



## NEWSBRIEFS

### Pageant

The Miss and Miss Teen Mie Bella beauty pageant will take place on June 30. The contest promotes inner-beauty, charm and poise. Scholarships will be awarded. There is still time to enter. Download an entry form at [www.platinumbeautypromotions.com](http://www.platinumbeautypromotions.com) or call 231-0210 for more information.

— Martha Contreras

### Energy savings

When it's hot, El Paso Electric does not want you to have to choose between saving energy and keeping cool. By using the following conservation techniques, you can comfortably cool your home and still control your energy costs.

- During the heat of the day, block the sun by closing draperies, shutters, blinds and doors to keep unwanted heat from entering your home. You can also use awnings to block the sun's heat.
- Avoid cooking, bathing or doing the laundry during the hottest hours of the day. These activities produce heat in the home that has to be cooled.
- Wait until there is a full load of dishes, and try to run the loads at night.
- Do your laundry during cooler evening hours, using cold or warm water instead of hot. Use your clothes line to dry laundry when possible.
- Conserve oven use by baking several items at once.
- Refrigerators operate more efficiently when they are full. Also, make sure your refrigerator's door seals are air-tight and its condenser coils are clean so it will operate more efficiently.
- Repair any broken windows or gaps that let cool air escape.
- Wear loose-fitting clothing and drink plenty of fluids to help feel cooler.
- Set your thermostat as high as comfortably possible in the summer. The smaller the difference between the indoor and outdoor temperatures, the lower your overall cooling bill will be.
- Keep your house warmer than normal when you are away, and lower the thermostat setting to 78°F (26°C) only when you are at home and need cooling. A programmable thermostat can make it easy to set back your temperature.
- Use room and window fans to help cool your home. When it is hot outside during the day, a room fan can circulate the cooler inside air if the house is kept closed. When your rooms are warmer than the outside air, use fans to expel hot air on the sunny side of the house and draw in cooler air from the shady side.

— Teresa Souza

### Safety tips

When the temperature rises, so does the need for electrical safety awareness. As

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— Photo by Alfredo Vasquez

**BUSY AS BEES – Rio Valley housing project in El Paso's Upper Valley is currently in the utility phase, and lots for home building should be available for construction in the fall. The Winton Homes Group stated that it will use Accent Homes and Winton/Flair Homes divisions to build on some of the parcels and make some lots available to other builders.**

## Developments show up on northwest mountain slopes and in river valley

By Alfredo Vasquez  
*Special to the Courier*

WEST EL PASO – Since 2000, El Paso's west side/upper valley has tripled in population according to the latest census data; and to meet the demand, housing subdivisions are cropping up along the mountain slopes and river valley.

Three major housing initiatives that have been announced in recent months include Desert View Homes' two neighborhood developments

near Franklin Mountains State Park and Winton Homes' Rio Valley residential development at the corner of Westside Drive and Borderland Road (west of the Rio Grande).

One of Desert View's developments, named Desert Springs, is on 193 acres along Transmountain Road, just east of Interstate 10. It's about two miles west of Franklin Mountains State Park near the \$80 million Transmountain freeway construction project, which is part of Loop 375 and will connect traffic to Interstate 10.

According to the home builder's

representative, Desert Springs is designed for first-time homebuyers because this is the type of community El Paso has been asking for. The subdivision will include hiking and biking trails and community parks as part of preserving open space in the area, the representative stated.

Adjacent to Desert Springs will be Desert View's second development, named Enchanted Hills. Desert View owner Randy O'Leary has teamed up with Doug Schwartz's Southwest Land Development Services to develop this 800-acre community.

The home builders' representative stated that they will preserve the arroyos that run through the property and build hiking and biking trails along the arroyos' paths to the mountain. The developments are far enough from the state park to not disturb it, but close enough for families to use the trails to get to the park, the representative added.

Rio Valley, a 62-acre development in the upper valley's fertile farm land, will also bring a new concept to the area. The Winton Homes Group is developing this site for about 350 residential units including single-family homes and some multi-family buildings with two, three, or four units each.

A Winton Homes spokesperson related that Rio Valley will include ponds to capture storm water and create an orchard within the development. Other green spaces include a large park in the middle of the development with small pocket parks and linear parks along pathways and greenbelts around the neighborhood.

Judy Ackerman, secretary of the Franklin Mountains Wilderness Coalition, stated recently in a news report that coalition members would prefer that the area be left in its natural state, but conceded that El Paso's west side needs housing developments because of the area's rapid growth. However, she added that it is possible to do the developments and preserve some of the natural environment.

## National report issues graduation rates *Texas improves in the 2013 diploma count*

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – High school graduation ceremonies throughout El Paso County have come to a close for the Class of 2013. A new national report finds that the nation's graduation rate continues to improve for the third straight year. The nation's graduation rate has risen to almost 75 percent, the highest level of high school completion since 1973.

Although 1 million students will fail to graduate with the class of 2013, the report shows that the nation's public schools will generate 96,000 fewer dropouts than the previous year. Nationwide improvements were driven, in large part, by strong gains among Hispanic and black students, according to a recently-released research study that examined state and local graduation data from 2000 through 2010.

Education Week and the Editorial Projects

in Education (EPE) Research Center released in June its national "Diplomas Count 2013: Second Chances-Turning Dropouts into Graduates" report. The new findings focus on the class of 2010, the most recent year for which data are available.

The 2013 edition of Diplomas Count, examines dropout recovery and innovative strategies for returning to the educational fold the 1 million students who leave school without a diploma each year. Education Week's journalists investigate interventions that provide second chances to those youths—a group whose prospects for landing a stable job or a postsecondary credential may depend on finishing high school, according to Education Week's website.

The report also features the EPE Research Center's original, comprehensive analysis of high school graduation rates, completely updated for this year's report, and includes

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*The value of money lies altogether in the uses to which it is put.*

— Quips & Quotes



Veterans Post

By Freddy Groves

# Make the connection

If you’re a veteran who is struggling to find ways to improve your life, perhaps because you’re dealing with a service-related issue, I invite you to take a look at Make the Connection, a website run by the Department of Veterans Affairs. Make the Connection is a one-stop site for a wide variety of concerns affecting veterans: homelessness, jobs and employment, family and friends, mental-health concerns, transitioning from the service, dealing with physical injury and more.

Most impressive and useful is the Signs & Symptoms section. It’s long, with dozens of symptoms, including flashbacks, feeling on edge, noise or light irritation, confusion, trouble sleeping and nightmares, and more. Each section is broken into three parts.

The first part is, “What can I do about it right away?” The steps aren’t silly, either; they’re ones a counselor or medical adviser likely would talk about first, things you can do at the moment to feel better and regain control. The second step is to make the connection with medical or mental-health advisers. The third step is links to immediate information.

You even can customize the site to give information tailored more closely to who you are. Select from male/female, the era in which you served, the branch of service and whether you were exposed to combat.


If you don’t have a computer, try to find one to use, possibly at your local library, and check in with Make the Connection at <http://maketheconnection.net>. You’ll likely find sources of information and help. Don’t miss the videos of veterans who talk about their own experiences.

If you’re with a veterans service organization, especially if you’re in an advising capacity, look over the Make the Connection site and become familiar with what it has to offer the veterans you help.

*Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to [columnreply2@gmail.com](mailto:columnreply2@gmail.com). (c) 2013 King Features Synd., Inc.*

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Finances

By Jason Alderman

# When a loved one dies

Whether it’s expected or accidental, the death of a loved one can shake you to the core. The last thing you want is to have to interrupt grieving to deal with mundane tasks, but unfortunately there are many actions that must be done on behalf of the deceased. Some must be taken immediately, while with others you can take your time and reflect on the best path to follow.

Here’s a checklist:

If the death occurs under hospital or hospice watch, they will notify the proper authorities and help you make arrangements with the coroner’s office for transport of the remains. If it happens at home, call local police or 911 for assistance. If he or she was an organ donor, you’ll need to act quickly.

Reach out for help in making arrangements and locating key documents. Split up such tasks as contacting others who will want to know, taking care of pets, collecting mail and safeguarding the deceased’s home if it’s now vacant.

Look for a will or other document that spells out the deceased’s burial or cremation wishes – many people make funeral arrangements in advance, even paying ahead of time. The funeral home can guide you through the paperwork process, such as placing an obituary and ordering death certificates.

Hopefully, the deceased prepared a will that names an executor to oversee the disposition of his or her estate; otherwise, the court will have to appoint one. In sorting through their files, also look for: a trust; insurance policies; bank, credit card, mortgage and loan accounts; safe deposit box key; contact information for lawyer, doctor, accountant or other professional advisors; and passwords to computer and other accounts.

Within the first few days, start notifying organizations with which the deceased had business or financial arrangements. In most cases you’ll be required to submit a certified copy of the death certificate, so be sure to order ample copies. You’ll need to contact:

- Current or former employers for information about possible final wages, accrued vacation, retirement, life insurance or other death benefits.
- Social Security Administration. If they were receiving Social Security benefits, you’ll need to stop payment right away. Funeral homes often do this, but be sure to ask.
- Once you’ve notified Social Security, they will contact Medicare to cancel benefits. However, if they were enrolled in a Medicare Prescription or Advantage Plan or had a Medigap policy, contact each to cancel coverage.
- Veteran’s Administration. Veterans, their immediate family members and certain others may be entitled to burial at a national cemetery.
- Forward their mail to a secure address so you don’t miss important correspondence.
- Cancel their driver’s license to avoid identity fraud.
- Banks, credit unions, credit card issuers and other lenders to close accounts – or if you are a surviving spouse, to convert accounts to your name only.
- If they had a safe deposit box and you don’t have the key, ask what documentation you need to gain access.
- Insurance companies, to cancel auto and homeowner’s policies; however, consider keeping them activated until assets are sold, in case of theft or damage.
- Close email accounts.
- Cancel magazine subscriptions and utilities.
- Finally, the executor will have to deal with such issues as locating beneficiaries, distributing inherited property, filing final tax returns, and settling outstanding debts. You’d be wise to work with an attorney who specializes in probate issues.

*Jason Alderman directs Visa’s financial education programs.*

## Report

From Page 1

a special focus on state and local patterns.

The national public school graduation rate for the class of 2010 reached 74.7 percent, rising nearly 2 full percentage points from the previous year and 8 points in the past decade. Much of the nation’s improvement since 2000 has been driven by strong gains for historically underserved groups, researchers noted.

Graduation rates for Hispanic students have skyrocketed 16 percentage points over this period,

reaching 68 percent for the class of 2010. Rates for black students, now at 62 percent, have risen 13 points.

Graduation rates for white and Asian students—now at 80 percent and 81 percent, respectively—have increased at a slower pace. In a partial exception to the general upward trend, Native American students have experienced only modest improvements since 2000 and have seen their rates decline since 2008.

Researchers pointed out, however, that one implication of these distinctive improvement patterns is a narrowing of the graduation gap between whites and their Hispanic and black peers. The white-Hispanic

gap has been cut in half in the past decade, while the black-white gap shrank by almost 30 percent.

But there is also a flip side to these gains: Far too many young people are still failing to complete a meaningful high school education, and most of these non-graduates come from educationally and socioeconomically disadvantaged groups and communities, experts contend.


The EPE Research Center found significant divides across the states and from district to district. A 28-percentage-point gap separates the highest-performing state (Vermont at 85 percent) from the lowest performer (the District of Columbia at 57 percent). All told, 13 states are now graduating at least 80 percent of their students; in six states, less than two-thirds of students finish high school with a diploma.


Nonetheless, graduation rates have been on the rise in a majority of states during the past decade. Forty-six states have posted gains ranging from a fraction of a percentage point to nearly 32 points. The states losing ground typically saw declines of 2 points or less.

A similar degree of variation exists among the nation’s largest school systems. With a graduation rate of 85 percent, Fairfax County, Va., ranks first among the 50 largest districts in the country; Maryland’s Baltimore and Montgomery counties follow closely, at 84 percent each. At the opposite end of the spectrum, Detroit graduates fewer than half of its students. Graduation rates surpass the national average in 18 of the 50 largest districts.


Shortly after the report’s release, Texas Education Agency (TEA) Commissioner Michael L. Williams


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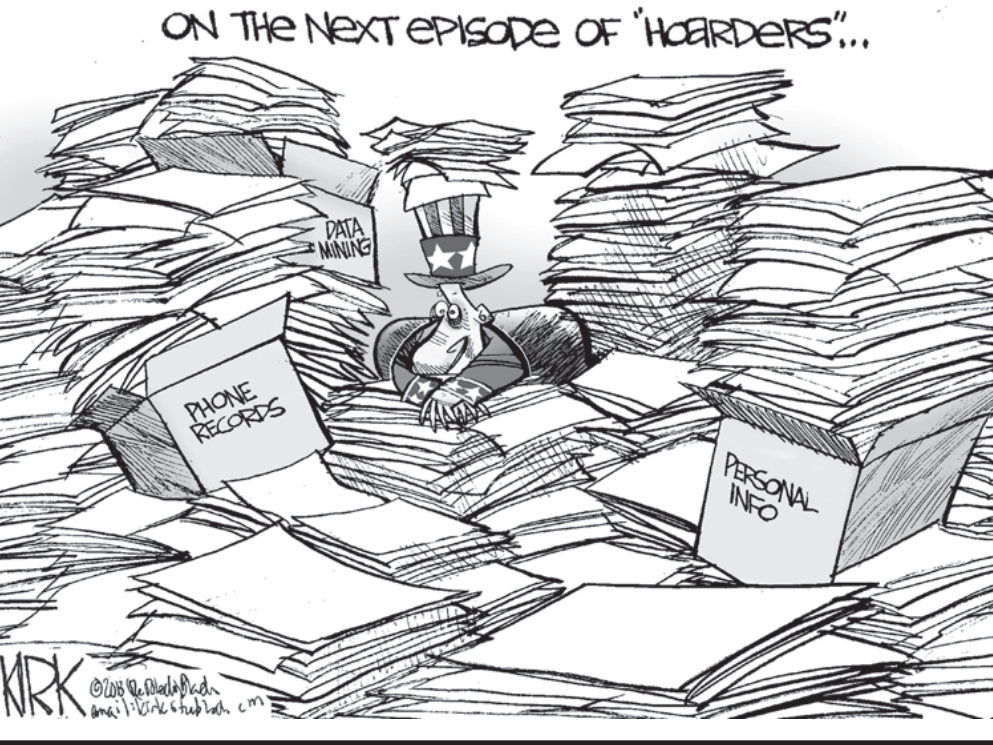
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What's up doc? By Albert Balesh, M.D.

# Move over, Dr. Frankenstein

Boris Karloff, Bela Lugosi, Christopher Lee, Peter Cushing, and tens of others inhabiting the casting rolls of make believe, wherever you are, your lives have just been given more credibility. The monsters you portrayed, shocked to life on the silver screen, now find a common link, thanks to medical science, to those inner demons tamed today by the push of a button on an electroconvulsive therapy (ECT) console. Patients are strapped to a table, anesthetized, and in a matter of seconds can painlessly wave good-bye to refractory depression, the mania of bipolar disorder, the immobility of catatonia, and schizophrenia for weeks at a time. That is no small matter for someone afflicted by serious mental illness.

ECT is low risk, and had its start back in 1934 when, as new kid on the block, it was used widely for the next twenty years. The 1950s saw it buried by the rise of psychotropic drugs and drug therapy, at a time when Hollywood nonetheless romanticized its use in both dramas and films of horror. Over the last twenty years, not only has ECT returned to the fore, but with its undesirable side effects largely removed, it has also been found to relieve the symptoms of mental illness more quickly and lastingly than the drugs developed to seal the lid on its premature burial. A closer look at how it works might tip the scales of indecisiveness in favor of a trial of ECT in a friend, family member, or loved one who remains unconvinced and uncured by conventional psychiatric treatment modalities.

With informed consent given by the patient, anesthesia and muscle relaxation administered by an anesthesiologist to avoid pain and fractures, and a mouth guard inserted to prevent tongue biting, the stage is set for a minimal electrical current to pass from stimulating electrodes on each temple of the head through the central parts of the brain. An actual epileptic seizure is produced, monitored by an electroencephalogram (EEG) as the heart is also monitored by an electrocardiogram (ECG), and allowed to run its course, as the patient sleeps like a lamb and feels neither the effects of the stimulus nor the discomforts of the seizure. To the casual observer, there is nothing to indicate that a seizure has been induced in the patient, except perhaps for a momentary muscle twitch of the fingers. Breathing is controlled by the anesthesiologist until the patient is one again able to, on his or her own. The only real physical complication of any significance is headache in one-third of the cases of ECT, which is responsive to aspirin and, if necessary, ibuprofen.

On the mental side of the pendulum, patients often become confused and even frightened when they awaken in the recovery room right after the procedure. The confusion

usually disappears within a few hours, but some memory loss for recent events, dates, names of friends, public events, telephone numbers, and addresses may remain for up to four weeks following ECT. Although rarely occurring, but not unheard of, these issues may persist for months or even years.

Now, is ECT the cure-all for everyone with severe depression, mania, or schizophrenia? Not exactly, but for the mental illnesses listed previously, as well as neurologic disorders such as Parkinson's disease, epilepsy, delirium, depression associated with dementia or stroke, and severe side effects of antipsychotic medications, it can do a world of good. It is safe in pregnancy, too, and has never been found to cause miscarriage or developmental defects of the fetus. While ECT is safe and efficacious for patients of all ages, from children to the elderly, it is perhaps best reserved for those older than 60 years, in whom better responses are obtained with slightly higher electrical stimulus intensities. Did you ever imagine that grandpa or grandma might actually benefit from a procedure once only thought integral part and parcel of the imagination, bad horror movies, or Dr. Frankenstein's lab?

While it is difficult to predict the number of ECT treatments required after the initial course, it is rarely fewer than six. To be of benefit, in fact, seizures must be generated by ECT two or three times a week, for many weeks. There is no lifetime maximum number of treatments, but follow-up office visits with the patient and discussions with the family all contribute to determine the number, which can usually be tapered down to once monthly, to the satisfaction and therapeutic benefit of all involved. Usually, a successful course of ECT in depression requires between three and nine treatments, after the successful initial course. Yet, contrary to quoting the Raven's "Nevermore," some patients may need years of weekly treatments.

When it was first introduced, the electroshock of ECT was administered without anesthetic, muscle relaxation, or oxygen to prevent gasping and difficult breathing. One can only imagine the anxiety, dread, panic, and utter disdain of early patients anticipating treatment with ECT. While some sustained fractures, others died subsequent to its application. Today, however, ECT is a valuable and extremely efficacious tool in psychiatry's armamentarium, validated and sworn to by thousands of patients whose mental illnesses might otherwise neither give them a moment of respite, nor allow them to live relatively normal lives without shadow of a lurking Frankenstein monster.

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## Report

From Page 2

issued the following statement in reference to Education Week's Diplomas Count Report's findings for Texas.

"For more than a decade, the work to improve our state's graduation rates has been the focus at the state and local level," said Williams in a recent TEA news release. "The Diplomas Count 2013 report shows those efforts to be paying off. The dramatic jump seen from 2000 through 2010 is the direct result of the hard work being done in school districts across our state coupled with strong leadership at the state level that emphasizes education for all students," stated the commissioner.

According to TEA, Texas has several highlights in the "Diplomas Count 2013 report that show significant student performance progress for the Class of 2010: Texas'

graduation rate for all students (74.8 percent) exceeded the national average (74.7 percent) and that of comparable large states including California, Florida, and New York; Texas' graduation rate for all students exceeded that of all neighboring states (New Mexico, Oklahoma, Arkansas and Louisiana); Texas' graduation rate for Hispanic students (73.3 percent) exceeded the national average (68.1 percent) and that of California (66 percent).

In the ten-year period from the Class of 2000 through the Class of 2010, the Texas graduation rate jumped 11.9 percent, the seventh largest increase among all the states, TEA officials reported.

According to a Diplomas Count 2013 analysis, large Texas school districts that are posting "graduation rates higher than expected" (given their size, poverty level and other defining characteristics) include Northside ISD, Cypress-Fairbanks ISD, Fort Worth ISD, Austin ISD, Houston ISD, and Dallas ISD.







## Briefs

From Page 1

you dust off the barbeque grill and prepare for summer activities, El Paso Electric reminds you to keep electrical safety in mind as you enjoy the warmer weather. Please take the time to talk with your family, especially your children, about some basic rules to follow around electric lines and equipment.

**Look up and avoid electrical equipment**

- Nothing mixes with power lines especially a metal ladder, long-handled tools, pool equipment, a kite, or any part of you. Coming in contact with power lines can be deadly. Avoid them.
- Watch out for overhead power lines when you’re using ladders or scaffolds, moving or installing an antenna, cleaning gutters, trimming trees, or operating tall machinery. Never fly kites, model airplanes, Mylar balloons or any other outdoor toys around power lines.
- Remind children to avoid playing around substations or the big green pad-mounted boxes (transformers and switch cabinets). There is dangerous voltage inside.
- Check for nearby wires before climbing trees. If the wind blows a wire against a leaf or branch, or if the tree branches have grown up into the lines, the electricity could travel through the tree—and you.
- Call El Paso Electric at 915-877-3400 in Texas and 575-523-7591 in New Mexico immediately if power lines are causing sparking or arcing in tree branches or if broken branches are entangled or hanging from power lines.
- If you have a need to clear trees that have grown near power lines, call EPE and a field representative will be scheduled to conduct an inspection and if appropriate, the tree will be trimmed at no cost to the customer.

**Water and electricity don’t mix**

- Don’t touch appliances with wet hands. If a plugged in appliance falls into water, don’t reach in to pull it out. Even if it’s turned off, it can electrocute you. Turn off the power at the circuit panel and unplug it. Keep electrical cords, wires and products at least 5 feet away from water.
  - Do not set up a portable or permanent pool where utility power lines are overhead.
  - Keep all your electric devices far away from any water, including swimming pools, wet grass, and sprinklers, and don’t handle them if your hands are wet.
- Teresa Souza

### Bill signed

Gov. Rick Perry has signed Senate Bill 21 that will require mandatory drug screening as a condition for the receipt of unemployment compensation benefits by certain individuals.

The governor was joined by bill author Sen. Tommy Williams and Lt. Gov. David Dewhurst for the signing ceremony. “Texas is a state where personal responsibility is very important, and recipients of unemployment benefits have a responsibility to be prepared to work when an opportunity presents itself,” Perry said. “Our system is designed to provide assistance to people through a difficult time in their lives, not subsidize those who would misuse the system to live a drug-abusing lifestyle. This bill protects the resources that should be reserved for those truly in need.” SB 21 authorizes drug screenings for those receiving unemployment benefits in Texas who work in fields where drug testing is mandatory for employment. Those fields are designated by the United States Department of Labor, and include occupations that regularly conduct pre-employment drug testing.

“Senate Bill 21 was one of the most important bills I carried this session because it will help ensure someone who loses a job, through no fault of their own, will be ready to go back to work when another opportunity opens,” Sen. Tommy Williams said. “My goal is to send a clear message and to get people help they need. Sadly, many business owners have told me they have available jobs but simply can’t find workers to pass their company’s drug test.” “Texas is the job-creation engine of the nation,” House sponsor Rep. Brandon Creighton said. “For those who are unemployed or getting back on their feet, we must ensure they are fully prepared to enter the workforce, where drug screening is commonplace. Texas has a responsibility to ensure that our policies discourage drug use, not enable or subsidize it.”

– Josh Havens

## People know Pueblo for its...



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U.S. General Services Administration

## Benefits

From Page 8

need – and the faster we can make a decision on your application. The types of information we need include:

- Medical records or documentation you have; we can make copies of your records and return your originals;
- The names, addresses, and phone numbers for any doctors, hospitals, medical facilities, treatment centers, or providers that may have information related to your disabling condition;
- the names, addresses, and phone numbers for recent employers and the dates you worked for each employer; and
- Your federal tax return for the past year.

If you’re not able to work due to a disability and getting to an office is troublesome, don’t worry. You can apply online for Social Security disability benefits at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).



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**For free information about preventing type 2 diabetes, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.**



**[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)**

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.



# Bigotry rears its ugly head over exceptional young singer

By Steve Escajeda  
Special to the Courier

One of the best outlets we have in this wonderful nation is through the world of sports.

Americans love to play sports, watch sports on TV, attend sporting events, bet on sports and just plain old talk about sports.

And prior to most sporting events in this country, the national anthem is played or sung.

During this time most attendees stand in attention and place their right hand over their heart in respect and allegiance to the flag, the song, and what it represents.

Some people choose not to stand, or to stand but not respect the moment by looking all around the venue or talking throughout the song.

It's not very respectful but in a free country like the United States, that's okay because every citizen has the right to display his lack of patriotism as long as they don't infringe on anyone else's right to show their patriotism.

That's America in a nutshell.

We could make it a crime to turn your back on the flag or say anything discouraging about the country or the president.

But if we did that we'd suddenly arm-in-arm with the likes of North Korea, Iran, Syria, Cuba and China.

Some fans disrespect the national anthem no matter what, but some just criticize the singers who butchered the song. Names like Rosanne Barr, Carl Lewis and Michael Bolton quickly come to mind.

But I'd never heard of Americans attacking the singer of the Star Spangled Banner because of his ethnicity.

I guess everyone has heard of the racial twitter remarks that were made against Sebastien De La Cruz after he sang the national anthem before game three of the NBA Finals in San Antonio.

Tweets complaining about how an illegal alien can be allowed to sing this country's song, flooded in from around the country.

Words like "beaner" and "wetback" were used to describe the 11-year-old boy who did a masterful job of singing the song with grace, style and patriotism.

That young man was standing on the

floor of the NBA championship series on national television in front of millions, using his immense talent to represent his country proudly.

I wonder what the bigoted morons sitting at their computers accomplished on that day?

The barrage of complaints really surprised me. I guess I have too much faith in my fellow man... and woman.

How naïve am I? I didn't for a second think that my fellow American citizens would ever respond the way they did.

Especially using vile language toward an 11-year-old kid... who was born in America.

One thing I was proud of was the way the young man responded to the criticism afterward. He showed a thousand times more maturity than the simple-minded racists who attacked him.

He said he couldn't do anything about racist people and that his parents taught him to be tolerant of everyone and to focus on what's inside of people – and not the outside.

I don't know if it was his last name, I don't know if it was the mariachi outfit he wore, I don't know if it was his skin color. All I do know is that I am deeply ashamed that we still

have people that ignorant walking around this great country.

Don't get me wrong. I understand many Americans are concerned about the number of people interrering the country illegally and how that puts a strain on the economy.

But that's a different issue. This young man is an American citizen and it's rather obvious that he loves his country.

And while some people might be afraid that as he experiences bigoted behavior like this, his love for the United States may begin to diminish.

Have you heard this boy speak? He has way too much determination, integrity and mental toughness to let a few bigots keep him from his goals and dreams.

When I see young men and women like De La Cruz, and there are many of them out there (it's just sexier to put the rapists, killers, kidnappers, robbers and druggies on TV), I feel very good about the future of the country.

And as for all the bigots, racists and separatists out there, like their outdated ideologies, they too will slowly fade out of existence.

## A sporting view By Mark Vasto

### Where Tebow goes, we go (again)

The initial question at the press conference for the New England Patriots' early summer training camp said it all.

"Coach, I cover politics for a TV station in New Hampshire, but I'm here today," he said. Patriots coach Bill Belichick seemed unmoved by the man's credentials (sportswriters laughed). The question wasn't all that important or groundbreaking, despite the reporter's Concord and Keene political pedigree.

Essentially what he asked was, "What do you think of random guys like me showing up in Foxboro on a rainy day, for a mini-camp news conference, asking you questions about your presumed third-string quarterback?"

Belichick, for all of his genius on the field and in the locker room, has never been known to be all that insightful or giving to the press at conferences like these. Patient and reserved, he was asked more than

a dozen times about newly signed Tim Tebow, and he gave the same exact answer each time: We signed him because he's a talented player who is smart and works hard, and we thought he could help the team blah blah blah, et cetera, ad nauseum.

The twittersphere erupted when he was signed.

"Not watching Sportscenter for at least the next few days. #Tebow" @Thepbird123

"ESPN is applying the proper amount of coverage to #Tebow, in the same way Tammy Faye Baker applied the proper amount of makeup." @DamonBruce

The sports talk radio spectrum was abuzz (I don't think you can call radio a "sphere"). As I spun the dial, the conversation was essentially the same: We are all talking about this signing; we are all talking about this guy; and why are we spending so much time talking about this signing or this guy?

If there's anything I truly dislike about Tim Tebow it's that he somehow inspires an awful lot of meta-journalism (newsmen talking about the news business), but that's not his fault. And while most people wouldn't come out and admit it, the reason why he garners so much attention is because he is outwardly Christian – not because he had an exciting run as the Broncos quarterback a few seasons ago and won a playoff game. He is not despised for being a Christian; just the opposite, he is revered for his beliefs, and that is what appears to








rankle people the most.

Tavaris Jackson had a run with the Seattle Seahawks a few seasons ago, and on the same day Tebow was signed by New England, Jackson was cut by the Buffalo Bills. Tebow's story garnered nearly 3,000 news stories, according to Google News. Jackson's plight? Not so much... about 222.

So yeah, it's the Christian thing. Everybody seems to want to throw the guy to the lions (Detroit, like the rest of the NFL and the Canadian Football League, passed), but that's not going to happen in New England. No, on Sundays, the only talk about resurrection will be confined to the chapels and churches of New England, not Gillette Stadium in Foxboro, Mass.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2013 King Features Synd., Inc.

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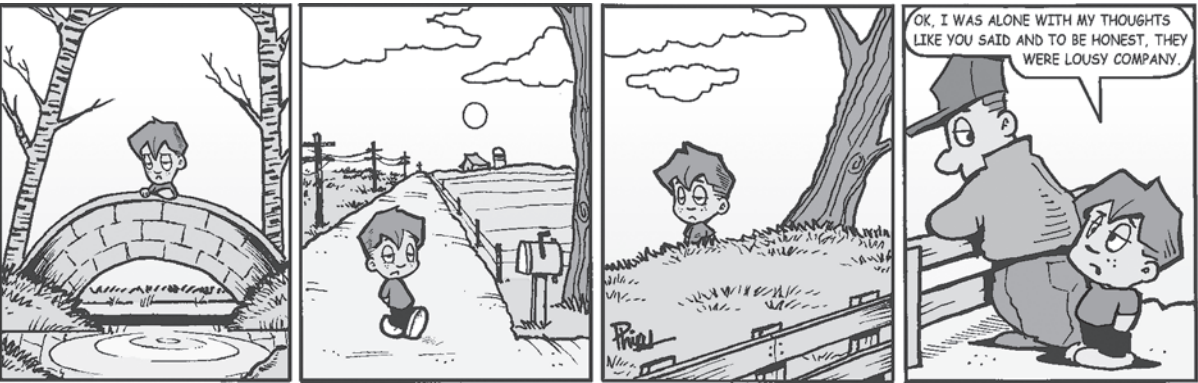
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Paul G. Donahue, M.D.

*DEAR DR. DONOHUE: Will you tell me the best way to treat pet bites? I have three young children, and we live in a neighborhood where every family except us has at least one pet. Most are dogs. I don't want to overreact to a tiny scratch, but I need to know what to do with a more serious bite. – A.M.*

wakened from sleep with a dull pain in the center of my chest. My husband told me to take Mylanta. I did, and got instant relief. What do you think of this pain? – V.P.

Pain that wakens a person from sleep must be taken seriously and ought to be reported to the family doctor.

However, the response you got from taking Mylanta (an antacid) makes me think of GERD – gastroesophageal reflux disease, more commonly known as heartburn. Stomach acid and digestive juices spurt into the esophagus, a structure not equipped to deal with them like the stomach can. If this nighttime pain of yours keeps coming back, put 6-inch blocks under the bedposts at the head of your bed to keep stomach juices in the stomach when you lie down.

My first statement about nighttime pain has to be observed. You need to see the family doctor to be certain this is heartburn and not one of the many other serious possibilities.

The booklet on coronary artery disease, another cause of chest pain, details its signs and symptoms. To obtain a copy, write: Dr. Donohue – No. 101W, 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.

If the child's immunizations are up to date, all is well. If they are not, he or she needs a tetanus booster. If the child has had no tetanus immunizations, the series should begin right away.

Wounds that are large, that bleed, that are quite deep or are in a place, like the face, where they might be deforming should be taken care of by a professional.

*Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. (c) 2013 North America Synd., Inc. All Rights Reserved.*

*DEAR DR. DONOHUE: I'm in my 60s and never had a major illness. I take no medicines. In the past three months, I have been*

Super Crossword

- “BOTTOMS UP!”

ACROSS

1 Like positive numbers

10 “Peace”

16 Toll, as a bell

20 Person at the helm

21 “Om,” e.g.

22 River of Hesse

23 Composer of the opera “Prince Igor”

25 Hightail it

26 “Z” actress Papas

27 Musical reworking: Abbr.

28 Most macabre

30 Martial arts actor Jackie

31 Baseball’s all-time leader in stolen bases

36 Boat rower’s need

37 Throws

39 Ship’s back

40 Giant in insurance

41 Glancing

piercingly

43 Syr. neighbor

44 Next year’s srs.

45 Suffix with east or west

46 Organism on a slide

48 Fraction of a fl. oz.

51 Longtime Hearst publication

59 Call for help

60 Ryder of “Heathers”

61 Introduce, as a new year

62 \_ Gay (old war plane)

65 Theme of this puzzle

69 Go with the flow

70 Medium of many all-talk stations

72 Asimov and Newton

74 Anti-trafficking gp.

75 Tomatoey seafood soup

81 \_-cone (cooling treat)

82 Divide up by type

83 Suffix with prefect

84 Bolted

86 \_ Lankan

87 Acacia’s kin

94 Spring zodiac sign

97 Onyx or opal

98 Certain fishing pot

99 “Yummy” pair

100 Locale of the Venezuelan city

Porlamar

103 “\_ a Lady”

104 Autumn zodiac sign

105 Ocean off FL

106 Legendary furrer

108 Prong

109 Carnivorous North American rodent

116 Right fielder

Slaughter

117 Dissimilar to

118 Rocks atop

119 Camera part

120 Willow family member

121 Consensus

DOWN

1 Tennis’ Ivanovic

2 “South Pacific” song

3 Like some swimming strokes

4 Female fox

5 New York City cardinal

Edward

6 Writer Grey

7 Airport abbr.

8 Future fry

9 Bruins great

10 Campfire snacks

11 Actor Hamlin

12 “It’s \_-brainer”

13 English “Inc.”

14 Situate

15 Like horses

16 Shoots a rifle again

17 Least busy

18 “Kinsey” star Liam

19 \_ Green, Scotland

24 Dried by heat

29 Raise

30 Machine tooth

31 U.S. 1, e.g.

32 Bitterly cold

33 Guerrilla Guevara

34 Is sporting

35 Violinist Zimbalist

37 Salon option

38 “I can just see \_”

42 French “the”

43 “\_ bad boy!”

44 Drinking binges

46 Slanting

47 \_ & Lomb

48 Angry rant

49 Hidden marksman

50 Tetra- plus one

51 Swindling guy

52 City in south Chile

53 Lace loops

54 “Starpeace” singer Yoko

55 Rapper Tone \_

56 Fluid in a pen

57 “Oh, clever!”

58 Last British letter

59 Clothing lines

63 “Well, \_-di-dah!”

64 Boise’s county

66 Sly-fox filler

67 “Take me as \_”

68 Body of eau

71 Call \_ evening

73 Composer John Philip \_

76 It’s a plus

77 Shearer of the screen

78 \_ de coeur

79 Saran, say

80 Clue seeker: Abbr.

84 Backslide

85 “And hurry!”

87 \_ Yello (soft drink brand)

88 Stevedores’ org.

89 Everest, e.g.: Abbr.

90 Munic. law

91 Put in a new home

92 Writer Ralph Waldo \_

93 Quaint suffix with poet

94 Dutch beer

95 Wisconsin city

96 Easy-to-attach patch

97 “Buon \_!” (Italian “Good day!”)

98 Nehemiah-Job linkup

101 Equip for use

102 “May \_ favor?”

103 Squall, e.g.

106 Skill, in Sicily

107 Captain Hook’s henchman

110 High Swiss peak

111 RSVP part

112 K-12 org.

113 Violin tuner

114 Ballad’s end?

115 Doc with an otoscope
- Answer Page 4

1	2	3	4	5	6	7	8	9		10	11	12	13	14	15		16	17	18	19
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Moore Texas by Roger Moore There was once a town called HOG HEAVEN near Crockett in Leon Co.



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.

DIFFICULTY: ★★ ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	÷		+		11
+		×		-	
	+		-		12
÷		÷		×	
	×		-		6
4		6		12	

2 3 4 5 6 7 8 8 9

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Answer Page 4

Social Security Q&A By Ray Vigil

Get your benefits from home

Have you been thinking about applying for Social Security disability benefits, but you are unable to visit a Social Security office to complete the interview? Or perhaps your disabling condition makes it difficult to visit a Social Security office. We have good news: you can complete your application for Social Security disability benefits from the convenience of your home. Get started at [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

The application process involves determining 1) whether you have sufficient work to be eligible for Social Security; 2) the severity of your medical condition; and 3) your ability to work. Because we carefully review so many cases — more than three million each year — it can take us three to five months to determine whether you are eligible to receive benefits.

The amount of time it takes to make a decision on your application can vary depending on a number of factors, such as:

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

We have several important initiatives to speed up the process. For example, our Compassionate Allowances initiative allows us to fast-track certain cases of individuals with very severe disabilities. Two hundred different types of disabilities qualify for this expedited decision, and the list continues to expand. Since Compassionate Allowances began in 2008, the agency has fast-tracked more than 250,000 disability applications, getting benefits to people in a matter of days instead of months. Learn more about Compassionate Allowances at [www.socialsecurity.gov/compassionateallowances](http://www.socialsecurity.gov/compassionateallowances).

Another way we speed up decisions is with our Quick Disability Determinations initiative, which uses technology to identify applicants who have the most severe disabilities and allows us to expedite our decisions on those cases. Read more about Quick Disability Determinations at [www.socialsecurity.gov/disabilityresearch/qdd.htm](http://www.socialsecurity.gov/disabilityresearch/qdd.htm).

There are things you can do to help speed up the decision process too. The more information you provide up front, the less time it will take us to obtain the evidence we

See BENEFITS, Page 5

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: P equals T

UTYMS YNXO TUNZP T  
YDLQDLBRLYY TXR DLB YHTWW,  
PBZYPF WMODP YNZBSL:  
"HTBF DTR T WMPPWL WTHQ."

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

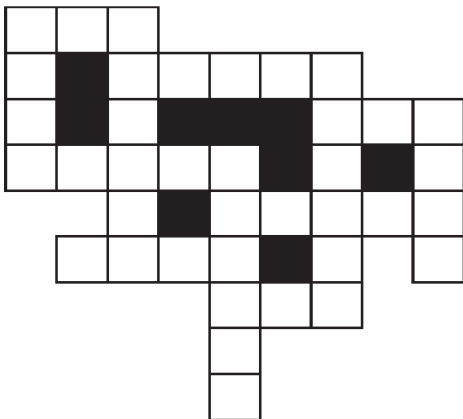
Answer Page 4

★★★ HOO BOY!

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OGH  
DRICNA  
TECLE  
♥ANED  
HATTOR  
DIA  
♥LAAG  
RUEGH  
TCO  
EGNUDE  
LAUFO  
♥HARC



Answer Page 4

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.

STRANGE BUT TRUE

By Samantha Weaver

• It is still not known who made the following sage observation: "The difference between 'involvement' and 'commitment' is like an eggs-and-ham breakfast: The chicken was 'involved'; the pig was 'committed.'"

• If you wanted to use fossil fuels to equal the amount of energy released by the sun onto the Earth, you'd have to burn 550 billion tons of coal every day.

• Lightning isn't solely a phenomenon of Earth: Astronomers have noted lightning bolts on Jupiter, Saturn, Uranus and Venus.

• In 1915, the average annual income for a family in the United States was \$687.

• You might be surprised to learn that the name Adam isn't actually a proper name in the classical Hebrew language; it's a generic term for a human being.

• If you're planning a visit to the village of Chester in the United Kingdom, be glad you're not from Wales. In that town, the law says that any Welshman found within the city walls after sunset may be shot with a longbow.

• In Germany, cacao was used for medicinal purposes long before it was used to make chocolate.

• It is, perhaps, unsurprising that the first duty-free airport shop — those favored sources of tax-free liquor — was in Shannon, Ireland.

• It was in the very early years of the 20th century when, in his "Devil's Dictionary," Ambrose Bierce defined a corporation as "an ingenious device for obtaining individual profit without individual responsibility."

• In Alabama, every purchase of a deck of playing cards is subject to a special 10-cent tax. Those who sell the cards must pay a \$1 to \$3 license fee.

Thought for the Day: "When you do the common things in life in an uncommon way, you will command the attention of the world."

— George Washington Carver

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