Vendors sought
The Oz Glaze Senior Center in Horizon will hold a rummage and bake sale on Saturday, Apr. 24 from 8:00 a.m. to 2:00 p.m. Interested vendors can rent a table for $10. Call 852-0062 for details.

— Dick Harshberger

Passing
Gail Marie Boon, 67, passed away March 28, 2010 of post-surgery complications. A long-time resident of Horizon City and a hard-working independent truck driver, Gail loved life, her friends, her family, and her two million-mile-cats. A private internment and memorial tribute were held.

Crime Stoppers
Two suspects cut up large spools of copper wire from an eastside location, twice in the same night, and possibly are involved in similar thefts at other Texas cities, making this the Crime Stoppers “Crime of the Week.” On Monday, March 15, approximately 1:45 a.m., the suspects cut their way through locks and a gate at a neighboring store in order to reach a fenced-off lot behind the AT&T office at 11200 Pellicano. The fenced lot contained large spools of copper wire valued at thousands of dollars. Later that same night, at about 4:00 a.m., the suspects returned and again cut up spools of copper wire, rendering them useless to the company. It is believed that these same suspects had previously sold 900 pounds of copper wire that was stolen in Midland, Texas, to ASA Recycling located at 1042 Eastside Road in the Mission Valley. They made that sale on Wednesday, March 17, 2010. The suspects can be seen in surveillance video rolling one of the large spools off the AT&T property. One of the suspects is also seen in a surveillance photo taken at ASA Recycling. All that is known about the suspects is that they appear to be black males. However, it is believed that these same suspects may possibly be involved with copper wire thefts in other Texas cities. If you have any information about the suspects who committed these crimes, please call Crime Stoppers at 566-TIPS (566-8477) or on-line at www.crimestoppersofelpaso.org. You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

— James Klaes

Willie Cager has very big ambitions

Willie Cager is a man with a new mission and a dream to help kids by giving back to the larger community.

According to the Willie Cager Charitable Foundation website: “I am working on the next part of my dream — to provide a way out of the dismal future facing young people caught in the low-income, low education scenario.”

In 1966 he and other members of the Texas Western Miner basketball team embarked on a successful and historical mission that resulted in the NCAA championship that year.

In more recent years, Cager has had another mission on the basketball court. He is the after-school coordinator for basketball in the Ysleta ISD.

Cager has embarked on an ambitious new, two-phase mission that will not only make more sports available to more youth in the Lower Valley, but it will also draw national sports events to El Paso.

“Where will this all happen?”

It will come together in the Fabens area in two locations. They are two ambitious, large-scale sports complexes located north and south of I-10 in the Fabens area. Each planned sports facility will be designed to meet a special need.

1. The first is a 30,000-seat sports arena. It is planned on 320 acres of land that Cager is looking to acquire north of I-10 near Cattleman’s Restaurant. Cager, a 2007 inductee into the National Basketball Hall of Fame, envisions this multi-million-dollar facility as a future venue that would draw NCAA championship games.

2. Located on 200 acres of land leased from the University of Texas system, the other project is a cluster of 12 gyms named for each of the 12 members of the 1966 championship Miner Team. There would be three clusters of four gyms each, Cager explains. An integral part of the gym clusters would be a learning center that will target youth from the third grade through high school. This complex would be adjacent to the new Fabens Elementary School, but it would not be a part of the fabens school district.

Cager has no specific timetable for his two projects, other than to say he hopes to break ground for the sports arena within a year.

“Will Cager carry on the tradition in two Fabens sports complexes located in two areas. They are two ambitious, large-scale sports complexes located north and south of I-10 in the Fabens area. Each planned sports facility will be designed to meet a special need.

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Cager has no specific timetable for his two projects; however, he plans to break ground for the sports arena within a year. The arena is his first priority.

“I’ve got to get it done. The man upstairs is making this happen.”

Willie Cager has been striving to make his dream come true for many years. He has been working on this dream with the help of his family, friends, and colleagues. He has also received financial support from various organizations.

Cager expects major funding for these projects; however, he remains committed to his vision.

Willie Cager is a man with a passion for giving back to his community. He has been working hard to make his dream a reality, and he continues to inspire others to do the same.
TO THE REGISTERED VOTERS OF ANTHONY

AVISO DE ELECCION GENERAL

A general election will be held in the Town of Anthony, Texas on May 8, 2010 for the purpose of electing the following officials:

ALDERMAN, PLACE THREE; ALDERMAN, PLACE FOUR and ALDERMAN, PLACE FIVE

In accordance with an order adopted by the Town Council of Anthony, Texas on January 26, 2010, with the election to be held at the Anthony Town Office, 401 Oak, Anthony, Texas. Voting hours on election day, May 8, 2010 shall be from 7 a.m. until 7 p.m.

Se llevara acabo una eleccion general el dia 8 de mayo 2010 con el proposito de elegir a los siguientes funcionarios para dicha ciudad.

En acuerdo con la orden adoptada por el concilio de la ciudad de Anthony el 26 de enero, 2010 se llevara acabo en el siguiente lugar:

La oficina de la Ciudad de Anthony, Texas, 401 Oak, Anthony, Texas. El horario para votar en el dia 8 de mayo 2010 de la eleccion sera de las siete de la manana hasta las siete de la noche.

Early voting for the above will be held at the Anthony Town Office, 401 Oak, Anthony, Texas and said place for early voting shall remain open from 8:30 a.m. to 4:30 p.m. weekdays, which is not a Saturday or Sunday, or an official state holiday. Beginning April 26, 2010 through May 4, 2010 (7 a.m. to 7 p.m. on Monday, May 3, 2010 and Tuesday, May 4, 2010).

La votacion de antemano para dicha eleccion se llevara acabo en la oficina de la Ciudad de Anthony, 401 Oak Anthony, Texas. Dicho sitio para la votacion de antemano se mantendra abierto por lo minimo ocho horas cada dia, de las 8:30 a.m. a 4:30 p.m., menos el sabado, domingo, o dias festivos del estado comenzando el 26 de abril, 2010 y continuando hasta el dia 4 de mayo, 2010 (7 de la manana a las 7 de la tarde empezando el dia 3 de mayo de 2010, y el dia 4 de mayo de 2010).

Early voting by personal appearance will be conducted at all locations within El Paso County, at which Early Voting is conducted by the County Elections Department beginning on April 26, 2010 and ending on May 4, 2010 (7 a.m. to 7 p.m. on Monday, May 3, 2010 and Tuesday, May 4, 2010) on each day which is not a Saturday, Sunday, or an official state holiday.

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La votacion antici po en persona se llevara a cabo en todos los lugares en el Condado de El Paso, en donde se llevara a cabo votaciones tempranas manejadas por el Departamento de Elecciones del condado empezando el 26 de abril de 2010 y terminando el 4 de mayo de 2010 (7 de la mañana a las 7 de la tarde empezando el 3 de mayo de 2010, y el 4 de mayo de 2010).

April 26, 2010 – April 30, 2010 (See Hours; Revisra Horas)

May 3, 2010 – May 4, 2010 (7 a.m. to 7 p.m.)

1. Ann Garcia-Enriquez Md. Sch.; 8:00 – 4:00; Yolanda Cerecos and Cecilia Abarca
2. Anthony City Hall, 401 Wildcat Dr.; 8:30 – 4:30; Diane Rivas and Sandra Meza
3. Carolina Rec. Center, 563 N. Carolina Dr.; 9:00 – 6:00; Floreen Villela and Alma Franco
4. Courthouse, 500 E. San Antonio Ave.; 8:00 – 5:00; Laura Sandoval and Albert Mendez
5. Dieter Plaza, 1605 George Dieter Dr.; 9:00 – 6:00; Anita Bowling and Graciela Flores
6. Pavo Real Rec. Center, 9301 Alameda Ave.; 9:00 – 6:00; Mary Padilla and Hortensica Guillon
7. Anthony, 401 Oak, Anthony, Texas. Dicho sitio para la votacion de antemano se mantendra abierto por lo minimo ocho horas cada dia, de las 8:30 a.m. a 4:30 p.m., menos el sabado, domingo, o dias festivos del estado comenzando el 26 de abril, 2010 y continuando hasta el dia 4 de mayo, 2010 (7 de la manana a las 7 de la tarde empezando el dia 3 de mayo de 2010, y el dia 4 de mayo de 2010).

Applications for ballots by mail must be received no later than the close of business on April 19, 2010.

Las solicitudes para boletas que se votaran en ausencia por correo deberan recibirse para el fin de las horas de negocio del 30 de abril 2010.

Art Franco
Mayor, Alcalde

April 8, 2010

TOWN OF ANTHONY

NOTICE OF ELECTION

AVISO DE ELECCION GENERAL

More Gulf War vets could get treatment

Eric Shinseki, director of the Department of Veterans Affairs, has stepped up to the plate again. He’s reviewed the “Gulf War and Health Volume 5: Infectious Diseases,” the National Academy of Sciences report that took a look at the long-term effects of diseases that were showing up in Gulf War veterans after exposure to toxic materials. This time Shinseki is proposing that nine diseases be declared presumptives for Gulf War veterans.

This means that if you’re one of the 175,000 veterans who have been made ill by serving in Iraq or Afghanistan (a quarter of the 679,000 who served there), you won’t have to prove that’s where the illness came from.

The dates of exposure are from 1990 until now for Iraq, and on or after Sept. 19, 2001, for Afghanistan. The diseases are:

• Shigella
• Brucellosis
• Nontyphoid Salmonella
• Campylobacter jejuni
• Coxiella burnetii (Q Fever)
• Malaria
• West Nile virus
• Mycobacterium tuberculosis
• Vesicular leishmaniasis

These presumptives for Gulf War veterans after exposure to toxic materials.

To prove there’s a connection, you’ll still have to present evidence that you served in the Gulf War zone, that you had exposure to toxic materials, and that you have one (or more) of the diseases. (For a non-presumptive illness, you’ll still have to prove there’s a connection.)

If you want to know more, go to www.publichealth.va.gov/exposure/ or if you’re sick, file now. Don’t wait.

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May 3, 2010 – May 4, 2010 (7 a.m. to 7 p.m.)

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LETTERS TO THE EDITOR:
Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The Courier reserves the right not to print anything inflaming the condition inappropriate.

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Monday 4 p.m. for Thursday publication

CLASSIFIED RATES:
$10 for 25 words, $15 for 40 words. Ad must be in writing and pre-paid. The Courier reserves the right not to print advertise if conditions inappropriate.

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VETERANS POST

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EMAIL: columnreply@gmail.com. (c) 2010 King Features Synd., Inc.
What's up doc? By Albert Balesh, M.D.

Don’t step on a crack or you’ll have to recite one hundred Our Fathers and Hail Marys, wash your hands ten times or until the skin peels off to prevent contamination, go back five times to make sure you’ve turned off the stove’s gas and locked the front door, and, most importantly, blame the devil for the daily rituals and hell on earth suffered by your psyche in order to guarantee some semblance of a normal life. You’ve got to be kidding, you say. No, if you’re one of the more than three million lost souls in the U.S. wrestling with the anxiety disorder known as obsessive-compulsive disorder (OCD), you know that the description above is not far removed from your quotidian reality. In fact, the series of episodes described might even be a best-case scenario, with severe cases bordering on science fiction or the luridious, and veterans of the OCD wars resorting to behaviors and idiosyncrasies that only half a century ago would have landed them in state insane asylums or worse. Victims in some cases, for example, have been known to go for extended periods of months without taking a shower, or the opposite extreme of washing so often that they’ve actually demaded their skin and left little time in the day to do other things, in order to compensate for misgivings, perceived errors, or murmured instructions of sulfurous origins exacting penance for sins as innocuous as touching a doorknob or shaking a hand.

But how does this all start? Where in the world do those recurrent, unwanted thoughts and repetitive or ritualistic behaviors come from? The answers to those questions are not immediately forthcoming, in the wake countless lost hours every day, a great deal of distress, and hurdles thrown in the paths of those who just want to get through a simple day in one piece. Without therapy, medication, and the love and support of those most dear, however, that is as unlikely as putting the square peg of one’s sanity into the round hole of what is generally regarded as normal for the human race.

Frankly speaking, diagnosis of OCD brings some relief. When one realizes that checking a locked door repeatedly to assure its closure is a disease, ever bit as real as heart disease or diabetes, then solutions can be sought for one’s fear of uncleanliness and germs, known as mysophobia, or the utter paralysis brought on by that fear. Those suffering from the ravages of OCD are not alone, and television personalities such as Howie Mandel, afflicted since childhood, have done much to increase awareness and hurdles thrown in the paths of those who just want to get through a simple day in one piece. Without therapy, medication, and the love and support of those most dear, however, that is as unlikely as putting the square peg of one’s sanity into the round hole of what is generally regarded as normal for the human race.

First, you must realize that there are some definitions to be digested, with obsessions being uncontrollable thoughts associated with various fears, and compulsions being the uncontrollable repetitive actions or attempts to ease anxiety. Enormous periods of time can be lost every day by those afflicted with OCD, as they are drawn onto a merry-go-round or endless loop of obsessive and compulsive behaviors. Fear of contamination, fear of harm or danger, fear of discarding objects, fear of imperfection, and fear of disorder and superstitions are just a few of the obsessions that inundate fragile minds ill-equipped to break the chain. Fear of contamination seeks its champion in repeated handwashing, excessive cleaning, and avoidance behaviors that border on going out of one’s way to bypass the imaginary. When checking a door or gas or electric burner becomes a full-time job, then we know that OCD has won the day.

Hoarding behavior, or a fear of discarding objects ranging from newspapers and canned foods to sales receipts and plastic containers, is a sign that all is not well in Oz, and that something bad will happen in the Emerald City if those objects are thrown away. Near and dear to many of us, if not to our teenagers who leave their homework undone, their beds unmade, and their appearance unkempt, is a fear of discarding objects ranging from newspapers and canned foods to sales receipts and plastic containers, is a sign that all is not well in Oz, and that something bad will happen in the Emerald City if those objects are thrown away.

In OCD, a perceived failure to be perfect inevitably results in our punishment or catastrophe, and, while we are cognizant of the irrationality of our obsessions and compulsions, we are absolutely powerless to halt their onslaught. If that were not all, order and symmetry, the perfect number, round out our, as we strive to make the perfect bed, groom ourselves as if to walk the “red carpet,” or perhaps only our, foray into the realm of contamination seeks its champion in repeated handwashing, excessive cleaning, and avoidance behaviors that border on going out of one’s way to bypass the imaginary. When checking a door or gas or electric burner becomes a full-time job, then we know that OCD has won the day.

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El Paso is regional DPS office

Por la Gente
By State Rep. Chente Quintanilla

Hola mi gente. Over the past several years, El Paso has consistently been rated as one of the top three safest cities in the United States. Although the honor was bestowed upon the city, the county benefits from the same factors that make the city so safe.

The great majority of credit for our safety rightfully goes to our great police department and great sheriff’s department. Major crimes, for example murder, are resolved almost 100% of the time. Unfortunately, there are still some that have not been closed but it is my understanding that no case is abandoned.

Another factor that contributes to the safe environment in El Paso is the large number of law enforcement agencies that are local, state and federal in our community. Their presence is a natural deterrence to criminals.

Because we are a major port of entry from Mexico, the federal government stations a large number of immigration and customs agents. We also have the Border Patrol, which is the most powerful immigration enforcement agency in the country.

Additionally, the Department of Justice in Washington, D.C. refers cases to local law enforcement for investigation and prosecution. As a result, the vast majority of crimes, for example murder, are resolved almost 100% of the time.

One event that was very beneficial was the appointment of Steve McCraw as the Director of the Department. He originally lived in El Paso and attended Burges High School during his teen years. Steve has asserted his influence at DPS so well that he moved up the ladder now sitting in the top office for the agency. In our conversations with him, he still owns up to his roots from El Paso.

During the past year, the department restructured the state-wide districts. Recognizing that a change would be positive, the department designated El Paso as the regional headquarters for West Texas — we stole it from Midland. That is a big happening for us.

Eventually, DPS will need to expand one of its local offices to house the increase in personnel in the local office. All the regional commanders in the district will answer to our resident commander, Commander Skylor Hearn. He relocated from another office to El Paso last fall. In a meeting with him, I felt that he genuinely is happy with his appointment here. He repeatedly stressed that it not only focuses on the border but the entire border, but regionally, as well. Our focus is not just with our Texas counties but with a few miles of Austin. It is a huge area that the district encompasses.

The new offices here will add to our safety net. We will have a commander who answers directly to a deputy director. This adds to the clout that our community, albeit isolated from Austin, has been gaining over the years.

I remain your friend and public servant, Chente por la gente.

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View from here
By Adam Bitely

These are the times that try our souls

The words of Thomas Paine ring as true today as they did in 1776. These are the times that try men’s souls. The American people have been forced to swallow sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, serves the cause of freedom and of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives every thing its value.”

Thomas Paine

They talked a good game, but it was not long before they were experiencing Medicare with prescription drug benefits and education with new federal mandates, enacting campaign finance reform and balancing the national budget to cope with a crisis in our military. The American people had been forced to swallow sunshine patriot will, in this crisis, shrink from the service of their country; but he that stands by it now, serves the cause of freedom and of man and woman. Tyranny, like hell, is not easily conquered; yet we have this consolation with us, that the harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly; it is dearness only that gives every thing its value.”

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The regional headquarters for West Texas — we stole it from Midland. That is a big happening for us.

Eventually, DPS will need to expand one of its local offices to house the increase in personnel in the local office. All the regional commanders in the district will answer to our resident commander, Commander Skylor Hearn. He relocated from another office to El Paso last fall. In a meeting with him, I felt that he genuinely is happy with his appointment here. He repeatedly stressed that it not only focuses on the border but the entire border, but regionally, as well. Our focus is not just with our Texas counties but with a few miles of Austin. It is a huge area that the district encompasses.

The new offices here will add to our safety net. We will have a commander who answers directly to a deputy director. This adds to the clout that our community, albeit isolated from Austin, has been gaining over the years.

I remain your friend and public servant, Chente por la gente.
The reading of Ordinance No. 0093 —
1) 2nd Reading

The following proposed ordinance was read to the City Clerk at the above address on Tuesday, April 13, 2010 during the Regular Council Meeting held at City Hall, 14999 Darrington Road, Horizon City, Texas. Purposes of the public hearing is to allow any interested persons to appear and testify regarding the following proposed ordinance(s) / amendment(s):

1) Ordinance No. 0093 —

*No Change*

**PUBLIC NOTICE**

A PUBLIC HEARING will be held at 6:30 p.m. on Tuesday, April 13, 2010 during the Regular Council Meeting held at City Hall, 14999 Darrington Road, Horizon City, Texas. Purpose of the public hearing is to allow any interested persons to appear and testify regarding the following proposed ordinance(s) / amendment(s):

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1) Ordinance No. 0093 —

*No Change*
Floyd’s hiring lifts collective UTEP basketball morale

By Steve Escalada
Special to the Courier

It’s amazing how quickly an entire community can come out of collective funk. A couple weeks ago Tony Barbee left UTEP for Auburn and the city felt jilted. Just like any one of us who has ever been dumped for another, the city of El Paso took the former UTEP coach’s decision to leave very personally.

And to be completely honest — which one of us would turn down the chance to do the same work we’re currently doing somewhere else — for almost five times the money. If you make $30,000 — now you’d make $150,000. If you make $60,000 — now you’d make $300,000. If you make $100,000 — now you’d make a half a million.

It’s hard to blame Barbee for doing what everybody knew he eventually would. But it’s amazing how quickly the tables can be turned.

It isn’t often that a team loses a winning coach — and then goes on to upgrade the program. But that’s exactly what the Miners did when they hired one of the absolutely best coaches in the United States — Tim Floyd.

Of course those of us who are old enough to remember, recall the days that Floyd sat at Don Haskins’ side in the 1970s and ’80s. Even back then it was obvious that Floyd would go on to establish himself as a successful basketball coach.

And now the former UTEP assistant has gone full circle and returned to the place where it all started for him.

After eight NCAA appearances, three NIT stints and a couple head coaching jobs in the NBA, Floyd returns to take over a UTEP team that comes fully loaded.

It appears that, except for Derrick Caracter, every Miner player is coming back next season. When you combine them with the high school recruits coming in — UTEP should start the season in or near the Top-25 polls.

Barbee was a great recruiter but was inconsistent in the bench-coaching department. Under Barbee, the Miners could pick up the pressure at half court but too many times opponents would break free for an open layup.

Floyd has said he will run a pro style offense and has promised El Paso fans that they will see a Don Haskins-style half court defense — something Barbee always had trouble with.

Also, under Floyd, the Miners will take better shots. They will look like they’ve got the ball instead of the street ball “let’s see what happens” type of offense.

Another plus is that Floyd is an El Pasoan. Tim Floyd will be seen around the city and fans won’t be afraid to walk up to him and shake his hand.

Barbee failed severely in the “people person” category. You never saw the young coach around town except for basketball games, El Pasoans never saw him at all.

The UTEP seniors like Randy Culpepper and Jullian Stone and Jeremy Williams and Christian Polk and even Claude Britten will benefit from going from a coach who was learning on the job — to a seasoned veteran who has years of winning experience.

Floyd is a real basketball coach who has a goal of taking the Miners to the final four. He fully expects to win the Conference USA title — but his goals are much higher than what UTEP is used to.

And before you laugh at the notion of Floyd taking the Miners deep into the tournament — don’t forget Butler this year, and George Mason a few years ago, and the Texas Western Miners back in 1966.

Another benefit Floyd brings to the Miners is the run on season tickets. If you listen to local sports fans they are already asking if season tickets are available (and they are by the way).

Again, it’s amazing how quickly a team, and a city, can bounce back from sudden disappointment.

And I’d be remiss if I didn’t mention the name of Bob Stall, who has done an incredible job as UTEP’s athletic director.

To go out and hire guys like Tim Floyd and Mike Price has certainly proved Stall’s worth as the college’s sports boss.

Floyd’s first game with the Miners is still some eight months away but it is already one of the most anticipated nights in recent UTEP basketball history.

And above all — you’ve got to know the Bear is smiling up there somewhere.

A sporting view By Mark Vasto

What’s the matter with Kansas?

A few years ago, the top prospect in professional baseball quit the game. His heart just wasn’t in it, but more importantly, his mind wasn’t either. And as any baseball player can tell you, 90 percent of the game is half mental.

I’m not going to belabor the metaphors and analogies here. That pitcher was (and remains) the Kansas City Royals’ Zack Greinke, the 2009 National League Cy Young Award winner.

Greinke reminded me a bit of Greg Maddux last year in that he had exceptional command and control, but unlike Maddux, Greinke possesses a devastating fastball.

Be that as may, Greinke had to take a leave of absence because he wasn’t sure if he liked baseball and, one presumes, he wasn’t happy or sure about a lot of other things in his life. One only needs to read Andre Agassi’s compellingly readable memoir to understand this mindset.

Today’s professional athletes begin practicing at an almost abnormal age and are pressed by dominering factors — usually family — in order to reach the upper echelons of the game. That can lead to issues.

By all accounts, Greinke is uber-competitive, and winning all the time (or, in the case of the Royals, knowing you should have won the game) can lead some athletes to question the worth of winning in view of its cost. Take Tiger Woods, for example (and if you’re 89 percent of the hot blondes in the country, you may have already).

Whatever the matter may be, it’s a testament to the Royal organization, which, in the Kaufman tradition, supported him through this Crisis.

A few weeks ago, Danny Duffy, one of the top Royals prospects, quit the game. Duffy, 21, was ranked by Baseball America as the eighth-best prospect in the organization after going 19-10 with a 2.49 ERA in 52 games last season. So why is Duffy done? Maybe he didn’t like the idea of toiling in Missouri baseball mediocrity. Maybe he didn’t want to spend his summer in A-A Kansas.

Whatever the matter may be, it’s something the cash-strapped Kansas City Royals better figure out soon. Prospects may spoil on the vine, but they certainly don’t grow on trees.

Mark Vasto is a veteran sportswriter and publisher of The Kansas City Luminary. (c) 2010 King Features Synd., Inc.
Your good health

DEAR DR. DONOHUE: I have to run to the bathroom all day long. If I don’t make it in time, I have an accident. This has made me so nervous that I have given up on all thoughts of a social life. It’s ruining my life. If we go to a restaurant, I must have a table near the restroom, or I won’t sit down. What can be done? I’ll try anything. — P.G.

Your condition is an overactive bladder. Sudden, inappropriate and forceful contractions of the bladder wall muscles make it imperative for you to rush to the bathroom or you lose control of urine. Such bladder muscle contractions shouldn’t occur until the bladder is full or nearly full. For some reason, your bladder reacts violently when it’s only partially full. Conditions like a bladder infection can be a cause. Often, however, muscle contractions take place without any cause ever being found. You have to see a doctor who can look for things that are easily treated, like an infection.

If no cause is discovered, then you can reprogram your bladder to not react like this when it’s only partially filled. For two days, time the intervals between bathroom visits. Add 5 minutes to the shortest interval and hold off on urinating for that time interval for a week. On week two, increase the interval by 15 minutes. Keep this up for a month, and then increase the interval by half an hour. Every two weeks, add another half hour to the interval between bathroom visits. When you reach three hours, you can stop.

You also can ask your doctor for prescription medicines that quiet bladder muscles. Detrol, Sanctura, Vesicare and Enablex are names of some of these medicines.

Another technique involves injecting the bladder muscles with Botox. Botox weakens the force of bladder muscle contractions and allows you to hold urine for more-normal intervals.

In extreme circumstances, a gynecologic urologist can advise you if a battery-powered device attached to the bladder is something you could consider. It stops frequent, unwanted and unneeded bladder contractions.

DEAR DR. DONOHUE: What causes hangnails? I have a crop of them. I know this isn’t a pressing medical question, but what can you recommend to prevent them? — L.B.

Hangnails form when the skin dries. Dry skin at the borders of the nails cracks to form a hangnail. Prevention comes from the daily use of moisturizers. Even though it’s tempting to pull a hangnail off, don’t. Cut it with small, sharp scissors.

DEAR DR. DONOHUE: Please explain what complex carbohydrates are. I see this term on all diet instructions. I don’t have a clear idea of what it means. What makes them complex, and how are they healthier than other carbs? — W.L.

Carbohydrates are starches and sugars. Fruits, vegetables and most grains (flours) are carbohydrates. Complex carbohydrates are long chains of carbon molecules. Starches are complex carbohydrates. Sugars are simple carbohydrates. Complex carbohydrates don’t raise blood sugar as quickly as do simple carbohydrates, so they don’t provoke a great demand for insulin. That’s what makes them more desirable.

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Super Crossword

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Answer Page 6

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The Comix

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By Jeff Pickering

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AMBER WAVES

By Dave T. Phipps

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OUT ON A LIMB

By Gary Kopervas

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THE I COULDN’T AGREE WITH YOU LESS! comix

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R.F.D.

By Mike Marland

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Your good health

By Paul G. Donahue, M.D.

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taxes on tea, paint, paper, glass and leaving the British behind was over modern era. The core reasons for a change in electoral direction in the British government for many separated the colonies from the indeed dark times. Rule of law cannot exist. There are the first freedom. Without it, the towards complete control? Revolution as our government heads

View

The Founding Fathers in 1776 people under the pretense of taking from wasting the labors of the future happiness for Americans if ever-growing behemoth that is the eliminated.

Thomas Jefferson said, "I predict in short, there is no escaping the quartering of troops and the closing of harbors, along with the siege of Boston, the seeds of revolution were planted. Today, in contrast, we are taxed on everything we consume, use, or touch. Industry after industry is being nationalized as the concept of private property is rapidly being eliminated.

In short, there is no escaping the ever-growing behemoth that is the Federal Government. Thomas Jefferson said, "I predict future happiness for Americans if they can prevent the government from wasting the labors of the people under the pretense of taking care of them." We are now in a state of being controlled by those that suggest they are providing care, mortgage subsidies, unemployment, insurance, you name it, for those who they allege cannot provide for themselves. We must not be forced to provide the fruit of our labors for those that are unwilling to produce fruits of their own. Rights are not handed down from government. But in this day and age, politicians are doing just that. We have a Congress and an Administration that are mandating "rights" on the premise of social justice — a cloak of term that they employ instead of simply saying socialism. What we have witnessed with the passage of the health care bill is just another step down Hayek's long road to serfdom. However, this is far from over, and there is still time to reverse the course that we are on. As Thomas Paine wrote, this is not the time for the sunshine patriot. Politically, and peacefully, we need people to stand up today that are willing to do whatever it takes to defend the liberties that we are guaranteed by virtue of our existence, and indeed are the purpose for our existence. We need to stop accepting government-granted rights. We must to stand firm in our convictions and either enforce the laws of the republic, or be forced into the bonds of slavery by the hand of government. If we sit back and allow the government to continue pushing us closer and closer to their dreams of a "perfect" society, we will soon find that we have nothing left of our liberty. And that is a day that we must make sure never happens — by discerning the modern day sunshine patriots of late, and replace them with principled leaders that understand the dangers of a government that grows un restrained.

Adam Binely is the Executive Editor of the Liberty Features Syndicate for Americans for Limited Government.

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