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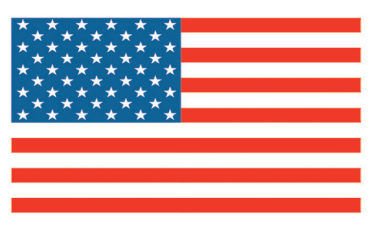
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Forsan's Nathaniel Whitmore accepted to West Point Military Academy

Special to the Herald

Nathaniel Whitmore is a 2020 high school graduate from Forsan High School. After graduation, he began attending college at the New Mexico Military Institute in Roswell, N.M. He will graduate from NMMI in May 2022, with an Associate's degree.

Representative Jodey Arrington called Nathaniel Whitmore on Friday, January 28, 2022, to inform him of his appointment to the United States Military Academy at West Point, N.Y. and congratulate him. (Nathaniel was nominated by Representative Arrington.)

Nathaniel will be a member of the USMA Class of 2026, and will report to West Point in June. He will begin his time there with Cadet Basic Training, which is a six-week long course of running, marching, physical, and mental training. After Cadet Basic Training has been completed, he will begin the academic portion of his first year.

The focus of cadet life will be character, academic, military, and physical training. Nathaniel will not only be taking advanced collegiate courses, he will also be challenged with physical training through boxing classes, etc.



2020 Forsan graduate Nathaniel Whitmore will attend the U.S. Military Academy at West Point, New York, with plans to graduate in 2026.

The mission of West Point is to educate, train, and inspire the Corps of Cadets so that each graduate is a leader in his or her field. See **WHITMORE**, Page 3

Weather

Tuesday Night: Mostly clear, with a low around 29. Southwest wind 5 to 10 mph becoming north in the evening.

Wednesday: Sunny, with a high near 64. North wind around 5 mph becoming southeast in the afternoon.

Wednesday Night: Clear, with a low around 33.

Thursday: Sunny, with a high near 63.

Source: weather.gov

COVID-19 in Howard County:
Feb. 7, 2022
 Confirmed Cases: 3,628
 Probable Cases: 2,832
 Fatalities: 163
 Source: dshs.texas.gov

Daily Quotes

"My slogan is I'm the least qualified guy for the job, but I'd probably do the best job."
 — Gary Coleman

"Put two ships in the open sea, without wind or tide, and, at last, they will come together. Throw two planets into space, and they will fall one on the other. Place two enemies in the midst of a crowd, and they will inevitably meet; it is a fatality, a question of time; that is all."
 — Jules Verne

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 www.bigspringherald.com

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KBSB discusses Gateway sign Monday



HERALD photo/Lashelle Cobb
 Tammy DePauw, standing, gives a report on the upcoming Chamber of Commerce Banquet at the Keep Big Spring Beautiful lunch meeting Monday. DePauw also spoke about KBSB's applications for a Delek grant and for the Governor's Community Achievement Award. DePauw also addressed a proposed mural project in discussion between Big Spring High School art teacher Andrea Phinney and Howard County Commissioners. Teresa Morris, not pictured, reported on the Gateway Entrance Monument planned for the west side of Big Spring at the intersection of Interstate 20 and West Highway 80; and Treasurer Jim DePauw gave a report on the group's finances. The next KBSB meeting will be March 7 at the Howard College Cactus Room.

Big Spring EDC In support of buying local

By **MARK WILLIS**
 Big Spring Economic Development Corporation

WILLIS

Shopping local is a big deal! While the Big Spring Economic Development Corporation is primarily charged with helping to recruit and retain "primary" jobs in Howard County, those types of companies are seldom big sales tax generators. However, the EDC recognizes the value of retail and does all it can to facilitate new and expanded retail business in the area. Businesses that create "primary" jobs are the focus of any incentive based recruitment, because their business pulls money from outside the area into our economy rather than supplying products to the local population. And the success of any economy, local, state or na-

tional depends on capturing outside dollars. The key beyond getting those companies/jobs here involves keeping those new dollars in our system circulating as long as possible. The Delek refinery is an example of such a company, producing little sales tax revenue, but supplying ripple effects that are critical to Big Spring in terms of property and sales tax through employee wages. When determining the value those types of companies provide to the local economy, statistics tell us payrolls provide significant property tax value via new housing and sales tax. When modeling these potential benefits, the adjustments required to take into account how much of the sales tax value is being lost to the larger cities around us is striking. "Leakage" is the term generally used, and Big Spring leaks in the neighborhood of 60% of potential sales tax value to our neighbors. That number may seem high at first glance, but if one takes into account that groceries are not subject to sales tax and

See **EDC**, Page 3

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Support Groups

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 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

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

Take Note

- The Christensen-Tucker Post-2013 Veterans of Foreign Wars (VFW) meets the first Tuesday of every month at 7 p.m. at 500 Driver Road. For more information, contact David Leonard, Post Commander, at 432-816-6004. All combat veterans of foreign wars are invited to come.
- The Big Spring Symphony Board of Directors meets every first Tuesday at 5:30 p.m. at the symphony office, 808 Scurry Street.
- Order of the Eastern Star Big Spring Chapter 67 meets the third Tuesday of each month at 219 Main St. Dinner begins at 6:30 p.m. Lodge meeting begins

at 7:30 p.m. Everyone is welcome. For more information, contact 432-271-2138.

- Staked Plains Masonic Lodge No. 598 meets the second Thursday of each month at 7 p.m. (dinner is at 6 p.m.) at 219 1/2 Main St. All Masons are welcome.
- The Big Spring State Hospital Volunteer Services Council is in need of volunteers to fill a variety of needs to assist the hospital's patients. Applications to become a volunteer can be picked up at The Chalet, 115 E. Second St., Tuesday through Saturday between 8 a.m. and 3 p.m. or at the Big Spring State Hospital Community Relations Department, 1901 N. Hwy 87, Monday

through Friday from 8 a.m. to 5 p.m. Volunteers can assist with a variety of functions, including The Chalet Resale Shop, various fund-raisers and patient events. For more information, contact Carl Reid, Big Spring State Hospital Director of Community Relations, 432-268-7535 or carl.reid@hhs.texas.gov.

- Mobile Meals is in need of volunteer delivery drivers. If you would like to donate one hour per week to help deliver meals to the elderly, call Maria at 816-6474.
- Kindred at Home needs volunteers for patient care. Contact Shiela Crockett at 466-9034.

Police blotter

The Big Spring Police Department reported the following activity:

- **CHRISTOPHER DESHUN MINTER**, 50, of 1504 Tucson was arrested on a charge of driving while intoxicated, and on four outstanding warrants.
- **ROLAND VASQUEZ JR.**, 19, of 1316 Stadium was arrested on a charge of public intoxication.
- **EVA ORNELAS**, 21, of 2614 Ent was arrested on a charge of public intoxication.
- **RICO ANTHONY MONTOYA MIER**, 24, was arrested on a charge of public intoxication.
- **RUSS BRADLEY MOORE**, 42, of 901 E. FM 700 Apt. 424 was arrested on a citation for public intoxication.
- **ATHEA RYANNE NALL**, 37, of 1407 S. Nolan St. Apt. A was arrested on an outstanding warrant.
- **JOSHUA BLAISE CARLILE**, 17, of 1011 E. 14th St. was arrested on an outstanding warrant.
- **BRANDON CHRISTOPHER HILLIN**, 36, was

arrested on a warrant for failure to control speed.

- **JOHNNY MARCIANO MUNOZ**, 18, was arrested on warrants for safety seat system child younger than eight or less than 4'9" tall, safety bell child under 17, two counts of speeding, and no driver's license.
- **LUKAS ALEXANDER FALCON**, 36, of 507 N.W. 10th St. was arrested on a charge of public intoxication.
- **BURGLARY OF HABITATION** was reported in the 1700 block of Kentucky Way.
- **BURGLARY OF BUILDING** was reported in the 600 block of East FM 700.
- **CRIMINAL MISCHIEF** was reported in the 1100 block of North Lamesa Highway.
- **SUSPICIOUS ACTIVITY** was reported at the intersection of East 14th Street and Birdwell Lane.

Obituaries

Carolyn Harrington

Carolyn Harrington, 74, died Monday, February 7, 2022. Services are pending at Myers & Smith Funeral Home.

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.

Fire/EMS

The Big Spring Fire Department and Emergency Medical Services reported the following activity:

- **MEDICAL CALL** was reported in the 3200 block of Parkway. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 1300 block of Tucson. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 1700 block of Lancaster. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 1900 block of North Highway 87. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported 1000 block of Stadium. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 3200 block of Parkway. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 700 block of Scurry. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 600 block of Runnels. No transport was requested.
- **PUBLIC SERVICE CALL** was reported in the 1600 block of East Sixth Street. No transport was requested.
- **TRAFFIC ACCIDENT** was reported at the intersection of Second Street and Birdwell Lane. No transport was requested.

BIG SPRING HERALD

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WHITMORE

Continued from Page 1

commissioned leader of character committed to the values of Duty, Honor, Country, and prepared for a career of professional excellence and service to the Nation as an officer in the United States Army.

The application process to West Point is at the very least, a daunting task. Nathaniel did every bit of it on his own. He went around to everyone we know, asking for letters of recommendation... and he went through the entire process three times!

He had to have letters of recommendation for the members of Congress he asked to nominate him, and also for his West Point application. There were essay questions to be completed for everyone, as well as his physical fitness test (I helped proofread his essay questions, but that was as involved as I got). The first time he took the physical fitness test, he could do everything... except the pull-ups. He couldn't do a single one. So he went to work, and

when he was home in December for Christmas break, he told me he had done a workout recently and had completed 21 strict pull-ups!

One humorous story during this process: A Field Rep from West Point came to our home to interview Nathaniel and meet us as a family. The meeting was scheduled for a Thursday evening. On the Tuesday before the interview, Nathaniel started horsing around in the kitchen with Nic... and in the process of their wrestling, Nathaniel was kicked in the eye. He jumped up and immediately said, "Oh no! I'm going to have a black eye when this guy comes to interview me!!!" He did, too. It was really something - his eye was as purple as could be. I told him he needed to explain that to the Field Rep soon after meeting him, but Scott's opinion was "In the military, don't volunteer anything! If asked, answer... but don't volunteer any information."

I have to give it to Mr. Cross - he waited until about halfway through the interview, and then he finally said, "Okay, I just have to ask... what hap-

pened to your eye?!"

Nathaniel was very sheepish as he told him the story. Mr. Cross pretended to add to his notes, "Got his butt kicked by his little brother." Then when he met Nic, he said, "So YOU'RE the one who takes cheap shots when you're wrestling!" All I could do was shake my head.

This year, when Nathaniel applied for the nomination from Jodey Arrington, he had to do a Zoom call interview with two of Rep. Arrington's staff members. One of the questions they asked was about people who'd impacted his life in a positive way. He chose Coach Robert Hillger from Forsan High School, and talked at length about him. The staff members interviewing him said that after hearing Nathaniel talk about Coach Hillger, it made them wish they could meet him.

As a Mom, the military is not what I would have chosen for Nathaniel. I expressed that to him one day, and his response was, "Mom, if I don't serve, who will?" I didn't really have a reply to that...

EDC

Continued from Page 1

vehicle sales are only subject to state sales tax it makes more sense. Big Spring is actually very fortunate that changes in the sales tax collection have

resulted in the tax on mail order products being collected at the delivery site, rather than at the distribution centers as it once was. Given the shift to mail order for convenience and due to the pandemic the sales tax decline experienced during the pandemic could have been much worse. Fortunately, the revenue stream is starting to recover, but it could be so much stronger.

Take Note

• The Big Spring Symphony is celebrating 40 years. Shows remaining this season include: Feb. 19 winter concert entitled "Thank you, Maestro John," celebrating the career and retirement of frequent BSSO Guest Conductor Maestro John Giordano, to be held at Big Spring High School Auditorium at 7:30 p.m.; and Spring Pops Concert, featuring Marie Osmond, on at 7:30 p.m. April 23 at the Dorothy Garrett Coliseum. 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.bigspring-symphony.org.

• The Chamber of Commerce's Annual Banquet will be February 10 at Dorothy Garrett Coliseum. At the event, the annual Five under 55 Awards, the Russ McEwen Community Award and the 2021 Man and Woman of the Year will be announced. For sponsorship information, call 263-7641.

• 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>.

• New Life senior/mature adult dances are held the third Friday of every month from 7 to 10 p.m. at the Dora Roberts Community Center, 100 Whipkey Drive. Music is Western swing style. Entry fee is \$5 and refreshments are provided. For more information call 517-9097.

• 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.

• 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 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.

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 sur-

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

• Victim Services is a non-profit independent community-based program serving victims of all violent crime, including, but not limited to, assault, sexual assault and domestic violence. Victim Services advocates are available 24 hours a day, 365 days a year, to provide crisis intervention or accompaniment to the hospital and law enforcement agencies, as needed. If you can commit to 30-hour training, an interview process and a background check, we need you. For more information, call Linda Calvio at 432-263-3312.

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

• The Howard County Democrats meet every Monday at 5:30 p.m. at the Cactus Room at the Howard College in the Student Union Building. For more information, e-mail howard-countytxdems@gmail.com.

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

• Howard County Republicans meet the second Monday of each month. Club members meet in the Cactus Room at Howard College at 11:30 a.m., with Dutch treat lunch and meeting at noon.

MYERS & SMITH FUNERAL HOME & CHAPEL
24th & Johnson 267-8288

Andres Perches, 78, died Wednesday, February 2, 2022. Services are pending at Myers & Smith Chapel.

Glynn Harrell, 73, died Thursday, February 3, 2022. Private family services will be held at later date.

Beth Roman, 83, died Friday, February 4, 2022. Services are pending at Myers & Smith Funeral Home.

C a r o l y n Harrington, 74, died Monday. Services are pending at Myers & Smith Funeral Home.

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Bulldogettes beat rival head into playoffs as the number one seed



Courtesy Photos

Last night the Coahoma Bulldogettes put on a show for the packed home crowd as they took on district rival Stanton, with the number one seed in the playoffs at stake. After a battle back and forth, it was your Bulldogettes that took down Stanton by a final score of 44 to 38. The win will place Coahoma as the number one seed heading into the playoffs. Additionally, the win puts the girl's season record at a fantastic 21-10 overall and a 9-1 district record. One thing is for sure when these ladies are firing on all cylinders; they

Hawks mens team get huge win against South Plains



Courtesy Photos/ Tony Claxton

Left: Blaize Sagna takes a inside shot against South Plains. Right: Nestor Dyachok shows off his defensive skills as he blocks a shot from a South Plains player helping the Hawks to a big win.

By STEVE BLEVIN

Contributing Writer

The Howard College Hawks needed a jump start in the second half. Bonny Udoh was just what the mechanic ordered as the Hawks got a big win over second place South Plains 75-58 Friday afternoon at Dorothy Garrett Coliseum.

The win keeps the Hawks, 6-5 in league play, in the thick of things for a spot in the playoffs. South Plains falls to 6-4. Two of those losses came to Howard. "Yea it was a game we needed to win," said Howard coach Scott Raines. "We put ourselves in this position because of that first game with Midland. Then the way we played against Midland last week. Today the guys played with a lot of heart. We've got tough kids and they took pretty good care of the ball."

The Hawks did take care of the ball, committing only seven turnovers. Meanwhile Howard's trapping forced 12 Midland turnovers, most coming in the second half when Howard supplied the heat.

However it was Udoh that really turned it up offensively. The sophomore from Amarillo Palo Duro, nearly outscored South Plains by himself in the second half; 21 of his season-high came in the last 20 minutes of the game. He made 9 of 11 field goals in the second half, many of the points coming off superb passes from point guard D'Mari Wiltz, who finished with 10 points and 10 assists, just missing a triple double with nine rebounds.

South Plains, utilizing its size advantage, clung to a 33-29 halftime lead. The Texans dominated the boards behind the play of 6-foot-10 Egyptian post player Malek Abdelgowad who had six points and 11 rebounds at halftime. Howard's aggressive offensive attack got the big man in foul trouble in the second half, limiting his playing time. He fouled out with 4:18 left in the game and Howard leading 65-47.

Howard's second half barrage began with it trailing 37-33. Udoh blocked a shot on the defensive end and Nester Dyachok drained a three on the other end. That was followed by a dunk and put back by Udoh, Next Jacoby Bishop and TK Bryant made two free throws each and Wiltz fed Udoh for another easy basket underneath. Howard led 51-39 and the game was well in control at the 10-minute mark.

"We created some confusion with our defense. Bonny (Udoh) got in position and defended well around the basket. Jacoby (Udoh) got what, like 6-1 and he got three manly rebounds," Raines said. "We've got to go to Roswell (NM, NMMI) Monday and it's really big. I say we almost need to win this game. We'll just take one game at a time"

Game time is 8:30 p.m.

(SOUTH PLAINS 6-4, 12-10) - Tytan Newton 0 1 1; Jaden Harris 0 3 3; Kieves Turner 7 4 20; DJ Avery 4 2 11; Khalifa Sakho 0 1 1; Savion Gallion 0 3 3; Malik Zachery 2 0 4; Eric Coleman 2 0 4; totals Malek Abdelgowad 5 1 11; totals 20-

48, 14-19 58.

(HOWARD (6-5, 14-9) - Blaize Sagna 5 4 14; D'Mari Wiltz 3 4 10; Jacoby Bishop 2 2 7; Nestor Drychok 3 0 8; Bonny Udoh 12 2 28; Rahkiem Petterson 1 0 2; TK Bryant 0 2 2; Lamar Everd 1 0 2; totals 28-64, 14-18 75.

Halftime - South Plains 33, Howard 29.

Turnovers- South Plains 12, Howard 7; Rebounds - South Plains 33 (Abdelgowad 13, Avery 5); Howard 28 (Udoh 9, Wiltz 9, Bishop 8); Three Points - South Plains Turner 2, Avery 2); Howard (Drychok 2, Udoh 2, Bishop 1); Assists - South Plains (Newton 2); Howard (Wiltz 10); Steals South Plains (Newton 2, Zachery 1, Abdelgowad 1); Howard (Udoh 3, Wiltz 2, Sagna 1, Bryant); ; Blocked Shots; Howard (Udoh 1); South Plains (Harris 1).



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Chen flips, spins way to world-record score at Olympics

By **BERNIE WILSON**

AP Sports Writer

BEIJING — Nathan Chen flipped, whirled and even punched his way to a world-record score in the men's figure skating short program at the Beijing Olympics.

Next up for the Salt Lake City native: an expected and long-awaited coronation as Olympic champion.

Chen made history in a historic venue on Tuesday, crushing the world record with a score of 113.97 at Capital Indoor Stadium, site of the 1971 ping pong diplomacy matches between the United States and China.

Chen shined on a day when the U.S. women's hockey team lost 4-2 to rival Canada in the preliminary round and San Francisco native Eileen Gu brushed aside a torrent of hate on social media and won the gold medal in freeski big air while representing China.

Dressed in his typical, suave black-and-white suit, Chen performed perhaps his favorite program to La Boheme, the 1960s standard by the French-Armenian singer Charles Aznavour. When it was over, he had confidently made up for his poor short program four years at the Pyeongchang Games.

Opening with a perfect quad flip, the 22-year-old Chen breezed through his often-vexing triple axel and then drilled his quad flip-triple toe loop combination. He skated to a stop and, in a rare show of emotion, punched the air with his right fist.

"I was just elated," Chen said. "At the last Olympics, both of the short programs didn't go the way I wanted. To finally get an opportunity to skate the programs I wanted feels really good."

Chen's score was nearly two points more than the previous world record set by two-time defending Olympic champion Yuzuru Hanyu. To win the gold medal, Chen needs to hold off Japanese rivals Yuma Kagiyama and Shoma Uno in Thursday's free skate. Hanyu finished eighth Tuesday.

FREE-THINKING FREESTYLE SKIER

American-born Eileen Gu struck back at her

many critics by winning the gold medal in the debut of freeski big air and then defiantly answering questions about why she spurned Team USA to represent China at the Beijing Games.

The 18-year-old Gu is an American citizen whose mother is Chinese. Gu estimates she has spent at least a quarter of her life in China. She sided with China in 2019, saying she wants to encourage girls and women to take up winter sports.

"If people don't believe me, if people don't like me, then that's their loss," Gu said. "They're never going to win the Olympics."

China does not allow dual citizenship. It's unclear whether Gu, who plans to attend Stanford, gave up her U.S. passport.

What is clear is that Gu stuck the best performance of her life at Big Air Shougang, where the ski hill is set among the imposing cooling towers and smokestacks of a closed steel mill. She landed a double cork 1620 for the first time in her career in her final turn to stun Tess Ledeux of France. It's a move in which skiers spin 4 1/2 times while rotating twice off-axis while 20-some feet in the air.

"I want all the girls to break their boundaries," she said in Chinese, via an interpreter. "I want them to think if Eileen can do it, I can do it."

While saying through an interpreter that Gu is an "amazing athlete" who is "extremely competitive," Ledeux groused that her rival "got lucky" because she had been practicing at Big Air Shougang for weeks, a benefit of competing for the host country.

Gu was having none of that, either.

"I'm not trying to keep everyone happy," Gu responded. "I'm an 18-year-old girl out here living my best life. Like, I'm having a great time."

Tennis player Peng Shuai, who has rarely appeared publicly since accusing a Chinese official of sexual assault, was in the stands.

MAYER'S NOW A DREIFACH-OLYMPIASIEGER

Matthias Mayer of Austria overcame one of his poles getting stuck in the start house to win the men's super-G and become the first man to win gold medals in Alpine skiing at three straight Olympics.

Back home he'll be known as a "Dreifach-Olympiasieger," or three-time Olympic champion. He also won the super-G at the 2018 Pyeongchang Games and the downhill the 2014 Sochi Olympics.

Mayer won the bronze in downhill on Monday. His father, Helmut, won the silver in the first Olympic super-G at the 1988 Calgary Games.

Ryan Cochran-Siegle of the United States won the super-G silver almost 50 years to the day after his mother, Barbara Ann, won gold in the slalom at the 1972 Sapporo Games.

HOCKEY SHOWDOWN

Barring a major upset, women's hockey powerhouses Canada and the United States are expected to meet for the women's hockey gold medal final next week.

So when the defending Olympic champions from the United States were beaten 4-2 by their biggest rival, it was largely academic, although it did give Canada the top seed entering the playoff round.

Canada rallied from a one-goal deficit by scoring three goals in a span of 5 minutes, 25 seconds in the second period. Brianne Jenner scored twice for the Canadians.

"They're a good hockey team. They're going to make plays, but I think we answered really well tonight," Jenner said.

U.S. coach Joel Johnson said the Americans need to be able to withstand momentum shifts, a lesson it needs to learn before the expected gold medal showdown.

"I thought we carried all the momentum, and all of a sudden we just kind of forgot our situation a bit," Johnson said about Canada's second-period surge.

Canada (4-0) and the United States (3-1) have been fierce rivals since before women's hockey made its Olympic debut at the 1998 Nagano Games, when the Americans beat the Canadians in the gold medal game. Canada won gold in the next four Olympics before losing a 3-2 shootout to the Americans in 2018.

Canada surges to 4-2 win over US in Olympic women's hockey

By **JOHN WAWROW**

AP Hockey Writer

BEIJING — It was going to take more than a one-goal deficit to rattle Brienne Jenner and the Canadians in their long-running cross-border rivalry against the Americans, which resumed Tuesday at the Beijing Olympics.

Rather than wilt, Canada responded by scoring three times over a span of 5 minutes, 25 seconds to secure a 4-2 win over the defending champion United States, claiming the women's hockey tournament's top seed entering the playoff round.

"Hockey's a game of momentum shifts, so to come out and have a strong shift regardless of if we score or not after they do, it's huge," Jenner said. "They're a good hockey team, they're going to make plays, but I think we answered really well tonight."

U.S. coach Joel Johnson said his team needs to be more resilient when the tide begins shifting.

"I thought it was the difference in the game," Johnson said of Canada's second-period surge. "I thought we carried all the momentum, and all of a sudden we just kind of forgot our situation a bit."

There's no reason for disappointment to set in for the Americans, or for the Canadians to spend too much time celebrating. Barring a major upset, the two global hockey powers are expected to meet again in the gold-medal final next week.

Canada (4-0) and the U.S. (3-1) are the tournament's top seeds and combined to outscore each of their first three opponents by a margin of 47-5. Their quarterfinal matchups won't be set until Finland plays Denmark to determine the Group B standings later in the day.

In a fierce rivalry dating to before the women's first Olympic tournament at the 1998 Nagano Games — won by the Americans — the U.S. and Canada put on an entertaining show Tuesday in Beijing in a fast-paced outing in which the teams traded leads.

Jenner, who scored twice, sparked the run by one-timing in Sarah Nurse's backhand pass into the slot to tie the game at 2 with eight minutes left and 26 seconds after Alex Carpenter scored for the U.S.

Jamie Lee Rattray scored for Canada 2:25 later by converting Natalie Spooner's pass into the slot. Marie-Philip Poulin — nicknamed Canada's Captain Clutch after scoring gold-medal clinching goals in 2010 and '14 — capped the run by scoring on a penalty shot while in the midst of killing a penalty.

"She comes up clutch for us day in and day out," goalie Ann-Renee Desbiens said. "When it matters, that's when she's at our best."

The Canadians overcame an exceptionally slow start in an outing where they were outshot 53-27.

Much of the credit goes to Desbiens, who stopped 51 shots, including breakaway chances by Grace Zumwinkle and Abbey Murphy to keep the game scoreless in the opening 10 minutes.

"Yeah, busy day, but that's a fun type of day," said Desbiens, who made her third start of the tournament. "I think it just shows how resilient we are, how we can't just change our focus and then don't let momentum swing for too long."

Dani Cameranesi also scored for the Americans and Maddie Rooney stopped 23 shots in her second start of the tournament. The most experienced of America's goaltending trio, she backstopped the U.S. in the gold medal-winning game four years ago.

The concerns are on offense for a U.S. team that converted just one of six power-play opportunities and continues having difficulty finishing. On Saturday, the Americans outshot the Russian team 62-12 in a 5-0 win.

"I just think you got to keep going. That happens sometimes," forward Amanda Kessel said. "Over the course of seven games, not every chance is going to go in, or you'll hit a little rut. So I think if we keep doing what we're doing the floodgates are going to open."

The struggles were apparent in the opening period, when the Americans had a 14-2 edge in shots before Canada opened the scoring on Jenner's power-play goal 14:10 in. Poulin began the play at the top of the left circle by feeding the puck down low to Sarah Fillier, who immediately centered it to Jenner for a tap-in.

The Americans are the defending Olympic champions following a 3-2 shootout win in 2018, ending Canada's four-tournament run of titles. The Canadians are the defending world champions following a 3-2 overtime win in August, which ended the U.S.'s five-tournament run of titles.

Canada played its third game minus second-line forward Melodie Daoust, who is listed as day to day after being hurt in a 12-1 win over Switzerland. The U.S. is expected to add Britta Curl to its lineup later this week to replace Brianna Decker, who broke her left ankle in a 5-2 win over Finland.

Referee Cianna Lieffers left the game 1:35 into the second period after being struck in the face by Kessel's stick. Lieffers returned later in the period; Kessel said she apologized following the play.

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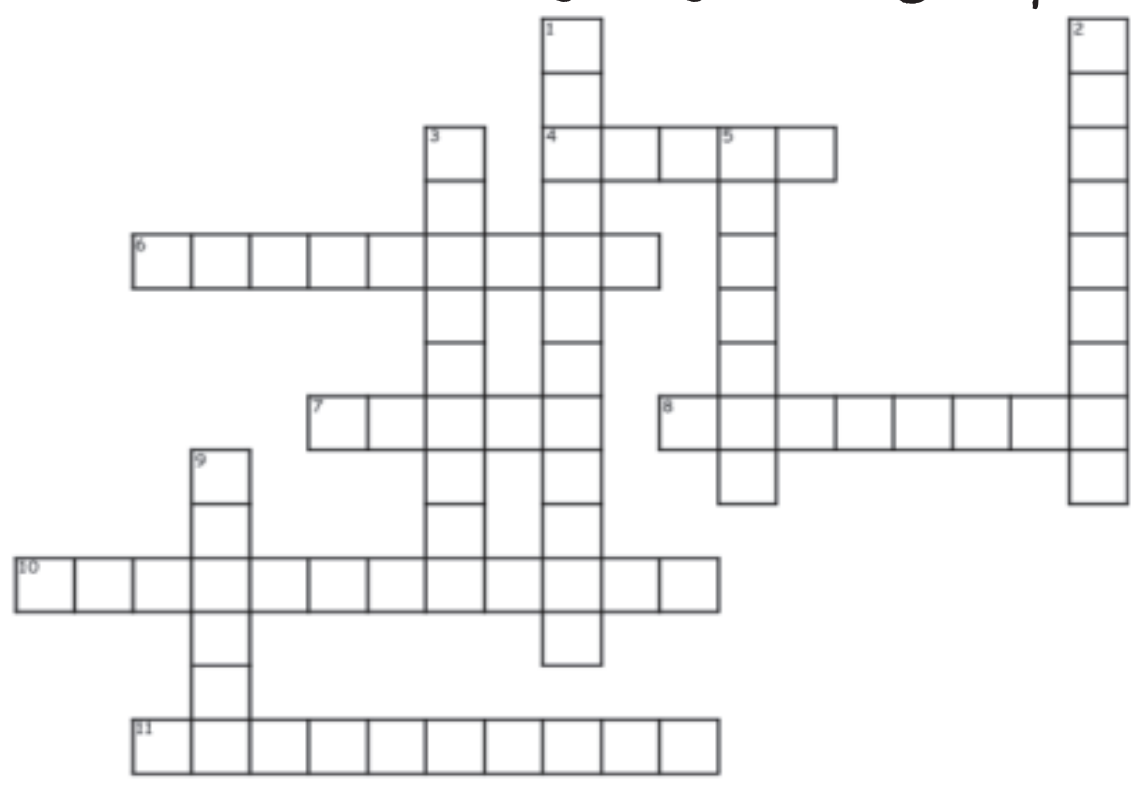
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- Across**
4. A mineral, such as iron or iodine, that is needed in the diet in amounts of less than 10 milligrams per day is called a(n) _____ element.
 6. The bodily process of breaking food down into simpler compounds the body can use.
 7. A nutrient required by the body to lubricate the joints and body cells and help regulate body temperature.
 8. A disease of the nervous system resulting in a thiamin deficiency.
 10. High blood pressure
 11. A vitamin that dissolves in fats and can be stored in the fatty tissues of the body.
- Down**
1. A condition resulting from a calcium deficiency, which is characterized by porous, brittle bones.
 2. A chemical chain that contains carbon, hydrogen, and oxygen atoms.
 3. The study of how the body uses the nutrient in food
 5. Starches and fiber are often called _____ carbohydrates.
 9. A condition resulting from deficiencies of various nutrients, which is characterized by a reduced number of red blood cells in the bloodstream.



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6:30 AM	Good Morning America	¡Despierta América!	Les Feld Robison	CBS7 Wake Up	Hoy día (SS)	Newsweek 9 Sunrise	Families News	Peg & Cat Super Tiger	Paternity Court	Highway Thru Hell	George George	Charmed	SportsCenter	Tennis Classics	2022 Winter Olympics: Luge.	Parking Parking	Gold Rush WW	
7:30 AM	The 700 Club	Como dice el dicho	Good Morning America	CBS Mornings	Wom	Today	Light of Southwest	Tiger Tiger	CBS7 Wake Up	Divorce Jerry	George George	Charmed	Get Up	SportsCenter	2022 Olympics	Parking Parking	Gold Rush WW	
8:30 AM	The View	Como dice el dicho	FamFeud	Wendy Williams	Kelly and Ryan	Today 3rd Hour	Light of Southwest	Sesame Elinor	CBS7 Wake Up	Maury	Broke Girl Broke Girl	Charmed	Supernatural	First Take	Get Up	Tennis Classics	2022 Winter Olympics: Biathlon.	King Catastrophe
9:30 AM	Jeopardy!	Noticiero Nosotr.	Tamron Hall	Young & Restless	Más sabe Deal	The Good Dish	The Gath Israel	Nature Xavier	The Doctors	Nick Cannon	Friends Friends	Supernatural	SportsCenter	First Take	Live on the Line	2022 Olympics	Storage	Catastrophe
10:30 AM	GMA3: What	Hoy (SS)	TMZ Live	News Bold	Pasión de gavilanes	Dr. Phil	News Hidden	Molly Hero	Dateline	Hot Hot	Friends Friends	Supernatural	SportsCenter	AVP Pro Beach	2022 Winter Olympics	Storage	Catastrophe	
11:30 AM	General Hospital	Amor eterno	The People's Court	The Talk	En casa con	2022 Winter Olympics: Biathlon, Luge, Cross Country Skiing.	House For the Light of Southwest	Cyber Pink	The First 48	Relative Relative	Friends Friends	Movie: Gone in Sixty Seconds (DVS)	This Just In	SportsCenter	AVP Pro Beach	Storage	Catastrophe	
12:30 PM	Rachael Ray	Judge Mathis	Let's Make a Deal	En casa con	2022 Winter Olympics	Light of Southwest	Donkey Curious	Chicago Fire	Divorce	Friends	Movie: Ant-Man and The Wasp (DVS)	Around Pardon	NFL Live	Jalen	Live on the Line	Storage	Catastrophe	
1:30 PM	Jdg Judy	El gordo y la flaca	FamFeud	Kelly Clarkson	(2:58) Al rojo vivo	News	Retro	Almas	25 Words	Steve Wilkos Show	Sheldon	College Basketball: Teams TBA.	College Basketball: Teams TBA.	Spotlight	2022 Olympics	Storage	Street Outlaws: Fast	
2:30 PM	You Bet Jeopardy!	Primer impacto	Two Men	News	Inside Ed.	News	Creation	Xavier	25 Words	Nick Cannon	Big Bang	Pregame	College Basketball: Boston Celtics at Brooklyn Nets.	College Basketball: Teams TBA.	Mavs Pre.	2022 Olympics	Storage	Street Outlaws: Fast
3:30 PM	Big 2 ABC	Noticiero	Big Bang	CBS 7	Noticias	News	MMTV	Molly	King	King	King	NBA Basketball: Bucks at Lakers	SportsCenter	College Basketball: UCLA at Stanford.	World Poker	2022 Olympics	Storage	Street Outlaws: Fast
4:30 PM	Jeopardy! National	Soltero con hijas	The Resident	Super Bowl	Hercai: amor y venganza (SS)	2022 Olympics	Light of Southwest	Arthur	Chicago Fire	Naomi	Wipeout	NBA Basketball: Bucks at Lakers	SportsCenter	College Basketball: Pistons at Mavericks.	Mavs	2022 Olympics	Storage	Street Outlaws: Fast
5:30 PM	Abbott black-ish	Vencer el pasado	Dirty Dancing	FBI	FBI: Most Wanted	News	Being	Pink	Friends	Burgers	Sheldon	SportsCenter	College Basketball: UCLA at Stanford.	World Poker	2022 Olympics	Storage	Street Outlaws: Fast	
6:30 PM	Queens (DVS)	Madre	FOX 24 News at 9	FBI: Most Wanted	Programa Ellen DeGeneres	News	Words of Elinor	Jesus IS	Donkey	CBS 7	black-ish	NBA on TNT	SportsCenter	College Basketball: Pistons at Mavericks.	Mavs	2022 Olympics	Storage	Street Outlaws: Fast
7:30 PM	Big 2	Noticiero	TMZ	CBS 7	Noticias	News	Words of Elinor	Jesus IS	Donkey	CBS 7	black-ish	NBA on TNT	SportsCenter	College Basketball: Pistons at Mavericks.	Mavs	2022 Olympics	Storage	Street Outlaws: Fast
8:30 PM	Jimmy Kimmel Live!	Contacto deportivo	Mod Fam	James Corden	Señora Acero (SS)	2022 Olympics	Light of Southwest	Wild Kratt	Minute	Relief	Jokers	SportsCenter	College Basketball: Pistons at Mavericks.	Mavs	2022 Olympics	Storage	Street Outlaws: Fast	
9:30 PM	Nightline	Las tantas no van	Mom	Drew Barrymore	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	LegalHelp	Misery	Bones	SportsCenter	UFC	Epic	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners
10:30 PM	Extra	Soltero con hijas	Broke Girl	Paid Prg.	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	Disease	Misery	Bones	SportsCenter	UFC 271 Countdown	Relief	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners
11:30 PM	DailyMail	Soltero con hijas	Broke Girl	Paid Prg.	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	Disease	Matters	Bones	SportsCenter	UFC 271 Countdown	Relief	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners
12:30 AM	Outages	Vecinos	Seinfeld	Overnight News	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	Disease	Matters	Bones	SportsCenter	UFC 271 Countdown	Relief	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners
1:30 AM	World News Now	Vecinos	Seinfeld	Overnight News	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	Disease	Matters	Bones	SportsCenter	UFC 271 Countdown	Relief	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners
2:30 AM	ABC Now	Vecinos	Seinfeld	Overnight News	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	Disease	Matters	Bones	SportsCenter	UFC 271 Countdown	Relief	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners
3:30 AM	World News Now	Vecinos	Seinfeld	Overnight News	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	Disease	Matters	Bones	SportsCenter	UFC 271 Countdown	Relief	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners
4:30 AM	Morning	Noticiero	Funny	News	Programa Ellen DeGeneres	News	Light of Southwest	Wild Kratt	Paid Prg.	Disease	Matters	Bones	SportsCenter	UFC 271 Countdown	Relief	2022 Winter Olympics: Men's Hockey	Bravo XL	Moonshiners

Contract Bridge

By Steve Becker
Self-interrogation

South dealer.
North-South vulnerable.

NORTH
♠ 5 2
♥ A 8 6 2
♦ A 10 7 3
♣ 6 4 2

WEST
♠ J 10 7 6 4
♥ K J 9 5 3
♦ 8 5 2
♣ —

EAST
♠ K 9 3
♥ 10 7
♦ K J 9 4
♣ Q J 10 7

SOUTH
♠ A Q 8
♥ Q 4
♦ Q 6
♣ A K 9 8 5 3

The bidding:
South West North East
1 ♣ Pass 1 ♦ Pass
3 ♣ Pass 3 ♥ Pass
3 NT

Opening lead — six of spades.

The player who habitually plunges ahead without thought is certain to run into trouble from time to time. As a case in point, consider this deal where West leads a spade against three notrump. Many declarers would take East's king with the ace and impulsively cash the ace of clubs. When West showed out, the contract would become unmanageable, and South would end up well short of his mark.

Adopting such an approach would supply strong evidence that declarer reacted mechanically to what looked like a routine situation instead of reacting the way he should whenever the contract appears to be a virtual laydown. In such situations, a diligent declarer always asks himself: "What can defeat me?"

The answer to this question is not hard to find. Only a 4-0 club division can place the contract in jeopardy, so declarer should focus his attention on how he might overcome this distribution if it exists. And, after having done so, South might then see the wisdom of leading the nine of clubs at trick two!

This thoughtful precautionary play pays maximum dividends in the actual case. East takes the nine with the ten and returns a spade, but he is already fighting a losing battle. Declarer wins the spade with the queen, leads a heart to dummy's ace and returns a club.

After East plays the jack from the Q-J-7, South wins with the king, leads a diamond to dummy's ace and plays another club. East's Q-7 succumb to South's A-8-5-3, and declarer finishes with nine tricks.

While it is true that the recommended line of play would cost declarer a 30-point overtrick if the missing clubs were divided 2-2, that is an insignificant consideration when it comes to safeguarding a vulnerable game.

Tomorrow: A delicate deduction.
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4 common heart conditions

Cardiovascular disease is the leading cause of death across the globe. According to the World Health Organization, an estimated 17.9 million people die each year from cardiovascular diseases, which are a group of disorders of the heart and blood vessels.

The sheer volume of deaths caused by heart disease each year suggest there's little people can do to avoid it. However, the Canadian organization Heart & Stroke notes that healthy behaviors like eating a heart-healthy diet and exercising regularly can help individuals delay the onset of heart disease by as much as 14 years.

Education is another valuable asset in the fight against heart dis-

ease. Individuals who are aware of common heart illnesses can discuss them with their physicians and take measures to reduce their risk.

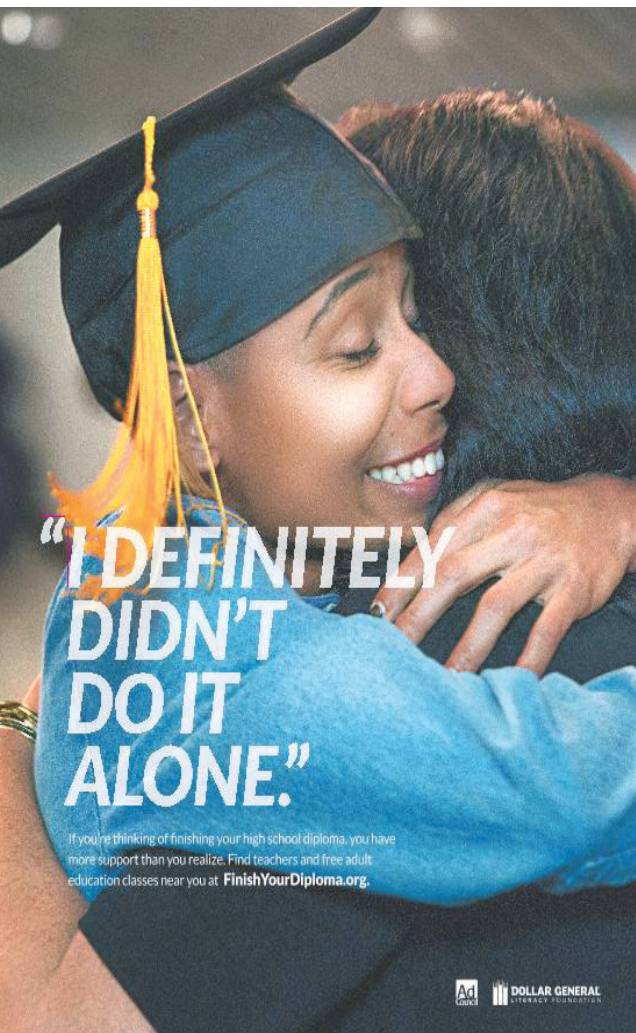
1. Angina: Heart & Stroke notes that angina is another word for chest pain. The discomfort associated with angina, which can feel like squeezing, suffocating or burning, is caused by a temporary disruption in the flow of blood and oxygen to the heart. Though angina symptoms typically do not last long, they are considered warning signs for heart attack and should be discussed with a physician immediately after they appear.

2. Atherosclerosis: Atherosclerosis is characterized by the buildup of plaque on the interior wall of an artery. That buildup makes the walls of the artery thick and hard, thus restricting the flow of blood, and can potentially contribute to a blockage. The experts at Johns Hopkins Medicine note that risk factors for atherosclerosis include high cholesterol, high blood pressure, obesity, and a poor diet that includes lots of saturated fats. Atherosclerosis can cause angina, though many individuals with the condition experience no symptoms until it has reached an advanced stage. Blockages in the leg may cause cramping when exercising or walking, while those in the arteries of the heart can cause heart attack. Blockages that develop in the brain can cause stroke.

3. Cardiomyopathy: The Centers for Disease Control and Prevention notes that cardiomyopathy often goes undiagnosed, making it hard to determine just how common the condition is. But the CDC estimates that as many as one in 500 adults have cardiomyopathy. Cardiomyopathy is a disease of the heart muscle that makes it harder for the heart to pump oxygen-rich blood to the body at optimal capacity. Heart & Stroke notes that cardiomyopathy can lead to heart failure. Early stages of cardiomyopathy may not produce any symptoms, but as the disease gets worse individuals may experience fainting, irregular or rapid heartbeats, light-headedness, and swelling of the hands and feet, among other things.

4. Coronary artery disease: Heart & Stroke notes that coronary artery disease (CAD) is the most common form of heart disease. CAD occurs when one or more of the coronary arteries narrows or becomes blocked. CAD causes damage or disease to major blood vessels that supply blood, oxygen and nutrients to the heart. Certain risk factors for CAD, such as age, are beyond individuals' control. However, many risk factors are within a person's control. Individuals can speak to their physicians about how to maintain a healthy blood pressure and a healthy weight, limit stress, and reduce their cholesterol, all of which can lower risk for CAD.

Heart disease claims the lives of millions of people each year. Recognizing common heart conditions and how to prevent them can help individuals lower their risk for this deadly, yet often preventable disease.



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FEATURES

Today in History

Today is Tuesday, Feb. 8, the 39th day of 2022. There are 326 days left in the year.

Today's Highlight in History:

On Feb. 8, 1587, Mary, Queen of Scots was beheaded at Fotheringhay Castle in England after she was implicated in a plot to murder her cousin, Queen Elizabeth I.

On this date:

In 1693, a charter was granted for the College of William and Mary in Williamsburg in the Virginia Colony.

In 1910, the Boy Scouts of America was incorporated.

In 1922, President Warren G. Harding had a radio installed in the White House.

In 1924, the first execution by gas in the United States took

place at the Nevada State Prison in Carson City as Gee Jon, a Chinese immigrant convicted of murder, was put to death.

In 1952, Queen Elizabeth II proclaimed her accession to the British throne following the death of her father, King George VI.

In 1960, work began on the Hollywood Walk of Fame, located on Hollywood Boulevard and Vine Street in Los Angeles.

In 1965, Eastern Air Lines Flight 663, a DC-7, crashed shortly after takeoff from New York's John F. Kennedy International Airport; all 84 people on board were killed. The Supremes' record "Stop! In the Name of Love!" was released by Motown.

In 1968, three Black students were killed in a confrontation

between demonstrators and highway patrolmen at South Carolina State University in Orangeburg in the wake of protests over a whites-only bowling alley.

In 1971, NASDAQ, the world's first electronic stock exchange, held its first trading day.

In 1973, Senate leaders named seven members of a select committee to investigate the Watergate scandal, including its chairman, Democrat Sam J. Ervin of North Carolina.

In 2007, model, actor and tabloid sensation Anna Nicole Smith died in Hollywood, Florida, at age 39 of an accidental drug overdose.

In 2020, the U.S. Embassy in Beijing said a 60-year-old U.S. citizen who'd been diagnosed with the coronavirus had died on Feb. 5 in Wuhan; it was apparently the first American fatality from the virus.

Ten years ago: Washington state lawmakers voted to approve same-sex marriage.

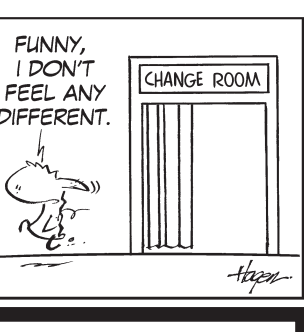
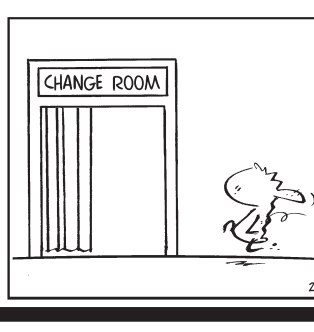
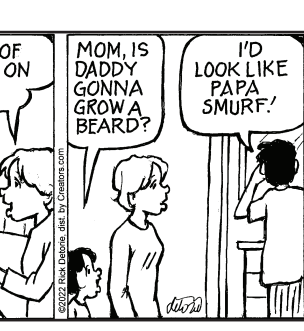
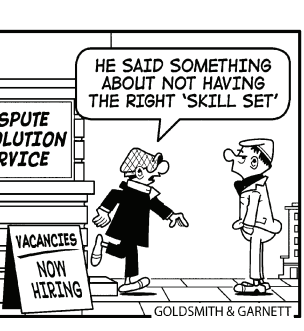
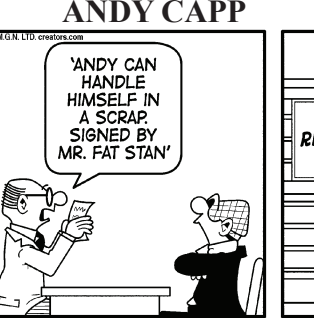
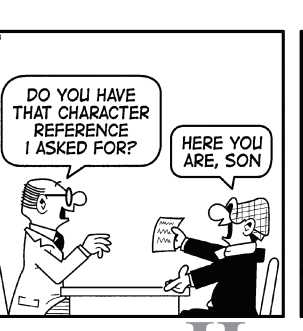
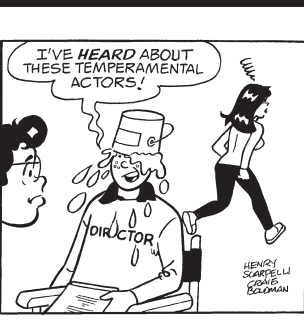
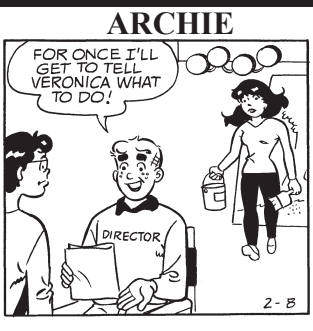
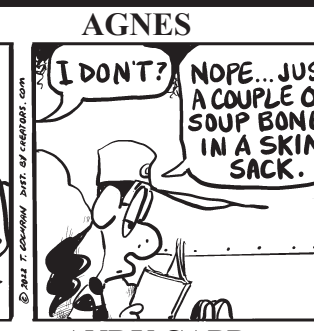
Five years ago: The Senate confirmed Sen. Jeff Sessions to be attorney general, 52-47, despite fierce Democratic opposition to the Alabama Republican over his record on civil rights and immigration. Britain's House of Commons gave its final approval to a bill authorizing the government to start exit talks with the European Union, despite fears by opposition lawmakers that the U.K. was setting out on a rocky path to Brexit with a sketchy roadmap.

One year ago: In legal briefs filed on the eve of Donald Trump's historic second impeachment trial, lawyers for the former president insisted that he was not guilty of inciting a violent mob at the Capitol to try to overturn the election; prosecutors said Trump must be convicted for this "most griev-

ous constitutional crime" even after leaving the White House. Anthony Sowell, 61, died in prison while awaiting execution for killing 11 women and hiding their remains in and around his Cleveland home. Mary Wilson, one of the original members of the 1960s Motown group the Supremes, died at her Nevada home at 76. Longtime NFL coach Marty Schottenheimer died in North Carolina at 77. Electric automaker Tesla said it had invested around \$1.5 billion in Bitcoin and planned to soon begin accepting the digital currency as payment.

Today's Birthdays: Composer-conductor John Williams is 90. Broadcast journalist Ted Koppel is 82. Actor Nick Nolte is 81. Comedian Robert Klein is 80. Actor-rock musician Creed Bratton is 79. Singer Ron Tyson is 74. Actor Brooke Adams is 73. Actor Mary Steenburgen is 69. Author John Grisham is 67. Retired NBA All-Star and College Basketball Hall of

Famer Marques Johnson is 66. Actor Henry Czerny is 63. Rock singer Vince Neil (Motley Crue) is 61. Former Environmental Protection Agency administrator Lisa P. Jackson is 60. Movie producer Toby Emmerich is 59. Actor Missy Yager is 54. Actor Mary McCormack is 53. Basketball Hall of Famer Alonzo Mourning is 52. Actor Susan Misner is 51. Dance musician Guy-Manuel de Homem-Christo (Daft Punk) is 48. Actor Seth Green is 48. Actor Joshua Morrow is 48. Rock musician Phoenix (Linkin Park) is 45. Actor William Jackson Harper is 42. Actor Jim Parrack is 41. Folk singer-musician Joey Ryan (Milk Carton Kids) is 40. Actor-comedian Cecily Strong is 38. Rock musician Jeremy Davis is 37. Hip-hop artist Anderson. Paak is 36. Actor Ryan Pinkston is 34. NBA star Klay Thompson is 32. Professional surfer Bethany Hamilton is 32. Actor Karle Warren is 30.



Horoscopes By Holiday

TUESDAY FEBRUARY 8, 2022

Mars and Uranus Sing Earthy Harmonies

Relationships can fracture over years and heal in a moment and vice versa. You only have control over your side ... if you even have that. So much happens on unconscious levels. The important thing is to not give up. Keep the sweet intentions flowing. As Mars and Uranus harmonize, every act of goodwill counts toward peace.

ARIES (March 21-April 19). Maybe you could have chosen another path, but the one you picked brought you here, which is exactly where you need to be. This idea helps you relax, and relaxation inspires your best work.

TAURUS (April 20-May 20). People are cheering you on: friends, family, strangers ... most anyone you share your journey with, really. People get the feeling that when you win, they'll win.

GEMINI (May 21-June 21). You have objectivity, wisdom, emotional intelligence and a talent for gentle communication. This skill set will be put to work today, to the benefit of many.

CANCER (June 22-July 22). Because you're always changing, growing and immersing yourself in the world, one of the easiest things to forget is who you are. Write 10 things you like about yourself and put it in your wallet; this is more valuable than money.

LEO (July 23-Aug. 22). Even though there's no particular reason to expect something good to happen, you believe your ship is about to come in, and your intuition is right, as usual.

VIRGO (Aug. 23-Sept. 22). Some people forgive and forget, but you may find it's better to process what happened so you can frame the events that ultimately contribute to your success story.

LIBRA (Sept. 23-Oct. 23). Most people are too focused on themselves to give you the praise and encouragement you so deserve now. Imagine what they would say if they were more perceptive and tuned in to you, then say it to yourself.

SCORPIO (Oct. 24-Nov. 21). Like tastefully arranged furniture in a handsome room, your daily activities are both worthy unto themselves and contributing to the overall harmony of the day.

SAGITTARIUS (Nov. 22-Dec. 21). When you're helping others, usually it means you are making excellent use of your time. Check your mood, though. If it's less than sunny, the best use of your time is to give more to yourself.

CAPRICORN (Dec.

22-Jan. 19). Your friendships need some love and attention. It's the extra bits of kindness that will make a difference. Your connections will take you to interesting places. First, grease the wheels.

AQUARIUS (Jan. 20-Feb. 18). The world will slow down, giving you room to think. Actually, this pace change occurred precisely (SET ITAL) because (END ITAL) you needed to think. You're more in control of the world's tempo than you know.

PISCES (Feb. 19-March 20). When you love a process, the results of that process don't matter as much as enjoying the action of it. What would you commit to even if you knew it wouldn't bring you success in the end?

TODAY'S BIRTHDAY (Feb. 8). Structures of beauty are manifest in your world, though not by coincidence. There's study and experimentation that goes into this. Projects that make your day-to-day life more lovely will also bring you unexpected new income. But the best part will be the friends you meet along the way. Sagittarius and Aries adore you. Your lucky numbers are: 5, 10, 3, 11 and 4.

COSMIC QUESTION: "Please tell me why my sister's cheating habits are such a big thing with me? My birthday is (10/22/1963) and hers is (3/2/1968.)" Your sister's behavior offends everything you value as a Libra: harmony, partnership, the golden rule and justice. And here's what really drives you mad: She seems to find love so easily and then squanders it away. You work at relationships, while she's careless and takes more than her share. On a deeper level, it gets even more interesting ... I believe that her behavior haunts you because you are afraid the same tendencies lie in you! With the moon in pleasure-seeking Sagittarius and Venus and Mars in secretive Scorpio, you're afraid that if given the same opportunities for thrilling, elicit adventure, you would go for it. This time next month -- March 5 to be exact -- something you've worked hard to create finally comes to fruition. You simply won't have time to worry about your sister's habits. Bless your little Pisces sibling and send her on her way.

CELEBRITY PROFILES: Aquarius is ruled by Uranus, the planet of revolution, secret power and rebellion. That last bit is what makes the iconic Aquarian actor James Dean such a fitting poster child for the sign. Though his life and career were cut short, this "Rebel without a Cause" was the embodiment of his generation, rejecting the mores of earlier generations and striking out to find a

purpose of his own.

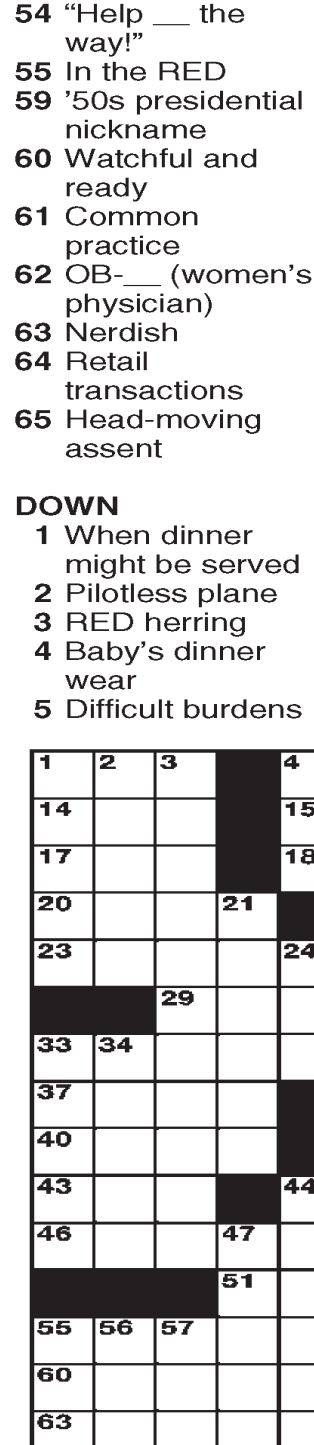
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Newsday Crossword

- ACROSS**
- 1 Calculate a sum
 - 4 Flashes of lightning
 - 9 EXPRESS:
 - 10 __ OR LESS
 - 14 Prefix for cycle or pod
 - 15 Become accustomed (to)
 - 16 Schoolyard retort
 - 17 "Help!" at sea
 - 18 Source of regulatory RED tape
 - 20 Worldwide: Abbr.
 - 22 California's "High" mountains
 - 23 Photocopied
 - 25 Window-shop
 - 29 High cards in poker
 - 30 Dressed (in)
 - 32 Get __ for effort
 - 33 Lowest face cards
 - 35 Vanish into __ air
 - 36 Swimsuit tops
 - 37 Play's first part
 - 38 Woman on a wedding cake
 - 39 Regarding, on a memo
 - 40 Place for a goatee
 - 41 Yours and mine
 - 42 Special ability
 - 43 Winning tic-tac-toe line
 - 44 Profound
 - 45 Related (to)
 - 46 Miniature tree
 - 48 Don't let go of
 - 51 Twenty Questions category
- DOWN**
- 1 When dinner might be served
 - 2 Pilotless plane
 - 3 RED herring
 - 4 Baby's dinner wear
 - 5 Difficult burdens
 - 6 Overly vivid
 - 7 Oak or elm
 - 8 Char on a grill
 - 9 Proof of membership
 - 10 Upper body
 - 11 When a train is due in: Abbr.
 - 12 Slip-on shoe, for short
 - 13 __ sauce (Asian condiment)
 - 19 Polished in manner
 - 21 Guarantee, as a loan rate
 - 24 Crosses (out)
 - 26 RED flag
 - 27 Hair tangle
 - 28 Flip-chart stand
 - 30 Sound of a cricket
 - 31 Jar tops
 - 33 Biblical son of Isaac
 - 34 Sound of a sneeze
 - 35 Factual
 - 36 Two-piece bathing suit
 - 38 Maker of 747s
 - 42 Compete in a slalom
 - 44 Small and delicate
 - 45 Make an accusation
 - 47 Smug smile
 - 48 Artificial waterway
 - 49 Capital of Japan
 - 50 For days __ (nonstop)
 - 52 Ostrich-like birds
 - 53 Civil rights icon
 - 55 Fall behind
 - 56 Hispanic cheer
 - 57 Get a look at
 - 58 "Of course!"

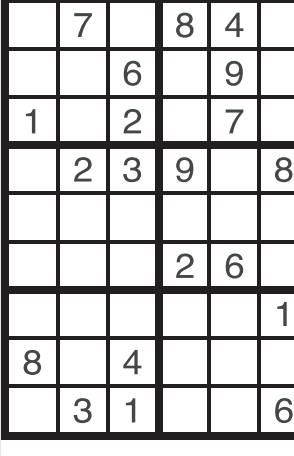
SEEING RED by Billie Truitt

Edited by Stanley Newman
www.stanxwords.com



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SUDOKU



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!

Today's Answers

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

Level: Beginner

CROSSWORD Today's Answers



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from our neighborhood
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