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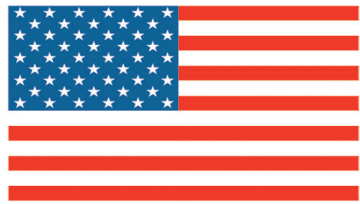
WEDNESDAY EDITION,
 AUGUST 4, 2021

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9th annual SMMC Back to School Health Splash set for Thursday

By **AMANDA DUFORAT**
 Managing Editor

School registration has been taking place across Howard County this past week, and families are gearing up for the new year. To help ensure students are prepared with school supplies and health information for a healthy new year, Scenic Mountain Medical Center is hosting the Ninth Annual Back to School Health Splash this Thursday from 6 p.m. until 8 p.m.



HERALD file photo

Scenic Mountain Medical Center will be handing out 400 backpacks during the annual Health Splash this Thursday. Howard County students are encouraged to stop by and visit with more than 20 vendors.

“Getting ready to go back to school can be stressful any year, but we hope with the support offered through this annual event, we can help alleviate some of that stress.

We want to make sure Howard County youth are prepared for another semester of learning, without having to worry about whether they have the supplies they will be needing,” April Arms, Event Organizer and Scenic Mountain Medical Center Executive Administrator, said.

This event will assist Howard County children with school supplies as they to head back to classes. The event is open for children and their families in grades K-12 who reside in Big Spring, Coahoma and Forsan.

There will be 400 backpacks available on a first-come, first-served basis. The child must be present to receive the backpack and school supplies. There will also be 25 local organizations handing out school supplies at the event. Scenic Mountain Medical Group (SMMG) pediatricians and hospital staff will be at the event to meet community members and answer any questions.

“We appreciate all the local individuals, organizations and businesses who partner with us to help provide a great start to the new school year,” Arms said.

For those who would like to support this event, there are a

See **SCHOOL**, Page 3

Upcoming Events

SMMC Back to School Health Splash
 Aug. 5
 6-8 p.m.

Coahoma ISD Special Board meeting
 Friday at 8 a.m.

Alive in Christ Blood Drive
 Aug. 14
 9 a.m. - 1 p.m.

Toasty Tuesdays take place every Tuesday at a different location around town. Community invited to come out and help;

Loss of a Spouse stand alone seminar
 Aug. 5
 Trinity Baptist Church
 6:30 - 8:30 p.m.

Russ McEwen Aquatic Center is now open; closed Mondays for private parties

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 Please call 263-7331. Office hours are 8 a.m. to 5 p.m. Monday through Friday.



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Special Subject Category announced for 2021 Howard County Fair art exhibit submissions

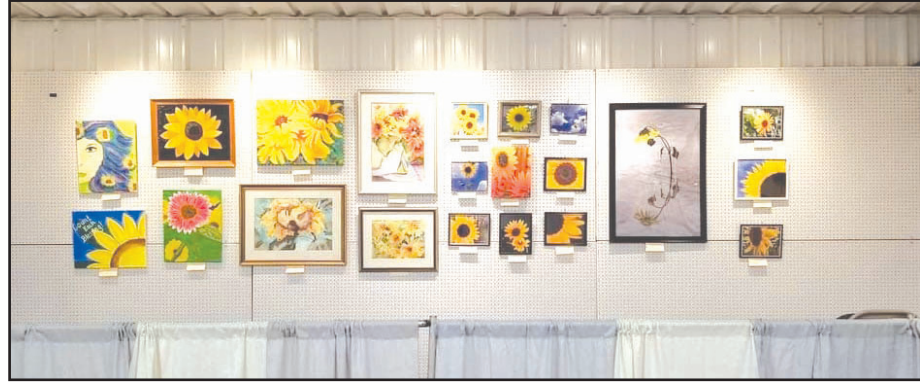
By **AMANDA DUFORAT**
 Special Contributing Writer

Summer is coming to an end, school is about to kick back up, and Fall is right around the corner, which means Fair Time is coming up fast. The Howard County Fair will be taking place Sept. 17-19 at the Howard County Fairgrounds.

The usual attractions will be returning including the Art and Photo Show. Submissions will be accepted Tuesday, Sept. 14, from 8 a.m. until 6 p.m. The traditional categories will once again be on the list, with the addition of the Special Subject Category for this year – Cactus or Birds or combination of both.

“The art display is a traditional part of the Howard County Fair and with the addition of the special subject category we are hoping to offer an avenue to allow for everyone who wants to compete, to compete,” Sandra Lockhart, owner of Morning Glory Art Studio, said.

The Morning Glory Art Studio is sponsoring the Special Subject Category winners once again this year. The pieces



Courtesy photo

The special subject category for the 2021 art show is Cactus or Birds or a combination of both. Entries can be dropped off on Sept. 14 from 8 a.m. until 6 p.m.

entered can be fine art or photos, and all regular rules from the previous year still apply. There will be multiple other

See **ART**, Page 3

No need to travel - advanced non-healing wound treatment available in Howard County

By **AMANDA DUFORAT**
 Managing Editor

Non-healing wounds are a more common health issue than many would think, but it is not an ailment that one has to simply live with. Through the utilization of wound care centers and treatment modalities specifically designed to heal chronic wounds, one can find relief and healing.

“As a patient you have a voice in your care, as you are the most important person in your healing journey,” Tiffany Crawford, Director at the Wound Healing and Hyperbaric Medicine Center at Scenic Mountain Medical Center, said.

According to statistics provided by Healogics, there are nearly 7 million Americans dealing with a non-healing wound. Research



Tiffany Crawford
 Wound Care Center Director

has shown that many live with the non-healing wound simply for lack of awareness of treatment options and long-term impacts of not seeking treatment. If a non-healing or chronic wound is left untreated, worst-case scenario can lead to severe complications or amputation.

“Howard County residents have access to treatment in their own community. Healing a chronic wound can be a lengthy process, and sometimes will include daily treatments. Being able to access treatment without having to add an hour drive, one way, to the process is an added bonus,” Crawford said. “There is no need for our community members to travel outside of Big Spring to find healing for those non-healing and chronic wounds.”

The Wound Healing and Hyperbaric Medicine Center has been operating

since 2017 in the West Texas Medical Plaza. Services offered include wound consultation or evaluation, diagnostic and ongoing assessments and treatments, non-invasive vascular studies, specialty wound dressings, cellular and tissue based products, compression therapy, treatment of wound infections, patient and family education, pressure off-loading devices and footwear debridements, and negative pressure wound therapy-state-of-the-art hyperbaric oxygen therapy.

“One of the biggest myths we hear is that a patient can’t come see us unless they have a doctor’s referral, but that’s not the case. We do accept and often have doctor referrals from area providers, but a patient can come see us without being referred,” Crawford said. “Once the patient has had the initial visit, our care team will work to establish a treatment plan that is particular to that patient’s journey.”

See **WOUND**, Page 3

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Obituaries

Jerry Paul Nichols

Funeral Service for Jerry Paul Nichols, 80, of Seminole will be held at 2 p.m. Wednesday, Aug. 4, 2021, at the First Baptist Church with the Rev. Joe Stewart officiating, under the direction of Ratliff Funeral Home of Seminole.

Jerry passed away July 31, 2021, in Lubbock, Texas.

He was born June 7, 1941, in Big Spring, Texas, to Oliver Benjamin and Myrta Smith Nichols. Jerry and his siblings grew up in Knott, Texas, where he graduated High School and went into the Army in January 1960. He served two years and two months overseas in Germany as a water supply specialist. Upon returning to Big Spring, he married Rita Ann Taylor on

Linda Hoover

Linda Hoover, 68, of Big Spring died Saturday, July 31, 2021. Visitation will be 9 a.m. until 9 p.m. Thursday, with a funeral service at 6 p.m. at Myers & Smith Chapel.

Linda was born June 12, 1953, in Bryan to Inez and Vernon Harvell.

Linda is survived by her husband, James Hoover of Big Spring; two sons, Kenneth "K.W." Imler of Big

Dec. 21, 1962. In January of 1970, the couple moved to Gaines County, Texas. He was a cotton farmer until he retired in January 2021. He and Rita were members of the First Baptist Church in Seminole.

Jerry is preceded in death by his parents; one sister and five brothers, Billy Benjamin Nichols, Charlotte Ruth Jackson, Oliver Benjamin Nichols Jr., Dick Charles Nichols, and Lonnie Carl Nichols. He is survived by his wife, Rita Ann Nichols of Seminole; daughter, Teri Johnson and husband, Otis Lee, of Seminole; son, Paul Nichols and partner, Charles Thompson, of Austin; two granddaughters, Jenna Tittle and husband, Brock Tittle, of Benbrook, Texas and Kaley Williams and husband, Hagen Williams, of Seminole; and three great-grandchildren, Harper Williams, Benson Williams and Braylen Tittle.

Paid Obituary

Spring and Justin Eugene Hoover of Big Spring; three daughters, Jamie Cooper of Big Spring, Christie Sims of Amarillo and Lindsey Dovey of Ft. Pierce, Fla.; one brother, Jim Harvell of Sand Springs; two sisters, Sandra Kennedy of Elmore, Okla., and Jo Harvell of Big Spring; 15 grandchildren; and four great-grandchildren.

In addition to her parents, Linda was preceded in death by three brothers and one sister.

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

Alice L. Ewing

Alice L. Ewing, 84, of Big Spring, passed away Monday, Aug. 2, 2021. Funeral services will be 10 a.m. Saturday, Aug. 7, 2021, at the Nalley-Pickle & Welch Rosewood Chapel. Interment will follow at Trinity Memorial Park.

The family will receive friends from 6 p.m. to 8 p.m. Friday at the funeral home.

Survivors include two daughters, Cathy Reitzer and Teresa Woolverton, both of Big Spring; three sons, Richard Ewing Jr. and wife, Jennifer Morley, of Sacramento, Calif., Roger Ewing of D'Iberville, Miss., and Donald Ewing of Midland; 14 grandchildren, 33 great-grandchildren; nine great-great-grandchildren; and one brother, Ken Linden.

She was also preceded in death by her parents, Theodore Tuley and Josephine Mutchler Tuley; her father, George Starr; an infant daughter, Deborah Ewing; and two brothers.

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

Sheriff

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

Note - Officials with the Howard County Jail reported having 107 inmates at the time of this report.

• **ROY DWIGHT BIDDLE III**, 60, was arrested by HCSO on a charge of parole violation.

• **EMERLINDA BRITO-SMITH**, 60, was arrested by BSPD on a charge of assault causes bodily injury family.

• **BRENDEN GARCIA**, 19, was arrested by BSPD on a charge of possession of marijuana less than two ounces, bail jumping and fail to appear (x2), unauthorized use of vehicle, and possession of marijuana less than two ounces.

• **JOSE GARCIA**, 26, was arrested by BSPD on a charge of violate bond/protective order.

• **REBECA GOMEZ**, 32, was arrested by BSPD on a charge of fail to identify giving false/fictitious information, possession controlled substance less than one gram, unauthorized use of vehicle.

• **VANESSA NICHOL HIGHFIELD**, 25, was arrested by BSPD on a charge of public intoxication, prostitution with one/two previous conviction.

A small prayer by K.Rae

Help us, Lord, with others who may be in despair. May we show them Your love.

Amen

Support Groups

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.

• Bring Everyone Into The Zone, or BEITZ Support Group, is a veteran-based peer group. The purpose of the group is to provide peer-to-peer support to service members, veterans and families, especially those suffering from post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), military sexual trauma (MST) and other traumatic events in their lives. BEITZ meets every Thursday

at 6 p.m. at 501 Birdwell Lane. For more information, email francisco.garza@wtcmhmr.org, or call 432-268-3003.

• GriefShare is a biblical support group that focuses on helping people who are dealing with a loved one's death. Each DVD session features nationally respected grief experts and real-life stories, followed by small group discussion about the topics presented (with workbook support); there is no charge for attendance. 13-week seminars are held three times per year on Thursday evenings, 6:30 p.m. to 8:30 p.m., at Trinity Baptist Church in Big Spring. Visit the GriefShare Ministry of TBC Facebook page. You can also call Vivian Gordon at 432-466-3583 for information on seminar dates and how you can register to attend.

FRIDAY

• Reformers Unanimous International is a faith-based addictions program helping people find freedom from addiction. Meetings begin at 7 p.m.

Fire/EMS

Big Spring Fire Department/EMS reported the following activity:

• **MEDICAL CALL** was reported in the 3600 block W. Hwy 80. One person was transported to Scenic Mountain Medical Center.

• **MEDICAL CALL** was reported in the 12000 block of FM 2230. One person was transported to Scenic Mountain Medical Center.

• **MEDICAL CALL** was reported in the 100 block of W. 21st Street. One person was transported to Scenic Mountain Medical Center.

• **MEDICAL CALL** was reported in the 1600 block of Lancaster. No transport was required.

• **MEDICAL CALL** was reported in the 800 block of W. I-20. One person was transported to Scenic Mountain Medical Center.

• **MEDICAL CALL** was reported in the 500 block of Birdwell Lane. One person was transported to Scenic Mountain Medical Center.

• **MEDICAL CALL** was reported in the 500 block of S. State Street. One person was transported to Scenic Mountain Medical Center.

• **TRAFFIC ACCIDENT** was reported in

the 500 block of E. FM 700. One person was transported to Scenic Mountain Medical Center.

• **MEDICAL CALL** was reported in the 2500 block of Hunter. No transport was required.

• **MEDICAL CALL** was reported in the 1700 block of Apron Drive. One person was transported to Scenic Mountain Medical Center.

• **MEDICAL CALL** was reported in the 1300 block of Baylor. No transport was required.

• **MEDICAL CALL** was reported in the 2500 block of S. Gregg. No transport was required.

• **MEDICAL CALL** was reported in the 4200 block of Hamilton. One person was transported to Scenic Mountain Medical Center.

★ ★ ★ ★ ★
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Mike Tarpley at 432-556-2227
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Take Note

• Scenic Mountain Medical Center Back to School Splash will take place on Aug. 5 at 6 p.m. Backpacks and school supplies will be handed out by numerous partners. The event will take place on the front lawn at Scenic Mountain Medical Center. The event is free to attend.

• Alive in Christ Lutheran Church will be hosting a blood drive on Aug. 14 from 9 a.m. until 1 p.m. Appointments can be made online at donors.vitalant.org. Blood drive code is ALIVE.

• Youth rally at Big Spring Full Gospel Fellowship Church is at 309 South Benton and 4th, Friday Aug. 6 from 6-8 p.m. Everyone is welcome and there will be pizza after service.

• Life Church will be hosting a com-

munity youth night at 5 p.m. on Aug. 21. There will be food trucks and games. Innercourt Worship will begin at 7 p.m.

• The Big Spring Symphony is celebrating 40 years. Their season will include: Sept. 25 'A Breath of Fresh Air' which will take place at the Big Spring High School Auditorium; Nov. 20 will feature 'The Music of Queen'; Dec. 8 "Holiday Spectacular"; Feb. 19 "Winter Wonderland"; and Spring Pops Concert on April 23. The concerts will take place at the Big Spring Municipal Auditorium except for the opening performance. Tickets can be purchased in season passes or per concert.

• Howard County Fair is coming Sept. 17-19. Submissions for the Art and Photo contest will need to be sub-

mitted Sept. 14 from 8 a.m. until 6 p.m. The Special Subcategory this year is Cactus or Birds or combination of both. Submissions can be fine art or photography. For more information, call Sandra Lockhart at 432-263-4155.

• Loss of a Spouse seminar will be taking place Aug. 5 from 6:30 p.m. until 8:30 p.m. The special stand alone session will take place at Trinity Baptist Church. The program will be taking place in advance of the 13-week Grief Share session, beginning Aug. 26.

• The United Way of Big Spring and Howard County is gearing up for the annual kick off event and golf tournament. The golf tournament will be August 28 and 29 at the Comanche Trail Golf Course; the concert will take place at the amphitheater on

Aug. 29 with Micky and the Motorcars and Spur 327.

• The Great Courses history video lecture series is taking place each Wednesday in the Theater Room in the First Presbyterian Church, located at 701 Runnels Street. No charge for the lectures.

• Howard County Community Health Center is offering the Moderna – a two dose and Janseen – a single dose, Covid-19 vaccine to those over the age of 18. Businesses, churches, groups or organizations of 10 members or more who would like the vaccine can schedule a time to have a mobile vaccine clinic. The staff will go to the business, church, or organization to administer the vaccine. For ore information, call 806-894-7842 ext 178 or 124 or e-mail Covid19@sprhs.org

ART

Continued from Page 1

categories again this year for those looking to take part to choose from. The Special Subject Category will be judged separately from the other divisions. "We had a good response last year with the special category, and were able to draw a little more

interest in the competition. We are hoping to do the same again this year," she said.

Those businesses or organizations who would like to help sponsor the awards for the divisions can reach out to Lockhart. There will be ribbons presented to the winning pieces along with a Grand Champion, Reserve Champion and First through Third Place named in each category. "All ages can make an entry. We would like to

see more participation in the children/school age division. We didn't have a good turnout on that last year," she said.

For more information, contact Sandra Lockhart at 432-263-4155.

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

SCHOOL

Continued from Page 1

number of ways, according to Arms.

Scenic Mountain Medical Center will be providing hot dogs, drinks and chips for those attending. According to Arms, the students who will be receiving the school supplies need to be present.

"We are in this together. The staff, administration and providers appreciate all the support that has been provided to us during the pandemic and over the years, and this is one of the ways we can give back to our community who has given so much to us," she said.

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

WOUND

Continued from Page 1

The number of people dealing with non-healing or chronic wounds is not specific to a certain age group, but has been shown to impact those with diabetes and vascular disease issues at a higher rate and can lead to more severe complications.

"As with any health issue, early detection is key. The earlier we can identify the problem and get a treatment started the better chance there is to lessen the impact and severity of the damage," she said. "Non-healing wounds limit quality of life and sometimes can limit life expectancy. If left untreated non-healing wounds can lead to sever complications and delays in care have led to amputations. During the pandemic, amputation rates increased."

When determining if a wound is non-healing and in need of specialized wound care treatments, a few common indicators include: diabetic, neuropathic, pressure and ischemic ulcers, venous insufficiency, traumatic sounds, surgical wounds, vasculitis, burns, peristomal skin

irritations, and other chronic non-healing wounds.

"The type of treatment modality that will be used will be determined by the type of wound, along with a few other factors. Once the care team has seen and evaluated the wound, the treatment plan will be discussed with the patient," Crawford said. "The healing process for non-healing and chronic wounds takes a dedicated partnership between patient and care team, and that is the type of partnership that we have to offer right here for our neighbors, friends and community members."

There are those wounds that will require a higher level of treatment such as the HBO (hyberbaric oxygen therapy). A few of those indicators are: diabetic ulcers of the lower extremities, soft tissue radionecrosis, chronic refractory osteomyelitis, comprised skin grafts and flaps, actino-

mycosis, cruch injuries, actue traumatic peripheral ischemia, progressive necrotizing infection/fasciitis, acute peripheral arterial insufficiency, acute carbon monoxide intoxication, cyanide poisoning, decompression illness, gas embolism and gas gangrene.

For more information about non-healing or chronic wounds, contact the Wound Healing and Hyperbaric Medicine Center at 432-268-5370.

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

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The Coahoma Bulldogs open football season with a special guest speaker



Courtesy photo/Herald File Photo

The Coahoma Bulldogs took the first step to winning a district title this football season with the start of Two-A-Days on Monday, Aug. 2. This team is led by Head Athletic Director and Head Football Coach Chris Joslin. The Bulldogs are coming off a 6 and 4 season in which they made the playoffs. The Bulldogs will look to keep the playoff streak going as they head into a new year. The Bulldogs were lucky enough to have guest speaker Rob Smets. Smets is a multi-time world champion professional bullfighter. He came down to talk to the kids about faith, and his main theme was "getting squared up." It was a very beneficial experience for these young players to hear words from a well-known athlete.

No team gold, but U.S. women show depth during Tokyo stay

By WILL GRAVES

AP Sports Writer

TOKYO — Simone Biles is taking a break. Maybe a permanent one. Sunisa Lee, Jade Carey, Jordan Chiles and Grace McCallum are all basically sprinting to college. MyKayla Skinner is ready to start a family.

The six American women who are bringing home six medals from the Tokyo Olympics may never compete internationally again. Biles is heading home to Texas to focus on her mental and physical well-being before headlining a fall tour. Lee wants to move into her dorm room at Auburn next week with her Olympic all-around gold in tow, eager for a respite from an elite environment she described as "crazy."

Not exactly the most glowing endorsement of what's happening both inside and outside the top level of the sport. Lee pointed to heightened attention surrounding the Olympics — particularly by the media, social or otherwise — as contributing to a level of stress that became problematic.

"The more pressure you put on yourself, the harder it's going to get," said Lee, who won three medals in all. "And it just takes the fun out of gymnastics, which really sucks because I started gymnastics because I loved it. So that kind of like takes it all away from us."

It's a level of attention, however, brought about by the dominance the U.S. women have displayed over the last decade, a standard the Americans did little to distance themselves from in the run-up to the Games.

The U.S. arrived in Japan as heavy favorites to extend a winning streak that dated to the 2011 world championships. It's one of the reasons U.S. high-performance director Tom Forster said the Olympic selection committee opted for rank order from Trials when putting the four-woman team together instead of taking one that could potentially score a tenth or two higher.

Forster said he wanted to protect the "integrity of the process" and believed a tenth or two wouldn't matter. And he was right. A resurgent Russian team topped the U.S. by more than a point during qualifying and earned its first team gold since 1992 in the finals while the Americans held on for silver after Biles opted out of the competition following one rotation while dealing with a phenomenon called "the twisties."

While Biles' stunning admission shifted the discussion from her pursuit of a second straight Olympic title to the importance of athletes making their mental health a priority, it also in a way showcased just how deep the group the U.S. brought to Tokyo was even with Biles spending most of the meet watching from the stands.

The U.S. women medaled in every final, the only program — men's or women's — in the meet to do that at the Ariake Gymnastics Centre. Yet USA Gymnastics is making an effort to get away from using Olympic bling as the only metric that defines success.

While president Li Li Leung emphasizes progress is being made in creating a more athlete-centric cul-

ture and some gymnasts — Skinner in particular — have praised the changes they've seen, work remains to be done.

The messaging from leadership remains an issue. So do optics.

Both Skinner and McCallum admitted they didn't have any real clarity on the team selection process. Allen Bower, an alternate on the men's team, spoke out after the organization didn't offer him funding or insurance. Friends put together a GoFundMe to help him train through the world championships selection process later this year. Mediation with athletes abused by former national team doctor Larry Nassar drags nearly three years after USA Gymnastics filed for bankruptcy in an effort to get all of the cases put under one umbrella.

Perhaps the most symbolic moment for the organization came not on the medal stand but when Biles realized she wasn't quite right when she bailed out of her first vault during the team final. Shaken, she consulted with Dr. Marcia Faustin before exiting the competition. She later praised Faustin's support for helping her navigate such a difficult ordeal.

For a national governing body trying to re-establish trust, it's a very small but potentially very important start.

U.S. and IOC officials then made sure Biles had everything she needed from a medical and physical standpoint to the floor during the final day of competition, where she won a seventh Olympic medal by claiming bronze on balance beam.

Afterward she expressed relief and gratitude about everything else. It's far too early to make any firm decisions about 2024, though Biles is keeping the door open.

So is Lee, who is intent on becoming the first American Olympic all-around champion to compete collegiately. Her five predecessors — Biles included — all turned professional to cash in on their success rather than accept a college scholarship. Lee doesn't have to choose thanks to recently passed legislation that will allow her to profit by having businesses use her name, image and likeness.

As her sport's newest star, she will likely be in demand the second her plane lands back home in Minnesota. That will likely follow her to Auburn, where she'll have to juggle her newfound fame, a course load and attempting to maintain most of her elite skills while abiding by NCAA rules that will limit her to 20 hours of training a week.

It's a lot to take on. Not just for Lee but Chiles (UCLA), McCallum (Utah) and Carey (Oregon State), too. Skinner, who starred at Utah for three years before returning to elite competition in 2019, can't say for certain what's going to happen at the top level of USA Gymnastics.

The college game? Skinner expects it to be lit.

"So I think it's going to be really cool to see kind of how this changes, you know, college gymnastics and seeing all these Olympians go out," Skinner said. "I think it's frickin' awesome."

Track records keep falling in fast Tokyo Games

By JIM VERTUNO

AP Sports Writer

TOKYO — The Tokyo Games just keep producing some of the fastest moments the world has ever seen on the track.

A day after the men's 400-meter hurdles staged possibly one of the greatest races ever run, the women put on their own show as one of the Games' most anticipated rivalries lived up to the hype.

The United States' Sydney McLaughlin smashed the world record and Dalilah Muhammad broke it as well in a sensational American 1-2 finish in the women's 400 hurdles.

"Iron sharpening iron," McLaughlin said of her latest showdown with Muhammad. "Every time we step on the track, it's always something fast."

This race sat on the razor's edge for sure. McLaughlin came from behind after the last hurdle to claim the gold in 51.46 seconds, quicker than the 51.90 mark she set at the Olympic trials when she was the first woman to run under 52. Muhammad's time of 51.58 also would have been a world record.

In this race, however, it was only good enough for second.

Expect these two to set more records between now and Paris in 2024. McLaughlin, 21, and Muhammad, 31, have been trading the record for two years.

Muhammad won the race in the 2016 Olympics in Rio de Janeiro. McLaughlin made the U.S. team but didn't make the final that year.

"I made the mistake in 2016 of letting the atmosphere get to me," McLaughlin said. "Just being able to put the pieces together, I am really grateful."

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the U.S. women advanced to the semifinal round with a 79-55 win over Australia behind a 23-point effort from Breanna Stewart. The Americans are now just one win away from playing in their seventh consecutive gold medal game. They will face Serbia on Friday. The Serbians, who won the bronze medal in 2016, beat China 77-70.

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Public Auction Pursuant to Chapter 59 of the Texas Property Code. Big Spring Lock Storage, located at 3301 E FM 700, Big Spring, Texas 79720, will hold an online auction of property being sold to satisfy a landlord's lien. Sale date is Friday, August 13, 2021 at

Public Notice

10am. Property will be sold to the highest bidder. All items are sold as is, no warranty. All announcements made on sale day super-cede any written. Seller reserves the right not to accept any bid, and to withdraw any property from sale. Property from each unit may be sold by space only! The site for Auction is STORAGETREASURES.COM Property being sold includes contents in units of the following:

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Contract Bridge

By Steve Becker
A difficult assignment

East dealer. North-South vulnerable. NORTH ♠K Q 3 ♥7 6 4 ♦J 10 9 ♣K 10 5 2 WEST ♠J 5 ♥Q 9 3 2 ♦6 5 3 ♣A 8 7 4 EAST ♠10 9 6 2 ♥A K J 10 5 ♦8 ♣Q 6 3 SOUTH ♠A 8 7 4 ♥8 ♦A K Q 7 4 2 ♣J 9 The bidding: East South West North Pass 1♦ 2♥ 2♠ 3♥ 4♦ Pass 5♦ Opening lead — two of hearts. Let's say you're in five diamonds and West leads a heart. East wins with the king and returns the ace, which you ruff. One club loser is inevitable, so you must try to avoid losing a second club trick. Also, you can't afford to lose a spade trick. Even though you have the A-K-Q, you should be concerned about your fourth spade because the missing spades might not be divided 3-3, and the trumps might not be divided 2-2. You start by leading the jack of clubs at trick three, on which West plays low. You must now decide whether West has the ace and East the ace. This is not a terribly difficult decision, because you can reason that East would probably not have passed as dealer with a very good heart suit headed by the A-K, plus the ace of clubs. This view is further reinforced by the thought that West would probably not have bid three hearts without the ace of clubs. So you go up with the king, and your judgment is vindicated when East follows low. However, you are not yet out of the woods, since you still have a potential spade loser. The best way to avoid the spade loser is by attempting a dummy reversal. So you ruff dummy's last heart with a high trump and play the queen and returns a trump, which you take in dummy. You then ruff a club high, cross to dummy with a trump and ruff dummy's last club with your last trump. Now you play a spade to the queen and cash the jack of diamonds, discarding a spade. This leaves you with the A-K of spades, with which you win the last two tricks, and the game is home. Your 11 tricks consist of four ruffs in your hand, dummy's three trumps, the king of clubs and the A-K-Q of spades. Tomorrow: A highly imaginative defense. ©2021 King Features Syndicate Inc.

After the Kids Have Flown the Coop

Dear Annie: I am a 49-year-old father of twins, a boy and girl. They are 18 and will be headed for college soon, and I am starting to get pretty worried about the nest's being empty once they depart.

I love my wife. Our marriage has been rocky at times, but we've stayed together. There's been no infidelity or anything major. We've just had normal couple issues about quality time spent together and household annoyances, such as not emptying the dishwasher and leaving stubble around the sink in the bathroom.

For the past 18 years, the kids have been our focus. In a few months, that focus moves out.

I am worried about myself. These days, when I come home from work, I check in with the kids. I help with homework. I go to their basketball games. After they leave, I will have nothing to do.

I am worried about my wife, too. Her life is these kids. She cooks

Annie's Mailbox

for them. She drives for them (which is shocking, considering they both have their driver's licenses). They are her world, and that will be gone after they leave.

Yes, I am looking forward to spending more time with my wife, but there are only so many episodes of "House of Cards" we can watch. Is there anything I can do to prepare for this departure? -- Deserted Dad

Dear Deserted: Change can be a wonderful thing. It can also be terrifying, disorienting and sad. The key is to embrace it.

Your kids will no longer depend on you the way they once did, but this means you can now have a relationship with them more akin to friendship. The more mature they become the more they'll appreciate you and their mom. And they'll still need plenty of help as they navigate the world of adulthood.

You and your wife can use this stage to behave like newlyweds again. Go out on more dates. Relearn what it's like to have free time. Most importantly,

talk about the transition you're both going through, as you are in a perfect position to understand and support each other. The nest isn't totally empty as long as you've got each other. (Netflix doesn't hurt.)

Dear Annie: I am a 14-year-old girl. I have known "Mia" since the third grade, when we instantly became the best of friends. Unfortunately, things have not been great with us lately because Mia spends so much time on social media. She has been constantly "chatting" with different people, who are complete strangers, over the internet. She has even met up with some of these people in person. I am worried that she may be putting herself in danger. What is so sad is that she has a messed-up family, and nobody is supervising her when it comes to social media.

I am nervous that she will send naked pictures of herself or get lured into prostitution or something else terrible because she does not have good judgment and is not making smart choices. What should I do? Please

help. -- Concerned Friend

Dear Concerned: Your worries are 100 percent justified. It's not just that Mia may put herself in further danger; she already (SET ITAL) is (END ITAL) putting herself in danger by talking to strangers online and even meeting up with them in person unsupervised. You need to enlist the help of your mom and dad. They can talk to Mia's parents or other adults in her life who will look out for her best interests, such as a guidance counselor.

Prepare yourself for the fact that Mia will be angry with you. But her safety is paramount, and she's left you with no choice. You will look back on this and be glad you did the right thing. You are an amazing friend, and Mia is lucky to have you in her life.

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

To find out more about Annie Lane and read features by other Creators Syndicate columnists and cartoonists, visit the Creators Syndicate website at www.creators.com.

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