business with Huntingdon. When Huntingdon could no longer find a bank, the Bank of England stepped in. The company eventually moved to the United States because of laws that shield shareholder privacy.

On this side of the pond, the "tertiary targeting" — harassing those who do business with Huntingdon — has continued. Extremists waged a nasty harassment campaign against Chiron employees and their families because the Emeryville-based company refused to sign a pledge to boycott Huntingdon — even though it had stopped working with Huntingdon. They even bombed two Chiron buildings. The only good news: No one was injured.

While Chiron, to its credit, stood up to the terrorists, a similar campaign against Deloitte & Touche ended with the auditing

firm dropping Life Sciences as a client. Now, like the parricide who asks for mercy because he is an orphan, a website committed to shutting down Life Sciences complains that the company won't disclose the identity of the new auditors: "How does this fit with a transparent stock exchange? Well, the plain fact of the matter is that it doesn't."

The London Times reported how these tactics may have worked on the New York Stock Exchange, as the extremists boasted that they got to a market maker — a business that facilitates exchange trades — by vandalizing the market maker's yacht club. I called Carr Securities to ask if the story were true. Carr Securities Chairman Walter Carucci told me he was "tired of this issue" and hung up on me. Be it noted that the company did issue a press release in August that announced it doesn't deal in Life Sciences stock.

So why isn't the NYSE's appeasement a big story? A Nexis search showed no mention of it in The New York Times, even though it has a prominent business section and the harassment hit biggies in the gray lady's hometown. The San Francisco Chronicle ran a brief.

My guess: The extremists are not members of the religious right; instead, these enemies of science hail from the rat-hugging left. They don't tote Bibles — they join groups like SHAC (Stop Huntingdon Animal Cruelty), ALF (Animal Liberation Front) and WAR (Win Animal Rights) that oppose medical research on animals, as well as meat-eating.

Allow me to explain why this story is important. First, sick people are less likely to be cured if violent fanatics scare researchers out of business. Second, as Sen. James Inhofe, R-Okla., wrote in a

letter to NYSE President Catherine Kinney, "What happens, then, to the other companies in the same business as LSR that currently trade on the NYSE? Would you not expect activists to pressure the NYSE to delist those companies?"

Third, if these tactics are successful, researchers could leave the country. As Frankie Trull of the Foundation for Biomedical Research said, "If the climate gets tough enough, these companies aren't going out of business, they're going to China," or some other country that would not tolerate these criminal tactics.

Most important: Terrorism should never be a winning strategy. The activists would be a menace if they stuck to harassing medical researchers, but the animal-rights movement is so hate-filled that anonymous activists also harass civilians who are only loosely associated with the research. They don't just go after Wall Street execs, they also pick on paralegals. They don't just harass workers, they also harass their families. Like other terrorists, they apparently figure anyone who is not with them is guilty, and hence deserving of punishment.

To reward their abusive behavior is to reward senseless violence. We wouldn't let zealots do this to people who work in abortion clinics. We shouldn't let them do it to medical researchers.

E-mail Debra J. Saunders at [dsaunders@schronicle.com](mailto:dsaunders@schronicle.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](http://www.creators.com).

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By NANCY

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# Set an example for kids by exercising, eating right

By NANCY COLE

Knight Ridder Newspapers

The best way to make sure your children make good choices in life is to make good choices yourself. This aptly applies to fitness and nutrition. Poor diet choices and inactivity breed overweight children. Moreover, if you and your spouse are overweight, your child has an 80 percent chance of being overweight, too.

If your child sees you exercising daily, he or she will know that you care about yourself and your health. Exercise relays an important message of self-discipline, self-motivation and self-respect. If your children see you eating whole foods, they'll be inclined to eat whole foods, too.

When it comes to activity, individual and team sports are great, but don't forget the old-fashioned fun of unstructured playtime. Hide and seek, hula hoop, hop scotch, and climbing trees can help build strength, provide cardiovascular activity, improve coordination and stimulate brain develop-

ment. Pick tag over TV and cardio over computer games. Then, trade juice for water, sugary snacks for whole fruits and fast food for sit-down dinners and you will make large strides in promoting a more healthy lifestyle.

You can benefit as well. Spending time biking, hiking, in-line skating or just taking long walks can initiate great conversation. We all know how difficult it is to engage our children in meaningful conversation when their brains are being bombarded by video games.

Sadly, only 32 percent of children between the ages of 6 and 17 meet the minimum standards for cardiovascular fitness, flexibility and upper body strength.

But you can change that.

Getting a handle on your child's health now can prevent love handles later. A chubby child could be careening toward childhood obesity. Establishing a healthy eating plan and exercise program for yourself and your child will encourage your child to become a fit and healthy adult.



Nancy Cole demonstrates children exercises with her daughter Samatha Cole, 6, at the Body and Soul Gym in Coral Gables, Fla.

KRT photo/Barbara P. Fernandez/Miami Herald

## Dining out, weighing In: Restaurant meals are higher in calories!

With two out of three Americans overweight today, it's getting harder to believe that all this extra fat is a simple problem of self-indulgence or poor personal discipline.

In fact, researchers and clinicians from various sciences say unequivocally that it's not. Certainly adults are responsible for what they put in their mouths. But when so many are affected, from all across the American demographic, we have to also look what's going on in our culture at large.

And one thing that's going on is that there's a lot more going out. In 1978, just 18 percent of the calories Americans consumed were eaten away from home. But by 2003, that was up to half. Why should that even matter? A calorie is a calorie, right?

At the bottom line, yes. The trouble is that when we eat out, we simply have much less control over what ends up on our plates, and from there, on our bottom line. That shows up in a variety of ways. Nutritional research indicates that for almost any given dish that you might choose to prepare at home, when it's compared to a restaurant dish of the same name, it's often not the same thing at all. So even trying to consciously select what looks like the healthiest choice on the menu might not do you much good.

Restaurants tend to use more oils and fats, more sugar, and more salt in their food preparations. The reason is simple: if the food is yummy, you'll come back! But that tends to add up to a lot of extra calories you weren't counting on.

And speaking of extras, how about all those extra nibbles: the plates of

appetizers, the baskets of warm bread with pots of cool butter, the bonus beverage specials? Most families simply don't have all those edible accoutrements with regular home meals.

But at a restaurant, your drinks are brought before you even order. You often get bread or rolls to eat during your wait, and appetizers and desserts are helpfully suggested by your server.

Yet those extras can have even more calories than your meals! An order of buffalo wings with blue cheese dressing? That's a tidy 1,010 calories before dinner. For a fried onion blossom with dip, figure around 2,000. Even a basket of garlic bread is about 800 calories. How many people are sharing those calories at your table?

Then you get to the main attraction, and the major problem with dining out—portion size! Restaurant meals are often three to four times larger than a normal serving size.

Even plates, glassware and utensils have grown. Very often, the dinner plate you get in a restaurant would qualify as a platter in any home kitchen, but then, they have to be bigger to accommodate those super servings!

It wouldn't be such an

issue if we were better at walking away. An old adage about fitness says that the most important exercise to do is "push-backs," as in, when you've had enough, push back and get up from the table.

But research shows that Americans in general tend to be "completers," and many of us were raised to feel a sense of guilt if we left food on our plates. Add that programming to a giant dish of pasta, and suddenly, you're stuffed! The truth is, no matter how we're raised, or whether we're slim or fat, if more is put in front of us we'll eat more, period.

And usually, we're not even particularly aware of it. This has been proven out by study after study, in both the United States and abroad.

And that's not all. The research also shows that as we become accustomed to those megasized meals were presented in restaurants, we tend to prepare bigger portions at home, as well. We may not use all the extra oil, salt and sugar that restaurants do, but we're certainly having more of our main ingredients, and we're eating big and hearty.

The other thing that restaurants have over the home meal is variety.

Even the most accommodating home cook typically won't make a different special meal for each member of the family. Again, the nutritional research shows that the more different things you can have, the more you'll eat overall.

United States Department of Agriculture studies showed that when offered three varieties of a given food item—say, sandwiches or cookies—people would eat more than if they were offered three items of the same variety.

That's part of why those all-you-can-eat buffets are such a caloric catastrophe. Who ever has just a little?

Given the demands of today's busy lifestyles, dining out nowadays is not only a pleasure, but a time-saving survival tool. Restaurants may eventually be required to provide nutritional facts for their meals, but even without hard numbers, awareness of the pitfalls can go a long way toward helping us control those calorie counts.

We just need to think

about what we're up against when someone else is serving, so that when we're eating out, we're not taking so much in.

Make Yourself at Home! If you eat out frequently, think about adjusting your restaurant eating habits to conform more to those you might practice at home.

No one's feelings will be hurt if you don't order an appetizer or if you say no to the extra beverage refill.

And remember to do those "push-backs!"



DR. CAROLINE CEDERQUIST

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**AIRSHO**

Continued from Page 1A

cated to preserving the old planes of World War II.

"We're now in a transition zone where we now have to try to bring in Vietnam and Desert Storm planes and bring this thing up to date. Initially, the CAF worked strictly on World War II planes, but those veterans are dying off at the rate of 1,100 per day. So if we don't bring new blood in and teach people what was done during the wars, it's going to become a lost art. We'll have to depend on paid people to do this."

Since joining the CAF, Cannon's made many friends, including fellow CAF member J.B. Thorn, also of Graham.

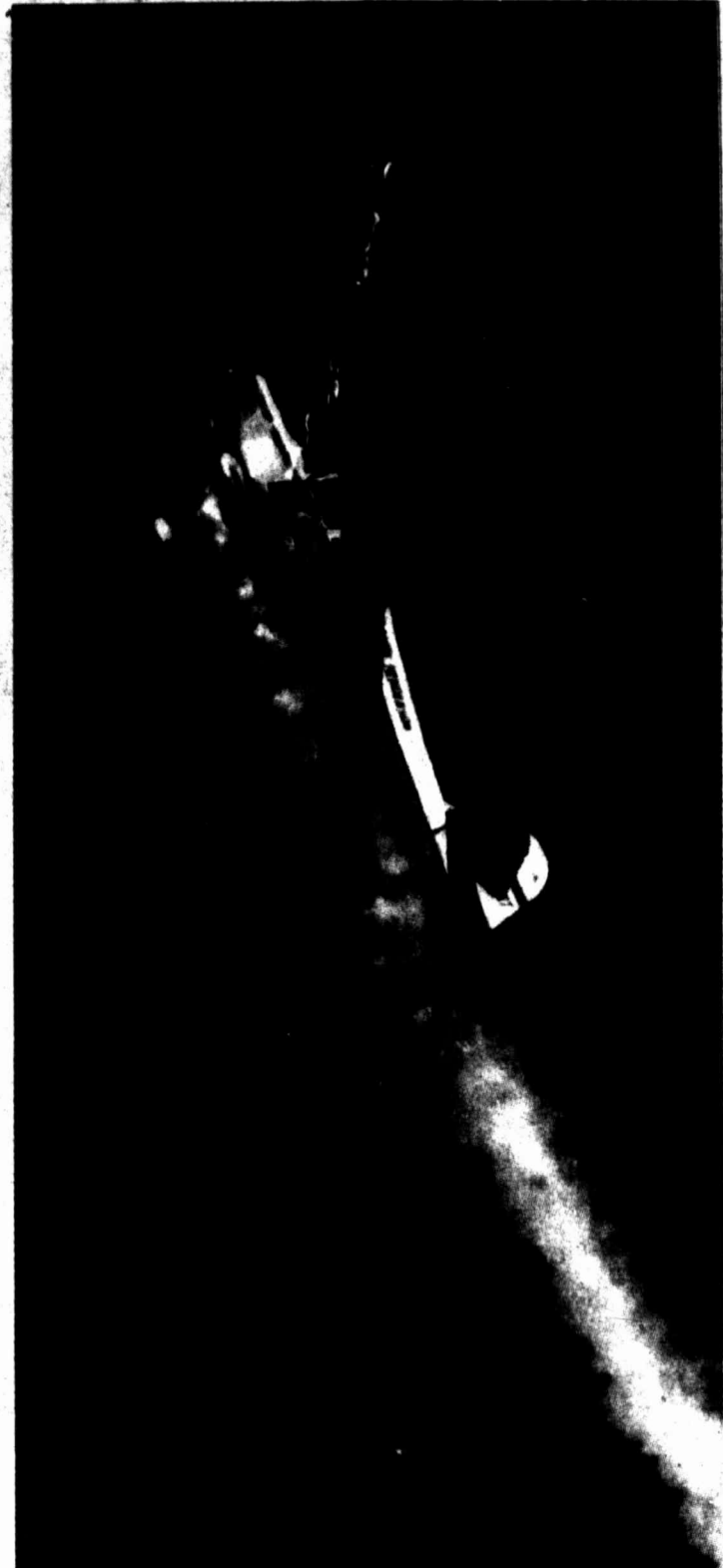
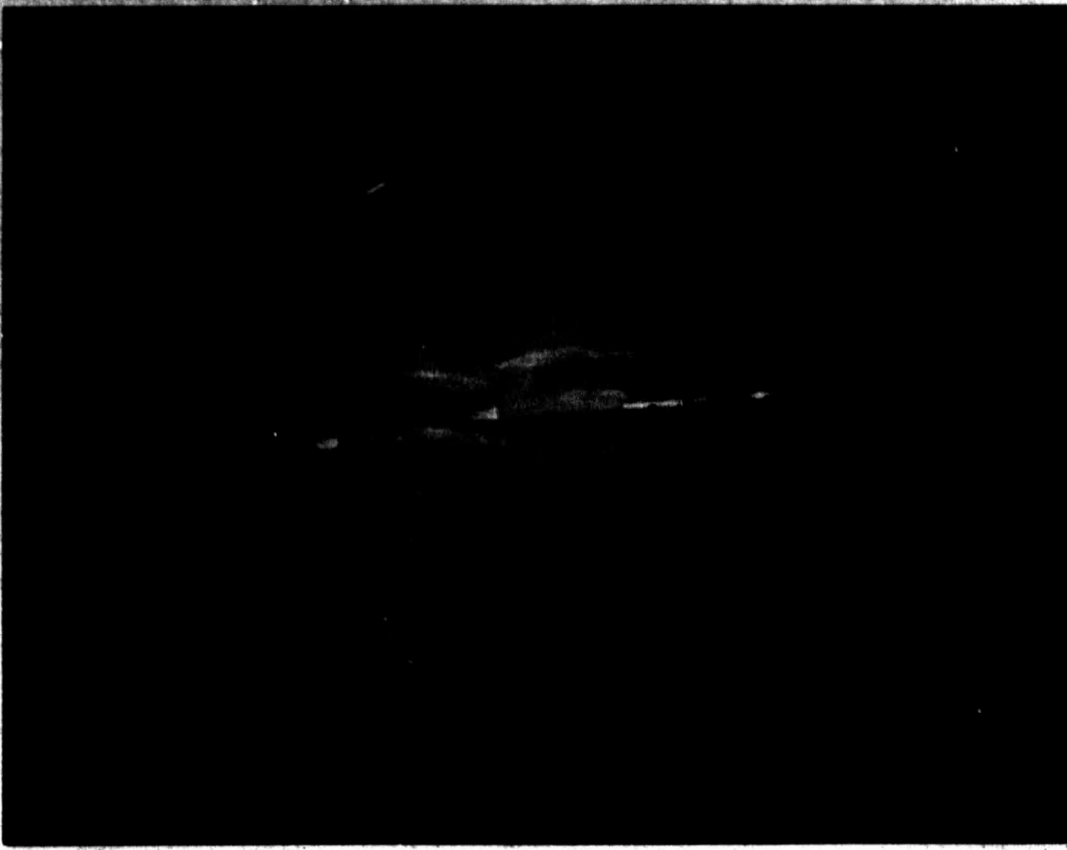
Thorn said the Airsho has been a part of his annual plans ever since it moved to Midland.

"I've been doing this ever since the CAF has been here," said Thorn. "Ever since they moved the Airsho from Harlingen to Midland. I'm a member of the CAF and have been since 1981."

"We're doing some good work on keeping the old planes flying. We do a lot of research and work on them. It's a good thing. We need to get some younger people involved with the CAF. We need get some younger people to join."

Cannon said the members of the CAF, made up largely of ex-military officers, are one big family.

"We're all colonels, but we're all volunteers when it comes to getting the work done," Cannon said with a laugh.



There could be little doubt why the United States military has achieved superiority in the air during Saturday's Fina Airsho, as this F-15 fighter jet boomed through the air to the delight of the crowd (top left). Randy Henderson, affectionately known as the "Kid from Cottonpatch," gets his famous Texas T-Cart off the ground during Saturday's Airsho at Midland International Airport (right above). The Texas T-Cart is a highly modified, clipped-wing Taylorcraft BC12-D, and first rolled off the assembly line in 1946. Henderson spent two years modifying this homebuilt "talldragger" in his hangar at Cottonpatch Aerodrome in Frisco. And at lower left, the pilot of this vintage aircraft taxis out onto the runway during Saturday afternoon's Fina Airsho at Midland International Airport. This World War II era aircraft was joined by countless other aircraft from around the world during aerial re-enactments of some of the war's fiercest battles.

HERALD photos/Thomas Jenkins

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### IN BRIEF

#### Coahoma sets booster club date

The Coahoma Athletic Booster Club will meet each Monday at 7 p.m. in Coach Kim Nichols' classroom through the football season. The meetings after football season will take place only when needed.

For more information, contact Donna Wright at 267-6723.

#### Quarterback club sets remaining weekly meetings

The Big Spring football booster club (quarterback club) will meet every Monday at 7 p.m. at the ATC through the football season.

For more information, contact Gene Piercefield at 816-1134.

#### Big Spring starts junior tennis league

Big Spring tennis pro Ted Olesen has announced the start of a junior tennis league.

League play will take place every Monday at the Figure 7 Tennis Center in Comanche Trail Park and will last from 6 p.m. to 7 p.m.

The league is for children in grades four through six (ages 8-12).

Participants should bring a racket. Provided rackets will be limited.

For more information, contact Olesen at 806-236-8901 or visit bigspringtennis.com.

#### Hunter Education Class announced

The date for the next hunter education course will be Oct. 15 and 16 beginning at 8 a.m. in the Big Spring Chamber of Commerce Building.

The cost is \$10 and each student will need his/her social security number and a parent or guardian if under 17.

Texas law requires this course to be taken if you want to hunt in the state.

For more information or to register, contact Steve Poitevint at 264-7033.

#### Softball tournament announced in B.S.

There will be a La Raza Unida softball tournament Oct. 14 and 15 at Cotton Mize Field inside Comanche Trail Park.

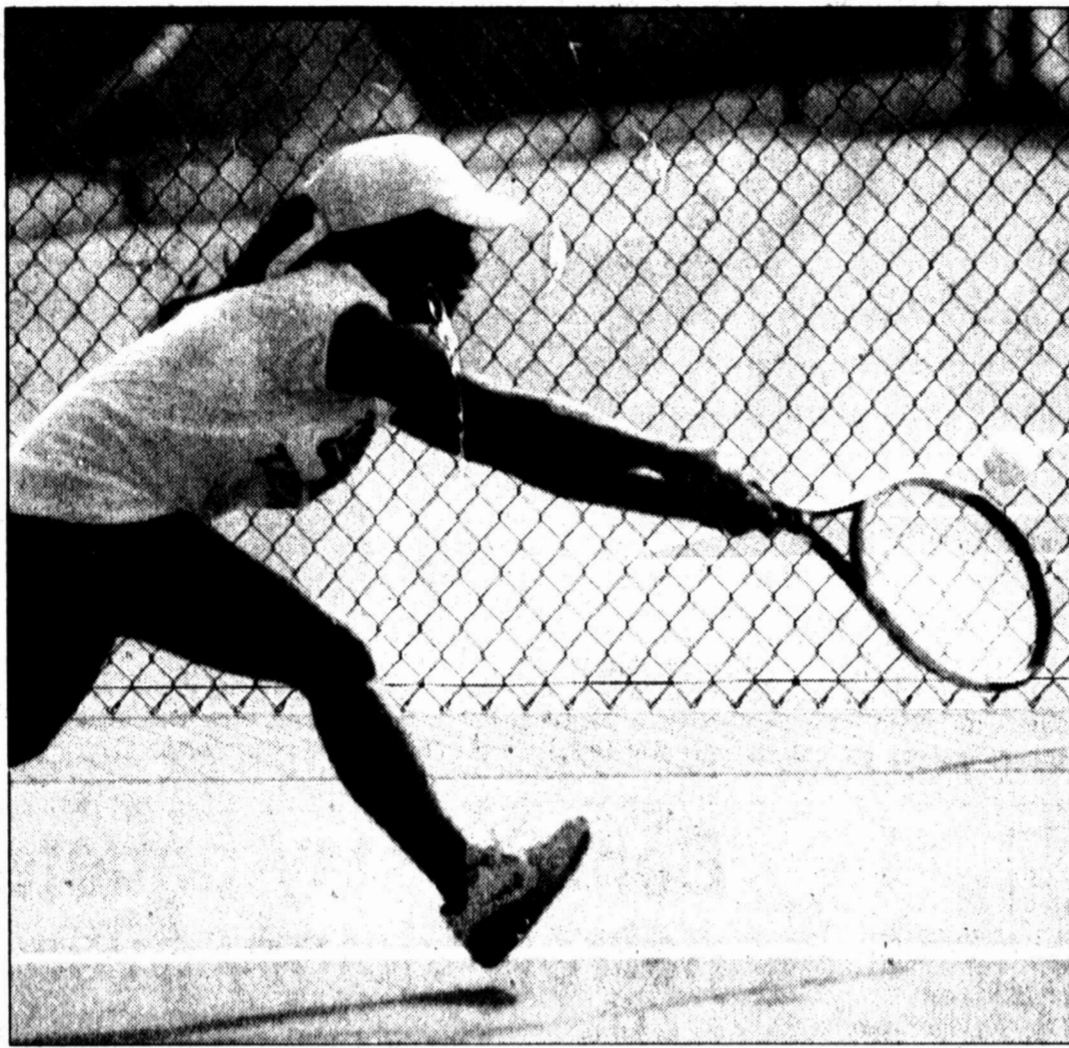
The entry fee will be \$110 per team.

There will be a team trophy, player trophies and T-Shirts awarded for first place, while second and third place will get a team trophy and T-Shirts.

The tournament is part of the La Raza Unida Celebracion. There will also be speakers, music, entertainers and booths and vendors at the Amphitheater. The festivities begin at 11 a.m. Saturday.

For more information, contact Jennifer Patton at 263-635 or leave a message at 714-4185.

## B.S. netters fail to find first district victory



Big Spring's Rosie Alcantar reaches for a return shot in a match earlier this year. The Steers and Lady Steers lost to rival Frenship, 12-4, Saturday and are still winless in District 4-4A action.

By TROY HYDE

Sports Editor

WOLFFORTH — The Big Spring tennis team could not find its first district victory of the season Saturday as the team lost to rival Frenship 15-4 in Wolfforth.

"This was the best match we played all year and we are continuing to get better," said first year head coach Kathy Boland. "The attitude was good from start to finish."

The four wins came during the boy's matches. Junior Roshan Shroff continued his dominance of District 4-4A as he remained undefeated with a three set victory. He won the first set 6-4, then got broke three times in the second and lost 4-6 before bouncing back with authority in the final set, winning 6-0. Shroff is undefeated in the district with two teams left to play.

Shroff and doubles partner Jeremy Landin also recorded a win for the Steers as they took down their opponents in three sets. They lost the first set 4-6, but then battled back and took the final two sets in tiebreakers.

The final two points were awarded to the Big Spring team after No. 2 singles player Bryan Juan finished for the day. He won his singles match and also recorded a point for his team as he and doubles partner Ainhao Nghiem won in straight sets.

Juan won his singles match in 30 minutes as he walked away with a 6-1, 6-1 win. Juan and Nghiem won their doubles match 7-6, 6-4.

Nobody on the girl's team was able to get a win, but several players battled and nearly pulled off victories, said Boland.

The closest player to victory was sophomore Allison Ward. She lost in straight sets 6-4 and 7-5, but was up 4-1 in the first set before losing focus.

See STEERS, Page 2B

## Cowboys fall short late against Raiders

### • Dallas takes another game to wire, loses to Oakland on the road

By JOSH DUBOW

AP Sports Writer  
OAKLAND, Calif. — This was supposed to be the week Randy Moss got more involved in the offense. Instead, two Raiders who had struggled in the first three games helped Oakland to its first win.

LaMont Jordan ran for 126 yards and a score, Sebastian Janikowski kicked four field goals and Oakland's defense put together a late goal-line stand Sunday to lead the Raiders to a 19-13 victory over the Dallas Cowboys.

With Moss going up against the team he's tormented for 10 touchdown receptions in five wins in his career, it figured he'd have a breakout game. But other than a long catch on Oakland's first drive, he was more of a decoy.

Jordan was the workhorse, running up the middle for tough yards a week after getting just 19 yards on 16 carries.

The game wasn't decided until the final 2 min-

utes. Trailing 19-13 after Janikowski's 43-yard field goal with 4:29 left, Dallas (2-2) drove inside the 5 with help from a 57-yard pass from Drew Bledsoe to Terry Glenn. But Tommy Kelly hit Julius Jones for a 2-yard loss on second down from the 3, and Bledsoe followed with two straight incompletions to give Oakland the ball with 1:45 to go.

Jordan then ran twice for a first down and Oakland (1-3) ran out the clock, heading into the bye week with a much-needed win.

Dallas mixed up its coverage on Moss, sometimes using linebacker DeMarcus Ware to jam him at the line with safety help, and rotating its cornerbacks at other times on the big-play receiver.

Collins threw to Moss only three times in the opening half, connecting on a 79-yarder on the first drive to set up Janikowski's 30-yard field goal and throwing his direction on back-to-back plays to open the second quarter. Moss, finished with four receptions for 123 yards.

See COWBOYS, Page 2B

## Jarrett wins at Talladega

By JENNA FRYER

AP Motorsports Writer  
TALLADEGA, Ala. — Dale Jarrett's voice was hoarse and choked with emotion. He had just won a frantic shootout to end a 98-race drought and steal the spotlight from NASCAR's championship drivers.

Jarrett, a hardened veteran, could hardly believe what had happened Sunday during a crash-filled race at Talladega Superspeedway that shuffled the points standings and moved Tony Stewart back on top of the Nextel Cup leaderboard.

Jarrett, an also-ran most of the race, used a three-wide pass to challenge Tony Stewart for the lead on the final lap of a three-lap overtime shootout, then passed

Stewart on the backstretch in the UAW-Ford 500 for his first victory since 2003 at the now-defunct North Carolina Speedway.

Kyle Petty spun to bring out a caution before the leaders crossed the finish line, freezing the field. NASCAR then had to review tape to establish a final finishing order.

The final decision had Stewart second and in the points lead after the third of 10 Chase for the championship races.

Matt Kenseth finished third and Ryan Newman was fourth.

Stewart holds a four-point advantage over Newman — who originally thought he was the new points leader — after a race that shuffled the Chase standings.



Philadelphia Phillies players sit dejected in the dugout in the ninth inning after learning the Houston Astros had clinched the final National League playoff spot with a 4-2 victory over the Chicago Cubs. The Phillies finished the season with a 9-3 win over the Washington Nationals at RFK Stadium in Washington, D.C., Sunday.

## Houston clinches final NL playoff position after win

By STEPHEN HAWKINS

AP Sports Writer

HOUSTON — The Houston Astros clinched the NL wild card on the final day of the regular season — just like they did last year.

Roy Oswalt became the first pitcher since 2001-02 with consecutive 20-win seasons, throwing six innings and driving in a run in a 6-4 victory Sunday over the Chicago Cubs. The Astros, who completed a remarkable comeback from a miserable start of the season back into the playoffs.

The Astros, 15-30 after a loss to the Cubs on May 24, became the first team since the 1914 Boston Braves to make the playoffs after being as many as 15 games under .500 in the same season.

Houston (89-73) will play Atlanta in a rematch of last year's NL division series, won by the Astros in five games for their first postseason series victory. The

Braves were 5-1 against Houston this season, including a four-game sweep in Atlanta, where Game 1 is Wednesday.

By winning their regular season finale, the Astros avoided a tie with Philadelphia for the wild card, and having to go on the road for a one-game tiebreaker. The Phillies (88-74) won 9-3 at Washington on Sunday to finish a game behind Houston.

Houston trailed 4-3 when Oswalt (20-12) threw his last pitch in the sixth. The game was tied by time Jeff Bagwell pinch hit for him in the bottom of the inning.

Jason Lane's 26th homer, on the second pitch of the sixth, tied the game at 4-4. That came after the Cubs had scored twice in the top of the inning on several bloop hits.

Adam Everett had a one-out single before Bagwell, limited to pinch-hitting duties since missing 115 games

because of shoulder surgery, hit a grounder. Shortstop Neifi Perez's throw to second was wide of the base, allowing Everett to score the go-ahead run and Bagwell to go all the way to third.

Bagwell was the last batter faced by Greg Maddux (13-15), who finished with a losing record for the first time since going 6-14 as a rookie for the Cubs in 1987. The four-time NL Cy Young Award winner allowed six runs and 10 hits over 5 1-3 innings.

Michael Wertz's wild pitch allowed Charles Gipson, running for Bagwell, to score for a 6-4 lead.

Brad Lidge worked the ninth for Houston for his 42nd save, his second in a row since his blown save Friday night that cost the Astros.

Chicago's Derrek Lee was 0-for-4, but still wrapped up the major

See ASTROS, Page 2B

ASTROS

Continued from Page 1B

league batting title at .335 — the first Cub to do so since Bill Buckner in 1980. He finished with 199 hits — 99 for extra bases (50 doubles, three triples and 46 home runs).

Oswalt finished with the ninth 20-win season in Astros history, joining Joe Niekro (1979-80) as the only Houston pitchers to do it twice.

He is the first in the majors with consecutive 20-win seasons since Randy Johnson and Curt Schilling both accomplished the feat in 2001 and 2002 for Arizona.

Nomar Garciaparra had a one-out single and Jeremy Burnitz and Michael Barrett followed with bloop hits in the sixth for a run.

Center fielder Willy Taveras prevented another bloop hit with his diving catch, but Perez put the Cubs up 4-3 with another softly hit single.

Michael Barrett led off the Cubs fifth with his 16th homer, and Matt Murton and Perez followed with consecutive singles.

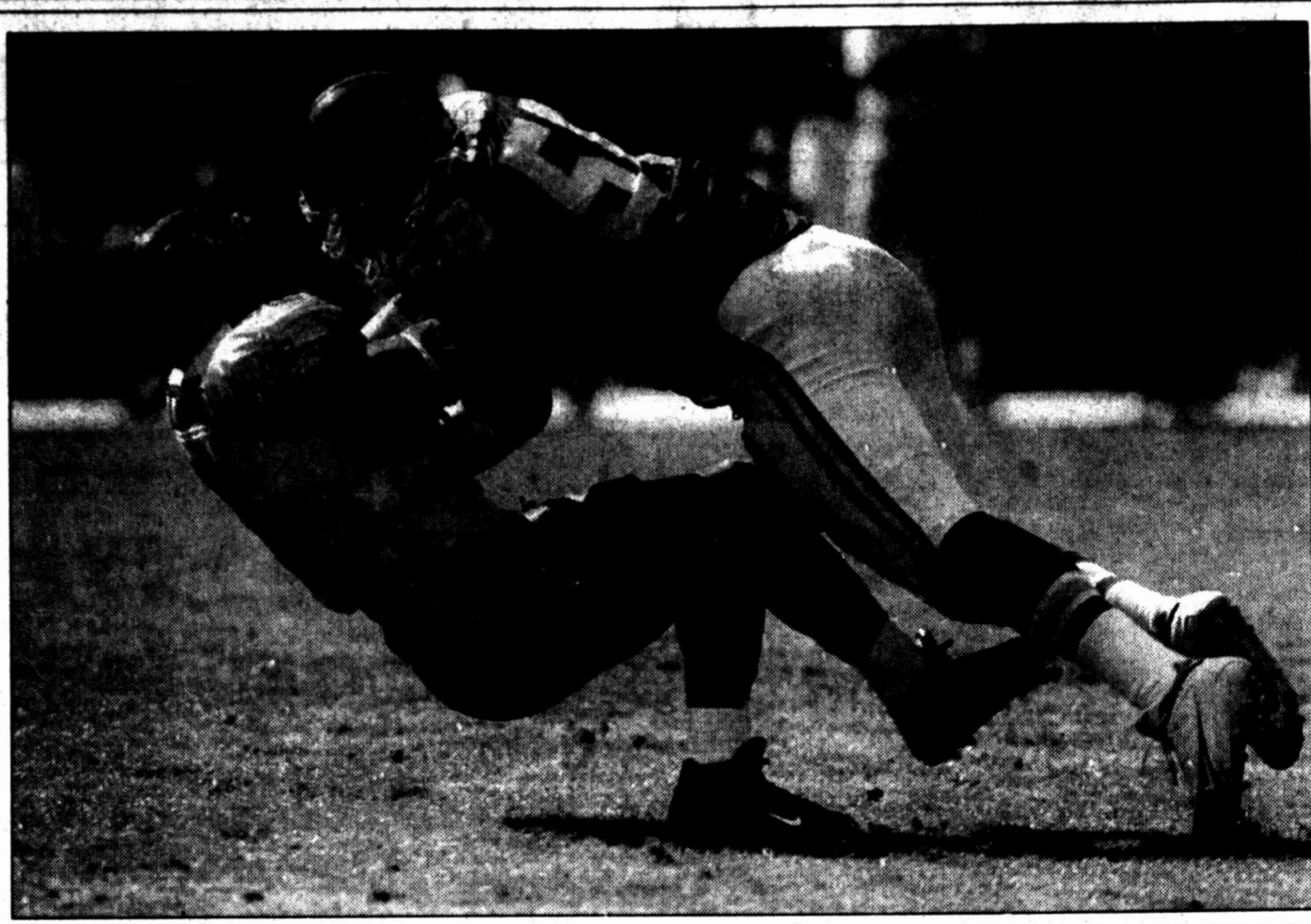
Maddux then bunted the ball right back at Oswalt to start a double play before Corey Patterson's RBI double made it 3-2.

The Astros had gone ahead 3-0 on Oswalt's infield RBI single in the fourth, which came after the Cubs intentionally walked Adam Everett with two outs and a runner at third to get to the pitcher's spot.

Oswalt hit a grounder deep into the hole that shortstop Perez backhanded, and beat a strong throw to first.

With Philadelphia already ahead in its game, Houston got off to a fast start. Biggio hit Maddux's second pitch of the game for a double, and after Taveras had a sacrifice bunt, scored on Morgan Ensberg's single.

Mike Lamb also had an RBI single for a 2-0 lead.



Kansas City Chiefs linebacker Derrick Johnson (56) tackles Philadelphia Eagles running back Brian Westbrook after a pass reception in the first quarter at Arrowhead Stadium in Kansas City, Mo., Sunday. The Eagles trailed 24-6 in the second quarter, but battled back and defeated the Chiefs on the road, 34-24.

COWBOYS

Continued from Page 1B

Jordan ran six times for 38 yards and also caught a pass on the first drive of the second half, setting up Janikowski's 23-yard field goal to make it 13-3. Janikowski, who missed four field goals the first three games, kicked two

long field goals in the fourth quarter and was perfect on the day.

The Raiders did a good job most of the day against Dallas' receivers: Through the first three quarters, Cowboys wideouts had thrown as many passes — an incompleton from Keyshawn Johnson to Jones on a trick play in the third quarter — as

they had caught.

Then Bledsoe hit Patrick Crayton on a 63-yard touchdown pass. Bledsoe finished 11-for-26 for 212 yards.

The Raiders scored on their first drive for the third time in four games.

The Raiders, the most penalized team in the NFL, committed 13 more infractions.

Bengals stay undefeated after narrow victory over Houston

By JOE KAY

AP Sports Writer  
CINCINNATI — T.J. Houshmandzadeh is the Cincinnati receiver who doesn't dance, but the way these Bengals are going, he may want to brush up on the "Ickey Shuffle."

The Bengals are 4-0 for the first time since 1988 — the last time they went to the Super Bowl — as Houshmandzadeh paced a bogged-down offense with 105 yards on eight catches Sunday in a 16-10 victory over the Houston Texans.

Cincinnati's first three wins were lopsided, fueled by a flood of turnovers and Carson Palmer's elegant touch. This one was fashioned by field goals and a disputed fumble in the closing minutes.

Shayne Graham's 27-yard field goal with 5:04 left broke a 10-all tie, and David Carr's fumble with 3:14 sent the Texans to their first 0-3 start in four seasons as an expansion team.

Carr was hit by Justin Smith while his arm was cocked, making the ball fly out of his hand as he started an awkward throwing motion. John Thornton fell on the ball, and referee Larry Nemmers upheld the call on review, costing the Texans their final time-out.

Graham made another field goal from 46 yards with 1:10 left, and Carr was sacked on what was supposed to be a desperation throw from midfield as time ran out.

The Bengals lost their two veteran centers and repeatedly set themselves back with penalties — 14 in all for 117 yards. Their second-best throw-and-catch combination kept them unbeaten.

Houshmandzadeh, who merely flips the ball to an official after his scores instead of dancing like teammate Chad Johnson, kept the offense moving with clutch catches. He also had a touchdown wiped out by a penalty.

Johnson danced after a touchdown a week earlier, and promised another showy celebration after he scored against the Texans. They made sure it didn't happen by always covering Johnson with two defensive backs.

His one chance for the end zone came up short — he was tackled at the 2-yard line, and the catch was then nullified by a penalty. He finished with seven catches for 67 yards.

"The Texans' offense ran smoother under a new offensive coordinator. They fired Chris Palmer during their bye week and promoted line coach Joe Pendry, hoping to stop the deluge of mistakes that limited the offense to two touchdowns in two games.

There were fewer mistakes, but the result was the same — only one touchdown again.

Carr was 17-of-26 for 174 yards with seven sacks.

Red Sox end year with rout over Yankees, enter postseason as WC

By JIMMY GOLEN

AP Sports Writer

BOSTON — The Boston Red Sox joined the New York Yankees in the playoffs on Sunday and made their rivals' road just a little tougher.

Reigning World Series MVP Manny Ramirez hit a three-run homer and also threw out Derek Jeter from the outfield on Sunday, and Curt Schilling shut the Yankees down long enough for the Red Sox to beat them 10-1 and clinch the AL wild-card berth.

Boston opens the playoffs Tuesday at Chicago. New York's loss meant it will start the postseason Tuesday at Anaheim rather than at home against the Los Angeles Angels.

Schilling (8-8) held the Yankees scoreless for five innings; by that time, the Cleveland Indians had already lost 3-1 to the Chicago White Sox and assured Boston of the AL's last playoff spot. A day earlier, the Yankees celebrated in Fenway Park's visitor's clubhouse after clinching the AL East.

Boston and New York each finished the year 95-67, and the Yankees took the division title because they beat the Red Sox 10-9 in the season series. The Angels also finished 95-67 and earned the home-field advantage against the Yankees because they won the season series 6-4.

Cleveland's game ended when Jason Varitek was at-bat in the bottom of the fifth. Red Sox management hugged in their box seats next to the field, and owner John Henry passed the word along to the dugout.

By the time this one was over, the starters were out of the game and the much-anticipated season finale had the look of a spring training game, except for the chill in the air and the anticipation of a possible playoff rematch if both can get past their first-round opponents.

After Varitek singled, the Fenway video screen

MLB Playoff Matchups

National League  
Houston @ Atlanta  
San Diego @ St. Louis  
both series start Wednesday

American League  
Boston @ Chicago  
New York @ Anaheim  
both series start Tuesday

showed a shot of the manual scoreboard at the base of the Green Monster. The "9" next to the White Sox and Indians score came out, indicating a final, and the sold-out crowd stood and cheered. Doug Mirabelli also homered for Boston, making it 10-1 in the sixth with a three-run shot that bounced off the base of the flagpole that holds the 2004 World Series Champion pennant.

The Red Sox have not repeated as World Series champions since 1915-16.

Now they'll have a chance.

The Red Sox counted down the last three outs with giant numbers on an outfield scoreboard. Many of the fans had left because of the blowout, but they cheered each pitch to Bubba Crosby and when he struck out looking to end the game, the players poured out of the dugout for a celebration on the mound.

The outfield scoreboards posted matching messages, one congratulating the Yankees and one congratulating the Red Sox.

Jaret Wright (5-5) subbed for Mike Mussina, who will start the Yankees series against the Angels instead, but

Jason Giambi was the only other New York regular to take the day off. Wright allowed three runs, three hits and five walks in 3 1-3 innings.

He left after Bill Mueller homered and Tony Graffanino walked starting a five-run fourth inning. Johnny Damon singled and, one out later, David Ortiz got his major league-leading 148th RBI.

But the big hit in the inning came from Ramirez, who even hustled around the bases — after his usual pause to watch the ball bounce into the center-field bleachers, of course. It was his 45th homer of the year, matching a career high; he has nine homers and 19 RBIs in his last 12 games.

Ramirez also threw out Jeter when he tried to stretch a Wall shot into a double in the first. Jeter slid headfirst into second base and walked off the field gingerly but stayed in the game until the fourth. The Yankees announced that he was taken out so that he could keep his knee iced as a precaution.

Although the Yankees had a chance to avoid a trip to California after the game, their victory on Saturday deprived the ballpark of the drama of the winner-take-all playoff in 1978 — 27 years ago to the day — that Bucky Dent won with his pop up into the Green Monster's net.

Schilling gave up singles to three of the first four hitters, but Jeter was erased on Ramirez's play and the others were stranded when Hideki Matsui grounded out to first.

STEERS

Continued from Page 1B

mentally, said Boland.

"When she starts to get over the mental aspect of the game, she will be a great player," Boland added. "She battled against Frenship, but just couldn't get the win."

Ward also played well in doubles with freshman partner Brittany Farmer.

The duo lost 6-2, 7-6, but Boland said they played great together and may continue to be paired up in the future.

Rosie Alcantar lost in straight sets, but was only defeated 6-4, 6-4.

"Rosie played her best match of the year," said Boland. "The Frenship girls were really good."

There were a couple other close matches on the boy's side. Senior Dustin Thomas lost a

three-set match 6-3, 1-6 and 4-6 and Landin was defeated in singles for the first time in district play as he fell in three sets, too.

Big Spring has also been defeated by Plainview (11-8) and Lake View (12-7) this year and still has to play rival Andrews and Lubbock Estacado. The Steers host Sweetwater Tuesday at 3:30 p.m. at the Figure 7 Tennis Center.

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Tomorrow's Horoscope

The new Libra moon is a ballerina in a ball gown. Masquerading as just another dancer at the ball, she's overqualified to be on the floor with the others. Even while hiding her talent, everyone can see something special in her. The solar eclipse could have you making your talents a secret as well in order to blend in to the party.



HOLIDAY MATHIS

**ARIES** (March 21-April 19). Whether the task was big or small, the important part is that you did it! So you can laugh in the face of all the woulda-coulda-shouldas. Give yourself credit, for goodness' sakes, or it's very difficult to motivate yourself to do more!  
**TAURUS** (April 20-May 20). You'll know a worthy endeavor because it seems to have an engine of its own — you're just

along for the ride. It's time to question any project that has seemed hard for a long time now.  
**GEMINI** (May 21-June 21). Where is all of your energy coming from? Note this, because it's about to change. Eventually, you will be completely fueled by new and different resources. Now if only the whole planet would follow your lead.  
**CANCER** (June 22-July 22). Talk to your smartest and most creative friends. One good idea leads to another. Things don't have to be difficult or complicated to be brilliant. Keep it simple.  
**LEO** (July 23-Aug. 22). The stars emphasize your relationship with your parents. Of course, everything is their fault, but it's a waste of time to pin the blame on them. Move on by taking it upon yourself to mend the damage.  
**VIRGO** (Aug. 23-Sept. 22). Usually the humble and modest type, you have almost arrogant confidence now — so

much so that others can't help but defer to your judgment. It feels good to be trusted.  
**LIBRA** (Sept. 23-Oct. 23). With one part persistence and two parts information, you could rule your workplace. Ask around to be sure yours is the most effective approach. A Capricorn and an Aries are the most likely to keep you in the know.  
**SCORPIO** (Oct. 24-Nov. 21). Basically, you need more money. If you think too small, you'll have a hard time earning. Broaden your mind to more possibilities by spending time with someone whose expertise is vastly different from your own.  
**SAGITTARIUS** (Nov. 22-Dec. 21). Love is getting to be like a ride on the Ferris wheel — the ups and downs couldn't be more predictable. Get off this ride! Even a roller coaster would be better or at least more thrilling.  
**CAPRICORN** (Dec. 22-Jan. 19). Your inner voice is like Jiminy Cricket, a

dandy little pest chirping about what's right and wrong. Someone you admire tries to convince you that a certain activity is OK, but you and your bug know it isn't.  
**AQUARIUS** (Jan. 20-Feb. 18). Your favorites are the mixed bag, the motley crew and the anything-can-happen kind of day — like today. Keep the schedule light, and make no promises so that you can jump at a moment's notice.  
**PISCES** (Feb. 19-March 20). You're in a sensitive mood. You'll have to decide if you want someone to tell you that you're perfect or tell you the truth. You will grow from either type of comment. It just depends on what you feel you can handle now.

**ASTROLOGICAL QUESTIONS:** "One of your recent horoscopes for my sign said, 'Mother taught you it's not nice to tease, and she was right. Make intentions clear in matters of love — don't mislead. For those of you cohabitating, things could

get sticky.' The crazy thing is I'm a Sagittarius woman cohabitating with a Virgo man and I am considering leaving him. Our relationship just lacks chemistry and has from the beginning. Should I be sticking this out or cutting my losses and moving on?"

You already have one foot out the door, and you're just waiting for the right time to leave. (As they say, don't shoot the messenger — I hope you don't blame it on my horoscopes when you break up with him!) In this time in between, you have the opportunity to be a classy breakup artist. It's a skill you'll probably use again, as Sagittarius women tend to shop around a bit before they settle in with the one. So you lack chemistry. Find other things to adore about your sweet Virgo man before you scurry off. Let him go with love instead of feeling the need to find fault with him. If you can feel good about this breakup, your next relationship will be much easier to start.

**CELEBRITY PROFILES:** How can you top yourself when you've taken both the music world and the fashion industry by storm? If you're creative dynamo Gwen Stefani, then you take some time off to focus on more personal issues like marriage, family and the possibility of motherhood. Loving and giving Libras must initiate a well-needed rest and focus on putting their needs first.

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

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Annie's Mailbox : Advice for those in need

Dear Annie: A few days ago, my husband, who had been running an errand, walked into our house and asked if I had given our neighbor permission to use our water. I said, "No," and went to see what was going on. Our neighbor had attached his hose to our faucet on the side of our house and was using it to fill his pool.

My husband immediately asked our neighbor for an explanation. Our neighbor said that it was an emergency and he needed to fill his pool quickly before it became damaged. He was using his own water, too.



KATHY MITCHELL  
MARCY SUGAR

Our neighbor said he assumed no one was home because he didn't see our car in the driveway. He never made an attempt to knock on the door, ring the bell or phone us. Instead, he figured when we saw his hose connected to our faucet, we would question him about it. He offered to pay for the water.

I didn't make a greater attempt to ask our permission or notify us. What if we never noticed the hose? How do I know he would have paid for it if we didn't catch him? I guess I expected a little more from someone who is a friend, and whose kids play with ours. How should I handle this? — Surprised

I am upset that he

being secretive, and offered to pay for the water, we say let it go. Dear Annie: My parents are both 85 and not in the best of health. Their assets amount to a considerable and complicated sum of cash, stocks, mutual funds and properties. Everything is in Dad's name.

The problem is we cannot convince my obstinate father to make some provision for my mother or anyone else in case of his death. A living trust, or even just a simple will, could prevent a lot of headaches, red tape and probate costs, as well as ensure that my sister-in-law receives the title to the house that he owns, and in which she is currently living. (My brother is deceased.)

I have tried to explain that a trust is the best way to make provisions, for both his care and Mom's, as they get older. Despite pleadings from my mother and from us, Dad insists he "has a plan" and is going to "take it with him." He refuses to talk about it or discuss his options with an attorney.

We cannot understand this. What can we do? — Cooling Heels

Dear Annie: I'm writing regarding the letter from Bobbe Stuvengen, at the American Legion in Orfordville, Wis., about military honors at funerals. The honor of a 21-gun salute is NOT restricted to high echelon persons, as the writer suggested, but is available to all eligible military veterans. — Harold B. Hanig, Lt. Col., USAF (Ret.)

Dear Lt. Col.: Thank you for clearing that up. We're certain all spouses and children of veterans will appreciate the information.

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

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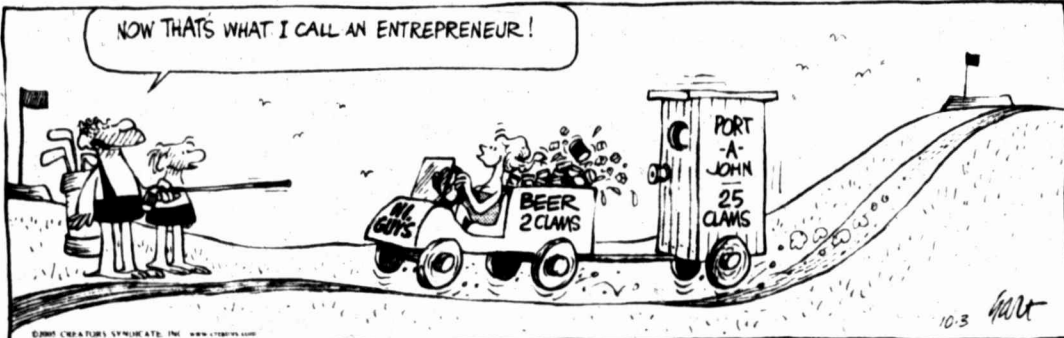
Table with 24 columns listing TV channels (WFAA, KMLD, etc.) and their respective programming for Monday.

DENNIS THE MENACE



'COULD YOU MAKE THAT APPLE PIE THE SAME SIZE AS A LARGE PIZZA?'

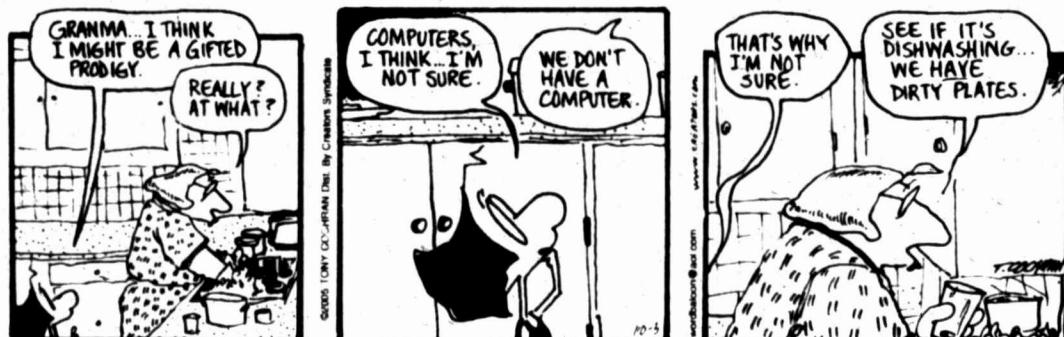
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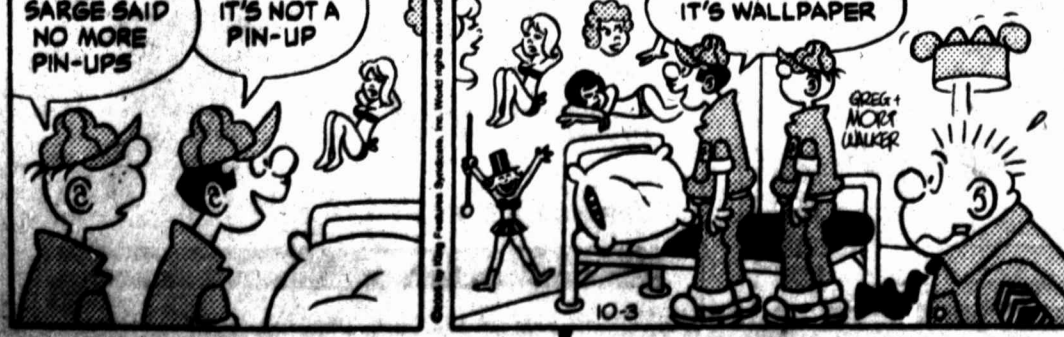
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BETLE BAILEY



THE FAMILY CIRCUS



'Yeah, but it was more fun gettin' dirty.'

HAGAR



BLONDIE



This Date In History

Today is Monday, Oct. 3, the 276th day of 2005. There are 89 days left in the year.

On Oct. 3, 1863, President Lincoln declared the last Thursday in November Thanksgiving Day.

In 1941, Adolf Hitler declared in a speech in Berlin that Russia had been 'broken' and would 'never rise again.'

In 1942, President Roosevelt established the Office of Economic Stabilization.

In 1944, during World War II, U.S. troops cracked the Siegfried Line north of

Aachen, Germany. In 1951, the New York Giants captured the National League pennant in game three by a score of 5-4 as third baseman Bobby Thomson hit a three-run homer off the Brooklyn Dodgers' Ralph Branca in the 'shot heard 'round the world.'

In 1962, astronaut Wally Schirra blasted off from Cape Canaveral aboard the Sigma 7 on a nine-hour flight.

In 1981, Irish nationalists at the Maze Prison near Belfast, Northern Ireland, ended seven months of hunger strikes that had claimed 10 lives.

In 1990, West Germany and East Germany ended 45 years of postwar division, declaring the creation of a new unified country.

Today's Birthdays: Author Gore Vidal is 80. Singer Alan O'Day is 65. Rock and roll star Chubby Checker is 64. Actor Alan Rachins is 63. Sen. Jeff Bingaman, D-N.M., is 62. Magician Roy Horn is 61. Singer Lindsey Buckingham is 56. Jazz musician Ronnie Laws is 55. Blues singer Keb' Mo' is 54. Baseball Hall-of-Famer Dave

Winfield is 54. Actor Hart Bochner is 49. Actor Jack Wagner is 46. Rock musician Tommy Lee is 43. Actor Clive Owen is 41. Actress Janel Moloney is 36. Singer Gwen Stefani (No Doubt) is 36. Pop singer Kevin Richardson (Backstreet Boys) is 34. Actress Neve Campbell is 32. Singer India Arie is 30. Actor Seann William Scott is 29. Actress Shannyn Sossamon is 27. Actor Erik Von Detten is 23. Actress-singer Ashlee Simpson is 21.

Thought for Today: 'Ability: the art of getting credit for all the home runs somebody else hits.'

Casey Stengel, American baseball manager (1891-1975).

\* 2005 The Associated Press.

Answer to previous puzzle: A crossword puzzle grid with letters filled in.

Newsday Crossword

JOIN THE GROUP

- ACROSS
1 Gone With the Wind estate
5 Head for the hills
9 Montana city
14 Airline to Israel
15 Marshal Wyatt
16 Radio-studio sign
17 Short skirt
18 Dreadful
19 Author Cather
20 Beast of burden
22 Turnpike charges
23 Clip, as wool
24 Twirl
26 Wide belt
29 Spurn
33 V-shaped cut
37 Prince Charles' game
39 Singer Guthrie
40 Brother of Cain
41 Meal starter, often
42 Pottery material
43 Brazil neighbor
44 Sign of the future
45 Distorts, as data
46 \$ or %
48 Usher's offering
50 Mets' stadium
52 Fills, as a camera
56 Composed a letter
59 Ship-to-pier structure
63 Become ready to eat
64 Crame-filled cookie

- DOWN
1 Short-term worker
2 Assumed name
3 Cattle farm
4 Similarly
5 Soft felt hat
6 Wild animal's home
7 Makes a mistake
8 Fencing blades
9 Tuxedo neckwear
10 British flag
11 Like skyscrapers
12 Cash drawer
13 Chapters of history
21 Corned-beef concoction
25 Nudge
27 Unwanted e-mail
28 Swiss-cheese features
30 Stanley Gardner
31 Cat's weapon
32 Yo-yos and kites
33 Afternoon snoozes
34 Do as directed
35 Period of office
36 Beef cut
38 Bowling alley
41 Boot bottom
45 Eight-sided road sign
47 'The Gift of the Magi' author
49 2000 presidential candidate
51 The \_\_\_ and the Ecstasy
53 God of Islam
54 Like many newspapers
55 Nosy one
56 Shawl or stole
57 Annoy
58 Selects, with 'for'
60 Neighborhood
61 Patricia of Hud
62 Leg joint

A crossword puzzle grid with numbers indicating starting positions for the clues.

BIG SPRING

VOLUME 101, NOV

Regis

Obtain your v registration card election adminis inside the north the Howard Cou Courthouse.

By THOMAS JENI Staff Writer

Area voters pl their ballots in N state constitution



Henry Paige, ov Fish Market, 50 ness he had sta

Search as cit

By AMY FORLIT Associated Pres

NEW ORLEA Officials ended to-door sweep finding far fe than once feared children return as New Orleans efforts to rec Hurricane Katri The search 1 victims ended 1 with a death tol stantially less 10,000 victims so feared. A priva hired by the sta bodies was on others were fou

INDEX

- Classified 3-5
Features 6
Obituaries 2
Opinion 4
Sports 1-2

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