

More than 75 items on block at upcoming Kiwanis Club auction

By **CHASITY MONSCH**
Staff writer

More than 75 items will be auctioned during the annual Lufkin Kiwanis Club live television auction from 1-5 p.m. Sunday, March 27 on Suddenlink Channel 6 and Channel 19 if using an antenna. According to Fred Preston, Kiwanis Club president-elect, this is the Kiwanis Club's biggest fundraiser and the money raised

will go toward local charitable organizations that help children. "We hope to raise more than \$10,000," Preston said. "It costs the Kiwanis Club \$5,000 for the television channels and \$1,000 in advertisements. Every year we need to make more than that to give money to charities. Some of the charities are the Salvation Army, Ellen Trout Zoo and the Forestry Museum." The items will be listed on a

page-long advertisement in The Lufkin Daily News the day of the auction and each donated item has a limited retail worth of \$150, Preston said. "The items will be listed by number along with the company providing the item and companies making money donations," Preston said. "Some items will go for as low as \$25 and others will sell for full price. The community really

pulls together to help us put this on." Bill Morgan, Kiwanis Club member, said last year the auction raised \$23,000. "Every year we hope to raise more money," Morgan said. "Most of the items at the auction are 50 to 60 percent off retail value. People are getting a good deal, helping local businesses and children." Some of the items up for auc-

tion are \$200 Polk Oil gas credit cards, \$500 Brookshire Brothers merchandise cards, a \$150 Cooks Corner gift basket and yard equipment from Lufkin Power Sports. "There is a large variety of items," Morgan said. "Each item will show for about two minutes on television and interested buyers call the number on the screen. The highest bidder receives the item and can pick it up at Behan-

non's Warehouse." For those who cannot pick up the items immediately, Preston said they can pick them up at a later date. "The location where the items will be for later pick up has not been decided, but it will probably be at Galaxy Movers," Preston said. "Buyers will have a week to pick up the items." **Chasity Monschein's e-mail address is cmonschein@lufkindailynews.com.**

Spanking 1-year-olds common in sad dads

CHICAGO (AP) — Just like new moms, new fathers can be depressed, and a study found a surprising number of sad dads spanked their 1-year-olds.

About 40 percent of depressed fathers in a survey said they'd spanked kids that age, versus just 13 percent of fathers who weren't depressed. Most dads also had had recent contact with their child's doctor — a missed opportunity to get help, authors of the study said.

The American Academy of Pediatrics and many child development experts warn against spanking children of any age. Other studies have shown that kids who are spanked are at risk of being physically abused and becoming aggressive themselves.

The researchers said spanking is especially troubling in children who are only 1, because they could get injured and they "are unlikely to understand the connection between their behavior and subsequent punishment."

The study was released online Monday in the journal *Pediatrics*.

The authors analyzed data on 1,746 fathers from a nationally representative survey in 16 large U.S. cities, conducted in 1999-2000. Lead author Dr. Neal Davis said that was the most recent comprehensive data on the subject, and he believes it is relevant today. Depression among fathers is strongly tied to unemployment rates, which are much higher now than a decade ago, he said.

The men were questioned about depression symptoms, spanking and inter-



The Associated Press

Chris Illuminati, 33, holds his one-year-old son Evan as they sit in their Lawrenceville, N.J., home Thursday. New research finds a surprising number of depressed new dads spank their young children. Many cases stem from postpartum depression more commonly seen in new moms. A writer and stay-at-home dad, Illuminati said he had depression symptoms starting when his son was about 4 months old.

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Ball boy



JOEL ANDREWS/The Lufkin Daily News

Brendan Fitzgerald, 2, came prepared to the Lufkin Panthers versus Hudson Hornets baseball game Saturday evening at Morris Frank Park. Lufkin defeated the Hornets, 9-2, and will open district play in Conroe Tuesday night.

Blast rocks nuclear plant

Soldiers warn of tsunami threat in Northeast Japan



SOURCE: ESRI AP

SOMA, Japan (AP) — Soldiers and officials along a stretch of Japan's northeastern coast warned residents that the area could be hit by another tsunami Monday and ordered them to higher ground. But the Meteorological Agency said there was no risk of another deadly wave.

The warning came as an explosion rocked the nearby Fukushima Dai-ichi nuclear power plant. The blast was felt 30 miles away by Associated Press journalists in the coastal town of Soma, where residents fled the town for safety after being herded quickly through muddy, debris-strewn streets.

TV footage showed a massive column of smoke belching from the Fukushima Dai-ichi nuclear plant's No. 3 unit, about 125 miles north of Tokyo. Japanese officials said they believe it was a hydrogen explosion similar to an earlier one at a different unit in the facility. The problems at the plant stem from failed cooling systems caused by damage from Friday's earthquake and tsunami.

More than 180,000 people have evacuated the area, and up to 160 may have been exposed to radiation.

Before the power plant blast, sirens

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Factors make local life expectancy rates among the lowest in state

By **MARIE LEONARD**
The Nacogdoches Daily Sentinel

NACOGDOCHES — East Texas residents have some of the state's lowest life expectancy rates, according to data released by the University of Washing-

ton's Institute for Health Metrics and Evaluation.

The average life expectancy for a woman in Nacogdoches County was 78.8 years in 2006, which increased by 1.3 percent from 78 years in 1985. The average man in Nacogdoches County lived to be

72.4 in 2006, increasing 4 percent from 69.5 years in 1985. Overall, life expectancy in the county increased 2.46 percent, from 73.8 to 75.6 over the 21 year period.

Counties in the Texas Hill Country and along the Texas and Mexico border have life expectan-

cy rates near and over 80 years of age, according to the data.

Poor lifestyle choices, obesity and poverty attribute to the lower life expectancy rates in the area, say local health officials. In addition, heart disease and stroke are the top contributors

to excess mortality, said Dr. Dolamu Sokunbi, director of the DCI dialysis clinic at Nacogdoches Medical Center.

"A lot of the simple lifestyle choices we make determine excess mortality," Sokunbi said. "Those with a direct connection

to mortality include families with a strong history of cardiovascular disease. Even genetics, in terms of disease, can be influenced by lifestyle choices; excessive salt intake and fatty foods will all contribute to high blood pressure." **Please see LIFE EXPECTANCY, Page 3A**

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We recycle

STATE

Officials urge changes to Alamo Plaza

For more than 100 years, people have grumbled that Alamo Plaza is a disgrace to the memory of those who died in battle, and to mission inhabitants whose remains are buried there.

Change has come slowly to the city-owned plaza. Even a 17-year-old proposal to close it to motor traffic has been all but ignored.

Now, during the 175th anniversary of the siege and battle, a group is pushing for major changes through an "Alamo Plaza Restoration Project," including removal of traffic; a detailed reconstruction of the 1836 compound's main gate and south and west walls; relocation of the 1930s Cenotaph to a nearby site; and increased emphasis on the role of Tejanos who fought for independence from Mexico.

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March Madness

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