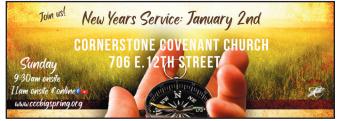


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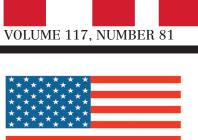
Dr. Steve Ahmed

**Courtesy Photos** 

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# Dance lab cheerleading team competes at Redline West Texas Classic

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#### <u>Upcoming Events</u>

Three Angels Food Pantry, 4319 Parkway, will distribute food from 11 a.m. to 1 p.m. Tuesday in a drivethrough format. Bring a box or plastic bag for your food, and let the workers know how many are in your household.

Big Spring's annual *Festival of Lights* Christmas lighted display in Comanche Trail Park, featuring more than 1 million light bulbs and Big Spring's famous *lighted poinsettias* on the dam, is open nightly from 6 to 10 p.m. through Dec. 25. Enter at the north entrance on U.S. Highway 87, across from Wal-Mart. +++ Send announcements to editor@ bigspringherald.com, or call 432-263-7331 -----



#### The Dance Lab Cheerleading team from Big Spring had the opportunity to compete at the Redline West

#### Special to the Herald

The Dance Lab Competition Cheerleading teams (DLC) competed this past weekend at the Redline West Texas Classic in Lubbock, TX. Four DLC teams competed in the competition. They performed two and a half minute routines consisting of jumps, tumbling, stunts, and a dance section. They receive scores based on difficulty, technique, and performance.

Starlights and Supernovas are DLC's exhibition teams that put on performances at the competition. Starlights, consisting of 10 girls ages 5-8, put on an excellent high energy performance in the Show Cheer division. Supernovas, consisting of 10 girls ages 7-8, performed in the Mini Level 1 Exhibition Division and did a great job with their stunts. Both teams earned medals for their performances.

DLC Eclipse, consisting of 10 girls ages 8-11, competed in

the Youth Prep 2.2 division. This division allows backhandsprings and two leg stunts to be performed above the chest. One leg stunts must remain at chest level and standing tumbling cannot be connected. The team was able to recover from a mistake in their pyramid stunt and take home the championship in the division.

DLC Matrix, consisting of 13 athletes ages 10-16, competed in the Junior Elite Level 3 division. This division allows standing backhandsprings to be connected and roundoff back tucks to be performed. One leg stunts can be above the chest and spinning dismounts are allowed. The team received perfect scores in standing tumbling and finished fourth out of seven in a tough division. This is the first year for DLC to compete in this high of a division and were excited to see good scores.

DLC will compete again February 12 at the American Spirit Championships in Lubbock. You can also catch Starlights at a Big Spring Steer basketball game in January.

# The DAV honors more of the Howard County community for showing support





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Find us online at: www.bigspringherald.com



Courtesv Photos

this past year, at the Dove Hunt, and

now, with the support of Mr. Poole,

we shouldn't have to worry about that

for the next few years," Mike Tarpley,

D.A.V. Chapter 47 Vice Commander,

Community support has increased

over the past year for the local chapter,

and with the increased support, local

veterans are able to receive increased

help. In addition to raising awareness

Top Left: DAV chapter 47 honors Boy Scout troop 1 for all that they do to honor our Veterans. Top Right:

#### **By AMANDA DUFORAT**

**Contributing Writer** 

'Tis the season of giving.

The D.A.V. (Disabled American Veterans ) Chapter 47 of Big Spring has been spreading Christmas cheer this month, with the support of several community members support. During the December meeting, three community partners - Boy Scouts Troop 1, KBYG, and Kenneth Poole - were recognized for their loyal support.

Over the years, KBYG has provided support for the local D.A.V. chapter by helping to spread the word about upcoming events, ways to support local veterans and more. The Boy Scouts Troop 1 has been on hand to serve when needed, whether it be with community programs such as the annual Dove Hunt ceremony or Memorial Service at the Plaza and more. Kenneth Poole recently provided the D.A.V. with a supply of shells for the next few Dove Hunts.

See DAV, page 3 "We were unable to find hunting shells

# **Delek focusses on safety first**

Special to the Herald

How does BSR focus on Safety?

Visibility of any issue can drive both safety and accountability. If we identify instances where safety issues exist, we can measure them. When we measure them, we can address and eliminate them. Here at the Big Spring Refinery we require each member of our Team to perform safety observations throughout the month. This fact driven data is shared via our safety app. where we can categorize the data by type, area, severity etc. This data represents exposures for injuries or incident potential and plays a key role in presenting the data to focus our efforts on elimination.

What are some Safety Initiatives? 1.

Annual Safety Slogan contests that shares a focus on what our em

JEWEL RY DESI Only Days 'Til Christmas! 1003 E. FM 700 (432) 267-1480 www.thekaratpatch.com

See DELEK, page 3



Family Practice Care Monday - Friday 8 am-noon & 1-5 pm 2503 Gregg St. Unit C 432-606-5178 or 800-530-4143 www.ShannonHealth.com

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## **Orthopedic Surgery**

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# LOCAL

# 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. Weighin 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. Fridays at Trinity Baptist Church in Big Spring. Enter at the main entrance of the church.

• AA open discussion meeting from noon until 1 p.m. at 605 Settles. Open Big Book study meeting, 8 p.m. until 9 p.m.

#### 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

• 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

# Take Note

• Food distribution at Three Angels Food Pantry is held every third Tuesday of the month at the Big Spring Seventh-Day Adventist Church, located at 4319 Parkway Rd. Food is provided by the West Texas Food Bank. People will need to bring ID and plastic bags, and answer a few questions to pick up food. The food pantry also has a Facebook page where they will post any updates. https://www.facebook.com/ healthynuggetsofgold44.

• Senior Citizens Dances are held the third Friday of every month at 7 p.m. at the Dora Roberts Community Center. The next dance is Jan. 21, 2022. Music will be Western style. Entry fee is \$5 and includes a snack. For more information call 517-9097.

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. 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

 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

Submit your Support Group information to be included or updated. Email information to editor@Bigspringherald.com or call 432-263-7331.

# **Fire/EMS**

Big Spring Fire Department/EMS reported the following activity:

 MEDICAL CALL was reported in the 800 block of W FM 700. One person was transported to Scenic Mountain Medical Center.

•PUBLIC SERVICE was reported in the 1200 block of Douglas. No transport was required.

•MEDICAL CALL was reported in the 1800 block of N Hwy 87. One person was transported to Scenic Mountain Medical Center.

•MEDICAL CALL was reported in the 1800 block of NJ Hwy 87. One person was transported to Scenic Mountain Medical Center.

•MEDICAL CALL was reported in the 1500 block of Sycamore. One person was transported to Scenic Mountain Medical Center.

•TRAFFIC ACCIDENT was reported in the area of Hwy 350 and FM 700. No transport was required.

•MEDICAL CALL was reported in the 1700 block of E FM 700. One person was transported to Scenic Mountain Medical Center.

•TRAFFIC ACCIDENT was reported in the area of 14th and S Gregg St. No transport was required.

•MEDICAL CALL was reported in the 200 block of FM 700. One person was transported to Scenic Mountain Medical Center.

•MEDICAL CALL was reported in the 800 block of W Marcy Dr. One person was transported to Scenic Mountain Medical Center.

•MEDICAL CALL was reported in the 2300 block of Larry. One person was transported to Scenic Mountain Medical Center.

•MEDICAL CALL was reported in the 200 block of Kinsey Rd. No transport was required.

•MEDICAL CALL was reported in the 3800 block of Calvin. One person was transported to Scenic Mountain Medical Center.

•TRAFFIC ACCIDENT was reported in the area of MM 169 I-20 S Service Rd. No transport was required.

 MEDICAL CALL was reported in the 400 block of Tubb Loop Rd. No transport was required.

# Police blotter

The Big Spring Police Department reported the following activity:

•HAILEY PAULETTE SANDRIDGE, 29, of 1016 Bluebonnet Ave was arrested on a charge of warrant from another agency.

•SANJAY GIBBS, 30, of 1207 Mesa Ave was arrested on a charge of warrant form another agency, fail to identify-fugitive give false information.

•LORENZO TORRES RAMIREZ, 36, of 3229 Auburn Ave was arrested on a charge theft of property less than \$100 shoplifting.

 ANTHONY ROBERT SANCHEZ JR, 35, of 3607 Dixon St was arrested on a charge of public intoxication, noise.

•HOWARD FOSTER, 45, of 507 Union St was arrested on a charge of criminal trespass-property/

• The Big Spring Art Association is looking for community businesses to display pieces of their artwork. In an effort to build awareness for the importance of the arts and highlight local talent, the Big Spring Art Association displays different art pieces across the community. If you would like a piece of art work displayed in your business lobby contact any member of the Big Spring Art Association.

• Drive-through COVID-19 Vaccine Clinics are held from 3-6 p.m. each Thursday afternoon at Whatley Plaza, located on the northwest part of the Scenic Mountain Medical Center campus, 1601 W. Martin Luther King Boulevard, also known as 1601 W. 11th Place. The vaccination is free. For more information, visit www.scenicmountainmedical.org/vaccine.

# Sheriff

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

Note - Officials with the Howard County Jail reported having 95 inmates at the time of this report.

•JOSE AGUSTIN RIVERA, 24, was arrested by BSPD on a charge of driving while intoxicated/open alcohol container, unlawful carrying weapon.

•RENE CASTRO RIVERA, 31, was arrested by DPS on a charge of driving while intoxicated w/ child.

•HAILEY PAULETTE SANDRIDGE, 29, was arrested by BSPD on a charge of non-reportable/failure to appear theft of property.

•LORENZO TORRES RAMIREZ, 36, was arrested by BSPD on a charge of theft less than \$100, parole violation.

•SANJAY GIBBS, 30, was arrested by BSPD on a charge of fail to identify fugitive intent give false information.

•ANTHINY ROBERT SANCHEZ JR, 35, was arrested by BSPD on a charge of public intoxication, noise.

•HOWARD FOSTER, 45, was arrested by BSPD on a charge of criminal trespass.

building/aircraft/vehicle.

•SUSPICIOUS ACTIVITY was reported in the 1600 block of E FM 700.

•HARASSMENT was reported in the 1600 block of W Martin Luther King

Blvd.

•THEFT was reported in the 100 block of E FM 700.

**•BURGLARY OF A COIN OPERATED MA-**CHINE was reported in the 100 block of NE Broadway St.

•ASSAULT was reported in the 400 block of Tubb Loop Rd.

•UNWANTED SUB-JECT was reported in the 3600 block of Dixon St.

JECT was reported at

SUB-

•UNWANTED

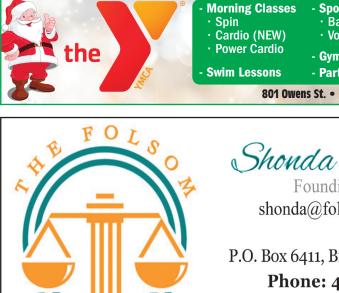


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LOCAL

• The Big Spring Art Association meets the third Saturday of the month, from 10 a.m. to 12 noon, in the basement of the Howard County Library. Come join us, we would love to have you. For more information, call 432-263-4155; Michelle Worthan at 325-227-3911; Kay Smith at 432-213-1153; or Ruby Bruns at 432-664-1943. The November featured artist/special speaker will be Denise Malm. The next meeting is Nov. 20.

• The Big Spring Symphony is celebrating 40 years. Shows remaining this season include: Jan. 22: 'The Music of Queen' at Big Spring High School; Feb. 19 "Winter Wonderland"; and Spring Pops Concert on April 23. Venues for the February and April concerts will be announced at a later date. Tickets can be purchased in season passes or per concert. For updates and general information, follow The Big Spring Symphony Facebook page or go to www.bigspringsymphony.org.

• 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 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

• 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.

# Take Note

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.

• St. Vincent de Paul food distribution will take place the second Thursday of each month from 10 a.m. to 12 p.m. and other assistance will take place the third Thursday of each month from 10 a.m. until 12 p.m. Both distributions will take place at 1009 Hearn at SVDP Building.

• Interim HealthCare is looking for volunteers. Those who would like to find out more about becoming a volunteer can call 432-263-5999.

• 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.

• 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.

• 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 Mike Tarpley at 432-556-2227.

• 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 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.

• 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.

# DAV

Continued on from page 1

for local veterans and helping to ensure their acts of service are not forgotten, the local D.A.V. offers a hand up for those in need with day to day necessities such as housing, utilities, and other support services.

"We are grateful for the community support that we receive throughout the year. It makes it possible for us to continue to meet the needs of veterans in our community. In addition we have been able to help support veterans in Texas," Tarpley said.

Recently, with the support of Al's BBQ, veterans at the VA Medical Center received a special meal for Thanksgiving. Another special meal, at the request of the CLC and Domicillary veterans, catered by Al's BBQ will be provided for Christmas. Additional support from the community allowed for veterans at Lamun-Lusk-Sanchez Texas State Veterans Home to receive a steak dinner for Christmas.

"In addition to Mr. Poole provided support for our Dove Hunts, he also supported our holiday meals by providing the trailer for us to cook the steaks on and additional help to prepare the steaks for the veterans," Tarpley said.

In this month's meeting of the D.A.V. a representative from Big Spring ISD was on hand to present the chapter with a donation check. Throughout the year, teachers are allowed to take part in a fundraiser called Jeans for Troops. With a donation, teachers are allowed to wear jeans on designated days and the funds are then donated to support local veterans. According to Jessica Diaz, BSISD representative, the fund-

raiser has been taking place since 2017.

"Each year we are able to raise a little more than the year before. Teachers love to have the opportunity to wear jeans and through their donations, we are looking forward to being able to support the D.A.V. once again," Diaz said.

The local D.A.V. meets on the third Monday of the month, at 6:30 p.m. To find out more about the D.A.V. or to become a member, contact Mike Tarpley at 432-556-2227 or any of the other D.A.V. members.

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ship and report that they are present. We will then send an All-Clear sound letting all personnel know that the drill is over. We will strive to report a full headcount within approximately 15 minutes of the drill.

-ployees feel is important to performing their jobs safely.

Multiple Safety Recognition Awards that reward team members for addressing an extraordinary safety concern or task, and by modeling exemplary safety behaviors.

1. What are the Red Hats?

The term "Red Hat" refers to our Emergency Response Team here at the Big Spring Refinery. These volunteers are trained team members that make themselves available for all emergencies that have the potential to occur. We train and certify our team members annually in many disciplines i.e. Firefighting, First Aid/ CPR, Hazardous Materials Response, Confined Space/ High Angle Rescue, Apparatus Driver Operator, and Incident Command to name a few.

1. BSR Safety Team:

2. Joel Leonardi - Senior Safety Manager

Anthony Sherrell – Health and Safety Specialist

Joshua Nightingale – Lead Emergency Response Specialist

1. What to do if public wants to report a safety concern? If it is an emergency we



by

1. Laws we follow in Texas: We are required to follow all applicable State and Federal Laws as directed by the governing bodies like, OSHA, NFPA, TCEQ, Texas Railroad Commission. We also work very closely with these agencies to ensure that we are updated on new laws, and programs that require submission of regulatory data.

1. Monday 10am alarm – what it means, difference in sounds, what to do if heard outside on the Monday drill.

Every Monday at 10:00 a.m. we will test our local audible emergency communications system. It has the capability of playing several sounds with each one having a different meaning. We rotate these sounds weekly and announce over the radio which one is playing. This keeps our team of Delek and Contractor personnel

current with the sounds. We then require all personnel on site to call in to their respective leaderOn occasion you may hear the emergency communication system activation outside of the Monday drill. Our goal is to

communicate any outside impacts to the appropriate agencies and follow up with pertinent information regarding what the issues are, and how it could impact our community. Please listen to your local news agencies for instructions, updates and additional information.

Sunday Only 11-3 Buffet or Any Entree \$9.00 or above 1 Coupon Per Person Must Be Presented For Discount Expires 12/31/21







Troy Tompkins, CMFC® Financial Planner | Prudential Advisors 401 Austin Street, Suite 105, Big Spring, TX 79720 Phone: 432-263-0180 | Cell: 432-213-2461 | Email: troy.tompkins@prudential.com https://www.prudential.com/advisor/troy-tompkins

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AUCTION



# Sports BIG HERALD Do you have an interesting sports item or story idea? Call at 263-7331, Ext. 237. Email results to: sports@bigspringherald.com Page 4 Mental health among athletes in tumultuous 2021 Sports@bigspringherald.com

#### **By JENNA FRYER**

AP National Writer

Simone Biles understands now that she was struggling long before she arrived at the Tokyo Olympics, where the unofficial face of the Games and one of the greatest gymnasts of all time was unable to force a smile and push her way through on the world's biggest stage.

Biles had persevered through the widespread sexual and emotional abuse scandal that rocked the gymnastics community. She continued her intense training and preparation for the Olympics through its yearlong pandemic delay.

She was fine, she convinced herself.

But when the seven-time Olympic medalist stepped onto the floor in July for the women's team final, she was not fine. Biles was suffering from "the twisties," a phenomenon in which she'd lost her sense of air because her mind and body could not sync, and she walked off the floor.

"I think it's definitely pent up emotions, aggressions for the past couple of years, trauma that led to that moment of once I got on the global scene, it just cracked," Biles said.

Recognizing that she was not in the right head space to compete safely, Biles ultimately pulled out of four events. She returned to win a bronze medal on the beam, but that shiny piece of hardware represented a much larger victory for Biles.

Her very public admission that she was struggling, which followed a decision months earlier by tennis player Naomi Osaka to withdraw from the French Open and not play Wimbledon, redefined the mental health discussion that's been coursing through sports.

"I gave so many opportunities to a lot of the athletes there," Biles said of the impact her decision made on others.

Michael Phelps, retired swimmer and winner of a record 23 gold medals, said the day after Biles walked off the floor in Tokyo that the gymnast had shown "it is OK not to be OK." Phelps has long been public about his own mental health struggles — including acknowledging he contemplated suicide after the 2012 Olympics — but Biles blew the discussion wide open.

Athletes over the last few years had started to publicly address anxiety, depression and suicidal thoughts they experienced. But heightened by the strains of the pandemic and the support shown to both Biles and Osaka, the toughest of the tough are no longer "shaking it off," or any of the cliché things athletes are supposed to do.

In the last three months:

— Atlanta Falcons receiver Calvin Ridley stepped away from the game in October to "focus on my mental wellbeing," he wrote on social media. "This will help me be the best version of myself now and in the future."

— Tennessee Titans receiver A.J. Brown shared a video on the one-year anniversary of the day he considered suicide to deal with depression he was battling during a breakout 2020 Pro Bowl season. "I just wanted to put out a positive message that I'm still here. I'm still growing. I'm still learning."

— Philadelphia Eagles left tackle Lane Johnson missed three games to address depression and anxiety. "I was living in hell for a long time. Don't bottle it up. And it's easy to do that. It's easy to avoid the situations that you don't want to go through."

— Bianca Andreescu, the 2019 U.S. Open champion, said she would take a mental break from tennis and sit out the start of next season to "re-set, recover, and grow" after a challenging two years that included contracting COVID-19. "I could not detach myself from everything that was going on off the court; was feeling the collective sadness and turmoil around and it took its toll on me," the 21-yearold Canadian wrote on social media.

— Formula One driver Valtteri Bottas broke from his normal private nature on a podcast to discuss mental health struggles that nearly caused him to quit racing. Bottas called the podcast "therapeutic" and said he did it for fans in his native Finland because "normally I haven't shared much underneath the skin... I think they have a right to know me a bit better as a human being."

Greg Miller, a licensed professional counselor for Thriveworks in Cherry Hill, New Jersey, noted the focus on mental health is not entirely new and previously was championed by Kareem Abdul-Jabbar. He also pointed to Royce White, who talked openly of his struggles while playing basketball at Iowa State but as an NBA rookie in 2012 refused to play because the league lacked a comprehensive mental health program. Royce was, according to Miller, a "canary in the coal mine" nearly a decade ahead of his time.

While Biles and Osaka helped blow the conversation open, Miller believes stigmas surrounding mental health won't go away. Athletes, particularly male ones from traditional sports championed in the fabric of America, will still struggle to seek help when needed.

"We're taught as men to be individuals who take care of things with grit and resilience, not community and vulnerability," Miller said. "There are pockets of people in the country who see individuals talking about their feelings as weak or lacking masculinity in general. What you're seeing playing out among male athletes now is nothing new to any man who has ever dealt with mental health issues; it has been happening to men across the country for generations.

"We, as a collective society, need to take a look at ourselves and decide whether an open conversation about mental health is strength-based or not. Until that happens, male athletes — and men as a whole — will continue to experience difficulty discussing mental health challenges."

The NBA has a "Mind Health" program and the NFL and NFL Players Association in 2019 formed a mental health and wellness committee. Minnesota Vikings general manager Rick Spielman earlier this month urged organizations to invest in support systems following an incident in which defensive end Everson Griffen called police to his home and then refused to leave; Griffen has since revealed he's bipolar.

Most leagues do indeed now have robust mental health and counseling services.

Nearly six months removed from her own public dealings with mental health struggles, Biles said "I'm honestly kind of OK that it happened" because it led to her receiving the help she didn't recognize she needed. Had it not all come to a head on a gymnastics mat in Tokyo, her trauma would have followed her.

"Your mind and body will stop before you do. My mind and body were intact with everything that I was feeling, and it was very alarming," she said. "It told me like, 'Hey, enough is enough, you've got to go get help.' I would have probably kept suppressing it for probably the rest of my life."

# Record 27 teams remain in playoff hunt with 3 weeks to go

#### By JOSH DUBOW

#### AP Pro Football Writer

While no team has clinched a postseason spot in the jam-packed AFC, there never have been more teams alive in the playoff hunt this late in a season.

Only Chicago, Detroit, Jacksonville, Houston and the New York Jets have been eliminated so far, with 27 teams still with at least a sliver of a postseason New Orleans Saints, marking the first time his team had been held scoreless since Dec. 10, 2006, at Miami.

Brady had gone 255 straight starts in the regular season and playoffs without being shut out, the second-longest streak ever for a QB behind Drew Brees, who was never shut out in 304 career starts.

It also was the first time in Brady's career that he was shut out at home.

chance, tied for the most ever with three weeks left in the season.

The only other times that has happened came in 2004, 1995 and in 1982, when 16 teams made the playoffs in a strike-shortened, nine-game season.

The only team that has clinched a spot is the Green Bay Packers, who have won the NFC North after beating Baltimore on Sunday.

No team has clinched in the AFC, marking just the sixth time since the eight-division format started in 2002 that no team in a conference had clinched a playoff berth with three weeks left in the season.

It last happened in the AFC in 2016. It also happened in the AFC in 2002, the NFC in 2010 and both conferences in 2014.

#### FOURTH DOWN GAMBLES

The two successful fourth-down conversions this week by the Chargers gave the NFL 301 on the season, topping the 300 from 2018 for the second-most in a season, behind the record 362 last year.

There were 20 more in Week 15, leaving the league on pace to break last year's mark.

But the failed chances for the Chargers this week in the overtime loss to Kansas City got much more publicity.

The Chargers got stopped on fourth-and-goal twice in the first half, becoming the first team to do that since the Chargers did it 37 years to the day on Dec. 16, 1984, against Kansas City, according to the Elias Sports Bureau.

The Chiefs were stopped on a fourth down from inside the 5, marking the first time since at least 2000 that teams combined to fail on at least three fourth downs from the 5 or closer, according to Sportradar.

But while the failed fourth downs proved costly this past week, the Chargers have been successful on them plenty this season, tying for the league high with 15 conversions. They have gone for it on fourth down on 17 drives in field-goal range and scored 51 points on those possessions.

The Chargers weren't the only team struggling on fourth downs near the goal line. The Falcons were stopped three times inside the 10, the first time in the last 40 years that has happened, according to Elias.

RARE BLANKINGS Tom Brady had a rare shutout loss this week with a 9-0 defeat to the



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shut out for any current QB, with the Steelers scoring in his last 225 games in the regular season and playoffs.

Brady's old team, the Patriots, were held scoreless in the first half in their loss to Indianapolis for the first time since Oct. 2, 2016, against Buffalo, when Jacoby Brissett started in the final game of Brady's suspension for "Deflate-gate."

New England had gone 99 straight games in the regular season and playoffs without being shut out in the first half, the longest streak in the NFL since at least 1991. The Patriots also held the previous record of 82 straight games from 2006-11.



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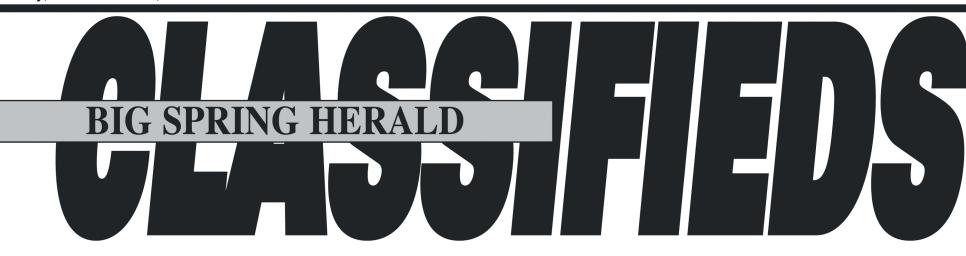
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- by Noon(12pm) by Noon (12pm) by 5pm by 10am
- Tuesday 12/21 Wednesday 12/22 Wednesday 12/22 Monday 12/27 **Tuesday 12/28** Tuesday 12/28 Wednesday 12/29

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New Hope Christian School is currently hiring for the following positions.

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For additional information visit www.crmwd.org

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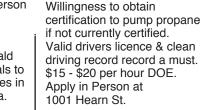


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#### 3 holiday crafts families can make together

Decorating for the holidays can be made even more special when decorations are handmade creations families can cherish for years to come. Holiday crafting is an enjoy

able way to pass some time and create lasting holiday traditions and memories. The following are some crafts families can make together.

#### Personalized elf

For families who want to make their own personalized elf dolls, all it takes is a little computer knowledge, some

clever photo work and a some sewing skills. Find a template for a rag doll sewing pattern or an illustration of an elf online.

Superimpose an image of your child's face on the template in a photo editing program. Print out the entire image onto iron-on fabric transfer paper. Iron it on to a light-colored piece of fabric from the craft store according to the product directions. Cut out the fabric with ironed-on decal, leaving about a one-inch margin to allow for sewing and eventual stuffing.

Duplicate the shape of the doll onto another piece of fabric to make the back of the elf doll. Place the front elf im

118 Cedar Rd.

#### SR. ACCOUNTANT

The Colorado River Municipal Water District is accepting applications for the following position:



age face down on

the back piece of fabric

and sew the edges to-

gether, leaving a small

Using that opening,

flip the elf right-side out

and stuff with pillow fill

material. Sew the small

enjoy a personalized elf

Holiday candle

This craft is attrac-

tive and also smells

good. Gather one bar

of fragrant soap (like

Irish spring); a small,

white washcloth; red

and green ribbon; a

round of colorful mesh

or tulle fabric measur-

ing roughly 12 inches

or enough to wrap your

bar of soap; craft glue;

cut to look like a flame;

a piece of yellow felt

opening closed and

doll for the holidays.

opening at the end.

432-631-1994

and one or two sewing pins.

Roll the washcloth into a cylinder shape to serve as the "wick" of the candle. Glue the edges together and wrap a piece of ribbon diagonally around the wick and adhere to secure even further. Glue the felt flame to the top of the wick.

Place the soap in the center of the round piece of fabric. Attach the wick vertically to the soap using the pins. Then gather the tops of the mesh fabric around the base of the wick and use another piece of ribbon to tie into a bow and secure the fabric to the wick base.

The soap and pins should now be con

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cealed. Place the "candle" out of direct sunlight and away from heat, preferably on a little dish so the soap will not damage any furniture.

#### Growth indicator <u>ornament</u>

Purchase a large glass or plastic Christmas tree ball. Select an acrylic paint in your color of choice and squirt some into a paper plate.

Have a child dip his or her hand into the paint and then transfer the handprint to the ornament. Let dry and then attach a ribbon to hang on the tree.

Through the years see how much children have grown from that little handprint.



6

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#### THURSDAY

DEC	22
DEC.	23

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	KMID 3 Midland	Spanish	KPEJ 5 Odessa	KOSA 7 Odessa	KTLE 8 Telemundo	KWES 9 Midland	KMLM 12 Odessa	KPBT 13 Odessa	KWWT 14 Odessa	Midland	Atlanta	TNT 34 Atlanta	ESPN 35 Sports	ESPN2 36 Sports	Sports		w York	A&E 58 New York	
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5 :30			Business	Up	(SS)		Zion	Ready Jet	Paid Prg.	Paid Prg.	George			JWill and Max	Relief	Angel		Joyce M.	Bush
:AM			Les Feld		Hoy día (SS)		Wisdom	Peg & Cat	Paternity	Highway	George	Charmed	SportsCenter	IVIEX	NHL Hockey	NCIS	(DVS)	Parking	Alaskan
6 :30		L .	Robison	Up			News	Super	Court	Thru Hell	George				Jets at Stars			Parking	Bush
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9:30	Club			Ryan	rado (SS)	Hour	News	Dinosaur	son	Show	Friends		ļ		Hoover	SVU		First 48	Bush
AM:		Como dice el dicho	The Real	The Price Is Right	Caso	Today-Hoda	House	Go Luna	Drew Bar-	Maury	Friends	Supernatural			OU Football	Law 8	& Order:	After the First 48	Alaskan Bush
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:AM			Laughs		Programa	Early Tdy	House	Arthur	Paid Prg.	Stop Brain	Matters		Football	SportsCente			& Order:		Forbidden
4 :30	Morning	Noticiero	Funny	News	Programa	Early Tdy	Christ	Arthur	Paid Prg.	Fog	Matters				Vision	SVU	,	Prince	History
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### That old black magic

North dealer. Neither side vulnerable. NORTH **▲**J83 ♥95 ♦ A K 9 8 3 **♣**K Q 4 WEST EAST ▲ A Q 5 ♠762 ♥73 ♥864 ♦ J 10 4 2 ♦Q65 ♣10976 **4**8532 SOUTH **♦** K 10 9 4 **V**AKQJ102 ♦7 ♣A J The bidding:

may not get a spade trick out of this combination, but this is not a desirable position to look forward to. In the actual deal, you would go down if you played this way. **Instead, you should** attempt to

develop your 12th trick by trying to establish an extra diamond trick in dummy. If the suit is divided normally — that is, 4-3 — you won't have to worry about the possibility of losing two spade tricks.

Accordingly, you cash the ace of hearts at trick two, then play the A-K of diamonds, discarding a spade, and ruff a diamond high. When both defenders follow suit. you're home. You next lead the deuce of hearts to dummy's nine and ruff another diamond. Then you draw the missing trump, lead the jack of clubs to the queen and cash the king of clubs and nine of diamonds, discarding two more spades. The only trick you lose is a spade. If the diamonds prove to be divided 5-2 instead of 4-3, you will be faced with the unpleasant spade situation you were trying to avoid sometime later in the play, and you may or may not make the slam. However, come what may, you will at least have the satisfaction of knowing that you gave yourself two chances to make the slam instead of only one.

#### Traveling In-Laws Cause Stress for Me and My Husband

Dear Annie: My husband is 68, and I am 66. He has two boys, and I have one, all fully grown and out on their own with children and even grandchildren.

Recently, my husband and his youngest, "Thomas," had a talk about how little time his son spends with us or any other family member. Thomas has a wife and children, and they are a busy family. A lot of the things they do we are unable to do, due to health issues. We've invited them out to dinners, but they just aren't interested. I won't go into all the excuses given.

#### Annie's Mailbox ®

We live in a rural area and there isn't much around to do, especially in the winter. Any advice? -- Lost in PA

**Dear Lost in PA:** The fact that Thomas even engaged in this conversation is promising. It means that he cares.

Given Thomas' busy schedule, your husband might need to initiate. Rather than inviting them out to dinner, why don't you and your husband drive over and offer to cook them a meal?

They might not share any hobbies, and they might not have much time to spare -- but everyone's gotta eat. work full time. This sometimes leads to us denying their offers to spend time together as work doesn't always allow us to do so. We live about five hours away from them, so it's not an easy daytrip.

While we love to spend time with them, we have had to deny visits due to work-schedule conflicts. They respond to our denial by revealing that they already have lodging and are coming to visit regardless. If we deny them again, they pay cancelation fees on pre-booked lodging. If we allow it, then they stand around bored, waiting until the end of our shifts for us to be "ready." It's simply not good timing for us, and we can't host them well. do we stop them from making plans without an affirmative "yes"? --Yes, Please

#### Dear Yes, Please:

If your in-laws are coming to see you, you and your husband must be included in the planning process for these trips.

The next time you see your in-laws, simply tell them that wheth er their next trip is in a few weeks or months down the line, you'd rather know early so you can put it on your radar. This ensures that no one is disappointed, spending unnecessary money or feeling stressed during what should be a fun visit, and that you'll truly be able to make the most of your time together.

North	East	South	Wes
1 ♦	Pass	2 💙	Pass
3♦	Pass	3♥	Pass
4♥	Pass	4 NT	Pass
5♦	Pass	6 💙	
Openin	g lead —	ten of clu	bs.

Assume you're in six hearts and West leads a club. You win with the ace and must decide how to proceed from there. You can count 11 sure tricks, and the problem is to find the line of play that offers the best chance for a 12th trick.

You observe that if you draw trump and cash the A-K of diamonds and K-Q of clubs, discarding two spades, you will be left with the K-10 of spades. You may or

> **Tomorrow:** Bidding quiz. ©2021 King Features Syndicate Inc.

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Call 432-263-7331 to have the news delivered to your doorstep, or have the news at your fingertips with the Big Spring Herald E-edition. What I would like to know is what I can do to help my husband with his son's decision to not spend time with us or other family members. It really gets to him that he chooses friends and his animals over him. I tell him not to worry about it, but I know he does.

**C**-

D.

Dear Annie: I've been with my husband for 10 years, and my husband's parents are wonderful people. They graciously host holidays; they offer to let us stay in their beautiful home each time we visit; and best of all, they are eager to see and spend time with us.

They are recently retired, and we both

Additionally, my husband and I are introverted and while we love them, hopping into conversation and attentive family hosting right after work is awfully exhausting.

I understand they have more free time with retirement and want to see us, but how "Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book -- featuring favorite columns on love, friendship, family and etiquette -- is available as a paperback and e-book. Visit http:// www.creatorspublishing.com for more information.

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

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Solve the code to discover words related to Kwanzaa. Each number corresponds to a letter. (Hint: **3** = **A**)

А.	5	9	12	9	8	14	3	26	9
				,					

Clue: Acknowledge a happy day

# B. 17 3 14 18 9 11 26



# 21 3 6 7 12 23

Clue: Relatives

26 14 3 22 7 26 7 10 20

Clue: Passing down customs

# **FEATURES**

Today is Thursday, Dec. II, American forces on

#### Today's Highlight in History:

On Dec. 23, 1783, George Washington resigned as commander in chief of the Continental Army and retired to his home at Mount Vernon, Virginia.

#### On this date:

In 1788, Maryland passed an act to cede an area "not exceeding ten miles square' for the seat of the national government; about two-thirds of the area became the District of Columbia.

In 1928, the National Broadcasting Company set up a permanent, coast-tocoast network.

In 1941, during World War

(REALLY?)

GRANDMA ... ALL

of the wonderful

GIFTS I BOUGHT YOU

were destroyed

TONIGHT IT WILL

BE FREEZING WITH

BLIZZARDS AND

DRIFTING SNOW

THURSDAY

**DECEMBER 23, 2021** 

Scientists concur that the

are biologically different from

We've evolved to solve mod-

those of our predecessors.

ern problems. Saturn and

Uranus offer a conundrum

with an intellectual approach

our ancestors wouldn't have

understood. Cosmic answer

key: Don't overthink it. Just

ARIES (March 21-April

things staying the way they

fort in knowing what's likely to happen next. You'll pick

the option that makes you

TAURUS (April 20-Mav

feel relaxed and secure.

20). There's an important

are for a while. There's com-

19). You wouldn't mind

be loving

we'll be tempted to crack

Cosmic Answer Key

brains of modern humans

. ......

Nº

IN THE FIRE.

II, American forces on Wake Island surrendered to the Japanese.

In 1948, former Japanese premier Hideki Tojo and six other Japanese war leaders were executed in Tokyo.

In 1954, the first successful human kidney transplant took place at the Peter Bent Brigham Hospital in Boston as a surgical team removed a kidney from 23-year-old Ronald Herrick and implanted it in Herrick's twin brother, Richard.

In 1962, Cuba began releasing prisoners from the failed Bay of Pigs invasion under an agreement in which Cuba received more than \$50 mil lion worth of food and medical supplies.

In 1968, 82 crew members of the U.S. intelligence ship Pueblo were released by North Korea, 11 months after

AGNES

REALLY

ANDY CAPP

WHAT TYPE OF PERSON WOULD

BE OUT AND

ABOUT IN THIS

WEATHER?

JEWELRY

SILKEN SCARVES FINE BOOTS OF

SUPPLE LEATHER

ier of the second se

IS IT EVEN WORTH OPENING UP?

they had been captured.

In 1972, a 6.2-magni-tude earthquake struck Nicaragua; the disaster claimed some 5,000 lives.

In 1986, the experimental airplane Voyager, piloted by Dick Rutan (ruh-TAN') and Jeana (JEE'-nuh) Yeager, completed the first non-stop, non-refueled round-theworld flight as it returned safely to Edwards Air Force Base in California.

In 1997, a federal jury in Denver convicted Terry Nichols of involuntary manslaughter and conspiracy for his role in the Oklahoma City bombing, declining to find him guilty of murder. (Nichols was sentenced to life in prison without the possibility of parole.)

In 2001, Time magazine named New York City Mayor Rudy Giuliani its Person of the Year for his steadfast response to the 9/11 terrorist attâck

IN A DITCH.

In 2003, a jury in Chesapeake, Virginia, sen-tenced teen sniper Lee Boyd Malvo to life in prison, spar-ing him the death penalty.

Ten years ago: After days of stalemate and rancor, Congress approved a two-month renewal of payroll tax cuts for 160 million workers and unemployment benefits for millions; President Barack Obama immedi-ately signed the bill into law. Two car bombers blew themselves up in Damascus outside the heavily guarded compounds of Surie's intel compounds of Syria 's intelligence agencies, killing at least 44 people and wounding dozens more in a brazen attack on the powerful secu-rity directorates.

Five years ago: The United States allowed the U.N. Security Council to condemn Israeli settlements in the West Bank and east Jerusalem as a "flagrant violation" of international law; the decision to abstain from

the council's 14-0 vote was one of the biggest American rebukes of its longstanding ally in recent memory. Actor and writer Carrie Fisher was transported to a Los Angeles hospital after suffering a severe medical emergency on an international flight; she died four days later at age 60.

One year ago: Pfizer said it would supply the U.S. government with an addi-tional 100 million doses of its COVID-19 vaccine under a new agreement between the pharmaceutical giant and the Trump administration. Two new studies provided encouraging evidence that having had COVID-19 may offer some protection against future infections. After months of fighting the coro-navirus, the Fire Department of New York began vaccinating its own members, start ing with the front-line EMTs who had responded to more than 1 million emergency medical calls throughout

Thursday, December 23, 2021 Today's Birthdays: Actor Ronnie Schell is 90. Former Emperor Akihito of Japan is 88. Actor Frederic Forrest is 85. Rock musician Jorma Kaukonen (YOR'-mah KOW'-kah-nen) is 81. Actorcomedian Harry Shearer is 78. U.S. Army Gen. Wesley K. Clark (ret.) is 77. Actor Susan Lucci is 75. Singermusician Adrian Belew is 72. Rock musician Dave Murray (Iron Maiden) is 65. Actor Joan Severance is 63. Singer Terry Weeks is 58. Rock

singer Eddie Vedder (Pearl Jam) is 57. The former first

lady of France, Carla Bruni-

Sarkozy, is 54. Rock musi-cian Jamie Murphy is 46.

Jazz musician Irvin Mayfield

is 44. Actor Estella Warren

is 43. Actor Elvy Yost is 34.

Actor Anna Maria Perez de

Tagle (TAG'-lee) is 31. Actor

Spencer Daniels is 29. Actor

Caleb Foote is 28.

ARCHIE'S SWEATER IS UPSETTING MY FASHION SENSE! ARE YOU COMING DOWN WITH SOMETHING, VERONICA ? NOTHING HENRY SCARPEI CRAIG BOLDWN 12-23 THAT! 曲 **ONE BIG HAPPY** Which elf is your favorite one? Can you please leave Dear Santa, Do you have any kids? a little toy for my dog Willie? Do you get your money Do you pay the girl Lef me know what elves the same as from the auntie em I can do to helpyou the boy elves? machine? Signed Ruthie PLEASE GIVE GOLDSMITH & GARNETT THE BARN A NEW PAIL! THIS ONE'S FOR GASP !... YOU, STAN. STAN'S EYES ARE DEFINITELY NOT BIGGER THAN HIS STOMACH. Ð 6

# **Newsday Crossword**

#### ACROSS

- 1 Common
- grad-student job 6 Bleach holders
- 10 Admin. \_
- 14 Give your
- address 15 Peace Prize
- city
- 16 Words on some iackets
- 58 What we have here
- 60 Scold slightly
  - of rhyme
- 62 Cleanser scent **63** Pacific island
  - monarchy
  - Cuisine for
- employee 8 Smooth-talking 9 Reach great

7 Ballpark

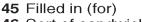
- heights
- 10 Red as
- **11** Torrid
- 12 Pitchers' woes
  - - Bottle-brand

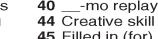
40

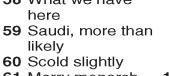
GET OUTTA HERE! by Mark McClain

- 47 Wall-busting tool
- 46 Sort of sandwich









- 61 Merry monarch
  - - **13** Bag checking

anagram of

MOTHERS

- agcy.

49 Slacks off

39 Festival

Edited by Stanley Newman

35 Fearsome

employer

precursor

www.stanxwords.com

36 Winter footwear

37 Advisory boards

38 Scrooge's scoff

sent backward won't change what happened, but it can change how the story is told.

18). You have a talent for seeing past your own anxieties and into a deeper empathy with others in the world, an exercise in perspective that brings ease in when you need it

PISCES (Feb. 19-March 20). Your heart is not an uncharted sea -- it's been charted. The map is tested and it's sound. You know where you are and where you're going. Still, the experience of it can be disorienting. Keep an eye trained to your lodestar.

#### **TODAY'S BIRTHDAY**

(Dec. 23). You'll wield well the powerful magnetic force called expectation. Anticipate felicity in a wide range of forms. You'll know it when you feel it. You will be the

SC for the past. Expectations

es By Holiday maneuvering power structures to achieve a financial AQUARIUS (Jan. 20-Feb.

BAR

T

end. Check out Netflix: "Self Made: Inspired by the Life of Madam C.J. Walker.

Write Holiday Mathis at HolidayMathis.com. COPYRIGHT 2021 CREATORS.COM

MS GRUNDY MAY I BE EXCUSED ? I NEED TO LIE DOWN! NO ... IT WAS HALF A PAIR OF LIME CROCS I FOUND (FIRE GOOD

NOT FEELING WELL







23, the 357th day of 2021. There are eight days left in the year.

conversation on the horizon. Think of it as an interview. as it will dictate the future of a relationship. To prepare, consider the best way to talk about and highlight your strenaths

**GEMINI** (May 21-June 21). Being completely engaged in an endeavor produces a state of flow powerful enough to dissolve negative emotions, stave off hunger and delay the need for sleep. The longer you can stay in flow, the happier vou'll be

CANCER (June 22-July 22). The one who helps you isn't waiting for acknowledgement, however if that help goes on for a while without recognition, it won't last. Your enthusiasm will be someone's sweet reward.

LEO (July 23-Aug. 22) You'll apply diligence to fin-ish a job before the day is done. And if you also apply some laziness, you'll likely think of the smartest and most painless way to get it done

VIRGO (Aug. 23-Sept. 22). The way you view people will impact your experience. Lean into sunshine, trust and positivity. Because whatever you think of people, they will prove you right.

LIBRA (Sept. 23-Oct. 23). What you now think of as a need will soon be reduced to a want or a mere preference. Realizing that you can hap-pily get by with much less will liberate you and make room for interesting new developments.

SCORPIO (Oct. 24-Nov. 21). Simple measures like backing up your work will go a long way toward giving you a sense of security. It's not because you think things will go wrong, it's because you're more confident when you know your bases are covered.

SAGITTARIUS (Nov. 22-Dec. 21). Your sharp wit delights people and makes them feel safe. You'll notice what's going on and your comments are on-point. Among your many attractive qualities is your ability to live in the moment.

CAPRICORN (Dec. 22-Jan. 19). Things seem out of order. There will be advance praise and more oddly, hope recipient of much amorous attention. You'll have something to teach in a methodical, organized way. Loved ones will blossom under your tutelage. Aquarius and Pisces adore you. Your lucky numbers are: 9, 10, 22, 24 and 28.

#### COSMIC QUESTION:

"When I listen to a song, I hear the words and think about what they mean. Is it wrong that it really bothers me that he doesn't? He butchers them when he sings along and doesn't know or care what any song is about. Is that a Taurus thing? I'm not saying that I'm going to stop dating him over this, but... would I be wrong to?'

There are lyric people and there are rhythm people.

Taurus rules the vocal cords and it also rules earthly rhythm. While there are millions of Taurus natives who care deeply about the words, he's more concerned with the feel of the groove. Rhythm people keep the action flowing. Their responsibility to the beat of both life and music means they feel they can't afford to stop and consider things deeply.

Lyric people are in no rush. They want to understand the meaning of things and will take all the time they need to do so. When a rhythm person mows over their process, the lyric person feels uncomfortable, overlooked and disregarded. These two may not listen to music or do other things the same way, but they do have complementary strengths. That said, stop dating him if you want to; you need no reason, love has its own irrational logic. If you don't feel it, you're not feeling it.

#### **CELEBRITY PROFILES:**

Holding the Guinness Book record for the first self-made American woman millionaire, Madam C.J. Walker built an empire out of hair and beauty products for African American women. Capricorn is the sign of business moguls. The sea goat loves a challenge, is highly driven to set goals and work toward them and is adept at

17 Bank customers:

- Abbr.
- 18 Branch of Islam 19 Old Testament
- prophet 20 Engage in idle
- chatter
- 23 Cook of Apple
- Yonder yacht 24 25 Wherein the world is flat
- 27 Hounded
- 30 DC-based network
- 32 State of anger
- 33 Loan document stat.
- 34 Needle hole
- 35 "I'll pick that up!" 36 Popular diner
- breakfast 40 Elitist
- 41 Wood used in wineries
- 42 Cable service add-on
- 43 Gehrig of baseball 44 Barbecue
- by-product
- 45 Fails to be alert
- 48 Shareholder
- 50 Pool tool 51 Baba
- 53 Far from logical

- corporals
- 65 Plant's origin
- 66 Seekers of
  - secrets
- DOWN

58

61

64

Level: Intermedia

- 1 Tinkly tribute



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

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!

59

62

65

#### **Today's Answers**

G	F	З	6	Z	9	Σ	4	8	
S	6	8	З	4	F	Z	G	9	
4	9	Z	G	2	8	З	6	F	
З	<b>7</b>	6	S	F	Z	9	8	9	
8	Z	9	4	6	G	F	З	Σ	
٢	2	G	9	8	З	6	Z	4	
6	З	2	8	9	<b>7</b>	G	F	Z	
9	8	٢	Z	G	6	4	S	З	
L	G	<b>7</b>	٢	З	2	8	9	6	

#### CROSSWORD Today's Answers

60

63

66

S	E		d	S		α	Э	Э	S		S	S	Э	W
A	Ð	Ν	0	L		Э	Ν	I	d		Э	٦	0	Э
Э	a	T	н	Э		В	A	Я	A		S	I	н	T
α	Ξ	Ν	I	A	Я	В	Я	Ε	Т	T	A	Э	S	
L	٦	A			Э	n	Э			Я	Ξ	Ν	w	ο
	S	d	Ξ	Ξ	٦	S		H	S	A		n	0	٦
			Я	٨	α		К	A	0		В	0	Ν	S
	S	Ð	Ð	Ξ	α	Э	٦	В	M	A	Я	Э	S	
Ξ	Μ	Ν	0		Ξ	٨	Ξ		Я	d	A			
Ξ	Я	Ι		Я	d	Ν		α	Э	Ð	Ð	A	Ν	
S	A	٦	Т	A			ਬ	Ξ	н		_	M	Ι	I
	Ξ	Z	Э	Ξ	ਬ	В	Э	н	T	I	0	0	н	S
A	Я	Ζ	Э		A	Τ	н	S		S	Т	Э	Э	A
S	0	T	В		0	٦	S	ο		Э	T	A	Я	0
	S	S	A		S	อ	0	C		Я	0		0	1

בודדחל פחמוגבול מז ובגגפווע