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BIG SPRING HERALD WEEKEND EDITION, FEBRUARY 20-21, 2021
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Howard County residents find a reason to be thankful in the dark



Courtesy photo

As cold temperatures swept across Howard County, pipes froze, heat was an issue and as a result damage was done. However, in the midst of it all there is something to be positive about.

By **AMANDA DUFORAT**
 Managing Editor

Howard County residents are starting to see a light at the end of the tunnel as more homes are having their power restored, water lines are being repaired, and the weather forecast is beginning to show a little warmer temperatures. As a sense of normalcy shines on the horizon, a few Big Spring residents found a few things to be thankful as they took to Facebook to help raise the spirits of their friends and family. One local resident finally felt the heat start flowing and the light turn on in her home after 62 hours. "I didn't want to focus on

how long I was without power because I was a lucky one that was able to pack up and run to my dad's, however, after almost 62 hours I have electricity," Christian Fair said. As Fair took to sharing the reasons she was thankful, she encouraged her friends to do the same in an effort to help refocus people's thoughts. "I am eternally grateful for my dad who always has my back, I'm thankful for my bossy kids who offered to come get me as soon as the temps started dropping. I'm thankful for friends that chatted with me at 2:30 a.m. when the power went off," she said. "it was pitch dark outside and inside and getting colder by the minute and I was so scared." Fair went on to explain

that not only was she thankful for a job, but a job that allowed her not to stress additionally with the weather keeping her out of the office. In addition, she was reminded just how important good friendships are and what a big difference they can make in a dire situation; especially when it comes to keeping up spirits and reminding us what is truly important. "I'm thankful for the hundreds of texts I got just checking in and group chats and wonderful friends and good neighbors," Fair said. The outreach that took See **COLD**, Page 3A

Howard County Commissioners to look at designation for Purple Heart Community at Monday meeting

By **AMANDA DUFORAT**
 Managing Editor

The Howard County Commissioners Court will meet for a regular session Monday at 3:30 p.m. in the Commissioner Courtroom. Preceding the meeting will be a budget workshop, beginning at 1:30 p.m. in the Commissioner's Courtroom. As part of the Commissioners Meeting on Monday, a presentation will take place to honor the men and women who have so selflessly served their country. A proclamation will be read by Howard County Judge Kathryn Wiseman designating Howard County as a Purple Heart County. A second presentation will take place regarding the West Texas Centers Audit Report before the Commissioners begin to hear routine matters from County Treasurer Sharon Adams. Adams will be discussing personnel considerations and present the Treasurers Monthly Report. County Auditor will be looking to have the Commissioners approve the invoices, purchase requests, and budget amendments for the month. An update notice to Bidder's Form will also be presented by Olson. The Disbursements Agreements will also be brought before the Court.

See **HEART**, Page 3A

Polly Mays Municipal Annex building new home to West Texas Community Mediation Center, ribbon cutting rescheduled

By **AMANDA DUFORAT**
 Managing Editor

Partnerships help lay the foundation for great work to be done. Last October a foundation was laid as the City of Big Spring City Council approved the donation of the Polly Mays Municipal Annex Building - former water building - to a new non-profit, West Texas Community Mediation Center. The request was originally brought to the Council during a City Council meeting and was approved a couple meetings after. The deed was signed and filed for completion on Oct. 23, 2020. An official ribbon cutting was supposed to be held at 11 a.m. Tuesday, but due to the weather conditions and power outages the event was postponed and will be rescheduled.

"Once the renovations and volunteers are in place, by Spring or Summer, a grand opening event will be scheduled," Danette Watson, Executive Director of WTXCMC, said. The local non-profit was formed in How-

ard County with the mission of working toward a conflict-free community. The WTXCMC is focused on turning conflict into opportunities for change starting with individuals and family units. "The use of mediation strategies and techniques will be the primary service offered since mediation's goal is to assist individuals with working through conflict by finding their own solutions and outcomes," Watson said. According to Watson, the organization is currently seeking volunteers to assist with the renovations and providing services. Those who would like to donate time or resources are encouraged to visit the website at wtxcmc.org/volunteers; call 432-517-4200 or send an e-mail to info@wtxcmc.org for additional information. *Amanda Duforat is the Managing Editor at the Big Spring Herald. To contact her, e-mail editor@bigspringherald.com or call 432-263-7331.*

Upcoming Events

Howard County Commissioners Meeting Monday 3:30 p.m.

Purple Heart County Designation Monday at 3:30 p.m.

Take a moment to thank a veteran for their service.

Virtual Luncheon & Children's Show Feb. 25 hosted by CASA

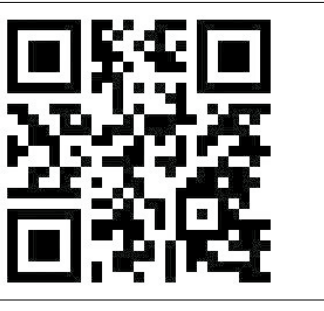
Life Center fundraiser Feb. 23

Do you have a story to share with the community? Let us know, e-mail editor@bigspringherald.com or call 432-263-7331.

Wash your hands, wear a mask, social distance

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COVID-19 Updates

SMMC has not yet received another round of vaccines at this point. Updates can be found at the SMMC website. The second dose of vaccines that were scheduled for this week have not arrived and appointments will be rescheduled once vaccines arrive.

Scenic Mountain Medical Center has reported 1/28/2021:
 • 8 Covid-19 positive patients
 • 1 in ICU & 1 vent

SMMG & SMMC Testing through Feb. 19:
 • 3440 tests
 • 800 positives for 23.3% positivity rate
 • 0 pending

From Dec. 2020 - Feb. 19, 1504 patients have tested of which 290 were positive for a rate of 19.3% positivity. 0 test is pending.

Howard County has reported as of 02/19:
 • 2963 positive cases
 • 95 Covid-19 fatalities
 • 284 Active cases
 • 4287 recovered
 • 1503 probable cases

Outpatient COVID testing in Big Spring

Gregg Street Clinic
 2301 South Gregg St
 Big Spring, Texas 79720
 Clinic Hours: 8:00 am to 5:00 pm, Monday - Friday

910 S Main St
 Big Spring, TX 79720
 Clinic Hours: 8:00 am to 5:00 pm, Monday - Friday

West Texas Medical Plaza
 1501 W 11th Place
 Big Spring, Texas 79720
 Clinic Hours: 8:00 am to 5:00 pm, Monday - Friday

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Obituaries

Martha Hall

Martha Hall, 86, of Coahoma, passed away Thursday, Feb. 18, 2021, in Midland. Funeral services will be 2 p.m. Monday, Feb. 22, 2021, at the Coahoma Church of Christ. Interment will follow at Coahoma Cemetery.

She was born April 15, 1934, in Big Spring, Texas to Charles and Mattie Miller Denton. Martha married Johnson B. Hall April 10, 1955, in Coahoma and he preceded her in death Oct. 31, 2018.

Martha was raised in Sand Spring and graduated from Coahoma High School. She was a stay at home mom until her children reached Junior High age at which time she worked at Malon-Hogan Clinic for a few years and retired from the West Texas Centers for MHMR.

John Wayne Roberts

John Wayne Roberts, 79, of Garden City died Sunday, Feb. 14, 2021. Visitation will be 9 a.m. until 9 p.m. Friday at Myers & Smith Funeral Home. Graveside services will be at 2 p.m. Saturday, Feb. 20, 2021, at Garden City Cemetery with Doug Shelley, pastor of East Side Baptist Church, officiating. The family will celebrate the lives of John and Wanda at the Glasscock County Community Center from Noon until service time Saturday.

He was born Aug. 28, 1941, in Stanton to Lizzie and Hayden Roberts. He married Wanda Shires on July 11, 1964. She preceded him in death on Nov. 10, 2020. He had worked for Glasscock County as a heavy

She enjoyed sewing and crocheting.

She was a member of the Coahoma Church of Christ.

Survivors include one son, Charles Hall and wife, Linda of Midland; two grandchildren, Heather Redner and husband, Chris, of Midland and Jamie Hall; and three great-grandchildren, Kason Hall, Brinlee Redner and Hudson Redner.

She was also preceded in death by her parents; one son, Johnny "Jay" Hall; and one daughter, Julie Ann Hall.

The family suggests memorials to the Coahoma Church of Christ, P. O. Box 120, Coahoma, Texas 79511.

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

Paid Obituary

Jerry Needham Worthy

Jerry Needham Worthy, 91, of Big Spring, passed away Friday, Feb. 19, 2021. He will lie in state Tuesday, Feb. 23, 2021 from 8:30 a.m. until 9 p.m. at Nalley-Pickle & Welch Funeral Home. The family will receive friends from 5 p.m. until 7 p.m. Tuesday, Feb. 23, 2021 at Nalley-Pickle & Welch Funeral Home. A Memorial Service will be held at 2 p.m. Friday, Feb. 26, 2021 at Saint Mary's Episcopal Church. He will be interred in the columbarium at Saint Mary's alongside his brother, Robert Gayle Worthy and his beloved wife of 49 years, Dr. Louise Ann Bennett Worthy. The Memorial Service will be broadcast live on the Saint Mary's Episcopal Church facebook page at www.facebook.com/StMarysBigSpring/

He was born in Donie, Texas as the third son of parents Thomas Roy Worthy and Violet Everett Needham Worthy on Nov. 9, 1929. He was a pilot from an early age, influencing him to volunteer as a pilot in the Second World War as a volunteer in the Army Air Forces III Fighter Command Aircraft Warning Services. After he graduated from Teague High School in the spring of 1946, he went off to Baylor University, at only age 16. While a student in Baylor, he continued flying and was the president of the photography club. He developed most of his class from another club he was active in, the Esquire Club. After he graduated in 1950 with a BBA, he enlisted in the Air Force with his friend, Joe B. Farris, on Feb. 2, 1951. He saw combat in 24 bombing missions over North Korea. After the war, he came to Big Spring for work, where he met and married Dr. Louise Ann Bennett on October 12, 1956. Together, they had three children, Ann Louise Worthy, Jerry Bennet (Jeb) Worthy and Roy Bishop Worthy.

Jerry lived a long and fulfilling life, some of his many achievements include: the founding of the Heritage Museum of Howard County, the founding of the Hanger 25 Air Museum, the renaming of the VA to the George H. O'Brien VA Medical Center (as well as the construction of The George O'Brien statue), the founding of the Big Spring Symphony, and helping grow the Big Spring Area Community Foundation. Similarly, he was involved in other areas, as he was district governor of the Rotary Club and highly involved in the Ranching Heritage Museum Association in Lubbock, where he was president.

He loved Big Spring and was always a strong advocate trying to discover ways of benefiting and growing our city.

Jerry is survived by two children, Ann Louise Stephenson of Christchurch, New Zealand, and Roy Bishop Worthy of Big Spring. A son-in-law, Timothy Robert Shaw Stephenson of Christchurch, New Zealand, and a daughter-in-law, Dr. Michelle Lee Wiggins Worthy of Big Spring. He is survived by one grandson, Jerry Bennett Worthy of Big Spring.

He is preceded in death by his son, Jerry Bennett (Jeb) Worthy, a brother, Robert Gayle Worthy, both his parents, and his wife, Dr. Louise Ann Worthy.

"What a great life he had! Warrior, father, mentor, grandfather, believer. He touched so many. Well done, sir!"

Arrangements are by Nalley-Pickle & Welch Funeral Home and Crematory. Online condolences may be made at www.npwelch.com

Paid Obituary

Victoria Sue Butler

Victoria Sue Butler, 71, of Big Spring, passed away Friday, Feb. 12, 2021. Services are pending at Nalley-Pickle & Welch Funeral Home.

Support Groups

SATURDAY

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

SUNDAY

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

MONDAY

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

TUESDAY

• 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.

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

Fire/EMS

The Big Spring Fire Department reported the following activity for the past week:

- **MEDICAL CALL** was reported in the 1600 block of S. Jennings. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 400 block of College. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 3300 block of E. FM 700. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 1300 block of Ridgeroad. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 200 block of NE Broadway. No transport was required.
- **PUBLIC SERVICE** was reported in the 4200 block of W. Hwy 80. No transport was required.
- **MEDICAL CALL** was reported in the 1500 block of E. 11th Place. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 100 block of Jonesboro. One person was transported to Scenic Mountain Medical Center.

- **MEDICAL CALL** was reported in the 2600 block of E. 24th Street. No transport was required.
- **MEDICAL CALL** was reported in the 1800 block of N. Hwy 87. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 3200 block of E. 11th Place. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 3600 block of Hamilton. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 3700 block of Wasson Road. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 1900 block Simlar. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 300 block

of E. 17th Street. No transport was required.

- **MEDICAL CALL** was reported in the 5400 block of Wasson. No transport was required.
- **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 2700 block of E. 24. One person was transported to Scenic Mountain Medical Center.
- **MEDICAL CALL** was reported in the 2500 block of Rebecca Drive. One person was transported to Scenic Mountain Medical Center.
- **FIRE** was reported in the 500 block of Tubbs Loop Road. The cooking stove fire was contained.

Monday-Friday
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2021

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Looking back on things that happened on this day in Science History

By COLONEL ALLEN M. MORRIS

Special to the Herald

It was on February 21st in 1947 that inventor Edwin Land demonstrated the first "instant" camera. It was called a Land Camera at first, but eventually, it became better known by the name of Land's company, which was Polaroid.

The development of the camera was rather easy once the right question had been asked. Land was on vacation with his 6-year-old daughter when he snapped her photo. She, like most impatient children, asked, "May I see the photo?" and when she was told that she had to wait, she asked, "Why do I

have to wait?"

No one had ever asked that question, so Land, a Chemist, figured out how he could make instant photography happen. The answer turned out to be a Billion dollar one.

Land packaged individual sheets of film layered with little sacs of developing and fixing solutions. Just like a normal camera, he pressed the shutter button to make the exposure, then he turned a knob, which fed the film between two rollers. The pressure of the rollers burst the sacs of chemicals, which coated the film and produced an image about 60 seconds later.

The answer was not nearly as important as the question. Similarly, when Richard Wiseman was a boy, his grandfather would show him a magic trick; when he wanted to know how it was done, his grandfather would say, "There's a book in the library with the answer in it." He would not tell him which book and young Richard was off to satisfy his thirst.

Encourage children to keep asking questions.

Your comments, questions, and suggestions are welcome, encouraged, and always appreciated. You can write to me at Colonel.Allen.M.Morris@Gmail.com

Community Report

News from a junior high school sports fan

A lot happened this week in the sports world from Carson Wentz being traded to the Colts for a third-round pick in this year's draft and a conditional 2nd rounder for next year to Vincent Jackson's brain being donated to Boston University after passing away on February 15. This week the NFL started doing experiments with new positional helmets for linemen. With linemen touching the defensive line every play, it helps track potential Covid-19 exposure. Also this week, the Atlanta Falcons and the Carolina Panthers each released some players. The Panthers freed up \$28.5 million in salary cap.

In MLB news this week, the Chicago Cubs and Jake Arrieta finalized a contract agreeing to a 1-year deal worth \$6 million. The Los Angeles Dodgers signed Matt Weis as their interim pitching coach and the Minnesota Twins bench coach Mike Bell went on indefinite leave in order to deal with his kidney cancer.

This week the NBA had a lot of news for us with the Los Angeles Lakers naming LeBron James and Brooklyn Nets naming Kevin Durant as the captains for the All-Star game. This week LeBron James hit 35,000 career points and Damien Lillard had a massive game against the Washington Wizards scoring 43 points. The week was key for Jimmy Butler of the Miami Heat as he reached his third consecutive triple-double. After lots of interesting news this week, we can't wait to see what next week brings us.

Dylan

Take Note

- The Big Spring Symphony Association has kicked off the 39th season. The concerts will take place at the Big Spring Municipal Auditorium at 7:30 p.m. Tickets will be sold at the door, but patrons are strongly encouraged to purchase tickets in advance online at www.bigspringsymphony.org or local ticket vendors: H-E-B, Heritage Museum, The Karat Patch or the CVB office. Students are admitted free. Performance adjustments have been made due to Covid-19 to assure the health and safety of everyone. Patrons are asked to arrive early and ushers will seat them in six foot social distance format. Everyone needs to wear a mask upon entering the facility. There are still two performances left: March 20 will be the Music of Queen 'Bohemian Rhapsody' featuring Jeans n' Classics and April 24 will be Pops Extravaganza The Texas Tenors

- The City of Big Spring has reopened all indoor rentable facilities as of Monday, February 1, 2021 for normal operations. We still request that individuals holding events and persons attending events adhere to the following: Please wear a mask when not eating or drinking anything; Make sure to wash and/or sanitize your hands regularly; If you are not feeling well, running a fever, or have been exposed please do not attend events.

COLD

Continued from Page 1A

place in the community through area churches, was another inspiring moment Fair was thankful for. The big heart that is Big Spring was evident, even in the middle of the dark days that were recently experiences.

"I'm thankful for my pastor and other pastors in town who opened their churches to offer a place to come warm up. I'm thankful for the city employees that made arrangements for hotels for people to stay in and be warm and goodness knows what else they were having to figure out behind the scenes," Fair said. "I'm thankful for H-E-B, Porter's, Wal-Mart and the other stores that were able to be open for us,"

Fair continued, "Finally, I am so grateful to Kristy Tyra at On-cor, and all the linemen who worked out in this horrible weather to get us turned back on."

As thankful as Fair was, as she stepped into her house and checked to see what damage - if any - had been done, she noticed her houseplants did not make it.

"I'm real, real sad that it got cold enough in my house that my houseplants froze and died, and I'm very disappointed in whatever 'system' our state has in place that this statewide power outage even happened. I don't know enough about it to blame anyone specifically ...I know there is still work to be done and the weather isn't looking great tomorrow, but hopefully the worst is behind us."

Even though there is no denying the hardships that many families had to face as temperatures dropped below zero for the first time in our area, the little moments of gratitude make the situation a little easier to deal with. While families were at home waiting for answers, there were families waiting for their loved one to return from working in the frigid temperatures.

"It's the little things v'all.. My daughter has been

taking this whole situation like a champ. She goes with the flow and does her best to act 'normal'." Shiloh Salazar, a local wife of a lineman and mother of a toddler. "She stopped eating, was super tense, not napping, and not sleeping well. Our lineman hasn't been home since the 13th and when he has been home he stays in uniform and falls asleep to get as much rest as he can."

Salazar continued, "Well last night we weren't expecting daddy to come home. She was having a hard time, but making it. Dad was able to come home and gave her some much needed cuddles and just like that.... she ate so good, hydrated quite a bit, and let her self relax... it's the first night/day that we have woken with electricity. The first night dad and Sophia slept well... having a husband that works in the electric field I hardly take having electricity for granted. But this morning I'm so much more grateful for having electricity to wake up to. Its truly those little things.

Amanda Duforat is the Managing Editor at the Big Spring Herald. To contact her, e-mail editor@bigspringh-

MYERS & SMITH FUNERAL HOME & CHAPEL

24th & Johnson 267-8288

John Wayne Roberts, 79, died Sunday. Visitation will be 9:00 AM until 9:00 PM Friday at Myers & Smith Funeral Home. Graveside services will be at 2:00 PM Saturday, February 20, 2021, at Garden City Cemetery. The family will celebrate the lives of John and Wanda at the Glasscock County Community Center from Noon until service time Saturday.

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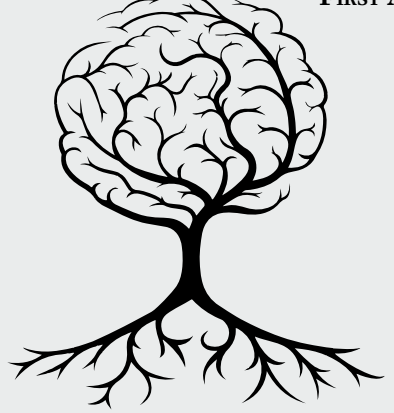
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Opinion

A well-educted chimneysweep

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

-FIRST AMENDMENT



Opinions expressed on this page are those of the writers and not those of the Big Spring Herald unless otherwise indicated.

LETTERS POLICY

The Herald welcomes letters to the editor.

- Sign your letter.
- Provide a daytime telephone number, as well as a street address for verification purposes.
- We reserve the right to edit for style and clarity.
- We reserve the right to limit publication to one letter per 30-day period per author.
- Form letters, letters that are unsigned or do not include a telephone number or address will not be considered. **No political based letters will be printed.**
- Letters should be e-mailed to editor@bigspringherald.com or mailed to Editor, Big Spring Herald, P.O. Box 1431, Big Spring, 79721.

CONTACT US

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

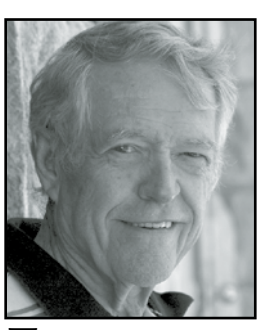
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Micah Ables has a company in Harker Heights called Ables Top Hat Home Services. He cleans chimneys. He bought the business from his dad, Doug Ables.

“When my dad said he was going into the chimney sweeping business I thought who in their right mind thinks that chimney sweeping can be a fulltime job especially in Texas. I thought the idea was goofy, but luckily he didn't listen to me and it has turned into kind of an institution here in Central Texas. I started doing this with him when I was eight years old so I grew up working for him. I went off to college, joined the Army and did some other stuff.

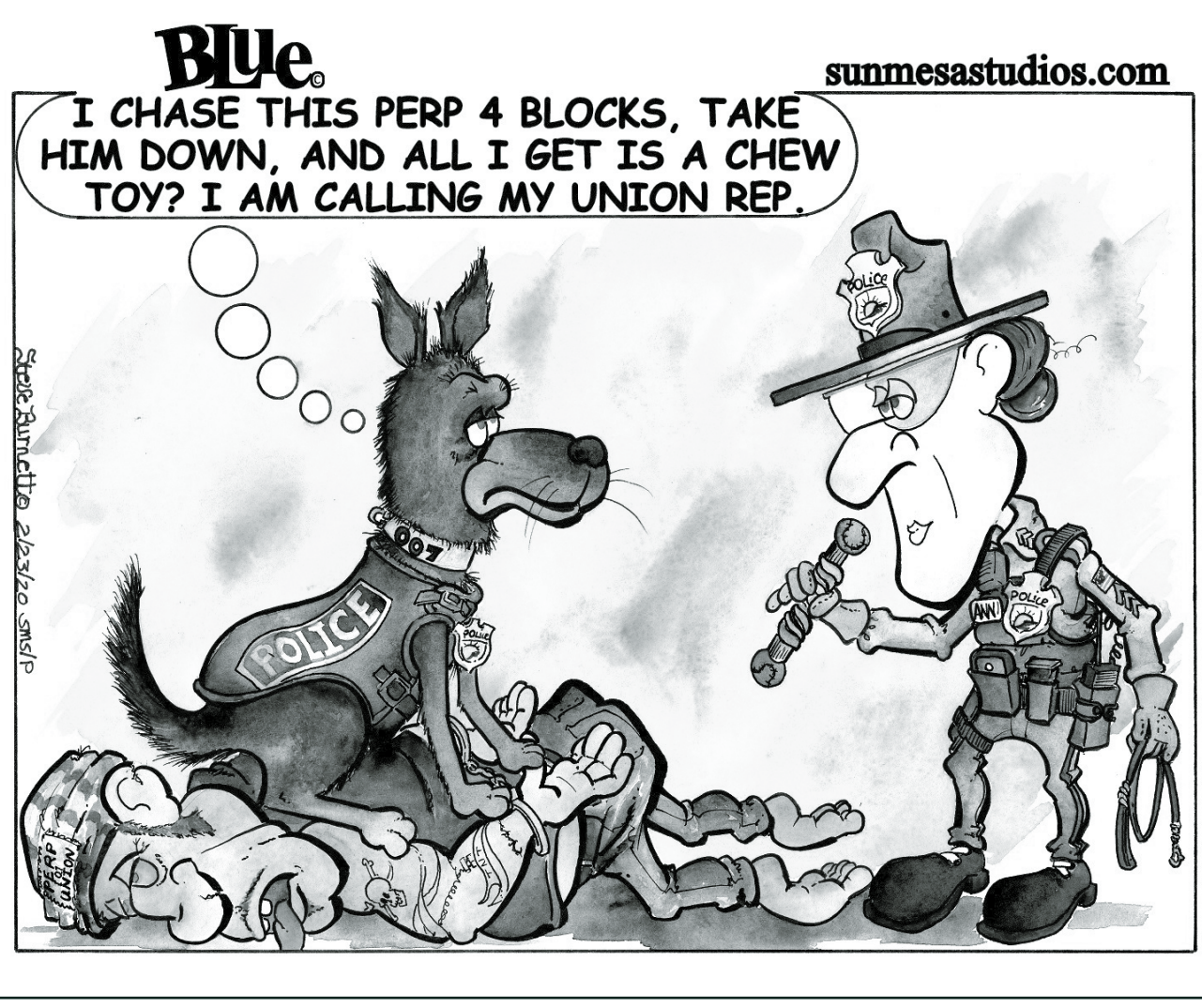


TUMBLEWEED SMITH

When I would come back on weekends or on leave or something I'd help him out for a few

days. Then I bought the business from him last year.”
He says equipment to clean chimneys has improved over the years.
“There is a big change from how my dad and I used to do it when I was growing up. We used to stand on top of the chimney and use some big heavy brushes with long handles and scrub up and down.
It was very physical and was not a very pleasant task. Now we do it all from below by rotary power sweeping.”
Micah has customers that call him every year. He can clean a chimney in record time.
“Hopefully about 45 minutes. Some of the dirty ones can take up to an hour and a half.”
Once a squirrel fell into a chimney and got caught in the chimney damper.
“I don't know if it was the Arnold Schwarzenegger of the squirrel world or what, but it ended up kicking out one of the bricks that was probably three

times his size. The brick was in the front of the fireplace and when he got it out, he made a run for the front door.”
Micah has an impressive education.
“I studied mathematics for my associate degree, then for my Bachelor's degree I studied Russian and Ukrainian politics. Then I got my Masters in Government Diplomacy and Conflict Studies.
I spent four years at West Point then did a little more than eight years as a commissioned officer in the Army.
I absolutely loved the military and am really thankful for the experiences I had there and the opportunities that I had, but it's really hard on family life. With two young kids of my own I wanted to be there for them. I'll be glad when I'm able to take them to work with me. My wife helps me with marketing our services.”
Micah is in the reserves and teaches ROTC at Central Texas A & M.
“It's great to be able to influence future generations of Army leaders.”



Another No. 88

Dallas Cowboy great Drew Pearson's candle of hope was down to final flickers. Recently, though, the Pro Football Hall of Fame recognized the greatness of this National Football League star who was named “all-pro” three times. Old number “88”—who set numerous team records in the 1970s-1980s--was named to the 2021 HOF class, unleashing tears from his 70-year-old eyes.

Another number “88”—this one worn by a Beaumont, Texas junior high school football aspirant when Pearson was in diapers—wore the number proudly, if only for a few days. Had his jersey fit him better, he might have stayed out longer. (As my mother said, “The jersey swallowed him whole.”)

Thanks to those “88” numerals, the young man exited football early, choosing more scholarly pursuits as he distinguished himself in a career spent largely in higher education. His “88” number perhaps hastened his decision to drop the sport....

My late friend, Don Jackson, brought laughter when he told the story to friends. While sizes, speeds and weights may be exaggerated, the rest is accurate, or might near.

In the 1940s, Jackson remembered being shorter, thinner and slower than the “average bear,” or so he thought. He mostly warmed the bench, where reserves feared one foe-called “Great Big Gosh-awful”—almost as much as starters. “GBG's” name made big sports page headlines weekly.

As an aspiring receiver hopeful of snagging passes, Don was a “David” and the big guy was a “Goliath” who made mincemeat of ball carriers each week. That's what sent shivers down spines of pass receivers. Probably he wouldn't enter the game, Don thought. But what if he did? This “tackling terror” was rumored to have been a junior high student for several years, and the “man among boys” even had razor nicks on his face. Shaving was not on the radar of Don's team members.



DON NEWBURY

There's more. Don thought of himself as “droopy.” After all, his shoes, pads, pants and jersey were several sizes too big. The guy who'd worn the football duds previously perhaps weighed 300 pounds. Don's untucked jersey nearly reached his knees, but luckily, sartorial etiquette of the day required jerseys to be “tucked in.” He happily complied.

Early in a game that was already out of hand, his coach barked, “Jackson, get out there and try to catch a pass.” On the next play, the ball hit Don squarely on the “88,” and the defensive brute flattened him a split second later. Somehow, the ball remained enshrouded in Don's jersey, first down yardage was picked up, and he was able to hobble to the sideline without assistance. The public address announcer stumbled, saying the pass was “caught by double-zero, a number not listed in the game

program.” There was good reason; only the top half of the “two 8's” remained visible. The bottom half of the numbers had been knocked further downward into Don's pants.

He turned in his uniform the next day, getting an early start on a multi-faceted career that included distinction as a biology professor, registrar and academic officer at Howard Payne University. He also was an accomplished artist, furniture maker and taxidermist, granted two patents for “do-it-yourself” taxidermy techniques still used by many individuals, as well as a major Louisiana museum.

Another vignette involved him and his identical twin brother, also a teacher. They both “taught”—nay, endured—a clearly unmotivated student. First, the lad tangled with Thomas Ronald Jackson, Don's twin, a Beaumont High School teacher. The troubled youngster then lived with his grandparents in LaMarque, where he'd “get a fresh start.” He was assigned to Don Jackson's biology class there. “Just my luck,” he protested, “Mr. Jackson followed me!”

Don died in 2005 at age 69, and his widow, a retired HPU faculty member, still lives in Brown County. Don's twin, Thomas Ronald and his wife are Deer Park retirees.

Dozens of other “Jackson stories” will be shared in later columns.

Dr. Newbury is a long-time public speaker and university president who writes weekly. Email: newbury@speakerdoc.com. Phone: 817-447-3872. Facebook: Don Newbury. Twitter: @don-newbury.

DAILY PRAYER

Lord, your warmth and light are the true direction of our daily lives. May we turn to you even in the darkest of moments.
Amen

AL Central team breakdown of upcoming season at the start of spring training

By The Associated Press

A team-by-team look at the American League Central entering spring training, including key players each club acquired and lost, and dates of the first workout for pitchers and catchers, and the full squad:

Minnesota Twins

Manager: Rocco Baldelli (third season).

2020: 36-24, first place, lost to Houston in first round of playoffs.

Training Town: Fort Myers, Florida.

Park: Hammond Stadium at CenturyLink Sports Complex.

First Workout: Feb. 19/23.

He's Here: SS Andrelton Simmons, RHP Alex Colomé, LHP J.A. Happ, RHP Hansel Robles, RHP Shaun Anderson, RHP Ian Hamilton, OF Keon Broxton, LHP Andrew Albers.

He's Outta Here: LF Eddie Rosario, RHP Sergio Romo, RHP Trevor May, RHP Jake Odorizzi, INF/OF Marwin Gonzalez, LHP Rich Hill, RHP Tyler Clippard, RHP Matt Wisler, INF Ehire Adrianza, C Alex Avila.

Going campin': The Twins return largely the same team that won the last two AL Central titles, aiming to end their major league-record 18-game postseason losing streak. The pitching staff was superb during the pandemic-shortened 2020 schedule, with only the World Series Dodgers, Cleveland and AL champion Tampa Bay beating Minnesota's team ERA of 3.58. José Berrios, Kenta Maeda, Michael Pineda and Happ comprise a formidable and experienced quartet of starters, with the fifth spot in the rotation qualifying as one of the few competitions for the Twins to evaluate. Randy Dobnak will get another chance, with Devin Smeltzer and Lewis Thorpe also in the mix. Though key relievers Romo, May, Clippard and Wisler all departed as free agents, the signing of Colomé away from division rival Chicago ought to strengthen the bullpen and reduce the pressure on Taylor Rogers, who had his worst of five big league seasons in 2020. Robles is another newcomer with closing experience. Perhaps the most important move toward maintaining strong pitching was the addition of Simmons, a four-time Gold Glove winner who will anchor the defense along with CF Byron Buxton. Jorge Polanco should have a smooth transition to 2B, where his skill set is a better fit. Top prospect Alex Kirilloff appears ready to become an everyday player and replace Rosario, though if the 23-year-old needs more time, Jake Cave and Brent Rooker are capable of filling in as well. The health of the oft-injured Buxton and 3B Josh Donaldson, whose calf strain limited him to 28 games last season, will be a priority in camp. Slightly more than 2,400 fans (about 28% capacity) will be admitted to home spring training games, with a physically distanced plan utilizing a pod system and tickets sold in sets of two or four contiguous seats.

Cleveland Indians

Manager: Terry Francona (ninth season).

2020: 35-25, second place, lost to Yankees in first round of playoffs.

Training Town: Goodyear, Arizona.

Park: Goodyear Ballpark.

First Workout: Feb. 18/22.

He's Here: OF Eddie Rosario, INF Andrés Giménez, INF Amed Rosario, RHP Bryan Shaw.

He's Outta Here: SS Francisco Lindor, RHP Carlos Carrasco, 1B Carlos Santana, LHP Brad Hand, OF Tyler Naquin, LHP Oliver Pérez, RHP Adam Cimber, OF Delino DeShields Jr.

Going campin': The departure of Lindor, one of the best all-around players in club history, has further soured and disappointed Indians fans while creating a humongous hole that may never be adequately filled. Giménez and Amed Rosario, who both came over in the trade with the Mets, will get a crack at shortstop. Luckily, the Indians have 3B José Ramírez to stabilize the left side of their infield, and Gold Glove 2B César Hernández's return after a solid 2020 season gives Francona a dependable defender and probable leadoff hitter. Eddie Rosario's surprise signing — he destroyed Cleveland pitching while with Minnesota — boosts an outfield that still has a lot of question marks. The Indians will lean on one of the AL's best pitching staffs, led by Cy Young Award winner Shane Bieber, now the unquestioned ace. It's possible the team may try to lock up the right-hander to a long-term deal this spring. Cleveland slugger Franmil Reyes will get a shot to win the starting job at first base. If he has a big camp, top prospect Nolan Jones could put pressure on the team to include him on the opening day roster. The Indians will not allow fans at their complex for workouts, and the club is still finalizing plans for spring games.

Chicago White Sox

Manager: Tony La Russa (first season of second

stint with team).

2020: 35-25, third place, wild card, lost to Oakland in first round of playoffs.

Training Town: Glendale, Arizona.

Park: Camelback Ranch.

First Workout: Feb. 17/22.

He's Here: Manager Tony La Russa, RHP Liam Hendriks, RHP Lance Lynn, OF Adam Eaton, C Jonathan Lucroy.

He's Outta Here: Manager Rick Renteria, DH Edwin Encarnación, C James McCann, RHP Alex Colomé, 2B Yolmer Sanchez, LHP Gio Gonzalez, CF Jarrod Dyson, RHP Dane Dunning, RF Nomar Mazara.

Going campin': The White Sox made the playoffs for the first time since 2008 and ended a run of seven losing seasons last year. Now, they're aiming for the biggest prize of all. Chicago loaded up in the offseason while other teams were cutting expenses, hoping to bring home its first World Series championship since 2005 and only the second since 1917. The club made an eye-opening change in the dugout when it brought back Hall of Famer and three-time champion La Russa to take over for Renteria. The move came 34 years after the White Sox fired La Russa, who went on to win a title with Oakland and two more with St. Louis. But he hasn't filled out a lineup card since the Cardinals won the World Series in 2011. Something else to watch: How will he relate to a vibrant, fun-loving team? But that wasn't the only big move the White Sox made. They added arguably the game's best closer when they signed Hendriks to a \$54 million, three-year deal. The Australian was on the mound when Oakland knocked off Chicago in their wild-card series. The White Sox also acquired Lynn from Texas, adding a workhorse starter to go with ace Lucas Giolito and Dallas Keuchel. And the lineup — anchored by AL MVP Jose Abreu and 2019 major league batting champion Tim Anderson — is deep. It's not clear if fans will be allowed to attend games at Camelback Ranch.

Kansas City Royals

Manager: Mike Matheny (second season).

2020: 26-34, fourth place.

Training Town: Surprise, Arizona.

Park: Surprise Stadium.

First Workout: Feb. 17/22.

He's Here: LHP Mike Minor, 1B/DH Carlos Santana, OF Andrew Benintendi, RHP Wade Davis, RHP Ervin Santana, CF Michael A. Taylor, RHP Carlos Sabaria, 2B Hanser Alberto.

He's Outta Here: LF Alex Gordon, OF Franchy Cordero, RHP Ian Kennedy, 3B Maikel Franco, RHP Glenn Sparkman, RHP Matt Harvey.

Going campin': The improvement of the Royals came largely from the improvement of their young core, which they hope will usher in their next winning window. RHP Brady Singer nearly pitched a no-hitter during a promising pandemic-shortened season, and fellow rookie LHP Kris Bubic also made his big league debut. More young pitching could be on the way with LHPs Asa Lacy and Daniel Lynch and RHPs Jackson Kowar and Jonathan Bowlen providing the framework for what could be a dominant rotation in the next few years. The Royals lost one of the game's premier defensive outfielders when Gordon retired, but he had struggled the last few seasons at the plate. He'll be replaced by Benintendi, acquired from Boston in a deal that sent Cordero to the Red Sox. The Royals filled their leadership vacuum by signing Santana, who made life miserable for them for years as a member of the AL Central-rival Indians. Matheny thought the Royals were close to competing by the end of last season, and the team showed positive signs. Expectations are there for a breakthrough this year.

Detroit Tigers

Manager: AJ Hinch (first season).

2020: 23-35, fifth place.

Training Town: Lakeland, Florida.

Park: Publix Field at Joker Marchant Stadium.

First Workout: Feb. 17/22.

He's Here: Manager AJ Hinch, C Wilson Ramos, OF Robbie Grossman, RHP Jose Urena, LHP Derek Holland, LHP Robbie Ross Jr., LHP Miguel Del Pozo, C Dustin Garneau, RHP Erasmo Ramirez, 3B Renato Nunez, INF Greg Garcia.

He's Outta Here: Manager Ron Gardenhire, C Austin Romine, RHP Ivan Nova, RHP Jordan Zimmermann, 1B C.J. Cron, 1B Brandon Dixon, RHP Anthony Castro.

Going campin': The rebuilding Tigers haven't made the postseason since 2014 and haven't really been in contention since 2016. Hinch takes over as manager after serving his suspension in the aftermath of the Houston Astros' sign-stealing scandal. He inherits a team with a handful of promising pitching prospects, a couple of whom made their big league debuts in 2020. Casey Mize and Tarik Skubal had their ups and downs last season with the Tigers. Matt Manning is also highly regarded

but hasn't reached the majors yet. Detroit got some bad news in December when the team announced that RHP Alex Faedo — another one of those promising prospects — would need reconstructive arm surgery. INF Francisco Torkelson, the top pick in last year's draft, is another one to watch. Among the established players, Miguel Cabrera is approaching his 38th birthday and needs 13 home runs to reach 500. The Tigers weren't too active this offseason, but Ramos should help the team's catching situation and Grossman adds a veteran bat to the outfield. Lakeland's director of parks and recreation said recently that seating capacity at spring training games would be reduced to 2,000 in order to maintain physical distancing protocols. The city said additional protocols would be announced in the coming weeks.

Fernando Tatis Jr., Padres agree on 14-year deal

By BERNIE WILSON

AP Sports Writer

Fernando Tatis Jr. has helped make baseball fun again in San Diego.

In return, the Padres have agreed to give the electrifying shortstop a \$340 million, 14-year deal that could keep him with San Diego until he's 35 years old, according to two people familiar with the situation.

The two people spoke to The Associated Press on condition of anonymity Wednesday night because the deal hadn't been announced.

It will be the longest contract signed in MLB history. Giancarlo Stanton, now with the New York Yankees, signed a 13-year, \$325 million deal with Miami in 2015. Bryce Harper signed a 13-year, \$330 million deal with Philadelphia in 2019. The biggest deal by dollars remains Mike Trout's \$426.5 million, 12-year contract signed with the Angels in 2019.

The 22-year-old Tatis has bloomed into a superstar in less than two full seasons with the Padres, hitting .301 with 39 home runs, 98 RBIs and 27 stolen bases in 143 games. He helped San Diego end a 13-year playoff drought in 2020 and win a wild-card series against the St. Louis Cardinals before the Padres were swept by the rival Los Angeles Dodgers in the NL Division Series.

He has quickly become one of the faces of baseball. He stands out because of his flair, easy smile, blond dreadlocks flowing from under his cap, a uniform dirtied by his hard-charging play and his dance moves in the dugout after hitting home runs.

Tatis was literally raised in the game at the feet of his father, who played 11 seasons in the big leagues. He has dared to challenge old-school norms — after hitting his second home run in an 11-9 win in Game 2 of the wild-card series against the Cardinals, he unleashed an emphatic bat flip. A photo of Tatis at that moment is on the cover of the video game MLB The Show '21.

In August, Tatis caused a stir when he hit a grand slam on a 3-0 count with the Padres leading the Texas Rangers by seven runs. The furor died down and the Padres became the first team in MLB history to hit grand slams in four straight games and five in six games.

Tatis comes from San Pedro de Macoris, Dominican Republic, also known as the Cradle of Shortstops.

San Diego promoted Tatis to the majors on opening day of 2019, forgoing the chance to delay his free agency by waiting a few weeks — a reality of the game experienced by other young stars like Kris Bryant with Chicago Cubs and Harper with the Washington Nationals.

Tatis has two years of service and would have been eligible for salary arbitration for the first time next offseason. While his deal sets a record for length, Tatis may have left dollars on the table if he continues on his star trajectory. His \$24.29 million average salary will rank just 19th in the sport.

It's the first big payday for Tatis, who got a \$700,000 signing bonus as an amateur with the White Sox in 2015, earned \$555,555 as a rookie in 2019 and \$219,185 in prorated pay last season.

Tatis played only 84 games in 2019 before being shut down by a stress reaction in his lower back. He still finished third in the NL Rookie of the Year balloting. He batted .277 with 17 homers and 45 RBIs in 59 games last year.

He's a threat on the basepaths and has made several spectacular plays at shortstop. He was named All-MLB First Team shortstop in 2020.

After committing 18 errors in 83 games in the field in 2019, he vowed to tighten his defense and committed only three errors in 57 games last year.

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Weekend Edition, February 20 & 21, 2021

Archie

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THE BOSS GOES OVERBOARD!

UH-OH! THE PRINCIPAL'S ON HIS NEATNESS KICK AGAIN!

THE WHITE-GLOVE BIT!

TSK! TSK-TSK!

LOOK AT THIS, MR. SVENSON! WHAT WOULD PEOPLE SAY ABOUT RIVERDALE HIGH?

I THINK DEY'D SAY, 'OH, RIVERDALE! DOT'S THE SCHOOL...

WITH THE PRINCIPAL WHO CAN'T KEEP HIS GLOVES CLEAN!

Visit: www.archiecomics.com

HENRY SCHROEDL
CRAIG BOLDMAN
2-21

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MOMMA

BY MELL LAZARUS

FRANCIS, YOU CAN'T GO OUT LOOKING LIKE THAT! CHANGE THOSE HIDEOUS PANTS!

GEE, MOMMA, I GUESS YOU'RE RIGHT. I'LL CHANGE!

MUCH BETTER! SEE YOU LATER, MOMMA!

OY...

LAZARUS.

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Agnes

by TONY COCHRAN

I THINK I WOKE UP FEELING HOPEFUL TODAY!

THAT'S GREAT!

I GUESS... IT FEELS ODD. I'VE NEVER BEEN VERY HOPEFUL BEFORE.

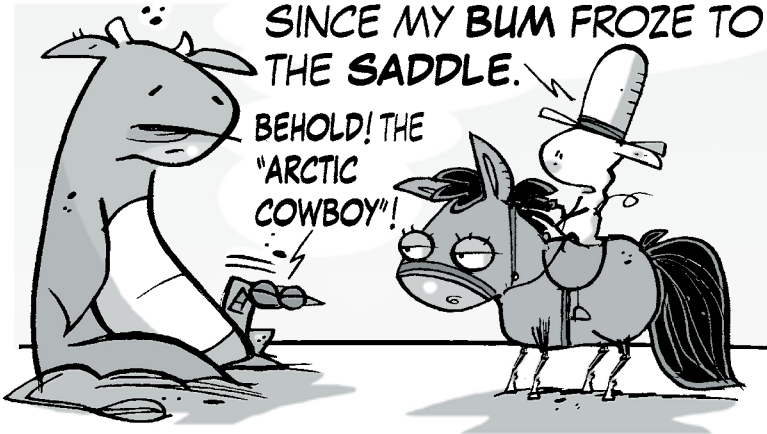
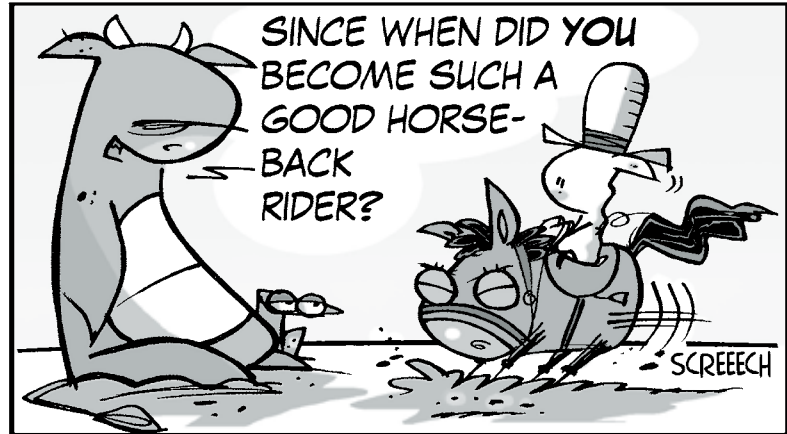
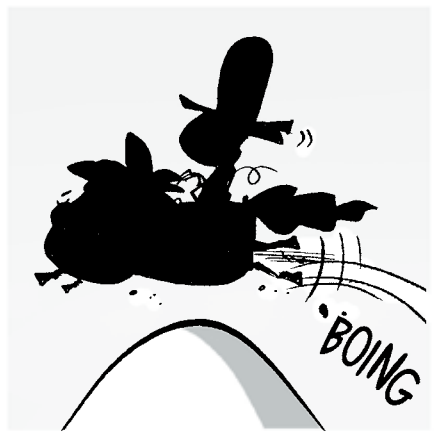
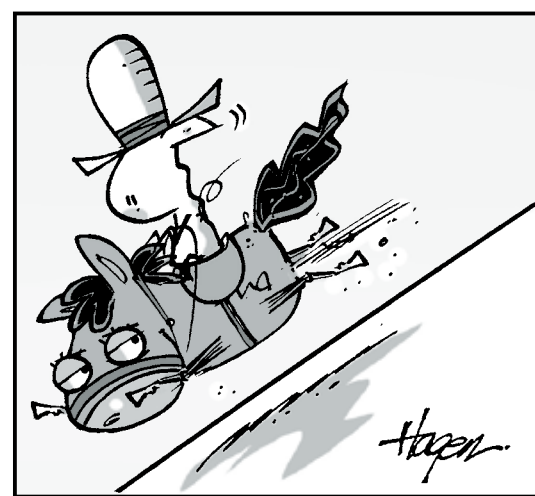
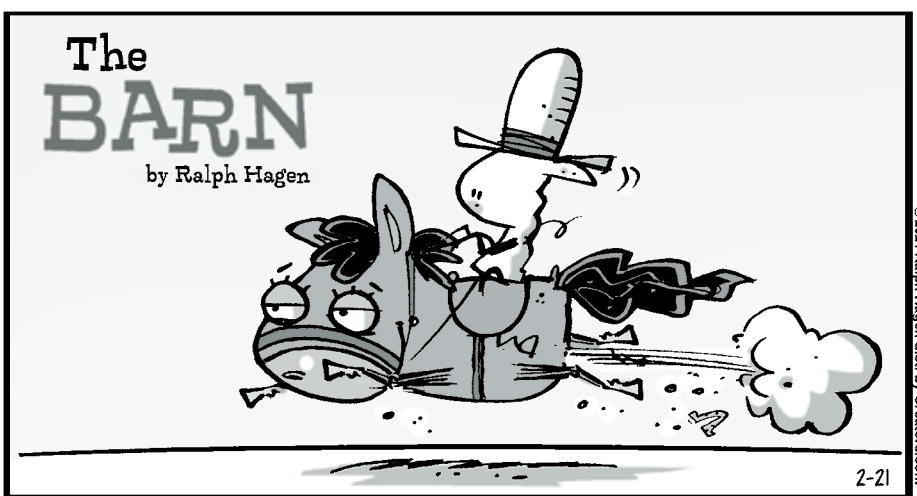
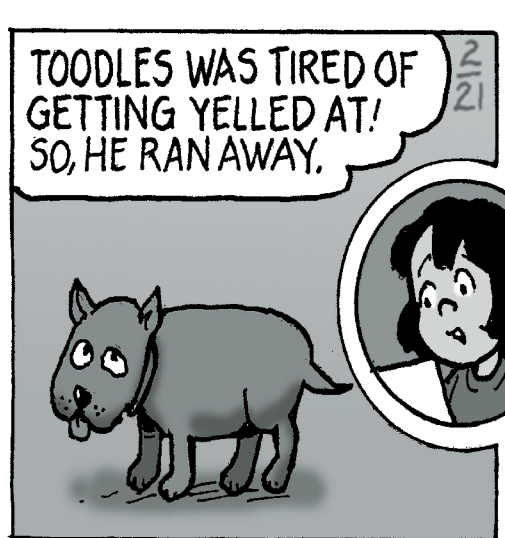
MAYBE IT'S NOT HOPE... WHAT'S IT FEEL LIKE?

KIND OF ITCHY... SCRATCHY... MILDLY STINKY...

OH... THAT'S NOT HOPE. THAT'S DIRTY UNDER-PANTS.

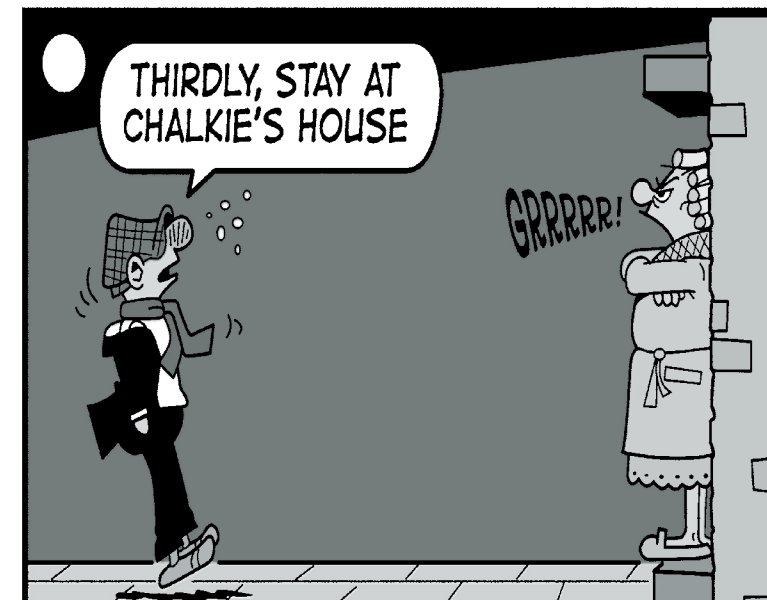
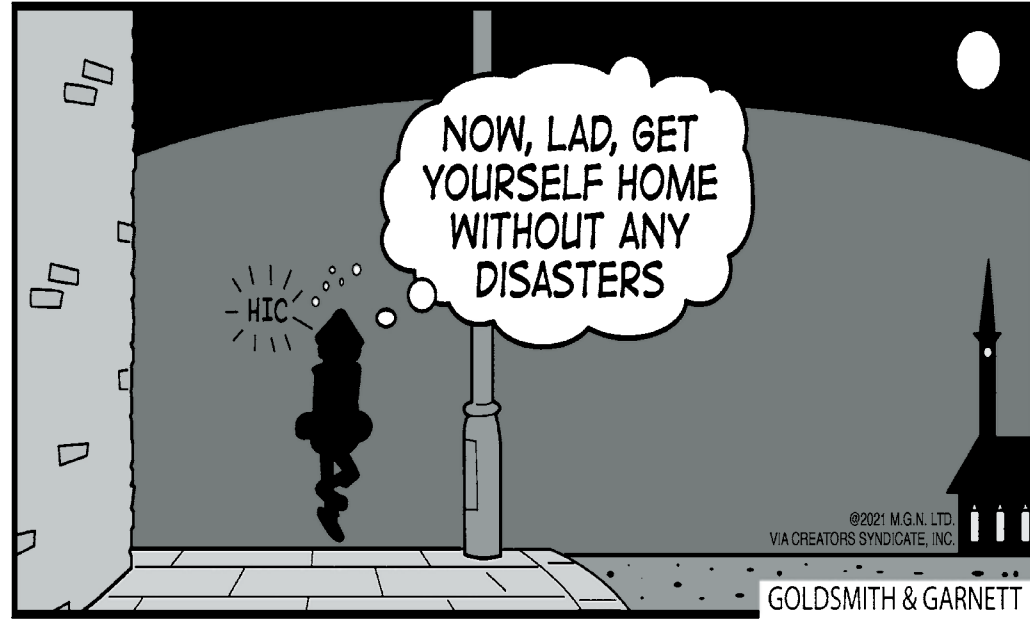
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DESPITE THE BAD TIMES,

I am thankful for ...

"I want to thank all the city workers that are out there in the cold working on the utilities, all the volunteers here in town that are delivering food and water to the less fortunate and needy, and to all those that have opened their doors to the people that needed shelter from the cold. Thank you all. I also want to thank the Big Spring Herald and our local radio station KBest for keeping us posted and informed nonstop throughout these tough days."
Mick Silva

"Our community! Strangers pulling together to make sure we were all taken care of. And also my FB family and friends for letting me have a pity party on day three of no electricity!
Courtney Brockman

"The people that donated to help keep my boys warm and family! And survival skills lol."
Kristy Morrow

"I'm grateful for my family. If it wasn't for them I couldn't have done this alone. And for God seeing us through it all."
Christa Silva

My extraordinary daughter and son-in-law who have checked in on us, brought us water and whatever else we needed or even wanted — like cookies!
Linda Hall

"Texas friendly never failed. Our people are so good at stopping to say 'what can we do!' To everyone who has assisted anyone else we thank you."
Stan Eileen Haney

"Friends and family for sure. In-laws that keep my kids so I can sleep before working a night shift a husband who works 16+ hours in this crap then comes home and tries to figure out ways to heat at least one room so the kids don't freeze. Friends who offer up their homes my work besties who don't care that I didn't get to shower and still love me anyway."
Emily Thurman

"Grateful for never being without electric & water & also being able to help my family with water & warm place to stay."
Angie Worley

"My husband who made sure we were warm, sweet friends who shared their shower, sweet out of town friends who were taking care of my out of reach kids, and all the people who are still working so hard to get the whole state back up and running!"
Jodi Hall Mims

"Amazing coworkers, a warm shower, hot food, getting to talk/text to my mom daily (under normal circumstances), and so much more."
Lori Millican

"Thank u God for my family n wat i was given... always grateful"
Malinda Gonzales

"The amazing kindness I have seen. People helping people."
Shawn Coskey

"My home and amazing people in our community."
Aurora Rivera

Community
Justin Cervantes

"Another day that God has given me and my family."
Joey N Sally

As a Community we shall get through this TOGETHER

Howard County Lunch Menus

Coahoma ISD K-12

Breakfast:

Monday: Waffles W/ Bacon 100% fruit juice, fruit, milk.

Tuesday: Sausage, Egg, Cheese Biscuit or breakfast taquito, 100% fruit juice, fruit, milk.

Wednesday: Breakfast Pizza, 100% fruit juice, fruit, milk.

Thursday: Cinnamon Roll W/ Sausage or Cheesy Toast W/ sausage, 100% fruit juice, fruit, milk.

Friday: Bulldog Breakfast: Biscuit, Gravy, Eggs, 100% fruit juice, fruit, milk

Lunch K-12th:

Monday: Country Fried Steak W/ Gravy or Bulldog Meatloaf, mashed potatoes, Okra, Roll, Strawberries, milk.

Tuesday: Meat & Cheese Chalupas or Enchiladas or Taco Salad, salsa, zesty cucumbers, beans, Rosy applesauce, milk.

Wednesday: Chicken Tenders W/ Biscuit, Gravy, or cheeseburger or Tuna Salad, Broccoli, Sweet Potatoes, Mixed Fruit, Desert, milk.

Thursday: Chicken Spaghetti W/ Breadstick or Pizza or Crispy Chicken Salad, Garden Salad, Carrots, Fresh Apple Slices, milk.

Friday: Fish W/ Mac N Cheese or BBQ on a bun, Potato Salad, Green Beans, Orange Smiles, Desert, milk.

Big Spring ISD

Anderson Accelerated

Monday: Breakfast: Breakfast pizza, cereal with string cheese, assorted fruits, assorted milk. Lunch: Bacon Cheeseburger, egg chef salad, assorted vegetables, juice, assorted fruits, assorted Milk.

Tuesday: Breakfast: Cinnamon roll bites, yogurt with string cheese, assorted fruits, assorted milk. Lunch: Pepperoni Pizza, Popcorn Chicken Salad W/ Flatbread, assorted vegetables, juice, assorted fruits, assorted milk.

Wednesday: Breakfast: Cinnamon sugar donut, cereal with string cheese, assorted fruits, assorted milk. Lunch: Chicken Patty Sandwich, taco salad, assorted vegetables, juice, assorted fruits, assorted milk.

Thursday: Breakfast: Breakfast Pizza Cereal, string cheese, assorted fruits, assorted milk. Lunch: Chicken Fried Steak W/ roll Chef Salad W/ Flatbread, assorted vegetables, juice, assorted fruits, assorted milk.

Friday: Breakfast: Strawberry Bagel Bites Cereal with string cheese, assorted fruit, assorted milk. Lunch: Walking Taco, Yogurt, Cheese, and Fruit Salad, Assorted Vegetables, Juice, Assorted Fruits, Assorted Milk.

Elementary

Monday: Breakfast: Cereal bar with bug bites, assorted fruit, 100% juice box, assorted milk. Lunch: Maple Madness French Toast W/ Smile Fries, Sun Butter and Jelly Sandwich, fruit and vegetable, milk.

Tuesday: Breakfast: Pancake & Sausage Wrap, assorted fruit, 100% juice box, assorted milk. Lunch: Cheeseburger, American Sub Sandwich, fruit and vegetable, milk.

Wednesday: Breakfast: Cinnamon Toast Crunch Pastry, assorted fruit, 100% juice box, assorted milk. Lunch: Hot Hammy Sammy W/ Fritos, Yogurt, Cheese, and crackers, fruit and vegetable, milk.

Thursday: Breakfast: Strawberry Splash Pancakes, assorted fruit, 100% juice box, assorted milk. Lunch: Fish Sticks W/ Mac & Cheese, Turkey & Cheese Sandwich, fruit and vegetable, milk, carnival cookie. Breakfast: Coco Puff Pastry, Assorted Fruits, 100% juice box, Assorted Milk. Lunch: Tonys Cheese Pizza edge, yogurt, Cheese, and Cracker s, Fruit, vegetables, Milk.

High School

Monday: Breakfast: Apple Cinnamon Muffin, waffle bites with fruit, egg/sausage/cheese burrito,

refried beans, Trix cereal bowl, assorted fruits and juice, assorted milk. Lunch: Chicken Drumstick, bacon burger, chicken/spicy chicken sandwich or nuggets, cheese/pepperoni pizza, assorted vegetables, assorted fruits and milk.

Tuesday: Breakfast: Vanilla Glazed Donut, pancake bites with fruit, egg/sausage/cheese burrito, refried beans, Cinnamon Toast Crunch cereal, assorted fruits and juice, assorted milk. Lunch: Fish W/ Mac & Cheese, hamburger/cheeseburger, chicken/spicy chicken sandwich or nuggets, cheese/pepperoni pizza, assorted vegetables.

Wednesday: Breakfast: Cinnamon Roll, waffle bites with fruit, egg/sausage/cheese burrito, refried beans, Trix cereal bowl, assorted fruits and juice, assorted milk. Lunch: Chicken-N-Waffles, hamburger/cheeseburger, chicken/spicy chicken sandwich or nuggets, cheese/pepperoni pizza, assorted vegetables.

Thursday: Breakfast: Cinnamon Sugar Donut, pancake bites with fruit, egg/sausage/cheese burrito, refried beans, Cinnamon Toast Crunch cereal, assorted fruits and juice, assorted milk. Lunch: Pot Pie hamburger/cheeseburger, chicken/spicy chicken sandwich or nuggets, cheese/pepperoni pizza, assorted vegetables.

Friday: Breakfast: Cherry Frudel, waffle bites with fruit, egg/sausage/cheese burrito, refried beans, Trix cereal bowl, assorted fruits and juice, assorted milk. Lunch: Big Steer Burger/Walking Taco, hamburger/cheeseburger, chicken/spicy chicken sandwich or nuggets, cheese/pepperoni pizza, assorted vegetables.

Intermediate

Monday: Breakfast: Apple frudel, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Bacon Cheeseburger, assorted juice and milk.

Tuesday: Breakfast: Cinnamon Sugar Donut, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Popcorn Chicken, assorted juice and milk.

Wednesday: Breakfast: Berry French Toast Bites, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Beef Nachos, Assorted Juice and Milk.

Thursday: Breakfast: Coco Puff Pastry, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Lasagna Caserole

Friday: Breakfast: Strawberry Cream, Cheese Bagel Bites, Yogurt, and Elf Grahams. Lunch: Hamburger/Cheeseburger, Chicken/Spicy chicken Pizza or Corn Dog, Assorted Juice and Milk.

Junior High

Monday: Breakfast: Apple frudel, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Bacon Cheeseburger, assorted juice and milk.

Tuesday: Breakfast: Cinnamon Sugar Donut, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Popcorn Chicken, assorted juice and milk.

Wednesday: Breakfast: Berry French Toast Bites, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Beef Nachos, assorted Fruits, and Milk.

Thursday: Breakfast: Coco Puff Pastry, yogurt and elf grahams. Lunch: Hamburger/cheeseburger, chicken/spicy chicken, pizza or Lasagna casserole, pudding cup.

Friday: Breakfast: Strawberry Cream Cheese Bagel Bites, Yogurt and Elf Grahams. Lunch: Hamburger/Cheeseburger, Chicken/Spicy Chicken, Pizza or Corn Dog, Assorted Juice, and Milk.

Kentwood

Monday: Breakfast: Chocolate cup, muffin, fruit, 1% white milk. Lunch: Pancake Bites with Smile Fries, fruit and vegetable, 1% milk.

Tuesday: Breakfast: Cinnamon Poptart, fruit, 1% milk. Lunch: Fish Sticks w/roll, fruit, 1% milk.

Wednesday: Breakfast: Chocolate Chip Muffin, fruit, 1% milk. Lunch: Chicken nuggets, fruit and vegetable, 1% milk.

Thursday: Breakfast: Pancake Wrap, Fruit, 1% milk. Lunch: Mac & Cheese w/ roll, fruit and vegetable, 1% milk.

Friday: Breakfast: Breakfast Sausage Pizza, Fruit, 1% Milk. Lunch: Tony's Cheese Pizza, Fruit, and Vegetable, 1% milk.

Forsan ISD

Monday: Breakfast: Cereal cup, fresh fruit, fruit juice and milk (elementary); sausage kolache with cheese stick or cereal, apple slices, fruit juice, and milk. Lunch: Wild Mikes Cheese Bites or Chicken Nuggets w/ Mac & Cheese (elementary) Boneless Chicken Wings w/ Mac & Cheese (JH/HS) or PB&J sandwich, steamed broccoli w/ cheese sauce, baby carrots, apple sauce cups, fresh fruit and milk.

Tuesday: Breakfast: French toast sticks, fresh fruit, fruit juice and milk (elementary); french toast sticks with sausage or cereal, apple slices, fruit juice and milk. Lunch: Chicken Sandwich or Popcorn Chicken w/ roll (elementary) Buffalo Popcorn Chicken Bowl w/ roll or Turkey and Cheese Sub, Fries, Savory, Green Beans, Strawberries & Bananas fresh fruit and milk.

Wednesday: Breakfast: Sausage, egg, cheese tornado or cereal, mandarin oranges, fruit juice and milk. Lunch: Pizza or crispy chicken salad or PB&J sandwich, fresh veggie cup, garden salad, Strawberry cup, fresh fruit and milk.

Thursday: Breakfast: Breakfast pizza, fresh fruit, fruit juice, milk (elementary); breakfast pizza or cereal, strawberry cup, fruit juice and milk. Lunch: Steak Fingers or Mini Corn Dogs (elementary) Generals Tso, s Chicken Asian Bowl (JH/HS) mashed potatoes, baby carrots, fruity gelatin, fresh fruit and milk.

Friday: Breakfast: Dutch Waffle w/ Bacon or Cereal, applesauce cup, Fruit Juice & milk. Lunch: Nachos w/ ground beef or Turkey and Cheese Sub (elementary), Garlic French Bread Pizza (JH/HS) or PB&J Sandwich, Fries, baby carrots, applesauce cup, Fresh Fruit & milk.

Sands CISD

Monday: Breakfast: Breakfast strudel, Cheese Stick, Fruit, Fruit Juice, Milk. Lunch: Breaded Drumstick, Biscuit, seasoned corn, sweet potato Fries, Grapes, Cookie, Milk Variety.

Tuesday: Breakfast: Mini Pancakes, Yogurt, Fruit, Fruit Juice Milk. Lunch: Pulled Pork Sliders, Chips (HS only) Green Beans, Garden Salad, Pineapples, Milk Variety.

Wednesday: Breakfast: Breakfast Burrito, Fruit, Fruit Juice, Milk. Lunch: Chicken Nuggets, White Potatoes, Steamed Broccoli, Roll, Fruit Cup, Milk Variety.

Thursday: Breakfast: Sausage Kolache, Cheese Stick, Fruit, Fruit Juice Milk. Lunch: Frito Pie, Cucumbers, Beans, Orange Smiles, Milk Variety.

Friday: Breakfast: French Toast sticks, Yogurt, Fruit, Fruit Juice, Milk. Lunch: Pizza, Steak Fries, baby carrots, Fruit Cup, cookie, Milk Variety.

Senior Center

Monday: Butter Beans & ham, Collard Greens, Apple Crisp, Corn Bread, milk.

Tuesday: Red Cheese Enchiladas, Spanish Rice, Lettuce & Tomato, Tres Leches Cake, Chips and Salsa, milk.

Wednesday: Beef Stew, w/ Vegetables, White Rice, Peach Cobbler, Cornbread, milk.

Thursday: Steak mFingers, Mashed potatoes w/ Gravy Buttered Corn, strawberry Shortcake, Biscuit, milk.

Friday: Fish Sticks, Tarter Sauce, Sweet Potato Fries, Coleslaw, Jell-O, milk.

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GasBuddy predicts extreme cold will heat up gas prices, with nearly 20% of total U.S. refinery capacity offline

Special to the Herald

GasBuddy
Motorists should brace themselves for even higher gas prices in the days ahead, enhanced by the extreme cold weather hitting much of the country. According to GasBuddy, the travel and navigation app used by more North American drivers to save money on gas, the national average price of gasoline may jump 10-20 cents per gallon from its current price of \$2.54 per gallon over the next two weeks as millions of barrels of refining capacity has gone offline due to the extreme cold in the South, with little relief on the horizon as overall gasoline demand continues to recover from the COVID-19 pandemic.

Such an increase in prices could lead the national average to rise to \$2.65-\$2.75 per gallon, resulting in the highest prices since 2019 and the highest seasonal prices in over five years.

"The quicker the affected refineries are able to come back online, the better, and perhaps less painful for motorists than if they remain out of service for even longer," said Patrick De Haan, head of petroleum analysis at GasBuddy. "Oil prices have continued to rally as global oil demand recovers from the worst of the COVID-19 pandemic, and now the extreme cold weather shutting refineries down, us motorists just can't seem to catch a break. We probably won't see much, if any relief, anytime soon."

According to GasBuddy's analysis, 11 refineries in Texas and one in Kansas have at least partially

shut due to the extremely cold weather. Refineries are exposed to the elements, and unlike facilities in the northern U.S. which are prepared for cold weather, few refineries in the south have protection from these historically low temperatures. GasBuddy calculations show 3.48 million barrels of refining capacity were offline as of midday Tuesday, or nearly 20% of total U.S. refining capacity, just under the amount shut down due to Hurricane Harvey in 2017. Every day that these refineries are not operating the country is consuming more gasoline than it produces, swiftly impacting inventories.

"Expect gas prices to rise more closer to the markets these refineries serve, primarily Texas, Louisiana, Alabama, Mississippi, Florida, Georgia, the Carolinas, and potentially even up the coast, as the Colonial pipeline carries refined products from the affected refineries as far as New Jersey. While other regions are also likely to see impacts to gas prices, the amount may be slightly less," De Haan said. "Even after this event is over, it may take refineries days or even a week or two to fully return to service, and with gasoline demand likely to accelerate as we approach March and April, the price increases may not quickly fade."

GasBuddy expects the national average could rise closer to \$3 per gallon closer to Memorial Day weekend as refineries eventually begin to switch over to EPA-mandated cleaner summer fuels. While a \$3/gal national average is far from guaranteed, the odds are certainly rising. The market could get doused in cold water, however, should

OPEC, which controls a third of global oil production, raise production in the weeks or months ahead.

GasBuddy offers these tips to save money on gas amidst price increases:

Shop around : Gas prices can vary as much as \$1 per gallon in metropolitan areas.

Searching for the best gas prices before filling up with tools like the free GasBuddy app can ensure drivers pay the lowest price.

Drive mindfully : Aggressive driving can reduce gas mileage by as much as 40%.1

Pay and save : Joining a gas station loyalty program or using payments services like Pay with GasBuddy can save drivers hundreds of dollars per year on gas.

About GasBuddy

For budget-minded drivers, GasBuddy is the travel and navigation app that is used by more North American drivers to save money on gas than any other. Unlike fuel retailer apps, as well as newer apps focused on fuel savings, GasBuddy covers 150,000+ gas stations in North America, giving drivers 27 ways to save on fuel. That's why GasBuddy has been downloaded nearly 90mm times - more than any other travel and navigation app focused on gas savings. GasBuddy's publishing and software businesses enable the world's leading fuel, convenience, QSR and CPG companies to shorten the distance between the North American fueling public and their brands. For more information, visit <https://www.gasbuddy.com>.



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A Guide to a Stunning Wedding Day

Planning a Wedding Checklist

- Choose a Date
- Set Budget
- Choose a Venue
- Shop for Rings
- Send Invitations
- Find Officiant
- Bridesmaids
- Plan Honeymoon
- Best man
- Wedding Dress
- Reception Dress
- Reserve Tuxedos
- Get Marriage License
- Schedule Rehearsal Dinner
- Photographer
- Choose a Ring Bearer
- Entertainment
- Choose Flower Girls
- Catering
- Register For Gifts
- Florist
- Plan Reception
- Transportation
- Hair and Beauty
- Bridesmaid's attire
- Wedding Cake
- Decorations and favours
- Guest list

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Howard County will be accepting applications for the position of Justice of the Peace, Pct. 1 Place 2 through Monday, March 1, 2021. Those interested should submit resumes to Judge Kathryn Wiseman in Room 207 of the County Courthouse at 300 Main St., Big Spring, TX by March 1, 2021 at 10:00 A.M. For any questions, contact her at 432-264-2202. EOE

<s> Kathryn Wiseman
Judge Kathryn Wiseman

#10811 February 21 & 24, 2021

Help Wanted

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Parks Fuels is Looking For an Office Secretary. Should Have Excellent Organizational Skills w/ Attention to Detail. Required to Have The Ability to Use a Computer and Programs. Competitive Pay w/Health Insurance and Retirement. Please bring resume to 303 E. 1st. St. Big Spring.

We are looking for an ambitious, creative, self-starter, to fill a staff writer role at the Big Spring Herald.

Do you have a heart to share others' stories and the desire to be involved in your community? We want to hear from you!

This individual would provide news coverage, build pages, and update social media accounts/website.

Indesign and Photoshop are a plus, but will train the right person. We are looking for a creative, outgoing individual familiar with social media. Must be a self-starter, and be able to meet deadlines.

Individual will be responsible for several areas of coverage, from feature stories to hard news. Must have a flexible schedule.

Contact Amanda Duforat 432-263-7331 Ext. 230 for questions or to submit your resume at editor@bigspringherald.com.

Texas Anchor has an immediate opening for local oilfield truck driver. Commercial class A or B license required. No experience necessary. Paid insurance, uniforms, holidays, and vacations. Home nights and weekends. Starting pay \$18-\$20 per hour. Call 432-517-4527

Help Wanted

NOW HIRING!

The Big Spring Herald is looking for individuals to throw newspaper routes in the Big Spring area. If you have a reliable vehicle and valid automobile insurance, we would like to talk to you! Fill out an application at the Big Spring Herald at 710 Scurry St. No phone calls please.

Public Notice

PUBLIC NOTICE

Notice is here given that the Commissioners' Court of Howard County, Texas, will receive bids until 10:00 A.M., March 12, 2021, in the Commissioners' Courtroom, Howard County Courthouse, Big Spring, Texas, for a County Depository.

The County Treasurer will supply bid application forms.

The Commissioners' Court reserves the right to reject any and all bids and to waive all technicalities.

By order of the Commissioners' Court, Howard County, Texas.

/s/ Kathryn Wiseman
Kathryn Wiseman,
County Judge
Howard County, Texas

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CALL Paula at (432) 268-7674 or Submit a resume to jennifer.patton@hhs.texas.gov for initial screening; application process will be initiated at a later time.

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Contract Bridge

By Steve Becker

A false sense of security

ist dealer.
orth-South vulnerable.

NORTH
♠ 7 5
♥ 8 5 3
♦ A Q 9 2
♣ J 9 7 6

WEST
♠ J 8 4
♥ K 10 9
♦ 8 5 4
♣ Q 10 8 3

EAST
♠ K Q 9 2
♥ J 7 4 2
♦ 10 7 6 3
♣ 5

SOUTH
♠ A 10 6 3
♥ A Q 6
♦ K J
♣ A K 4 2

ie bidding:
ast South West North
iss 2 NT Pass 3 NT

pening lead — three of clubs.
Playing hastily in bridge is analogous, in many ways, to the ancient proverb about marrying in haste and pening at leisure. Today's deal ovides a case in point.
Assume you're in three notrump West leads a club. Dummy's six olds the first trick, and you apparently have nine sure tricks consisting a spade, a heart, four diamonds d three clubs.
Lulled by this false sense of secu- y into thinking that it's all over but e shouting, you try for an overtrick

by taking a heart finesse at trick two, losing the queen to the king.
West returns the ten of hearts, and about this time it begins to dawn on you that there's some doubt about making nine tricks. The four diamond tricks you counted at the start are much easier to count than to cash. If you take the K-J, there will be no way to reach dummy's A-Q, while if you cash the king and then overtake the jack with the queen, you will make only three diamond tricks unless the ten falls. (In the actual deal it doesn't, so you finish down one.)
To make matters worse, you now realize where you went wrong. The fault goes back to trick one, when you won the club lead with dummy's six and should have won with the ace! You could then have played the king of clubs, cashed the K-J of diamonds and led another club toward dummy's J-9. Whether West took his queen or not, the jack of clubs would be an entry to the A-Q of diamonds, and nine tricks would be assured.
Obviously, it's clear in retrospect that winning the opening club lead with the ace is correct, but you must give yourself enough time to think of it. If you play too hastily at trick one and allow dummy's six to win, you will, as the proverb says, have lots of time later to repent at your leisure.

Tomorrow: Famous Hand.
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SUDOKU

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

Level: Beginner

Fun By The Numbers

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

Here's How it Works:
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8	8	7	4	1	6	9	8	5
4	9	2	9	8	6	8	7	2
6	1	5	7	8	7	4	8	2
1	2	8	7	9	4	9	6	8
7	7	8	6	1	9	5	2	8
9	6	9	8	2	8	7	1	7
8	9	6	8	2	7	1	4	9
2	7	1	7	9	9	8	8	6
9	8	4	1	6	8	2	7	5

ANSWER:

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Tomorrow's Horoscope

Mercury Directional Change

By Holiday Mathis



untold come in surprising packages you wouldn't have guessed could hold such gifts of feeling. Professional development happens in March. Scorpio and Virgo adore you. Your lucky numbers are: 6, 35, 22, 1 and 39.

FORECAST FOR THE WEEK

AHEAD: In the first blushes of this intuitive Pisces season, and with the green light of Mercury guiding the higher Aquarian purposes, we have a chance to place our energy wisely and make excellent progress. So how do we know if a thing is worthy of our attention? Its attractiveness is a clue, though many attractions, because of their dangerous or time-wasting potential, are best noted and explored hypothetically, within the examination and thought experiments of an interior and a private world instead of by interacting with the attractive force in real life.

As Mars and Pluto triangulate, people will stand behind their decisions because they have to. Their egos disallow any speculation. Smaller egos make for better decisions because objectivity is available to those who can detach and process data through a lens that's free of the distortions and particulars of personality, identity, tribalism, pride, etc. Other things that color decisions include feelings, morality, politics and more. Some of these influences are useful and helpful, and others are apt to stop progress in its tracks.

To make a decision based on who you were in the past is not advised. You could make a decision based on what you learned back there, but even that is thinking too small. When you instead base your decisions on who you want to be and who you are becoming, those choices will meet up with you in the future and feel, in that moment, like a natural and brilliant fit.

CELEBRITY PROFILES: In eight seasons of "Game of Thrones," Sophie Turner saw the character Sansa Stark from childhood pettiness through the tortures and duties of leadership. Pisces and Aquarius are strong influences in Turner's natal chart, offering the intuition and social consciousness to suggest the actress has natural leadership qualities in real life. Her moon and Venus are in Aries, the sign of the warrior.

Write Holiday Mathis at HolidayMathis.com.

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This is the first full day of Mercury direct in Aquarius, where the current cosmic consortium includes Venus, Jupiter and Saturn. The planets are all traveling direct and this is one of the most straight-forward times when subtext often matches text and intuition speaks in surprisingly logical and clear signals.

ARIES (March 21-April 19). You know you're doing the right thing for you if it happens to feed your soul even when it's not feeding your wallet. As you give to others, you will be evermore fulfilled.

TAURUS (April 20-May 20). You are no stranger to being a stranger. As you visit the unfamiliar, you expect a certain ineliance to color your interactions. In fact, you welcome it as the evidence that you have something to learn, and that you're doing it.

GEMINI (May 21-June 21). Your business card is but a narrow definition of who you are and what you do. Titles are like keys that get you into certain doors. Once inside, you'll expand to take up as much energetic space as feels appropriate to you.

CANCER (June 22-July 22). Arguably, your influence and creations are entities that outlive you. Today, you'll make sure of it. This you'll do mostly unconsciously as you carry the intention of serving, helping and committing the right action.

LEO (July 23-Aug. 22). The winds have changed direction. It is not necessary to learn all about this change. You'll learn plenty by sticking your sail into the air and moving it around until something catches. Then, suddenly, you're off.

VIRGO (Aug. 23-Sept. 22). Standard agreements make sense to everyone and fit almost no one, perhaps because there is no such thing as a "standard person." For the best chance at coming to a successful agreement, ask for and expect modifications.

LIBRA (Sept. 23-Oct. 23). Money starts out as well-printed but essentially meaningless paper that we, as a society and on the individual level, give rich meaning indeed through what we do with it. You'll use your dollars in an inspired way today.

SCORPIO (Oct. 24-Nov. 21). Those foggy feelings count for something. A phenomenon doesn't have to be defined to be relevant to your mood or to how you contribute. Dare to push into formlessness and discover it as you go.

SAGITTARIUS (Nov. 22-Dec. 21). You could keep envisioning the dream that requires you to climb a staircase, ladder or mountain to get somewhere. Or you could set your sights on an equally lovely scene located at an elevation within coasting distance.

CAPRICORN (Dec. 22-Jan. 19). You are pinning your happiness on something you could lose, but don't worry. You're in cosmic accordance. Happiness, beauty, infatuation, thrills of all kinds... the very nature of these states is, in a word, fleeting.

AQUARIUS (Jan. 20-Feb. 18). It is said that you are only free if nothing holds you back. Also, things will tug at you -- tethers of emotion, habit, perceived responsibility. It only counts as a limitation if it actually restrains you.

PISCES (Feb. 19-March 20). As you tend to and spring for the details that are sure to impress, just be honest about how much of this is necessary. None of it, really. You could just show up as you are, an approach that is relatable and comfortable.

TODAY'S BIRTHDAY (Feb. 21). Here come elated moments, disciplines change and shared interests forwarded. In a humorous cosmic twist, the money arrives after you've stopped waiting. Meanwhile, prizes

WINTERTIME WORD SEARCH

WORDS

- BOARD
- BUNDLED
- CHILLY
- COAT
- DOWNHILL
- DRIFT
- FLUFFY
- FLURRIES
- FROSTBITE
- FROSTY
- GUSTS
- HOCKEY
- ICE
- MITTENS
- SCARF
- SHOVEL
- SKATING
- SKIING
- SLED
- SNOW
- TUBE
- WARMTH
- WINTER
- WONDERLAND

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

Find the words hidden vertically, horizontally, diagonally, and backwards.

Annie's Mailbox®

**A New Beginning
Up North**

Dear Annie: Please help me. I am in my mid-40s and have been with a man for seven and a half years. He has four children who I absolutely adore. His youngest is 12. We started dating when she turned 5. We have had them full time for the past seven years. I have gotten pregnant five times with this man. There were three miscarriages and two other babies who passed away due to complications at birth. My son had no lungs; he was born at 20 weeks. My daughter passed away in 2017 at eight days old.

This man has never had a single conversation with me about any of the babies that passed away. But he will talk to family members and co-workers freely about it.

He cheated on me at least two times that I know of, though he denies it to this day.

This past October, I moved six hours away from our home in Massachusetts up to the Canadian border. He and the kids were supposed to come, but he pulled out at the last minute and has left me in limbo with where we stand.

I cry a lot over missing the older kids back home.

Please help me to understand why I'm holding onto something that is a lost cause.

In addition to being untrustworthy, untruthful and uncommunicative, he is not very kind, appreciative or affectionate toward me. He would often diminish my feelings and make me second-guess my own feelings. He has never stuck up for me or backed me up, ever.

When I try to communicate with him, I'll say something like, "Hey, can we talk?" and he says, "We are talking."

Not only did I take care of him and his kids for the past seven years. I also drove him to work and picked him up everyday with not so much as a thank you.

My main question is, what in the world is wrong with me? Why am I more concerned with what he wants than what I want? Why am I holding on to a loveless, unhappy relationship?

I love living up North. It's beautiful. I have no intention of ever going back to Massachusetts. I truly feel like I lived in a foreign land my whole life and I'm finally home.

Please give it to me straight. I have been through a lot. I can handle it. -- *Feeling Sad in Northern Maine*

Dear Feeling Sad in Northern Maine: You have already had to handle a great deal of neglect and abuse in your relationship, and now it is time to exit stage left as soon as possible. I'm almost pos-

itive you know the answer to your question, but you have to say to yourself, "Enough is enough." You are holding onto this loveless and unhappy marriage because it has become a habit.

It is difficult to change even if we know that changing is the best thing for ourselves. The very fact you wrote me this letter signals that you are ready for a new beginning. Leaving him will take courage and might be very uncomfortable, but like most worthwhile endeavors, if you put in the commitment and hard work, the payoff will be immense. You will no longer have to suffer.

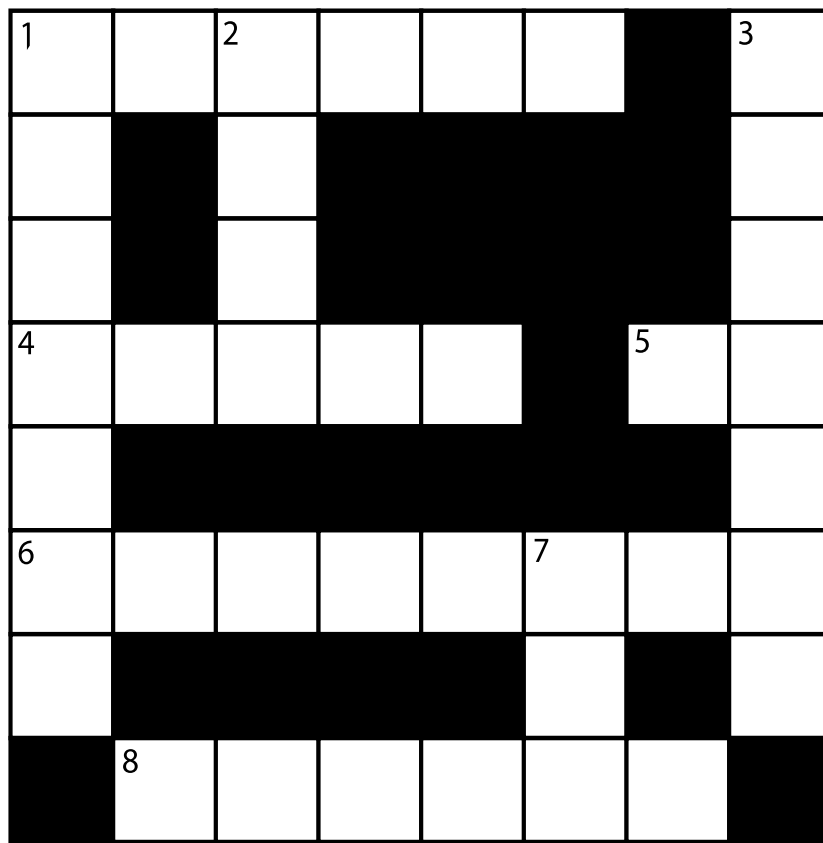
Seeking the help of a trained professional therapist will help you move forward powerfully, learn more about setting boundaries and discover how worthy you are of love and respect.

"Ask Me Anything: A Year of Advice From Dear Annie" is out now! Annie Lane's debut book -- featuring favorite columns on love, friendship, family and etiquette -- is available as a paperback and e-book. Visit <http://www.creatorspublishing.com> for more information. Send your questions for Annie Lane to dearannie@creators.com.

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Crossword Puzzle



ACROSS

- 1. Downhill sport
- 4. Very breezy
- 5. Scary film and book
- 6. In the north
- 8. A bit cold

DOWN

- 1. Frozen precipitation
- 2. Type of metal
- 3. Blades on ice
- 7. Snakelike fish

Answers:
Across: 1. Skating 4. Windy 5. It 6. Northern 8. Chilly
Down: 1. Snowing 2. Iron 3. Skating 7. Eel

THIS DAY IN...



HISTORY

- **1921:** THE REPUBLIC OF TURKEY COMES OUT OF THE REMNANTS OF THE OTTOMAN EMPIRE.
- **1945:** FRANKLIN D. ROOSEVELT IS SWORN IN FOR AN UNPRECEDENTED FOURTH TERM AS U.S. PRESIDENT.
- **1980:** THE UNITED STATES BOYCOTS THE OLYMPICS IN MOSCOW THIS YEAR.



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ANSWER: SKIING



COAST

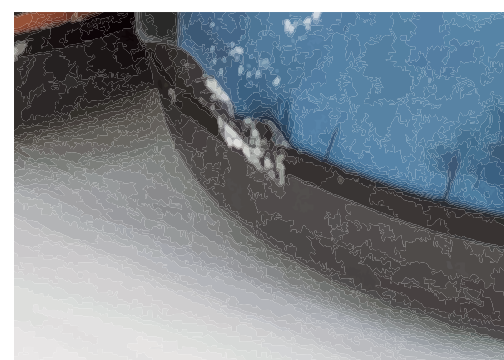
move easily without using power

How they SAY that in...

- ENGLISH:** Coat
- SPANISH:** Abrigo
- ITALIAN:** Cappotto
- FRENCH:** Manteau
- GERMAN:** Mantel



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Can you guess what the bigger picture is?

ANSWER: SNOW TUBE

Farmer's Almanac

By **JUDY
TERELETSKY**

Howard SWCD District
Clerk

I remember growing up in Big Spring seeing the Old Farmer's Almanac in stores and wondering how weather could be predicted a year in advance. The Old Farmer's Almanac has in fact been published since the time of George Washington. It is the oldest continuously published periodical in North America. The founding editor of the Old Farmer's Almanac was Robert B. Thomas who in 1792 began publishing the almanac predicting the long-range weather. The word almanac means "calendar of the heavens" so by definition it records and predicts astronomical events (rising and setting of the sun, moon phases, etc.), weather, tides and other natural phenomena with respect to time. Based on his observations, Thomas used the studies of natural cycles to devise a secret weather forecasting formula which brought uncannily accurate results (approximately 80%). The formula is still kept under lock and key in the Almanac offices. Nowadays the weather predictions are determined by comparing solar patterns and historical weather conditions with current solar activity. They are based on 30-year statistical averages prepared by government meteorological agencies.

Mr. Thomas published the phrase "useful, with a pleasant degree of humor" as his masthead. In 1815 however a printing error was no laughing matter. The weather predictions for July and August of 1816 were published as "rain, hail and snow" for New England. Presumably the printers transposed January and February predictions with July and August. Thomas feared he would be ruined and attempted to destroy all the almanacs, but the word had gotten out and he became a subject of ridicule. That is until in June of 1816 when Mount Tambora in Indonesia erupted spreading volcanic ash throughout the earth's atmosphere and dropping the temperature worldwide. It snowed in New England and Canada during July and August of 1816. It is alleged Mr. Thomas said, "I told you so!"

Another near disaster for the publication was in 1942. A German spy was apprehended by the FBI after he landed on Long Island, New York by a U-boat. The Old Farmer's Almanac was found in his coat pocket and the U.S. government specu-



Texas Purple Sage, pictured above, in bloom will mean rain soon.

lated that the Germans were using the Almanac for weather forecasts, which meant the periodical was indirectly supplying information to the enemy. The publication managed to avoid ruin by changing the feature to weather indications rather than forecasts.

The Almanac has come to the rescue of its readers as well. In 1854, Illinois lawyer Abraham Lincoln used the almanac's information to clear a man of a murder charge. The witness claimed to have identified the man by moonlight, however Lincoln used the almanac to prove the moon could not have been in the sky at the same time the witness saw the man he accused.

In 1861, farming tips were added to the periodical and soon recipes, popular advertisements, folklore and entertaining features such as astrology followed. Today's almanac is still popular and widely read.

Of course, the folklore behind weather predictions are grounded in observations. It is no wonder that the farmer or rancher can sense the changes coming in the land. They are in the elements daily and observe the changes that take place with animals and plants. Weather changes involve barometric pressure and animals can sense those changes.

The predictions of Punxsutawny Phil the groundhog are well known. If he sees his shadow, there will be six more weeks of cold weather while no shadow means early spring. I hate to tell you this, but he is only about 40% correct. The truth behind this was to remind people not to plant too early if warm February days occurred. True spring weath-

er will come around six weeks after his predictions no matter what he indicates. Plus, how happy would you be if someone ripped you out of a deep sleep and thrust you into bright lights?

I was raised in the city, but I heard several "old wives' tales" growing up. I was always told that when mesquite trees bud out in the spring there would be no more freezes. If I saw green in the clouds, head home because there was hail coming. Purple sage in bloom means rain soon. Thunder in January means snow in February. The darker the coat on Woolly Bear Caterpillars the colder the winter. Flies bite more before a rain. Birds flying high it is a clear sky, flying low expect a blow (bad weather). Sheep in a huddle expect a puddle (rain). I am sure there are many more sayings that people "swear by" but one thing is for sure they can all be traced back to the observations of our agricultural producers.

Courtesy photo

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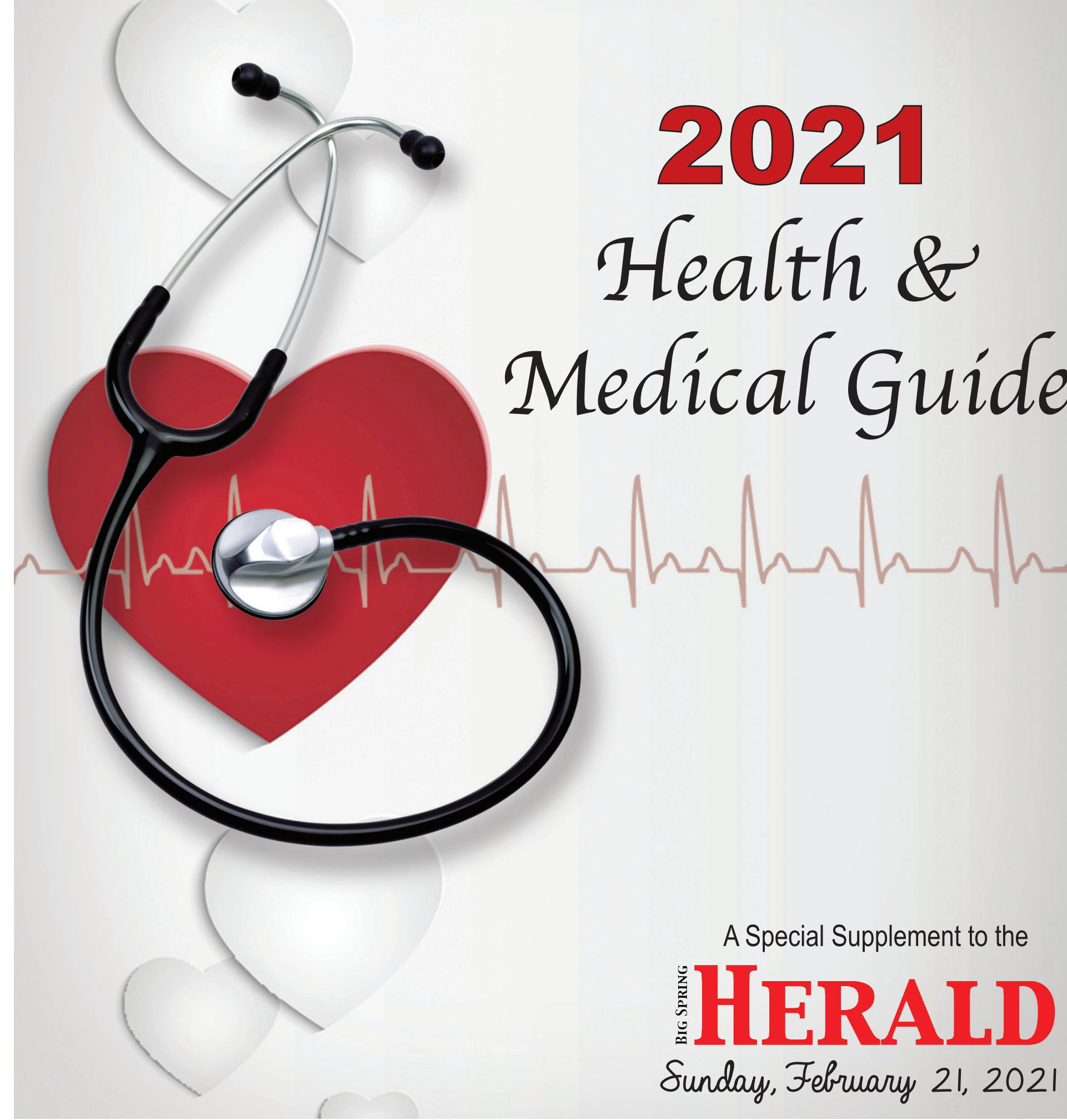
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Sunday, February 21, 2021



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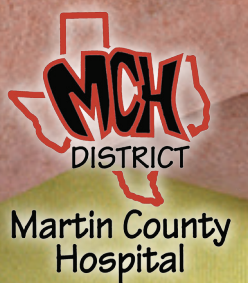
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310329

West Texas VA offers healthy cooking classes designed to stop diabetes in its tracks

By: William Hatton

Public Affairs Specialist & U.S. Army Veteran

The prevalence of diabetes in our society is a serious issue. Self-reflection about the growing problems with diabetes can be difficult, but every Veteran needs to do it. Nearly one in four patients in VA healthcare has diabetes. According to the Centers for Disease Control and Prevention, more than 100 million Americans have diabetes or prediabetes.

The difficulty of any conversation about diabetes is centered on the fact that the disease requires major life changes. Whether you have diabetes or are drawing closer to acquiring diabetes – or prediabetic, the most important thing to know is that there are actions you can take to fight it.

“Type two diabetes is entirely manageable by diet, and can be prevented by diet,” said Marcia Merrell, the Chief of Nutrition and Food Services for West Texas VA Health Care System. “It is one of very few diseases that can actually be prevented by dietary intervention.”

When a person is prediabetic there are rarely clear symptoms. The best way to know if you are prediabetic comes from routine healthcare and blood tests. An A1C, one of the basic blood tests performed in a routine screening, is the key to knowing where you fall when it comes to diabetes.

But what is A1C?

“The A1C gives doctors an image of what the last three months look like,” said RoChelle Crow, a clinical dietitian with WTVAHCS. “The test can help identify prediabetes in time to make the necessary lifestyle changes to stave off becoming diabetic.

When your A1C count reaches a certain point, between 5.7 and 6.5, you are considered pre-diabetic, and it’s no longer time for caution but a time for change.”

While genetics can play a role in determining if you are at risk for diabetes, diet and physical activity play an even larger role in the likelihood of getting the disease. No matter how you got it, once you have it, it will be with you the rest of your life.

“I always tell people, no matter what causes your diabetes, how you control it is the same across the board,” said Crow. “It’s always your choice, your decision, but diet and physical activity is how you manage and prevent this disease.”



Courtesy photo

While preparing a diabetes-friendly desert, Marcia Merrell, Chief of Nutrition and Food Services for West Texas VA Health Care System, stirs in oats for no-bake cookies. Merrell hosts multiple cooking and weight management classes for Veterans looking to improve their health.

Control through nutrition

Once the realities of a diabetes diagnosis have been realized, Veterans in the West Texas VA Health Care System have a multitude of resources to aid them in making the lifestyle changes that will help lessen the impacts of diabetes, and control the progression of the disease. One such resource are the monthly nutrition and activity classes available for any Veteran who wants them. One class aimed at improving diet, is the kitchen class offered by Merrell and Crow.

“We try to have fun in our kitchen classes,” said Merrell. “A lot of light banter and talking back and forth between us and our Veterans, being very collaborative. We’re not going to make anyone a top chef, but we will give them tasty and healthy cooking options, with a focus on controlling or staving off diabetes.”

The goal for any classes is to provide options for Veterans to improve their health through good nutrition.

“We want everyone participating to ask questions, to find ways to improve their situation,” said Merrell. “For me, cooking classes are all about inspiration. It’s really about inspiring you to do more research and inspiring you to ask questions.”

November is diabetes awareness month. With the growing concerns associated with the disease, WTVAHCS wants to ensure that every Veteran has access to the care they deserve. It is through the nutrition and activity classes that Veterans can learn and take control. As we move into the holidays and new year, WTVAHCS will be producing a monthly video series promoting healthy eating and inspiration.

West Texas VA Health Care System (WTVAHCS) proudly serves Veterans in 33 counties across 55,000 square miles of rural geography in West Texas and Eastern New Mexico. The George H. O’Brien, Jr. VA Medical Center is located in Big Spring, Texas and serves as the headquarters for the Wilson & Young Medal of Honor VA Outpatient Clinic located in Midland/Odessa, Texas, and four other CBOCs located in Abilene, TX, San Angelo, TX and Hobbs, NM. Additionally, WTVAHCS operates two outreach clinics in Stamford, TX, and Fort Stockton, TX. Two Vet Centers also provide services and are located in Abilene, TX and Midland, TX. More than 56,000 Veterans reside within the service area, of which approximately 17,000 receive care at WTVAHCS. On average, the health care system supports more than 170,000 outpatient visits annually.

Digital technology aids blind Veteran in experiencing the world



Courtesy photos

U.S. Army Veteran Tom Arcand is able to glimpse the world in a unique device thanks to the West VA.

By: William Hatton

Public Affairs Specialist and U.S. Army Veteran

‘Seeing’ the world through a digital voice, U.S. Army Veteran Tom Arcand glimpses the world through a unique device – even though he’s legally blind. Arcand has a device that details the world around him, feeding him input, like identifying people around him, and reading to him what he’s ‘looking at’. The life-changing device came after a simple question to his doctor.

It all started when a friend recommended a device to him. Tom, and his wife Lucy Arcand – also a Veteran, watched a few short video clips and were ready to purchase the device. The Arcands reached out to the VA, asking their ophthalmologist, Dr. Geert Craenen, if the device was worth getting. Prepared to buy it themselves, the Arcands were surprised at Dr. Craenen’s response.

“It’s one of the advantages of the VA health care system,” said Craenen. “We have great flexibility in procuring devices such as this for our Veterans.”

In many cases, Veterans can have access to medical aides and equipment that will benefit their lives, and it can all begin with a simple conversation between the Veteran and their Patient Aligned Care Team (PACT).

Around the size of a large thumb drive, the Orcam MyEye attaches to a pair of reading glasses and scans anything Tom Arcand signals or points to. A small speaker near his ear will then tell him what it scans.

“It will read anything to you, books or signs, it’ll read it all,” said Tom Arcand. “I mostly use it to read at home or go through bills, but there are a number of things you can use it for.”

The artificial vision device has given Arcand a connection to the world that he didn’t have after losing his vision completely in one eye, and most of his vision in his other eye. For years afterward mobility was a significant barrier for Arcand.

Arcand has extremely limited vision in one eye and in good lighting conditions, can make out basic shapes. When walking down a hallway in the George H. O’Brien, Jr. Medical Center, Arcand can find a room by simply pointing at the sign shapes on the wall. The device will read to Arcand what is on the sign, giving him greater independence, both in his life at home and when he goes out into the world.

“I know my house pretty well, said Arcand. “I don’t need a lot of help getting around at home, but I need more help when I go out.

As the Arcands first started using the device, it was challenging, like with any new technology. Over time they have become more comfortable using it, learning new functions every day.

“This device has so many features,” said Lucy Arcand. As Lucy Arcand says this, Tom holds up his arm like he’s looking at a wristwatch that isn’t there. Tom smiles and says “it even tells you the time.”

The Orcam Myeye also features a facial recognition function that tells the person wearing it who comes into their presence. By programing each person in your life, the device will tell the wearer when they’ve come into the room.

“This thing has been a lot of help,” said Arcand. “For years, I’ve been getting all my medical care from the VA, like walkers and an insulin pump, and with this is just another example of how they’ve helped me.”

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Director of Rehab

Jason has been employed at DRRRC since 1999. Jason graduated from Texas Tech Health Science Center with his Master's Degree in Physical Therapy in 1999, and attained his Doctorate's Degree in Physical Therapy in 2011.



BECKY CHESWORTH
PT, DPT

Becky has been employed at DRRRC since May of 2012. Becky graduated from Texas Tech Health Sciences Center with her Doctorate's Degree in Physical Therapy in 2012.



LUCY MCMURREY
PT, DPT

Lucy has been employed at DRRRC since May of 2019. Lucy graduated from Angelo State University with her Doctorate's Degree in Physical Therapy in 2018.



TOBY KEEL
PTA

Toby has been employed at DRRRC since May of 1998. Toby graduated from Odessa College with his Associates Degree in Applied Science of Physical Therapy in 1998.



KEENA RICHARDSON
PTA

Keena has been employed at DRRRC since July of 2015. Keena graduated from Odessa College with her Associates Degree in Applied Science of Physical Therapy in 2015.



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How often to see the doctor

Routine health checkups are a key part of staying healthy. Older adults may feel like they're always visiting one doctor or another. But what is an acceptable frequency for doctor appointments?

The answer isn't always so cut and dry, and many health professionals have mixed feelings even among themselves over the magic number. The Centers for Disease Control and Prevention recommends adults over the age of 65 visit the doctor more than twice as often as 18- to 44-year-olds.

According to Paul Takahashi, a physician at the Mayo Clinic in Rochester, Minn., adults should see their primary care physicians at least once a year to make sure diseases are being properly managed and to stay current on preventative screenings.

Visiting the doctor more frequently does not necessarily add up to better health, and it actually can do the opposite. Dr. Peter Abadir, an

associate professor of medicine at the Johns Hopkins University School of Medicine, says frequent visits to health facilities where sick people congregate puts one at a higher risk of illness or infection. Visiting the doctor only when necessary is one way to avoid risky exposure.

Doctor visit frequency is not a one-size-fits-all answer. A yearly physical or checkup is a given, even for people who are healthy. People with a family history of certain conditions, like sleep disorders, cancer, high blood pressure, and other conditions, may need to see a doctor more

frequently than those with no such histories. In addition, patients may need referrals to certain specialists who work together to provide an overall health plan. That can increase the number of appointments and shorten the intervals between them. Johnson Memorial Health offers some statistics.

- People visit the doctor four times a year on average.

- Studies show that poor or uninsured people prolong the time between doctor's visits.

- Individuals with high blood pressure may need to see the doctor four times a year to ensure medications are working properly.

- Patients on dialysis see the doctor several times a week.

Dr. Jennifer Caudle, a family physician and assistant professor at Rowan University School of Osteopathic Medicine in Stratford, NJ, says too often people visit the doctor only when they are really sick. That works to their disadvantage because the appointment will focus only on treating the illness instead of addressing other preventative care and screenings. Balance is necessary in regard to health care.

Patients can work together with their doctors to develop screening schedules that are customized to their particular profiles. These schedules can be modified as health history information changes or as patients age. Doctors can dial back or increase health visits as needed.



Improving access to specialty care through VA Video Connect

Special to the Herald

West Texas VA relies on community care for much of the prosthetics needs of its Veterans, and now with the collaboration between West Texas VA Health Care System (WTVAHCS) and North Texas VA Health Care System (NTXVAHCS) and VA Video Connect, WTVAHCS Veterans now enjoy greater access to care from VA providers, without having to make the four-hour drive to Dallas.

Kenneth Turner, Army and Navy Veteran, was the first WTVAHCS Veteran to receive specialized care using VA Video Connect and benefit from NTXVAHCS array of specialists.

"This has changed my treatment experience - having a provider available for me in the comfort of my local VA," said Turner. "The video connection made it easy to see my provider. I was able to walk and demonstrate how well I have been doing working with my Physical Therapists".

Turner recently lost his right leg and has been receiving care from VA



Courtesy photo

VA Video Connect is helping veterans receive their healthcare services no matter the weather, no matter the distance from a care clinic. VA Video Connect is keeping people connected.

better overall experience when it comes to prosthesis - with the ability to be seen by VA providers who work with specifically with Veterans," said Price.

"I'm grateful that I did not have to travel to make this appointment. Having the doctor in the room with me and being able to discuss my rehab with all the professionals in one place, really makes me feel like I'm receiving the best possible care," said Turner.

for more than a year. Originally a patient of the NTXVAHCS, Turner moved to Big Spring, TX to be closer to his daughter, and now receives care here.

"When Veterans need repairs or a new prosthesis, we had to rely on community providers," said Katherine Price, West Texas VA Physical Therapist. "Working with Dallas VA has given our Veterans better access to care."

VA Video Connect is a service that VA offers to Veterans, allowing them connect from any device with an internet connection — desktop, smartphone, or tablet. Veterans can connect with their provider from home, work, where ever they may be.

"Since Telehealth has been implemented, Veterans are getting a

The Center for Wound Healing and Hyperbaric Medicine offers advice on first aid products

BIG SPRING, Texas - In the business world, to do something quickly is to put a Band-Aid on the problem. However, anyone who has walked down a drugstore aisle recently knows that choosing among the dozens of bandages available can take time.

Wound healing advances have progressed from laboratories, hospitals, and doctors offices to store shelves offering consumers a greater selection of products, which unfortunately, they must choose with little guidance.

The center for Wound Healing and Hyperbaric Medicine network is comprised of academic medical centers, hospitals, and professionals committed to advancing wound healing by creating, sharing, and activating wound prevention and care expertise.

The experts at the center for Wound Healing and Hyperbaric Medicine offer these shopping tips to create a first aid kit that is readily available when an injury occurs:

- One medical breakthrough available over-the-counter are bandages containing silver, which is a natural antibacterial. These new bandages and pre-applied antibiotic bandages can be used for infected wounds where antibiotic ointment was previously applied.

- New liquid bandages join familiar adhesive bandages as perfect choices to cover friction blisters caused by new shoes.

- Spray bandages form a clear film over the cut and are good for hard to cover parts of the body such as knees and elbows. They are not water-

proof and should not be used with an antibiotic that could loosen the adhesive.

- Keeping non-infected wounds covered or occluded will speed healing and allow dressings to remain on a wound for several days. For example, hydrocolloid bandages contain particles that absorb the liquid in a wound and create a gel-like covering that keeps the wound moist and protected.

- Butterfly tape or steri-strips can be used for very small cuts in which the edges stay together.

- Scar-therapy bandages are meant to be used only after the wound has completely healed.

- A kiss does not cost a thing and can make a cut or scrape feel better. When bandaging children, remain

calm and explain what you are doing.

- See a doctor if bleeding does not stop after 10 minutes of direct pressure or if the edges of the wound gape open. See a doctor if a wound has not healed after more than 30 days or if it shows signs of infection.

For more information, contact the center for Wound Healing and Hyperbaric Medicine located at Scenic Mountain Medical Center or call (432) 268-5370.

About Scenic Mountain Medical Center



At Scenic Mountain Medical Center, we are committed to caring for patients as we would our own families. We are a full service, acute care, 146-bed community hospital for adults and children, and we understand the importance of delivering world class health care along with the latest advances in technology and treatment options. Our specialized services include cardiology, orthopedics, maternity, diagnostic imaging, emergency care with a 24/7 Level IV Trauma Center, wound care, and women's health and breast care services.

About Steward Health Care System

Steward Health Care is the largest private, tax-paying physician-led health care network in the United States. Headquartered in Dallas, Texas, Steward operates 35 hospitals in the United States and the country of Malta that regularly receive top awards for quality and safety. The company employs approximately 42,000 health care professionals. The Steward network includes multiple urgent care centers and skilled nursing facilities, substantial behavioral health services, over 7,900 beds under management, and approximately 2.2 million full risk covered lives through the company's managed care and health insurance services.

The Steward Health Care Network includes 5,000 physicians across 800 communities who help to provide more than 12 million patient encounters per year. Steward Medical Group, the company's employed physician group, provides more than six million patient encounters per year. The Steward Hospital Group operates hospitals in Malta and nine states across the U.S., including Arizona, Arkansas, Florida, Louisiana, Massachusetts, Ohio, Pennsylvania, Texas, and Utah.

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Bariatric Surgery Center named Texas Blue Distinction Center at Shannon

Special to the Herald

The Shannon Weight Loss Center is now a BlueCross BlueShield of Texas Blue Distinction® Center+ for Bariatric Surgery. The Blue Distinction® Centers program nationally recognizes centers that complete evidence-based thresholds for clinical quality and care. The centers recognized by this distinction demonstrate their commitment to better overall outcomes for the bariatric surgery patients they care for by offering a wide range of both inpatient and outpatient services.

The Blue Distinction® Centers for Bariatric Surgery program provides a full-range of bariatric surgery care, including surgical care, post-operative care, outpatient follow-up care, and patient education.

To receive a Blue Distinction® Center+ for Bariatric Surgery designation, a healthcare facility must demonstrate success in meeting patient safety measures as well as bariatric-specific quality measures. The Shannon Weight Loss Center met these measures for their complication and readmission rate for laparoscopic procedures in sleeve gastrectomy.

The facility also met the requirements of being nationally accredited, both at a bariatric program-specific level and demonstrated cost efficiency compared to its peers. Facilities designated as Blue Distinction® Centers+ for Bariatric Surgery are, on average, 20 percent more cost-efficient in an episode of care compared to other facilities.

“Being recognized by this distinction, as well as the MBSAQIP accreditation we received last year, is such an honor and truly speaks to all the hard work our team and patients have put into this program,” Kenneth Jastrow III, MD, FACS, Shannon General Surgery, said. “It really is a joint effort of patient and provider that we are able to receive these prestigious designations for our center.”

During the last two years, results for the Shannon Weight Loss Center Bariatric Surgery program include:

- A 0% mortality rate since program inception
- A 0% reoperation rate in 2019
- A 0% occurrence of serious events in 2019
- All measures exceed MBSAQIP expectations for safe outcomes
- BMI reduction at six months is averaged at 55%, while the national average is 41%.
- Hypertension medication reduction and/or elimination for patients: 47.4% at 1 year
- Diabetic medication reduction and/or elimination for patients: 71.5%

at 1 year

“The multi-disciplinary design of our center differentiates us from those of other programs due to our process which highly involves the patients from start to finish,” Karen Hancock, BSN, RN, Bariatric Coordinator/MBSCR, Shannon Medical Center, said. “We do as much as we can to set the patient up for success with each aspect of our program.”

Before having surgery, patients in the program are provided a personalized pre-operative clearance plan. They must undergo psychiatric evaluations to prepare mentally for their journey, as well as receive nutritional counseling and educational materials to help them continue the weight loss process after surgery. All pre-operative care is available through Shannon providers.

After surgery is completed, the patient plays a crucial role in continuing a successful outcome. They are responsible for adhering to the diet and exercise program designed by their nutritionist. A bariatric manual of all pre- and post-operative care, dietary plans, medications, exercise and food to avoid are provided at the beginning of each patient’s journey.

“We also have bariatric seminars and a support group that meets regularly,” Hancock said. “All of these aspects have really pushed our program over the top, as we have seen with so many of our patients’ success stories. To date, we have completed 271 bariatric

procedures since 2016. It is incredible to see so many lives positively changed.”

“Some hospitals will complete a surgery and just let you go to fend for yourself,” Jastrow said. “At the Shannon Weight Loss Center, we do anything we can to help, but also hold our patients accountable after surgery. This program truly has changed the lives of so many already, and we hope to continue this with the help of the Blue Distinction®.”

Each facility must periodically reapply for Blue Distinction®; The Shannon Weight Loss Center will hold this distinction until 2023.

For more information on the Shannon Weight Loss Center or bariatric surgery, please call the program coordinator at 325-657-5146 or visit www.shannonhealth.com/services/weight-loss-center. To join the online support group on Facebook or on monthly Zoom meetings, email KarenHancock@shannonhealth.org.



Courtesy photo

The medical team at the Shannon Weight Loss Center is excited to announce the recently received Texas Blue Distinction title for their center. The team is committed to serving residents in their surrounding area. More information can be found by reaching out to the Center.

Healing through Hyperbaric Oxygen Therapy

Hyperbraic Oxygen Therapy (HBO) is available through the local Howard County hospital.

In our region a very high number of the population is affected by diabetes, which reflects in a growing number of those who are impacted by chronic non-healing wounds. The local hospital did a thorough analysis and discovered a tremendous need for local and specialized wound healing services to that would reduce the number of amputations linked to diabetic foot ulcerations.

Hyperbaric oxygen therapy, or HBO, increases the amount of oxygen to wounds allowing them to heal from the inside. The ability for the human body to work to heal itself is intriguing and the process that takes place with the support of Hyperbaric Oxygen Therapy is even more fascinating.

The healing process through HBOT is not a new concept but is a new service for Howard County and Big Spring residents; this is bringing an extremely advanced service available to our local residents!

HBOT is a healing process that helps the body’s oxygen-dependent, wound-healing mechanisms function more efficiently. Through the breathing in of pure oxygen – in a sealed

chamber – the body’s blood plasma is saturated and carried from 15 to 20 times the normal amount of healing oxygen to the body’s tissues. Through the incorporation of extra oxygen throughout the body, extra help is added to fight bacteria and stimulate the release of substances called growth factors and stem cells promoting healing.

Since 2010, Howard County residents and surrounding communities have had a local option when it comes to treatment for chronic non-healing wounds. Oxygen is not only the living sustenance that our bodies need to survive externally, but it’s a substance

that is a vital part of healing. When damage occurs to tissue in the body, more oxygen is required not only to heal, but to survive.

The Wound Healing Center at Scenic Mountain Medical Center offers a local option for residents who are in need of the extensive treatments that come with Hyperbaric Oxygen Therapy. Treatments are specially designed to the needs of the patient within their current stage within their healing process; no more than 2 hours per day. Consistency in treatment is the key behind HBOT and what leads to a

high number of successful outcomes.

HBOT can aid in the healing process for those dealing with an array of chronic health conditions including: diabetic ulcers of the lower extremities, soft tissue radionecrosis and osteoradionecrosis, chronic refractory osteomyelitis, compromised skin grafts and flaps, actinomyosis, crush injuries, progressive necrotizing infection and acute peripheral arterial insufficiency.

While HBOT is a vital part of treatment and offers high success rates, the utilization of the treatment as part of a comprehensive plan which also includes other modalities of treatment such as skin grafts, medications and other individually adjusted prescriptions.

Hyperbaric Oxygen Therapy – supported by thousands of clinical studies which validate successful healing - is 100% medical grade oxygen and is administered once it is pressurized typically to a max of 3.0 ATA or depth of 66 feet, with some going to 6.0 ATA or 165 feet. Through the treatment the human body can regrow bone and tissue in severely damaged areas of the body.

The treatment is recognized and reimbursed by insurance companies and the federal government, and meets the American Society of Mechanical Engineers, Pressure Vessels for Human Occupancy standard.



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Covid vaccine information overview

By **STACY ARMSTRONG-FLORES, APRN, FNP-C**

With the arrival of a few COVID vaccines, there are a lot of questions, concerns and misinformation. Currently there are two FDA approved COVID vaccines authorized for emergency use, both require two injections approximately one month apart to be fully effective: Pfizer-BioNTech COVID-19 vaccine and Moderna's COVID-19 vaccine.

Approximately 10% of the United States population has been vaccinated against COVID by receiving the first shot.

With the first shot people have about a 50 percent protection against the virus, while the second shot boosts protection to about 95 percent.

It's important to understand that immediate immunity is not achieved by either shot until approximately 14 days post-injection. With that being said, it's still very important to utilize COVID precautions even if you've received the vaccine.

COVID precautions include properly wearing

masks, frequent hand washing and social distancing. Although the COVID vaccine doesn't infect you with the coronavirus, it can cause COVID-like symptomatic side effects.

The main side effects I've observed clinically range from mild to moderate reactions such as headache, nasal congestion, body aches, fever and diarrhea as well as more severe local reactions at the injection site causing cellulitis.

Johnson and Johnson COVID vaccine is tentatively due to be released soon and it comes with its own set of pros and cons.

The pros of J&J vaccine are that its only one injection; the cons are that the efficacy rate is about 72-85 percent. So how long will the COVID vaccine last?

Only time will tell.

Figuring out how long the protection provided by any of these vaccines will last will take time, which will involve intervallic blood draws from vaccinated volunteers to monitor their antibody levels. Another method for determining immunity duration is monitoring inoculated people

to see if they start contracting COVID again. In short, since these are new vaccines still in the trial and investigation phases, it will require a few years to monitor, study and track results before many questions can be fully and accurately answered.

Editor's Note: The information contained in the article was comprised of information Flores found in the following health resources:

COVID-19 and your health. (2021, January 5). Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>

One-shot COVID-19 vaccine is effective against severe disease. (2021, February 2). Science News. <https://www.sciencenews.org/article/covid-19-coronavirus-vaccine-johnson-and-johnson-results-variants>

The differences between the Pfizer, Moderna, and Johnson & Johnson coronavirus vaccines explained. (n.d.). KQED. <https://www.kqed.org/science/1972627/the-differences-between-the-pfizer-moderna-and-johnson-johnson-coronavirus-vaccines-explained>



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of the Permian Basin

Regional Planning Commission

Please contact the Area Agency on Aging Benefits Counseling Program for free assistance regarding your Medicare Benefits including the following:

• Medicare Part B Preventive Services such as:

- Diabetes and Depression screenings
- Chronic disease self-management training
- Glaucoma tests
- Lung cancer screening
- Mammograms
- Nutrition therapy services
- Flu vaccinations & many more

- Low-Income Subsidy of "Extra-Help" - Do you qualify?
- Medicare Supplement Insurance Policies
- Medicare Improvements for Patients and Providers Act
- Medicare Savings Program
- Medicare Advantage and Part D Prescription Drug Plans
- Advanced Directives / Medical Power of Attorney

The Area Agency on Aging provides services for individuals over 60 years of age, their families, and caregivers. Assistance is also provided to Medicare Beneficiaries less than 60 years of age.

The Area Agency on Aging is always in need of volunteers. Please contact 432-563-1061 or 1-800-491-4636 for more information on volunteer opportunities.

Counties served: Andrews, Borden, Crane, Dawson, Ector, Gaines, Glasscock, Howard, Loving, Martin, Midland, Pecos, Reeves, Terrell, Upton, Ward and Winkler.

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