



NEWSBRIEFS

Tax help

This year, AARP Foundation is again providing free tax assistance and preparation for taxpayers with low to moderate income through the AARP Foundation Tax-Aide program. AARP Foundation Tax-Aide, in its 45th year, is the nation's largest free tax assistance and preparation service, providing free tax assistance to Texans of any age and giving special attention those 60 and older. You do not need to be a member of AARP or a retiree to use this free service. "Every year, thousands of Texans help their neighbors navigate filing their income taxes, which is admittedly one of the most complicated processes we have to go through each year as Americans," said Ron Craig, the volunteer leader who coordinates AARP Foundation Tax-Aide throughout the state. "We're excited to offer this service yet again in 2014 for free; it's about neighbors helping neighbors. So if you have questions, come on down. Doors open starting February 1." In 2013, more than 2,100 AARP Foundation Tax-Aide volunteers helped more than 161,000 Texans file their federal, state and local tax returns. Nationwide, AARP Foundation Tax-Aide's 35,000 volunteers at nearly 6,000 sites provided 2.6 million people with free tax help. Taxpayers who used AARP Foundation Tax-Aide received \$1.3 billion in income tax refunds – including \$105 million to Texan taxpayers – and more than \$244 million in Earned Income Tax Credits. The program is offered at approximately 300 sites in Texas including senior centers, libraries and other convenient locations. For more information or to locate an AARP Foundation Tax-Aide site, visit www.aarp.org/findtaxhelp or call 1-888-AARPNOW (1-888-227-7669). AARP Foundation Tax-Aide is offered in conjunction with the IRS.

– Kim Loop

Wanted

This week's Crime Spot involves a man that robbed a Canutillo, Texas store at gun point. The incident was recorded by security cameras and Detectives from the El Paso Police County Sheriff's Office are asking for the public's assistance in identifying the suspect through Crime Stoppers. The incident took place on late afternoon of Monday, Jan. 20, 2014, at 9:14 p.m. The man in this case walked into the "Alayssa Little Store" located at 6966 Doniphan. The man walked in with gun in hand and approached one of the employees of the store. The man threatened the employee with the gun and demanded money from the register. The business had already emptied the cash register and the man fled the scene without any money. The man is described

See BRIEFS, Page 3

No person is so poor that he cannot give a compliment.

— Quips & Quotes



– Photo courtesy Canutillo ISD

AND OVER HERE... – Leaders from various Canutillo High School student organizations gave Travis Brown (Mr. Mojo) a tour of the high school prior to his presentation to the freshman and sophomore student body. From left are Francine Esquivel, junior; Naomi Iñiguez, senior; Travis Brown (Mr. Mojo); Giselle Acosta, sophomore; Alejandra De La Cerda, sophomore; and Daniel Cisneros, sophomore class president.

Canutillo students hear from Mr. Mojo

By Kim Guzman
Special to the Courier

CANUTILLO – Students at Canutillo High School were encouraged to Mojo Up and take a stand against bullying during a motivational presentation by Travis Brown, also known as Mr. Mojo, held last week at the school's theater.

Mr. Mojo tours the country and presents his Anti-Bullying message to thousands of

students in schools across the nation. As a top motivational speaker, Travis acquired the name "Mr. Mojo" for his high energy, intense content and captivating speaking style. He has delivered over 1,600 hours of motivational presentations to companies and youth nationwide.

The Mojo presentation at Canutillo High School is just one of several activities organized and held throughout the year as part of the District's "No Place For Hate" initiative. Each of the nine schools in the Canutillo

Independent School District organize and hold activities annually to help celebrate diversity and tolerance at its campuses.

"CISD is a leader in anti-bullying efforts and we continue to provide our students and our staff with the tools necessary to fight it," said CHS Principal Dino Coronado. "We are thankful that Mr. Mojo was able to share with us his stories and passion because it helps our kids find a relatable way to connect with anti-bullying measures."

San Elizario ISD hosts community job fair

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – Job seekers in the San Elizario area did not have to travel far for the opportunity to apply with over 20 employers in one afternoon. On January 29 the San

Elizario Independent School District (SEISD) in partnership with Workforce Solutions Upper Rio Grande hosted the first ever San Elizario Hiring Fair at Sambrano Elementary School. Over 200 people were able to meet with prospective employers in person, fill out applications and drop off resumes.

Cecilia Minjarez, Sambrano Elementary

School Parent Liaison, decided that the event would be a great way to help the community.

"We wanted to let parents know that we are here to help them out because I know that they are limited in resources," Minjarez added.

Since most job fairs are held in downtown

See JOBS, Page 4



– Photo courtesy San Elizario ISD

MAKE YOUR MARK – Rosa Rosas with Workforce Solutions Upper Rio Grande helps sign up job seekers attending the San Elizario Hiring Fair.

Finances

By Jason Alderman

Don’t fall for Valentine’s Day scams

On Valentine’s Day, people’s emotions run all over the map – some are head-over-heels and want to shower their loved one with gifts, while others are despondent because currently they have no one special in their life.

Whatever your love status, one thing everyone needs to guard against at this time of year is scams. Here are some of the more Valentine’s Day brings out

the best – and worst – in human behavior. Our impulse is to be generous and search for the ideal gift. Internet thieves know this and coolly set traps for unsuspecting shoppers. And, not surprisingly, dating websites experience greater activity, along with a corresponding increase in relationship scammers.

common Valentine’s Day scams to

avoid:

- Electronic greeting cards are popular year-round, especially near holidays. Scammers count on

you not paying attention when you receive an email with an innocuous subject line like, “Someone you know just sent you an e-card.” Unless you’re certain someone sent you an e-card, never click

on links or follow instructions to download software to open the message. Chances are you’ll load a virus or malware onto your computer, dooming you to receive endless spam or even endangering your personal and financial information.

Valentine’s Day is the busiest day of the year for florists. Since many people now order flowers online, these purchases are a common target for fraud. A few tips when choosing a florist:

- Make sure the physical location, contact information and fees for the florist who’s actually fulfilling your order are fully disclosed.
- Pay by credit card so if there’s a problem you can dispute it with your card issuer.
- If you receive an email saying there’s a problem with your order, call the florist to make sure it’s legitimate; don’t click on any links – they could be malware.

Beware of emails and social media ads touting great deals on other Valentine’s themed gifts like chocolates, jewelry or lingerie. Unless you’ve previously done business with a company that legitimately has your email address, be skeptical. Watch out for minor typos in the web address – www.macys.comm instead of www.macys.com, for example.

It’s no coincidence that dating websites are busier during the winter holidays and leading up to Valentine’s Day. Lonely people’s defenses are lowered, making them vulnerable to online romance scams. Before they know it, victims are conned into sharing personal or financial information, or lending money – money they’ll never see again.

I’m not saying don’t pursue love online at legitimate dating sites. Just watch out for these warning signs:

- They want to move your conversations off the dating site immediately and use personal email or instant messaging – the better to avoid policing by the site’s Webmaster.
- Their online profile sounds too good to be true. That’s because they’ve probably shaped it to reflect your stated preferences. Or, conversely, their profile may be suspiciously sketchy on details or their photos don’t seem genuine.
- They profess love very quickly, even before you’ve spoken or met.
- They claim to be a U.S. citizen working overseas – often in the military.
- They make plans to visit, but are suddenly prevented by a traumatic family or business event – one which your money can overcome.

Bottom line: Don’t let your emotions get the better of your common sense when it comes to matters of the heart. For more tips on spotting and reporting online scams, visit the Federal Trade Commission’s website (www.ftc.gov).

Jason Alderman directs Visa’s financial education programs.

Veterans Post

By Freddy Groves

Homeless vets get big boost in aid

The Department of Veterans Affairs has printed in the Federal Register its intention to provide a record \$300 million to address veteran homelessness for both fiscal years 2014 and 2015. The money will go to non-profit organizations in the Supportive Services for Veteran Families program that work with homeless veterans and their families.

The list of areas where these groups provide assistance is lengthy: Moving and relocation expenses, child care, rent and utilities for those who are homeless or at risk of becoming homeless, transportation, housing counseling, advocating with property owners, security deposits and emergency expenses. In 2013 alone, SSVF assisted 39,000 veterans and 62,000 veterans with families.

Once the veteran and his or her family are in permanent housing, the program continues, assisting the veteran with medical care, benefits and services, daily living, financial planning, legal services and more.

While veteran homelessness has declined by 24 percent since 2009, in January 2013 there still

were 57,849 homeless veterans on the street. More than 7 percent of those veterans were women.

If your non-profit organization wants to qualify to provide support services to homeless or very low-income veterans and their families, start online at www.va.gov/homeless/ssvf.asp. There is a lengthy process to be accepted into the program. You also can call 877-737-0111 or via email at SSVF@va.gov. Work quickly because your application has to be received by March 14, 2014. Grants are for three years and will begin Oct. 1, 2014.

If you’re a veteran who is homeless or at risk to be homeless, call 1-877-424-3838 (4AIDVET). Someone will answer 24/7, and many of those who respond are veterans themselves. For information about VA and DOD programs for brain injury, go to www.dvbic.org

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) 2014 King Features Synd., Inc.

San Elizario Independent School District PUBLIC NOTICE

Public Meeting to Review Federally Funded Programs

The San Elizario Independent School District will conduct a public information meeting to review the following SEISD Programs funded by Federal funds:

- Title I, Part A – Improving Basic Programs
- Title I, Part C – Migrant Program
- Title II, Part A – Improving Teacher and Principals Quality
- Title III, Part A – Limited English Proficiency (LEP)

The meeting will be held: Monday, February 10, 2014; 5 p.m. - 6 p.m.

Public review of the Federal Application for Educational funding for San Elizario ISD will be in the San Elizario ISD Administration Board Room at 1050 Chicken Ranch Rd., San Elizario, Texas.

SEISD does not discriminate against any individual with regard to race, color, national origin, age, religion, sex, marital or veteran status, the presence of a medical condition, disability, or any other legally protected status. 42 U.S.C. 2000e-2(a); 20U.S.C. 1681: Labor Code 21-051.

San Elizario Independent School District AVISO PÚBLICO

La Junta Pública para Revisar los Programas de Fondos Federales

El Distrito Escolar Independiente de San Elizario llevará a cabo una junta pública para revisar los siguientes programas, fondos federales:

- Título I, Parte A – Mejorando Programas Básicos
- Título I, Parte C – Programa Migrante
- Título II, Parte A – Mejorando la Calidad de Maestros y Directores
- Título III, Parte A – Servicios de educación para estudiantes de segundo idioma

La junta se llevará acabo: Lunes, 10 de Febrero del 2014; 5 p.m. - 6 p.m.

La Revisión Pública de la Solicitud Federal para Fondos Educativos para el Distrito de San Elizario se llevará acabo en el salón de juntas en las oficinas administrativas localizada en 1050 Chicken Ranch Rd.

SEISD no discrimina a ningún individuo a causa de su raza, de su color, de su nacionalidad, de sus creencias religiosas, de su género, de su estado legal, o de veterano, ninguna condición médica o incapacidad, o ningún otro estado legal. 42 U.S.C 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051.

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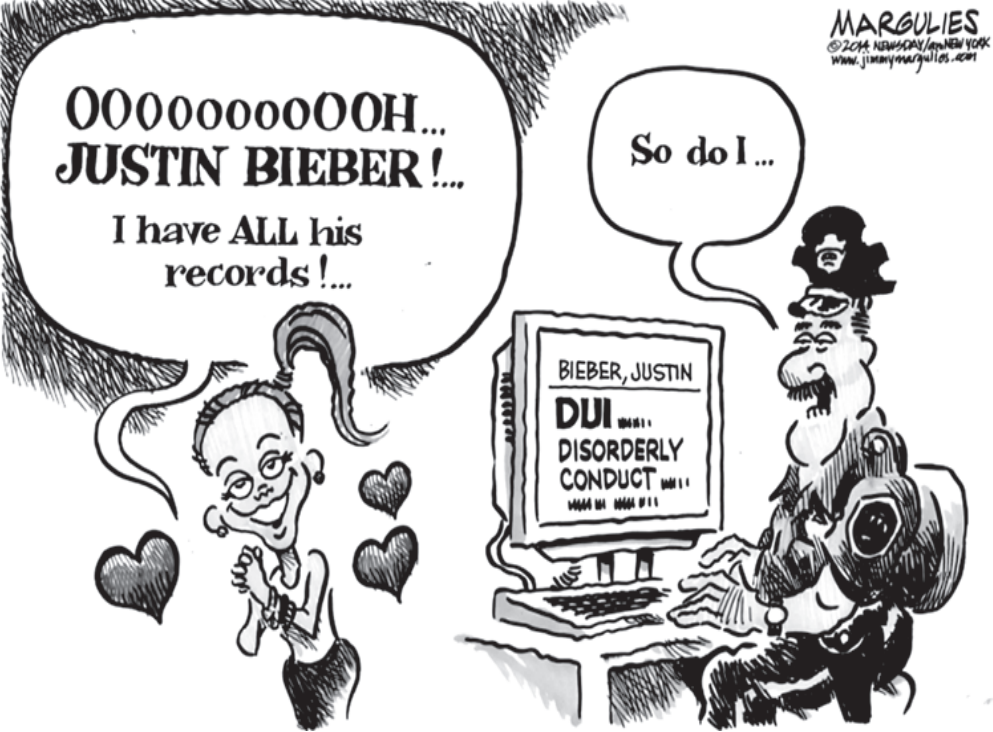
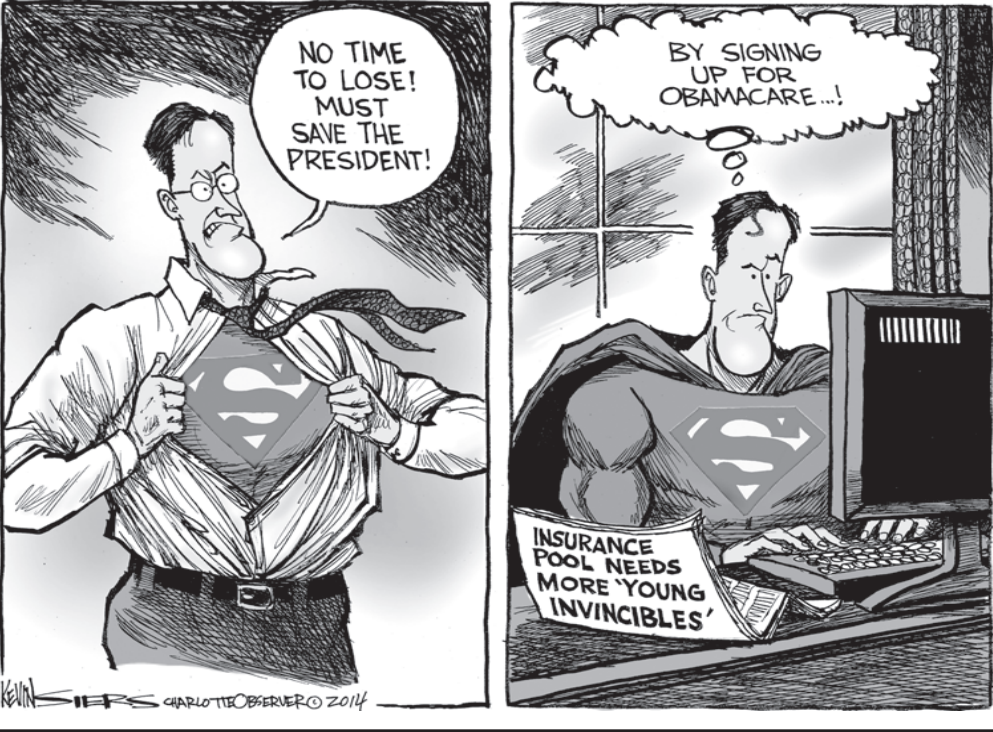
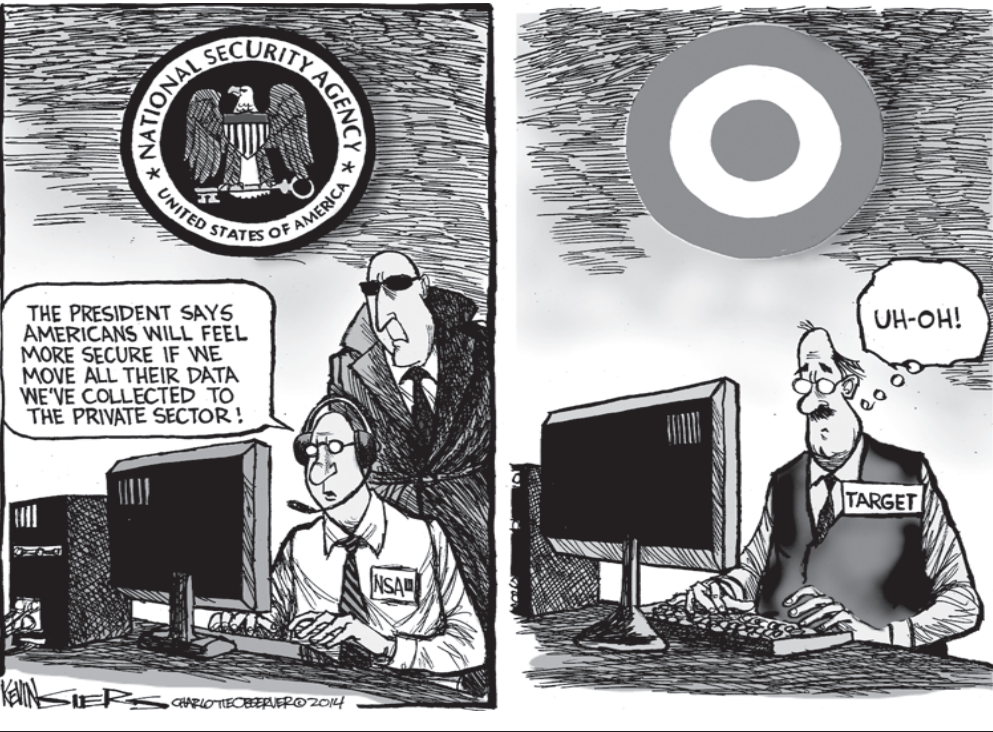
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Aguirre named executive director of Region 19 Education Service Center

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Region 19 Education Service Center’s (ESC) Board of Directors recently named Dr. Armando Aguirre as the lone finalist to be its executive director. In accordance with state law, the appointment does not become official until a 21-day waiting period, making his start date any time after February 7, officials said.

Aguirre replaces Jimmy Vasquez, who retired last year after 16 years at the helm of the center. Region 19 ESC, which is one of 20 in the state, serves as a link between local school districts and the Texas Education Agency (TEA). Since 2012, Aguirre has been the assistant provost of the El Paso Collaborative for Academic Excellence, which runs programs that help students graduate from high school prepared to enter a four-year college or university. The collaborative is based out of the College of Education at the University of Texas at El Paso (UTEP).

Aguirre, who has dedicated more than 25

years to educating this region’s children, is a graduate of UTEP. He has a bachelor’s degree in education, a master’s degree in administration, and an education doctoral in leadership.

Aguirre started his teaching career as a journalism teacher at Jefferson High School and worked his way up to principal at several schools in the El Paso Independent School District (EPISD).

In 2005 Aguirre was named Principal of the Year for the state by the Texas Association of Secondary School Principals while working at Wiggs Middle School..

Aguirre left Wiggs to become principal of Socorro Independent School District’s Mission Early College High School, which was the first early college program in the region. Early college high schools allow students to earn a two-year college degree while also earning a high-school diploma. Today, there are early college programs in five area school districts.

As Region 19 ESC executive director, Aguirre will be responsible for helping teachers and school administrators develop in areas such as technology, special education, and administrative leadership.



Dr. Armando Aguirre, above, was selected to replace Dr. Jimmy Vasquez as Executive Director for Region 19 Education Service Center.

Briefs

From Page 1

as White or Hispanic, approximately 5’9” in height and young. He was last seen wearing a dark blue jacket with a grey or white hood, dark pants, black shoes, and had a backpack. Witnesses last saw the man running toward Central and First Streets. Anyone with any information 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

Crime Stoppers

More than a twenty vehicles have been damaged by vandals in about a two week period in Northeast El Paso. Detectives from the El Paso Police Department are asking for the public’s assistance in identifying those involved through the Crime Stoppers “Crime of the Week.” All

of the incidents involved windows and or mirrors to vehicles being shattered. Each of the reported incidents took place in the “Northhills” or “Lomas” and surrounding areas in Northeast El Paso. The El Paso Police Department began to receive reports of these incidents on January 10. The last incident reported was on January 25. The incidents are all believed to have taken place during the late night hours to early morning hours. The suspects involved are believed to be driving in the area and using a pellet or BB gun to shoot at parked vehicles. Investigators know that someone knows who the people involved in this vandalism spree in Northeast El Paso are. Anyone having any information about the suspects involved in this case is asked to, contact 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). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

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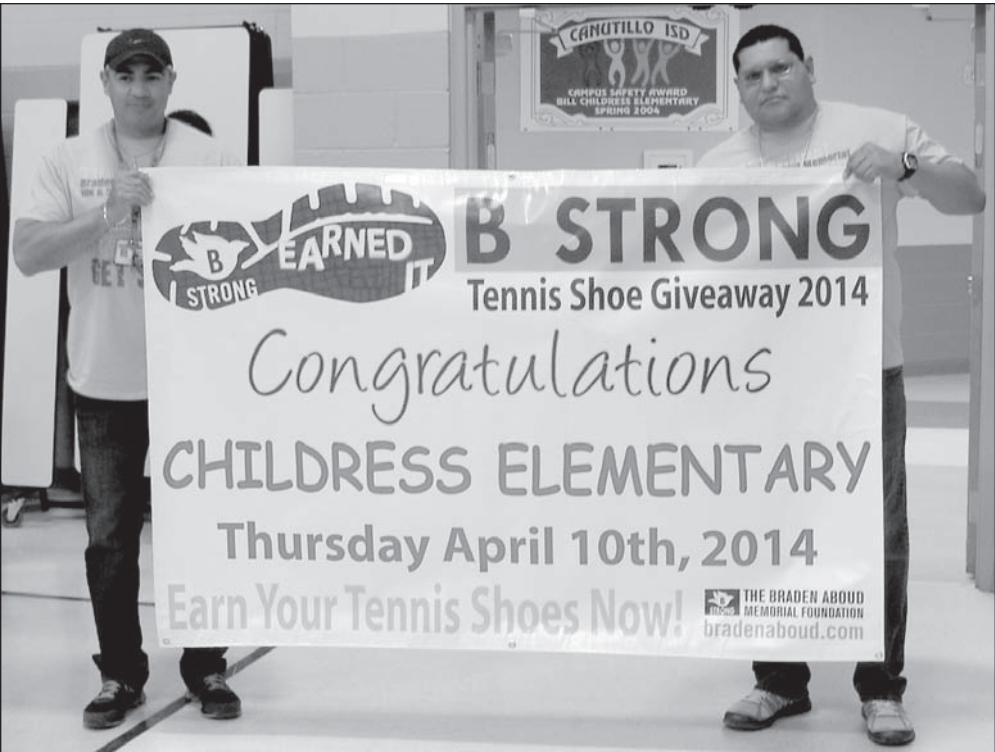
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– Photo courtesy Canutillo ISD

ATTITUDE – Bill Childress Elementary (BCE) students celebrate the kick-off of the B Strong Braden Aboud Shoe Give-Away. BCE coaches Raul Villanueva, left, and Jose Medel display the congratulatory banner for all 467 BCE students to commemorate their school being chosen by the Braden Aboud Foundation. The program promotes positive behavior.

Shoe program pushes positive behavior

By Kim Guzman
Special to the Courier

CANUTILLO – Students at Bill Childress Elementary School have jumped into the Braden Aboud Memorial Foundation’s B Strong Shoe Give-Away. The Foundation will be giving all BCE students the opportunity to earn tennis shoes by demonstrating positive behavior. In order to receive a pair of shoes, students at BCE will need to earn 24 positive behavior stamps by exhibiting good manners, deeds, actions, attitude and physical fitness.

The Shoe Give-Away will be held on April 10, 2014. Over the past seven years, the Braden Aboud Memorial Foundation has distributed more than 3,000 pairs of shoes to students at local elementary schools.

The Foundation was established in memory of Braden, a 14-year-old boy that passed away after a tragic skiing accident in 2007. The Foundation works to ensure children from all walks of life can have some of the same opportunities Braden enjoyed as a youngster. Funding for the Foundation comes from its annual Run/Walk, currently in its eighth year.

Canutillo seniors earn prestigious UTEP scholarships

By Kim Guzman
Special to the Courier

CANUTILLO –Three Canutillo High School (CHS) seniors, Adam Menchaca, Cesar Nunez and Isaac Hoffman, were awarded presidential scholarships totaling \$38,000 from the University of Texas at El Paso. The boys received their surprise awards during a reception held at CHS in December.

These three CHS seniors were chosen from a field of 4,800 applicants. To qualify for a UTEP Presidential Scholarship, students needed to be in the top 3 percent of their class, hold a 96 GPA, achieve at least a 1220 on the SAT or a 27 on the ACT. In addition, the Presidential Excellence Scholarship also requires exceptional leadership abilities and achievements.

Representatives from the Scholarships office at UTEP presented Hoffman with a \$1,500 per year for his scholarship award,

which is a total award of \$6,000. Menchaca and Nunez were both awarded a \$4,000 per year Presidential Excellence Scholarship, which is a total award of \$16,000 each.

According to senior class counselor Sandy Honts, this was only the first round of scholarships awarded by UTEP. She encourages all seniors to continue to apply for scholarships, because the second round of awards will be given in the spring. It is also important for students to know that they should apply yearly for scholarships, even when they are already enrolled in a college or university.

“We are so proud of the accomplishments of these students. We want all our CHS students to understand that putting hard work into academics will pay off for them in the long run. Adam, Cesar and Isaac had to earn these scholarships; they were not just given to them. These students are just a few of the many outstanding students on our campus and I congratulate them for their achievements,” said Dino Coronado, CHS Principal.

Classified Ads

LEGALS

Sprint Nextel

PUBLIC NOTICE

Sprint Nextel is proposing to install new wireless telecommunications antennas on an existing 150-foot monopole tower located at 494 N. Kenazo, Horizon

City, TX. The new facility will consist of the collocation of antennas at approximately 120 feet above ground level, and support equipment within a new fenced compound. Any interested party wishing to submit comments regarding the potential effects the proposed

facility may have on any historic property may do so by sending such comments to: Project 61132856-MAT c/o EBI Consulting, 6876 Susquehanna Trail S, York, PA 17403, or via telephone at (781) 418-2325.

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A strange thing happened on the way to the Don

By Steve Escajeda
Special to the Courier

One of the strangest sayings I’ve ever heard is “addition by subtraction.”

It sounded more like an oxymoron more than anything else.

But I’m beginning to find out that it makes a lot of sense; especially when you relate it to this year’s UTEP basketball team.

Remember that the Miners suffered potentially devastating losses of several key players before the season even started.

That, no doubt, would spell doom for the basketball season.

And though the Miners recorded some impressive victories over Tennessee, Washington State and Colorado State, and fought Kansas to a close loss, they also stumbled through some disappointing defeats to the likes of New Orleans and an exhibition to Angelo State.

But just when the program thought things couldn’t get any worse... they did.

The Miners started 2014 with the news that three more players were kicked out of school

for gambling on sporting events.

That is one of the biggest no-nos in college athletics. Athletes who take drugs, steroids, carry guns, get into fights, cheat on tests and drink and drive are nor not looked upon with as much disdain as a kid who bets on games.

Anyway, with those three out of the lineup one thing was certain about the UTEP basketball season – it was essentially over.

Oh, they would still play the rest of the schedule, but everyone knew they would end up languishing at the very bottom of the Conference USA standings.

How could they not?

They were down to one true guard on the team and no point guards. Their bench had been depleted so the starters were going to be forced to play too many minutes and run out of gas at the end of games.

And they were going to have to learn how to play an entirely new style of basketball just as they were entering league play.

All that added to what I like to refer as “devastation and humiliation by subtraction.”

And true to form, the Miners went out and lost their C-USA opener at home to Charlotte.

This was just the beginning of a string of losses by a shell of a team.

But then something strange happened. As if by something as simple as flipping a light switch, the Miners started winning games.

I don’t just mean eking out victories because opponents were taking them for granted. I mean the Miners started playing inspired basketball.

They began to look like a whole new team, sharing the ball unselfishly, crashing the boards after every shot and defending like their lives depended on it.

Everyone knew that the one player they could rely on was Julian Washburn. He’s the steady guy who doesn’t make mistakes, doesn’t rush anything and does all the dirty work it takes to be successful.

But it’s the emergence of three other players that has turned this team around.

John Bohannon has always shown spurts of greatness since he got here four years ago. But words like consistent, reliable, leader, maturity and Bohannon, were never used in the same sentence.

This year he has finally gotten it and is playing hard every night. He is saying

all the right things, his body language is positive and he’s turned into a double-double machine.

Freshman Vince Hunter was expected to be a force in a year or two. But he has emerged as a scoring and rebounding mad man around the basket. One can’t help but think of Charles Barkley when you watch him play – just without the extra weight.

Then there’s the most important transformation of all.

UTEP had no point guard to speak of and needed someone to step up just to be competitive in games. Enter C.J. Cooper, who couldn’t dribble the ball, pass the ball or shoot the ball in the early going.

But suddenly, as if reacting to that light switch, Cooper is playing like a veteran point guard; driving to the basket, dishing it off to the open guy and nailing the 3-pointer.

The team is closer, the bench is into the game like never before and the team is in first place.

All this started when the three guys – who were breaking the rules – were dismissed by the team.

I get it now, “addition by subtraction.”

A sporting view By Mark Vasto

Olympic memories... priceless

I’ve been very curious as to how United States congressmen can call the Sochi Winter Olympics the most dangerous, corrupt and intolerant games in history, as if the Atlanta Olympics never existed.

Radio pundits, particularly on the right wing, let out a stream of vitriol about the Games. “I wouldn’t go to the Games if you paid me!” On Facebook, one talk-show host took a

poll to see if there would be anyone willing to go the games.

“There are plans being made to extract Americans by the Navy! Would you take your family?” The answers came in torrents. “NO!”

You always run a risk when you write columns like this. Sochi very well could have a Munich moment. And the world can be a very dangerous place filled with human rage. But I’d

have gone in a heartbeat... and this is coming from a survivor of the Olympic Park bombing in Atlanta.

Yeah, I was in the Centennial Olympic Park with a friend watching one of the musical acts. I do not recall the name of the band, but I remember the one that followed... Jack Mack and the Heart Attack. We decided we weren’t interested. Besides, there was so much more to see, and I was, in fact, paid to be there and had access to the Olympic Village. The bomb went off as we were driving off in a taxi. Maybe that doesn’t qualify me as a “survivor,”

but we were within range of the bomb that killed two people and injured 111 others that night.

There was never a serious consideration of halting the Games, but there was a constant air of threat for the rest of the week. Security for the Olympic Village, which was located on the Georgia Tech campus, tightened, but I still went every day. I got a chance to see hip-hop pioneers Run DMC play the Olympian’s laundromat (yes ... laundromat). On another day, Ziggy Marley played underneath a tree like a busker. Hootie and the Blowfish also played a free concert. But the

real rock stars were the athletes... everyone was so in awe of them.

The Dream Team? Forget it, you couldn’t get near those guys. But I witnessed Kerri Strug’s winning vault on a broken ankle, and scored a hug from Mary Lou Retton. I wouldn’t trade those memories for anything. So what I’m trying to say is, if you have a chance to go to Sochi, definitely do go. There are some things you don’t want to miss... near misses and all.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2014 King Features Synd., Inc.

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SATURDAY | FEBRUARY 22

WBB VS EAST CAROLINA | 7 PM



Villela signs with ENMU

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – For the third year in a row, a Canutillo Eagle will play college football for the Eastern New Mexico University Greyhounds.

Offensive Lineman Javier Villela this week signed a letter of intent to play for ENMU, who plays in the NCAA Division II Lone Star Conference.

Villela was part of the CHS Eagle team that won District 2-4A, bidistrict and area championships this season. Canutillo was the only El Paso County team to play in the third round of the Texas high school football playoffs.

“Javier is a dedicated and smart football player who will no doubt do a great job at Eastern New Mexico,” said Coach Scott Brooks. “He’s got

the talent and dedication that are needed to be successful in college football.”

At 6 feet 1 inch and 270 pounds, Villela was considered one of the best offensive linemen in the region. He was selected to the All District 2-4A team and was named Offensive Line MVP at the Greater El Paso Football Showcase.

Villela is the third Eagle in as many years to receive a scholarship to ENMU. Andrew Canales (class of 2012) and Mario Balderrama (class of 2013) are currently in the ENMU roster.

“This speaks volumes to the quality of players we produce here in Canutillo,” Brooks said. “Eastern New Mexico keeps coming back to us because they know that in our kids they will get players that are as committed on the field as they are in the classroom.”

Javier Villela

Comix

OUT ON A LIMBBy Gary Kopervas



AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



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

DEAR DR. DONOHUE: I am a 69-year-old woman, writing to you for information on probiotics. After taking antibiotics for a sinus infection, I developed diarrhea and bloating. I had many tests and scans. Everything was OK. My symptoms continued. On my third visit, they took a stool specimen, which showed yeasts. The doctor suggested I go to a health-food store and buy probiotics. I did, and a miracle happened: My diarrhea stopped. Is yogurt considered probiotics? For how long and how often should you take probiotics? – N.A.

Probiotics contain live microorganisms that promote health when eaten. Microorganisms are bacteria and fungi. The thought of swigging down bacteria or fungi might be a turnoff. However, these microorganisms are the good kind, not the kind that causes infections. They work for us. Probiotics can restore to the digestive tract the normal balance between good and bad germs. They also appear to have a stimulatory effect on the immune system.

Probiotics come as tablets, cheeses, milk, yogurts, juices and other drinks. The labels on these products must say “live and active cultures.” The names of the organisms most often used are lactobacillus, bifidobacterium and sacchromyces. Some brand names of probiotics are Culturelle, Align, Floraster and the yogurt Activia.

Curbing diarrhea is only one use for these products. They’re also used for irritable bowel syndrome and other conditions.

Yogurt is a probiotic if it contains live cultures. How long can you take them? That’s a question that can’t be answered. The studies haven’t been done. The side effects from probiotics are few. It seems to me that you can use the yogurt probiotics forever. The others are probably equally safe for long-

term use, but definite statements aren’t possible. The labels on the products ought to tell you how long they can be used and in what doses to use them.

DEAR DR. DONOHUE: I would like to comment on your article on bed-wetting. I am 68 and was a bed-wetter when I was little. It was during an era when children were supposed to be potty trained at young ages. I remember the rituals my parents went through to break me of this habit that, I suppose, was embarrassing to them. I eventually outgrew it. My first-born daughter also was a bed-wetter. I resolved not to make a big deal of it. Every morning we removed the sheets and pjs, and washed her... never harping about her “problem.” She outgrew it. Two of her five children were bed-wetters, too. She never dwelt on it. Perhaps bed-wetting has a genetic basis. Parents ought not to grumble and blame their children. We should be thankful for such small challenges and for having normal children. – S.B.

Genes strongly influence bed-wetting. If one parent was a bed-wetter, the child has a 45 percent chance of also being one. If both parents were, their child has a 75 percent chance of wetting the bed. Genes are a big factor.

Bed-wetting is involuntary. The child is in no way responsible. In my opinion, punishing or humiliating a child for wetting the bed is child abuse.

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) 2014 North America Synd., Inc. All Rights Reserved.

Super Crossword

- IN REVERSE ACROSS

1 Harass

7 In the lead

12 Fill by force

16 _-mo replay

19 Think creatively

20 Has _ up one's sleeve

21 _ fire under (urged to action)

22 Zero-star review

23 Private retreat for San Francisco NFLers?

25 Behaves in the manner of

27 Skater Midori _

28 Suffix with musket

29 Bring pain to

30 Openings under desks

31 Nick's wife in "The Thin Man"

33 Word coined to describe an unnamed Hulk Hogan maneuver?

36 Clutches

38 Handles, as a matter

39 Wish for

40 Backyard party, briefly

43 Hits, as a fly

46 Little bite

47 Drag-racing track?

53 Month after Mar.

54 Olympic sleds

56 Berliner's "Alas!"

57 Rug cleaner

59 "King Lear" daughter

61 Billies and nannies

64 Papa's ma

65 Take way too much

69 Caustic compounds produced during prenatal exams?

73 Softening the cuticles, polishing the nails, etc.?

75 Shipbuilding material

76 Address for a woman

78 Sign after Pisces

79 "Pan Am" actress Garner

80 Soloist's supporter

84 Just-OK grade

85 Fatty substance

88 Number after uno

90 Parties for future wives of rajahs?

93 Suffix with benz-

94 "... saying goes..."

96 1980s-'90s legal drama

97 Belief in one god

100 Staying focused at work

104 Multiplied by

108 Studiers of living things in a 1964 Hitchcock film?

113 Kansas city east of Wichita

114 Nucleus orbiters

115 Grow rancid

116 Boozing type

118 Audiotapes' successors

119 Making calm

120 Cubbyholes of a certain shape?

123 Distinctive period

124 Big name in waffles

125 Bizarre

126 "Relax!" order

127 Approx. fig.

128 Radish, e.g.

129 Thomas Jefferson, religionwise

130 Henhouses

DOWN

1 Yearning

2 Text cleaner

3 Mexican Mrs.

4 _ kwon do

5 To be, to Bizet

6 Stitch anew

7 Air blower

8 Lest

9 Emu or kiwi

10 Racing boats

11 Pro _ (for now)

12 Joust sound

13 Cuts to bits, as a potato

14 Shows up for

15 Variety of golf club

16 Overflowing

17 Waters off

18 Sandusky

18 Dances set to ragtime

24 Departure's opp.

26 Hearth items

30 "Do You Want to _ Secret"

32 Truncated form of a wd.

34 Suffix like -ish

35 TGIF's "I"

37 _ Paulo

41 Some sodas

42 Gift topper

44 Chef's cover

45 _ Fountain

47 Keep vexing

48 "... in peace"

49 More _ few

50 Rip up

51 Hiccups, e.g.

52 Poet's dusk

54 Insect stage

55 Anesthetized

58 Marriott rival

60 "Imagine!"

62 "Rikki-_-Tavi"

63 Strewed

66 Standing by

67 _ clear of

68 Test track turns

70 WWW giant

71 Winter woes

72 Dodo

74 "That's right!"

77 Put on TV

81 Pulls on cow udders

82 Clear _ bell

83 Ducks' org.

85 "I'd like to have a look"

86 Respirators

87 Eyed closely

89 Drives away, as a fly

91 Feedbox bit

92 Intl. 1940s conflict

94 Explorer Vespucci

95 Blowup in a copy ctr.

98 Old Peru resident

99 Kid watcher

101 Twisting force

102 Relative of a guinea pig

103 Hindu lutes

105 Latte varieties

106 Born first

107 Gives cheek

109 Beatnik's drum

110 Gold brick

111 Mao _-tung

112 Whale finder

117 Puente of mambo

120 Put turf on

121 On Soc. Security, say

122 Co. VIP

1	2	3	4	5	6		7	8	9	10	11		12	13	14	15		16	17	18
19							20						21					22		
23						24							25				26			
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61			62	63				64					65					66	67	68
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75									76	77						78				
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97			98	99				100		101	102	103				104		105	106	107
108						109	110							111	112		113			
114										115				116		117		118		
119									120				121				122			
123				124					125						126					
127				128					129						130					

MOORE TEXAS

by Roger Todd Moore

Feb 4 1895: A freak storm dumped 2 feet of snow on Houston.



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.

	+		×		11
×		÷		+	
	-		×		25
-		+		×	
	×		-		26
16		10		24	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 5 5 6 7 8

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

6			3			2		
	8			2			1	
		1	9		4			5
	4			5				9
9			1			5	2	
		3			6		7	
7				6		3		
	6				9		8	
8		5	7					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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Social Security Q&A

By Ray Vigil

Q: I worked the first half of the year, but plan to retire this month. Will Social Security count the amount I earn for this year when I retire?

A: Yes. If you retire mid-year, we count your earnings for the entire year. We have a special “earnings test” rule we apply to annual earnings, usually in the first year of retirement. Under this rule, you get a full payment for any whole month we consider you **retired** regardless of your yearly earnings. We consider you retired during any month your earnings are \$1,260 or less, or if you have not performed substantial services in self-employment. We do not consider income earned, beginning with the month you reach full retirement age. Learn more about the earnings test rule at www.socialsecurity.gov/retire2/rule.htm.

Q: Will my Social Security disability benefit increase if my condition gets worse or I develop additional health problems?

A: No. We do not base your Social Security benefit amount on the severity of your disability. The amount you are paid is based on your average lifetime earnings before your disability began. If you go back to work after getting disability benefits, you may be able to get a higher benefit based

on those earnings. In addition, we have incentives that allow you to work temporarily without losing your disability benefits. For more information about disability benefits, read our publications *Disability Benefits* and *Working While Disabled—How We Can Help*. Both are available online at www.socialsecurity.gov/pubs.

Q: Is it true that if you have low income you can get help paying your Medicare premiums?

A: Yes. If your income and resources are limited, your state may be able to help with your Medicare Part B premium, deductibles, and coinsurance amounts. State rules vary on the income and resources that apply. Contact your State or local medical assistance, social services, or welfare office, or call the Medicare hotline, 1-800-MEDICARE (1-800-633-4227), and ask about the Medicare Savings Programs. If you have limited income and resources, you also may be able to get *Extra Help* paying for prescription drug coverage under Medicare Part D. Learn more at www.socialsecurity.gov/prescriptionhelp. Also, see our publication, *Medicare*, at www.socialsecurity.gov/pubs. Type the title of the publication in the publication search box on the left side of the page. For even more information, visit our

website at www.socialsecurity.gov.

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

STRANGE BUT TRUE

By Samantha Weaver

- It was writer and cartoonist James Thurber who made the following sage observation: “Humor is emotional chaos remembered in tranquility.”
- You might not be familiar with the National Chicken Council, but it’s making predictions about you nonetheless. If you ate wings while watching the Super Bowl, you contributed to the 1.25 billion wings that the council’s 2014 Wing Report projected to be consumed during that event.
- Those who study such things say that if you happen to find lint in your belly button, it’s more likely to be blue than any other color.

- The name of the state of Alabama comes from the Choctaw word “albah,” which means “plant-cutters.”
- Accident or not? At an evening event in 1989, a bottle of wine once owned by Thomas Jefferson was up for sale. The asking price? \$500,000. It seems nobody was willing to pony up the cash, and at the end of the night there was no sale. At that point, a waiter (inadvertently?) dropped the bottle, destroying the unprofitable item. The bottle was insured, however, and the merchant did end up with \$250,000.

- The White House was not designed by an American. It was Irish architect James Hoban who won the competition to create the architectural plans for the home of the political leader of the United States.

- Before he became president, George H.W. Bush was, for a time, the youngest aviator in the history of the U.S. Navy, getting his wings just three days before he turned 19.

Thought for the Day: “When I am working on a problem, I never think about beauty. I only think about how to solve the problem. But when I have finished, if the solution is not beautiful, I know it is wrong.”
— Buckminster Fuller

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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: I equals H

PSY FOXV BIPT EW TIEJI
MSORVLB JPXMVDV DP BVV TIP
BPHB XPBD MLPNEJEVWDSR:

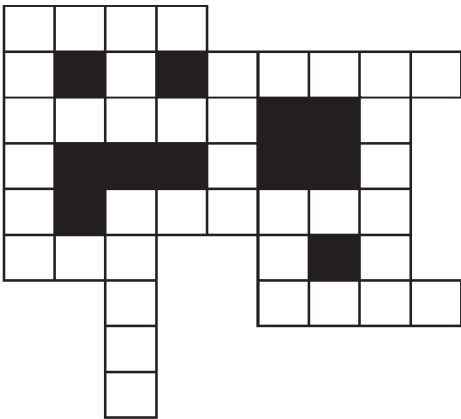
“HOTSEWF NPL YPSSOLB.”

Answer Page 4

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EYW
SUTRUA
OWSYN
♥SOTP
GNIPPI
♥UGN
PWSI
♥SOGTU
♥IPS
RESWAY
ARPE
ERWG



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.

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