

# NEWSBRIEFS

### Flu shots

It's still not too late to get vaccination, and flu shots are still available. The El Paso Department of Public Health recently published reports detailing a significant increase of influenza activity in the borderland, prompting Immunize El Paso to remind everyone of two important points: vaccinations are still available and getting immunization can still help in preventing the flu. Vaccinations are available daily at Immunize El Paso's two clinics:

- Downtown at 222 S. Campbell (in the basement), 533-3414; and
- Eastside at 1580 George Dieter, Ste 102, 857-2474.

The hours of operation are Monday through Friday from 9 a.m. to 5 p.m. Influenza vaccinations have been and will continue to be available to anybody who wishes to protect themselves against the potentially fatal flu virus this season. Vaccines are available for all children and adults over 6 months of age. Medicare, Children's Medicaid, CHIP and some insurances are accepted. For more information call 533-3414 or visit [immunizeelpaso.org](http://immunizeelpaso.org).

— Dusty Warden

### Socorro warrants

As of Tuesday, more than 100 people have already received the knock at the door, including one at four o'clock in the morning. More than 36 people have showed up at the courthouse either on their own or escorted by Socorro Police to pay more than \$10,172 in fines and court costs. "We'll continue to round up all drivers with traffic warrants, whether they live in Socorro or in neighboring cities. It's our job and responsibility to collect the money these offenders owe the citizens of Socorro," said Judge Alex Vidales. Socorro police and the Municipal Court Bailiff will continue this round up for the rest of the month. Clerks in the court office are open early for the rest of the week, from 4 a.m. in the morning until 5 p.m. in the afternoon. Drivers who pay more than half their outstanding fines and fees could have their warrant withdrawn without arrest. Traffic warrants will continue to be executed on a routine schedule.

— Dave Garcia

### Award

Family Service of El Paso has been awarded an American Psychiatric Foundation Award for Advancing Minority Mental Health for 2011. This award was established to recognize mental health professionals and mental health programs that are undertaking special efforts to increase public awareness of and secure quality and comprehensive mental

See BRIEFS, Page 3

Anybody who has to ask for advice probably doesn't have any close relatives.

— Quips & Quotes



— Photo courtesy U.S. Bureau of Land Management

**YOUR NEXT** – Pat Hofmann, a wrangler with the U.S. Bureau of Land Management, sorts wild horses in preparation for an adoption. The Canutillo adoption will take place at the Rio Grande Valley Ranch Arena located at 300 FM 259 and Canutillo La Union Ave. From Interstate 10, take Exit 8 (Woodrow Bean Transmountain Rd.) west toward Canutillo approx. 1 mile. Right on Doniphan Dr. approx. half a mile. Left on FM 259 (Canutillo La Union Ave.) approx. half a mile.

# Wild horse and burro adoption heading to Canutillo

By Paul McGuire  
*Special to the Courier*

The U.S. Bureau of Land Management (BLM) will hold a wild horse and burro adoption in Canutillo from April 7-9, 2011. The three-day event at the Rio Grande Valley Ranch Arena will feature over 50 spectacular animals. These are adult and yearling horses and burros that once roamed free on public lands in the West. The BLM

periodically removes excess animals from the range in order to maintain healthy herds and to protect other rangeland resources. The adoption program is essential for achieving these important management goals.

### Adoption Schedule

- Adoption begins with a competitive bid Thursday April 7, at 2 p.m. First-come-first-served adoptions follow until 6 p.m., then again Friday, April 8, from 8 a.m. to 6 p.m.,

and Saturday, April 9, from 8 a.m. to noon.

### Adoption Qualifications

- Application approval is required and can be done on site. To qualify to adopt, one must be at least 18 years old with no record of animal abuse. Adopters must have a minimum of 400 square feet of corral space per animal, with free access to food, water and shelter. A six-foot corral fence is required for adult horses and five feet for yearlings. All horses must be loaded in covered stock-type trailers with swing gates and sturdy walls and floors. BLM staff will be on hand to assist with the short application process, answer any questions and load horses.

### Adoption Fees

- The standard adoption fee is \$125, as set by law. Bidding will start at that amount.

### \$500 Adoption Incentive

- BLM pays a one-time \$500 care-and-feeding allowance to adopters of horses at least four years old. The allowance is paid in full after one year when adopters receive official ownership title for their horse(s). All standard adoption conditions and fees apply. A limited number of eligible horses will be available at Canutillo. Younger horses, burros and trained animals are not eligible for this incentive.

Wild horses and burros – iconic symbols of America's western heritage – are renowned for their strength, endurance, agility and intelligence, characteristics bred into them in the wild that make them ideal for work or recreation. Since 1973, the BLM has placed more than 220,000 of these "living legends" in approved homes across the country.

For more information, call toll-free 866-4-MUSTANGS (866.468.7826) or visit [www.blm.gov/nm](http://www.blm.gov/nm).

## ArcelorMittal Foundation donates \$500,000 to Japanese Red Cross

By Alfredo Vasquez  
*Special to the Courier*

One of the world's leading steel companies ArcelorMittal, which has a steel plant located in Vinton TX, announced recently that its ArcelorMittal Foundation is donating a half million dollars to the Japanese Red Cross in support of the disaster relief in Japan.

Company officials stated that the funds are intended to provide immediate aid for the response and long-term support of relief efforts throughout the devastated region.

"In response to the catastrophic events that have impacted Japan, the ArcelorMittal Foundation, extends our support for the humanitarian efforts taking place on-the-ground. These efforts have provided immediate aid and will be critical to the long-term support required to restore the

country," said Michael G. Rippey, President and CEO, ArcelorMittal USA.

"ArcelorMittal has strong ties and meaningful relationships in Japan, so it is devastating to see such a disaster. Despite the challenges ahead, Japan will rebuild itself even stronger, through its proud, hard-working people and persistent, national spirit," stated Rippey.

The \$500,000 will support the Japanese Red Cross which is giving medical care and relief assistance to the people of Japan. This includes distributing relief items, offering meals, clearing debris and providing medical transportation. As concerns increase regarding damage to nuclear power plants, the efforts also now focus on supporting the people who have been evacuated from the exclusion zone.

In addition, company officials said

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## Veterans Post

By Freddy Groves

### Who needs a vacation?

Are you active or retired military? Ready for an inexpensive summer vacation, maybe one where you can take the family or a couple of buddies? You'll need to start planning soon.

Start with Veterans Holidays at [www.veteransholidays.com](http://www.veteransholidays.com) and click on Search Space-A. See the \$369 price at the top? That's how much you'll pay for a whole week... unless one of the locations you select is even less. How about Palm Springs for \$329? Or tennis, golf and the beach at Fort Lauderdale for the same price? Or a swanky resort in the Tennessee mountains with horseback riding and fishing?

Are you a member of Veterans Advantage ([www.veteransadvantage.com](http://www.veteransadvantage.com))? You can get deals on all kinds of things with your membership card: Foot Locker shoes and clothing at 20 percent off for you and the family, shop Target online and get 10 percent off every day, or Dell computers up to 30 percent off – and much, much more – including travel and vacations. Look for discounts from Amtrak, Greyhound, car rental companies, cruise lines, Disney, sporting events and Club Med... go to the site and see all it has to offer. The \$60 annual membership fee might be the best discount card you've ever had.

Another way to find your ideal vacation spot is to get online and put your dream vacation in a search browser. I searched for "veterans vacation mountain cabin" and found beautiful cabins in the North Carolina mountains. Stay three days, get one free. I changed the search to "fishing" and found a place in Big Bear, Calif., that's so peaceful, I'm ready to go there now. Stay three days, the second two days are 50 percent off.

Check your calendar and make plans, the earlier the better for more availability.

*Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to [columnreply@gmail.com](mailto:columnreply@gmail.com). (c) 2011 King Features Synd., Inc.*

## Por la Gente

By State Rep. Chente Quintanilla

### The budget is very, very tight

Hola mi gente. I am sure that all of you have read or heard on news media that the appropriations bill has attracted a ton of attention from Texas constituents. The largest group advocating has been for retaining the current level of spending on education.

As it currently stands, there is going to be a big, big reduction in the amount appropriated to our public schools. If unchanged, this may result in property poor districts being unable to provide the quality of education that our state constitution mandates. It is easier for property rich districts to fund the shortcomings. We may be back to the days before the Edgewood School District Supreme Court decision.

As a member of the Appropriations Committee stated, the Capitol is being bombarded with constituents who don't want their issues to be impacted by the budget cuts. These include teachers, administrators, mental health mental retardation advocates, healthcare professionals, and many more. The question was asked, "Which do you chose?"

It is a hard issue to resolve but only if you limits the alternatives. Texas is a very rich state. There are resources to reduce the budget shortcomings if the leadership will drop the philosophy of "budget cuts only".

This week the House is going to hear 3 bills dealing with appropriations. Before we set the spending levels for the next biennium, we must first settle the shortcomings in the current budget cycle. In the middle of the worst recession in decades, our leadership passed a funding bill that fell short by more than \$3.1 billion dollars.

Granted there were unanticipated revenue drops, but... how did the Comptroller and Legislative Budget Board miss it so bad? It seems the state leadership failed the people of Texas.

The first bill we will debate is the appropriations to fill the shortfall of the current term. The second bill taps the rainy day fund for that purpose. Yes it is the same fund that the governor proclaimed untouchable countless times. It won't be an easy vote because it requires 90 votes to be approved. There are a lot of Tea Party conservatives who, if they are true to their philosophy, may vote against using the fund.

Finally, on Friday we will actually debate the appropriations for the 2011-2012 fiscal cycle beginning on September 1st.

The House will convene at perhaps 9 a.m. to hear the bill. I have no doubt that there will be hundreds of amendments. If past history is any indicator, there may be as many as 450. The bill may debated straight through to the next early morning (as the case has been in the past) or we may recess late on Friday and finish on Saturday; or even Sunday.

I will vote for any appropriation amendment that returns money to education and healthcare. If it means abolishing a commission or two, or the governors enterprise fund and emerging technologies fund, I will vote for the needs of the Texans in El Paso County.

It appears that this is going to more brutal a session on the appropriations bill than I experienced in 2003.


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

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TAKE YOUR DOG TO THE PARK DAY • WEAR ORANGE GET IN FREE • FREE DOGGY TREATS

04/09/11 VS. HOUSTON 2:00 & 4:00 P.M.  
04/10/11 VS. HOUSTON 12:00 P.M.  
KIDS TAKE OVER THE BALL PARK • KIDS FREE • PARENTS \$2

04/22/11 VS. EAST CAROLINA 2:00 & 4:00 P.M.  
04/23/11 VS. EAST CAROLINA 12:00 P.M.  
SCHOOL DISTRICT & CITY EMPLOYEES GET IN FREE • EGG HUNT ON SATURDAY

05/07/11 VS. TULSA 1:00 & 3:00 PM  
05/08/11 VS. TULSA 12:00 P.M.  
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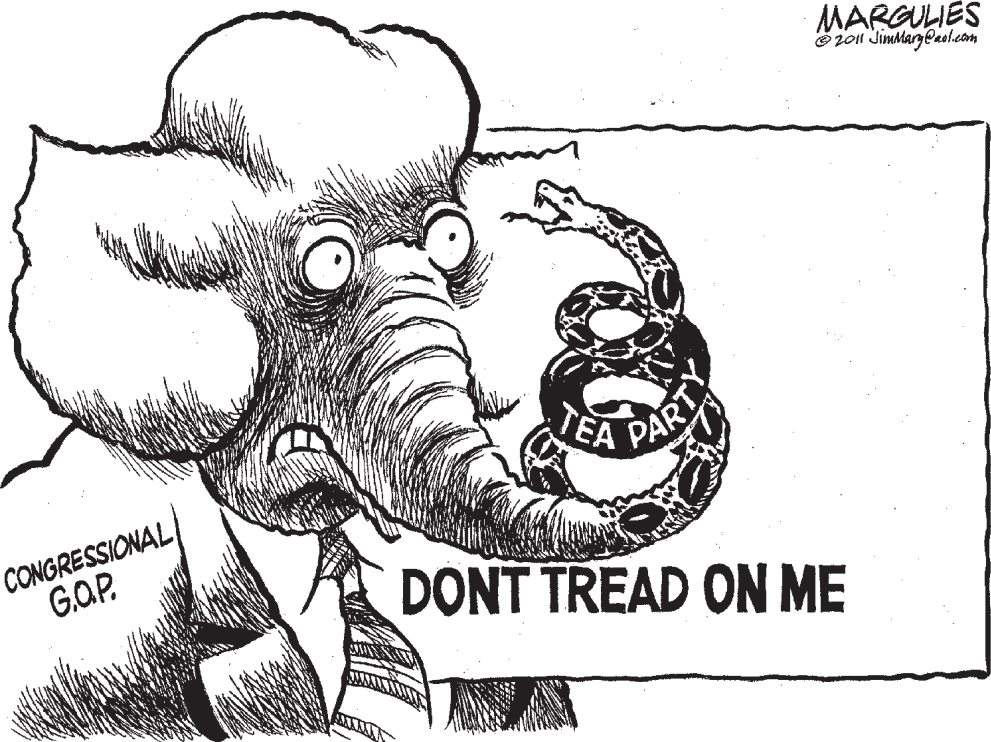
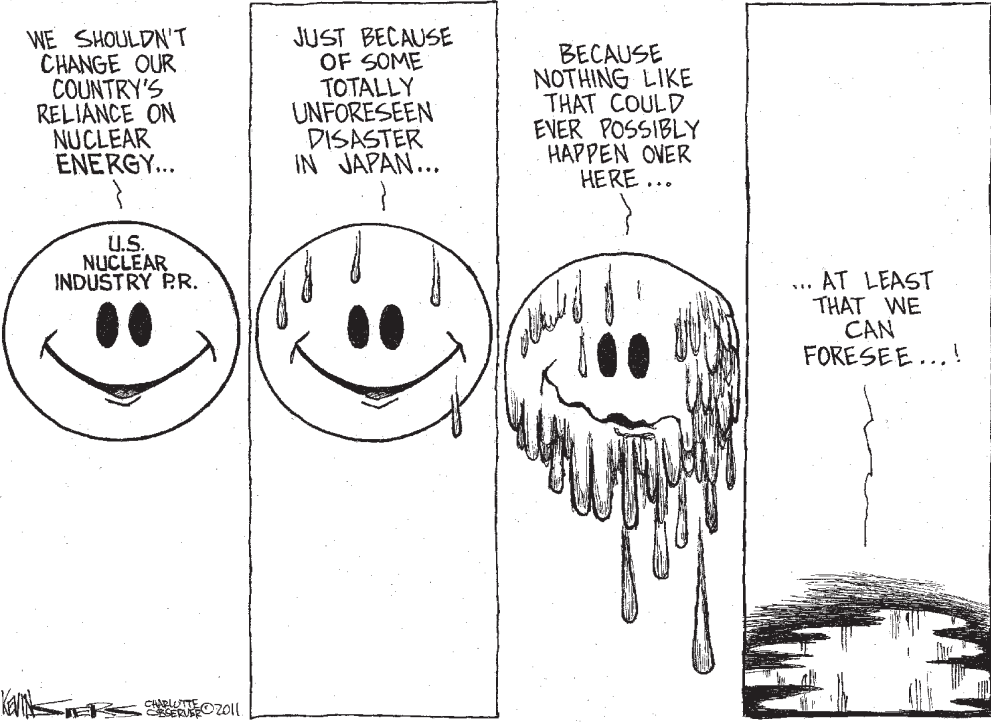
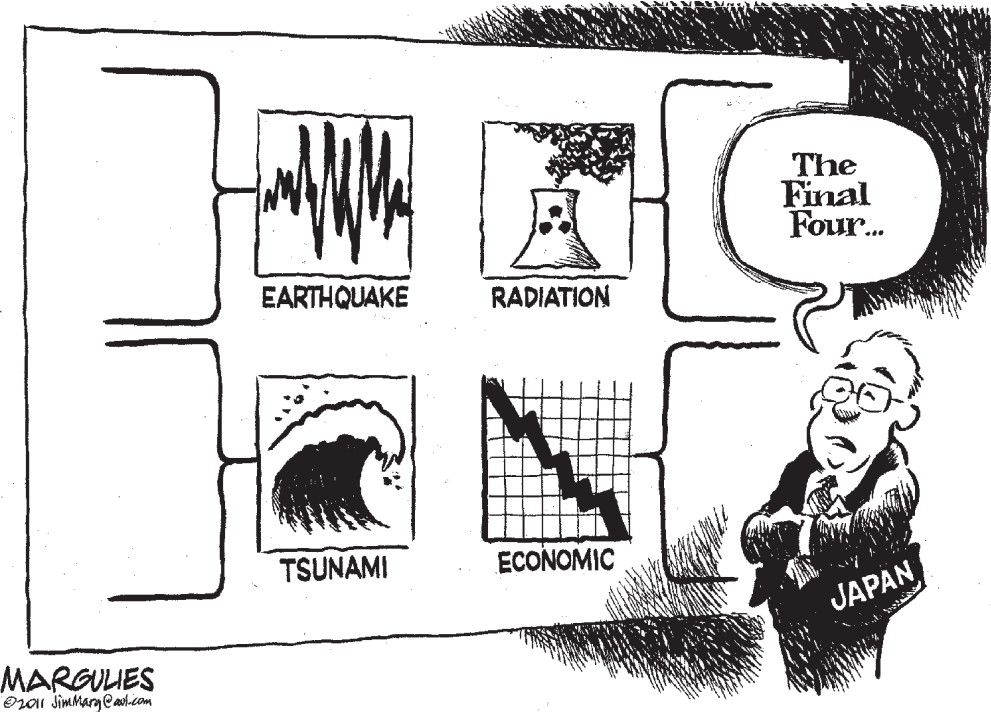
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# Toner scam

By Greg Abbott  
Special to the Courier

Texas businesses should be alert that an old office supply scam – the “phoner toner” scam – has resurfaced in recent weeks. Several Texas Attorney General’s Office employees have reported that they received unsolicited telephone calls at work from office supply scam artists.

The “phoner toner” scam usually involves several phone calls. In the first call, the scam artist hopes to find a new or temporary employee who will freely provide information. Posing as the company’s approved vendor or even as a survey taker, the scam artist asks the employee to provide the make and model number off the nearest office printer. Faced with the seemingly harmless request, the employee unwittingly complies.

In the second call, the scam artist – who now knows the make and model of the targeted business’ office equipment – contacts a different employee under the auspices of confirming the equipment’s make and model number. During this call, solicitors make it a point to ask for the employee’s name and a street address for the business. In some cases, the solicitor may also ask the person if he or she needs toner or paper.

Sometime after that second call, toner or paper is delivered to the business address. The delivered goods usually are not of high quality nor are they name brand supplies. Then, the scam artist sends a fraudulent billing

invoice – hoping that the business’ accounting department will simply pay the bill. Businesses that attempt to question the invoices are often met with vague statements claiming that “someone” at the company ordered the supplies. Other times, the scam artists give an employee’s name as well as the make and model number of the office equipment in an attempt to confirm the fraudulent order.

Educating employees is a business’ best first line of defense to these scams. Businesses should consider alerting all employees about office supply scams – not just those who work in accounting and billing departments. Business owners should also consider training employees not to authorize the ordering of any office supplies and not to schedule equipment maintenance or support services. New employees should be taught which departments or individuals are authorized to make purchases and know that they should avoid revealing any information about the company’s office equipment – even if the caller seems to be familiar with the company or other employees.

Texas businesses that receive bills for goods or services that they did not order are not obligated to pay – even if the product was delivered. Generally, these items can be considered a gift. Businesses that receive fraudulent invoices and supplies that were not ordered, or are subjected to bogus collection threats should file a complaint with the Texas Attorney General’s Office at (800) 252-8011 or online at [www.texasattorneygeneral.gov](http://www.texasattorneygeneral.gov). Businesses may also file a complaint with the Federal Trade Commission or the Better Business Bureau.

Greg Abbott is Attorney General of Texas.

## Briefs

From Page 1

healthcare for underserved minorities. The award includes a \$5,000 check. Family Service of El Paso was nominated for the award by UTEP Social Work Professor, Dr. Griselda Villalobos for its project counseling with individuals and families that have been affected by the violence in Juarez. The project is partially funded by the El Paso Community Foundation.

– Richard Salcido

## Crime Stoppers

A man robs a Mission Valley bank and walks away with an undisclosed amount of cash, making this the Crime Stoppers “Crime of the Week.” On Friday, March 11, 2011, at approximately 11:30 a.m., a man walked into the Compass Bank located at 7744 N. Loop. Once inside, the suspect approached a teller window and handed the teller a note demanding money. The teller, fearing for the safety of everyone in the bank, turned over an undisclosed amount of money, and the suspect exited the bank. The suspect was last seen walking away from the bank, heading west on North Loop. There is no vehicle information in this case. The suspect can be seen in surveillance photos wearing a dark colored New York Yankees baseball cap turned backwards, dark polo style shirt with white horizontal stripes, blue jeans and white tennis shoes. The suspect is described as a Hispanic man between 25 and 30-years-old, approximately 5’6-7”, weighing between 250-270 pounds, with a medium complexion, dark brown eyes, dark hair, and a thick mustache with goatee. The

same Compass Bank was robbed by a different subject on January 28, 2011 and that case is still under investigation. This case is being worked by the FBI’s Violent Crimes Task Force, which includes the El Paso Police Department and El Paso Sheriff’s Department. If you have information about the identity of this suspect, please call Crime Stoppers immediately at 566-TIPS (566-8477) or on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– James Klaes

## Wanted

This week’s Manhunt Monday Most Wanted Fugitive is Felix Alberto Cruz, 27 of Socorro, TX. He also uses Felix Nava, Alberto Cruz and Alberto Nava. He is 5’8” tall, weighs 200 pounds with black hair and brown eyes. He has multiple tattoos. In June 2009, officers from the Socorro Police Department were called to a residence in reference to a family disturbance. Officers arrived on scene and met with a female who told authorities she had just been violently assaulted by Cruz, her boyfriend at the time, who fled the scene. Charges were filed. Just recently, Cruz has resurfaced and began to contact and torment the victim, threatening her about this case. Cruz has an extensive criminal history including assaults, drugs and theft. Officials are asking the public for any information on the whereabouts of Cruz. People can contact the Sheriff’s Office at 546-2280 or Crime Stoppers of El Paso at 566-TIPS (8477). Callers will remain anonymous and may be eligible for a reward if the information provided leads to the apprehension of Cruz.

– Deputy Jesse Tovar



Felix Alberto Cruz





# STRANGE BUT TRUE

**By Laura Cade**  
*Special to the Courier*

programs. Her hope is to shoot for the University of Texas at El Paso's Rifle Team while she studies to be a math teacher.

SB 407 proposes a modern, common-sense solution to a uniquely 21st century problem. This bill ensures that law enforcement and judges can prevent sexting among teenagers. Texas children need to understand that sexting is not acceptable – or legal. Trading sexually explicit images by mobile phone can forever affect their lives.


– Georg Christoph  
Lichtenberg

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– Photo courtesy Canutillo ISD

**SHOW ME THE MONEY** – From left are CHS senior counselor Michelle Escobedo, Cody Villalobos, Ethan Black, Joshua Alvarado, Stephanie Sapien, Maralyn Doering, Carmen Orozco, Tyler Brooks, and CHS principal Jim Fry. The seniors were awarded a combined \$86,000 in scholarships from UTEP.

# Canutillo seniors awarded UTEP scholarships

By Kim Guzman  
Special to the Courier

CANUTILLO – Seven Canutillo High School (CHS) seniors were recently awarded scholarships totaling \$86,000 from the University of Texas at El Paso.

According to Michelle Escobedo, CHS Senior Counselor, in order

for the students to be eligible for the UTEP scholarships, they were required to submit a complete college application showing their interest in attending UTEP, official transcripts, and SAT or ACT scores, to the UTEP Office of Scholarships.

Cindy Aguilar-Davis, Scholarship Advisor and Elizabeth Justice, Director of Scholarships from UTEP presented the students with their

scholarships during a reception held in the CHS GO Center.

The students and their respective scholarship awards include Maralyn Doering and Stephanie Sapien, both awarded the Presidential Excellence Scholarship Award of \$4,000 annually for a total award of \$16,000 each; Joshua Alvarado, Ethan Black, Carmen Orozco, and Cody Villalobos, awarded the

Presidential Scholarship Award of \$3,000 annually for a total award of \$12,000 each; and Tyler Brooks was awarded an Academic Scholarship Award of \$1,500 annually for a total award of \$6,000.

“I am very proud of the accomplishments of these students.

I would like all students to understand the hard work that these students put into their academics while they were here at CHS. They had to earn these scholarships; they were not just given to them. These students are just a few of the many outstanding students on our campus and I congratulate them for their achievements,” said Jim Fry, CHS Principal.

# Autism website helps Texans find information, services

By Allison Lowery  
Special to the Courier

AUSTIN – The Texas Autism Research & Resource Center has launched a website ([www.tarrc.org](http://www.tarrc.org)) that can help Texans find the information and services they need to support people diagnosed with autism spectrum disorder (ASD).

The website will be especially helpful to families with a child recently diagnosed with ASD, a developmental disability that can cause significant social, communication and behavioral challenges. In addition to general information about the disorder, such as signs and symptoms, the website provides detailed resources to help

guide families through the decision-making process and direct them to services and programs in their communities.

“Texas has needed a resource like this website for a long time,” said Frank McCamant, chairman of the Texas Council on Autism and Pervasive Developmental Disorders. “We know that families often feel the frustration of not knowing where to turn for reliable information on ASD – for instance, which treatments really help, or where to go to get them. This new resource eases that learning process and empowers parents to tackle the challenges ahead.”

The website also supports professionals, such as educators and law enforcement personnel, who

work with individuals with ASD.

Developed with input from a diverse group of Texans, including people with ASD, parents, service providers and staff from universities, nonprofit groups and education service centers, this virtual resource center is the first major initiative of the Texas Autism Research & Resource Center.

The center, a project of the Texas Department of Aging and Disability Services and the Texas Health and Human Services Commission, is being developed in collaboration with the Texas Education Agency, the Texas Department of Assistive and Rehabilitative Services, the Texas Department of Family and Protective Services and the Texas Department of State Health Services.

archives: [www.wtxcc.com](http://www.wtxcc.com)

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# This has been one fun, unpredictable tournament

By Steve Escajeda  
Special to the Courier

I’ve loved the 2011 NCAA Basketball Tournament.

But I’ve also learned that I have no business filling out an NCAA basketball bracket, that’s for sure.

For the first time that I can remember, I didn’t pick a single team that is playing in this weekend’s final four.

I’ll bet many of you didn’t do much better than I did.

Kentucky and UConn will meet in one semifinal on Saturday in a battle of two old time heavyweights who weren’t expected to go that far this year.

The other semifinal will pit one underdog against an even bigger underdog.

The Butler Bulldogs are back in the final four again but there was real doubt whether they would even make the tournament this year.

One team that wasn’t even supposed to be here was Virginia Commonwealth. But VCU was one of the last team’s chosen and had to play a play-in game just to be within the final 64 teams.

But wouldn’t you know it – VCU has made it all the way to the final four.

What is going on here? I’ll tell you what it is – and I hope the leaders of NCAA football are reading this. When you give the little guys an equal chance to compete, they just might surprise you.

This year’s tournament is the strangest I’ve ever witnessed. Not only did no number-one seeds make it to the final weekend, no number-

two’s made it either.

And we’re set to see another David and Goliath matchup in the championship game with Butler and VCU going at it in one game and Kentucky and Connecticut going at it in the other.

But does anyone really feel the either Butler or VCU will be a real underdog? It almost feels like the bigger question is whether the big boys can hang with the little guys.

It’s also amazing how many games have gone down to the wire this year. It seems like every other game has come down to the last possession.

And another thing, the way every game has been available on CBS, TNT, TBS or TRU-TV has been nothing short of awesome.

I was able to read every score and time remaining of every game at the top of every channel so that I could switch from game to game depending on the situation.

Well, just because my first attempt at picking winners was such a monumental failure doesn’t mean I can’t take another crack at this weekend’s games.

In the first semifinal on Saturday I think Butler’s experience may be too much for VCU. Butler is very methodical while VCU likes to push the ball down the court all the time.

The game will come down to pace and I think Butler will do a better job of enforcing its will on VCU. It’ll be close but Butler will advance to its second consecutive NCAA championship game.

In the second semifinal, Kentucky will be a little too much for UConn. The Huskies have been riding the hot hand of Kemba Walker, but he can’t do it alone.

Kentucky has too many weapons, too much size and even has revenge on its mind. Kentucky was knocked off by Connecticut – 84-67 – back in November and I’m sure they haven’t forgotten that.

I see Kentucky taking a 5-6 point win.

That takes us to Monday’s title game between Kentucky and Butler.

Kentucky has a lot of young players while Butler is a veteran bunch.

It’s true that Kentucky is by far the most talented team, but there is an intangible that keeps these Butler Bulldogs going no matter who they play.

Another thing, Butler plays very good defense, which usually leads to

championships.

Again, I think Butler will slow Kentucky down and frustrate the bigger Wildcats.

Kentucky plays an up-and-down style that causes problems for most teams, but Butler has a knack for taking teams out of their comfort zones and forcing them to do what they’d rather not.

So I guess you’ve already figured out that I believe Butler will not lose its second straight title game. Butler will come out on top by three points in a memorable title game.

And the champion Butler Bulldogs will put a nice tidy ribbon on what has been a memorable college basketball season.



## A sporting view By Mark Vasto

# Behold, the power of flaxseed oil

After strapping my kid into the rear-facing baby seat and carefully avoiding red lipstick while still managing to complete some semblance of a kiss to my wife, it is clear to all involved in this scene of domesticity that I have uncanny powers.

Behold! As I hoist my wife’s red Prius into the air. Witness! As I foist it into the street, right into the driver’s lane, with little evidence of strain. Such is my power.

Thank you, flaxseed oil!

Now, I know what you’re thinking... “flaxseed oil? Isn’t that a rich source of omega-3 and omega-6 fatty acids?” Well, yes...

but it’s also so much more. It can, as far as I can tell, turn a Roger Maris into a Barry Bonds. That’s only an anecdotal observation, however.

According to the University of Maryland Medical Center, clinical studies suggest that flaxseed oil and other omega-3 fatty acids may be helpful in treating a variety of conditions. These conditions include high cholesterol, heart disease and Sjogren’s syndrome (an autoimmune condition where the immune system attacks glands in the body that produce moisture, like salivary and tear glands.)

Actually, the University of Maryland goes to great lengths to

distance itself from the flaxseed and does not imply any endorsement or recommendation of what many top-flight baseball players and I consider to be nothing short of a miracle drug. Their analysis is peppered with phrases like “[whether] flaxseed oil as a supplement can help lower cholesterol is up for debate. Some small studies show it may, but at least one double-blind study found no evidence that it lowered cholesterol.”

But what do they know? The Terps didn’t even make the NIT this year.

If only they knew the power of flaxseed oil and how, when combined with arthritis cream, it could change the world. Well... at least the record books. This heady concoction can, as baseball fans have witnessed, make your head swell, and not just because of the secondary ego-stroking effects it may have on you. In these, admittedly, non-clinical trials, baseball players have

observed, flaxseed and arthritis cream can cause your head to grow several batting-helmet sizes.

But who needs clinical trials when you can have your very own congressional trial? Maybe all of those home runs flying off of Barry Bonds’ bat weren’t derived from a diet rich in essential fatty acids that flaxseed may (or may not) provide to the average person’s balanced meal. Maybe flaxseed oil isn’t my power source when I’m haplessly flinging

hybrid cars to and fro. Maybe it was the Chinese herbs my chiropractor gave me last week, or maybe it was that needle-tipped syringe someone stabbed me with before the recent home and away.

It’ll take an act of congress to find out, apparently.

Mark Vasto is a veteran sportswriter and publisher of The Kansas City Luminary. (c) 2011 King Features Synd., Inc.

## Classified Ads

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M-F. Call (915)  
852-1047 for  
more information.  
Closing date is  
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Karen Ellefson  
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Comix

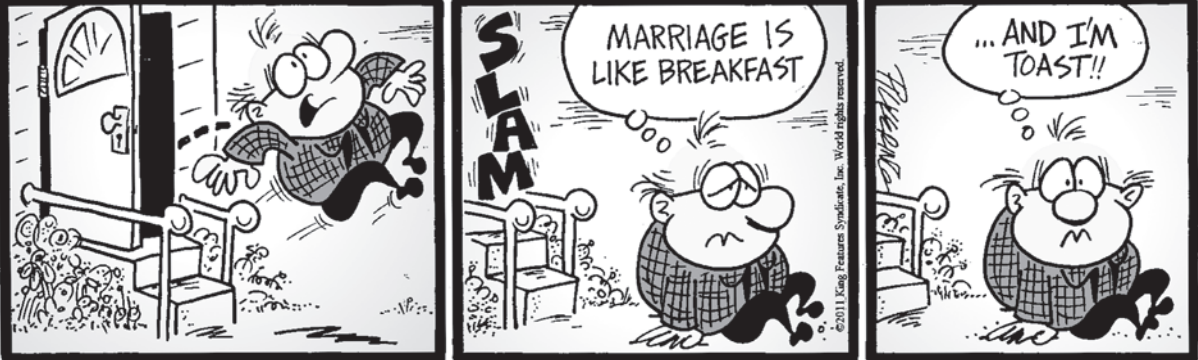
OUT ON A LIMBBy Gary Kopervas



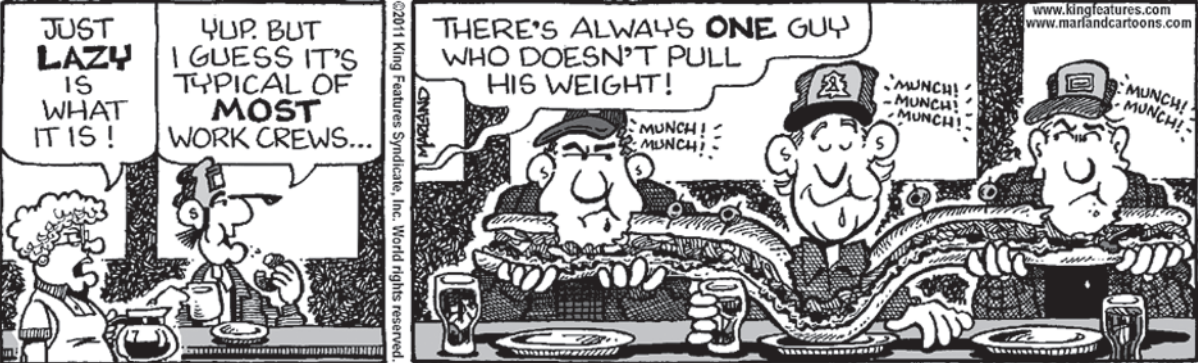
AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Paul G. Donahue, M.D.

DEAR DR. DONOHUE: Please write about migraine headaches. My granddaughter, age 22, suffers from them. She is a college student and also works. What causes these headaches? – E.F.

Migraines start out as one-sided throbbing headaches that can last 24 or more hours. As time passes, the entire head might hurt. Along with the pulsating pain, nausea often strikes, and sometimes people have to vomit. Migraine sufferers are sensitive to light and sound, so they seek a quiet, dark room where they can lie down.

The cause of these headaches is controversial. A popular theory is that a wave of slow electrical activity spreads over the brain and inflames its coverings, which produces the pain.

The above “cause” of migraines, I am sure, is not what you wanted. You want to know what brings them on. Triggers for migraine include too little or too much sleep, skipping meals, strong odors, bright lights and loud music. Women often find that menstrual periods will usher in the headaches. Stress, both physical and emotional, can start them. Foods that often serve to initiate a migraine are chocolate, cheeses, fatty foods, sausage, salami, oranges, tomatoes, onions, red wine, peanuts and hot dogs.

In the past 20 years, triptans have brought a marked change in the treatment of migraines. Sumatriptan (Imitrex), zolmitriptan (Zomig), almotriptan (Axert), rizatriptan (Maxalt), frovatriptan (Frova) and naratriptan (Amerge) can control severe migraines and are available as pills, nasal sprays and self-administered injections. For less-intense pain, aspirin, Tylenol, ibuprofen and naproxen are sufficient.

When migraines recur with disrupting regularity, preventive medicines have a

place in treatment. They include propranolol (Inderal) and verapamil.

The booklet on headaches deals with the common varieties, including migraines. Readers can obtain a copy by writing: Dr. Donohue – No. 901W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: My biggest health problem, if you can call it a health problem, is getting to sleep at night. I lie in bed for what seems an eternity before I fall asleep. A friend told me she had the same problem and cured it with melatonin. I’d like to try it if it’s safe. Is it? I am 76 years old and would like a few years of good sleep. – T.R.

Melatonin is a hormone secreted by the pineal gland, a small gland attached to the brain. It conditions the body to adapt to day-night cycles. Melatonin secretion is 10 times greater at night, with peak secretion occurring between 11 p.m. and 3 a.m.

Evidence suggests that this hormone shortens the time it takes to fall asleep and lengthens the time spent in uninterrupted sleep. Melatonin production wanes with age, and its lack could explain your sleep problems.

It also has been used for shift workers to get their brains and bodies conditioned to new sleep-wake cycles, and travelers sometimes take it to prevent jet lag.

Melatonin isn’t sold as a drug, so it’s not closely supervised. Serious side effects haven’t been reported. A safe starting dose is 0.2 mg to 0.3 mg.

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Super Crossword

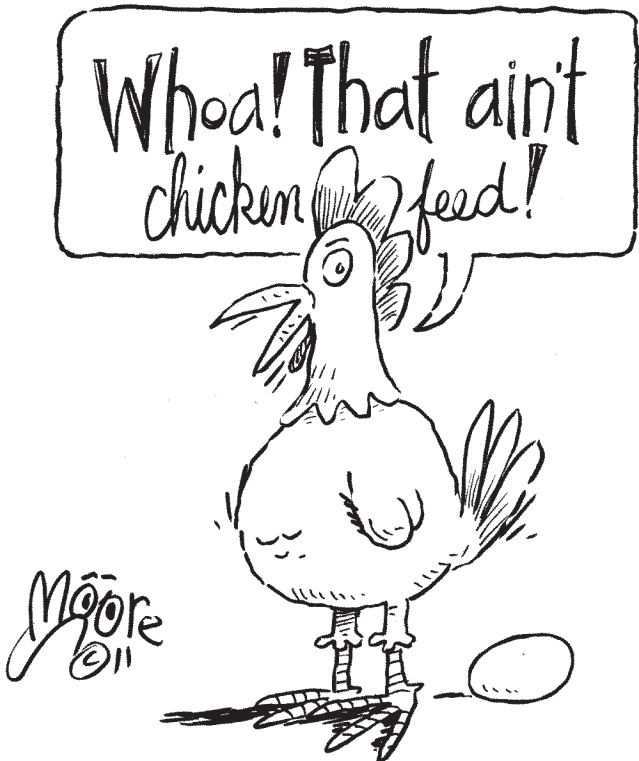
IN LINE	74 Breakfast fruit	131 Kingdom	39 Biscayne Bay city	91 Reasonably
ACROSS	77 Jeroboam		40 "Aida" setting	balanced
1 School tool	contents	DOWN	43 Club cost	94 See 109 Down
6 Sahara vision	78 Color	1 Dressing gown	45 QB's stats	95 China's _ Biao
12 Crestfallen	79 Criticize	2 "Once _ a	46 Bounded	96 Skater Babilonia
15 Pigskin prop	83 Speak one's mind	midnight dreary..."	47 Shun	97 Amis' "Lucky _"
18 "Carmen" and	84 Accent feature	3 Balloon material?	48 Beatles beater	98 Sound of
"The Consul"	86 Singer Vaughan	4 Be human	49 Cocky	disapproval
20 Genesis peak	88 Mrs. McKinley	5 Tracking tool	50 Medicine bottle	102 Under the _
21 In-your-face item?	89 "Lorenzo's _" ('92	6 Medieval weapon	51 Actress Sommer	(secretly)
22 Director Ashby	film)	7 Bother	56 Youngster	103 Cupid's missile
23 SIDE LINE	90 Dividend	8 Math abbr.	59 Squeezed out the	104 Sierra _
27 Extremity	91 41 Across' tutor	9 Meyers of "Kate	suds	106 Philharmonic
28 Nurse's helper	92 Be a pest	& Allie"	60 Vacation sensation	section
29 East ender?	93 LIFE LINE	10 Boyle's concern	61 Numbers man?	107 Bleak critique
30 Sly trick	99 Took on board	11 Lucy's landlady	62 Kansas city	108 Whirlpool
31 Composer	100 " _ No Sunshine"	12 Made cotton	64 Soon	109 With 94 Down,
Thomas	('71 hit)	candy	66 Show one's teeth	fragrant container
32 Rocky's rival	101 Content	13 Broadcast	69 Vane letters	111 Cornfield critter
36 Author Antonia	completely	14 Thieves'	70 Serengeti sahib	112 Only
38 Mingo's portrayer	102 Aptitude	headquarters?	71 Cut of meat	113 "Puppy Love"
41 Fiddling emperor	105 " _ and	15 Anatole France	72 Blender setting	singer
42 Turn of phrase	Misdemeanors" ('89	novel	73 Show one's	114 Gallagher of Oasis
44 SKY LINE	film)	16 Combs of baseball	feelings	115 Utah city
52 Nonclerical	107 Act like a chicken	17 Glue guy	74 Bovine bellow	117 Actor's lunch?
53 New Jersey	110 Belligerent deity	19 Pelt	75 "The Ramayana,"	118 Self-esteem
athletes	111 Reminder	24 Chemical suffix	e.g.	119 Theater sign
54 Scuba site	112 Shade of green	25 Poultry purchase	76 Coloratura Pons	120 Word with take
55 TV's " _ Fly Away"	113 Year, in Yucatan	26 Wise guy	80 Neighbor of Niger	or hang
57 Mischief-maker	116 BLOOD LINE	31 _ blond	81 Man or stallion	121 Solo of "Star
58 Rhone feeder	124 Actor Chaney	32 Leg joint	82 Patrick of "A	Wars"
59 Has on	125 Past	33 Pride of the	Clockwork Orange"	122 Coleridge
61 Singer Khan	126 Expects the worst	pumped-up	84 Shakespearean	composition
63 Naldi or Talbot	127 Maris or Mantle	34 " _ pro nobis"	infinite	123 " _ Good Cop"
65 Sty guy	128 She's a sheep	35 Prune	85 Kind of print	('91 film)
66 Mardi _	date	36 Vassal's holding	86 Factions	
67 Went white	129 _ down (destroy)	37 Linear measure	87 Owns	
68 HAIR LINE	130 Petrarch product	38 " _ a day's work"	90 Leonine Lahr	

Answer Page 5

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**Moore Texas** by Roger Moore **Inflation was so severe in 1839 Texas that a dozen eggs cost \$ 40 in today's dollars. Not cheap.**



**GO FIGURE!** by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	÷		+		15
−		×		+	
	×		+		14
×		×		+	
	+		+		15
15		18		15	

1 1 2 4 5 6 7 8 9

**DIFFICULTY: ★★★**

★ Moderate   ★★ Difficult  
★★★ GO FIGURE!

Answer Page 5

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**Weekly SUDOKU**

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

**DIFFICULTY THIS WEEK: ★★★**

★ Moderate   ★★ Challenging

Answer Page 5

★★★ HOO BOY!

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**Social Security Q&A** By Ray Vigil

*Speeding up disability applications*

If your disabling condition is preventing you from continuing to work, you may want to apply for disability benefits through Social Security. In most cases, doing so involves a thorough process of determining your eligibility, medical condition, and ability to work. Because we look so carefully at so many cases – more than three million each year – it can take us three to five months to determine whether you are eligible.

Processing times on that initial claim can vary depending on several factors, but primarily on:

- The nature of your disability;
- How quickly we obtain medical evidence from your doctor or other medical sources; and
- Whether we need to send you for a medical examination in order to obtain evidence to support your claim.

There are things you can do to help speed up the process. The more information you provide up front, the less time it will take us to obtain the evidence we need – and the faster your claim can be processed.

What type of information do we need?

- Any medical records or documentation you have is helpful.

We can make copies of the records you have and return your originals;

- The names, addresses, and phone numbers for any doctors, medical facilities, treatment centers, or providers related to your disabling condition;

- The names, addresses, and phone numbers for previous employers and the dates worked for each employer;

- Workers’ compensation information, including the settlement agreement, date of injury, claim number, and proof of other disability benefits awarded;

- Names and dates of birth of your minor children and your spouse;

- Dates of marriages and divorces (if any);

- Checking or savings account number, and the bank’s 9-digit routing number, so we can deposit your payment electronically; or

- Name, address, and phone number of a person we can contact if we are unable to get in touch with you.

If this disability application is for a child, we need the name, address, phone number of the schools attended and any school records you can provide.

We also ask you to sign release forms that give us permission to

obtain the information needed from third parties to make a decision on your claim.

The best place to start is online at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability). Select “Disability Starter Kit” in the left column. There, you’ll find more information and starter kits for both adults and children.

You can apply online for disability benefits (the easiest method), or you can make an appointment by phone or in a Social Security office. The choice is yours. (For Supplemental Security Income (SSI) disability benefits, you cannot apply online, but you still can complete the Disability Starter Kit to prepare for the interview and speed-up the processing time.)

If you’re considering an application for disability benefits, the place to go is [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

*For more information on any of the questions listed above, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.*

**CryptoQuip**

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: R equals B

OJ V ROZ QDOTW-HWOEEYF

AVAAVM JYMQ OAVZOEVL C

OMMEYHHYH, OQ'H GLXRVRMC

V DOGGXTDXEFLOVT.

Answer Page 5

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**Donation**

From Page 1

that the ArcelorMittal Foundation is prepared to facilitate internal requests to donate to the Japanese Red Cross. These funds will be distributed directly among the affected population in Japan.

ArcelorMittal is the world’s leading steel company, with operations in more than 60 countries.

It is the leader in all major global steel markets, including automotive, construction, household appliances and packaging, technology, as well as sizeable captive supplies of raw materials and outstanding distribution networks. With an industrial presence in over 20 countries spanning four continents, the company covers all of the key steel markets, from emerging to mature.

ArcelorMittal officials said that they recognize that it has a significant responsibility to tackle the global climate change challenge, and that it is taking a leading role in the industry’s efforts to develop breakthrough steelmaking technologies and is actively researching and developing steel-based technologies and solutions that contribute to combat climate change.

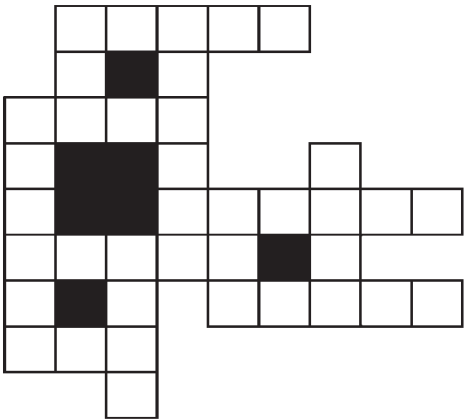
In 2010, ArcelorMittal had revenues of \$78 billion and crude steel production of 90.6 million tons, representing approximately 8 per cent of world steel output.

ArcelorMittal is listed on the stock exchanges of New York (MT), Amsterdam (MT), Paris (MT), Brussels (MT), Luxembourg (MT) and on the Spanish stock exchanges of Barcelona, Bilbao, Madrid and Valencia (MTS).

For more information about ArcelorMittal visit: [www.arcelormittal.com](http://www.arcelormittal.com).



- DBE
- PUBRAT
- ♥ERFED
- ♥RAFE
- TUBNAR
- ♥NDE
- RUFT
- ♥NEBRO
- ♥REO
- BAFDOR
- FETNO
- ♥NERT



Answer Page 5

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string’s word either across or down to knot all twelve strings together.

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