

JEST TEXAS COUNTY

VOL. 40, No. 52

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO

DECEMBER 26, 2013

NEWSBRIEFS

Extends hours

El Paso Museum of History (510 North Santa Fe Street) will offer extended hours of operation for the Sun Bowl holiday weekend. It will be open from 9 a.m. and close at 7 p.m., Friday, Dec. 27 and Saturday, Dec. 28. Exhibits currently on display include the Festival of Trees, Tigua People of the Sun, Up in Smoke -an enhanced El Paso Fire Department Exhibit, Wall of Giants: The Missions and Their People, and The Changing Pass and Neighborhoods and Shared Memories. Entrance to the museum is free. For more information, contact Marilú Valenzuela at 915-351-3588.

- Alfredo Vasquez

EPCC closed

El Paso Community College (EPCC) will close for Winter Break from December 23, 2013 through January 5, 2014. College offices will reopen on Monday, January 6, 2014. Other important dates for the 2014 Spring Semester:

- Sunday, Jan. 19 Spring 2014 semester begins;
- Monday, Jan. 20 Closed for Martin Luther King, Jr. Day; and
- Tuesday, Jan. 21 Classes resume.

- Jim Heiney

Closed – revised

Justice of the peace PCT 6-1 located at 190 N. San Elizario, Clint, TX will be closed for the Christmas Holidays from December 23, 2013 to January 3, 2014. Normal business hours will resume on January 6, 2014. Any citations due during that time will be accepted through January 31, 2014.

- Judge Ruben Lujan

Run, walk, health fair



Clint Independent School District and Teachers Federal Credit Union will hold the 4th Annual Super Scholar 5K Run/1 Mile Walk and Health Fair on Saturday, Jan. 11, 2014 at 8:00 a.m. The event will take place at Horizon Middle School, 400 N. Kenazo in Horizon City. Why: Proceeds from the Super Scholars 5K Run/1 Mile Walk will benefit the Superintendent's Scholarship Fund which

See BRIEFS, Page 5

Peace won by the compromise of principles is a short-lived achievement. — Quips & Quotes



Photo Courtesy of Village of Vinton

KEEPING IT CLEAN – Keep Vinton Beautiful (KVB) volunteers from Vinton, Canutillo, Ciudad Juarez, and other areas recently came together to pick up trash and debris from the banks and inlets of the Rio Grande portion that flows through the Village of Vinton. The Saturday morning cleanup is one of the KVB's annual projects. KVB is among the 10 Keep Texas Beautiful Affiliates in West Texas and is the only Gold Status Affiliate in the region.

Keep Vinton Beautiful receives funding for trash collection

By Alfredo Vasquez Special to the Courier

VINTON - Texas Commission on Environmental Quality (TCEQ) recently renewed Supplemental Environment Project (SEP) funding for the Village

of Vinton's trash collection initiative that provides residents with the opportunity throughout the year to legally dispose of bulk waste.

Vinton has received SEP funds for the past six years and- in conjunction with other solid waste grant funds, corporate sponsorships, and community supporters- has been able to maintain an effective Clean Waterways program. SEP funding is renewable on an annual basis.

"Clean Waterways events provide us an opportunity to educate the public on options when it comes to recycling and the importance of keeping certain materials out of the landfill. Our events accept everything except hazardous waste. Vinton has been fortunate to

find partners who will take tires, oil, car batteries, scrap metals and electronics from our recycling center," stated Jessica Garza, city clerk for the Village of Vinton.

The latest round of SEP funds will pay for six collection events throughout the year, according to Garza. This award could also allow Vinton to accept bulk waste from residents within the Extra-Territorial Jurisdiction (ETJ) of Vinton.

"We are hopeful that the County of El Paso will partner with us in the form of equipment and personnel, in order to allow for the residents of Westway and parts of Canutillo to participate," Vinton Mayor Madeleine Praino stated.

SEP funds come from penalty monies from TCEQ enforcement actions, according to the city clerk, and SEP funds are meant to help prevent pollution, protect the environment, enhance quality of life, and support public awareness activities.

SEP funds may be used for a variety of efforts including such diverse projects as cleanups of abandoned tire sites or illegal dump sites, community collections of household hazardous waste, and pollution prevention projects that exceed regulatory requirements, Garza explained.

Museum offers tour of Hohokam exhibit

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY Archaeology enthusiasts are invited to follow the clues in a tour of the Pieces of the Puzzle exhibit and try to solve the mystery of the ancient Hohokam culture.

The tour of the exhibit, Pieces of the Puzzle: New Perspectives on the Hohokam, will be presented from 2 to 3 p.m., Saturday, Jan. 4, at the El Paso Museum of Archaeology (4301 Transmountain Road). The exhibit is on view through February 8.

The Hohokam tribes of Southern Arizona are famous for their massive agricultural in the prehistoric Americas), but about 550 years ago they decline. Archaeologists have culture's demise.



irrigation canal system (the largest IT TOOK A VILLAGE - The illustration depicts artist Michael Hampshire Flood's rendition of an ancient Hohokam community.

suffered a major population and focusing on minute details, researchers can figure out what been puzzled by the ancient happened in the past," stated Maloof. He said that tour The free Pieces of the Puzzle participants will gain a better exhibit tour will be led by the understanding of the lives of the archaeology museum's curator people of the ancient Hohokam George Maloof. "Using crime culture of southern Arizona by scene investigation techniques studying their jewelry, painted

pallets, axes, cloud blowers, and Engineers of the Salt River other objects.

of the Puzzle exhibit, two other present his talk entitled, Migrants guest speakers are scheduled to and Mounds: Late Precontact give presentations on the ancient Archaeology of the San Pedro Hohokam culture in January.

Dr. Jerry Howard will conduct

food serving bowls, paint a discussion on the Ancient Valley of Arizona, Saturday, In conjunction with the Pieces Jan. 18. And, Dr. Jeff Clark will

See HOHOKAM, Page 4

Veterans Post By Freddy Groves

Resolutions for 2014

Here are a few:

keep everything in a file, newest medical center. on top. Do you have a list of your date of birth, list of places and dates you served (include names of personnel you remember concern but haven't sought from then to jog your memory later, if necessary), DD-214 or it by yourself. Whether you have equivalent, marriage certificate, depression, possible PTSD or children's birth certificates and suicidal thoughts, there is help. life-insurance policy?

States Flag for Burial Purposes, Claim for One Sum Payment National Service Life Insurance reader questions, but and Application for Standard Government Headstone or Marker. keep it all in one place.

With the New Year coming soon, • If you're not a member of we have an opportunity to make a veterans service group, like some resolutions for changes in American Legion or Veterans 2014. Even if we don't typically of Foreign Wars, join up. If you make resolutions, there are some are a member, step forward and that are worthwhile to consider. participate. Consider projects that would help other veterans and • Is your paperwork in order? If propose them to the group. Be you have an ongoing claim with the an example: Set up regular dates Department of Veterans Affairs, to volunteer at the closest VA

• Make a health goal and take personal information, including small steps toward it on a regular

• If you have a mental-health treatment, stop trying to deal with There's no stigma attached to If anything should happen to looking for a fix. At the end of you, make it easier for your the day, it doesn't matter what survivors: Have copies (print out others think or say. Your first online) of Application for United responsibility is to yourself and being the best you can be.

Government Life Insurance, Freddy Groves regrets that Claim for Monthly Payments he cannot personally answer incorporate them into his column whenever possible. Send email Gather all this information and to columnreply2@gmail.com. (c) 2013 King Features Synd., Inc.

Finances By Jason Alderman

Watch out for potholes in your car insurance

Would you be surprised to learn that if your laptop systems). These might include cellphones, computers, gets stolen during a car break-in, your automobile insurance probably won't reimburse you for the loss? Don't be.

Many people have only a vague idea of things like: what their car insurance does and doesn't cover; how they might accidentally void their coverage; or that even if an accident isn't their fault, their own insurance may not pay for damages if they don't have the right kind of coverage.

Common car insurance exclusions include:

• Named driver exclusion. This is an agreement between you and your insurance company to exclude a specific person from coverage for liability or physical damage caused when driving a car you insure. You might choose it if, for example, the insurer is threatening to cancel your policy because a family member has an unsafe driving record or a suspended license.

Such drivers should never be allowed to drive cars from which they've been excluded; it's the same as driving uninsured and you both could be held personally liable for any damages.

Interestingly, some policies will cover friends and/ or family members when they drive your car, provided they don't live in your household. Coverage levels in such situations may be less, so check your policy carefully for details.

• Car rental insurance. Car rental agencies offer their own collision, liability, theft and other insurance coverage. Conventional wisdom says you should avoid buying it if your own insurance – or benefits available from your credit card - provide similar coverage for rental cars. However, first contact your insurance company and credit card issuer to make sure you are fully covered.

Replacing stolen items. Most car insurance policies won't reimburse you for items stolen from your car Jason Alderman directs Visa's financial education that are not permanently installed (like built-in sound

wallets, luggage, etc. However, homeowners or renters insurance generally covers your personal property, no matter from where it's stolen.

• Business use restrictions. You must maintain a business car insurance policy if you use your personal vehicle for business purposes, whether you deliver pizzas part-time, participate in a ride-sharing service (like Lyft or Sidecar), or even run business errands for your boss. Otherwise, you may not be covered in an accident or theft and may even void your coverage. Ask whether your employer's policy covers you; if not, add business use to your own policy or use a company car.

Other coverage shortfalls to watch out for:

- If your car is stolen or damaged, most insurers cap payments for a loaner car at specific daily and total usage rates, so if you want a nicer loaner car or your vehicle needs extensive repairs, you might have to pay out-of-pocket for some expenses.
- If your car is stolen or totaled, the insurer will reimburse you for what the car is currently worth (Blue Book value), which, if you're leasing or paying off a loan, may not be enough to cover what you owe. In that case, consider getting gap insurance.
- Don't skimp on uninsured motorist coverage, which protects you if the other driver is at fault and isn't insured. It's relatively inexpensive compared to the collision coverage you take out in case you're at fault, so why tempt fate?
- Policies generally won't provide liability coverage for injuries or property damage that were caused intentionally.

Even if you drive a clunker, it pays to have adequate car insurance. Just make sure you fully understand what is and isn't covered.

programs.

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Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The Courier reserves the right not to print letters to the editor or other submitted materials it considers inappropriate.

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Ramirez named principal of Northwest ECHS

By Gustavo Reveles Acosta Special to the Courier

CANUTILLO - The Canutillo Independent School District Board of Trustees on Tuesday approved the selection of Margarita Ramirez as the new principal of the Northwest Early College High School. Ramirez will start her new position in January 2014.

CISD Superintendent Dr. Pedro Galaviz welcomed Ramirez to campus. Canutillo and lauded her expertise with highly-motivated students.

"Margarita will fit right into the teacher in Canutillo family because she shares our passion for learning and our drive independent school for excellence," he said. "She has districts. worked with students who are highly motivated to succeed, and that's the at Northwest Early College."

Ramirez currently the assistant principal at Jefferson High School in the El Paso Independent SchoolDistrict.She previously worked at the Silva Magnet High School for Health Sciences on the Jefferson High

She also worked as a classroom Ysleta and Fabens

A former EPISD

Teacher of the Year, Ramirez was of the team that continues to provide population she will be dealing with also part of the team that helped this opportunity to the children of Silva earn Blue Ribbon Campus Canutillo."



Margarita Rameriz

recognition. She holds a bachelors degree in business administration fromtheUniversity of Texas at El Paso and a masters degreeineducation administration from the College of Santa Fe.

"I look forward to this challenge," Ramirez "The earlycollege concept students gives access to notch academics, and I'm excited to be able to be part



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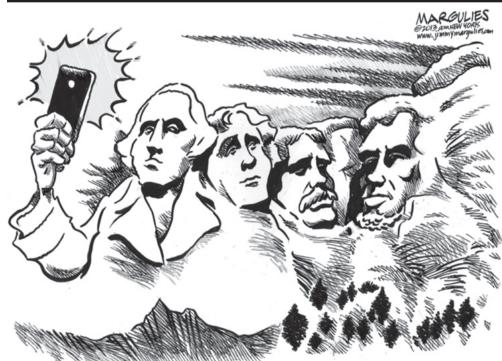
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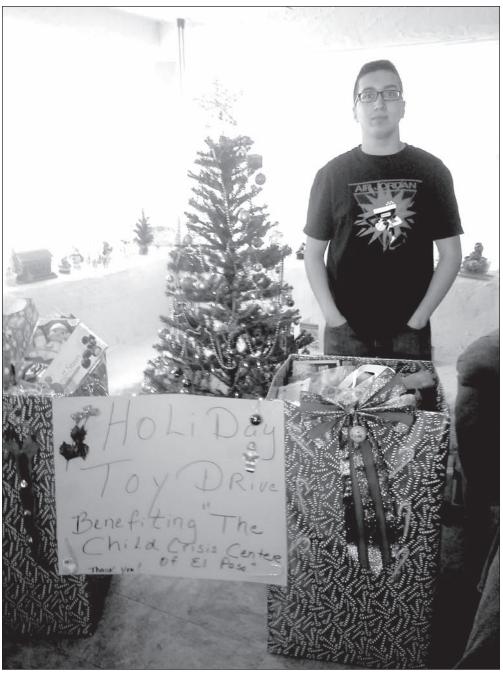












Toy drive

Justin Fawcett, Vice President of Fabens' National Honor Society, collected 200 toys that were donated and delivered December 20th, 2013 to the Child Crisis Center of El Paso.

— Richie Quesada

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American Stroke
Association...

A Division of American
Heart Association

Hohokam

From Page 1

and are free to the public.

Valley of Southeast Arizona, co-sponsored by the El Paso 4332, or send email to guidamr@

programs will be from 2 to 3:30 El Paso Museum of Archaeology. p.m. at the archaeology museum For more information, contact archaeology museum's education The lecture by Howard is curator, Marilyn Guida at 755-



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Welsh is finalist for PEN award

By Jim Heiney Special to the Courier

and writer Lawrence Welsh, who won three literary awards for his latest collection poetry, Begging for Vultures: New and Selected Poems, 1994-2009, has earned a fourth as a finalist for the 2013 PEN Southwest Book Awards. Begging

for Vultures (University of New Mexico

It won the 2012 New Mexico- literary community not bounded Arizona Book Award and was by politics or government and named a "Notable Book" by to defend freedom of expression Southwest Books of the Year. In wherever it is threatened. Among July, Welsh became a finalist for the organization's founders were the 2013 Writers' League of Texas a wide range of writers, including Book Award.

Welsh's poetry, reviews, essays, as well PEN Texas, founded in 1991, is a writings, chapter of PEN Center U.S.A. journalistic

have appeared in more than 200 national and regional magazines, journals, newspapers and anthologies. His other El Paso Community College accomplishments include a (EPCC) Associate Professor winner of the Bardsong Press

> 2011, Irish A m e r i c aMagazine named him one of the "Top 100 Irish Americans". PEN an acronym Poets, Playwrights, Editors, Essayists and Novelists. It's a worldwide organization

Celtic Voice

Writing

Award Poetry.

of professional writers Press) is in its second printing. founded in 1921 to develop a George Bernard Shaw, D.H. fiction, Lawrence and Joseph Conrad.



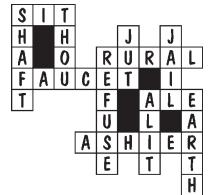
Lawrence Welsh



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CryptoQuip Answer

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Choosing educational games and apps for kids

(StatePoint) - Navigating the world of children's games and apps can be challenging. While to your child's level as he or she there are online app stores with thousands of apps that claim to be educational, very few truly are. that games have been created or And if they're not fun, kids won't approved by learning experts. play with them and won't learn from them.

With this in mind, the learning tested. experts at LeapFrog, the leader in educational entertainment for kids, have assembled a handy checklist for parents to consider before Protection Act. making a purchase:

- games and apps with an emphasis to Educational Games & Apps at on curriculum like reading, math, www.leapfrog.com/parentguide. science and creativity.
- provide children with themes and group.

- Personalized Learning: Opt for games that automatically adjust progresses.
- Educator-Approved: Verify
- Fun and Engaging: Select games that are designed for kids and kid-
- Protecting Kids' Privacy: Confirm that games comply with the Children's Online Privacy

More free tips for parents are • Comprehensive Skills: Look for available LeapFrog's Parent's Guide

Putting in the time to find fun and • Age-Appropriate: Games should engaging games and apps can help children excel both educationally developmentally, classroom and at home.

Briefs

From Page 1

established as part of the Clint Independent School District College Readiness Initiative. All money raised or donated to the fund provides scholarships for graduating seniors in Clint ISD schools. The health fair will continue until noon and will offer screenings for blood pressure, height and weight (BMI), mammograms as well as fitness tips, immunizations and information on the Children's Health Insurance Program (CHIP), to name a few. The first 200 participants receive a free long-sleeve shirt, and there's a trophy for the largest team. For more information and registration form, visit raceadventuresunlimited.com. – Serena Rivera

Continuing ed

The world and the technology that runs it are constantly changing. Individuals that have college degrees, and others that don't, need to upgrade their skills from time to time to keep up with the changes. El Paso Community College (EPCC) can help. The new EPCC 2014 Spring Workforce/Economic Development and Continuing Education class schedule is available at all college campuses and Buildings A and B at the Administrative Services Center. Registration resumes January 6. The classes available range from arts and crafts, dance, music, sports and academic enhancement for children and

and upgrade, cooking and cake-decorating, and home and garden, to creative arts including stained glass, painting and quilting, to language-learning and free classes for seniors. Online classes are also available in personal and professional development, real estate investing, creating a business plan and preparation for different exams. Pick up your free copy of the 2014 Spring Workforce/ Economic Development and Continuing Education now. For more information or to register, please call 831-7737.

- Javier Sánchez

Socorro, Texas

review at the City Administration

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Adoption of Ordinances

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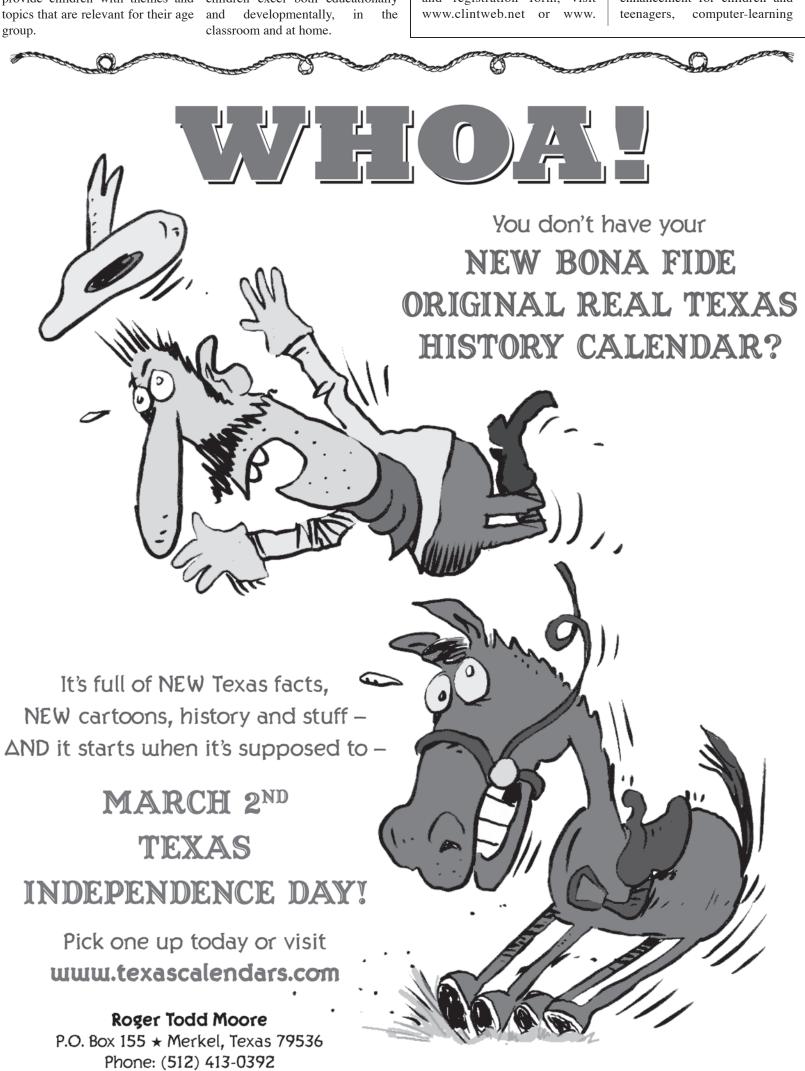
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City of Socorro

the Socorro, adopted following ordinance(s):

Ordinance 320, Amendment

> WTCC: 12-19-13 12-26-13 **MUNCIPAL COURT CLERK** Position available at the Town of An-

as provided by section 3.08 of the Socorro City Charter, and establishing procedures and rules for conduct of the Socorro City Council and all of the City of Socorro boards and commissions repealing Ordinance No. 304 amendment no.

and

2) Ordinance 322, Amendment No. 1 of the City of Socorro, Texas adopting amended budget

FY 2013-2014.

3) Ordinance 324,

1 and Ordinance

280 Amendment

Ordinance designating Transportation Reinvestment Zone Number One for the City Socorro, Texas; describing the boundaries of the zone; providing for an effective date and a termination date for the zone; naming the zone "Transportation Reinvestment Zone Number City of Socorro, Texas"; establishing a Tax Increment Fund for the zone; and containing other provisions related thereto.

The Ordinance(s) effective date is immediately upon adoption publication.

Published by order of the City Council of the City

These cheating athletes have steroid infused excuses

By Steve Escajeda Special to the Courier

One of the constants in the world of professional sports over the last couple of decades has been the taking of performance enhancing substances.

You would think that after the barrage of publicity the drugs have received over the years that athletes would be too scared of ruining their careers if they were found out. Evidently not.

Despite the negative exposure Major League Baseball limped through with names like McGwire, Sosa, Bonds, Clemens and Canseco, athletes still think the risk is worth the reward.

The most recent nitwits who thought they were too smart to be caught were Lance Armstrong and Ryan Braun.

Both denied and denied and then denied again. Just like little kids who swore they were nowhere near the cookie jar but had chocolate chip debris around their lips.

deny come in all shapes and sizes, just like the excuses they come up for testing positive.

the illegal substance, clenbuterol.

Naturally, he's claiming that he never knowingly took the stuff.

Boy does that statement sound familiar.

And although he stole his excuse, it's still

Rogers claimed that he received his positive test by eating contaminated food from China.

The three-time world time trial champion and 2004 Athens Olympic bronze medalist, tested positive after winning the Japan Cup on Oct. 20.

He said his positive test came days after competing in the Tour of Beijing, and that food contaminated with clenbuterol was a serious problem in China.

What's sad about Rogers' excuse is that it originally came from his teammate, Alberto

If that name sounds familiar it's because Contador was the 2010 Tour de France winner who tested positive for the same drug and was stripped of the title and banned for two years.

Having Contador in your corner is like Of course athletes who use the stuff and then having Alec Baldwin testify in your behalf in an anger management case.

Let's take Australian cyclist Michael it is Seattle Seahawks cornerback Brandon place.

Rogers, who was recently banned for taking Browner, who was suspended indefinitely by the NFL last week for violating the league's substance abuse policy, yet again.

> Because this is his second positive test in the last two years, Browner is facing a one-

This is after missing four games last year.

Now I ask you, how dumb do you have to be to make such a humiliating mistake and then repeat it again so quickly?

Maybe it's in the Seattle water. His teammate, cornerback Walter Thurmond is serving the final week of a four-game suspension himself.

What is it with these teammates?

My mom always used to ask me whether I would jump off a bridge if my buddy did it

Of course I said I wouldn't. But then again, we lived nowhere near any bridges.

But you've got to give these guys credit; some of the excuses they come up with are certainly worth a listen.

Like British shot putter Paul Edwards, who claimed his positive test came after he drank an entire bottle of shampoo.

Of course, a whole other question was why Another player who just can't seem to get he decided to drink the shampoo in the first

Back in 1993, a few Chinese runners tested positive. Their coach claimed it was their diet of dried caterpillar supplements and a turtle blood potion.

Besides, aren't caterpillars and turtles very slow animals?

Then there was Dieter Baumann, a 1992 Olympic 5,000-meter champ who said his positive test came from brushing his teeth. He said someone must have doped his toothpaste while he wasn't looking.

Even his ultra-bright smile couldn't help him.

Then there's the lover-boy Italian soccer player, Marco Borriello, who blamed his positive test on a certain ointment he would use on himself during intercourse with his Argentinean model girlfriend.

Let's just say that excuse fell short and came up limp.

Whether an athlete is world class or just a high schooler trying to make the team, the use of illegal substances seems to be as prevalent

I guess athletes will always try to cheat the

What they should do is put as much passion into their workouts as they do their "testing positive" excuses.

A sporting view By Mark Vasto

Upon further review

his car – a Bentley Continental GT outside of a supposed girlfriend's apartment in the downtown area. It was around 3 a.m.

On the night of Nov. 30, 2012, law, police were called to the scene formerKansasCityChiefslinebacker because he appeared suspicious. Jovan Belcher attended a concert Finding him sober and with a at Kansas City's historic Midland plausible reason for being in the Theater. After the concert, he was area, police elected to "give him a spotted at a party at the Kansas City break" after Belcher explained he Power and Light District, and later, had simply forgotten the apartment he was found by police sitting in code and once he was safely buzzed inside, police left the scene.

Three hours later, Belcher returned to the home he shared with Kassandra Perkins, his girlfriend and mother of Though he was not violating the his 3-month-old baby daughter. An

argument ensued and, as his mother taking pain pills and had suffered a learn whether or not he suffered from watched, Belcher murdered Perkins by shooting her nine times.

Belcher then drove to the Kansas City Chiefs' practice facility, and as Chiefs General Manager Scott Pioli and head coach Romeo Crennel looked on. Belcher thanked them for the opportunity to play football and asked the organization to care for his newly orphaned daughter. As police arrived on the scene, he knelt, made the sign of the cross and was 8 o'clock in the morning.

Later that day, an autopsy report said Belcher was massively intoxicated at the time of his death. It is now known that Belcher also was

Nov. 18 loss against the Cincinnati Chiefs' next game.

Both Pioli and Crennel were fired from the team after a 2-14 finish, replaced by Andy Reid, himself just fired by the Philadelphia Eagles after a disastrous season that also saw his son commit suicide at the caused Belcher to ultimately decide Eagles own practice facility.

fatally shot himself in the head. It Chiefs were at Oakland and blowing out the "rrrrrotten Rrrrraiders" – the Chiefs' biggest rival – to clinch a playoff spot. Jamaal Charles, Perkins' cousin, scored touchdowns; QB Alex Smith threw for five touchdowns.

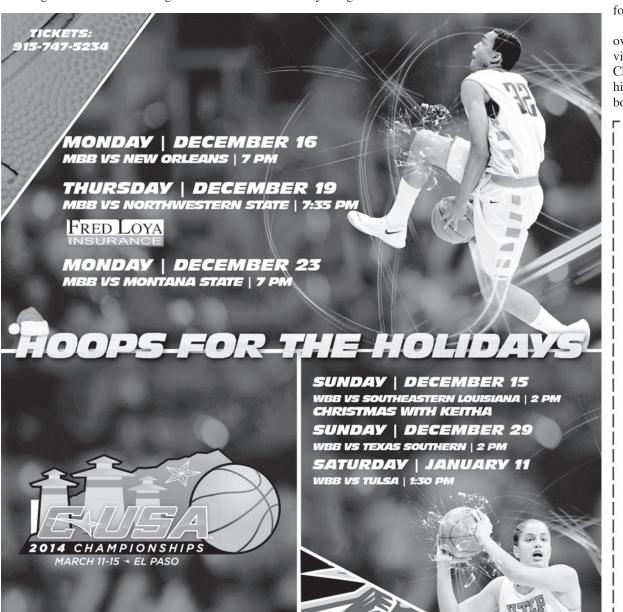
> A year earlier, Belcher's case was overshadowed by the issue of gun violence in America. This year, the Chiefs win was overshadowed by body in order to study his brain and King Features Synd., Inc.

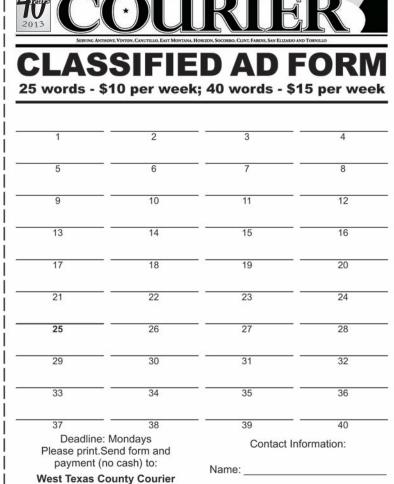
> > 15344 Werling Ct. Horizon City, TX 79928

likely concussion during the Chiefs Chronic Traumatic Encephalitis - repeated concussions. It is now Bengals and hadn't played in the commonknowledge that effects from CTE include dementia, aggression and, at least in the cases of former NFL players Dave Duerson, Ray Easterling, Junior Seau, Kurt Crain and O.J. Murdock, suicide.

No one can say for sure what to commit such a crime, and nothing A year after Belcher's death, the can change the fact that Zooey Belcher is an orphan, but there is one thing for certain: Change is going to come to the NFL. The cycle of testosterone, concussions, pain pills, alcohol, guns and untimely death is coming full circle because upon further examination, health is going to start calling the shots for the game of football.

Mark Vasto is a veteran sportswriter his family's decision to exhume his who lives in Kansas City. (c) 2013





Phone:

Comix

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: On the for those whose spells of COPD local news, they were talking to a doctor about using an antibiotic for chronic obstructive pulmonary disease, COPD. The name of the drug is azithromycin. What do you know about this, and what is your opinion? -D.L.

COPD encompasses lung diseases, emphysema and chronic bronchitis. Emphysema is destruction of the millions of tiny air sacs in the lungs. Through those structures oxygen passes into the blood, and carbon dioxide passes out of it. Severe shortness of breath with inflammation, the airways fill with thick mucus. A constant cough is the main sign of chronic Both bronchitis. usually exist together.

Azithromycin, the antibiotic mentioned, has been suggested as a daily treatment at a reduced dose for those with COPD who have many flareups of their illness. A flare-up makes breathing exceedingly difficult and sometimes requires hospitalization to control. Flareups add to the destruction of normal lung tissue. Viruses are often the cause. However, the inflamed and mucus-filled airways also are hosts to many bacteria, whose numbers rise during a flareup. They make a contribution to symptoms and lung destruction.

Studies have shown that a daily administration of a rather small dose of azithromycin, 250 milligrams, decreases flare-ups of COPD. Other studies suggest that a three-day-a-week dose of azithromycin is equally effective.

If you have frequent episodes where your COPD worsens, then talk to your doctor about the advisability of you going on this program. The medicine can be It's an exciting breakthrough All Rights Reserved.

worsen.

The booklet on COPD explains this common malady in detail. To obtain a copy, write: Dr. Donohue No. 601W, 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 daughter is 58 years old. For the past 10 years, she has heard her heart pulsating. It's a loud and on slight physical activity is the disturbing noise that she hears hallmark of emphysema. Chronic from time to time. She has had an bronchitis is inflammation of MRI and other heart-related tests. the airways, the bronchi. Along The results are normal. What is your opinion? – E.G.

> Pulsatile tinnitus is ear noise, conditions usually heard in one ear, that's synchronous with the heartbeat. The noise can arise in the carotid arteries in the neck, arteries in the vicinity of the ear, malformed vessels in the head and neck or disturbed blood flow through veins of the head and neck. Impacted earwax is another cause.

> > Your daughter has had many tests that should have uncovered blood vessel problems. I'm at a loss to suggest a cause of her tinnitus. If her hearing is not as acute as it was, that might be the problem. Has she seen an ear, nose and throat doctor? If not, she should. An ENT doctor would pick up on that.

> > She might be able to tolerate tinnitus at night if she turns a bedside radio to soothing music.

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) taken for a full year and longer. 2013 North America Synd., Inc.

Super Crossword

BAD MOVES

- **ACROSS** "No" voter Lhasa
- Obscured 12 Curtail Sports side
- Rice and Curry 21 Trick-taking card,
- 22 Plant ailment 23 "To Kill Mockingbird" novelist
- 27 Of the aorta, for example
- 28 San Fran NFLer 29 Alternative to a
- Roth IRA 30 Annual hoops drawing 33 Seek damages,
- perhaps 35 Unit of force
- 36 Poker great Ungar 37 Captivates
- 41 Internet pop-ups, 48 Lurched side-toside
- 52 It's breathed 53 One crying "Cut!": Abbr 54 Mouthpiece, tank,
- flippers, etc. Golden 59 Former Arches burger Space

Telescope

- 64 Sculling tool 65 Marker bobbina on the water 67 West Hollywood
- 68 Big name in rental 69 Medieval 74 "Je t'_" (Fifi's "I a priest": Nash
- love you") 75 Wish undone a 76 "For _ the Bell Tolls" 25 Wisconsin, with 77 Nissan Xterra,
 - 78 Hotel giant 80 Green basil-based sauce
 - 82 New Mexico tourist attraction 87 NHL's Bobby 89 "Yoo _!" ("Hey!") 90 County seat near
 - Cedar Rapids 91 A South Asian capital 98 World's lowest lake 99 Horror maven
 - Craven 100 Smidgens 104 Popeye's gal 105 Libertarian presidential candidate
 - of 2004 113 _-arms (soldier) 117 Scottish tvke 118 In a restless way 119 1955 "Arabian Nights" adventure film

- 121 Intrepid type 122 Permafrost regions 123 Filled up on 124 Do followers 125 This, in Avila
 - 126 Do a mailroom iob 127 Kin of "Inc." 128 "The _ lama, 129 Leopold's partner

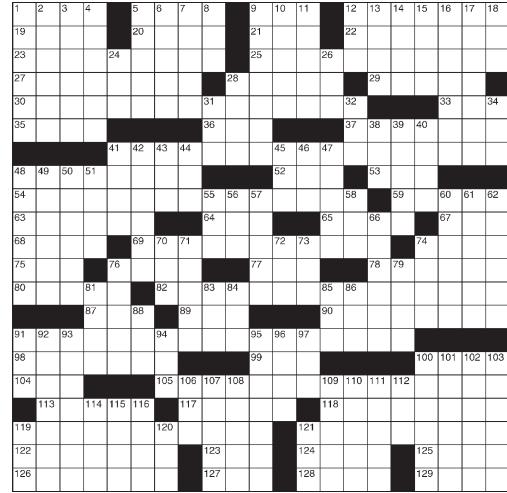
DOWN

in crime

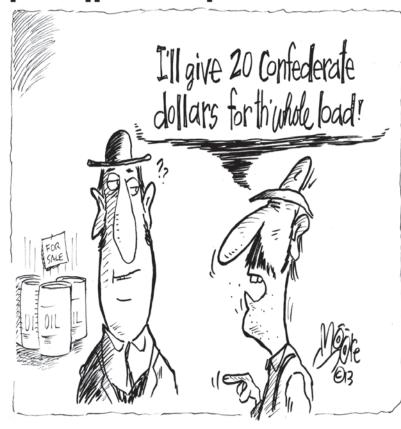
- 1 Within reach 2 Within reach 3 Kilt material 4 Hinder
- 5 Central courtvards 6 Rice _ 7 Silvery fish
- 8 Sugar suffix 9 Regular visitor 10 Quitter's cry11 Actress Pfeiffer
- 12 Live 13 Jurist Rohert 14 Suitor's gift 15 "Keep _ yourself!" 16 Seems to last
- forever 17 Injured oneself 18 Summer, to Sartre 24 Go wrong
- 26 Mutt's noise 28 Tube lover's punishment 31 Narc's find 32 "Assuredly"
- 34 Lion chaser? of 81 Frog's kin 38 Flanders

- Springfield 39 brother's keeper?' 40 Ford make. short 41 Public prosperity 42 "The noise of them that rejoice _": Isaiah 43 " Schön" 44 Adj. modifier 45 Joplin piece 46 Suit's partner 47 Pitcher Hideki
- 48 D flat's equivalent 49 Big name in contact lenses 50 Red gems 51 Dies away 55 Betting slip 56 Catch cold 57 Lawn growth
- 58 Karel Capek sci-fi 60 Composer Kabalevsky 61 Cranston "the Shadow" 62 Microscopic
- 66 Part of the Greater Toronto Area 70 Bird of myth 71 Siouan tribe 72 Give the title 73 Eggs in labs 74 Guinness "Cromwell" 76 Fish bait
- 79 "Terrible" guy

- 83 Angling pole 84 Hack (off) Insult, in rap 86 Foldout bed "Norma Simple vow
- 91 92 Emmy-winning Jane 93 Fitness guru Jack Mir Bist Du 94 "Thwack!" 95 Gave a blue ribbon, say 96 Acute 97 Kauai, e.g.: Abbr.
 - 100 Fez dangler 101 Melodious passage 102 Thin down 103 First U.S. space
 - station 106 Part of many Arabic names 107 Political plot 108 Singer/guitarist John
 - 109 President Martin Van 110 "What's in _?" 111 Real imp 112 Scots' "no" 114 Signals "OK"
 - 115 Frizzy hairdo 116 Russian autocrat 119 Slick 50 rival 120 Solo finish? 121 Sis' sibling
 - Answer Page 4

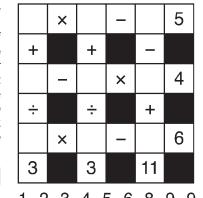


Moore Texas by Roger Moore In 1902, oil prices dropped to 3 cents per barrel...and now???



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!

3 4 5 6 8 9 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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 *** HOO BOY! Answer Page 4

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Social Security Q&A By Ray Vigil

If you can't work due to disability, we can help

no longer able to work, you should learn how Social Security can help

Disability is something most people do not like to think about; however, the unfortunate reality is this: the chances that you will become disabled are probably far greater than you realize. Studies show that a 20-year-old worker has a more than one in four chance of becoming disabled before reaching retirement age.

Social Security pays benefits to people with disabilities through the Social Security disability insurance program, which is financed by Social Security taxes. If you qualify, disability began. you can receive a monthly disability benefit from Social Security for as long as your disability keeps you from working. The amount of your benefit is based on your average lifetime earnings. Potential Medicare coverage is dependent on several factors and usually starts after you receive disability cash benefits for 24 months.

When you work and pay Social Security taxes, you earn credits. The number of credits you need to qualify for disability benefits depends on your age, and some of the work must be recent. For example, if you option to apply for benefits online, become disabled after age 31, you need to have worked at least a total

If you are disabled and you're having been worked within the past 10 years. But if you become disabled before age 24, you need only one and a half years of work in the past three years.

> If you have a disability that keeps you from working, the time to get started with your application is now. That's because it takes time to determine whether you qualify for benefits. It usually takes about three to five months for a medical decision from the state agency that evaluates your condition. If your application is approved, your first Social Security disability payment will be made for the sixth full month after the date we determine that your

> Given the time it can take, it's in your best interest to do everything you can to speed up the process. The best first step is for you to read our online publication, Disability Benefits, at www.socialsecurity. gov/pubs. It will tell you all about the process, including the information you will need to apply for benefits.

Then, take advantage of our online disability starter kits. You will find them on our disability website at www.socialsecurity.gov/disability. From that page, simply select the and on that page you will find the disability starter kits. There is one of 10 years, including five of those kit for children and one for adults.

Each kit is available in both English and Spanish. The starter kits help you begin the process by providing information about the specific documents and the information that we will request from you.

Take a look at the disability starter kit now at www.socialsecurity.gov/

Once you complete the online disability starter kit and you're ready to apply, the most convenient way to do that is also online. Just go to the same disability website at www. socialsecurity.gov/disability.

STRANGE **BUT TRUE**

By Samantha Weaver

- It was noted wit Ambrose Bierce who defined an egotist as "a person more interested in himself than in me."
- · If you could go back in time and sample a beer from the 1700s, you would find it to be significantly stronger than similar libations that are served today. The higher alcohol content helped the brew survive the long voyage from England to colonial India.
- · Those who study such things say that roughly half of American women remove hair from their bikini area. Perhaps unsurprisingly, as women age, they become less likely to keep up the shaving or waxing, with only 19 percent of women aged 50-plus doing so. In Brazil, though, the practice is far more widespread; there, 65 percent of women in the 50-plus age group reported bikini hair removal.
- The average horse will produce 10 gallons of saliva every day.
- Historians claim President John Quincy Adams kept a pet alligator in a White House bathroom. He reportedly was amused when unsuspecting guests had to make a trip to the
- · I wouldn't be surprised if you've never heard the word "pilgarlic" – it's not a term you hear every day. Its literal meaning is "peeled garlic," but colloquially it was once used to describe a baldheaded person.
- In the U.S. in 1900, imported perfume was taxed at a higher rate than imported opium.
- If you are planning a trip to Hawaii, you might want to go to the Sea Life Park on Oahu. There you can see a rare creature: the wolphin. This cross between a killer whale and a bottle-nosed dolphin also reportedly exists in the wild, but I imagine they're a bit more difficult to find.

Thought for the Day: "In any contest between power and patience, bet on patience."

– W.B. Prescott

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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.

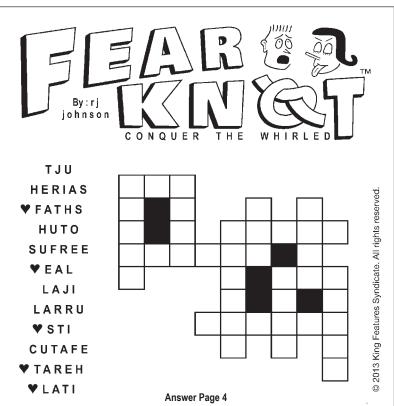
Clue: W equals I

CMG TCLLGMB ICLGVCYJ TCDKY LUAG UVCDB KCUM IQUFAI WI BQUB BQGJ UFG WMBGFGIBGY

WM WMBGFGIB.

Answer Page 4

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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.