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Water use restrictions get tougher

By THOMAS JENKINS
 Staff Writer
 City officials said Tuesday night new, stricter restrictions on water use will go into effect Sunday, as the municipality attempts to comply with cuts in water deliveries from the Colorado River Municipal Water District.
 City Manager Gary Fuqua notified the Big Spring City Council during its Tuesday night meeting the city would be going to a two-hour-a-week schedule for outdoor watering, similar to those adopted by other neighboring cities also struggling with drought conditions.
 The city of Big Spring currently allows for four hours each week, including Saturdays from 6 p.m. until 10 p.m. for residential customers and Tuesdays from 6 a.m. until



HERALD photo/Amanda Moreno
John Grant, Colorado River Municipal Water District general manager, delivered a report on projects that have taken place in the past year. Grant was the final speaker during the first State of the Community event Tuesday afternoon, which was held at the Howard College campus in the east room.

War on drought

CRMWD's Grant explains district's efforts to enhance water availability for customers

By AMANDA MORENO
 Staff Writer
 It's no secret water — or the lack of it — is a major topic of discussion in West Texas, and, as expected, that's what dominated the first installment of the State of the Community series Tuesday.
 "Communication is a key

Comments from city, county and EDC officials will be highlighted in an article on Sunday's business pages.
 issue in our community and I think we need to hear from these guys and know what is going on day to day with the entities in our county," Jan
 Foresyth, Big Spring Area Chamber of Commerce president, said.
 Representatives were on
 See **CRMWD**, Page 3A

VA plans welcome home event Friday

On March 30, 1973, all U.S. troops withdrew from Vietnam under the terms of the Treaty of Paris. On March 8, 2011, the United States Senate declared March 30 as "Welcome Home Vietnam Veterans Day."
 The West Texas VA Health Care System will host the second annual Welcome Home Vietnam Veterans program.
 The event will be held at 6 p.m. Friday at the Lone Star Aviation Hangar, 3500 Airpark Dr.
 For more information or to RSVP, contact the Office of Community Relations at the West Texas VA Health Care System, 432-264-4824.

Wanna pet a piano?

Instrument zoo set before concert

By AMANDA MORENO
 Staff Writer
 Petting zoos aren't only for animals — they're for musical instruments, too.
 Big Spring Symphony Guild will be hosting an Instrument Petting Zoo this Saturday, the same night the Big Spring Symphony and Orchestra returns home to the Municipal Auditorium. From 7 p.m. until 7:40 p.m., area residents will have an opportunity to see the musical instruments up close and ask questions.
 See **SYMPHONY**, Page 3A

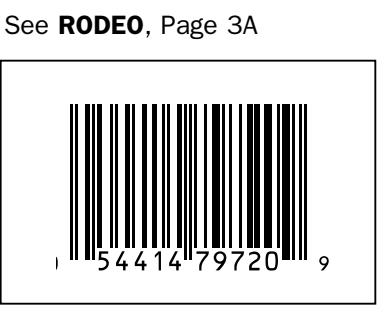
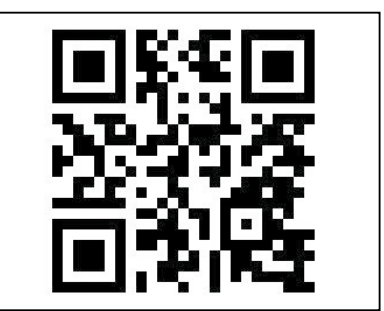


HERALD file photo
The annual Coahoma Elementary Kindergarten Rodeo will be held Thursday, beginning at 9 a.m. The public is invited.

Ready to rope 'n ride at Coahoma

By STEVE REAGAN
 Staff Writer
 COAHOMA — A tradition of the cutest kind returns Thursday, when Coahoma Elementary School hosts its 34th annual Kindergarten Rodeo at 9 a.m. in the elementary gymnasium.
 More than 60 kindergartners, dressed in their cowboy and cowgirl finest, will show off their stick horse skills during the event, which is free and open to the public.
 Traditional rodeo events, such as bull riding and barrel racing, will be held — with a kindergarten twist, of

course — but this rodeo is about much more than just ropin' and ridin'.
 As he has every year since the rodeo's inception in 1978, Coahoma rodeo legend Quail Dobbs will host the event, along with several of his friends from his days on the pro rodeo circuit.
 Dobbs and fellow professional rodeo clown Jim Bob Fellar will be on hand, as will Miss Rodeo Texas Lauren Graham, former Professional Rodeo Cowboy Association announcer Ben Clements, Coahoma native and former bull rider Wacey Cathey and
 See **RODEO**, Page 3A



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EDITORIAL

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

-FIRST AMENDMENT

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

Bill McClellan Managing Editor	Ron Midkiff Publisher	Steve Reagan Staff Writer
Amanda Moreno Staff Writer	Thomas Jenkins Staff Writer	

OUR VIEWS

Empowerment: Healthy Woman

Tough topics often provide the most empowerment.

This month, Healthy Woman will be tackling a topic most may not realize (or even want to acknowledge) is a problem — sexual assault awareness.

The presentation, entitled "You are not alone," will include a tour of the SANE (sexual assault nurse examiner) room and an explanation and importance of the exam. Christine Everett, RN and SANE nurse will be guiding the tour and providing information to questions those attending might have.

After the tour, a personal testimony will be shared by guest speaker Sandy Allen.

Allen is raising her three grandchildren after losing her step-daughter to a brutal murder by her estranged husband.

Representatives from Victim Services will also be on hand to deliver statistics, as well. There are sexual assaults occurring every five minutes and each year there are 200,000 reported. There is another 60 percent that are said to go unreported.

The Healthy Woman program presentation is a topic less comfortable than other issues that have been addressed by Healthy Woman, however, it is a topic that needs to not be ignored.

Even in our community there are occurrences of sexual assault and violence. As Kim Howell, marketing director for SMMC said, we can choose to be part of the solution or bury our heads in the sand and pretend the problem is non-existent.

As always the Healthy Woman events are free to the public. This is a topic that will be presented twice. The first session took place this afternoon and the second session will be at 5:30 p.m. Thursday on the Fourth Floor at Scenic Mountain Medical Center.

It is time the facts are heard and steps are taken to make a difference.

HOW TO CONTACT US

The Herald is always interested in our readers' opinions.

In order that we might better serve your needs, we offer several ways in which you may contact us:

- In person at 710 Scurry St.
- By telephone at 263-7331
- By fax at 264-7205
- By e-mail Managing Editor Bill McClellan at newsdesk@bigspringherald.com.
- By mail at P.O. Box 1431, Big Spring, 79721

LETTER POLICIES

The Herald welcomes letters to the editor.

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

A SMALL PRAYER

by K. Rae Anderson

May we form a new friendship with You,
Lord. And bring everything to You through
our prayers.

Amen

Technology and the world today

The technology at our fingertips today is nothing short of amazing. Maybe mind-boggling would be a more appropriate description because it certainly does boggle mine. The gadgets and devices that have been developed in even the last few months are astounding and border on the unbelievable.

The first general purpose computer was called ENIAC, announced to the world as a "giant brain," and its design and construction was financed by the US Army and introduced to the public in February, 1946. There had been other miscellaneous mechanical and electrical computing devices as early as 1941, but the ENIAC was the first with multiple programmable abilities and it was the state-of-the-art computer for its day. It weighed approximately 27 tons and took up 1,800 square feet. The rumor was when it was switched on it used so much electricity the lights dimmed in Philadelphia.

Today there is a computer shaped like a box that is mere inches square and has a 300Mhz processor, a 1GB CompactFlash card for storage and 64Mb of DDR SDRAM. It also has a USB port, an Ethernet port, VGA output and jacks for headphones or speakers, and nobody's lights are affected when it is on. The MTube computer measures 3.34 x 3.34 x 0.78 inches and weighs in at 5.3 ounces and easily fits in the palm of your hand.

I am fascinated by accomplishments of that nature and others in different fields as well. Growing up we had a couple of channels we picked up with rabbit ears or maybe even three chan-

nels with a mysterious looking apparatus on our roof called an antenna. Today we have hundreds of channels available in high definition and they can be watched on a color television that is half the size of a postage stamp which was developed to be watched from inside the frame of eye glasses. Or, if you prefer, you can watch your favorite program bigger than life on screens that take up half a wall.

There are some frightening and disturbing challenges and problems that are inherent to our generation's possession of such unrestrained technology. Privacy is basically non-existent and people have become increasingly dependent upon technology so when problems occur, as they inevitably do, productive paralysis is unavoidable. We all know how wonderful computers are until they crash or lose connection to the internet. Then we have major issues.

The thing that really troubles me is the absolute lack of control you and I have over the development and use of these marvelous advancements. Satellites are circling our globe at this very moment with cameras on board that are capable of doing things that seem more like a science fiction movie than reality.

A spy satellite can monitor a person's every movement, even when the "target" is indoors or deep in the interior of a building or traveling rapidly down the highway in a car, in any kind of weather. There is no place to hide on the face of the Earth. It takes just three satellites to blanket the world with detection capacity. Besides tracking a person's every action and relaying the data to a computer screen on earth, amazing powers of satellites include monitoring conversations, manipulating electronic instruments and physically assaulting someone with a laser



EDDY PRINCE

beam.

As necessary as they seem to be to all of us, our cell phones and GPS systems make us visible and traceable wherever we are on the planet. Cameras the size of a pencil eraser can watch and transmit our activities from hidden nooks in our offices, homes and cars. The "big brother" syndrome is alive and well and anyone who doubts it can simply Google your address and look at the satellite pictures of your back yard. You can bet there is advanced technology operating that is not common knowledge to us common folks.

Now, I don't think anyone who is living an honest life need be too concerned about all this. It's not a bad thing that criminal and terrorist activity can be detected in such detail and I am not paranoid that someone in Russia or Washington is worried about me running my daily errands, although I would be an easy target since I keep the top down as often as possible.

It is disturbing to me, however, that we can be so observed without having any choice in the matter. There's nothing we can do to prevent it so I'm not going to lose any sleep over it. But I am going to guard my privacy to whatever extent I can and make sure that if my life ends up on television as a reality show, my momma would still be proud of me. Maybe we should all do a little house cleaning since we never really know who's peeking through our technological windows.

You may not agree with anything I've said, but I column as I see 'em.

Eddy Prince is the senior pastor at Grace Fellowship Church in Big Spring. He can be reached by email at pastorprince@msn.com.



Romneycare vs Obamacare

President Barack Obama keeps trying to give former Massachusetts Gov. Mitt Romney credit for the Affordable Care Act, which tells you how unpopular Obamacare is.

Romney, Obama told the public radio show "Marketplace," "is now pretending like he came up with something different" from Obamacare, which celebrated its second anniversary last week.

Like Obama, Romney's GOP primary rivals Rick Santorum and Newt Gingrich also are talking as if Romneycare spawned Obamacare, as both plans rely on an individual mandate.

But the philosophies behind the federal plan and the Massachusetts plan are radically different. Romney set out to offer a plan that would address the state's 460,000 uninsured residents, without putting undue burdens on state employers. Obamacare, conversely, is mandate heaven. Its expanding array of benefits effectively has created a new tax on employers. Already, for example, health plans must offer coverage for employees' adult children up to age 26. Obamacare provisions to

end copayments for "preventive care," including birth control, may seem like savings for workers, but someone has to pay for all that free stuff.

"Free preventive services is a misnomer," the Boston-based Pioneer Institute's director of health care policy, Josh Archambault, told me. "It will often be passed on through higher premiums."

This goes to the fundamental problem with Obamacare. As a candidate, Obama promised to sign a universal health care package that would "cut the cost of a typical family's premium by up to \$2,500 a year." But in larding the health care menu, Obamacare gives consumers little to no reason to contain costs.

The Kaiser Family Foundation found that employer-sponsored health care costs rose 9 percent last year, and part of the credit went to the Affordable Care Act's mandates, which will not take full effect until 2014.

Romneycare also included minimum coverage requirements to protect consumers.

But the Romney model promoted flexibility, individual choice and responsibility. Instead of giving away benefits, Romney concentrated on providing medical care in a cost-sharing framework to encourage families to make smart choices, healthwise and moneywise.

As for the individual mandate,

Romney called it "the ultimate conservative idea," Boston Globe scribes Michael Kranish and Scott Helman reported in their book, "The Real Romney." Romney believed that the mandate told people, "Don't look to government to take care of them if they can afford to take care of themselves."

In drafting the Affordable Care Act as it is, Obama has told people they cannot afford to take care of themselves. Period.

Archambault uses an apt analogy to compare Romneycare with Obamacare. "Massachusetts is a car. It's smaller. It's easy to fix. Problems can still arise, but it's much easier to steer."

Obamacare, he continued, "is like a train. It still has wheels and an engine like the car, but it's much bigger. It runs through all areas of health care, and it's inflexible. Once the track is laid, it's very difficult to change the direction."

Email Debra J. Saunders at dsaunders@schronicle.com. To find out more about Debra J. Saunders and read features by other Creators Syndicate writers and cartoonists, visit the Creators Syndicate Web page at www.creators.com.

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News in brief

If the insurance mandate falls: Supreme Court asks whether rest of Obama health law can go on

WASHINGTON (AP) — The heart of the Obama administration's health care overhaul hanging in the balance, the Supreme Court is turning to whether the rest of the law can survive if the crucial individual insurance requirement is struck down.

The justices also will spend part of Wednesday, the last of three days of arguments over the health law, considering a challenge by 26 states to the expansion of the Medicaid program for low-income Americans, an important feature toward the overall goal of extending health insurance to an additional 30 million people.

The first two days of fast-paced and extended arguments have shown that the conservative justices have serious questions about Congress' authority to require virtually every American to carry insurance or pay a penalty.

The outcome of the case will affect nearly all Americans and the ruling, expected in June, also could play a role in the presidential election campaign. Obama and congressional Democrats pushed for the law's passage two years ago, while Republicans, including all the GOP presidential candidates, are strongly opposed.

But the topic the justices take up Wednesday only comes into play if they first find that the insurance mandate violates the Constitution. If they do, then they will have to decide if the rest of the law stands or falls.

Romney's record undercuts high court's health care role in presidential race

WASHINGTON (AP) — The Supreme Court's much-anticipated ruling on health care, expected in late June, may have one surprising outcome: a modest impact on President Barack Obama's re-election bid, even though he is intimately associated with the challenged law.

That wouldn't be the case if anyone other than Mitt Romney was Obama's likeliest Republican challenger this fall. Romney, however, is singularly ill-positioned to capitalize on the issue because he championed a similar health care law as Massachusetts governor in 2006.

It's a political dilemma that some Republicans — chiefly Rick Santorum — have been raising for months. It gained sudden urgency this week, as Romney continues his slow but steady march toward the nomination and the Supreme Court's conservative majority expressed pointed skepticism about the federal health care law's constitutionality on Tuesday.

At least one of the five most conservative justices on the nine-person court must vote to uphold the 2010 Democratic-crafted health law for it to remain in place and continue its phased-in changes to current policies. Some independent analysts were struck Tuesday by the seeming hostility of questions from conservative justices, and several now predict the court will overturn the law this summer.

Such a legal bombshell in the middle of an election year would have hard-to-predict impacts on the liberal and conservative bases of the parties and on House and Senate races. Leaders of both parties, however, say the effect on the presidential race will

be muted, at least in part, if Romney secures the GOP nomination, which he is on track to do.

Pope wraps up Cuba visit with Mass in Revolution Plaza; meeting with Fidel Castro

HAVANA, Cuba (AP) — Pope Benedict XVI wraps up his visit to Cuba on Wednesday with an open-air Mass in the shrine of the Cuban revolution, hoping to revive the Catholic faith in this communist-run country. His other appointment promises a far more tantalizing climax: a meeting with Fidel Castro.

The former Cuban leader announced late Tuesday that he would happily meet with Benedict, saying he was asking for just a "few minutes of his very busy time" in Havana.

The Vatican had already said Benedict was available, so the confirmation from Castro was all that was needed to seal the appointment and end weeks of speculation as to whether Castro would repeat the meeting he held with Pope John Paul II during his historic 1998 visit.

"I will happily greet His Excellency Pope Benedict XVI as I did John Paul II, a man for whom contact with children and the humble raised feelings of affection," Castro wrote. "That's why I decided to ask for a few minutes of his very busy time when I heard from the mouth of our foreign minister, Bruno Rodriguez, that he would be agreeable."

Supporters of Florida neighborhood watch shooter wary of speaking out, fearing public backlash

Trayvon Martin's supporters pack churches, swarm rallies and wear hooded sweat shirts in solidarity while friends and family of George Zimmerman, the neighborhood watch volunteer who shot the unarmed teen to death, remain largely out of sight. The few that have defended Zimmerman did so reluctantly, most fearing public backlash.

Zimmerman, 28, has gone into hiding. His version of what happened on the rainy night of Feb. 26 has only trickled out from police and his attorney. Zimmerman said he was pursuing the 17-year-old Martin because he was acting suspicious. He said he lost sight of the teenager and Martin attacked him as he headed back to his sport utility vehicle.

Zimmerman told police he fired in self-defense and was not charged, touching off widespread public outrage and protests across the country.

Martin's supporters believe race played a role in the shooting. Martin was black; Zimmerman's father is white and his mother is Hispanic.

"The family has had death threats, the father and mother, George has had death threats. Anything related to George is a target," said Miguel Meza, who identified himself as Zimmerman's cousin.

In last-ditch overhaul, Gingrich lays off staff and refocuses effort to woo delegates

LOS ANGELES (AP) — Republican presidential candidate Newt Gingrich is drastically reorganizing his money- and delegate-deprived campaign, scaling back a traditional operation to focus on low-cost social media and an effort to cajole delegates to back him over front-runner Mitt Romney.

One-third of Gingrich's campaign staff has been laid off and his campaign manager has been asked to resign, Gingrich spokesman R.C. Hammond said Tuesday night.

The new strategy hinges on preventing Romney from winning the 1,144 delegates he needs for the nomination, Hammond said. Gingrich plans to spend much less time in primary states and will instead personally call delegates to try to persuade them to back him at the Republican National Convention in August.

"We are not going to cede to Mitt Romney's strategy to take the party down," Hammond said. Ultimately, Gingrich would bring the fight to the convention floor, Hammond said.

Gingrich still promises to support Romney if Romney collects the necessary delegates before the party convenes in Tampa, Fla., Hammond said. In the meantime, Gingrich planned to shift the campaign's focus to digital outreach — in particular YouTube, Twitter and other social media.

Officials try to determine if Colorado wildfire was ignited by controlled burn

CONIFER, Colo. (AP) — Firefighters were hoping to start containing at least part of a mountain wildfire Wednesday that forced hundreds of residents to flee, damaged 28 homes and may have caused the deaths of two people.

Strong gusts and erratic fire behavior forced crews to focus largely on protecting homes overnight instead of attacking the fire that broke out Monday, but more resources have been arriving.

The blaze is among the top in the nation for the priority to get firefighting resources, fire officials said late Tuesday.

Some 450 firefighters from Colorado, Idaho, Nevada and Utah were sent to assist 250 firefighters on the ground. Weather permitting, four aircraft were scheduled to drop retardant Wednesday on the 7-square-mile blaze that resulted in mandatory evacuations of 900 homes south of the commuter town of Conifer, about 25 miles southwest of downtown Denver.

Residents of 6,500 more homes were warned Tuesday to be ready to leave because of the fire's behavior.

Prominent Pakistani acid attack victim commits suicide after enduring dozens of surgeries

ISLAMABAD (AP) — Pakistani acid attack victim Fakhra Younus had endured more than three dozen surgeries over more than a decade to repair her severely damaged face and body when she finally decided life was no longer worth living.

The 33-year-old former dancing girl — who was allegedly attacked by her then-husband, an ex-parliamentarian and son of a political powerhouse — jumped from the sixth floor of a building in Rome, where she had been living and receiving treatment.

Her March 17 suicide and the return of her body to Pakistan on Sunday reignited furor over the case, which received significant international attention at the time of the attack. Her death came less than a month after a Pakistani filmmaker won the country's first Oscar for a documentary about acid attack victims.

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sudoku

Fill in the grid so that every row, every column and every 3x3 box contains the digits 1 through 9 with no repeats. That means no number is repeated in any row, column or box.

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

www.sudoku-puzzles.net

Pilot's breakdown recalled

LAS VEGAS (AP) — Passengers aboard an early morning flight bound from New York to Las Vegas first noticed something wrong when the plane's top pilot came out of the cockpit, didn't close the door and tried to force his way into an occupied bathroom.

The JetBlue captain's co-workers tried to calm him as he became more jittery, coaxing him to the back of the plane while making sure — above all — that he didn't get back near the plane's controls.

Then, he sprinted up the cabin's aisle — ranting about a bomb, screaming "They're going to take us down!" and urging confused passengers to pray.

"Nobody knew what to do because he is the captain of the plane," said Don Davis, the owner of a Ronkonkoma, N.Y.-based wireless broadband manufacturer who was traveling to Sin City for a security industry conference.

"You're not just going to jump up and attack the captain," Davis said.

But four men did tackle the pilot, using seat belt extenders and zip tie handcuffs to restrain and pin him to the floor for more than 20 minutes while the co-pilot and an off-duty pilot who was aboard landed the plane in Amarillo, Texas.

JetBlue CEO and president Dave Barger told NBC's Matt Lauer, who named the captain as Clayton Osborn, that the captain is a "consummate professional" whom he has "personally known" for years.

There is nothing in the pilot's record to indicate he would be a risk on a flight, Barger said in a Wednesday interview on the "Today" show.

"Clearly, he had an emotional or mental type of breakdown," said Tony Antolino, a security executive who sat in the 10th row of the plane and tackled the pilot when he tried to re-enter the cockpit.

"He became almost delusional," Antolino said after arriving in Las Vegas from Rick Husband Amarillo International Airport some six hours after schedule.

Josh Redick, who was sitting near the middle of the plane, said the captain seemed "irate" and was "spouting off about Afghanistan and souls and al-Qaida."

The airline described the incident as a "medical situation" involving the captain of JetBlue Airways Flight 191 from New York's John F. Kennedy International Airport. Airline officials said he was taken to a hospital.

"It was a scary situation," said Charlie Restivo, an employee of Davis' who traveled with him and sat in the

plane's fourth row.

"It was like a movie, it really was," he said. "It just didn't look real."

The outburst came weeks after an American Airlines flight attendant was taken off a plane for rambling about 9/11 and her fears the plane would crash. An aviation expert could recall only two or three cases in 40 years where a pilot had become mentally incapacitated during a flight.

Gabriel Schonzeit, who was sitting in the third row, said the captain said there could be a bomb onboard the flight.

"He started screaming about al-Qaida and possibly a bomb on the plane and Iraq and Iran and about how we were all going down," Schonzeit told the Amarillo Globe-News.

"A group of us just jumped up instinctually and grabbed him and put him to the ground," Antolino said.

The Federal Aviation Administration said the co-pilot had locked the cockpit.

An off-duty airline captain who was a passenger on the flight entered the flight deck and took over the duties of the ill captain before landing in Amarillo.

The customers and crew "just did a great job," JetBlue's Barger said. "That was a true team effort at 35,000 feet."

Shane Helton, 39, of Quinlan, Okla., said he saw emergency and security personnel coming on and off the plane as it sat on the tarmac in Amarillo.

"They pulled one guy out on a stretcher and put him in an ambulance," said Helton, who went to the airport with his fiancée to see one of her sons off as he joined the Navy.

Authorities interviewed each of the passengers once they had landed and left the plane, said 22-year-old passenger Grant Heppes, of New York City.

"I had no idea it was an employee until it really started happening," Heppes said. "I just assumed it was a passenger who flipped out."

The FBI was coordinating an investigation with the airport police, Amarillo police, the FAA and the Transportation Safety Administration, said agency spokeswoman Lydia Maese in Dallas. She declined to comment on arrests.

The flight left New York around 7 a.m. and was in the air for 3½ hours before landing in Texas. The passengers boarded another plane for Las Vegas several hours later. That plane arrived in Las Vegas about two hours later.

John Cox, an aviation safety consultant and former airline pilot, said incidents in which pilots become mentally incapacitated during a flight are "pretty rare." He said he could only recall two or three other examples in the more than 40 years he has been following commercial aviation.

Airlines and the FAA strongly encourage pilots to assert themselves if they think safety is being jeopardized, even if it means contradicting a captain's orders, Cox said. Aviation safety experts have studied several cases where first officers deferred to more experienced captains with tragic results.

Unruly pilots and crew have disrupted flights in the past.

Earlier this month, an American Airlines flight attendant took over the public-address system on a flight bound for Chicago and spoke for 15 minutes about Sept. 11 and the safety of their plane, saying, "I'm not responsible for this plane crashing," according to several passengers.

Contract Bridge

By Steve Becker

As Ye Sow, So Shall Ye Reap

South dealer.
Both sides vulnerable.

NORTH
♠ A 9 4
♥ Q 10 9 8
♦ K Q J 5
♣ A J

WEST
♠ K Q 10 7 2
♥ 5 3
♦ 9 8
♣ 9 8 3 2

EAST
♠ J 5
♥ 7 6 4
♦ 10 7 2
♣ Q 10 7 6 5

SOUTH
♠ 8 6 3
♥ A K J 2
♦ A 6 4 3
♣ K 4

The bidding:
South West North East
1 NT Pass 2♠ Pass
2♥ Pass 6♥

Opening lead — king of spades.
Part of the skill of good declarer play consists of inducing your opponents to make errors. The more often a declarer gives the opposition a chance to make an error, the more often will the desired result be attained.

Consider this deal where South is declarer at six hearts. The contract cannot be made against best defense, yet there is a real possibility to make the slam if declarer sets the stage properly.

Let's say you're South and win West's king-of-spades lead with the ace, East playing the five. You draw three rounds of trumps and then cash the A-K-Q of diamonds and A-K of clubs, ending in your hand. At this point you lead a low spade toward dummy's 9-4, and West, who holds the Q-10 of spades, must decide which of them to play.

If he makes the normal play of the ten, you make the slam! East must win with the jack, and since his only remaining cards are the Q-10-7 of clubs, he must lead one of them. This allows you to discard a spade from one hand while you ruff in the other, and the slam is home.

If West is smart enough to play his queen when you lead the spade toward dummy, he defeats you, but it has cost you nothing in the process to present him with an opportunity to make an error.

Actually, West has a very difficult decision to make when you lead the spade. From his point of view, he should play the ten if he thinks you started with the J-6-3, and the queen if he thinks you started with 8-6-3. West might guess right, or he might guess wrong, but at least he should be given the chance to go astray. Lots of points — 1,530 of them — ride on his decision.

Tomorrow: A crucial play.

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In Sunday's
Big Spring Herald

Paths of History

Today, 19 National Historic Trails crisscross the United States, marking what were once the routes of adventure seekers, gold prospectors, pioneers, traders and trappers.

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HealthTalk

Q: Are homemade salad dressings healthier than bottled dressings, or do people just like their freshness?

A: The flavor of a freshly made dressing is hard to beat and making your salad dressing at home does offer you the opportunity to make a healthier option than most of the commercial dressings. One of the biggest nutritional advantages is the opportunity to reduce sodium substantially.

Many bottled dressings contain from 260 to 550 milligrams (mg) of sodium in a two-tablespoon serving. That's 11 to 24 percent of the day's recommended limit — or up to a third of the lower limit recommended for people who are over 50, African American, or who have diabetes or high blood pressure.

Start with a healthy oil like canola or olive oil and add lemon juice, vinegar or other juice plus herbs and spices, and perhaps a little chopped garlic. You'll slash sodium to less than 5 mg in that same two-tablespoon serving if you don't add any salt, or to less than 160 mg if you add a dash.

If you like a mustard flavor, mustard powder (ground mustard seed found in the spices aisle) adds zero sodium; or a small amount of prepared mustard might raise sodium of your dressing just an additional 20 or 30 mg. To change up the flavor, you can play with different oils, such as grapeseed, walnut or pumpkin seed oil, as well as experimenting with different pure herbs and spices — all sodium-free. For creamy-type dressings, try using plain yogurt as a base.

Q: Is it true that coral calcium is better for me than regular calcium supplements?

A: Promotional material suggests that coral calcium — calcium supplements supposedly made from remnants of Asian coral — is responsible for the longevity and good health of people on Okinawa.

Okinawans do have low incidence of cancer and heart disease, and overall good health, but many things about their lifestyle are far more likely to be responsible: The Okinawan diet features an abundance of vegetables and frequent seafood, is low in fat and emphasizes portion control.

Furthermore, people on this island are physically active and maintain healthy weights. Promoters of coral calcium say that it is better absorbed than standard calcium carbonate supplements, but I cannot find any scientifically sound studies published in journals to support such a statement.

According to the Natural Medicines Comprehensive Database, a recognized source of solid, research-based information on supplements of all types, "There's no evidence that calcium from a coral source has any advantages over calcium from other sources." Safety of coral calcium may be an issue, since some earlier laboratory analyses reported lead contamination.

Finally, some question the potential ecological disruption if coral reefs are disturbed to get this substance. For now, there appears no reason to switch from dairy products and calcium-fortified foods to get calcium, or if needed, economical calcium supplements that have been shown effective.

Q: How can I keep food costs under control when trying to lose weight?

A: It's important to build an eating pattern that helps you lose weight, maintain your new, lower weight and works for you economically. You can boost the foods that help with weight loss such as fruits and vegetables without breaking the food budget.

Choose produce that's in season, buying just the amount you need, and select frozen produce when it's less expensive than fresh. Cut back on foods and beverages that don't do anything for you nutritionally, including soft drinks and artificially sweetened water, teaching yourself to drink

Cremation: Truth vs myth

Recently, I had a family come to me after a loved one had died. This is not uncommon, as I am a funeral director. But this time, a cremation had already taken place.

"What can I do for you?" I asked. They responded that they were having difficulty coping with the loss. Mom had set up a simple cremation plan and "didn't want a fuss" made over her. They followed her wishes and had her cremated with no service. Now, her kids and grandkids were having trouble letting go. "I think we need to have a memorial," said the daughter. "Can you help us?"

I was more than happy to help. Together, we planned a very meaningful and personal service. Family members and friends from all over came to pay their respects. Everyone was so grateful to the family for holding the service and allowing them to be a part of it. "I never realized how many lives my mother had touched," the daughter said to me after the memorial. "It was a beautiful service."

All of this got me to thinking about some of the misconceptions out there about cremation. Here are a few of the myths that I have come across on an everyday basis at work:

Myth: You don't need a service with cremation.

Truth: Cremation does not replace a family's need for closure. It is simply an alternative to other forms of final disposition. When a death occurs, a service is still important for the family to find closure and healing.

Myth: If you want to be cremated, just tell your loved ones. That's really the only decision they have to make.

Truth: When a death occurs, there are roughly one hundred decisions your closest loved ones have to make. One of those decisions is whether you will be cremated or not. There are many, many other decisions that must be made in addition to cremation. For example, most people don't realize that you can have a viewing with the body present, then a funeral service followed by cremation. Many times families choose to have a viewing, then a memorial service without the body present, and then a burial of the urn at the cemetery afterwards. There are so many options with cremation, it makes it a great option for families who need versatility. Having a viewing with the body present (if it is possible to have one) is a significant time for the bereaved who are still coming to grips with the death. If cremation takes place too soon, some family members and friends may suffer because they feel they never had a chance

to say goodbye. All of these issues are important, and so very helpful if they are planned out ahead of time with love and care.

Myth: Cremation is much more inexpensive than burial.

Truth: The cost of a funeral or memorial mostly depends on all the options that are selected, not just whether cremation is chosen or not. I have seen elaborate services that ended in cremation, and I have seen extremely simple burials that were very cost-effective. The cost of a funeral is usually dependent on the type of services and merchandise that are selected.

Myth: With cremation, you don't need a headstone or grave marker.

Truth: While it is true that it is not necessary to erect a headstone when cremation takes place, one thing people sometimes fail to consider is that an equivalent to a headstone may be needed. After all, what is the purpose of a headstone? For one, it provides a physical location for family members to visit, reflect, and remember.

Second, it is important for generations to come. With the rise in popularity of genealogies, it is very likely that descendants may wish to visit the grave of a great grandparent or great, great grandparent. We suggest that a portion of the cremated body be reserved for burial in a columbarium,

cremation garden, or family plot. That way, generations from now, a record of the person's life will be left behind.

As a funeral director, my job is to help families discover the choices that are right for them. I don't believe there is a right or wrong answer. My goal is simply to help families understand the choices they have available to them and decide what will be best for those left behind.

If there is one message I'd like to leave you with, it would be to please talk to your family about these kinds of things. As Americans, we typically don't like to talk about death and end of life issues. However, with one simple conversation, one simple call, or one meeting with a preplanning specialist or funeral director, you can make such a difference in the lives of those you care about most.

Kasi Welch Baker is a third generation of the Welch family that owns and operates Nalley-Pickle & Welch Funeral Home & Crematory in Big Spring, Midland and Gilbreath Funeral Home in Stanton. She is a graduate of Texas Tech University and a licensed funeral director as well as the general manager of the family business. Kasi is vice president of the West Texas Funeral Director's Association and a member of various organizations in the funeral industry.



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See HEALTHTALK, Page 8A

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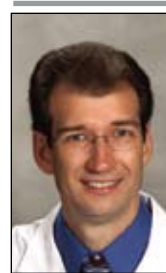
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When does my child need an orthodontic evaluation?

When does my child need an orthodontic evaluation?

Let me start by saying that this question has several answers depending on the child. The most common answer is around



DR. DAVID WARD

age 12, but read on because many kids will benefit if treatment is started earlier.

Let me start first with another question. Who has to wear braces? The answer is no one. Crooked teeth and or misaligned jaws are not terminal. Almost no one can't eat because of a malocclusion (bad bite) or crooked teeth.

The reasons for treating these issues are cosmetic, social, psychological (self esteem

and financial. The first three are fairly obvious as a nice smile looks good, makes one more socially acceptable and attractive and reduces one potential cause of a poor self image. The last reason, financial, is not obvious, but people with straight teeth tend to have greater earning potential in their lifetime than those with significantly crooked teeth. It's not fair, but it is true.

Now, back to age 12,

which is the age most kids have lost all their baby teeth. Most of the permanent teeth are in and it's a great time to get started. In most cases, any age past then is fine (including the adult years), but most kids like to get them off before high school. An average case lasts about two years.

So who needs to think about an evaluation sooner? Problems that benefit from early treatment include very

crowded teeth, jaws that don't seem to line up, front teeth that don't come together, the jaw shifting when biting due to teeth interferences and a long face especially with snoring or sleep apnea.

Kid with very crowded teeth often benefit from starting orthodontics a year or two early. In very crowded mouths, it's often necessary to extract 4 permanent premolars to have room to unravel the teeth. If treatment begins before the baby second molars are lost (usually age 10 or 11), we end up with more space to straighten the front teeth. That means perhaps not having to take out those permanent teeth. I know that doesn't seem to make sense, so you'll have to trust me on that one.

In patients in which one jaw seems especially small or large relative to the other one, early treatment with dental orthopedic techniques can help reduce the need for surgical intervention (orthognathic surgery) in the teenage years. This treatment often begins in the early elementary years.

Kids whose front teeth don't come together have an "open bite." This is usually caused by a continuing thumb sucking habit (into the elementary years) or by a poor swallowing pattern where the tongue comes between the front teeth.

Dental appliances are very helpful for treating both of these problems and are usually used during the early

elementary years.

When the child has to shift his jaw to get his back teeth together the condition is called a "functional side shift." This is usually caused by very crowded front teeth and should be treated around age 6 or 7. This is important because this shift can even affect how the jawbone grows.

Finally, kids whose faces look long (not sad, actually long) often have an obstructed airway. This is often accompanied by restless sleep, snoring, and sometimes even apnea (interrupted breathing) with restless sleep, bed-wetting and attention disorders. Common medical causes are severe allergies or very large tonsils blocking the airway. Sometimes however a constricted palate can be the cause. Orthodontically widening the palate is easy and can make a huge difference for some kids.

That's it in a very large nutshell. If you suspect these issues make sure you speak to your dentist (many general dentists and pediatric dentists manage such issues) or orthodontist soon.

Dr. David Ward practices comprehensive family dentistry in Big Spring. He is a member of the American and Texas Dental Associations, the Academy of GP Orthodontics, and the American Dental Implant Association and trained with the Institute for Advanced Laser Dentistry.

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HEALTHTALK

Continued from Page 7A

more plain water or homemade ice tea.

Weight loss diets that rely on packaged meals and drinks or exotic produce can increase food expenses, but are not necessary for success. Special "diet" cookies and treats also are not necessary and often are not any lower in calories. For "treats," select the ones you eat now that you enjoy most, and include them in small portions occasionally and at times you will truly sit and savor them. By doing that, you've cut calories and saved money. You can also cook smaller amounts and split your meal at restaurants in half and save for lunch the next day. These are smart strategies that make it easier to reduce your portion sizes and save money, too.

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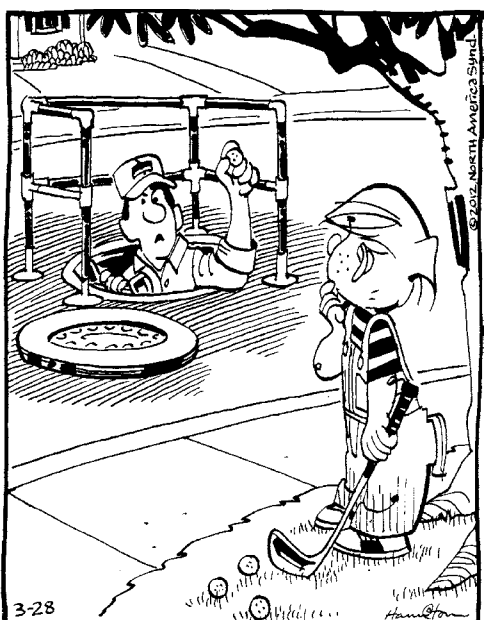
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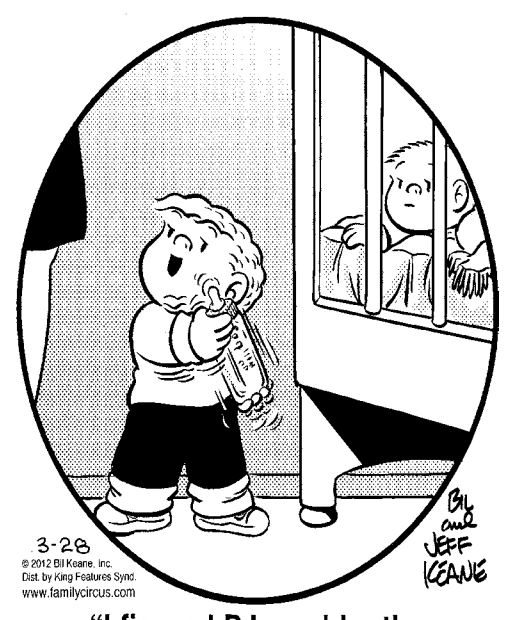
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DENNIS THE MENACE



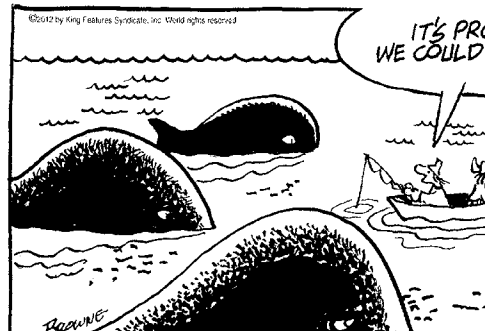
FOR THE LAST TIME, KID... STOP HITTING GOLF BALLS INTO THIS MANHOLE!

THE FAMILY CIRCUS



I figured PJ would rather have a milkshake!

HAGAR



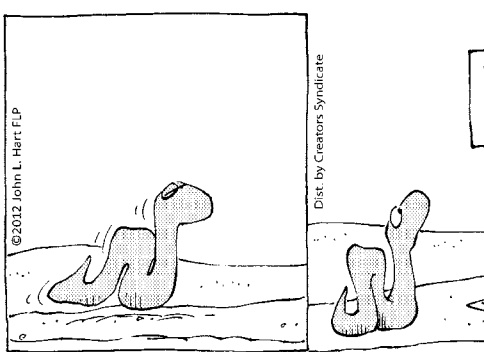
IT'S PROBABLY CRAZY TO THINK WE COULD CATCH ANYTHING OUT HERE

BLONDIE

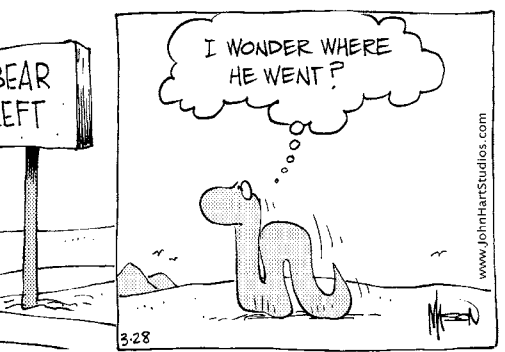
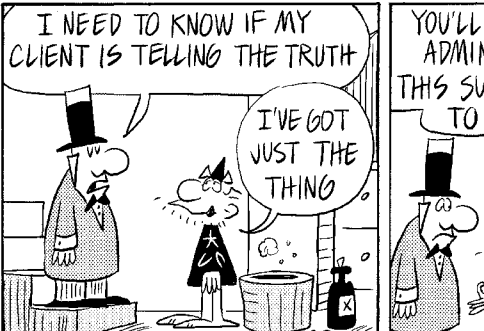


ROSEMARY, DO WE EVEN COVER 'SPRITZERS'?

BC



WIZARD OF ID



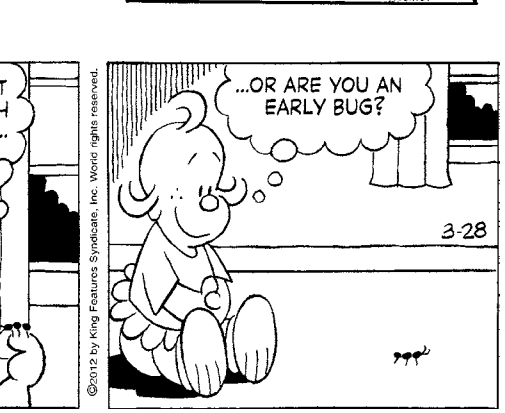
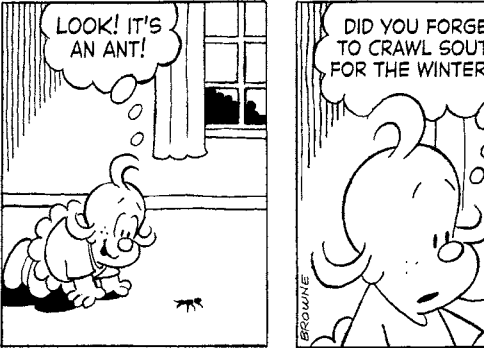
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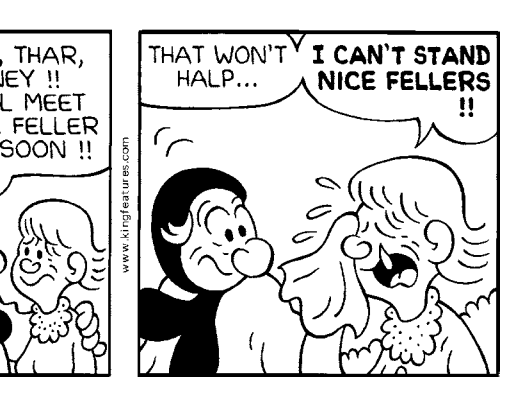
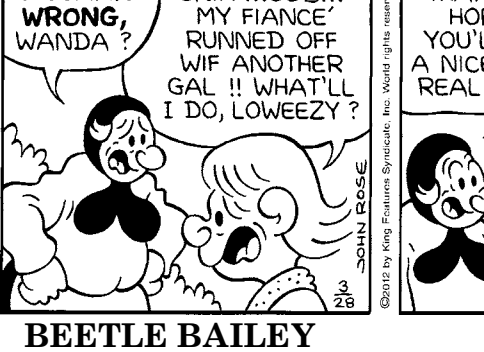
HI AND LOIS



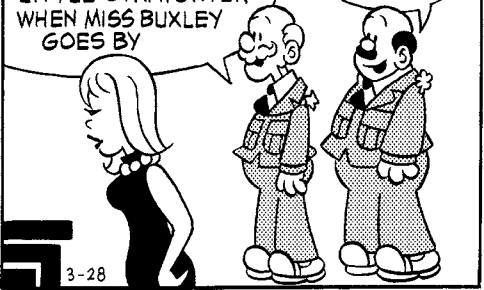
THE OTHER COAST



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This Date In History

Today is Wednesday, March 28, the 88th day of 2012. There are 278 days left in the year. Today's Highlight in History: On March 28, 1942, during World War II, British naval forces staged a successful raid on the Nazi-occupied French port of St. Nazaire...

Answer to previous puzzle

BUDS ISIT BEAMS OREO RUSH APLEA OSLO ABLE RAINY MAINSQUEEZE BSA AIR ISIAH HAIKU BLUNTS UPSIDE EGG STAT FEELING THE PINCH FRET DUB RESUME EASTER ATTEN STERNO EAR HEX IN THE CLUTCH AXIOM HILL SHOO CALLIA ERIE EARL KNEEL MEND RIND

Newsday Crossword

ACROSS 1 Shirt-tag info 5 Time in office 9 Noteworthy act 13 Fannel fiber 14 Intense dislike 16 Ye __ Shoppe 17 GI truant 18 Almanac filler 19 Depend (on) 20 Principal goal 23 Agent's due 24 Inexperienced in 27 Oldest Cabinet department 30 Rotisserie rod 33 Diamonds, slangily 34 Ocean froth 35 Digitize, as a photo 36 Muscles above the abs 37 Gift for a grad 40 "Checkmate!" 41 Family member 42 Noteworthy acts 43 Top of some scales 44 Londoner's radial 45 Move edgewise 46 Mystery writer's award 48 As well 49 Fire starter in a book 57 Horse's pace 59 Tetra- +1 60 "Beat it!" 61 Haughty pose 62 Largish singing group

TENNIS ENDERS by Fred Piscop

Edited by Stanley Newman www.stanxwords.com 10 Author who won the 1986 Peace Prize 11 Do basic math 12 Collarless shirt 15 Flavor-enhancer initials 21 Frequently 22 Tiny colonist 25 Give in 26 Dry runs 27 Gushed out 28 Piano technician's tool 29 To __ (unanimously) 30 Public-to-do 31 Huff and puff 32 Ltd. equivalent 34 Ill will 35 Egg on 36 Implored 38 Calendar box 39 Colloquialism 44 Part of TNT 45 Beethoven work 47 Pretentious 48 Caddie, basically 50 Navy noncom 51 PC repairperson 52 A big fan of 53 African snakes 54 Finger-pointer's word 55 Duplicate 56 Debunker's target 57 Light touch 58 Annual Carnival locale