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BIG SPRING HERALD

WEEKEND EDITION, NOV. 30-DEC. 1, 2019

VOLUME 115, NUMBER 54 COPYRIGHT 2019 75 CENTS DAILY/\$1.25 WEEKEND EDITION



Upcoming Events

- Christmas Tree Forest Heritage Museum through Dec. 20*
- Dec. 5*
- Tour of Homes 6 p.m.*
- Alive After 5 Hotel Settles 5 p.m. - 6:30 p.m.*
- Pictures with Santa Howard Co. Library 5 p.m. - 6 p.m.*
- Dec. 6*
- VA Tree Lighting 5:30 p.m.*
- Dec. 7*
- Vintage Christmas Heritage Museum 8 a.m. - 8 p.m.*
- Boomtown Parade 10 a.m. Forsan*
- Gary B's Party at the Plaza 2 p.m. - 4 p.m.*
- Christmas Parade 5:30 p.m.*
- Dec. 10*
- SMMC Tree Lighting 6 p.m.*

Holiday festivities ramp up Dec. 7

By **CINDY PINCH**
 Staff Writer

It's official, the holiday season is here, and Dec. 7 promises to be a busy day across Big Spring, and its surrounding communities, as local businesses and organizations kick off the holiday celebrations.

With plenty of events to celebrate the season, Big Spring and surrounding areas, have a lot to offer. The weekend starts on Friday with the Snyder Trade Days. The Snyder Trade Days will be hosting 'A Hometown Christmas' at 3000 Towle Park Rd. in Snyder. This is a two-day event starting Dec. 6 from 10 a.m. until 6 p.m. On Saturday, the trade days will be open from 9 a.m. until 4 p.m.

Locally Saturday will be filled with plenty to do. Breakfast with Santa begins with breakfast served at 8 a.m. and lasting until noon, at the Heritage Museum. The museum will be closed to the public until after the event. Tickets for the breakfast are \$3. Those interested in doing Animal Land, which is similar to Build-A-Bear, can participate for an additional \$20. It is recommended to sign up for tickets as soon as possible as there are a limited number of available



HERALD file photo

The Big Spring Herald parade will begin at 5:30 p.m. Dec. 7, along with several other festivities around Big Spring.

spots. In addition to breakfast, there will be craft stations upstairs and giveaways.

"This event is for children inside the museum." Denise McComb of the Heritage Museum said. "We're trying to make it a family event so there's something for everybody to do."

The Heritage Museum will also host their Vintage Christmas outside from

8 a.m. to 8 p.m. There will be food vendors, a bouncy house, and hot chocolate.

"We're going to have different vendors outside set up," McComb said. "There will be anything from jewelry to homemade crafts available for people to browse."

The 6th Annual Forsan "Christmas See **DEC. 7, Page 3A**

Feeding the community, during the holidays

Big Spring Herald joins with local churches to provide food boxes for the holiday



Herald Staff Report

Thanksgiving and Christmas will be a little bit fuller thanks to the generosity of local businesses and St. Paul Lutheran Church. The Big Spring Herald is continuing the tradition of donating food boxes to local families in need, during the holiday season.

Last year, as part of the donation, the Herald donated a total of 24 food baskets – 12 for Thanksgiving and 12 for Christmas – through the support of area businesses.

"This year, we are able to provide 25 baskets See **BAGS, Page 3A**

Courtesy photo

Jonah and Chloeigh Moore pose with food bags before they head out to deliver for the holidays.

#GivingTuesday swooping across Big Spring

Herald Staff Report

'Tis the season. Thanksgiving has just wrapped up and the Christmas spirit is upon Big Spring and Howard County. While many are thinking of Christmas shopping, there are many ways to give to those outside your family and support your community.

The Big Spring Area Community Foundation - along with several local businesses and organizations - joins the #GivingTuesday Movement by announcing its first ever Giving Day-West Texas Style to kick off the giving season.

The Big Spring Area Community Foundation has joined #GivingTuesday, a day of giving that harnesses the collective power of individuals, communities and organizations, to encourage philanthropy and to celebrate the generosity of people in Big Spring, Howard County and West Texas as the holiday giving season kicks off.

Ocurring this year on Dec. 3, it is held annually on the Tuesday after Thanksgiving to inspire people to collaborate in improving their local communities and to give back in impactful ways to the causes they support.

"People throughout Big Spring and West Texas exemplify the words spoken by Novelist Robert Louis Stevenson of not judging each day by the harvest they reap, but by the seeds that they plant. We are so fortunate to have generous people throughout the area who have a philanthropic heart planting seeds that benefit our great community." Greg Henry, Executive Director of the Big Spring Area Community Foundation, said. "This is a wonderful opportunity to plant seeds that will reap harvests for years to come."

The Big Spring Area Community Foundation began on Feb. 20, 2001. Since then, it has greatly impacted Big Spring and the area by providing funding in education, community development, arts and culture, health and humans service and other charitable purposes designated by donors.

For the community, the Foundation has a twofold purpose. First, it is an avenue for people with philanthropic desires to make a lasting difference in Big Spring and the surrounding area, now and in the future. Secondly, the Founda-

tion awards grants to non-profits organizations meeting a specific need that is beneficial to Big Spring and its service area.

Be a part of Giving Day - West Texas Style! Donate online at BSACF.org or by mail.

Make checks payable to Big Spring Area Community Foundation and mail to P.O. Box 2007, Big Spring, Texas, 79721-2007.

Please note which fund you are donating to on the memo line. All donations See **GIVING, Page 3A**

Big Spring Herald's
Christmas Countdown

Angela says
 "Only 24 Days 'til Christmas!"
 (Angela Lance, Senior Advertising Executive)

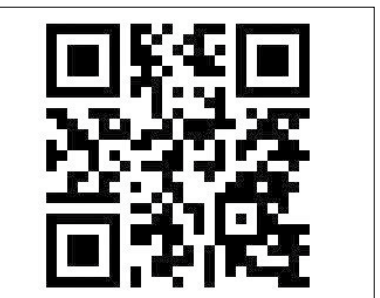
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THIS ISN'T OUR FIRST RODEO

You may have met Expedition Royalty Co. for the first time when we sponsored the Big Spring Rodeo or the Howard County Fair this fall. Our commitment to Howard County runs deep. We have made deals for thousands of acres here, and our people have decades of experience serving Permian Basin mineral rights owners. We're proud to be part of the community, sponsoring and participating in big events year-round. But we're even prouder to be your mineral advisor in the Permian every day. Get in touch today for a free evaluation of your property and its mineral rights.



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 Rayne Austin: 432-755-7065
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OUR DOWNTOWN BIG SPRING OFFICE WILL BE OPEN SOON!

Take Note

• Anthony Rivas, local musician, is collecting food for Isaiah 58 Food Pantry. If you would like to donate, please contact Rivas at 432-935-0779, and he will arrange a time to drop off the donations at the food pantry. The food will then be distributed to the less fortunate in our area on Tuesday, Nov. 26. Burgers and hot dogs will be provided that day, and a DJ will be on site for entertainment. Thank you Anthony for doing this for our community.

• Christmas in Coahoma at the Park will take place this year on Saturday, Dec. 14, from 3 to 6:30 p.m. There will be hayrides and caroling, Christmas art projects for kids, free coffee, cocoa, popcorn and cookies. There will also be a special visit from Santa from 3 to 5 p.m. If you would like to enter your house into the Best Decorated House contest, you can pick up an application at City Hall or at the Office of the Justice of the Peace and return by December 11. The winner will be announced at the park and will receive a yard sign and stocking of goodies.

• VFW Post 2013 meets the first Tuesday of every month at 7 p.m. New members are being sought. The Post is located at 500 Driver Rd. Qualified veterans, those who have served in a foreign war, who are interested in joining the VFW are encouraged to attend a meeting to find out more information.

• A fund has been set up in order to assist Brent Fowlkes with medical expenses. Brent is the husband of Ashley Martin Fowlkes, CEO of Big Spring Education Employees Federal Credit Union. If you would like more information or would like to make a donation, please stop by the credit union located at 1110 Benton, or call 432-263-8393. Please see the tellers to make a donation. Thank you to everyone for your kindness and support during this difficult time.

• DivorceCare is a biblical support group for those facing divorce or separation. Each DVD session features nationally respected experts, such as Christian Counselors and Pastors. Small group discussions and workbook exercises help participants apply the information to their own situations. We cover pertinent issues like: • Will I survive? • How to get out of debt. • How do you know when you are ready for a new relationship? • How to lessen the impact of divorce on your children. • Is reconciliation possible?

There is no charge for attendance. 13-week seminars are held two times per year on Tuesday evenings from 6 to 8 p.m. at Trinity Baptist Church in Big Spring. Visit the DivorceCare Ministry of TBC Facebook page for information. You can also call Donna Burcham at 267-6344 for information on seminar dates and how you can register to attend.

• Food2Kids will again be providing sack lunches to children in the Big Spring area who do not receive adequate food over the weekends. Members of the community can be a part by volunteering to sack the food. It takes

just a couple of hours of your time, and the work is very rewarding. The next sacking event of this 2019-2020 school year will be Monday, Dec. 2 and Tuesday Dec. 3, and they will continue throughout the year on the first Monday and Tuesday of the month. To volunteer, just show up at Lakeview High School located at 1107 N.W. 7th St., at 5:30 p.m. You can follow their Facebook page for additional information <https://www.facebook.com/food2kids/>.

• O'Neal-Kunkle, Chapter #47 of the Disabled American Vets (D.A.V.), meets the third Monday of every month at 6:30 p.m. at 2204 Runnels Street. For more information, please contact Norman Witcher at 432-413-6663.

• Senior and/or mature adults are invited to come to a dance every first and third Friday each month at the Dora Roberts Community Center, located at 100 Whipkey Drive. Come two-step the evening away, or just mingle with old friends and make new friends. Dances are from 7 p.m. to 10 p.m. with live entertainment. No alcohol or smoking permitted. Cost is \$5 per person.

• Home Hospice is looking for volunteers (18+) and junior volunteers (9-16 years old). Applications can be picked up at the Home Hospice office, located at 111 E. Seventh Street, Suite A between 8 a.m. and 5 p.m. Monday through Friday. Adult volunteers will need to complete a training and must be able to pass a background check. Volunteer duties will include home visits; junior volunteers will be helping with office work, community events and holiday activities. More information can be obtained by calling 264-7599 or 432-967-0901.

• Keep Big Spring Beautiful meets at noon the first Monday of every month. We meet at Howard College in the Cactus Room. Our vision is that every Big Spring citizen will take individual responsibility for making Big Spring the most beautiful city in Texas. Visitors are always welcome. For more information call Tammy at 432-935-0057.

• The Big Spring Art Association meets the third Saturday of the month, from 10 a.m. to 12 p.m., in the basement of the Howard County Library. Come join us, we would love to have you.

• Big Spring and surrounding counties are in need of foster families. Foster parents are the caretakers for the children in the community who have been abused or neglected. For more information on becoming foster parents or adoptive families, call the Children's Protective Services office at 432-263-9669.

• Victim Services is a non-profit independent community-based program serving victims of all violent crime, including, but not limited to, assault, sexual assault and domestic violence. Victim Services advocates are available 24 hours a day, 365

days a year, to provide crisis intervention or accompaniment to the hospital and law enforcement agencies, as needed. If you can commit to 30-hour training, an interview process and a background check, we need you. For more information, call Linda Calvio at 432-263-3312.

• The mission of CASA of West Texas is to promote and support quality volunteers who speak for the best interest of abused and neglected children in court in an effort to find each child a safe, nurturing and permanent home. We need your help. If you're interested in volunteering, contact Sara Basaldua at 1-877-316-8346 or visit www.BecomeaCASA.org or www.casawtx.org.

• Scenic Mountain Medical Center Auxiliary is looking for new members. If you have a heart for serving people, have at least four hours a week to spare, SMMC Auxiliary might be the fit for you.

Duties include working in the gift shop, delivering newspapers to inpatients, hospitality services, popcorn and more.

To find out more about opportunities available with the SMMC Auxiliary, contact Amy Miramontes at 268-4809 or April Arms at 268-4907.

• The Crossroads Young Marines is taking applications for another boot camp. For more information, call 432-517-4791. Young Marines welcomes boys and girls ages 8 to 18 who are still attending school.

• The Homeownership Preservation Foundation (HPF) is an independent national nonprofit dedicated to helping distressed homeowners navigate financial challenges and avoid mortgage foreclosure. If you want to stop mortgage foreclosure and are need of help, the time to call 888-995-HOPE is now. HPF can provide counseling free of charge, in English and 170 other languages, 24 hours a day, seven days a week, 365 days a year. For free foreclosure help, call the hotline.

• The Howard County Democrats meet the second and fourth Monday of each month at 5:30 p.m. at the Howard County Democratic Headquarters, 1408 Scurry, behind Prosperity Bank.

• The Emergency Services Chaplains Corps is seeking volunteer chaplains. The corps provides spiritual services to Howard County residents and visitors in crisis situations. Prospective chaplains don't require any specific experience or education to qualify for the position, just a calling from God and a willingness to devote time to the program, which requires a 24- to 30-week training program and dedication of one day per week for emergency call-outs. Those interested should contact Senior Chaplain Joel Miller at 432-213-1221.

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or visit us at:

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

Support Groups

SATURDAY

• Alcoholics Anonymous open discussion meeting, 615 Settles, noon to 1 p.m. Open podium/speakers meeting 8 p.m. until 9 p.m. Open birthday night, no smoking meeting the last Saturday of each month at 8 p.m. Covered dish supper at 7 p.m.

SUNDAY

• Alcoholics Anonymous closed meeting from 11 a.m. to noon at 615 Settles. Open meeting 7 p.m. to 8 p.m.

MONDAY

• Alcoholics Anonymous, As Bill Sees It, 615 Settles, 8 p.m. to 9 p.m.

TUESDAY

• Big Spring and Snyder Parkinson's Support Group meeting at the Big Spring Senior Center at 10:30 a.m. the second Tuesday of the month. This is a group for all Parkinson's Disease patients, spouses and caregivers. For more information about the support group or about Parkinson's Disease, contact Jo Bidwell at the Lubbock APDA office at 806-785-0942.

• Alcoholics Anonymous, 615 Settles, noon to 1 p.m.; newcomers meeting 8 p.m. to 9 p.m.

• A six-week course in Wellness and Quality of Life with Chronic Pain will be held at Spring Creek Fellowship at the Spring Town Plaza, 1801 E. FM 700. There is no charge for the course, and a workbook will be provided. Contact Steve Purdy at 432-517-4840 for more information.

• Caregivers Support Group, sponsored by the Area Agency on Aging, meets the second Tuesday of every month at 10:30 a.m. The meetings are held at the Senior Citizens Center located at 100 Whipkey Drive. These meetings are open for any caregiver, whether medical professional or family member. For more information, please call Becky Letz at 267-1628.

• Al-anon family group meets at 8 p.m. at 615 Settles.

• DivorceCare is a biblical support group for those facing divorce or separation. Each DVD session features nationally respected experts, such as Christian Counselors and Pastors. Small group discussions and workbook exercises help participants apply the information to their own situations. We cover pertinent issues like: • Will I survive? • How to get out of debt. • How do you know when you are ready for a new relationship? • How to lessen the impact of divorce on your children. • Is reconciliation possible?

There is no charge for attendance. 13-week seminars are held two times per year on Tuesday evenings from 6 to 8 p.m. at Trinity Baptist Church in Big Spring. The next session begins Sept. 3, 2019. Visit the DivorceCare Ministry of TBC Facebook page for information. You can also call Donna Burcham at 267-6344 for information on seminar dates and how you can register to attend.

WEDNESDAY

• RSD (Reflex Sympathetic Dystrophy) a chronic pain disease, a support and informative group, meets at 213 Circle. Call Lucy at 432-517-9207 for more information.

• Celebrate Recovery meets at First United Methodist Church Youth Hall, 400 Scurry, from 6-8 p.m. Hurts, habits and hang-ups. Leave message for Joyce Webb at 325-212-860

THURSDAY

• Alcoholics Anonymous, 615 Settles, open discussion noon to 1 p.m.; women's meeting 6:30 until 7:30 p.m. Newcomers' meeting 8 p.m. until 9 p.m.

• Weight Watchers meets at 6 p.m. at St. Paul Lutheran Church. Weigh-in is at 5:30 p.m. Weigh-in is confidential and you don't have to talk if you don't want to. Flexible payment options.

• Post-Traumatic Stress Disorder support group meeting is at 6:30 p.m. at the VA Medical Center Veteran's Healing Center.

BIG SPRING
HERALD

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2019

TEXAS PRESS ASSOCIATION

DEC. 7

Continued from Page 1A

in Boomtown” Parade starts at 10 a.m. The parade will start at the Forsan High School cafeteria parking lot. It will then head south toward 1st Street before looping around to head north on Rex Avenue. The parade will end on Main street. After the parade, the community can take pictures with Santa and enjoy cookies and hot chocolate.

Other events in the community will be:

Gary B’s Music will host their monthly Party in the Plaza from 2 p.m. to 4 p.m. in the Spring Town Plaza Mall. Local musicians and music lovers alike

are invited to attend this event.

The Grinch will be stealing Christmas with Manny Janitorial Services at 1510 S. Scurry street from 2:30 p.m. to 5 p.m. There will be a photo opportunity for children with the Grinch and hot chocolate.

End the day with the annual Community Christmas parade hosted by the Big Spring Herald. The parade will start at 24th and Scurry and move north toward 4th street. The parade will loop around and go south on Main street to end in front of Wells Fargo. The parade starts at 5:30 p.m.

H-E-B will host their 5th annual Feast of Sharing at the Dorothy Garrett Coliseum on the Sonic floor. The meal will be served on Dec. 8 from 11 a.m. to 3 p.m. Volunteers are needed. Those interested can

contact Debra Moreno at 432-816-6018.

The Festival of Lights starts on Dec. 8 in Comanche Trail Park. The event is free to the public and will continue through Christmas day. Those interested in volunteering to greet festival goers can contact Hayley Herrera at 432-264-2516 or hhererra@mybigspring.com.

However you choose to celebrate, Dec. 7 promises to be a fun-filled day for the community. Enjoy all that our community has to offer while making memories with your family and friends.

Cindy Pinch is a staff writer at the Big Spring Herald. To contact her, email reporter@bigspringherald.com or call 432-263-7331.

GIVING

Continued from Page 1A

are tax deductible to the fullest extent of the law.

For those wanting other options of donations, locally, there are several agencies that can be donated to including: the 14 agencies supported by United Way, Humane Society, Isaiah 58, local churches, area food banks and more.

“Giving Tuesday is a simple idea that packs a big punch – a day that encourages people to do good. Whether it’s making someone smile, helping a neighbor or stranger, or giving some of what we have to those who need our help. Every act of generosity counts and everyone has something to give...,” Christian Fair, Executive Director at United Way of Big Spring and Howard County, said.

There is also an opportunity to support The Life Center - aimed at providing support and resources for expecting mothers; Food2Kids - an agency who sacks food to ensure children in Howard County don’t go hungry over the weekend.

“It is my personal hope and prayer that this holiday season we will be more in tune to looking out for our neighbors and anticipating their needs; more intentional in our giving ...When you give to United Way of BS & HC your donation reaches farther and wider than you might realize,” Fair said.

When making your choice for donation, this year on #GivingTuesday, one thing to consider is looking at organizations who support several agencies, like the United Way and Big Spring Area Foundation. One donation to your local United Way benefits 14 different agencies that serve every age and socioeconomic group in our community from birth to senior citizen.

The Big Spring Herald will be selecting a local charity and make a donation to help support their services in Howard County.

“We are honored to take part in #GivingTuesday as a way of giving back to those in need in our community, who has supported us so well over the years,” Rick Nunez, Big Spring Herald publisher, said.

To contact the Big Spring Herald, call 432-263-7331 or email editor@bigspringherald.com.



Courtesy photo

Jeannie Knockie is pictured picking up the bags, on behalf of St. Lutheran Church, from Big Spring Herald Advertising Representatives Brienne Miller and Vanna Gaston

BAGS

Continued from Page 1A

for each holiday,” Brienne Miller, Big Spring Herald advertising representative, said.

The amount donated each year is based on the support by the community and participating businesses. The Holiday Dinner Basket section is focused on providing for families in need, during the holiday season. For every participating business, two baskets are able to be donated – one per holiday- and the blessings are shared amongst different churches each year.

For more information contact the Big Spring Herald at 263-7331.

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2019 Calendars and matching new pens are now available!

Thanksgiving performance

Thanksgiving from the perspective of second graders



Courtesy photos

Forsan Elementary second graders perfected their Thanksgiving performance before they presented the annual play to their families, friends, and fellow students.



We want to know how your Thanksgiving celebrations went. Share your favorite memory from this year or a family tradition. Email editor@bigspringherald.com.

Hey Kids!
Santa needs your letters!!

Bring in your Letters to Santa by December 6, 2019 to be published in the December 22nd Edition of the Big Spring Herald!

Dear Santa,

NAME: _____
AGE: _____

All letters must be within the box provided.



Bring Letters into office at 710 Scurry, or mail to: Big Spring Herald-Santa Letters, PO Box 1431, Big Spring, TX 79721

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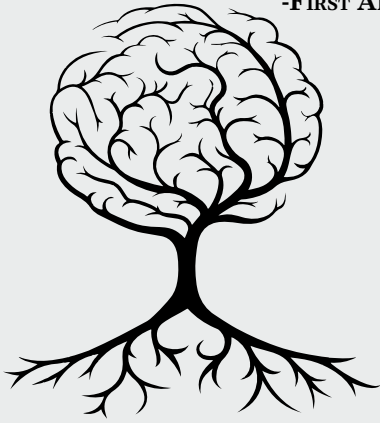
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Opinion

“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 writers and not those of the Big Spring Herald unless otherwise indicated.

LETTERS POLICY

The Herald welcomes letters to the editor.

- Sign your letter.
- Provide a daytime telephone number, as well as a street address for verification purposes.
- We reserve the right to edit for style and clarity.
- We reserve the right to limit publication to one letter per 30-day period per author.
- Form letters, letters that are unsigned or do not include a telephone number or address will not be considered.
- Letters should be e-mailed to editor@bigspringherald.com or mailed to Editor, Big Spring Herald, P.O. Box 1431, Big Spring, 79721.

CONTACT US

The Herald is always interested in our readers' opinions. In order that we might better serve your needs, we offer several ways in which you may contact us:

- In person at 710 Scurry St.
- By telephone at 263-7331
- By e-mail at editor@bigspringherald.com.
- By mail at P.O. Box 1431, Big Spring, 79721

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BIG SPRING CITY COUNCIL

DAILY PRAYER

Dear Lord, You bless those who quietly give to others. Help us to love one another as You have loved us. Amen

Gatesville appreciates the military

Gatesville is near Fort Hood, one of the largest military installations in the world and the military presence is always in the city.



TUMBLEWEED SMITH

“Everywhere we go, every event we attend is accompanied by the sounds and sights of freedom,” says Gatesville resident Diana Fincher. “In our parking lots we park beside Humvees and big military equipment. We follow their caravans up and down our highways. At our barbecues and backyard picnics, on our golf courses overhead we hear the Blackhawks, the Chinoooks. We are so blessed to have that daily reminder of how we are able to be with our families because of their sacrifices.”

Diana is involved with organizing social gatherings for reservists and National Guard troops who go for a year of training at North Fort Hood just down the road from Gatesville. Many have done multiple tours of duty and have been recalled.

“These are store owners, mechanics, doctors, lawyers,

nurses who have given up their civilian careers and have been called back into military service. I’ve seen young mothers who left newborn babies. They’re from all over the country.”

In 2012 Diana and a group of Gatesville residents approached the chaplain at North Fort Hood and asked what the community could do to make the soldiers feel welcome.

“He suggested a pot luck supper and maybe just meeting with some of the units. That didn’t sound good enough.

We wanted to do something really special for the troops. We prepared a Mother’s Day barbecue for them. Since then we have gone from a small force of about 40 volunteers and a nice barbecue with a light concert of Texas music, some door prizes and so forth to now when we have over 200 volunteers from our community who want to be a part of recognizing the military. Wherever I go, people want to know when is the next event and

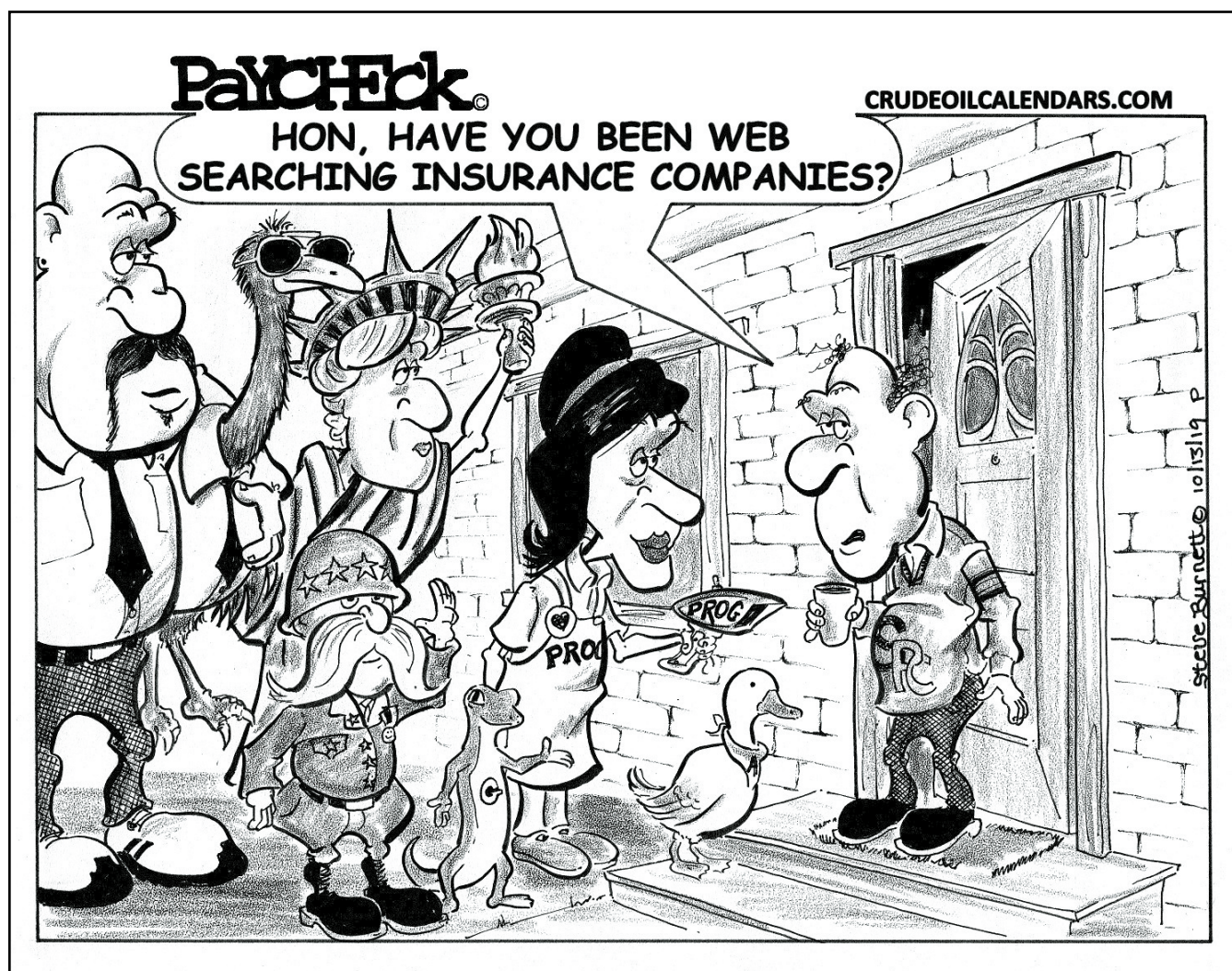
how can they help. We call our celebration the Heart of Texas Salute To Warrior Citizens.”

Diana, who taught music in public school for 28 years, has every right to be grateful for the military. Her dad served in the Pacific during World War Two. He met his wife while stationed at Fort Hood.

“Our annual appreciation event takes place on a Sunday afternoon in June. It’s like a Texas Country Fair. We bring out all the iconic Texas things like Frit pie, nachos, sausage wrap, funnel cakes and things that we enjoy in our activities around the state.

We bring out live Texas Longhorns, we have horseback rides, classic cars, country music, dollars and dollars worth of door prizes and we have an archery range. The reward that we get is what we see happening during the event. Some of them enter with a non-caring attitude and say what is this and why are we here.

They have stern military faces and everything is yes, ma’am, no sir. As they leave they’re high-fiving us, they’re thanking us, they’re hugging us. They’ve had a couple of hours being loved on and acknowledged.”



A welcome pause

It is a simple request, embodied in a one-syllable, five-letter word. Yet, it is potentially sobering, whether perused by an individual, or considered by an entire nation, or even the world.

Whoever penned it likely had no clue that its message should be implemented beyond the walls of Chick-fil-A to a world spinning insanely fast, with little thought to abrupt stops that could occur at any moment.

Maybe, just maybe, the word on a sign posted before one reaches the counter for ordering could have far-reaching results. Atop a stanchion for patrons next in line to order is the modest request: “PAUSE.”...

At Thanksgiving--and certainly at other times as well--this is a welcome prospect. We can use such time to breathe, to be considerate and to reflect on our lives, as well as the zany goings-on around us.

It isn’t threatening like many signs are. We are not told we can’t cross the line, if per chance our hunger is dulling our judgment if not our senses. There is no mention of punishment or penalties should we ignore the request.

I think of it as reinforcement of the biblical admonition in Psalm 46:10: “Be still and know that I am God.” As the season for ultimate “rushing” looms, the request is a healthy tonic. It is good to simply pause, reflecting on the

promise that the same God who has always intervened in human affairs is still in charge.

If we are lucky, we’ll reach times when there’ll be unavoidable pauses, like them or not.

Serving in senior adult ministry at our church, I see folks who are pausing regularly.

One 90-something lady I visited recently in the hospital said, “I am so ready to go to my heavenly home.” She paused before adding, “But that’s not my call, is it?” I was moved by her response, and shifted into “pause mode” as I walked slowly toward my car.

A wonderful friend I don’t see nearly often enough is in Redstone Park Assisted Living Facility in Brownwood.

Her name is Ethelyn Smith, now in her 95th year on the planet. Her gait is slowed and limited movement depends greatly on her determination and a walker.

She has accepted encroaching problems with grace, determination and optimism, forever flashing smiles of faith, contentment and resolve.

She pauses regularly now. Yet, she does what she can for others, including her son, Robert Smith, Jr., who lives down the hall. And, she still makes her way regularly to the lobby to play hymns on the piano.

Ethelyn admits that much of her cheerfulness is a carry-over from her 70-year marriage to the late Dr. Robert Smith, who

passed five years ago at age 90. A longtime professor of preaching at Howard Payne University, he was pastor at First Baptist Churches of Houston, then Pompano Beach, FL, before he started “teaching young preachers.”

He, too, was a valued friend, as well as confidant.

Robert’s mother, “Granny Judy,” lived to be 98. She credited another care center resident for providing encouragement during her final years.

The encourager--who lived to be 107 and had reached the time when she could do little for others--continued to recite the refrain of a simple 1935 song written by Rev. A. H. Ackley (1887-1960), a Presbyterian minister who wrote more than 1,500 hymns.

“You can smile when you can’t say a word. You can smile when you cannot be heard. You can smile when it’s cloudy or fair. You can smile anytime, anywhere.”

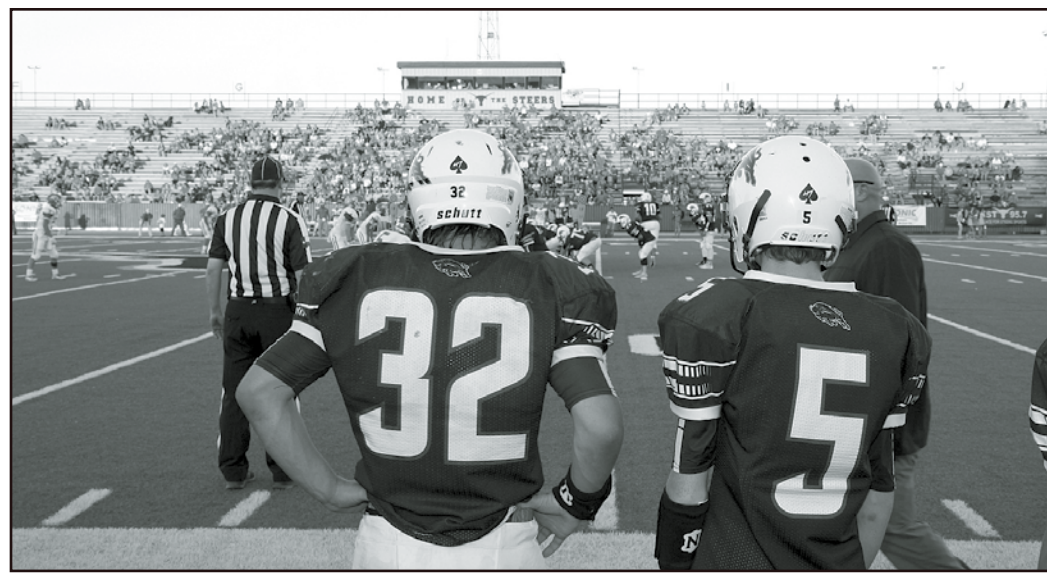
This “fits” Ethelyn.

She insists on “taking the high road,” saddened, though, that apple juice is no longer on the menu. She finds orange juice to have too much acidity.

Her friends got wind of this, and Ethelyn may soon have enough apple juice to set up a drink stand in the hallway.

Dr. Newbury is a former educator who “commits speeches” round about. Comments or inquiries to: newbury@speakerdoc.com. Ph.: 817-447-3872. Web: www.speakerdoc.com. Twitter: @donnewbury. Facebook: don newbury.

Coahoma, Forsan football season recap



Herald file photos

Pictured above left: Coahoma Bulldogs run out before one of their games earlier this season. Pictured above right: Two Forsan players look on from the sideline.

By SHAWN MORAN

Herald Sportswriter

COAHOMA

The Bulldogs finished the 2019 season with a 9-3 record and a second-round playoff exit. The high-scoring offense and tough defense will look to make a deeper run next season. Coahoma head coach Chris Joslin gave the Herald a view at his favorite moments from the past season and what he looks forward to moving into next season.

Favorite Game: "We have three rivalry games and we played really well in all three of those. I was excited about the way the kids came out in those three ball games and took care of business. Against Stanton, Colorado City, and Forsan at the first of the year."

Favorite Moment: "The hard work that they've put in since last November. I know that sounds crazy, but that was what we were selling whenever we came in and they all bought-in to that in the summer. The first play of the season, we scored about a 70-yard touchdown on the first play and it just let them see that their hard work and everything had been paying off."

Where the team improved most: "Just getting stronger and more physical in the offseason. We felt like we lost the playoff game last year because we got outplayed in the fourth quarter because we weren't in as good-of-shape and weren't as strong. That was a big thing for us. Just the work that they put in is how we improved on both sides of the ball. Defensively we have a new scheme and have people flying to the ball every play. Offensively, we improved just by being in Year Two and just getting to add a bunch more stuff. We got the ball to a bunch of different people and it wasn't just one person like it was the year before."

What he expects going forward: "I expect that they have witnessed what hard work will lead to. They're already asking if the weight room is going to be open this week. They're chomping at the bit to get back. The biggest thing we have to do is we have got to have some young kids grow up. We're losing a lot of seniors and so we have got to have a lot of kids grow up and take over those roles. I think they got to see how fun it was this year so they're excited to get back to work and see what they can accomplish next year."

Players to be excited about: "There is quite a few. Brysen Kerby, our sophomore running back has made a big stride from a freshman to a sophomore and it's exciting to see what he's going to do the next couple of years. Ky Kemper is another sophomore who played a lot for us and he is coming on as an offensive and defensive kind of weapon, so I'm excited to see what he is. We have a lot of kids that didn't get to play as much this year on the varsity that we're really excited about what they're doing in practice and in the weight room to see how they progress the next couple of years."

FORSAN

The Buffaloes finished the 2019 season with a 3-7 record and barely missed a playoff berth. The young team is filled with talent and can be expected to improve on their record next season. Forsan head coach Jason Phillips gave the Herald a view at his favorite moments from the past season and what he looks forward to moving into next season.

Favorite Game: "Probably the Stanton game. We started off the year against Coahoma and Pope, two really good football teams, and we struggled a little bit. Our youth shown through and the first half of the Stanton game I thought the same thing. I thought we were still playing a little timid but at halftime it kind of turned. We started playing really well, came back and won that game (22-19), and it put us on a little roll. We won that game and then we won the next two and it put us on a little winning streak, and I thought that got us heading in the right direction."

Favorite Moment: "In the Stanton game we had scored to go ahead there late, and they had time to go and score and take the lead back. We had a strip-sack, fumble from Paul Evans and it was just an awesome moment. The thrill of the sideline and Ernesto Rivera recovered the fumble and it was just an exciting time. It turned our season. I think that was probably the best single moment."

Where team improved most: "Everywhere. Going in, we had a lot of question marks and didn't know outside of a couple spots and a couple positions up front on the offensive and defensive lines. We had a lot of question marks. We didn't know who was going to step up and play for us because we just had so many new faces. I thought that pretty much everywhere we improved across the board. I think we got better as a team from Day One."

What he expects going forward: "I look for us to be really good. I thought barring a few injuries that we were a playoff team this year and really, I thought we were at least a second-round playoff team. But you have those years where you have injuries and face adversity that you have to go through. Even though we could have easily given up and said, 'This isn't our year'. But we were in the Ozona game, we were in the Winters game, and we were in the Stanton game. We had a chance to win all three of those games and I thought our kids fought really hard. I look for us to grow from this year. I think this was a great year to learn from and I think it'll make us better and stronger next year."

Players to be excited about: "All of them. We're losing six seniors that have been a big part of our program and that helped get our program where it is. We have a lot of guys returning. We're going to hate to see those seniors go but I'm excited about what the future holds for us."

Shawn Moran is the sportswriter at the Big Spring Herald. To contact him, email sports@bigspringherald.com, or call 432-263-7331.

Ravens, Patriots, 49ers remain top 3 teams in AP Pro32 poll

By SIMMI BUTTAR

AP Pro Football Writer

NEW YORK (AP) — Lamar Jackson and the Baltimore Ravens just keep on rolling.

The surging Ravens, who have won seven in a row, retained the top spot in the latest AP Pro32 poll.

Baltimore routed the Los Angeles Rams 45-6 on Monday night to move to 9-2 on the season.

The Ravens earned 11 of the 12 first-place votes for 382 points in balloting Tuesday by media members who regularly cover the NFL.

"I keep waiting for Lamar Jackson and the Ravens to have a poor outing," said Charean Williams of Pro Football Talk. "It hasn't happened the past seven games. The Cleveland game was the last time they looked like something other than the favorite."

The New England Patriots (10-1) received the other first-place vote for 366 points to stay in the No. 2 spot.

"(Coach Bill) Belichick in control of every facet as special teams whip Cowboys," Fox Sports' John Czarnecki said of New England's 13-9 victory.

The San Francisco 49ers (10-1) followed close behind with 365 points and remained No. 3. The 49ers head to Baltimore to face the Ravens in the top matchup of Week 13.

"Bill Walsh didn't start winning Super Bowls until he had a defense to match the offense," Newsday's Bob Glauber said. "The Niners are now in a similar situation for (coach) Kyle Shanahan, whose defense carried them to yet another convincing win, this time against the great Aaron Rodgers."

The Seattle Seahawks (9-2), the only team to beat the 49ers this season, stayed No. 4.

"Led by their unflappable quarterback (Russell Wilson), the Seahawks are 6-0 on the road and still in position to chase down the 49ers atop the NFC West," said Ira Kaufman of Fox 13 in Tampa, Florida.

The New Orleans Saints (9-2) and Minnesota Vikings (8-3) each moved up a spot to Nos. 5 and 6, respectively. The Vikings head to Seattle for a key game on Monday night.

The Green Bay Packers fell two places to No. 7 after getting routed on Sunday night in the Bay Area. The Packers, who are tied with the Vikings for first in the NFC North, have a chance to rebound in the next two weeks when they face the New York Giants and Washington. Both teams are tied for last in the NFC East at 2-9.

The Kansas City Chiefs (7-4) remained at No. 8 after their bye week. The Chiefs can take control of the AFC West this week when they host the rival Oakland Raiders.

The Buffalo Bills (8-3), off to their best start through 11 games in 23 years, have inched up to No. 9. The Bills will get a nationwide audience on a short week as they head to Dallas to take on the Cowboys on Thanksgiving. The Cowboys (6-5) dropped to No. 11 after losing to the Patriots. Despite the setback, the Cowboys still lead the NFC East.

"The New England loss marks the beginning of the end for Jason Garrett as head coach unless this team makes a deep playoff run," said Alex Marvez of Sirius XM.

The Houston Texans moved up one place to round out the top 10. The Texans face a steep challenge Sunday night when they host Tom Brady and the Patriots.

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SUNDAY COMICS

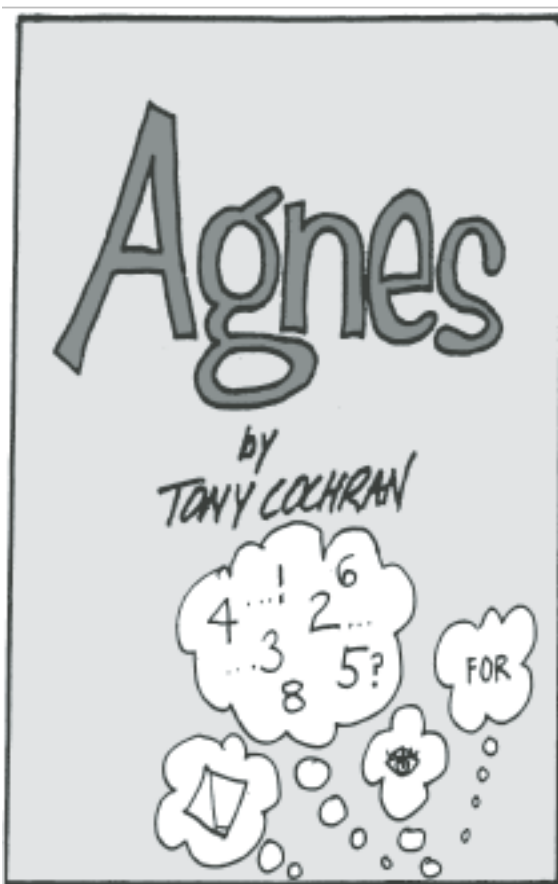
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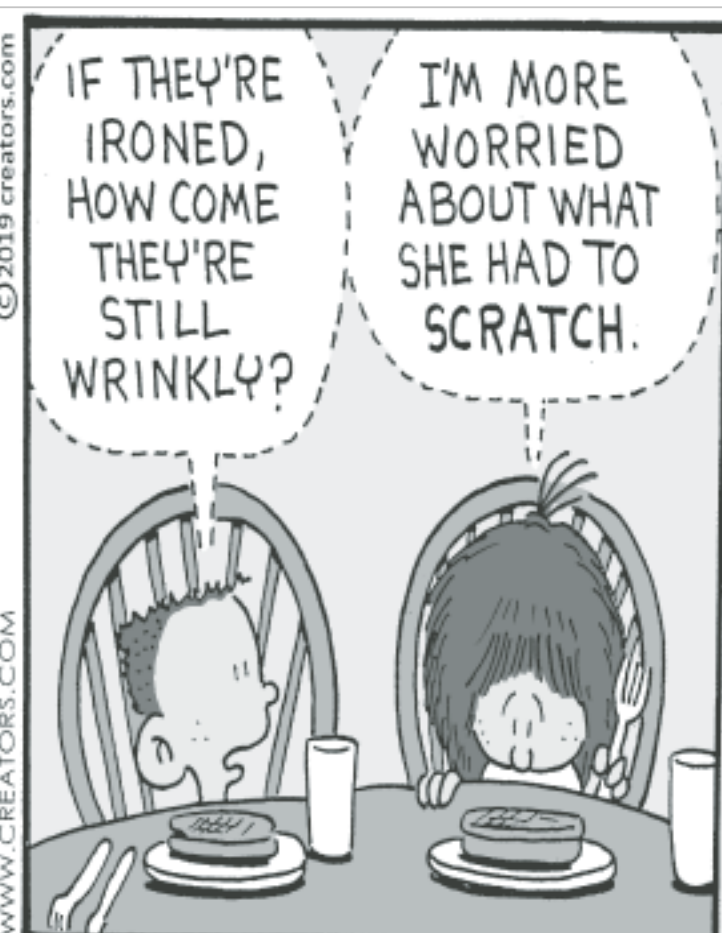
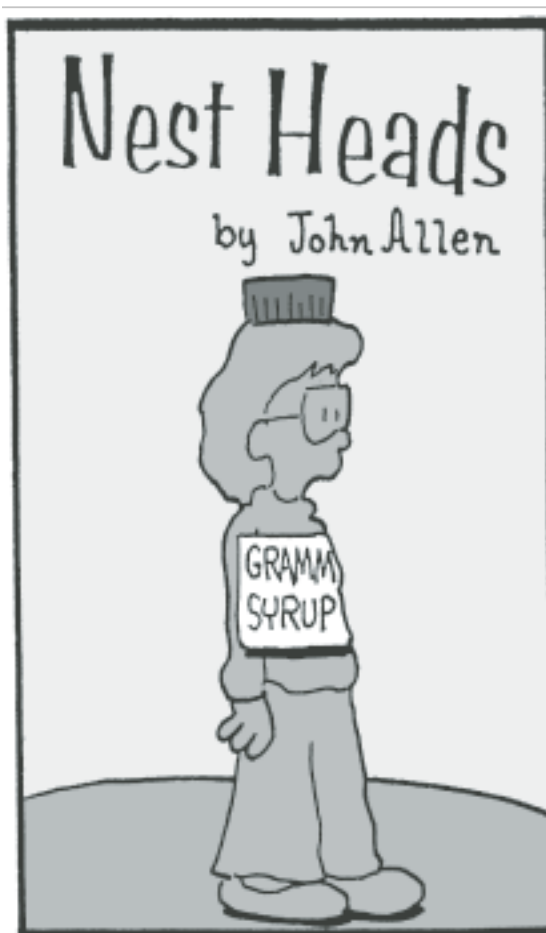
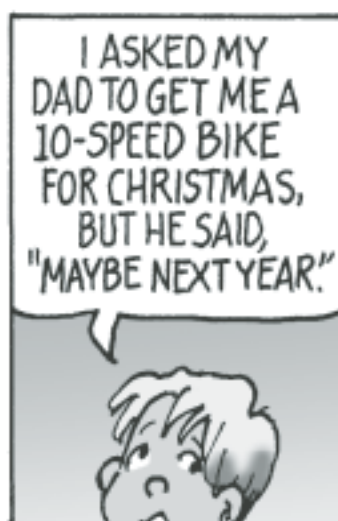
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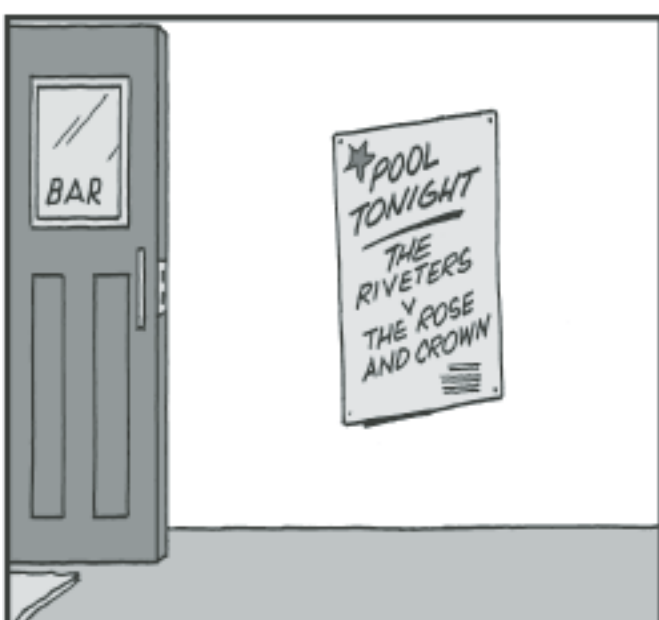
MOMMA

BY MELL LAZARUS





ANDY CAPP



by Smythe

The Bulldogs pulled me in, now I'm a fan

I was asked to cover the Coahoma football team. Cool, I got nothing else to do. I love high school football, don't get better than West Texas.

But the truth of it is - Coahoma? I'm from Colorado City, born and raised.

From junior high to high school we played the Coahoma Bulldogs. Many football wars, many things that should have not been said and many things that should not have been done. I don't like Coahoma. That was the C-City mentality back in the 70's.

That's what made this brief assignment so challenging. It's just a job right? But any writer who covers a team from start to finish starts to have a bond. That's not supposed to happen 'cause this is Coahoma.

It got me to thinking. That Colorado City prejudice. I didn't like Coahoma because of all the silly stuff that happened 40 years ago. We were kids doing what was instilled in us. Wake up; this is 2020, hopefully I'll get to ring the year in.

But the bond continued with me and Coahoma football. I've lived in Sands Springs for the past

three years. I've got to know now some of the Coahoma people. Good people, probably don't even know of the Coahoma and Colorado City's dislike for each other.

Funny thing though, some of my best friends live in the Coahoma area, you've heard that before, right? I'm talking about you my Martinez brothers.

Meanwhile the bond continued to grow with Coahoma football. I watched Coahoma play last year, and I watched them grow and mature this year. I watched them go from a one-dimensional team with a running quarterback to a diversified squad with multiple weapons. I saw them go from that "maybe-if" mentality to a "we will get this done."

The bond got stronger.

I saw Zack Schneider become more of a complete quarterback behind the blocking of his twin brother Jonathan. I played on the line. I know lineman don't get any love. I saw Keegan Dobbs have one of the best seasons a lineman can have, offensively and defensively.

He has the JJ Watt thing going on. High football

mentality and his motor never stops running. I saw Bryson Kerby on his way to being the next superstar. Great things will come from this sophomore.

I saw a rare thing when two brothers - Alejandro Gonzales, a senior, and his kid brother, Alex a freshman, play on the same playoff team.

I even saw Gaige Hill's dad, Jackie, make my friend, a Colorado City native, Neutchie, wear a Coahoma Bulldogs shirt for a week because Coahoma beat Colorado City for the first time in 12 years. Common sense bro. Coahoma was ranked in the Top 20, Colorado City was win less.

Most of all I saw coach Chris Joslin. A coach and his staff headed in the right direction. He's trying to start a tradition and right now it looks promising. Winning breeds winning. You hooked me Coahoma. (Sorry Tos).

By the way, coach Joslin, I think I'll start wearing that Coahoma Bulldogs cap.

Sports Column submitted by Herald Sports Contributor Steve Belvin. Steve has been covering the Coahoma Football games for the 2019 Football season.

Athletic Support: Advice from Eli Cranor

"Fake scholarship signing?"

Dear Athletic Support: Last year, a senior on my son's football team held a scholarship "signing" after the season. Problem is, I don't think he really got a scholarship. I think he was just a walk-on and staged the "signing." Are you familiar with athletes faking these scholarship signings? — *Curious Cat Daddy*

Dear Cat Daddy: Before I answer your questions, let me hit you with a couple facts. For the most part, the only college sports that offer full-ride athletic scholarships are football, basketball (men's and women's), gymnastics (women's), tennis and volleyball. In addition, most full scholarships only come from D1 FBS schools.

The point here is that most scholarships aren't free tickets to college. There is no way to know whether a young man is signing a scholarship for \$500 per semester, or if he's getting a free ride. There's also no real way to know whether a player has agreed to be a "preferred walk-on."

A "preferred walk-on" is an athlete that has already been awarded a spot on the team but not any scholarship money. At larger programs, these are coveted positions. So much so, that

coaches will sometimes even send a letter for a preferred walk-on to sign on signing day.



Eli Cranor

It's not up to you, me, or anyone else, to rain on a high school player's parade. There's no way to know if the piece of paper a young athlete signs on National Signing day involves any particular sum of money, and frankly, it shouldn't matter either way.

"No cellphones in the locker room!"

Dear Athletic Support: My son's high school football coach just instated a new rule regarding cellphones; he banned them completely from the field house! The boys now have to leave their phones in their vehicles (or their backpacks if they don't have a car). I'm not sure what sparked this change in policy, but as a mother it deeply concerns me. What if there's an emergency and I need to get in touch with my son? There was no major incident that I'm aware of which led to this. Can you think of any reason why our coach might have resorted to such extreme measures? — *Searching for Service*

Dear Searching: Not all that long ago, kids didn't have cellphones. Heck, parents didn't either. How on

earth did we survive? The same way you will survive this coach's new policy — by having a little faith.

Faith in your son's coach.

A coach has the benefit of being removed from his players. A coach may love his players sure, but it's different from parental love, which is a good thing because sometimes parents can love a kid to death.

Which leads me back to your son's coach and his new cellphone policy. If some sort of emergency were to arise, all you'd have to do is call the fieldhouse, the school, or even the coach's cellphone. There's no need for your son to have a phone. He wouldn't have one when he's out on the field anyway.

As to why this coach might have made this decision, well, I can think of one recent incident that might've led to his policy change.

The event took place after the LSU Tigers defeated the Alabama Crimson Tide a few weeks back. Coach Ogeron, LSU's head coach, gave a fiery, expletive-filled speech in the locker room after the game. The speech was livestreamed by one of his players and has since gone viral.

When later asked about his speech, Coach O didn't apologize for his rant, or for f-bombing Bama. He just said, "You get emotional when you talk to your football team, just like when we all talk to our family. We talk

around the dinner table, and we say some things that outside the family we don't say. It was not meant to hurt anybody or nothing like that. It was just a fiery moment."

A locker room is not a dinner table, and a football team is not a real "family," but Coach O is right on one account; there are some things I say and do with the people closest to me that I would not want aired publicly.

Oversharing is one of the biggest problems we face in 2019. Be it in a locker room, a business, or a friend group, there really are some things that are better left unsaid/unread/unseen.

The flip side of all this is that the transparency of our modern world holds people — coaches, parents, players — to a higher standard. But then again, are any of us really perfect? Would you actually want what goes on inside your house to be under constant surveillance?

Maybe your son's coach made his decision simply because he didn't want his locker room being broadcasted to the world. And, maybe, that's not such a bad idea.

Eli Cranor is a former professional quarterback and coach turned award-winning author. Send questions for "Athletic Support" to eli.cranor@gmail.com or visit elicranor.com.



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Forsan students show off G.R.I.T.

By **AMANDA DUFORAT**

Managing Editor

Perseverance, passion to achieve long term goals and a strong predictor of success, are just a few of the ways to describe the GRIT - new name for Gifted and Talented - program at Forsan ISD.

"Sometimes you will hear grit referred to as mental toughness. The name suggests that grit is a strong predictor of success and ability to reach goals," Patti Adams, GT coordinator, said. "Of course, with it being the new name for GT the name kept the GT and encompassed all the attributes these children display."

The program began two years ago and includes second grade through high school students, at Forsan Elementary and Jr. High/High School. While the GT program was serving the students as best as possible before the GRIT program was implemented, the Forsan ISD administration and teaching staff wanted to take the program up a notch.

"Two years ago when they hired a teacher specifically for the program, it allowed us to reach the students a little bit better than we had been by allowing more focused time with the students," Adams said.

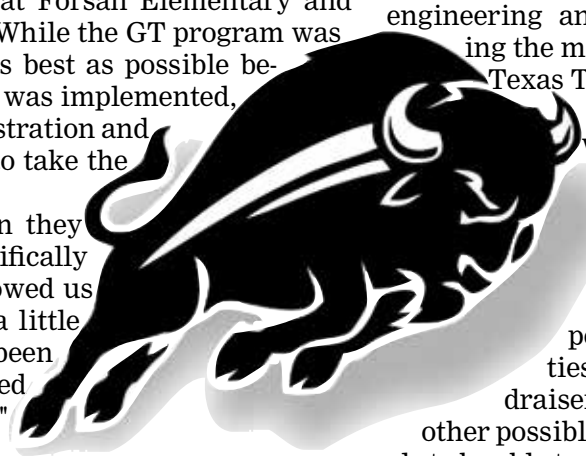
In the GRIT program there are about 50 students. Adams teaches one day with the elementary and another day focused on high school students. The



Junior high students Chance Leonardi, Llana Griffith, and Taylor Tarbet discuss creating a survey about ways to better the community.

Courtesy photo

group focuses on brainstorming ideas and projects and have taken part in STEM (science, technology, engineering and mathematics) projects, including the most recent partnership project with Texas Tech.



"Last year the students came up with the pool project and while it wasn't able to be completed, due to the financial aspect, it is a project that we are looking at refocusing on this year," she said. "The students are going to look at possible grant writing opportunities, fundraisers, and other possible proposals to be able to complete it."

In addition to taking part in projects that

ways to make an impact."

The students are putting lessons into practical applications. Adams said the classes are interested in forming partnerships and seeing what the community can teach them that will better prepare them for their future.

"If we give them (students) the opportunity, they can add so much benefit to the community," she said.

Amanda Duforat is the Managing Editor at the Big Spring Herald. To contact her, email editor@bigspringherald.com or call 432-263-7331.



Courtesy photo

Pictured above: Elementary GRIT students ask questions about a water filtration system that Matthew Picket designed for the class. Pictured below: Taylor Tarbet gives Mrs. Patti Adams her thoughts on putting a "think box" around campus for students to drop ideas on how to improve Forsan.



Courtesy photos

Pictured above: Ian Paredez, Cade Cunningham, and Landon Harrison brainstorm ways to improve a roller coaster. Pictured Below: Kennedy Johnson and Hadley Fowler test out their slime creation.



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Howard County School Menus

Big Spring ISD

Kentwood Early Childhood

Monday: Breakfast: Trix Cereal bowl, fresh apple slices, 1% white milk Lunch: Pizza sticks with marinara, green peas, fresh tomato wedges, mixed fruit cup, 1% white milk

Tuesday: Breakfast: Pancake on a stick, fresh oranges, 1% white milk Lunch: Hamburger, green beans, fresh roasted carrots, diced pears, 1% white milk

Wednesday: Breakfast: Breakfast pizza, applesauce, 1% white milk Lunch: Popcorn chicken, tater bites, fresh steamed squash, diced peaches, 1% white milk

Thursday: Breakfast: Apple cinnamon muffin, applesauce, 1% white milk Lunch: Spaghetti, mashed potatoes, applesauce, 1% white milk

Friday: Breakfast: Berry French toast, diced peaches, 1% white milk Lunch: Cheese pizza, fresh broccoli, roasted mixed vegetables, pineapple tidbits, 1% white milk

Big Spring Elementary

Monday: Breakfast: Banana chocolate bar, fresh apple slices, cherry star juice Lunch: Corn dog, beef nachos, French fries, fresh oranges, mixed fruit cup, corn, fresh baby carrots, garden salad

Tuesday: Breakfast: Cherry frudel, fresh oranges, grape juice Lunch: Walking Doritos nachos, buffalo chicken salad with roll, fresh cantaloupe, diced pears, green beans, fresh red pepper strips, garden salad

Wednesday: Breakfast: Lucky Charms cereal, string cheese, applesauce, orange juice Lunch: Oriental Popcorn Chicken, Turkey chef salad with roll, fresh apples, diced peaches, sweet tater bites, fresh zucchini squash, garden salad

Thursday: Breakfast: Breakfast pizza, fresh bananas, fruit juice Lunch: Spicy chicken sandwich, soft beef tacos, French fries, fresh grapes, rosy applesauce, charro pinto beans, fresh celery sticks, garden salad

Friday: Breakfast: Sausage kolaches, fresh grapes, apple juice Lunch: Pepperoni pizza, popcorn chicken salad with roll, pineapple tidbits, Mandarin oranges, fresh broccoli, cucumber and tomato salad, garden salad.

Big Spring Intermediate School

Monday: Breakfast: Apple frudel, Cinnamon Toast Crunch cereal, fresh apple slices, cherry star juice Lunch: Southwest meatloaf, chef salad with roll, bacon cheeseburger, French fries, fresh oranges, mixed fruit cup, corn, fresh baby carrots, garden salad

Tuesday: Breakfast: Pancake on a stick, Honey Nut Cheerios cereal, fresh oranges, fruit juice Lunch: Walking Doritos Nachos, pepperoni pizza, Buffalo chicken salad with roll, fresh cantaloupe, diced pears, green beans, fresh red pepper strips, garden salad

Wednesday: Breakfast: Strawberry and banana yogurt, graham crackers, Cinnamon Toast Crunch cereal, applesauce, orange juice Lunch: Spicy chicken sandwich, chicken crisps, turkey chef salad with roll, fresh apples, diced peaches, sweet tater bites, fresh zucchini squash, garden salad

Thursday: Breakfast: Apple cinnamon muffin, Honey Nut Cheerios cereal, fresh bananas, pineapple juice Lunch: Bacon cheeseburger, chicken nuggets with roll, pepperoni pizza, French fries, fresh grapes, rosy applesauce, charro pinto beans, fresh celery sticks, garden salad

Friday: Breakfast: Sausage kolache, Cinnamon Toast Crunch cereal, fresh grapes, apple juice Lunch: Chicken patty sandwich, steak fingers, taco salad with roll, mashed potatoes, pineapple tidbits, Mandarin oranges, cucumber and tomato salad, garden salad

Big Spring Junior High

Monday: Breakfast: Breakfast pizza, fresh apples, wango mango juice Lunch: Southwest meatloaf, fajita chicken nachos, spicy chicken sandwich, fresh oranges, mixed fruit cup, corn, fresh baby carrots, garden salad

Tuesday: Breakfast: Pancake on a stick, fresh oranges, pineapple juice Lunch: Walking Doritos nachos, Buffalo chicken salad with roll, hot dog, French fries, fresh cantaloupe, diced pears, green beans, fresh red pepper strips, garden salad

Wednesday: Breakfast: Cinnamon Toast Crunch cereal, graham crackers, string cheese, orange juice Lunch: Oriental popcorn chicken, turkey chef salad with roll, chicken patty sandwich, sweet tater bites, fresh apples, diced peaches, fresh zucchini squash, garden salad

Thursday: Breakfast: Apple cinnamon muffin, fresh bananas, fruit juice Lunch: Corn dog, soft beef tacos, BBQ pork sandwich, fresh grapes, applesauce, charro pinto beans, fresh celery sticks, garden salad

Friday: Breakfast: Sausage kolaches, fresh apples, apple juice Lunch: Baja chicken salad with roll, beef and cheese quesadilla, bacon cheeseburger,

French fries, pineapple tidbits, Mandarin oranges, cucumber and tomato salad, fresh broccoli, garden salad

Big Spring High School

Monday: Breakfast: Apple frudel, waffles with strawberries, sausage patty, egg sausage and cheese burrito, refried beans, Cinnamon Toast Crunch cereal, Cinnamon Pop Tart, fresh apples, diced pears Lunch: Line 2 Daily Special: Not available

Tuesday: Breakfast: Cocoa Puff Pastry, pancakes with blueberries, sausage patty, egg sausage and cheese burrito, refried beans, Honey Nut Cheerios cereal, Cinnamon Bun Crunchmania, fresh oranges, mixed fruit cup Lunch: Line 2 Daily Special: Not available

Wednesday: Breakfast: Apple cinnamon muffin, waffles with blueberries, sausage patty, egg sausage and cheese burrito, refried beans, Cinnamon Toast Crunch cereal, strawberry Nutrigrain bar, fresh cantaloupe, applesauce Lunch: Line 2 Daily Special: Not available

Thursday: Breakfast: Breakfast Pizza, pancakes with strawberries, sausage patty egg sausage and cheese burrito, refried beans, Cinnamon Toast Crunch cereal, Apple Jacks Pack, fresh banana, pineapple tidbits Lunch: Line 2 Daily Special: Not available

Friday: Breakfast: Sausage kolaches, waffles with blueberries, sausage patty, egg sausage and cheese burrito, refried beans, Cinnamon Toast Crunch cereal, Froot Loops pack, fresh grapes, diced peaches Lunch: Line 2 Daily Special: Not available

Line 1 Made to Order: Hamburgers, sub style sandwiches, chicken sandwiches, assorted fruits, assorted vegetables, assorted snacks, assorted juices, assorted milk

Line 2: Pepperoni Pizza, cheese pizza, specialty pizza, assorted fruits, assorted vegetables, assorted snacks, assorted juices, assorted milk

Line 3 Made to Order: Nachos, burritos, tacos, assorted fruits, assorted vegetables, assorted snacks, assorted juices, assorted milk

Coahoma ISD

Monday: Breakfast: Pancakes with sausage, 100 percent fruit juice, fruit, milk Lunch: Texas basket or hamburger or popcorn chicken salad, potatoes, fries, strawberries, cucumbers, milk

Tuesday: Breakfast: Breakfast burrito with hash browns, 100 percent fruit juice, fruit, milk Lunch: Tex Mex Stacks or chicken fajitas, beans, carrots, salsa, hot cinnamon apples, sherbet cup, milk

Wednesday: Breakfast: Power Breakfast biscuit, eggs, gravy, bacon, 100 percent fruit juice, fruit, milk Lunch: Chicken alfredo or pizza pocket or chef salad, breadsticks, marinara sauce, garden salad, Tuscan veggies, peaches, cookie, milk

Thursday: Breakfast: Sausage kolache with yogurt or breakfast bread with yogurt, 100 percent fruit juice, fruit, milk Lunch: Ranchero wrap or pot pie or tuna salad, corn, veggie cup, snowball salad, milk

Friday: Breakfast: Breakfast sandwich, 100 percent fruit juice, fruit, milk Lunch: Bulldog chicken bowl or pork chops, mashed potatoes, gravy, green beans, rolls, apple slices, milk

Forsan ISD

Monday: Breakfast: Waffles with sausage patty or cereal, Mandarin oranges, fruit juice, milk Lunch: Steak fingers with roll, chicken 'n' waffles, sunbutter and jelly sandwich, tots, baby carrots, strawberries, fresh fruit, milk

Tuesday: Breakfast: Early Bird sandwich or cereal, strawberry cup, fruit juice, milk Lunch: Chicken sandwich, Asian bowl, sunbutter and jelly sandwich, ranch style beans, green beans, applesauce, fresh fruit, milk

Wednesday: Breakfast: French toast with sausage patty or cereal, Mandarin oranges, fruit juice, milk Lunch: Pizza or sunbutter and jelly sandwich, fresh veggie cup, garden salad, strawberries, fresh fruit, milk

Thursday: Breakfast: Breakfast pizza or cereal, strawberry cup, fruit juice, milk Lunch: Mini corndogs, hot dog,

sunbutter and jelly sandwich, corn, baby carrots, grapes, fresh fruit, milk
Friday: NO SCHOOL

Sands CISD

Monday: Breakfast: Waffles, yogurt, fruit, fruit juice, milk Lunch: Chicken sandwich, garnish, oven fries, fresh veggie cup, diced pears, milk variety

Tuesday: Breakfast: Sausage kolache, cheese stick, fruit, fruit juice, milk Lunch: Hamburger steak, brown gravy, biscuit, roasted potatoes, steamed broccoli, apple slices, milk variety

Wednesday: Breakfast: stuffed bagel, fruit, fruit juice, milk Lunch: Chicken tortilla soup, chips, tiny tomato cup, cucumber slices, diced peaches, ice cream, milk variety

Thursday: Breakfast: Sausage biscuit, fruit, fruit juice, milk Lunch: Pizza, baby carrots, garden salad, orange smiles, cookie, milk variety

Friday: Breakfast: Breakfast bread, yogurt, fruit, fruit juice, milk Lunch: Mini corn dogs, tater tots, baked beans, pineapple slices, milk variety

Senior Center

Monday: Beef Stew with potatoes and vegetables, pears, cornbread, milk

Tuesday: Chicken and dumplings, Brussels sprouts, pie, crackers, milk

Wednesday: BBQ Chicken, baked beans, California veggies, pudding, bread, milk

Thursday: Chicken fried steak, mashed potatoes with gravy, zucchini and tomatoes, peaches, biscuit, milk

Friday: Fish nuggets, tarter sauce, French fries, Rice Krispy Treat, milk

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Chamber of Commerce happenings



Courtesy photo/Bruce Schooler

Big Spring Area Chamber of Commerce Ambassadors and board members, along with community members gathered together to celebrate a grand re-opening for Southern Blush and the new expansion. Santa and Mrs. Clause paid a visit to the festivities. There were also sales, Chick-fil-a, and more available for those who came out and toured the new addition.

When the realities of combat come home, VA is ready to help

By MICHAEL COLE

VA Public Affairs Specialist

Russell Fields was as prepared for war on the gritty, dangerous streets of Al-Fallujah, Iraq, as he was for every other challenge and opportunity he had faced in life.

An Eagle Scout, college graduate, and airborne-qualified soldier, Fields had the privilege of leading soldiers in combat as a non-commissioned officer in the famed 10th Mountain Division. Fighting street-to-street, door-to-door, in urban conflict, the unpredictable realities of combat, can negate even the very best training and preparedness.

The ability to compartmentalize trauma to complete the mission is a common trait among combat leaders. A dismantled patrol, an ambush, and five men lost—the horrors of war—challenge many and leave few unaffected. When the war and service in uniform comes to an end, reality has a way of catching up and filling in the spaces once occupied by the regimented lifestyle of military service.

Reality changed for Fields when he left the battlefield and the military to return home to Texas and start a new life.

“I wasn’t ready. I didn’t realize how much I had come to depend on the security blanket the Army provided,” said Fields. “I led men in combat, I lost friends and placed them in body bags. I had no choice but to handle it.”

Fields faced a new form of combat, one he was not prepared to take on by himself. Flashbacks, images of combat, and the faces of those he lost came rushing back. Every day events like shopping, loud noises, and crowds of people, began pushing Fields deeper into a scenario he was unprepared for.

“When I retired and left the security of the base and the support of my troops, everything changed, and I didn’t know what was happening,” said Fields.

Ultimately, Fields’ PTSD and depression ruled his days and haunted his nights. He began looking for ways to escape.

“I had four or five plans to kill myself and wasn’t thinking beyond me. I wasn’t being rational, but I didn’t know that, then,” said Fields.

Fields began lashing out at family and friends, and on more than one occasion, those he lashed out at, called the Veterans Crisis Line for help.

“The struggle with suicidal thoughts is a com-



Courtesy photo

VA North Texas’ Suicide Prevention Team is thrilled to take ownership of two specially designed vehicles that will help them spread the word about the Veterans Crisis Line. The North Texas Suicide Prevention team receives the highest number of Veteran Crisis Line calls of any VA region and maintains the nation’s highest rate of follow up contact with Veterans. Available 24-7, the VA North Texas Suicide Prevention Team is active in communities in all of the 40 counties in their region.

mon experience for Veterans,” says Natalie Qualls, VA North Texas Suicide Prevention Coordinator. “There is no wrong path Veterans, or their family members can take for help—we just want them to reach out.”

After several starts-and-stops, Fields connected with a mental health team at VA, one that he understood, respected and ultimately was able to help him overcome the challenges he faced. And now, some six years later, he still relies upon the Veterans Crisis Line from time to time. Fields will call the crisis line simply to talk with someone who understands and can help him through a particularly challenging time.

“I call and make it clear that I’m not a danger to myself or others, but that I need to talk with someone who can help me through a particularly hard time,” said Fields.

The VA Veterans Crisis Line, developed in 2007, has fielded nearly 4 million calls, 500,000 chat sessions, 100,000 text messages, and has referred more than half a million Veterans to VA Suicide Prevention Coordinators.

VA has undertaken a community approach to combating Veteran suicide, recognizing that to reach every Veteran in crisis, help needs to be available where every Veteran lives, works and thrives, and that may not be near a VA facility. The crisis line is one very important avenue for help, but it’s not the only avenue.

“We don’t care where our Veterans reach out to for help, just that they do, and where ever that may be, we’re ready and prepared to help as a community,” said Qualls.

See VA, Page 4B

Charles Schwab buys TD Ameritrade in brokerage blockbuster

By STAN CHOE

AP Business Writer

NEW YORK (AP) — Charles Schwab is buying rival TD Ameritrade in a \$26 billion stock swap, a blockbuster agreement accelerated by massive disruption in the online brokerage industry.

Competitive pressure has already forced brokerages to make it free for customers to trade U.S. stocks online, and Schwab’s buyout combines two of the biggest players in the industry.

The tie-up creates a company so big, however, that it may draw sharp scrutiny from antitrust regulators. The combined company would have more than \$5 trillion in client assets under management.

“With this transaction, we will capitalize on the unique opportunity to build a firm with the soul of a challenger and the resources of a large financial services institution that will be uniquely positioned to serve the investment, trading and wealth management needs of investors across every phase of their financial journeys.”

Schwab CEO Walt Bettinger said in a prepared statement.

TD Ameritrade stockholders would receive 1.0837 Schwab shares for each TD Ameritrade share they own.

The transaction gives Schwab about 12 million client accounts, \$1.3 trillion in client assets and approximately \$5 billion in annual revenue. The combined company is expected to control 24 million client accounts.

By itself, Schwab may control close to half the market for acting as a custodian for money managed by registered investment advisers, for example, while TD Ameritrade may control about 15% to 20%, according to Kyle Voigt, an analyst with Keefe, Bruyette & Woods.

The rewards for passing regulatory muster would be lucrative: A combined company “makes strong strategic sense,” would be able to cut costs and could bump up Schwab’s earnings per share by more than 25% over the long term, Voigt said.

The deal could also herald more mergers across the industry.

Schwab sent shockwaves through the industry less than two months ago when it said it would do away with commissions for online trading of U.S. stocks and exchange-traded funds, fees that have long fueled the industry.

All major brokerages have followed suit, but fees had been falling for years.

Beyond players like Schwab, TD Ameritrade, Fidelity and E-Trade Financial, apps like robinhood.com out of Palo Alto, California, have also entered the fray to help customers get invested in the market.

That has increased the pressure on San Francisco’s Schwab Corp. and TD Ameritrade Holding Corp., of Omaha, Nebraska, the biggest publicly traded brokerages. Schwab had \$3.85 trillion in total client assets at the start of the month, while TD Ameritrade had \$1.3 trillion at the end of September.

The deal is expected to close in the second half of next year. It’s anticipated to take 18 to 36 months to integrate the two businesses once the transac-

tion is complete. The corporate headquarters of the combined company will eventually relocate to Schwab’s new campus in Westlake, Texas.

The Toronto-Dominion Bank, which currently holds approximately 43% of TD Ameritrade’s stock, will have an ownership position of approximately 13% in the combined company, with other TD Ameritrade stockholders and existing Schwab stockholders holding approximately 18% and 69%, respectively.

TD Ameritrade suspended its search for a CEO, naming Chief Financial Officer Stephen Boyle as interim CEO. The current CEO, Tim Hockey, announced in July that he would be stepping down early next year.

Trading in shares of both companies was muted before the opening bell after wild swings last week when CNBC first reported that the companies were pursuing a deal.

AP Business Writer Michelle Chapman contributed to this story.

Global shares advance amid hopes for US-China trade deal

By YURI KAGEYAMA

AP Business Writer

TOKYO (AP) — Global shares rose Monday amid some optimism that the U.S. and China may be edging closer toward a deal on a trade dispute that has been rattling markets for more than a year.

Over the weekend, Beijing issued new guidelines for protecting intellectual property, a key concern for foreign investors and a sore point in the dispute with Washington over trade and technology.

Britain's FTSE 100 rose 0.9 percent to 7,394, while France's CAC 40 added 0.4 percent in midday trading to 5,915. Germany's DAX gained 0.4 percent to 13,221 after a survey showed that German business confidence has increased slightly.

U.S. shares were set to drift higher with Dow futures adding 0.3 percent to 27,931 and S&P 500 futures rising 0.2 percent to 3,119.

Japan's benchmark Nikkei 225 surged 0.8 percent to finish at 23,292.81, while Australia's S&P/ASX 200 added 0.3 percent to 6,731.40. South Korea's Kospi gained 1.0 percent to 2,123.50.

Hong Kong's Hang Seng jumped 1.5 percent to 26,993.04, while the Shanghai Composite advanced 0.7 percent to 2,906.17.

Investors were watching the situation in Hong Kong, where pro-democracy candidates won a majority of seats in a local district council election Sunday.

After nearly six months of often violent protests, it is yet another challenge for Chief Executive Carrie Lam's government.

"The result might not be market-friendly as it sets to challenge Carrie Lam's leadership and bring up political uncertainties.

But it could also mark a turning point in stopping the violent clashes," said Margaret Yang, market analyst at CMC Markets in Singapore.

Markets around the world churned last week on uncertainty about whether the U.S. and China can soon halt their trade dispute, or at least stop it from escalating.

Tariffs already put in place have hurt manufacturing around the world, and businesses have held back on spending given all the uncertainty about where the rules of global trade will end up.

New U.S. tariffs are set to hit Dec. 15 on many Chinese-made items on holiday shopping lists, such as smartphones and laptops.

A document issued Sunday called for China to "effectively curb" violations of intellectual property rights such as trademarks and copyrights.

The guidelines ordered improvements to laws for

protecting such intellectual property, increased compensation for infringements and stricter enforcement of existing laws.

Theft and forced transfers of technology and inadequate protection of copyrights, patents and trademarks are perennial complaints of foreign companies operating in China and are among the key issues in the latest flareup in trade tensions.

President Donald Trump said last week that a deal is "potentially very close" after Chinese President Xi Jinping said Beijing is working to "try not to have a trade war," but will nevertheless fight back if necessary.

In corporate news, shares in Uber fell about 6% in premarket after London's transit authority refused to renew the San Francisco company's license to operate there over passenger safety concerns. Uber vowed to appeal the decision, which it called "extraordinary and wrong."

The ride-hailing company has 21 days to file an appeal and can continue operating while the appeals process is under way.

Two blockbuster mergers got Thanksgiving week off to a rousing start Monday morning. Shares of Tiffany & Co. rose nearly 6 percent in premarket trading after Paris-based LVMH said it was acquiring the iconic New York jeweler for \$16.2 billion.

In another massive deal, Charles Schwab said it would buy rival TD Ameritrade in a \$26 billion stock swap. With brokerages facing competitive pressure to make it free for customers to trade U.S. stocks online, Schwab's buyout combines two of the biggest players in the industry, with a combined \$5 trillion in client assets. The deal could draw sharp scrutiny from anti-trust regulators.

ENERGY: Benchmark crude lost 9 cents to \$57.68 a barrel in electronic trading on the New York Mercantile Exchange.

It fell 81 cents to \$57.77 a barrel on Friday. Brent crude oil, the international standard, dropped \$1.06 to \$62.33 a barrel.

CURRENCIES: The dollar strengthened to 108.88 Japanese yen from 108.64 yen on Friday.

The euro slipped to \$1.1017 from \$1.1022.

Editor's Note: With the upcoming holiday, this article was received on Tuesday, Nov. 26, 2019. Stock markets can change daily and numbers may have shifted since this edition went to press. This is an information piece to provide an update on what was taking place in the stock market at the beginning of Thanksgiving week.

Texas Comptroller Glenn Hegar announces transfer of \$3.3 Billion to State Highway and Rainy Day Funds

(AUSTIN) — Texas Comptroller Glenn Hegar announced today he recently completed the transfer of \$3.33 billion into the State Highway Fund (SHF) and the Economic Stabilization Fund (ESF; commonly known as the "Rainy Day Fund"). Each fund received more than \$1.66 billion, or 50 percent of the total transfer.

The transfer amounts are based on crude oil and natural gas production tax revenues in excess of 1987 collections.

If either tax generates more revenue than the 1987 threshold, an amount equal to 75 percent of the excess is transferred.

In November 2014, voters approved a constitutional amendment allocating at least half of these severance taxes to the ESF, with the remainder going to the SHF for use on non-toll highway construction, maintenance and right-of-way acquisition.

According to the Texas Constitution, the ESF transfer must occur within 90 days after the end of the fiscal year. When fiscal 2019 ended on Aug. 31, the ESF balance was \$10.1 billion.

With this most recent transfer, the new balance will be about \$11.45 billion, not accounting for currently outstanding spending authority of approximately \$3.74 billion. The balance in the ESF will change as agencies spend down this remaining appropriation authority and investment earnings are realized.

Due to Senate Bill 69, championed by Hegar and signed into law during the last legislative session, the Comptroller's office will be able to grow the ESF by investing its funds more prudently.

"Senate Bill 69 allows me to move up to 75 percent of the Rainy Day Fund into prudent, but higher-yield, investments that would maintain the state's purchasing power," Hegar said. "The Rainy Day Fund is a tremendous asset for the taxpayers of Texas, and I want to protect that asset to ensure it will be there for future generations."

VA

Continued from Page 3B

Every VA facility has a team of Veteran Suicide Prevention Coordinators tasked with branching out into every community, providing resources, information and education about suicide prevention. VA North Texas region receives the highest number of Veteran Crisis Line calls and maintains the highest follow up contact rate of any region in the nation. VA North Texas' team of six suicide prevention coordinators, backed up by the VA's largest mental health team of nearly 600 professionals, receives nearly 300 calls every month, referred to them from the Veterans Crisis Line. Every call is answered, 24-hours a day, 7-days a week, 365-days

a year. Additionally, the North Texas team reaches out to every community, conducting education and awareness events across all forty serviced counties and building relationships with community partners.

Upon receiving a call, the suicide prevention teams' first task is to evaluate the Veterans status, and if necessary, dispatch emergency services to conduct a welfare check. About thirty such dispatches happen each month. Once the Veteran is safe, the team talks with the Veteran or family member, to arrange for follow on care and support.

"The impacts of combat, PTSD, and trauma like this don't go away," said Qualls. "That's why we're here, not just to talk them off the ledge, but also to provide on-going support."

VA's multi-faceted approach to suicide prevention seeks to equip communities to drive Veterans towards the right care, whenever and where ever they need it. This means using prevention approaches that cut across all sectors in which Veterans may interact, and collaborating with Veterans service organizations, state and local leaders, medical professionals, criminal justice officials, private employers and many other stakeholders.

Simply put, suicide prevention is a discussion that must be present in Veterans' daily lives, not just their interactions with VA.

"For some, combat never really ends," said Qualls. "We're here to help them with that fight, no matter how long it takes. No Veteran is alone in this fight."

TSSWCB receives funding from USDA-NRCS to address feral swine in Texas

TEMPLE—The United States Department of Agriculture (USDA) recently announced it is awarding more than \$1.4 million to the Texas State Soil and Water Conservation Board (TSSWCB) to fund three pilot projects to control feral swine in Texas.

These projects are a part of the Feral Swine Eradication and Control Pilot Program which is a joint effort between USDA-Natural Resources Conservation Service (NRCS) and Animal and Plant Health Inspection Service (APHIS) to help address the issues that feral swine pose to agriculture, ecosystems as well as human and animal health.

Feral swine cause a high level of economic, biologic and natural resource damage. The species are also a threat to Texas waterways and ecosystems as their numbers rapidly increase. Texas is a private-land state, with 83% of its land mass in family-owned farms, ranches and forests. Consequently, providing learning opportunities to landowners about effective management strategies remains crucial to the success of abating damages associated with feral swine.

TSSWCB will work in partnership with Soil and Water Conservation Districts (SWCDs), USDA-NRCS, APHIS, Texas A&M Natural Resources Institute (NRI) and the Texas Wildlife Damage Management Association to administer the Feral Swine Control Pilot Program (FSCPP). The program will focus on three main areas across Texas including the Canadian River Watershed, Upper Leon River Watershed and the Upper Red River Watershed. FSCPP will consist of a "smart trap" loan program,

educational and outreach activities, as well as hiring six trapping technicians to assist with restoration efforts.

Landowners in the following counties may be eligible for assistance from technicians to trap feral swine on their property. The Canadian River Watershed Project area encompasses Hartley, Oldham, and Potter Counties, and which are under the direction of the Hartley, Oldham County, and Canadian River Soil and Water Conservation Districts. The Upper Leon River project area encompasses Eastland, Comanche, and Erath Counties, which

are under the direction of the Cross Timbers and Upper Leon Soil and Water Conservation Districts. The Red River Project area encompasses Hardeman, Wilbarger, Wichita, and Clay Counties which are under the direction of the Wilbarger, Wichita, Little Wichita, and Lower Pease River Soil and Water Conservation Districts.

Contact Liza Parker at 254-773-2250 or by email at lparker@tsswcb.texas.gov. For more information visit: <https://www.tsswcb.texas.gov/feral-swine-texas>

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Tomorrow's Horoscope

By HOLIDAY MATHIS



Community Moon

ARIES (March 21-April 19). While you can't exactly bottle up the hilarity of a fit of laughter to savor during some future rainy day when you could use a joyful memory, you can do something pretty close to that with today's fun.

TAURUS (April 20-May 20). Small battles will eventually change the big picture. It takes time. When you know it's right, fight the good fight on whatever level you can. It all contributes; it all matters.

GEMINI (May 21-June 21). It would be an understatement to say a person is getting to know you. It's more like this person is discovering you as an explorer would a mysterious, unknown world.

CANCER (June 22-July 22). There are words you choose to say, and words that seem to have chosen you. It will be as though

some of your dialogue today locked and loaded itself without your knowing and was just waiting to be triggered.

LEO (July 23-Aug. 22). Certainty is a dangerous thing in relationships. It squeezes out the need to come to a consensus, to work together, to question and communicate a way to the truth. The healthiest and best relationships are riddled with doubt.

VIRGO (Aug. 23-Sept. 22). Here you go, getting a new look at the human condition in all its damaged perfection. You'll be amazed and touched by people's stories, and they will help you understand your own a little better.

LIBRA (Sept. 23-Oct. 23). It's not too late to change your mind. It's certainly an easy thing to do. It only requires that you accept that you can't know everything, and then you open yourself up to coming to other conclusions.

SCORPIO (Oct. 24-Nov. 21). In food, freedom and love, those who have never gone without can't fully appreciate how precious are these things. It's why you don't mind hearing a sad story. The benefit is that it expands your capacity for gratitude.

SAGITTARIUS (Nov. 22-Dec. 21). Others are thinking along similar lines as you but are afraid to speak up about it. Change starts with brave people willing to say true but unpopular things publicly.

CAPRICORN (Dec. 22-Jan. 19). Things have gotten out of hand expectation-wise. This

is more stress than it's worth. An adjustment will influence everyone's experience in a pleasant direction. Bring it down a few notches.

AQUARIUS (Jan. 20-Feb. 18). Everywhere you go, people will conform to what you expect of them. The best part is that you don't even have to put those expectations into words, as most everything will be communicated in other ways.

PISCES (Feb. 19-March 20). The best thing you could possibly accomplish today is relaxation. What would it take to position yourself to do only what's pleasant for you, to

avoid sources of work, stress or annoyance and to simply, unthinkingly, be.

TODAY'S BIRTHDAY (Dec. 1). You'll solve the problems and move forward with what matters to you. Though bright blasts of creativity will sometimes come out of nowhere, to be inventive on a more regular basis you need time, space and materials. Get them, and make sure to restock when any one of those categories falls low. Leo and Aries adore you. Your lucky numbers are: 30, 2, 10, 17 and 49.

FORECAST FOR THE WEEK AHEAD: Part of growing up is shifting your point of operation from that of other people's truths to the truth that is all your own.

The world will teach various systems that we must navigate in order to get anywhere. But it's the way we navigate them that makes a difference. If you

navigate to please and be validated by others, then you are not operating from your own truth. You are operating from theirs. It may seem to make things easier in a given moment, but on the whole, this point of operation will be a painful and difficult position from which to steer a life.

The big change this week comes with Jupiter's move into Capricorn, a realm that the planet of luck and abundance will be exploring for almost the entire year of 2020. It's a passage that signifies cosmic maturity and highlights the need for leadership. Consider in the months to come that you will always be the most challenging person you will ever lead. And when you effectively direct yourself to achieve your own goals, it is no small thing. Rather, it is a noble and courageous act.

Write Holiday Mathis at HolidayMathis.com.

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SUDOKU

8			4	2			1
		6	7				
					5	2	
5					9	7	2
		4			6		
		7		3			
	9		3	1			
		3	8	9		1	
			5				

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

9	8	2	4	5	7	2	8	1
1	4	3	6	9	8	3	7	4
5	1	2	1	6	8	9	6	3
7	8	7	3	1	4	8	6	9
8	8	1	3	2	5	7	9	6
3	8	9	8	6	7	4	2	1
5	9	8	8	1	6	4	9	7
2	7	2	7	6	9	1	8	3
4	3	7	1	8	9	6	8	5
9	4	2	6	7	1	5	8	3
3	9	6	3	4	2	7	6	1

ANSWER:



By Steve Becker

A subtle snare

North dealer. Both sides vulnerable.

NORTH

- ♠ A Q 8
- ♥ K J 5
- ♦ A 6 5 2
- ♣ A J 6

WEST

- ♠ J 7 5 2
- ♥ 6
- ♦ K 9 4
- ♣ Q 10 7 4 2

EAST

- ♠ K 10 9
- ♥ Q 10 2
- ♦ Q 10
- ♣ K 9 8 5 3

SOUTH

- ♠ 6 4 3
- ♥ A 9 8 7 4 3
- ♦ J 8 7 3
- ♣ —

The bidding:

North	East	South	West
1♦	Pass	1♥	Pass
2NT	Pass	3♦	Pass
3♥	Pass	4♥	

Opening lead — four of clubs.

The first trick is often the most important one of the entire deal, both for the declarer and the defenders. As a case in point, consider this deal from a national championship where the play at trick one by both sides altered an outcome that appeared inevitable.

At first glance, it would seem that South must lose two diamonds, a

spade and a trump trick at four hearts. But declarer found a way to lay a trap for the opposition, and once the trap was sprung, there was no escape.

The critical moment came when South played low from dummy on the opening club lead, posing a difficult problem for East. East could not tell from the lead of the four how many clubs West held, nor could he place the queen or ten with any certainty. Eventually, he decided to play the king, and from then on he was a dead duck.

Declarer ruffed, cashed the K-A of hearts and put East on lead with the heart queen. East could not return a club or a spade without handing declarer a trick, so he tried the queen of diamonds. South won with dummy's ace and returned a diamond. When the ten appeared on his right, he allowed East to hold the trick.

This sounded the death knell for the defense. If East retained the lead, his forced spade or club return would give declarer the contract. If instead West overtook the ten with the king, South would lose only one diamond trick instead of two, and again he would wind up with 10 tricks.

After South's crafty play at trick one led East astray, the outcome was inevitable.

Tomorrow: Famous Hand. ©2019 King Features Syndicate Inc.

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Hey Kids!
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Bring in your Letters to Santa by December 6, 2019 to be published in the December 22nd Edition of the Big Spring Herald!

Dear Santa,

NAME: _____
AGE: _____

All letters must be within the box provided.



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Annie's Mailbox

Watching From the Sidelines

Dear Annie: My son "Bo" has been with his wife, "Joyce," for 13 years. Several months ago, my husband and I spent a long weekend at the beach with our children and grandchildren. My husband rises early, and he was in the kitchen at 4 a.m., starting his day, when he ran into Joyce. She was just getting home. Without my asking, Joyce explained to me the next day that she doesn't get to go out often and that tavern owners remembered her from the previous year when she did karaoke there. She said

they were buying her drinks and later invited her to their beach house. I told her that when men buy you free drinks they usually want something in return.

She was away daily most of the time out with her brother, "John," who is very dependent on her socially. Bo seemed indifferent to her behavior the entire time. This week, my husband and I visited to attend a grandchild's school play and soccer game. During the visit I found out that John is now residing on first level of their home, and Bo is now living on in the finished basement. I asked Bo about living

arrangements, and he said that he and John do not get along, so he moved downstairs. John does not pay rent or help financially; he just helps around the house.

Bo and Joyce are in debt, yet somehow she's always planning trips out of state and out of the country. She often puts extravagant ideas in the kids' heads such as going to Paris for a birthday. I want to help financially and be supportive, but I am not sure how. I told Bo my concerns about their finances, and he said they're trying to cut back. My husband thinks that she likes for me to visit because I

pay for things while I'm there.

In addition to these concerns, I would say that Joyce is a borderline hoarder. The living room and dining room are completely full with mostly clothing and things from her grandmother's estate. They have two storage units with nonworking cars in them.

She is very insecure and had a difficult childhood, so I sympathize with her. Yet, sometimes she complains about Bo in front of us and it is hard to not say anything. They are coming to dinner for the holidays and I feel I should tell Bo that he needs to insist

she get rid of things. I did suggest to Bo they see a counselor. I want to have this discussion with Joyce over Thanksgiving. Also, I want to tell her outright that she is developing a bad habit of hoarding.
-- Worried Mom Watching On

Dear Worried Mom: It's painful to watch from the sidelines as your child struggles. You want to jump in, help him, make it all better. But the sidelines are exactly where you need to be to cheer him on and best support him. We cannot live our children's lives for them, and once they've

reached adulthood, we have to allow them the dignity to make their own mistakes and discoveries.

While it was wise of you to suggest marriage counseling, I'd caution you against giving unsolicited advice beyond that, to him or to Joyce. Actively communicate with your son and ask how he's doing, sans prying. Foster a healthy, respectful dialogue, and trust that he'll come to you if and when he's ready to talk about whatever is going on in his marriage.

Send your questions for Annie Lane to dearannie@creators.com.

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Guess Who?

I am singer born on December 2, 1991 in New Jersey. I made a name for myself by posting original songs and covers to a YouTube channel. I was signed by Ellen DeGeneres' record label and the rest is history.

Answer: Charlie Puth

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Newsday Crossword

SATURDAY STUMPER by Lester Ruff
Edited by Stanley Newman
www.stanxwords.com

- ACROSS**
- 1 Stumpy clue for "broom"
 - 11 Book detailing Paul's journey to Rome
 - 15 Claim on some cans
 - 16 It might mean "get moving"
 - 17 Vegas VIPs
 - 18 ___ Castle (Hungarian landmark)
 - 19 What a FOREVER stamp with Arabic words commemorates
 - 20 ___-happy (apt to start an action)
 - 21 Product of a yeast reaction
 - 23 Particular period
 - 25 Whom a parrot taught languages to
 - 27 Letters associated with ticker tape
 - 29 What *Fast Company* got "excited" about in 2010
 - 30 Glass part
 - 31 Word from the Latin for "wretched"
 - 34 Lots of ribs
 - 35 Medieval foe of Genoa
 - 36 Start of an executive order
 - 37 Blower, briefly
 - 38 Anthony's successor (2018)
 - 39 It might thicken your chocolate
 - 40 Some gobblers
 - 41 Pool trick
 - 42 Foreign "month" or "my"
 - 43 Subcontract, with "out"
 - 44 Common Seoul surname
 - 45 Hippie quest
- DOWN**
- 1 Sought to win over
 - 2 One of the top-10 in GDP
 - 3 Black Hills granite nickname
 - 4 Much modern-day mail
 - 5 Virginia ___
 - 6 Name that sounds lobstery
 - 7 Whom the Today Show Plaza is named for
 - 8 Don't just look
 - 9 Bright-background Mexican exports
 - 10 Employer of electronic engineers
 - 11 Up
 - 12 Almanac section
 - 13 What the Remember the Milk app helps with
 - 14 No-win situation
 - 22 Veiled
 - 24 Apt rhyme for "oversee"
 - 26 Ethical challenge
 - 28 Dull finish
 - 31 Norwegian Cruise Lines' headquarters
 - 32 By and large
 - 33 Conchs and abalones
 - 34 It gets the goods
 - 35 Out 'N' About Nipper Doubles, e.g.
 - 38 WHO's weight stat
 - 40 Exploit
 - 43 What to call some brothers
 - 44 Grilling candidates
 - 46 Best Actor Oscar winner between Matthew and Leonardo
 - 47 It's southwest of Sorrento
 - 49 Canadian Revenue Agency option
 - 50 Sharp nail
 - 51 Craves, say
 - 54 Guy from Jericho
 - 58 What to call some sisters
 - 59 Lupita Nyong'o, in 2012

1	2	3	4	5	6	7	8	9	10	11	12	13	14
15										16			
17										18			
19			20			21		22					
23		24	25	26									
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56				57	58					59			
60				61									
62				63									

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WORD SCRAMBLE

Rearrange the letters to spell something pertaining to restaurants.

N D R I E

--	--	--	--	--

Answer: Diner

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Answer to previous puzzle

S	T	A	M	P	W	I	S	E	T	O	A	T						
P	A	V	E	R	A	L	E	X	A	P	S	E						
F	L	O	R	A	F	O	R	C	E	D	A	I	R					
K	N	I	G	H	T	S	T	E	M	P	L	A	R					
T	U	E	T	A	E	B	O											
A	W	L	E	N	D	D	E	L	T	A	S							
S	H	Y	R	A	R	E	D	E	R	B	Y							
F	I	R	S	T	I	M	P	R	E	S	S	I	O	N				
A	L	I	N	E	M	I	T	A	D	O								
R	E	C	A	L	L	N	H	L	L	E	D							
						P	L	E	A	D	A	I	G					
						C	U	S	T	O	M	P	R	I	N	G		
						O	N	E	S									
						G	I	G	I	N	E	A	L	U	N	C	U	T
						S	T	A	T	S	A	M	E	S	T	U	M	P

11/30/19

Check this out, at the library this week

An upcoming event at the Library is Picture with Santa, Santa will be at the library on Thursday, Dec. 5 from 5-6 p.m.. This event is sponsored by Star Dodge Chrysler of Big Spring, and the Greater Big Spring Rotary Club. No registration is required, all ages are welcome. The first 100 kids will receive a free book, please bring your own camera.

This week's reading selections include: A debut from Melinda Gates, "The Moment of Lift: How Empowering Women Changes the World" (305.42 GAT M) by Melinda Gates, is a call to action for women's empowerment.

For the last twenty years, Melinda Gates has been on a mission to find solutions for people with the most urgent needs, wherever they live. Throughout this journey, one thing has become increasingly clear to her: If you want to lift a society up, you need to stop keeping women down. In this moving and compelling book, Melinda shares lessons she's learned from the inspiring people she's met during her work and travels around the world.

As she writes in the introduction, "That is why I had to write this book--to share the stories of people who have given focus and urgency to my life. I want all of us to see ways we can lift women up where we live." Melinda provides an unforgettable narrative that is backed by startling data as she presents the issues that most need our attention, from child marriage to lack of access to contraceptives to gender inequity in the workplace.

For the first time, she writes about her personal life and the road to equality in her own marriage. Throughout, she shows how there has never been more opportunity to change the world and ourselves. Writing with emotion, and candor, Melinda introduces us to remarkable women and shows the power of connecting with one another.

On June 17, 2015, 12 members of the historically black Emanuel AME Church in Charleston, South Carolina welcomed a young white man to

their evening Bible study. He arrived with a pistol, 88 bullets, and hopes of starting a race war.

Dylann Roof's killing of nine innocents during their closing prayer horrified the nation. Two days later, some relatives of the dead stood at Roof's hearing and said, "I forgive you." That grace offered the country a hopeful ending to an awful story. But for the survivors and victims' families, the journey had only just begun. In "Grace Will Lead Us Home: The Charleston Church Massacre and the Hard, Inspiring Journey to Forgiveness" (364.152 HAW J) by Jennifer Berry Hawes, Pulitzer Prize-winning journalist Jennifer Berry Hawes provides the definitive account of the tragedy's aftermath.

With unprecedented access to the grieving families and other key figures, Hawes offers a nuanced and moving portrait of the events and emotions that emerged in the massacre's wake. This is the story of how, beyond the headlines, a community begins to heal: The two adult survivors of the shooting begin to make sense of their lives again. Rifts form between some of the victims' families and the church.

A group of relatives fights to end gun violence, capturing the attention of President Obama. And a city in the Deep South must confront its racist legacy. An unforgettable and deeply human portrait of grief, faith, and forgiveness.

Discover the new science of how the body heals itself in "Eat to Beat Disease: The New Science of How Your Body Can Heal Itself" (616.93) by William W. Li, Learn.

According to Dr. Li all it takes is 5: 5 Defense systems in your body and 5 disease fighting foods 5 times a day. Learn how to identify the strategies and the dosages for using food to transform your resilience and health. Your body was designed to fight diseases, and we have radically underestimated how foods can be used to amplify this hidden power. Pioneering physician-scientist, Dr. Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can stave off cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. This is not about what foods to avoid, but rather it is a guide to the hundreds of healing foods that support the body's defense systems, including red delicious apples, plums, cinnamon, jasmine tea, black beans, olive oil, red wine and beer, pacific oysters, sourdough bread, and hard cheese like Jarlsberg and ched-

dar. This book shows you how to integrate foods you already love into any diet or health plan to activate your body's health defense system to ward off and fight illnesses and to achieve optimal health.

Between the lines of "Howard Stern Comes Again" (791.44 STE H) by Howard Stern, Stern offers his definitive autobiography, a magnum opus of confession and personal exploration. Over his unrivaled four-decade career in radio, Howard Stern has interviewed thousands of personalities discussing sex, relationships, money, fame, spirituality, and success with the boldest of bold-faced names.

An impressive array of creative visionaries weigh in on what Stern calls "the climb," the stories of how they struggled and eventually prevailed. Rare selections from the Howard Stern Show archives with Donald Trump that depict his own climb: transforming from Manhattan tabloid fixture to reality TV star to president of the United States. Stern also tells of his Moby Dick-like quest to land an interview with

Hillary Clinton in the run-up to the 2016 election. He speaks with extraordinary candor about a variety of subjects, including his overwhelming insecurity early in his career, his revolutionary move from terrestrial radio to SiriusXM, his belief in the power of psychotherapy, and the significant health scare he hasn't publicly disclosed until now.

As Stern notes in the introduction: "The interviews collected here represent my best work and show my personal evolution. But they don't just show my evolution. Gathered together like this, they show the evolution of popular culture over the past quarter century."

We wish everyone a great Thanksgiving holiday!

"Showing gratitude is one of the simplest yet most powerful things humans can do for each other."- Randy Pausch

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Sandra Verdin

Reiki (Ray-kee) for Physical and Emotional Healing

By ANNE LUCERO

Special to the Herald

Healing is something we can all use at some point in our lives. Whether it be stress, grief or just general day to day life taking it's toll, but there is a new way to help alleviate some of that energy and heal the body.

Reiki is a specific form of energy healing, in which hands are placed just off the body or lightly touching the body, as in prayer, "laying of hands."



"Rei" means God and "Ki" simply refers to life's energy. During a Reiki session, which is usually about an hour in length, the practitioner is seeking to transmit positive, loving energy and compassion to the client. The intention is to create deep relaxation, to help speed healing, reduce pain, and decrease other symptoms that may be experienced.

Midland's Yoga Sanctuary has been a space to share natural healing for a number of years. Healing, Meditative Yoga is scheduled on a regular basis with Reiki incorporated during yoga. Reiki sessions are often gifted to locals by someone living in another part of the country or world.

Reiki sessions can be a positive experience assisting someone through grief, death, divorce, emotion, anxiety, accident, or surgery. Reiki can also be done "long-distance," as a form of prayer.

The procedure of Reiki originated in Japan by a minister and teacher of Christian College for boys.

Reiki has been found to be helpful both pre/post operative, sometimes in lieu of surgery. Reiki and medicine compliment each other with conventional health services in hospitals and medical settings.

It is used in many parts of the country. Health care systems challenge institutions to offer high-quality but cost-effective services for the betterment of the patients. Reiki is being recognized as an important tool to maximize patient care and minimize recovery time.

Losing loved ones is a natural part of the cycle of life. Grief is the process of adjusting to a new reality.

When in the state of grief we may experience very deep emotions ranging from shock, anger, sadness, confusion, with moments of relief.

It may feel like someone ripped you apart and took a piece of you. Reiki can assist with this process since it assists in healing on all levels: physical, emotional, mental, and spiritual.

What is most important is fully allowing your emotions to move "through" you. Grief moves through in waves. Reiki can help a person ride the waves, taking each one as it comes. God provides tools for the healing process.

Examples of testimonies after a session are, "moved beyond description," "release," "lighter,"

and "weight lifted." Some go into a deep sleep, some cry, others just completely relax (which are all forms of release). Most of us can attest to the sweet experience of being in deep prayer, or broken down weeping and someone puts a hand on you.

That can be a hand of The Holy Spirit or through someone's guided touch. That is a reassuring touch that gives a sense of trust, hope and love. A Reiki session can be utilized as a tool, a guideline for someone feeling a bit lost, unsure, anxious or overwhelmed.

Animals are very receptive to the loving, gentle Reiki process. Reiki practitioners are present at each local dog event. Equine Reiki is practiced in the local area, a bit on the order of "horse whispering." Animals are in tune to the energy of others. Reiki is a positive experience for both humans and animals.

If you are interested in more information or to schedule a Reiki session visit www.annelucero.com. Reiki sessions can be scheduled for oneself or gifted to someone that would benefit. For more information, call 575-937-3609.

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