



NEWSBRIEFS

EPCC theater

El Paso Community College (EPCC) Theater Ensemble kicks off 2014 with Cotton Patch Gospel. Performances will be Thursday, Friday and Saturday evenings, February 20, 21, 22, 27, 28 and March 1 at 8:00 p.m. There will be two Sunday matinees, February 23 and March 2 at 2:30 p.m. The EPCC Theater Ensemble performs at the EPCC Transmountain Campus Forum Theater, 9570 Gateway North. General Admission is \$15. Non-EPCC students and military are \$10 and EPCC students, EPCC staff and senior citizens are \$7. Tickets are available at the door. The box office opens two hours before each performance.

— Jim Heiney

Lavis reappointed

Joan Guerin Lavis, the mother of twin boys who attend Alderete Middle School in the Canutillo Independent School District, has been reappointed to the Texas School Health Advisory Committee by Texas Department of State Health Services Commissioner Dr. David Lakey. The Texas School Health Advisory Committee provides active leadership in the identification and dissemination of school health best practices and resources for school policy makers. She will serve a second four-year term starting in June. Lavis is an active parent in the Canutillo community and has served on several committees and advisory boards in the District. She is a member of the Canutillo School Health Advisory Committee. “We are proud to have a member of the Canutillo Family be appointed to such an important committee,” said CISD Superintendent Dr. Pedro Galaviz. “We wish her luck and we know that she will do a great job of advocating for the health needs of our children.”

— Gustavo Reveles Acosta

EPCC wins award

The El Paso Community College (EPCC) Emergency Medical Services Program (EMSP) was selected as a winner in the National Council of Instructional Administrators (NCIA) 2013 Exemplary Initiatives Competition. NCIA is a professional organization affiliated with the American Association of Community Colleges. The award recognizes outstanding ways to enhance the quality of higher education provided at two-year institutions in the United States. The EPCC Emergency Medical Services Initiative (EMSI) was one of five that chosen in the national competition. EPCC, in response to a critical shortage of Paramedic-prepared El Paso Fire Department employees, engaged in a College/City partnership. The EMSI was implemented to increase training of paramedics. Since

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Few cases of eyestrain have ever been developed by looking on the bright side of things.

— Quips & Quotes



— Photo by Alfredo Vasquez

MOVING TO BRING CATTLE BACK – These dairy cattle are in nearby Vado, NM. Texas State Rep. Mary González wants this industry to come back to El Paso. “We have to ask ourselves, there are dairy farms across the state, border, and New Mexico, and they are TB-free. They have dairy farms in Hudspeth County. Diseases don’t know boundaries. So if there is no TB in our neighbors’ farms, then we could probably safely assume that there won’t be Bovine TB here,” Gonzalez said.

Study results may bring dairy farms back to El Paso County

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Texas Animal Health Commission (TAHC) begins this month to test cattle, goats, and sheep for tuberculosis as part of a state-legislature mandated study to determine the risk level for Bovine TB in the area. Testing is expected to continue through May with the study to be completed by September, TAHC officials reported recently.



BRING ‘EM BACK – State Rep. Mary González, of Clint, wants the ban on dairy farms in El Paso County’s lower valley lifted.

dairy farms in El Paso County’s lower valley and one in neighboring

Hudspeth County between 2003 and 2006. Dairy production has been barred in those areas since those farms closed.

TAHC officials said that the study will also look at the status of cattle TB in Juarez, but will have to rely on documentation and other regulations because the law does not allow TB tests to be done across the border. During the outbreak, the majority of El Paso’s dairies reported cases of the disease, which health officials suspected came from infected cows in Mexico but were unable to pinpoint the source of the Bovine TB.

State Representative Mary Gonzalez, of Clint, who authored the TB study legislation and is advocating for the return of dairy farms to the community, stated in a recent news report that the issue should be considered broadly.

“It’s about a lot more than dairy farms,” Gonzalez said. “A lot has changed in 10 years, and this could be a wonderful opportunity for our farming community, but also have a domino effect across the region for related economic development.”

Local farmers hope that if dairies come back, there would be more opportunity to grow more diversified crops. Before the ban, El Paso County was producing about 5 percent of the nation’s milk, and dairies allowed farmers to have more crop rotations, which kept the soil healthy and allowed for multiple crops including alfalfa, grains, barley, milo, cotton, and pecans. Today, farmers are mostly planting alfalfa, pecans, and cotton without rotating as often which damages the soil.

Expectations are that bringing back dairy farms will help rejuvenate this region’s soil and economy, because with the dairy farms there would be reason to produce other crops.

Jaime Iglesias, county extension agent for agriculture and Natural resources for Texas A&M, stated recently that farmers in the El Paso area should start looking into producing other crops that fare well in desert areas.

Iglesias suggested that farmers capitalize on Jujube date trees,

See DAIRY, Page 3

San Eli students gain college credits

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – A group of San Elizario High School (SEHS) seniors and juniors are starting to build a solid college transcript having already earned at least 391 hours of college credit collectively. On February 11, a luncheon ceremony was held at SEHS for 46 dual credit students where they were honored with certificates of accomplishment in recognition of all the college hours they have accumulated as of the fall semester.

The high school and college students were also treated to a tasty pizza meal and cake sponsored by the San Elizario ISD Nutrition Services Department. They received t-shirts that read “College Bound” and their certificates from Assistant Principal Patricia Franco who wore her graduation gown during the ceremony.

Speech, government, economics, English III and IV and United States History classes are available at SEHS that fulfill fundamental core courses at El Paso Community College. These courses are

See SAN ELI, Page 3



— Photo courtesy San Elizario ISD

ALL GOOD – San Elizario High School Assistant Principal Patricia Franco with senior Humberto Marquez who has earned 18 dual credit hours.

Veterans Post

By Freddy Groves

The Four Chaplains

Where were you on Feb. 3? Were you at a ceremony honoring and remembering The Four Chaplains? If so, you were likely in the minority.

In 1988, Feb. 3 of each year was declared to be Four Chaplains Day, yet most people have never heard of The Four Chaplains. It's not on calendars, kids aren't taught about it in school and only a few communities have remembrance ceremonies and lower their flags to half-staff.

Here's the story:

On Feb. 3, 1943, the troop ship *Dorchester*, cruising from Newfoundland to Greenland with 900 soldiers aboard, was torpedoed on the starboard side below the water line by a German submarine.

Panic ensued in the dark and disabled sinking ship. The Chaplains quickly fanned out to try to bring calm to the chaos and fear. The Chaplains were Rev. George Fox (from Pennsylvania), Rabbi Alexander Goode (from New York), Father John P. Washington (from New Jersey) and Rev. Clark V. Poling (from Ohio).

Stories of the survivors recount the Chaplains' efforts to save others, tending to those injured and getting them above decks, helping soldiers into lifeboats, distributing life vests – and even handing over their own life vests and gloves, knowing they weren't going to leave the ship. Those who survived, floating in the icy waters, heard the chaplains' prayers in multiple languages coming across the water. In 20 minutes, the *Dorchester* was gone.

The Purple Heart and Distinguished Service Cross were awarded posthumously in December 1944.

If you're a member of a veterans service group or a civilian group that wishes to honor veterans, you have until February 2015 to organize a ceremony of remembrance in your community.

For a fast education about The Four Chaplains, go online to wikipedia.org, or look for the 2004 documentary called "The Four Chaplains: Sacrifice at Sea."

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.

Finances

By Jason Alderman

Foreign money transfers just got safer

If you're among the millions of U.S. residents who each year send tens of billions of dollars to family, friends or foreign businesses overseas, here's good news: The Consumer Financial Protection Bureau recently instituted new rules governing international electronic money transfers to better protect consumers against hidden fees and improve dispute resolution policies.

CFPB was given oversight over international money transfers as part of the Dodd-Frank Wall Street Reform and Consumer Protection Act of 2010. Up until then, federal consumer protection rules did not apply to most "remittance transfers," whose exchange rates, processing fees and taxes often vary widely and can be hard to decipher.

Here's an overview of the new remittance transfer rules:

- In general, most foreign money transfers for more than \$15 sent by money transmitters (like Western Union and MoneyGram), banks, credit unions and other financial services companies that consistently send more than 100 international money transfers annually are covered.
- These institutions now must fully disclose their fees, taxes and foreign currency exchange rates so consumers will have a clearer picture of the true cost of transactions and be able to more easily comparison shop. Also, once a transaction concludes, the company now must provide a receipt that repeats this same information, as well as shows the date when the money will arrive and directions for reporting any problems with the transfer.

The new regulations include several additional protections:

- Consumers are allowed 30 minutes (and sometimes longer) to cancel a transfer after they've paid – in which case, they're entitled to a full refund. (However, if the recipient has already picked up the funds or had them deposited into their account before 30 minutes have passed, the refund guarantee is voided.)
- If the wire was scheduled in advance, you can cancel it up to three business days before the transmission and receive a full refund.
- Senders have 180 days to report any errors they later uncover. By law, the company must investigate such reports within 90 days. For certain errors (e.g., if the money never arrived), you can ask for a full refund or have the money resent.

While the new regulations are certainly welcome, they don't go far enough when it comes to helping customers compare the net costs of making money transfers at different vendors. You'll still need to carefully weigh each company's exchange rate (which fluctuates frequently) and fees (which vary depending on how much you're sending, how quickly you want the money to arrive and the funding method) to determine which one provides the best value – the so-called "effective exchange rate."


One company may have a more favorable exchange rate than another but charge higher fees. Depending on how much money you're trying to transfer and by what method, however, the balance could shift over which transaction is more cost-effective.

To calculate various effective exchange rates, add the amount you're sending (in U.S. dollars) plus all fees; then divide that into the amount of foreign currency to be delivered. The company with the highest result provides the best value.

If you don't trust your math skills, *Viamerica*s has a handy comparison tool that lets you plug in fees and exchange rates for up to three additional vendors and it will calculate their effective exchange rates (visit www.viamerica.com). Use the tool's manual comparison option to allow for more choices.

For more information on the new remittance transfer rule, visit www.cfpb.gov.

Jason Alderman directs Visa's financial education programs.



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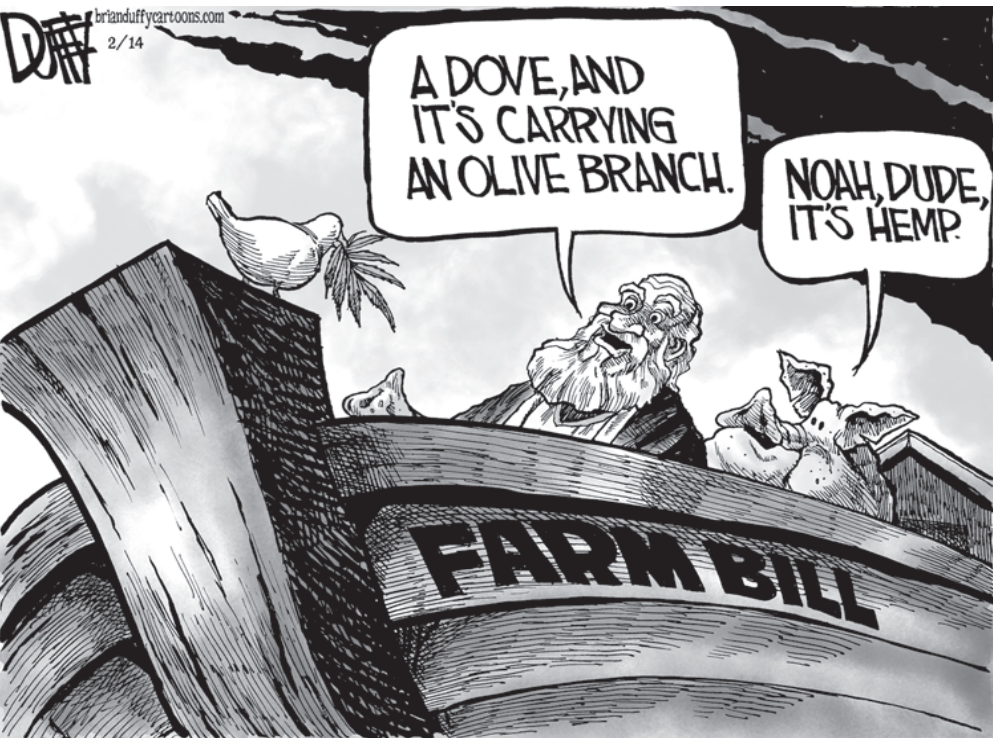
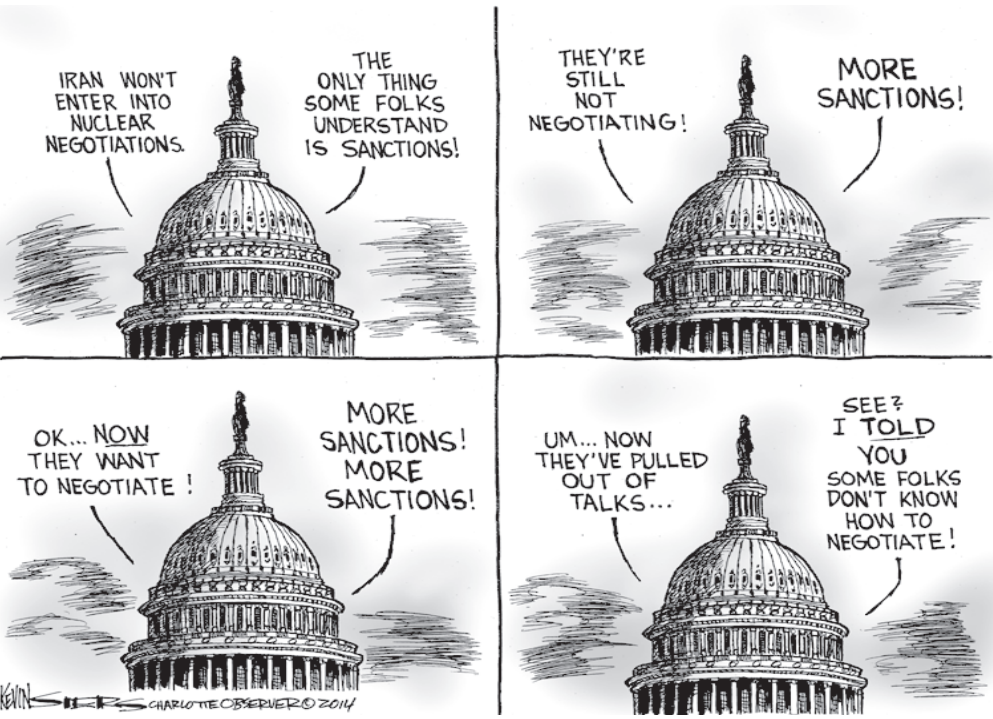


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Rodriguez elected to state board

By **Gustavo Reveles Acosta**
Special to the Courier

CANUTILLO – Canutillo Independent School District Trustee Armando Rodriguez was elected to the Board of Directors of the Mexican American School Board Members Association (MASBA) during the organization’s annual convention in McAllen, Texas, earlier this month.

Rodriguez will serve a three-year term on the MASBA Board. Rodriguez is a three-term member of the Canutillo ISD Board of Trustees and has previously served as its President.

He is the director of communications and governmental affairs for the Greater El Paso Association of Realtors and a graduate of both Canutillo University Interscholastic League catalog of competitive events.



Armando Rodriguez

El Paso. “With the help and experience that Mr. Rodriguez brings, I am confident that MASB will have a very successful year,” said MASBA Executive Director Joe Muñoz. “Having Mr. Rodriguez on board will help us improve communication and planning as we head into the 2014-15 school year.”

MASBA is a statewide organization of elected school board officials dedicated to improving the education of Mexican American/Latino children in Texas public schools. Members are non-partisan and represent diverse communities that range from large urban to mid-size suburban and small rural school districts. The association was the driving force behind the official admission of mariachi competition to the University Interscholastic League catalog of competitive events.

EPCC to host cultural event

By **Jim Heiney**
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) Diversity Programs is hosting an International Festival and a Cultural Bowl on Saturday, March 1, 2014 at the Administrative Services Center (ASC) Building A, 9050 Viscount Blvd. These events are designed to promote cultural awareness for both EPCC students and the El Paso community through an emphasis on learning and celebrating the “Spirit of Diversity.”

The International Festival will be in the ASC Auditorium. Representatives from 33 different countries from around the world will display national and ethnic artifacts to share with the public their cultural identity. The United States Army Sergeants Major Academy’s

International Military Student program will represent 28 of those countries. The exhibits will include literature and traditional artifacts as well as music and dance performances. The goal of EPCC Diversity Programs is for participants to experience and celebrate the “Spirit of Diversity” in the community we call “Home.”

The Cultural Bowl will take place in the ASC Boardroom from 10:00 a.m. to noon. It is a one-day competition that invites high school students to learn about, and engage in, selected communities from around the globe. Students will answer questions about geography, arts, religion, customs, and food from five communities: Mexican, French, Turkish, Israeli, and African-American. The goal of the event is to inspire and empower a new generation of leaders to embrace the “Spirit of Diversity” and promote understanding.

Dairy

From Page 1

pomegranates, mulberry, grapes, apples and peaches. Small livestock, such as chicken, goats and sheep, would also produce revenue for farmers in the area as well as complement the dairy farms, he said.

But all these possibilities revolve around the water and irrigation in the region. Last year, the drought resulted in the loss of 50 percent of the area’s crops, according to county officials.

Should the study’s results signal that this area is Bovine TB-free a major dairy farms comeback is not expected. Over all, the Texas dairy industry is not doing well because drought conditions are driving up feed costs. Last year, 11 percent of dairies in Texas went out of business.

Darren Turley, the executive director of the Texas Association of Dairymen, stated recently that even if the ban were repealed, the conditions of the dairy industry in Texas are still not strong enough to expect a lot of expansion.

González acknowledged that her legislation is the first step of a long process, and said she does not expect dairies to return immediately. But if they do, she hopes that they will consider El Paso’s lower valley as a possible place to set their roots.

San Eli

From Page 1

offered at no cost and are open to all University Avenue 11th and 12th grade students. The savings potential per college credit hour for students taking dual credit courses could be substantial in helping families afford paying tuition expenses. According to data published

by the Texas Higher Education Coordinating Board, tuition and fees for 2013-2014 average anywhere between \$86 per credit hour at a two-year institution to approximately \$233 at a four-year institution.

“College Bound” is the mission of San Elizario High School’s University Avenue, the small learning community within the campus that houses all classes for juniors and seniors.

Classified Ads

LEGALS

PUBLIC NOTICE

Clerk/Secretary Position

The El Paso-

Hudspeth Soil and Water Conservation District is accepting applications for a part-time clerk/secretary. Duties include keeping minutes and notes during

business meetings, maintaining accurate financial records, assisting with educational activities, organizing fund raising activities, and other duties as assigned. Applications may be picked up at 11940 Don Haskins, Suite

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NOTICE OF PUBLIC MEETINGS

Border Highway East

Planning and Environmental Linkages Study

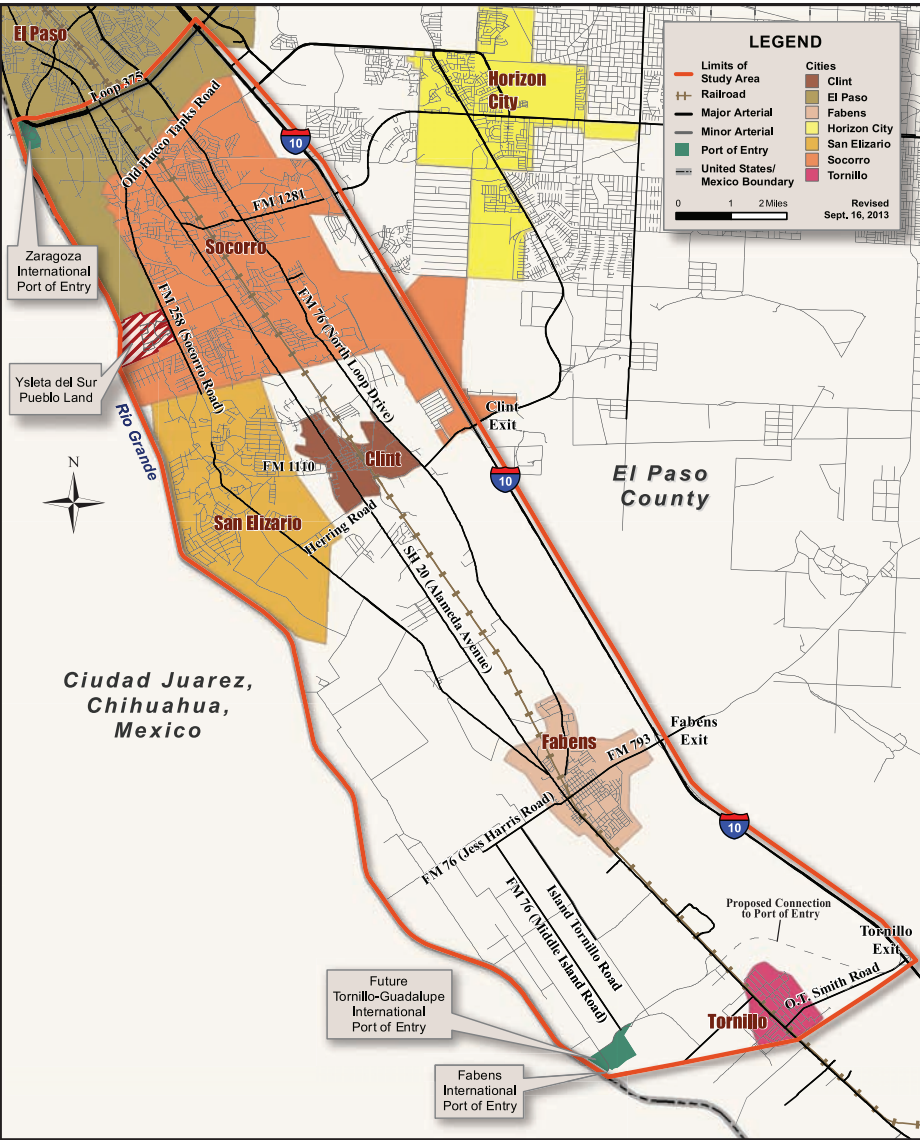
El Paso County, Texas; CSJ: 0924-06-090, etc.



The Texas Department of Transportation (TxDOT) – El Paso District will host two public meetings for the Border Highway East (BHE) Planning and Environmental Linkages (PEL) Study. The public meetings will be held from 4 p.m. to 7 p.m. at the following locations:

Tuesday, March 4, 2014
Clint High School Gymnasium
13890 Alameda Avenue
Clint, Texas 79836

Wednesday, March 5, 2014
Rio Vista Community Center
901 N. Rio Vista Road
Socorro, Texas 79927



The purpose of the public meetings is to present both the universe and preliminary alternatives for the BHE study area. The BHE study area begins at Loop 375 (Americas Avenue) near the Zaragoza International Port of Entry (POE) and extends approximately 20 miles southeast to the Fabens International POE (future Tornillo-Guadalupe International POE). In addition, IH-10 and the Rio Grande serve as east and west boundaries respectively.

The PEL process, initiated in May 2013, is ultimately intended to help identify the purpose and need for improvements, evaluation methodology, and conceptual alternatives or corridors to address the transportation needs in the study area. The PEL process follows current guidance for linking the transportation planning and National Environmental Policy Act (NEPA) processes. In accordance with federal guidance and regulations, information and products developed in highway planning phases are authorized to be integrated into future Federal Highway Administration (FHWA) NEPA evaluations.

All interested individuals are encouraged to attend one of the public meetings to discuss the BHE Study. Comment forms will be available at the public meetings for individuals wishing to provide input. Public meeting materials will also be available on the TxDOT website at www.txdot.gov, keyword: *Border Highway East*.

Written comments about the study may be emailed to info@borderhighwayeast.com, or mailed to TxDOT-El Paso District, Attn: Gus Sanchez, RE: BHE Study, 13301 Gateway Boulevard West; El Paso, Texas 79928. Comments must be hand-delivered or postmarked on or before Monday, March 17, 2014.

The public meetings will be held in open house format and the same material will be presented at both meetings in English and Spanish. Spanish-speaking team members will be available at the open houses to assist with translation needs. If you have any questions, require other communication needs or special accommodations please call Blanca Del Valle, TxDOT Public Information Officer, at 915-790-4200 at least two business days prior to a meeting to request assistance. TxDOT will make every reasonable effort to accommodate these needs.

Briefs

From Page 1

the inception of this partnership three years ago, the EPCC-EMSP has graduated 91 El Paso Fire Department Paramedics. This innovative and accelerated academic program is offered five days a week, from 8 a.m. to 5 p.m., to complete 1,200 hours of instruction (42 credit hours) in just over seven months. The program resulted in more than a 90% increase in students completing Paramedic Training, and this percentage demonstrates student completion and success.

– Jim Heiney

Crime Stoppers

Two trailers have been stolen from a Mission Valley Industrial area within a matter of days. Detectives from the El Paso Police Department’s Mission Valley Regional Command Center are asking for the public’s assistance in identifying the suspects through the Crime Stoppers, “Crime of the Week.” The first theft occurred between Friday, Jan. 24, 2014 and Monday, Jan. 27, 2014 at the Quality Fork Lift Company located at 1017 Wall Street. In this case the suspects cut a lock to open a gate to the business. Once inside of the property, the suspected located a Hughes Tire Press Flat Bed trailer containing various tools and equipment. The suspects managed to tow the trailer out of the business and fled the scene with the stolen trailer. The second theft took place just days later at a neighboring business between Tuesday the 28 of January and Wednesday the 29. This other incident took place at the Terminix business located at 1015 Wall Street. Like in the first case the suspects cut a lock to open a fence to the property and located a flatbed trailer containing various tools and equipment. The trailer that was stolen from Terminix was located days later on Thursday, Jan. 30 in parking lot of the Fuddruckers restaurant located at 7900 Gateway East. Anyone with any information on the identity of the persons involved in these thefts are 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). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

Archives: www.wtxcc.com

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CryptoQuip

Answer

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New museum exhibit celebrates UTEP’s Centennial

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – To commemorate the University of Texas at El Paso’s (UTEP) 100th anniversary – originally called the Texas School of Mines and founded in 1914 – the public is invited to the opening ceremony for the unveiling of El Paso Museum of History’s new exhibit, entitled *The Fifth Wall of Giants: UTEP Centennial Celebration, From Mines to Minds*.

To inaugurate the latest Wall of Giants exhibit, a ribbon cutting ceremony will be performed by UTEP President Dr. Diana Natalicio and City of El Paso Mayor Oscar Leeser. The free event will be held from 4 to 9 p.m., Saturday, February 22, at the museum (501 N. Santa Fe Street).

The Wall of Giants exhibit is one of the museum’s on-going displays that recognize individuals and organizations that have helped shape El Paso’s history.

The celebration will include a party in the museum’s patio with live music by pop-rock band Litio, from 5-9 p.m., performances by the UTEP Cheerleaders, Goldiggers, and the Shundo Dance Studio.



– Photo courtesy Canutillo ISD

Alderete MS backs UTEP’S Centennial

100 Canutillo ISD students at Alderete Middle School have “Orange Fever”... and it’s not just because the school colors are orange and silver. This time around, the AMS Eagles are proud of the University of Texas at El Paso for celebrating its centennial this year. To celebrate, the students and staff members donned their best UTEP Miners gear and threw up their picks – the traditional hand gesture that Miner fans use at sporting and spirit events – to take a large-scale picture to share with the Canutillo ISD and the UTEP communities. A copy of the picture was used on the official UTEP Centennial Blog as an example of how schools are helping UTEP celebrate its 100th birthday.

– Gustavo Reveles Acosta

UTEP mascot PayDirt Pete and the city’s Amigo Man will also join the festivities.

“We honor UTEP as an El Paso Giant for recognizing that every student deserves the opportunity to pursue his or her individual desires to learn,” stated a museum representative. “UTEP offers all residents of our border region an affordable education

at what is rapidly becoming a first class research institution. UTEP is a Giant which will continue to grow in size and strength for, and with the help of, the El Paso community,” the representative added.

For more information and to RSVP, call Marilú Valenzuela Alemán, at 915-351-3588 or send email to alemanmg@elpasotexas.gov.



– Image courtesy of El Paso Museum of History

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El Paso Marathon runners can qualify for Boston Marathon

By Steve Escajeda
Special to the Courier

This Sunday the annual El Paso Marathon will be held and many of the elite runners from the area and around the country will take on the 26-mile course.

Along with the great feeling of finishing the race and possibly winning some medals, another perk comes along with an impressive showing at the event.

The El Paso Marathon is a qualifying race for the prestigious Boston Marathon.

And many El Pasoans have made the trek to Boston a year after qualifying locally.

One can only imagine the thrill and anticipation that swells up inside as the time gets closer to actually starting the historic race in that sea of humanity.

But there are times in life when the athletic side of an event pales in comparison to the human side.

This year’s El Paso race has taken on a greater significance, especially for those who qualified for last year’s Boston Marathon.

Everyone remembers what happened last year near the finish line in Boston.

The contingent of local runners who were there at the time of the terrorist bombings will never forget it.

Many of the El Paso runners were sitting together at an outdoor café about two blocks from the finish line when the explosions occurred.

Trying to rationalize the blasts, at first they thought it was some kind of salute to the military personnel who were participating in the race. Some thought maybe a transformer had blown.

They quickly began to realize that the loud military salute at that time in the race didn’t make much sense but the idea that it was anything more sinister didn’t even register in their thought process.

How could it? Maybe in some other part of the world that kind of thing could happen but not in the United States.

Of course once they heard the sirens and saw the emergency vehicles, their worst dreams were realized.

It’s natural to believe that an experience like that might cause someone a little trepidation

before doing it all over again.

But that’s not the case at all.

One of the local runners that was at last year’s Boston Marathon says he immediately decided then and there that he would come back this year.

He said he had to go back because the Boston Marathon has to continue. He said he felt like he owed it to the people who died and were injured in the blasts.

He will be running in Boston this year as will many other Americans who will have the same feeling of obligation and defiance for anyone who is foolish enough to believe they can break the human spirit.

But the terrorists’ act of cowardess did take its toll on some runners.

One female who was also there last year said she was concerned about running in future large-scale marathons – not for herself, but for her loved ones.

She said she ran the 2009 Boston Marathon and her family cheering section spent their time standing in almost the exact place where the first bomb went off a year ago.

She said she’d rather her family not go

because of the potential dangers. But if they did go she would not want them to stand anywhere near the finish line.

It goes without saying how incredibly sad it is to have to worry about such dangerous things at an event that encourages runners from all over the world to unite for a common goal.

The common goal of friendly competition brings people together who would otherwise never meet one another.

Just ask any teenager today what they think of kids their age anywhere else in the world. Because of technology that let’s them interact with others around the world instantaneously, they don’t have the hatred and mistrust their parents did.

Why? Because they’ve spoken to one another. And when people around the world meet each other, they quickly realize that we are virtually all the same.

The vast majority of the runners in El Paso this Sunday will run their race and feel satisfied with their accomplishment.

But for a very few, the real goal is to get back to Boston and have a chance to pay tribute to all those who suffered a year ago.

A sporting view By Mark Vasto

OK, you’re gay

In 1990, Joann Sam gave birth to her seventh child with husband Michael. The child was her fifth son, whom she named Michael Jr. She would go on to have another child, but it would wrong to say that they were just one big happy family.

He was born in Galveston County, Texas, and he grew up in the hardscrabble town of Hitchcock, a place on the rail line that was so

infested with bugs in the ‘30s, it was almost wiped off the map. It would take a war and the anti-aircraft artillery factories to bring it back online. Today, nearly 20 percent of the population lives in poverty.

At the time Michael Sam joined the Missouri Tigers as a redshirt freshman, it might have been a stretch to assume that one day he

would walk off the field a consensus All-American, hold multiple school records and challenge for a national championship. For a pivotal moment, you might go back to August 2013 during training camp, when Michael Sam stood before the entire Tigers team with a piece of paper in his hand... here was a guy that had something to say.

By this time in his life, Michael Sam had seen a lot of things. He had been traveling with football teams since the eighth grade, when he got his start as a water boy. He had seen his older brother die of

a gunshot wound. He saw two of his brothers sentenced to prison. Another brother, Sam hasn’t seen since he was 8 years old... the brother is still listed as “missing” to this day.

But whatever he said must have made a great impact, because Missouri went on to go 12-2, winning games that they were never supposed to win in just their second season in the dominant SEC. They weren’t in Kansas anymore... they were at Texas A&M and Auburn, and they almost won the championship. The team rolled the opposition, and on defense they were lead by Sam, who set school records for sacks (11 1/2) and recorded 19 tackles for a loss. Sam was the defensive player of the year.

innocuous quote from a long forgotten football coach. Maybe it was a story about the troubles he had as a kid, the racial taunts he surely endured, the pain he felt losing his brothers. Or maybe what he had written would have made zero difference. Maybe the Missouri program, being a mature program stocked with winners and cultivating a winning mentality, would have practiced hard and executed on Saturdays.

Either way, we’ll never know what was written on the piece of paper because Sam never read it. He crumpled it up and decided to just be honest and speak from the heart.

“I’m gay.”

Now, what say you?

Maybe what he held in his hand were words to an inspirational tome or song lyric or some

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

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Comix

OUT ON A LIMB By Gary Kopervas



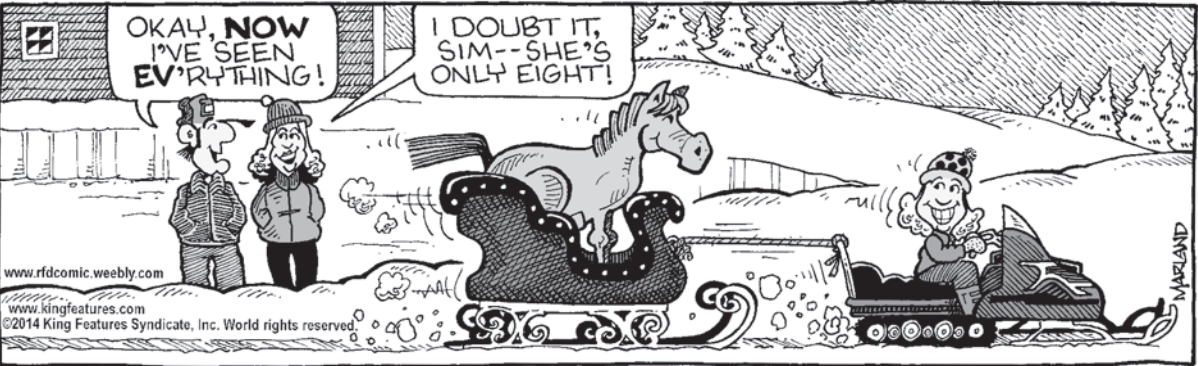
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Paul G. Donahue, M.D.

DEAR DR. DONOHUE: For some reason, I have gotten into the habit of checking my pulse when I walk or when I sit. While I watch TV, my pulse is about 100. Isn't that way too fast? – C.K.

Pulse and heartbeat are one and the same. When the heart ejects blood, a pressure pulse is created in the all the body's arteries. You can feel the pulse beat in the neck, the ankle or the thumb side of the wrist.

A normal pulse rate (heartbeat) is 60 to 100 times a minute. Your 100 is normal, but at the high end of normal.

Since you have no symptoms, you don't have to rush to see a doctor. But at your next exam, mention your high pulse rate. The doctor can judge if conditions that lead to a fast heartbeat need to be investigated. An overactive thyroid gland and anemia are two such conditions.

The booklet on heartbeat irregularities explains the heart's many rhythm problems. Atrial fibrillation is the chief one. You do not have it. Readers can obtain a copy by writing: Dr. Donohue – No. 107W, 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: I do hope you will be able to reply to my question. It is something that quite upsets me. My granddaughter had a tattoo put on her arm from shoulder to elbow. Why she ever did this is beyond me. She is to be married next September. She is trying to cover the tattoo with makeup so it won't be seen. Is it possible to have it removed? Do plastic surgeons take these things off? – C.G.

People mulling over the wisdom of a tattoo should consider it like

they would a diamond—something that lasts forever. It could make them pause.

Yes, tattoos can be removed with lasers. Treatment is expensive, time-consuming and sometimes cannot get rid of all traces of the tattoo. It depends on the pigment used, but lasers do a pretty good job. Work is under way for the development of pigments that are more readily erased.

Plastic surgeons, dermatologists and other doctors are adept at removing tattoos.

Older treatments, still used from time to time, include cutting out the skin (done with small tattoos) or abrading the tattoo, similar to abrading acne scars.

DEAR DR. DONOHUE: What can I do to get rid of a carbuncle? I have had it for four months. – M.G.

Carbuncles are huge boils that penetrate more deeply than do boils. They have to be opened and drained of the pus within them. Antibiotics generally are prescribed, too.

Often, the antibiotic chosen has to be one that's effective against MRSA (methicillin-resistant Staph aureus, pronounced "mersa"). MRSA is one of the new supergerms that are touched only by a few, rarely prescribed antibiotics. Carbuncles are found most often on the neck, back, thighs and buttocks. You must have a doctor treat them. You're not going to meet with success on your own.

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

DAD'S ACTING GENE ACROSS

- 1 Measure that led to a 1773 Boston Harbor "party"
- 7 Battery ends
- 13 Five o'clock _
- 19 Medicine vial
- 20 Quick reviews
- 21 Finished
- 22 "Spartacus"; "Wall Street"
- 25 Music producer Brian
- 26 King, in Lyon
- 27 _ de mer
- 28 Duplicity
- 29 "The Defiant Ones"; "Halloween"
- 37 "... I've been told"
- 38 At a reduced price
- 39 Skimpy swimwear brand
- 40 UV part
- 44 See 17-Down
- 47 Fawn, e.g.
- 48 "On Golden Pond"; "Klute"
- 56 Tarnish
- 57 Adam named her
- 58 Noted period
- 59 Sci-fi vehicles
- 60 Active sort
- 61 Conniving
- 62 Egoist's love
- 64 Prepare for publication
- 65 Muppet frog
- 67 "Hot Shots!"; "The Fabulous Baker Boys"
- 74 Corporate shake-ups, briefly
- 75 Runtish
- 76 False god
- 78 Cpl. outranker
- 81 French for "mine"
- 82 Where dawn arises
- 83 Gave nutrients to
- 86 Prefix meaning "equal"
- 87 College in Cedar Rapids, Iowa
- 88 "Love Story"; "Little Darlings"
- 92 Ladder unit
- 94 Actress Mazar
- 95 Weed-B-Gon maker
- 96 Repetitive response to "Who wants ice cream?"
- 99 Othello's lieutenant
- 103 "... corn, _ don't care"
- 107 "Badlands"; "Platoon"
- 113 Smart_ (wise guys)
- 114 Sort
- 115 Stop on a bus rte.
- 116 Tax return pro
- 117 "Chinatown"; "Prizzi's Honor"
- 124 Very disorderly
- 125 Fighting _ (Big Ten team)
- 126 Drill directive
- 127 Glittery tree

- decoration
- 128 Latino corner store
- 129 Easier to see

DOWN

- 1 Develop a liking for
- 2 One-sharp musical key
- 3 Spill catchers
- 4 Black-and-white seabird
- 5 Bow of film
- 6 Mortise insertion
- 7 Ulna's place
- 8 _ Marcus (retailer)
- 9 _ razor ("keep it simple" rule)
- 10 Mexican flower
- 11 MPG org.
- 12 180 degrees from NNW
- 13 Emotion-hiding sorts
- 14 Come to a stop
- 15 Made mad
- 16 Marina _ Rey
- 17 With 44-Across, just for fun
- 18 Sentence units: Abbr.
- 21 Together, musically
- 23 Executed
- 24 Size up from med.
- 30 BYOB part
- 31 Steinbeck's Tom
- 32 Model
- Macpherson and

- others
- 33 Foliage bit
- 34 Bursts (with)
- 35 Exemplar
- 36 Apologetic
- 41 Caustic stuff in Drano
- 42 Road gunk
- 43 Cellular stuff
- 45 Passed on a bicycle, say
- 46 Big name in soup mixes
- 48 "... So Shy"
- 49 Motorcyclist
- Knieval
- 50 Carter of sitcomdom
- 51 Naomi and Wynonna
- 52 Tell _ (lie)
- 53 Journalist's tablet
- 54 Moore of film
- 55 Parched
- 63 All _ naught
- 64 Turbine, e.g.
- 65 Kinte of "Roots"
- 66 _ Friday's
- 68 2012, e.g.
- 69 "I'll _ best!"
- 70 On _ to nowhere
- 71 Vienna loc.
- 72 Sedgwick of Warhol films
- 73 Sammy of baseball
- 77 Texter's titter
- 78 Theater curtain fabric
- 79 Cheese type

- 80 Choir part
- 82 Huge 1940s computer
- 83 Hide hair
- 84 Pro at giving first aid
- 85 Oaf's cry
- 89 Run before E
- 90 Saw or ax
- 91 Actor Wyle
- 93 Popular 1980s jeans
- 97 Grow wider
- 98 Common soccer score
- 100 Sword go-with
- 101 _ Mae (loan company)
- 102 Miffing
- 104 It lures bees
- 105 Unthrone
- 106 More asinine
- 108 Electrically adaptable
- 109 Hush-hush govt. org.
- 110 "This _ stickup!"
- 111 _ Frome
- 112 Fry quickly
- 117 RR crossing
- 118 "... get it now!"
- 119 Solo of "Star Wars"
- 120 Point on a pen
- 121 "I'm Real" singer, for short
- 122 Espionage gp.
- 123 Salty body

Answer Page 4

1	2	3	4	5	6		7	8	9	10	11	12		13	14	15	16	17	18	
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MOORE TEXAS

by Roger Todd Moore

Our thoughtful Texas Legislature passed a law that prohibits swords or spears being brought into the voting booth.



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!

		×		÷		10
×			+		+	
	×			+		11
-			-		÷	
	+			÷		6
2		1		5		

1 2 3 4 4 5 6 7 8

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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: How do I know if I have worked long enough – to qualify for Social Security disability benefits?

A: You must have worked long enough – and recently enough – under Social Security to qualify for disability benefits. Social Security work credits are based on your total yearly wages or self-employment income. You can earn up to four credits each year. The amount needed for a credit changes from year to year. In 2013, for example, you earn one credit for each \$1,160 of wages or self-employment income. When you have earned \$4,640, you’ve earned your four credits for the year. The number of work credits you need to qualify for disability benefits depends on your age when you become disabled. Generally, you need 40 credits, 20 of which you earned in the last 10 years, ending with the year you become disabled. However, younger workers may qualify with fewer credits. To learn more, see our *Disability Planner* at www.socialsecurity.gov/dibplan/dqualify3.htm.

Q: Can I receive Social Security benefits and Supplemental Security Income (SSI) benefits at the same time?

A: You may be able to receive SSI in addition to monthly Social

Security benefits if your Social Security benefit is low enough for you to qualify for SSI. Whether you can get SSI depends on your income and resources (the things you own). If you have low income and few resources, you may be able to supplement your Social Security benefit with an SSI payment. You can find out more about SSI by going to www.socialsecurity.gov and selecting the “SSI” tab at the top of the page.

Q: My spouse and I are both entitled to our own Social Security benefits. Will Social Security reduce our combined benefits because we are married?

A: No. When each member of a married couple works in employment covered under Social Security and both meet all other eligibility requirements to receive retirement benefits, we calculate their lifetime earnings independently to determine their benefit amounts. Therefore, each spouse receives a monthly benefit amount based on his or her own earnings. If one spouse earned low wages or did not earn enough Social Security credits (40) to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse. To learn more about retirement, visit www.socialsecurity.gov/retirement.

[socialsecurity.gov/retirement](http://www.socialsecurity.gov/retirement).

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 Democratic governor and presidential hopeful Adlai Stevenson who made the following sage observation: “A free society is a place where it’s safe to be unpopular.”

• Those who study such things claim that 75 percent of people who deliberately choose to buy a kosher product are not, in fact, Jewish.

• Smart idea: Some fitness centers are now using the energy that clients expend on its exercise bikes to power the building’s lighting.

• You might not have heard of American inventor Walter Hunt, but he came up with the ideas for an ice plough, a streetcar bell, an early version of the repeating rifle, artificial stone, the lockstitch sewing machine and a nail-making machine, among other things. One of his smallest and most useful inventions was the safety pin. In the mid-1800s, Hunt owed a friend \$15. In order to come up with the cash to settle the debt, he decided to invent something. He picked up an 8-inch piece of brass wire he had on hand and made a coil in the middle of it, creating the spring action to open it. He then devised a clasp at one end to shield the user from the sharp point. After the device was patented in 1849, Hunt sold the patent to W.R. Grace and Company for \$400, leaving himself with \$385 after he paid the initial \$15 debt. Incidentally, W.R. Grace and Company made millions of dollars from sales of the safety pin.

• Are you afraid of rattlesnakes? Keep in mind that the venom of a black widow spider is 15 times more deadly than that of the rattler.

• Domestic diva Martha Stewart has been struck by lightning three times.

Thought for the Day: “The luck of having talent is not enough; one must also have a talent for luck.”

– Hector Berlioz

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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: J equals E

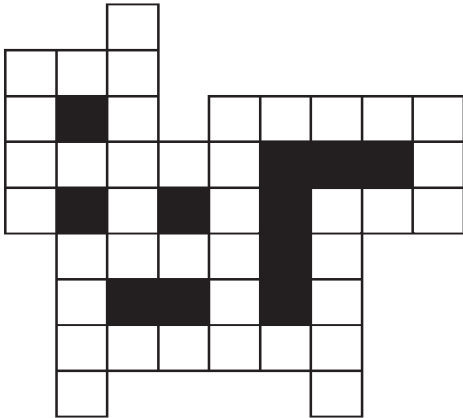
EQJP W GJKKCE CG BJFVWP
OJNHJPU YN YPHFJOYSKA QRBJ,
VWASJ QJ’O SJ HWKKJO W
UYUWPYH UJRUCPYH.

Answer Page 4

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ATT
ZATNAS
RHEZT
♥ERTA
♥RETOSH
ITZ
♥ALTE
GITEN
TRO
EERHOT
♥SESRT
♥ELZA



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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