



NEWSBRIEFS

Digital Wall

El Paso Museum of History (510 N. Santa Fe St.) is eliciting name suggestions for its highly anticipated TouchCity 3-D digital wall. The name should be catchy, simple, easy to remember, and should reflect El Paso region's culture. The public is invited to participate. The digital wall is scheduled to be debuted in December. El Paso's downtown digital wall will be the second in the world, the first one is in Copenhagen, Denmark, but the El Paso's digital wall will be bigger, according to museum officials. Name entries for the TouchCity 3-D digital wall may be emailed to Marilú Valenzuela Alemán at alemanmg@elpasotexas.gov or call 915-351-3588.

— Alfredo Vasquez

San Eli tour

The San Elizario Historic Cultural District will present two free guided walking tours of the Nationally recognized Historic District on the 4th Sunday each month. The next tour is Sunday, March 23, 2014. Tour times are at noon and 3 p.m. Participants are asked to gather at the Main Street Mercantile 15 minutes prior to the tour. The tour takes approximately one hour and a half. This is a slow paced walking tour. Learn about the 18 historic sites of San Elizario, the arrival of Don Juan de Oñate to the area in 1598 and the 'Birthplace of the American Southwest', learn about the Presidio de San Elizario and the San Elcario Chapel. You will learn about the Apache Peace Camp, the visit by infamous William H. Bonney (Billy the Kid) and the long remembered Salt War of 1877. Visit the Veterans Memorial Museum (Eduardo M. Pedregon Museum) and the Veterans Walk and the Los Portales Museum. Stroll the original Camino Real and don't forget your camera.

— Al Borrego

Crime Stoppers

Stolen credit cards, are used to buy several hundreds of dollars, worth of items at various stores in East El Paso. The suspects that are believed to have been involved were captured on video using the credit cards. Detectives from the El Paso Police Department are asking for the public's help in identifying those involved through the Crime Stoppers "Crime of the Week." On February 10th 2014, the victim discovered that her credit cards had been used from January 25th to the 26th and that they were missing. The suspects



You know him?

See BRIEFS, Page 3

Never neglect the opportunity of keeping your mouth shut.

— Quips & Quotes



— Photo courtesy of the El Paso Museum of Archaeology

FLOWERS EVERYWHERE – Photo above was taken near the El Paso Museum of Archaeology and shows the blanket of the Mexican gold poppies that covers the Franklin Mountains slopes during spring. The museum is host to the annual Poppies Fest. During the event, a new documentary, *Conserving Castner Range*, will be debuted by the Frontera Land Alliance and the Franklin Mountains Wilderness Coalition. The short TV documentary was produced and directed by El Paso filmmaker Jackson Polk of Capstone Productions. The documentary will run continuously during the festival in the auditorium of the archaeology museum.

Franklin Mountains Poppies Fest set for March 29

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Eighth Annual Franklin Mountains Poppies Fest on Castner Range will take place on Saturday, March 29, from 11:00 a.m. to 3:00 p.m., at the El Paso Museum of Archaeology (4301 Transmountain Road).

The Poppies Fest Committee said that the event celebrates the breathtaking open space in Northeast El Paso where the 15 acre grounds of the El Paso Museum of Archaeology are surrounded by the more than 7000-acre Castner Range, a former artillery range known for its unique cultural, geologic and biologic features. And, when the rain and weather cooperate, it is the site of a beautiful and vast display of Mexican Gold Poppies in

the spring.

The free family fun day will feature a program of nature walks, educational exhibits, and demonstrations by local environmental organizations. The event will also highlight some of the wildlife that inhabits the Chihuahuan Desert including a real wolf from the Wild Spirit Wolf Sanctuary and Houdini the Harris Hawk from the El Paso Zoo.

Additionally, a children's activity center will offer a variety of arts and crafts led by local community members such as the Girl Scouts. Local performing groups will provide music and dance, and local vendors will offer original and hand-made merchandise for sale. Food vendors will also sell lunch and snacks during the event.

The fest will feature music and dance groups every 30 minutes including the Corpus Christi Catholic Church Aztec Dance Group, Papaya Riot, Danza La Palma y Los Listones de San Pedro y San Pablo, Ballet Folklórico Toltec de La Fe, Femmes de Fuego (Fire Dancing), and Casa Puente.

"The Poppies Fest is an opportunity to enjoy our beautiful outdoors while learning about what our mountains and desert have to offer," stated Marilyn Guida, education curator for the El Paso Museum of Archaeology. She said that the museum's Chihuahuan Desert Gardens boast examples of more than 200 native plants and Franklin Mountains State Park offers trails for hiking and bicycling, camping, day use, environmental education programs and other festivals, such as the Chihuahuan Desert Fiesta that is held in the fall.

For the Saturday festivities, free parking will be provided by the City of El Paso Museums and Cultural Affairs Department (MCAD). The off-site parking service will use

Canutillo educators, parent recognized at BEEMS conference

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – Two Canutillo Independent School District educators and

a District parent and tutor received the top three awards during this year's Bilingual Education Emphasizing Multicultural Settings (BEEMS) Conference at the University of Texas at El Paso (UTEP).

During a ceremony on the UTEP campus over the weekend, BEEMS organizers recognized all three CISD representatives. The recipients are:

- Canutillo Middle School Assistant Principal Bibiano Maldonado, BEEMS Administrator of the Year Award;
- Canutillo Elementary School Fourth Grade Teacher Carlos Aceves, BEEMS Teacher of the Year Award; and
- Alderete Middle School Parent/Tutor Joan Guerin Lavis, BEEMS Advocate of the Year Award.



— Photo courtesy Canutillo ISD

RECOGNITION – From left, Martiza Garcia, CISD Director of Academic Language Services; Carlos Aceves, Canutillo Elementary Teacher; and Joan Guerin Lavis, Alderete Middle parent all received awards at this year's BEEMS Conference.

Canutillo Middle School Principal Dr. Monica Reyes

See BEEMS, Page 2

See POPPIES, Page 5

Veterans Post

By Freddy Groves

Prescription drugs by mail from the VA

You can get your prescription drugs from the Department of Veterans Affairs by mail. That’s good... and bad.

The good news: A recent study by J.D. Powers gives the VA outpatient pharmacy the highest score for customer satisfaction. The VA scored 871 out of 1,000 points for pricing, order process and customer service. The VA also made the top scores in 2010, 2011 and 2012.

Clearly, getting your medications from the VA’s mail-order services can be a positive experience.

But not always.

The bad news: Your order isn’t as secure as stepping down the street to your local pharmacy or picking up your drugs right at the VA.

A UPS driver in Maine is going to jail for taking oxycodone drugs sent from the VA’s mail order program.

A fast search of Google found far too many cases of veterans’ mailed drugs being stolen around the country. In one case, a postal worker was both stealing and

selling the drugs on the mail route. In Chattanooga, Tenn., a postal worker who also is a veteran on medication said his drugs, sent monthly, had been disappearing right out of the post office where he works. In Indianapolis, a postal worker was nabbed for taking drugs out of 17 packages in the VA mail-order program. In another case, a 24-year employee of the post office stole more than 2,000 pills destined for veterans.

The Maine UPS driver was caught, literally, blue-handed. Authorities had put a blue dye pack in the package, which exploded in his face when he opened it. He was taking the drugs when agents came through the door.

If you get your medications by mail, you can now track them. Go online to MyHealtheVet web portal.

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.

BEEMS

From Page 1

was also recognized as one of the top three outstanding BEEMS administrators in the region.

The BEEMS Conference brings together educators, parents and policymakers from throughout the state to discuss and share ideas on effective ways to teach students English acquisition at a global scale.

Award recipients were selected for their continued support to

dual-language education and the provision of top-level educational opportunities to students learning English as their second language.

“Canutillo has been a leader in dual-language education for years and our educators show a level of commitment to our students that I feel is unmatched,” said Dr. Maritza Garcia, CISD Director of Academic Language Services. “Mr. Maldonado, Mr. Aceves and Ms. Lavis are proof positive of the wonderful things that are happening in Canutillo to guarantee that all students have an opportunity to succeed.”

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Finances

By Jason Alderman

New mortgage rules protect against risky loans

Good news for people shopping for a mortgage – and for current homeowners facing foreclosure because they can no longer afford their home loan: New mortgage regulations drafted by the Consumer Financial Protection Bureau recently took effect and they provide a slew of new rights and protections for consumers.

One of the cornerstones of the new mortgage rules is that lenders now are required to evaluate whether borrowers can afford to repay a mortgage over the long term – that is, after the initial teaser rate has expired. Otherwise, the loan won’t be considered what’s now referred to as a “qualified mortgage.”

Qualified mortgages are designed to help protect consumers from the kinds of risky loans that brought the housing market to its knees back in 2008. But obtaining that designation is also important to lenders because it will help protect them from lawsuits by borrowers who later prove unable to pay off their loans.

Under the new ability-to-pay rules, lenders now must assess – and document – multiple components of the borrower’s financial state before offering a mortgage, including the borrower’s income, savings and other assets, debt, employment status and credit history, as well as other anticipated mortgage-related costs.

Qualified mortgages must meet the following guidelines:

- The term can’t be longer than 30 years.
- Interest-only, negative amortization and balloon-payment loans aren’t allowed.
- Loans over \$100,000 can’t have upfront points and fees that exceed 3 percent of the total loan amount.
- If the loan has an adjustable interest rate, the lender must ensure that the borrower qualifies at the fully indexed rate (the highest rate to which it might climb), versus the initial teaser rate.
- Generally, borrowers must have a total monthly debt-to-income ratio of 43 percent or less.
- Loans that are eligible to be bought, guaranteed or insured by government agencies like Fannie Mae, Freddie Mac and the Federal Housing Administration

are considered qualified mortgages until at least 2021, even if they don’t meet all QM requirements.

Lenders may still issue mortgages that aren’t qualified, provided they reasonably believe borrowers can repay – and have documentation to back up that assessment.

New, tougher regulations also apply to mortgage servicers – the companies responsible for collecting payments and managing customer service for the loan owners. For example, they now must:

- Send borrowers clear monthly statements that show how payments are being credited, including a breakdown of payments by principal, interest, fees and escrow.
- Fix mistakes and respond to borrower inquiries promptly.
- Credit payments on the date received.
- Provide early notice to borrowers with adjustable-rate mortgages when their rate is about to change.
- Contact most borrowers by the time they are 36 days late with their payment.
- Inform borrowers who fall behind on mortgage payments of all available alternatives to foreclosure (e.g., payment deferment or loan modification).

With limited exceptions, mortgage servicers now cannot: initiate foreclosures until borrowers are more than 120 days delinquent (allowing time to apply for a loan modification or other alternative); start foreclosure proceedings while also working with a homeowner who has already submitted a complete application for help; or hold a foreclosure sale until all other alternatives have been considered.

For more details on the new mortgage rules, visit www.consumerfinance.gov/mortgage.

Bottom line: You should never enter into a mortgage (or other loan) you can’t understand or afford. But it’s nice to know that stronger regulations are now in place to help prevent another housing meltdown.

Jason Alderman directs Visa’s financial education programs.



– Photo courtesy San Elizario ISD

JUMPING FOR A CAUSE – Alarcon PE coach Frank Flores and students raise big bucks for hearts.

Alarcon Elementary ropes in over \$2,000 jumping for American Heart Association

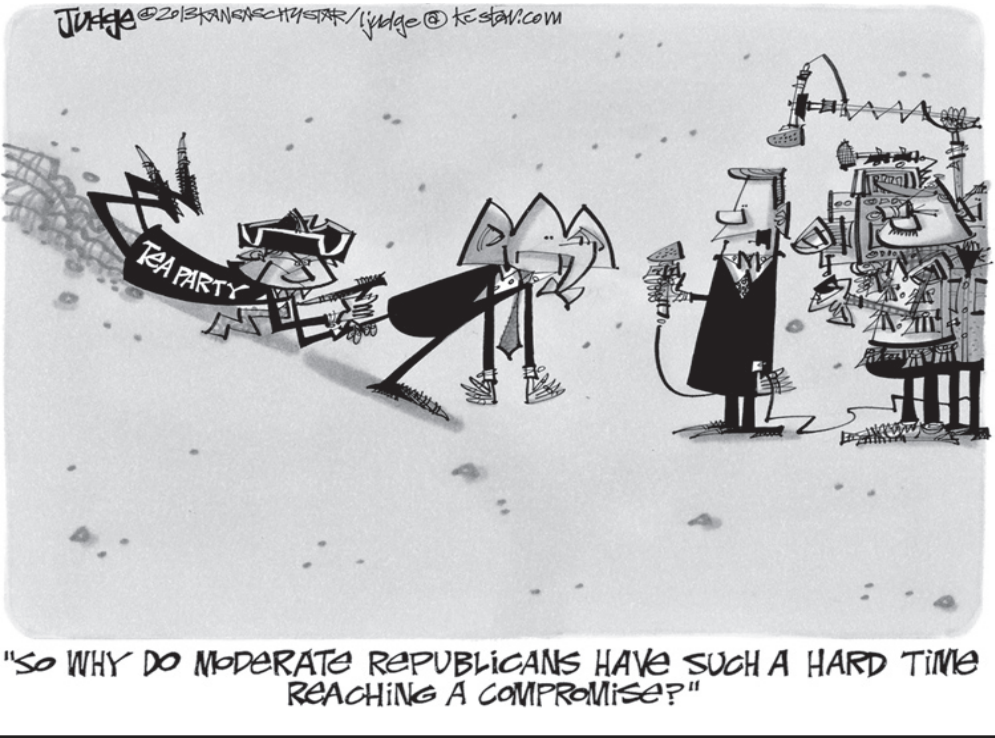
By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – Skipping, crisscrossing, and hopping with a partner, Alarcon Elementary School (AES) students showed off their jump rope skills and raised over \$2,000 for the American Heart Association. The campus in the San Elizario Independent School District held a Jump Rope for Heart event on February 27 concluding a month-long community service program led by physical education (PE) teacher Javier Bautista.

A total of 280 students in 1st through 6th grades participated in the event where they spent about an hour and a half learning different jump rope skills from PE coaches Juan Aguirre, Frank Flores and Bautista. Students raised at least \$5 each for the opportunity to participate in the Jump Rope for Heart event and received a

small prize. Bautista coordinated the fundraising campaign for the campus and had initially set a goal to raise \$500 since it was the first time the school had partnered with the American Heart Association. As of Thursday, February 27 coach Bautista had collected \$2,032, over four times the amount of donations he originally expected to raise.

According to Bautista, he was



Ryan dies at age 88

Mary Jane Ryan of Fabens, TX passed away peacefully on Saturday, March 8, 2014 at the age of 88.

She was born to Seth and Dorothy Duren, on October 6, 1925, in Archer City, TX where she was raised with her two sisters Adele and Francis Mae. After completing her bachelor’s degree at North Texas State University, she moved to Fabens where she met James “Jim” Ryan who would be the love of her life.

During a 40-plus-year tenure in the Fabens Independent School District she taught many subjects and grade levels. After retiring from a rewarding teaching career, she turned her attention to her other passions. She was a long time member and former president of the Paso Del Norte Porcelain Arts Club as well as a member of the El Paso Lower Valley Retired Teachers Association and the Rio Valley Woman’s Club.

She found joy attending church services on Sundays, attending the opera and theatre

with friends, and watching golf on television. An avid gardener, she would often be found tending to her rose bushes and ensuring the hummingbirds were well fed.

Mary Jane is preceded in passing by her parents Seth and Dorothy as well as her beloved husband Jim, her siblings Sonny, Adele and Francis Mae, her son Paul and granddaughter Carley Ann. She is survived by her sons and their spouses Joe, Denise, Seth, Mark, Sherry, Michael, Patti, David and Paul’s wife Kit. She had 12 grandchildren and 5 great-grandchildren.

Funeral Service will be held at First United Methodist Church of Fabens located at 201 Camp St. Fabens, TX at 10:30 a.m. on March 21 to be followed by a graveside service at Fort Bliss National Cemetery West Shelter located at 5200 Fred Wilson Ave. El Paso, TX at 1:00 p.m. In lieu of flowers, the family asks that contributions be made to the First United Methodist Church of Fabens, P.O. Box 416, Fabens, TX 79838.



Briefs

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involved used the credit cards at the Lowes Store located at 11950 Rojas, the Wal-Mart located at 12236 Montana, the Wal-Mart at 1551 Zaragoza, and the Autozone store located at 10290 Montana. It is believed that the credit cards were stolen sometime in the late afternoon of January 25th. Investigators know that someone knows who the individuals involved in this credit card abuse are. Anyone with any information on this case 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 a n d include the quotation marks) plus your tip information, and text it to CRIMES (274637).

You know her?

You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

Wanted

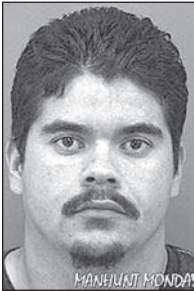
This week’s Manhunt Monday features two fugitives sought for vandalizing and burglarizing several vehicles in El Paso’s Upper Valley. The men are Marcos Fino and David Moises Gomez – both from El

Paso, Texas. Fino, 23, is 5’11” tall, weighs 230 pounds and has brown hair and eyes. Gomez, 24, is 5’7” tall and weighs 220 pounds. He has black hair and brown eyes. On February 4, 2014, Sheriff’s Deputies responded to Zebra’s Show Bar located at 7701 S. Desert in El Paso County, Texas in reference to a Criminal Mischief call. They discovered that several vehicles had been vandalized and burglarized in the parking lot.



Marcos Fino

Deputies met with witnesses who stated that two offenders, later identified as Fino and Gomez by using surveillance footage of the parking lot, had intentionally caused damage to multiple vehicles. Both men fled the scene in a Black Dodge Durango before Deputies arrived. Vehicles on scene had sustained several broken windows, body damage and were missing property from within. Charges have since been filed against the men. They are wanted for Criminal Mischief and Burglary of Vehicles. If anyone has seen or has any information on the whereabouts of Fino and Gomez they can contact Crime Stoppers at 566-TIPS (8477). Callers will remain anonymous and may be eligible for a reward if the information provided leads to the apprehension of Fino and Gomez.



David M. Gomez

– Javier Sambrano

Jumping

From Page 2

overwhelmed by the community support the school received for the fundraiser with many students and their parents far exceeding the initial \$5 donation, with teachers sponsoring students, and others just donating because they believed it was a great cause. Students were also excited to be jumping for kids to have healthy hearts since they had also watched videos of children whose lives had been impacted

by heart disease.

“The kids understand what this is for and something like this brings the whole school together,” Bautista added.

The Jump Rope for Heart event was just one activity that AES held to help spread awareness about heart disease and stroke among students, families and staff. The campus also dedicated time to teach students about heart health, diet and nutrition, and exercise. AES will also be receiving a \$100 gift card to US Games as a thank you gift from the American Heart Association that can be used to buy new PE equipment for the campus.

National monument designation sought for Organ Mountains-Desert Peaks

The boundary of the proposed monuments encompasses close to 600,000 acres

By Alfredo Vasquez
Special to the Courier

NEW MEXICO – El Paso area residents could have new national monument lands to explore just a short drive away, if a local

coalition’s efforts prove successful. There are presently 103 national monuments scattered throughout the country.

The coalition, headed by the Wilderness Society, is made up of sportsmen, Native Americans, business leaders, veterans, civic groups, current and former local elected

officials, archeologists, historians, and conservation organizations. Together, they are pushing for a national monument designation for southern New Mexico’s Camino Real trail and the Organ, Robledo, Uvas, and Potrillo Mountains- peaks that have looked over centuries of civilizations in what is now known as the Mesilla Valley.

Coalition proponents note that these sites possess an abundance of historical, cultural, environmental, and geological significance.

The granite pinnacles of the Organ Mountains watched over generations of Native Americans from the Jornada Culture (400 AD – 1400AD) and streams of Spanish settlers in the 1500 and 1600s. Their fresh springs offered precious water, and their rugged land sheltered game of all types. The tall, jagged mountains, known also as Sierra de Los Organos, are now the backdrop of today’s Las Cruces NM community, home to more than 100,000 residents and part of the state’s fastest growing region.

Northwest of Las Cruces lies the rugged canyons, arroyos, and distinct Chihuahuan Desert grasslands of the Sierra de Las Uvas Mountains and Broad Canyon’s panoramic scenery.

In the Robledo Mountains, pre-dinosaur footprints and a petrified-forest lie buried in the strata. Its twisting canyons conceal petroglyphs from three separate Native American cultures. Across the grasslands, stage and wagon tracks trace the Butterfield Stage route.

To the south one discovers lava flows, unique cinder-cone mountains, and a rugged landscape offering hundreds of thousands of acres of remote hunting and other recreational

opportunities. The area, which was once a practice ground for the Apollo astronauts, shelters quail, mountain lions, foxes, desert mule deer and javelinas.

Despite the unique wild lands, wildlife, and natural beauty, these lands are under constant threat from a wide range of modern-day activities, claim the coalition supporters. “From urban sprawl to potential mining for rare earth minerals; from proposals for energy development to an explosion of off-road vehicles, these lands are under siege and need the protection that only a National Monument can provide.”

The Wilderness Society and its partners have been working together for the past few years to garner the national monument recognition. Coalition supporters assert that protecting the Organ Mountains-Desert Peaks areas would preserve natural treasures and bring jobs and economic development to Southern New Mexico.

The designation, however, entails U.S. Congressional legislation. So, the coalition tried during previous congressional sessions to gain the national monument status. Measures to safeguard this area from development were introduced in the 111th and 112th Congresses.

The Organ Mountains-Dona Ana County Conservation and Protection Act (S. 1024) was first introduced into Congress in spring 2011. The joint bill proposed by New Mexico Senators Jeff Bingaman and Tom Udall would protect over 241,000 acres as wilderness and 159,550 acres as a National Conservation Area.

The legislation would have designated

See MONUMENT, Page 6

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Answer

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iron-ic sense of humor?

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– Photo courtesy of the El Paso Museum of Archaeology

GET CLOSE – Hikers and shutterbugs will be able to get a close view of the poppies.

Poppies

From Page 1

handicapped accessible shuttle buses to ferry visitors to the museum from 9:30 a.m. to 4:30 pm. The shuttle buses will be stationed at the EPCC Transmountain Campus (Diana exit off US 54). No public parking will be available at the museum.

The Poppies Fest Committee, in collaboration with the archaeology museum and MCAD, is still seeking donations to support the event and volunteers to assist in the various activities. Interested individuals

may contact Lisa Gutierrez at 915-269-1239 or send email to lisamarie177@juno.com.

Sponsors for the event are: Texas Parks and Wildlife/Franklin Mountains State Park, El Paso Community College, El Paso Times, El Paso Electric, Franklin Mountains Wilderness Coalition, El Paso Zoo, United Healthcare, Apache Barricade and Sign, West Valley Fire Department, The Wolf Lady, Northeast Rotary Club, City of El Paso Museums and Cultural Affairs Department, and El Paso Museum of Archaeology.

For more information, contact Guida, at 755-4332, or send email to guidamr@elpasotexas.gov.



– Photo Courtesy of El Paso Museum of History

FUN, FUN, FUN – Shown above are kids participating in last year’s El Paso Museum of History Downtown Kidspalooza activities.

Museum hosts downtown kidspalooza

By Alfredo Vasquez
Special to the Courier

El Paso Museum of History will host a Downtown Kidspalooza, from 11 a.m. to 4 p.m., Saturday, March 29, at the museum (510 N. Santa Fe Street). The event is free and open to the public.

The day-long festivities will offer free admission to all exhibitions, and hands-on activities will be provided including taking pictures with the museum’s mascot Mandy the Mule, making interactive take-home games, and creating animal masks and puppets. Also, magician The Amazing Adrian will perform in two shows, the first one is scheduled for 11:30 a.m. with the second one following at 1 p.m. Other activities planned for kids are ham radio demonstrations, face painting, and balloon animals’ display.

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

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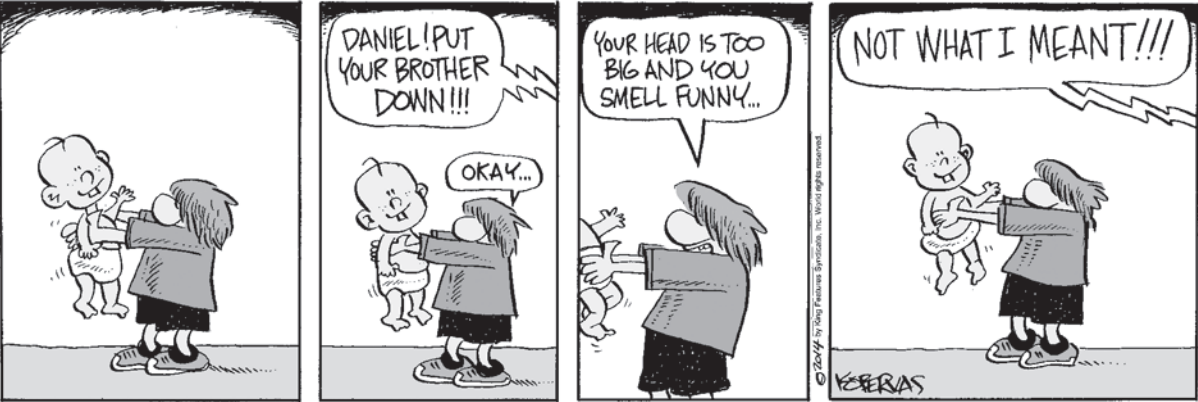
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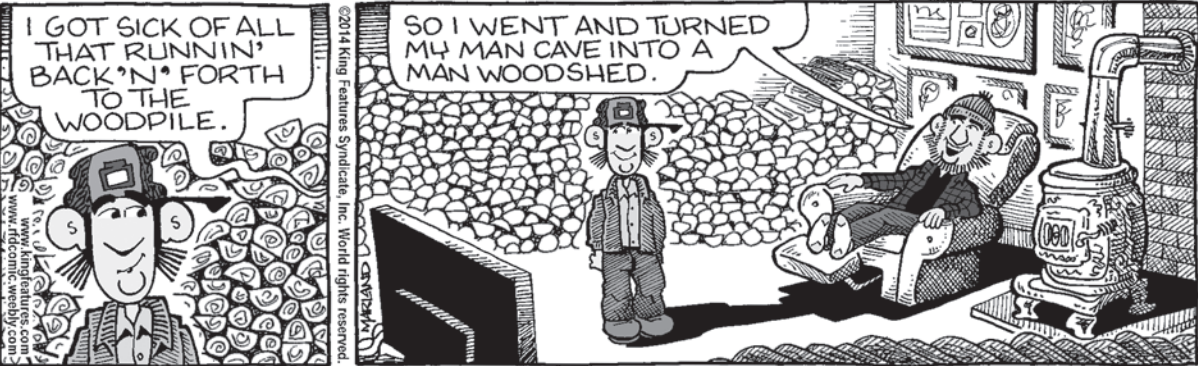
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Your good healthBy Paul G. Donahue, M.D.

DEAR DR. DONOHUE: I have tinnitus. It sounds like roaring in my head. I take gabapentin for it. Do you know of anything else for it? – E.A.

You have an affliction that would drive me crazy – tinnitus, a constant noise in one or both ears or the head that people describe in a variety of ways as ringing, whistling, buzzing, hissing or roaring. An estimate of the number of Americans suffering from tinnitus (TIN-uh-tiss or tuh-NITE-iss) is somewhere between 16 million and 60 million.

Tinnitus mostly happens to older people whose hearing is diminishing. Why tinnitus arises in them is explained by the fact that head noises are generated constantly. Outside noise entering the ears obliterates these internal noises. When deafness approaches, the volume of external noises greatly lessens, and the internal noises then become prominent and nerve-racking. If your hearing is growing dimmer, a hearing aid will help you hear more clearly and will dampen your tinnitus.

Other causes of tinnitus are as banal as a wax impaction in the eardrum, something easily taken care of by the family doctor. Drugs like aspirin and the nonsteroidal anti-inflammatory medicines (Aleve, Advil, Motrin) can bring on tinnitus if they are constantly used.

If a cause cannot be determined, then other approaches have to be taken. A bedside radio tuned to a station that plays the kind of music you like can reduce the volume of tinnitus. Nighttime is the worst time for it.

Tinnitus maskers, devices worn like a hearing aid, emit a constant sound that dulls tinnitus.

Do get in touch with the American Tinnitus Association. It will provide you with a wealth of information on tinnitus and its treatments. You can reach the association online at www.ata.org. If you don't have a computer,

surely a friend, neighbor or relative does and can hook you up with the association.

DEAR DR. DONOHUE: Please discuss liver cysts. Two CT scans, taken years apart, revealed two liver cysts. I was told not to be concerned. Should I be? – B.S.

Since scans have become so routinely a part of medical practice, liver cysts are seen quite frequently. Most liver cysts neither cause pain nor upset liver function. No one is sure why they form. Unless they are large or are causing symptoms, they can be left alone.

Trouble-making liver cysts do exist. Some parasite infections cause them. Those cysts almost always produce symptoms that call for treatment.

DEAR DR. DONOHUE: I recently read several articles about the use of food-grade hydrogen peroxide. I am interested in using it for prostate and urinary tract problems. Are there real benefits from it? – J.C.

Concentrations of 1.5 percent hydrogen peroxide are used by some as a mouthwash and at 1.5 percent to 3 percent as a wound cleaner. The same doses are used to remove wax from the ear canal.

I can't find any confirmation of the benefit of using food-grade hydrogen peroxide for prostate or urinary tract problems. I would not encourage you to use it. Food grade is a very high concentration.

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

FOR APARTMENT 5A
ACROSS
1 Nylon woven so that tears won't spread
8 Disputed Asian region
15 Arrive, as the naight
20 Before
21 Embrace, as a cause
22 Alkaline compound
23 1972 Glen Campbell hit
25 Starbucks menu item
26 Store safely
27 Supper crumb
28 Day, to José
29 Vented vociferously
30 Capital in the Andes
32 "Oh, woe is me!"
35 Be adjacent to
39 African outings
41 1999-2007 House speaker Dennis
42 Atlantic-Pacific linkup
44 Fed. loan agency for mom-and-pops
46 Bygone U.S. gas name

54 Light, playful passages
56 Lilted syllable
59 1993 Texas standoff city
61 Clothing edges
64 Actress who starred in "Alien vs. Predator"
66 Indifferent
68 Gens.' inferiors
70 URL opener
71 Politician Lott
72 "Adios!"
75 Labor Day's mo.
77 Hens 78-Across on them
78 Brood, with "on"
79 Utter vocally
81 A Disney princess
83 Cola, e.g.
84 Southern U.S. forage plants
87 Permeate with a spirit
90 Memo start
93 _-pah
94 Cry of magic
96 Lacking any luxury
99 Ring-shaped head ornament
100 Cages
101 California coastal city
104 Writer Seton
106 Dahl of film
107 Millions of years
108 Extra-big tub
109 Brief sleeps
113 Exhausting

114 Gomez's mother in an old sitcom
119 Slowly, to a conductor
120 Northern and southern lights
121 Disentangle
122 Hair lock
123 Trendy
124 Specialty brew

DOWN
1 Abbr. on a dashboard
2 Roth _ (bank plans)
3 Pub quantity
4 Arty NYC area
5 Dragged fishing net
6 Mel of the old Giants
7 D.C.'s river
8 Clark of the Daily Planet
9 Invite
10 Healthful resort
11 Accord and Civic
12 Part of MTV
13 Singer Chris
14 Apartment, e.g.: Abbr.
15 Soups' go-withs
16 Radiates
17 lotas
18 Crying
19 Can't help but
24 Yasir of the PLO
29 Stranded cell stuff
31 Bible book after Song of Solomon

32 Saudis, say
33 Purple bloomers
34 "I've got it!"
35 On-target
36 Sheep peep
37 Price per pound, e.g.
38 Certain plant anchor
40 Doña _ County, New Mexico
43 Travis Tritt's "Tell _ Was Dreaming"
44 Odors
45 Sodium _ (cleanser)
49 Bygone Iranian ruler
50 It's between fa and la
51 "Space _ a premium"
53 Decompose
55 Frank of satirical rock
56 17th-century London theatre
57 Pealed
58 Hill builders
59 Toddlers' cries
60 Jai _
62 Tiny country in Europe
63 Alpine event
65 Stuff oozing down a trunk
67 Burkina _
69 Blizzard fall
73 Street guide
74 Live-in nanny
76 Postwar pact

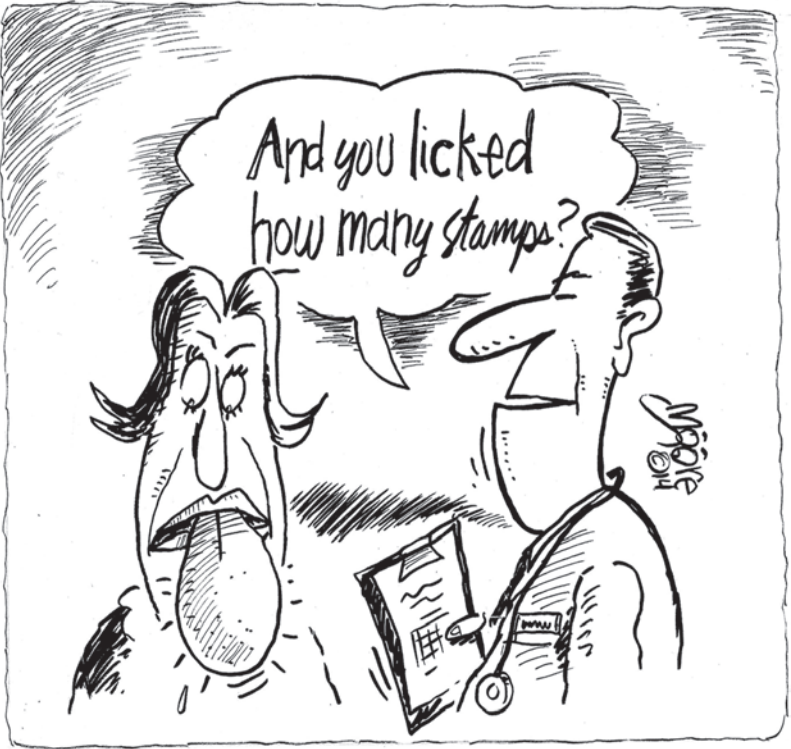
80 Winger or Messing
82 Neighbor of Ill. and Mich.
83 Omens
85 Missile path
86 Respectful deep bow
88 Caterer's dispenser
89 _ Vegas
90 Blitzkrieg
91 Less dense
92 Evidence of sunning
93 Off _ tangent
95 Mythical horse-man
97 "It takes two" dances
98 "Honest" Lincoln
99 Is unable to
102 Air anew
103 Sows' mates
105 Tennis great
Agassi
108 Ming piece
110 Very little, as of salve
111 Get concrete results on?
112 Peter Pan pursuer
114 Moo goo _ pan
115 Alcohol-free
116 Bad, to Henri
117 _ and all
118 Camera type, in brief

1	2	3	4	5	6	7		8	9	10	11	12	13	14		15	16	17	18	19
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113						114				115	116				117					118
119						120								121						
122						123								124						

MOORE TEXAS

by Roger Todd Moore

Postmistress Marene Johnson Johnson used 11,217 postage stamps in 7 years to create a large mural in the Eastland Texas post office called “Buffalo Hunt”. Must’ve had a tired tongue.



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.

	-		x		4
x		+		x	
	+		-		8
÷		÷		÷	
	-		-		3
2		2		5	

1 2 2 3 4 5 6 7 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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 apply for Social Security disability benefits?

A: There are two ways that you can apply for disability benefits. You can:

1. Apply online at www.socialsecurity.gov; or
2. Call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), to make an appointment to file a disability claim at your local Social Security office or to set up an appointment for someone to take your claim over the telephone. If you schedule an appointment, we will mail a *Disability Starter Kit* to you. The kit will help you get ready for your disability claim interview. If you are applying online or want to get started on the kit right away, it is available online at www.socialsecurity.gov/disability.

Q: Are Social Security numbers reassigned after a person dies?

A: No. We do not reassign Social Security numbers. In all, we have assigned more than 460 million Social Security numbers. Each year we assign about 5.5 million new numbers. There are over one billion combinations of the nine-digit Social Security number. As a result, the current system has enough new numbers to last for several more generations. For more information

about Social Security, visit our website at www.socialsecurity.gov.

Q: My doctor said he thinks I'm disabled. Who decides if I meet the requirements for Social Security disability benefits?

A: We first will review your application to make sure you meet some basic requirements for Social Security disability benefits, such as whether you worked enough years to qualify. Then we will send your application to the disability determination services office in your state, often called the “DDS” or “state agency.” Your state agency completes the disability decision for us. Doctors and disability specialists in the state agency ask your doctors for information about your condition. They consider all the facts in your case. They use the medical evidence from your doctors and hospitals, clinics, or institutions where you have been treated and all other information.

The state agency staff may need more medical information before they can decide if you are disabled. If more information is not available from your current medical sources, the state agency may ask you to go for a special examination. We prefer to ask your own doctor, but sometimes the exam may have to be done by someone else. Social Security will

pay for the exam and for some of the related travel costs. Learn more about disability benefits at www.socialsecurity.gov/disability.

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 nonviolent Indian activist Mahatma Gandhi who made the following sage observation: “First they ignore you, then they laugh at you, then they fight you, then you win.”

• Beloved children’s author Dr. Seuss had a hobby that few people were aware of: He collected hats.

• With the summer holidays approaching, you might want to keep in mind this tidbit: Every year, 75,000 stuffed animals are left behind in hotels. Be sure to check under the bed before you leave!

• It was long believed that a single piece of paper couldn’t be folded more than seven times, but in 2002, high-schooler Britney Gallivan disproved that notion. She ordered a 4,000-foot-long roll of toilet paper and, along with her family, headed to a shopping mall to try to break the seven-fold limit. After seven hours, she and her family had succeeded in folding the paper 12 times, putting an end to the myth.

• Ancient Mayan warriors were known to throw hornets’ nests at each other in battle.

• At some point you’ve almost certainly heard a coward described as “lily-livered,” but did you ever wonder where that expression came from? It was once believed that the seat of courage in the human body was the liver; therefore, someone who was timid presumably lacked blood in the liver, causing that organ to become white.

• If you’re like the average American, you spend 38 hours in traffic every year. If you live in Chicago, you’re stuck for 46 hours. If you’re unlucky enough to be driving in Los Angeles, you’ll be at the mercy of traffic for a whopping 72 hours every year.

Thought for the Day: “If you wish to make an apple pie truly from scratch, you must first invent the universe.”
– Carl Sagan

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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: T equals S

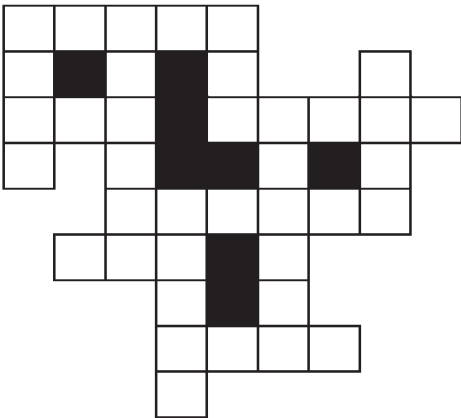
AB M UGKTD O PJD UKGTTGT
HDEK XRD LJGT SMWGT PKH
PATGXKMXWT, AT LJML MO
AKDO-AX TGOTG DB JESDK?

Answer Page 4

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DDI
ZENZOL
♥TANIP
♥ADLE
GARNEO
ZAD
DIPE
ENBOD
♥NBE
ZIDRAL
♥NODEZ
♥ETBA



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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