



NEWSBRIEFS

Double feature

Horizon’s Movies in the Park will show a double-feature this Saturday (Sept. 21). Last week’s show was cancelled due to the extreme rain. The movies will be G.I. Joe Retaliation and Escape from Planet Earth. The location will continue to be “Corky” Corcoran Park located at Rodman St. & Warren Belin St. in Horizon City, TX. The show will begin promptly at 7:30 p.m.

– *Sergeant Jose Mitre*

Fiesta de San Miguel

La Purisima Catholic Church (Socorro Mission) is celebrating its 2013 Annual Fiesta de San Miguel on September 27 to 29. On Friday, Sept. 27, the grounds open at 6 p.m. through midnight. On Saturday, Sept. 28, the festivities start at 2 p.m. A car show is scheduled from 4 to 8 p.m. At 5 p.m., Bishop of El Paso, Mark Seitz will celebrate the Eucharist which will be immediately followed by the traditional procession around the cemetery accompanied by Matchines. On Sunday, the bazaar starts at 12 Noon and concludes at 10 p.m. with the raffle of a Hyundai Accent. Church-sponsored will offer a variety of delicious foods from traditional gorditas to bratwurst, turkey legs, brisket, corn on the cob, enchiladas, churros, aguas frescas, cool beer, and many other entrees. Continuous live music and dancing, games, and mechanical rides will be enjoyed throughout the weekend. Admission is free. For further information please call the church office at 859-7718.

– *Magda Maureira*

Wanted

A man forced his way into an east El Paso business and stole more than \$500 in copper cable. The man’s vehicle was captured on surveillance video and investigators from the El Paso Police Department are asking for the public’s assistance in identifying the suspect through Crime Stoppers of El Paso. On Monday, August 2nd, 2013, between 8:45 p.m. and 9 p.m., the suspect drove to the Matrix Special Systems located at 3634 Wooster. The man cut open a fence to the business and drove inside of the yard. Once inside the man located scrap copper cable and loaded onto the bed of his pickup truck. The man is seen wearing a hoodie and driving what appears to be a full size pickup truck with no tailgate. Anyone with any information on the identity of the person involved in this theft is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your

See BRIEFS, Page 3

The reason crime doesn’t pay is that when it does it’s called something more respectable.

– *Quips & Quotes*



– Photo by Alfredo Vasquez

This new entrance to the University of Texas at El Paso (UTEP) is directly off of Interstate 10. UTEP is in an ideal location for working with two nearby space-launch facilities that are focusing on commercial space flight.

UTEP wants to be hub for commercial space exploration

By **Alfredo Vasquez**
Special to the Courier

With Blue Origin LLC near Van Horn, Texas and Spaceport America outside of Las Cruces, New Mexico, the University of Texas at El Paso (UTEP) is striving to become a hub for the private sector’s exploration of space.

UTEP officials said recently that plans are underway to work with Blue Origin and Spaceport America to make commercial human space flight safer. Blue Origin, LLC, which has a launch and test facility in Van Horn, is an aerospace company that plans to develop technology to transport people to space using reusable launch vehicles. Spaceport America, located in Sierra NM, is a launch site dedicated solely to commercial space flight to take customers into space.

Also, ex-astronaut Danny Olivas, an El Paso native and UTEP graduate, has accepted

a position as the university’s director of the new Center for the Advancement of Space Safety and Mission Assurance Research (CASSMAR).

In addition, UTEP is partnering with Japan’s Kyushu Institute of Technology (Kyutech) for collaborative research on advancing aerospace technologies. University officials signed the international agreement this summer which will allow for faculty and student exchange programs.

By developing these space exploration ventures, UTEP takes another step toward being recognized as a Tier One research university, which would give it elite status among the nation’s academic institutions. Tier One universities attract millions of dollars annually in research grant money, meaning a big boost to the university and to the economy of cities where they are located, university officials explained.

Olivas, a NASA space traveler himself, pointed out that very little is known about

space, even though space flight is half a century old and that the research CASSMAR will conduct will encompass several UTEP departments.

Kyutech has been historically funded by JAXA, the Japanese Aerospace Exploration Agency, and its plans are to collaborate with the NASA University Research Center and Center for Space Exploration Technology Research at UTEP.

Kyutech has developed a winged rocket platform and the collaboration with UTEP is designed to result in a reusable, suborbital vehicle. UTEP faculty and students’ initial task will be to provide a propulsion system using Japanese structural components.

Olivas, who will oversee space initiatives on campus, said that these programs will give students an opportunity to work in the commercial space flight sector in the future and provide UTEP with a direct line into the national direction right now, which is space flight and ways to make it safer.

EPCC observes Hispanic Heritage Month

By **Jim Heiney**
Special to the Courier

The Diversity Programs of El Paso Community College (EPCC) will observe Hispanic Heritage 2013 with activities from now through and October 16. “Descúbrete: Empowerment through Wings of Knowledge,” the event’s theme, will be about literature, student artwork, music, current affairs and much more. A month-long art display by EPCC art students and local artist, Gabriel S. Gaytán in the Administrative Services Center (ASC) began Sept. 16.

Other major events will include Wednesdays at Lunch. Live music will be performed in the Valle Verde Campus Courtyard from noon until 1:00 p.m. on September 25 and October 2 and 9. On Thursday, Sept. 26, an Immigration Symposium will be held all day

beginning at 8:30 a.m. in the Valle Verde Cafeteria Annex. Among those scheduled to appear are Congressman Beto O’Rourke and Senator Jose Rodriguez.

The celebration will conclude with the annual Mentor’s Dinner at 6:30 p.m., Wednesday, Oct. 16 in the EPCC ASC Auditorium, 9050 Viscount Blvd., Building A. The Keynote Speaker will be Dolores Huerta, president of the Dolores Huerta Foundation and Co-Founder of the United Farm Workers. During the ceremony Huerta will receive the Lifetime Achievement Award and EPCC will honor other mentors for their contributions to the community.

All events are free except the Mentor’s Dinner. Tickets for the Mentor’s Dinner are \$20.00 and

available at any EPCC cashier. For event or ticket information, contact EPCC Diversity Programs at 831-3324 or visit www.epcc.edu/hispanicheritage.



– Image courtesy El Paso Community College

ART – Water Angel, by Gabriel S. Gaytán.

Veterans Post

By Freddy Groves

Helping homeless vets

Feel that chill in the air? Tens of thousands of homeless veterans feel it, too. A joint program between the Department of Veterans Affairs and the U.S. Department of Housing and Urban Development is working to get veterans into stable, permanent housing, with a goal of ending veteran homelessness by 2015. They're making progress, but have a long way to go.

An interactive map at www.endhomelessness.org shows the good and bad news when it comes to the numbers of homeless veterans. Some one-year stats: A suburb of Washington, D.C. shows a 41 percent increase in the number of homeless veterans. A county outside the Beltway shows a 12 percent increase. Another nearby county shows a whopping 85 percent increase. A town in North Carolina shows a 157 percent increase. Other nearby sites show decreases... but it begs the question: Did those homeless veterans just change locations?

Veterans service organizations that are ready to step up to combat veterans homelessness can help

by getting out information about available services. Go online to va.gov/homeless and get busy printing out information. The site offers brochures, fact sheets, posters, videos and Web ads. The videos have information for legal professionals, social workers and first responders about inquiring if someone is a veteran.

Read the fine print about how you can work with existing groups to fill in the gaps that always exist. If your organization has a website, look for the coding and graphics you can put on your site to lead veterans to information they need.

At the very least, print out the wallet cards and hand them out to all your members to carry. The cards have the toll-free number for homeless veterans to get help: 877-4AID-VET (424-3838).

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. (c) 2013 King Features Synd., Inc.

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The office will open again on Monday, September 30, 2013.

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Finances

By Jason Alderman

Don't dawdle on student loan search

Millions of young Americans recently began their senior year of high school. If your kid is among them, he or she is probably busy juggling homework, extracurricular activities and maybe a part-time job – all while trying to savor the last official year of childhood and simultaneously prepare for impending adulthood.

You, on the other hand, are likely just wondering how the heck you're going to pay for college.

College may be a year away, but scholarship and loan application deadlines are just around the corner. As you'll soon learn, there are tons of decisions to make and documents to fill out. Plus, some states award aid on a first-come, first-served basis, meaning funds for your child's dream school could be exhausted by the time you get your paperwork together.

If that doesn't make you want to get the jump on financial aid, I don't know what will.

Your first step is to complete the Free Application for Federal Student Aid (FAFSA) form, which is required by virtually all colleges, universities and career schools for federal student aid, as well as for most aid from states and individual colleges.

It's easiest to file an FAFSA online at www.fafsa.ed.gov. You can also get a hard copy from your child's school or by calling 1-800-4-FED-AID. The FAFSA filing deadline for federal loans isn't until June 30, 2014, but many state and individual school deadlines fall months earlier.

Many types of student aid are available to help cover costs at four-year colleges and universities, community colleges, and trade, career or technical schools, including:

- Hundreds of thousands of free scholarships and fellowships are awarded each year. Visit www.finaid.org/scholarships for helpful tips.
- Federal Pell Grants are needs-based grants given to low-income students to pursue post-secondary education. The maximum annual Pell Grant amount is \$5,500; but students can receive Pell Grants for no more than 12 semesters. They need not be repaid.
- Federal Supplemental Education Opportunity Grants

for up to \$4,000 a year are awarded to undergraduates demonstrating exceptional financial need.

- Federal Work-Study provides part-time jobs for undergraduate and graduate students with financial need, allowing them to earn money to help pay education expenses.
- Low-interest Federal Perkins Loans are for students who demonstrate exceptional financial need. They are "subsidized," meaning the government pays yearly interest while students are enrolled. They have no origination or default fees.
- Direct Stafford Loans are low-interest federal government loans with no origination fee and come in two varieties: needs-based "Subsidized" loans for undergraduate students where the government pays the yearly interest while students are enrolled; and "Unsubsidized," for undergraduate and graduate students of any income level, where students are responsible for interest that accrues while enrolled.
- Private Education Loans are offered by lenders to students and parents to supplement government loans. They aren't government-guaranteed or subsidized and typically carry higher interest rates, although you can borrow greater amounts. Details and rates vary widely.
- Some colleges sponsor their own loans to students and parents. Interest rates may be lower than federal loans. Check each college's aid materials to see if they're available.
- PLUS loans are federal loans that graduate or professional-degree students and parents of dependent undergraduate students can use to pay for education expenses. They are made through participating schools at a fixed interest rate. There is an origination fee.

Visit the Federal Student Aid site (<http://studentaid.ed.gov>) and www.FinAid.org for complete explanations of the different types of grants/loans, calculators and many other tools.

Jason Alderman directs Visa's financial education programs.

History museum presents autumn magic show


By Alfredo Vasquez
Special to the Courier

With the start of school and summer beginning to wane, everyone looks forward to the cool temperatures of autumn. Spirits are regenerated as the smell of wood smoke fills the air. The Cottonwood trees are changing colors and suddenly the air is filled with magic.

To herald the arrival of this special time of the year, the El Paso Museum of History (510 North Santa Fe Street) will present *Fall into Magic: a Celebration of Autumn*, at 2 p.m., Saturday, September 21, in the museum's Seminar Room.

Featured in this unique presentation will be Magician Bob King, who will help set the mood of autumn as he performs magic tricks that will keep the audience mystified as well as howling with laughter, according to museum representative Sue Taylor.

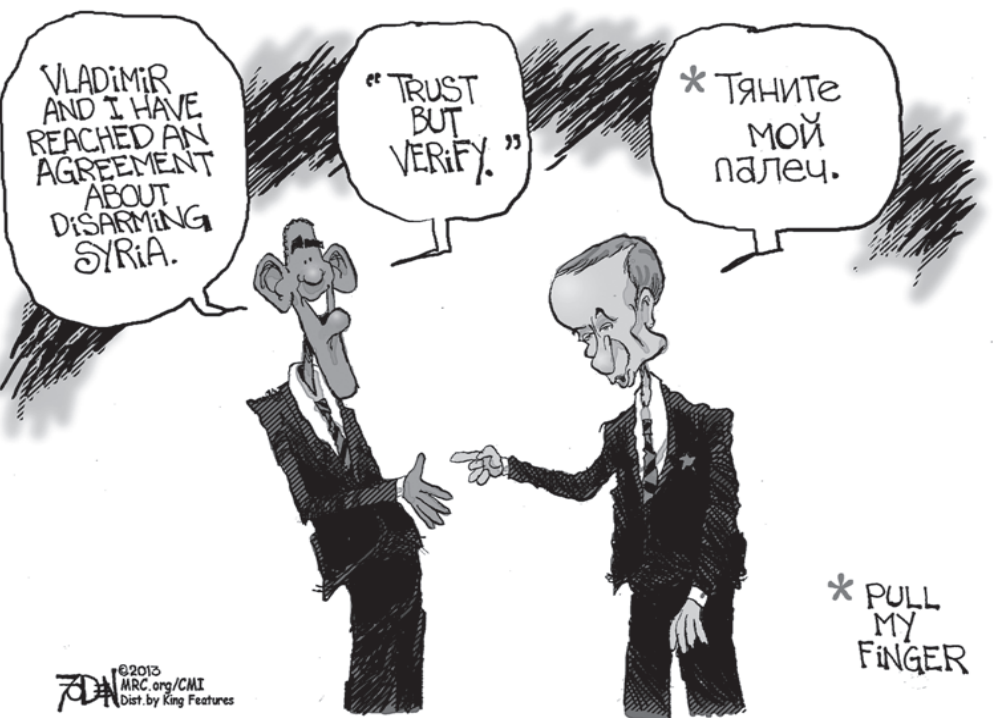
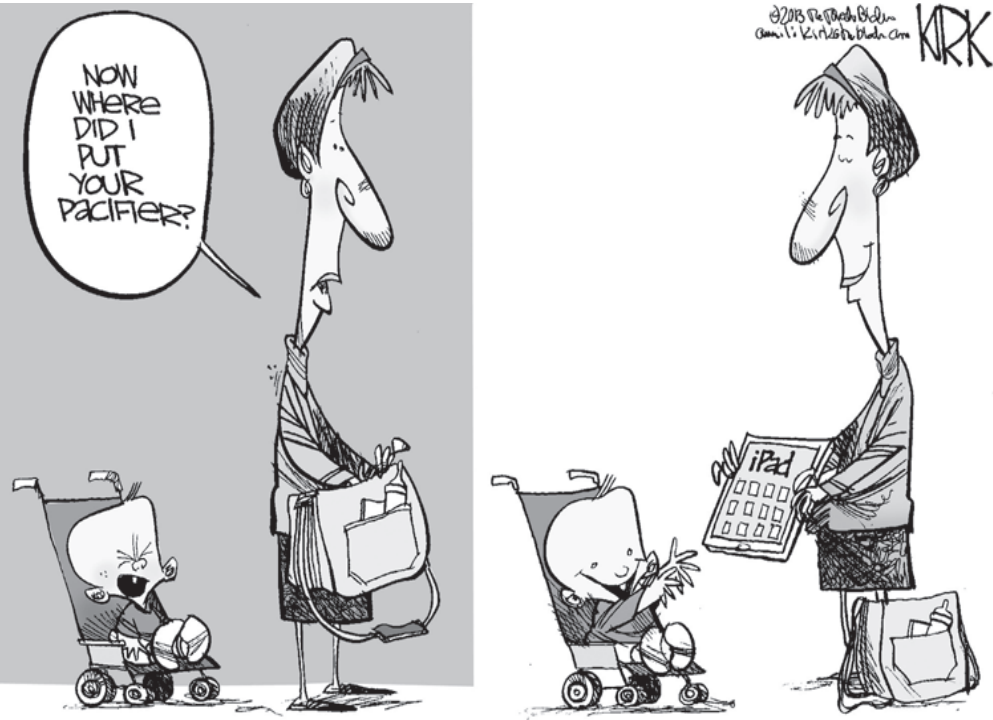
Taylor said that King has been in the business of magic since he was eleven years old. For a year and a half he hosted a television show on local Channel 4, entitled The Soda Fountain, which ran Monday through Friday. At one point in his career, he was Ronald McDonald, the famous clown for McDonald's hamburgers. As the only Spanish speaking Ronald in the system, Bob was invited to make appearances at



– Photo courtesy of Bob King

ABBA CADABRA – Magician Bob King promises to astound and amaze his audience.

McDonald's restaurants throughout Central America. For more information or reservations, contact Taylor at 351-3588 or send email to taylorlsl@elpasotexas.gov.



Briefs

From Page 1

tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

Wanted II

A man is responsible for breaking into a storage room of a Central El Paso business and stealing an undisclosed amount of money. The man was caught on surveillance video and investigators are asking for your help in identifying him through Crime Stoppers. On the night of Wednesday, Aug. 7, 2013, at about 10:40 p.m., a man that was inside of the Doll House club located at 5715 Trowbridge walked towards the restrooms near the rear of the business. The man then began attempting to open the door to a storage room near the restrooms. The man began kicking the door and trying to reach inside several times to unlock it. The man after several minutes managed to force the door open. Once inside the man began looking through storeroom and located a bag containing money. The man hid the bag in his pants and began to leave when he noticed a security camera and attempted to disable the camera. The man is described as white or Hispanic, in his mid-20s, and appears to have tattoos on both arms. He was seen on the video wearing a tee shirt with an “Ecko Unlimited” logo on the front, shorts and tennis shoes. Anyone with any information on the identity of the man involved in this burglary is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line

at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “**CRIME1**” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637).

– Javier Sambrano

Wanted III

Adrian Moreno, 29, who also use Adrian Sanchez is this week’s Manhunt Monday Most Wanted Fugitive. He is 5’10” tall and weighs 205 pounds. He has black hair and brown eyes. In late July 2013, Moreno entered an apartment of an ex-female acquaintance without consent and proceeded to threaten her in front of her children. When told 911 would be called, Moreno took the apartment keys prior to leaving and fled the scene. At the time of this incident the victim had a protective order against him. Charges were filed a short time later. Then on September 3, 2013, the same victim was asleep the inside her apartment and awoke to see Moreno standing next to her bed holding her cell phone in his hand. When told the police would be called, he ran out of the apartment with the her cell phone. Charges were against filed against him again. Moreno knows authorities are looking for him. If anyone has seen or has any information on the whereabouts of Moreno they can contact Crime Stoppers at 566-TIPS (8477). Callers will remain anonymous and may be eligible for a reward if the information provided leads to the apprehension of Moreno.

– Jesse Tovar

THE BEST TIME TO LEARN THE SIGNS OF STROKE IS BEFORE YOU HAVE ONE. STROKES ARE THE NUMBER-THREE KILLER IN THIS COUNTRY, YET MANY PEOPLE DON'T EVEN KNOW WHAT THEY ARE. THEY DON'T KNOW THAT MORE OF THE BRAIN CAN BE SAVED IF A STROKE IS DETECTED AND TREATMENT IS RECEIVED IMMEDIATELY.

A STROKE ATTACKS THE BRAIN. THE BRAIN ALERTS YOUR BODY TO DANGER. SEE THE PROBLEM?

STROKES BEGIN WHEN A BLOOD VESSEL IN THE BRAIN BECOMES BLOCKED OR BURSTS. BLOOD FLOW IS CUT OFF. TISSUE IS STARVED FOR OXYGEN, AND PARTS OF THE BRAIN DIE. IF NOT TREATED QUICKLY, ABILITIES AND PRODUCTIVE LIFE CAN BE LOST. YOUR BRAIN IS YOUR MOST PRIZED POSSESSION. GUARD IT WITH YOUR LIFE.

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If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.

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– Photo courtesy Clint ISD

LEGENDARY COACHES – From left are Danny McKillip, Paul Pearson, Sonny Pitts and Truman Wills. The coaches were honored during Clint ISD’s annual cross country meet.

Coaches honored at Clint ISD meet

By Serena Rivera
Special to the Courier

Clint Independent School District honored “Legendary Coaches” on September 6, 2013 at Emerald Springs Golf Course as part of the Annual Clint ISD Cross Country Meet. Superintendent Juan I. Martinez presented honors to former area cross country coaches Sonny Pitts, Clint High School, Truman Wills, Austin High school, Paul Pearson, Ysleta ISD, and Danny McKillip, El Paso High School in appreciation for their many years of service, dedication, and leadership

and for establishing an El Paso legacy in cross country recognized throughout the State of Texas. Danny McKillip in turn presented an award of acknowledgement as well to Superintendent Martinez who ran cross country for El Paso High and was coached by McKillip. Over 740 runners from throughout El Paso county and West Texas competed in the 5k race elite and open divisions. Eastwood High School boys and girls teams won the elite division and Socorro High School boys and girls teams won the open division. Horizon High School varsity girl’s team placed second in the elite division.

Recent research sheds light on diet, mental illness, and cancer

By Alfredo Vasquez
Special to the Courier

Recent research and patient experiences indicate that a diet high in whole grains and low in refined sugar can provide significant improvement in mental health, clarity, and reduced risk of mental illness.

Psychologists who have become aware of the latest studies on sugar and mental illness have begun recommending sugar free diets to their patients.

According to one psychologist, an associate professor of psychology at the University of Kansas, patients who were willing to remove refined sugar from their diets reported significant improvements in mental clarity, mood, and energy.

Researchers also found that a high intake of refined sugar predicted a higher incidence of schizophrenia

and depression. Research published in the medical journal Neuroscience found that a high fat, high sugar diet reduces a key growth hormone in the brain necessary for memory and learning. And, studies have shown low growth hormone levels prevalent in patients with depression and schizophrenia.

Additionally, the connection between dietary habits and mental illness was not seen with healthy carbohydrate consumption but strongly correlated with refined sugar consumption. Researchers discovered that consumption of whole grains and vegetables reduced the chances of developing schizophrenia and depression.

Not only is sugar being seen as a primary source of mental illness, but also other recent studies show that cancer cells lap up high-fructose corn syrup (most high fructose corn syrup is made from genetically modified corn), adding yet another

reason to re-think one’s sweet habits.

A couple of years ago, researchers from the University of California-Los Angeles found that pancreatic tumor cells use fructose to divide and reproduce. Tumor cells that were fed glucose and fructose used those sugars in two different ways, the research team said. Their findings, which were published in the journal Cancer Research, could help explain earlier studies that have linked ingestion of fructose with pancreatic cancer, one of the deadliest forms of the disease.

“These findings show that cancer cells can readily metabolize fructose to increase proliferation,” Dr. Anthony Heaney of UCLA’s Jonsson Cancer Center and colleagues wrote in 2010. “They have major significance for cancer patients given dietary refined fructose consumption, and indicate that efforts to reduce refined fructose intake or inhibit fructose-mediated actions may disrupt cancer growth,” he stated.



NOT SO SWEET – Researchers have found that refined sugar consumption causes a cascade of physiological effects that may explain the increased prevalence of mental illness. The most provocative finding in the cross-cultural analysis was the consistent connection between refined sugar intake and worse outcomes for schizophrenia and increased prevalence of depression.

Studies into the correlation case refined sugar and high fructose between diet and these illnesses corn syrup consumption, does play continue to expand, and this new a role in the incidence of mental research is shedding much-needed illness and some forms of cancer, if light on the reality that diet, in this not all.

Notice of Public Meeting To Discuss San Elizario Independent School District’s State Financial Accountability Rating (FIRST)

The San Elizario Independent School District will hold a public hearing at 5:30 p.m., Wednesday, October 9, 2013 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

The purpose of this hearing is to discuss San Elizario Independent School District’s rating on the state’s financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees’ Meeting.

WTCC: 09/19/13 & 09/26/13

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CryptoQuip Answer

What people did singer
James employ for the job
of mending his wardrobe?
Taylor’s tailors.

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Integrity is a lesson that should be taught at home

By Steve Escajeda
Special to the Courier

When I was growing up there was a popular television show I’d watch occasionally called, “Father Knows Best.”

It was one of those original sitcoms that focused on the importance of family, especially when it came to fatherhood.

The series’ father tried his best to always give his kids the best advice he could. He wasn’t always right, but he tried his best and never put his own interests ahead of those of his kids.

No matter what kind of trouble the kids got in, there was dad to teach them where they went wrong and how to learn from their mistake. Of course that was television. In real life things are sometimes quite different.

Let’s take the actions of another dad; Isaac Hamilton’s father Greg Hamilton wasted an excellent teaching tool when his son decided not to attend UTEP after signing with the Miners back in November.

It’s been well documented that the younger

Hamilton changed his mind about coming to UTEP to stay close to home (Los Angeles) and close to his ailing grandmother.

It’s a claim that has been widely questioned because his brother has enrolled at UConn with no problem and it makes no sense that if he felt this close to his grandmother, who is 85, he never would have considered UTEP in the first place.

Last weekend, Hamilton was admitted to UCLA and will play for the team everyone thought he was going to sign with originally.

Remember the night he chose UTEP on national TV? He was wearing powder blue and gold, UCLA colors.

What happened between then and now has been speculated by many of the experts, who put the grandmother excuse way at the bottom of the list.

Taking the lead in this fiasco has been Hamilton’s dad Greg. Dad has been highly critical of UTEP and coach Tim Floyd for not releasing his son from his contract.

According to Greg Hamilton, UTEP and Floyd have shown a lack of class and compassion in not releasing his son and keeping a young boy

from his grandma.

The one person Greg Hamilton has not been critical of is his own son.

What dad should have done was sit his son down and explain that one of the unwritten rules of adulthood is integrity. An adult’s word should be his bond.

He should have told his son that he had a responsibility to the school, fans and teammates he signed a contract with.

Anyone can say something and not stick to it – that’s easy. Instead of saying that everybody else was being unfair to his son, he should have taught his son about following through with a commitment.

Breaking his word just got easier for the younger Hamilton. Like everything else in life, when you do something once it gets easier and easier to repeat it.

Some people around the country and even around the city of El Paso have criticized Floyd for not just allowing the kid to do what he wanted.

Floyd did exactly the right thing. A young man has to know that once you make a commitment in life, it’s your obligation to follow through

with it.

Isaac Hamilton will be entering into contracts and commitments for the rest of his life. And guess what, dad has just taught him that it’s okay to get out of it whenever he wants.

Hamilton will sit out the coming basketball season and begin playing for the Bruins in 2014. But now he will be under tremendous pressure to perform against much better talent than he would have at UTEP.

It remains to be seen whether this whole Hamilton drama will help or hurt the UTEP program. Either big-time recruits will think that it’s okay to sign with UTEP like the five-star recruit did.

Or they’ll say that just like Hamilton, a five-star recruit just doesn’t belong at UTEP.

Greg Hamilton had the opportunity to teach his son to do the right thing. But his dad decided that the bright lights and national TV cameras were more important.

In the long run, Hamilton will probably go to the NBA, make millions and do pretty much whatever he wants.

Like they say, money talks and everything else takes a hike.

A sporting view By Mark Vasto

The breaks

There were plenty of highlights on the field (for a change) during the NFL’s opening week. I couldn’t get a hold of the numbers, but it had to be the most watched opening week in the league’s history in terms of both stadium attendance and broadcast rating. At least it certainly felt that way.

There were several standout performances that week and, for

whatever reasons, a lot of safeties (poor field position the likely culprit). My two favorite plays were the ones that didn’t happen, however.

1. John Elway Throws 7 TDs in a Game: I cannot think of any professional sports team in America where a former player is so closely identified with his former team than the Denver Broncos. When Peyton

Manning – already a Hall of Fame quarterback with a shot to break many NFL records over the next few seasons – began the season by tossing seven touchdowns in a blowout win over the Baltimore Ravens, the news never made it to Columbus, Ohio. Readers of that city’s newspaper of record, the Columbus Dispatch, awoke to learn that Elway – last seen on the football field hoisting the Lombardi Trophy with a toothy grin in 1998 – threw for seven touchdowns. Elway is the team’s vice president and is credited with bringing Manning to the Broncos last season, so he

maintains a high profile, but that’s a bit much.

2. Geno Smith Scores Last-Second TD: My favorite play in the Buccaneers-Jets game occurred during the closing seconds, when it looked as if Tampa Bay had the game all but locked in, up by two with the Jets pinned well behind their half of the field. Then rookie quarterback Geno Smith darted to the sideline in an attempt to get out of bounds and kill the clock. Instead, the mobile quarterback pivoted, rotated and deftly avoided Bucs linebacker Lavonte David’s attempt to push him out of bounds. Smith sprinted down the field, stiff-arming Darrelle Revis’ last gasp attempt to stop him, winning the game as time ran out and was carried off the field on the shoulders of his teammates.

Only that never happened. Instead, David did push Smith out of bounds and was slapped with a roughing the passer penalty, good for 15 yards (bad for David) and close enough for the Jets to kick a winning field goal. I saw the replay and it looks like Smith’s foot was out of bounds, but it was close. Anyway, the league rules protecting the passer would have made it a penalty even if he was in bounds but intending to go out of bounds, so David loses either way, and that’s ridiculous. It’s football. If you’re in bounds, you’re gonna get hit.

The Jets got a break and Elway had a breakout game. Them’s the breaks.

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

UTEP FOOTBALL

50TH ANNIVERSARY

SUN BOWL STADIUM

THE KUGLER ERA

GAME DAY ENTERTAINMENT

UTEP VS UTSA

9.21 | 6 PM

GECU

KHEY country

MATTRESS FIRM

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UTEP

100 YEARS

THE UNIVERSITY OF TEXAS AT EL PASO

SOCCKER

ALL GAMES LISTED ON UNIVERSITY FIELD

UTEP VS RICE | SEPT. 27 | 7 PM

UTEP VS SOUTHERN MISS | SEPT. 29 | NOON

VOLLEYBALL

ALL GAMES LISTED AT MEMORIAL GYM

UTEP VS SOUTH DAKOTA STATE | SEPT. 20 | 7 PM

UTEP VS HAMPTON | SEPT. 21 | 2 PM

1973

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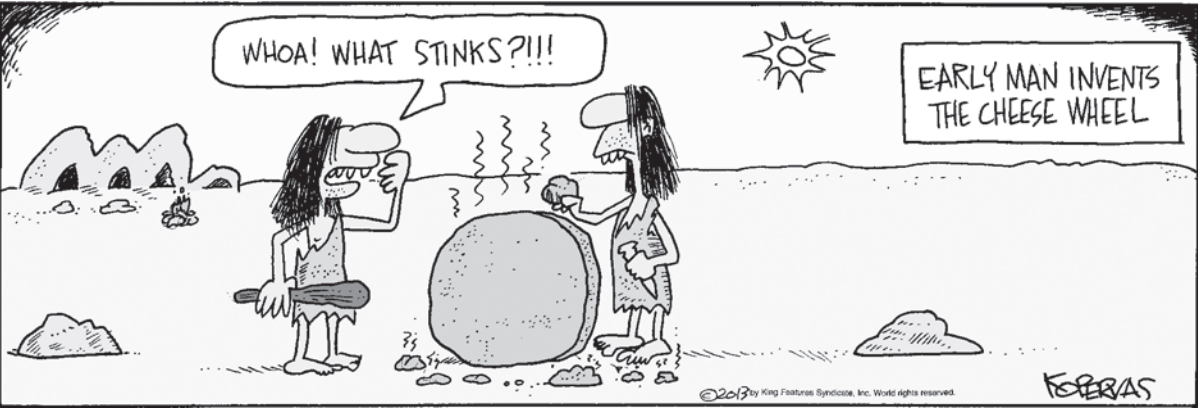
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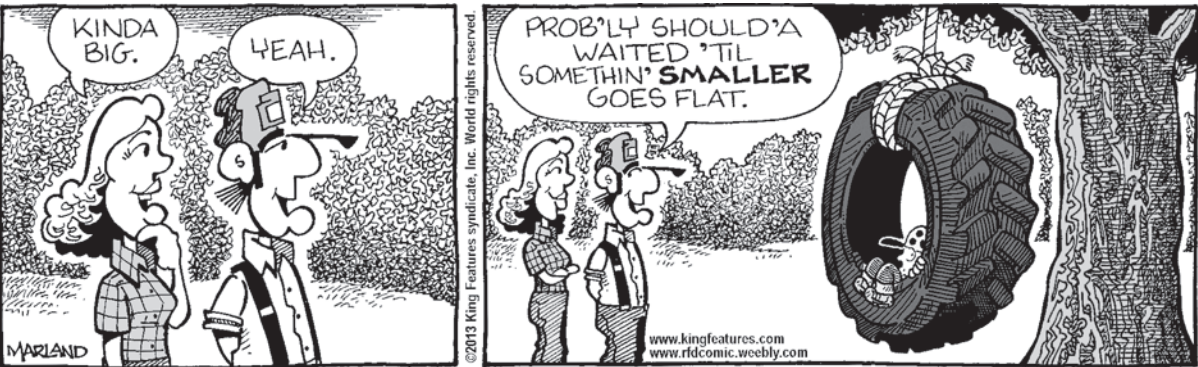
AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



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

DEAR DR. DONOHUE: Third letter, same request. Please tell me how to get rid of fungus under a toenail. – B.K.

father and two uncles died from heart attacks when they were in their 50s. I'm 45. I haven't ever smoked. I am active and eat a healthy diet. Should I be taking an aspirin? What dose? – R.W.

Toenail fungus is prevalent among older people, and often, the infected person has no idea where he or she picked it up. The big toe's nail is the one the fungus seems to like the best. The nail turns yellow, becomes thick and brittle, and has crumbly material extending from its edge under the nail to its base. The nail doesn't usually hurt or itch. It just looks awful.

Treatment for nail fungus is less than a huge success. Penlac (ciclopirox) Nail Lacquer is applied directly to the nail. The cure rate isn't impressive. Oral medicines have the best results, but the results aren't something to write home about. Further, they're expensive, and often are not covered by insurance. One such medicine is Sporanox (itraconazole). It's taken twice a day for one week of each month, for three or four months. Liver enzymes should be monitored while using it, because it can, but rarely does, damage liver cells.

Some people opt for nail removal.

A new treatment employs a laser. As with oral medicines, it's expensive and most insurers don't cover the cost. Results are promising but not guaranteed.

If the nail isn't bothersome, if it's not leading to infections of the toe or foot and if a person isn't a diabetic, many decide to live at peace with the infected nail. It isn't likely to shorten life.

Home remedies abound. They include Vick's VapoRub, bleach and vinegar. I don't have a lot of faith in them, and I would not use bleach. Studies on Vick's, applied daily for 48 weeks, show a success rate of 22 percent.

DEAR DR. DONOHUE: My

A family history like yours puts you at high risk for a heart attack. I would take a daily 81 mg aspirin as a preventive step.

You shouldn't do this on your own, however. Discuss it with your family doctor to see if he or she has any other suggestions or tests planned for you.

The booklet on heart attacks explains why they happen and how they're prevented. Readers can order a copy by writing: Dr. Donohue – No. 102W, 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: Is swallowing gum harmful? I have done it for many, many years. Now I wonder if I am hurting myself or my stomach by doing this. Am I? – D.J.

You're not hurting yourself or your stomach. Gum isn't digested. It passes through the small and large intestines without causing any trouble.

Gum wasn't meant to be swallowed. Most people prefer to take it out of their mouth and dispose of it.

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.

Super Crossword

- CREEPY MOVIE

ACROSS

1

Plot anew

6

Huffed and puffed

10

Droid rival

16

Letters after C

19

Puccini work

20

Lady _ Chaplin

21

Actor Lon of chillers

22

Yale Bowl yellor

23

Start of a riddle

26

Actor Affleck

27

Work units, in 11-Down

28

BlackBerry device, e.g., for short

29

Floppy parts of a beagle

30

Youth's opposite

32

Partner of neither

33

Puccini's "O _ babbino caro"

34

Miss the mark

35

Adherent: Suffix

38

I's, in Athens

39

Riddle, part 2

44

Retired female professor

45

Metropolis of Japan

46

Funny Johnson

47

Biblical song

50

One sparring

52

Rio's car maker

54

Actor Tony

57

Riddle, part 3

64

Suffix with pay or

65

Bread buy

67

Shoulder of a road

68

Hooting baby bird

69

Hollow between hills

71

Riddle, part 4

76

Entwined

77

Behave theatrically

79

Feline cry

80

Kosovo resident

82

Vote "for"

83

Riddle, part 5

88

Revised, as text

90

Dove noise

91

Unbusy bee

93

Sloppy

94

Ladder part

98

Explorer _ da Gama

101

Hockey great Mario

104

End of the riddle

110

Trendily dated

111

Woodcutting tool

112

"So nasty!"

113

Pindaric poem

114

A fire sign

115

Melodious

117

Actress Olin

119

Haloed Fr. woman

120

Spurt

121

Abbr. in co. names

122

Riddle's answer

127

Leisure shirt

128

Bee or flea

129

Axel or lutz

130

Word with city or circle

131

Part of OS: Abbr.

132

Capital of Kansas

133

_ terrier

134

Feats of skill

DOWN

1

Ivanhoe's ladylove

2

Screenwriter Nora

3

Scant, to a Brit

4

Part of M.A.

5

"_Man Fever"

6

Woman's bedroom

7

Former Vegas star Falana

8

Terminus

9

Passenger-transporting motorboat

10

Champagne bucket

11

Nobel Prize category

12

_ Solo

13

_ scale of 1 to 10

14

Sci-fi mariner

15

It has lashes

16

Participant in an arguing contest

17

Posh

18

Savoir-faire

24

Voice a view

25

Rabbit kin

31

TV "explorer"

33

Warm-blooded one

34

Consume, Bible-style

36

"Na Na" lead-in

37

Chicken _ masala (Indian dish)

40

Fuse

41

1997 sci-fi spoof, briefly

42

Projecting window

43

Milk, in Metz

47

Innocent until _ guilty

48

Deli staple

49

Alternative to digital

51

Person jostling someone in jest

53

_Z (thorough)

55

Park place?

56

"Well, _di-dah!"

58

Hear legally

59

Medical ins. plans

60

"So nasty!"

61

Big London insurer

62

Flood zone

63

Unwavering structures

66

U.S. disaster relief org.

70

Ordinal number ending

72

Stitch up

73

Ratted out

74

Doctor's charge

75

It has triceps

78

List finisher: Abbr.

81

Mystify

84

Harbor inlet

85

Lion sounds

86

Attendance-checking routines

87

Skulk around

89

Subsequent

92

They precede ens passages

94

Narrow ship

95

"Laura" star Gene

96

Leads on

97

Firebug

99

Org. issuing nine-digit IDs

100

Unruly patch of hair

102

Related element form

103

Quilt stuffing

105

Small, sticky note

106

"If it _ broke..."

107

Like Swiss peaks

108

Not optional

109

High-rises

116

"How awful!"

118

Jazz singer James

119

Totter

120

Clearheaded

123

Sci-fi talent

124

Director Spike or Ang

125

"I see mice!"

126

Prefix with life or size
- Answer Page 4

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