NEWSBRIEFS

Polo Real 2014
El Paso Museum of History Foundation announced recently that the Polo Real 2014 will be held Saturday, May 17, at the Rancho Santa Maria Polo Club in Anthony TX. The foundation will recognize Mr. and Mrs. Paul Foster during the celebration which will include a polo match, dinner, champagne, dancing, mariachis, and other entertainment. For additional information, contact Liz Uribe Sinclair, at (915) 850-5448 or Jim Murphy (915) 351-3588.

 Wanted (PIC)
A man is believed to be responsible for at least two armed robberies in El Paso’s eastside. The crimes were captured on video by security cameras, and Investigators from the Pebble Hills Regional Command Center are asking for the public’s assistance in identifying the suspect involved through the Crime Stoppers “Crime Spot.” One of the robberies took place on the night of Monday, March 24, 2014, just before 11 p.m. The suspect walked into the Seven Eleven store located 6680 Montana and, after a brief argument where the suspect pulled out a large knife and threatened the clerk, the suspect took money from the cash register and fled the scene. The second robbery was just hours later on Tuesday, March 25 at 3:05 a.m. This time the suspect went to the Seven Eleven store located 10026 Montana. The suspect purchased an energy drink and like in the previous case, as soon as the register opened the suspect produced a knife and threatened the clerk. The suspect took money from the register at this store as well and fled the scene. The suspect is described as a black male, in his 50s, about 6’6 in height, short hair. In the last case he was seen wearing a blue flannel shirt, blue denim jeans with holes and a dark colored knit beanie. Anyone with any information on the identity of this suspect is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppers.org, or by calling the Regional Command Center at (915) 886-5104.

Crime Stoppers
A man uses a knife to rob a Central El Paso convenience store. Detectives from the Central Regional Command Center are asking for your help in identifying this robber through the Crime Stoppers “Crime Tip” program.

Vinton seeks volunteers for tire dumpsites cleanup day

By Alfredo Vasquez
Special to the Courier

VINTON – Keep Vinton Beautiful (KVB) members announced recently that they are currently recruiting volunteers to help them team up with tire company Bridgestone for a tire dumpsites cleanup day on Saturday, May 17.

As part of their One Team One Planet program, Bridgestone representatives have volunteered to be in Vinton on cleanup day to take the 1,200 tires that are expected to be collected from illegal tire dumpsites in and around Vinton.

KVB is asking that community residents take an active role in protecting their environment by reporting illegal tire dumpsites in the Vinton area— from Transmountain Road north to the Texas state line.

“We are also asking community agencies, businesses, volunteer groups in schools and churches to sign up for specific dump site locations then collect the tires and bring them to our collection site,” stated Jessica Garza, city clerk for the Village of Vinton. “We will identify dump site locations up until May 14th, but we can’t guarantee that we will get to all of the locations. It will depend on how many volunteers we have signed up,” Garza stated. “Last year our volunteers collected 1,052 tires, and our goal this year is to max out the trailer,” she added.

In 2013, 40 KVB volunteers also took part in the Don’t mess with Texas Trash-Off event, collecting 1,980 pounds of litter and debris, cleaning 2 miles of Doniphan Drive. Recycling efforts during the highway cleanup collected 460 pounds of litter and 20 scrap tires.

The city clerk emphasized that this program is not a tire amnesty day and is not intended for individual tire collections but for illegally dumped tires at identified sites.

Interested persons can join the cleanup effort by volunteering either individually or as a group, by becoming a sponsor of the event, or by donating water and lunch for the volunteers. Garza noted that volunteers must provide their own transportation.

KVB is a community organization whose mission is to engage its citizens and surrounding neighbors to take responsibility for improving their community’s environment by participating in programs such as the upcoming tire collection day.

For more information about the tire dumpsites cleanup day, contact Garza, at (915) 886-5104.

Canutillo High seniors go to movie

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – Nearly 200 Canutillo High School seniors went on a movie date Friday to watch the Cesar Chavez biopic, all courtesy of a local organization that aims to increase leadership skills among Hispanics.

Community En Acción donated 200 tickets for a morning screening of the Diego Luna film about the work of labor and civil rights leader Cesar Chavez, a man considered iconic in American history, said Community en Acción board member Aliana Apodaca. “It’s in the students who attended the movie were given another opportunity to reflect on the lessons Chavez imparted. They were asked to write an essay to explain how the movie, as well as their lessons on Cesar Chavez had impacted their lives.

Community en Acción will select the top three essays and award them a monetary prize.

This is such an amazing opportunity for our students to delve deeper into the life of Cesar Chavez, one of the greatest figures in American history,” said Community en Acción board member Aliana Apodaca. “It’s our goal to instill leadership qualities among Latinos, and there’s no better place to start than with our students.”

Canutillo High Principal Dino Coronado said the students who attended the screening of the movie were selected after demonstrating strong leadership and good character skills.

Local teacher debuts tasty treat at downtown baseball stadium opening

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – What a local area teacher started as a homespun fundraiser for his 9-year-old son’s basketball team now has him positioned to make a big hit when the Chihuahuas’ baseball stadium (Southwest University Stadium) opens this spring.

Kenneth Cooper, a physical education teacher at Canutillo Middle School, has convinced the new stadium’s concession general manager Jeff Hanauer, of Ovations Food Services-El Paso Chihuahuas, to let him debut his unique Slush’ae product at the stadium’s upcoming baseball games.

Using his mother’s secret recipe for the Slush’ae, Cooper started last fall making the frozen treat.

Before borrowing money from a friend, decide which you need more.

— Quips & Quotes
The long arm of the VA OIG

The Department of Veterans Affairs Office of Inspector General (VAOIG) has, as usual, been busy investigating allegations of wrongdoing in the VA. Here are some recent highlights:

• A Pennsylvania man, head of a veterans support group, defrauded the VA for seven years, taking $17,000 in healthcare and pension benefits he wasn’t entitled to. He stole a veteran’s identity to pull off the theft. He’ll get three years of supervised release and must pay back the entire amount.

• At the William Jennings Bryan Dorn VA medical center in South Carolina, VAOIG responded to allegations that there were high instances of surgical infections. They determined that infection control was “fragmented and inconsistent.”

• In West Haven, Conn., inspectors found that lack of staff, incomplete and inconsistent procedures and poor training resulted in operating rooms that weren’t necessarily clean. Additionally, safeguards weren’t in place for safe handling of infectious patients at the same time as noninfectious patients.

• A former director of a medical center in Ohio was guilty of 64 charges. A two-year investigation uncovered fraud, conspiracy and money laundering, which resulted from taking bribes from contractors and providing inside information. The loss to the government was approximately $20 million.

• A Florida VA medical center police officer was found guilty of using law enforcement’s computers to get personal information on a military servicemember. He threatened to post explicit photos on social media unless the victim paid money.

• A pharmacist at the VA medical center in Nashville diverted a large amount of drugs while working on the night shift.

• In Pennsylvania, a contract employee filed fraudulent time sheets, claiming to work 100 hours a week when no work was actually done. The contract company reimbursed the VA for $78,000. I hope the VAOIG has an adequate budget to keep doing what they do. They deserve every dime they get, and more.

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.
YOU’LL LIKE IT – Kenneth Cooper, left and his business partner, Christina Galindo, man their Slush’ae concession stand at the recent Women’s Expo in the Las Cruces Convention Center. “Christina has helped me from the beginning and is helping me build Slush’ae into a household brand,” Cooper stated.

the special refreshment – a mix between a snow cone and slushy but with a secret ingredient- and selling them to friends and at small gatherings. And, the response has been great, according to the teacher. So much so that he is gearing up for a similar response when the Chihuahuas’ fans try his mother’s tasty treat.

Cooper’s plans are to introduce his delicious product, which comes in different flavors, at the downtown ball park and eventually market it to other venues throughout the region and possibly throughout the country.

According to Cooper, Slush’ae is a gourmet home style slushy that was created nearly 15 years ago by his mother, Jessie Mae Cooper, 76, who lives in Plant City, Florida. “Having 21 grandchildren (Cooper has three brothers and two sisters), my mother wanted to make something in her kitchen for them that would put a smile on their face and cool them off during the hot Florida days,” Cooper said.

“The grandchildren took their special treat outside and the kids who were playing with them would want some as well. Soon the entire neighborhood was talking about it,” Cooper related. “Then, the parents of the children in the neighborhood started going to my mom’s house and asking for a slushy. When she first let them try it, they would usually say, ‘Wow! It’s so full of flavor. How do you make this, can you make some for me, and what’s your recipe?’” Cooper recalled.

“The next thing you know,” Cooper added, “neighbors started calling her the Slushy Lady. That’s how I came up with the name Slush’ae, by keeping part of the name that everyone still calls her, ‘Slush,’ then adding the ‘ae’ from her middle name,” he explained.

Now, Cooper wants his adopted hometown community to try Jessie Mae’s delicious creation. The 37 year-old teacher, who moved to El Paso in 1997 when he was offered a University of Texas at El Paso (UTEP) scholarship to play football for then head coach Charlie Bailey, is confident that his mother’s Slush’aes will be a big hit with the stadium’s visitors.

“Our product’s name originated from my mother’s name, and so our slogan stems from the many positive reactions to the love that my mother shared with all her children and neighbors in Plant City and now with children and adults of El Paso: Slush’ae… So Full of Flavor… So Full of Love!” Cooper proclaimed.
San Elizario High School students do well at state SkillsUSA

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO — A dozen students from San Elizario High School earned recognition for their technical achievements and workplace know-how after competing in the SkillsUSA Texas Leadership and Skills Conference March 27-29 in Corpus Christi. Three of them, seniors Deidrah Carrillo, Jesus Lopez and Arleen Solis were awarded 1st place in the Career Pathway Showcase category qualifying to advance to the National Leadership and Skills Conference to be held in Kansas City, MO June 23-27, 2014.

The three seniors that received a top rating at state competition are all career and technology students in Rafael Cardoza’s construction trades class. They were required to work on a project display and then deliver a presentation and answer questions about it in front of a panel of judges. Carrillo, Lopez, and Solis were part of a group of 55 students from San Elizario High School who traveled to Corpus Christi for the SkillsUSA state competition. All of them are enrolled in career and technology courses at San Elizario High School and participate in extra-curricular activities and competitions with SkillsUSA.

“This year has been a very

Briefs
From Page 1

of the Week.” The robbery took place on Monday, Jan. 27, 2014, just minutes after one in the morning, at the Seven Eleven Store located at 2000 N. Piedras.

The suspect in this case, walked into the store with a knife in hand and approached the store’s employee. The suspect threatened the employee with the knife and demanded money and cigarettes. The suspect fled the scene with a small amount of cash and several boxes of Newport cigarettes. The suspect is described as an Hispanic male, in his early 20s, average build, medium complexion, and was wearing a black baseball cap, a blue long sleeved shirt, blue denim jeans and blue shoes. The suspect also used a blue colored bandana to cover his face. Anyone with any information on this armed robbery 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). You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

SMARTIES – In the back, from left, are Luis Alanis, Christopher Hernandez, Hector Mendoza, Alan Rascon, Luis Martinez, Rodolfo Nunez, Edna Portillo, Valerie Dominguez, Orlando Ferando, Tomas Chavez, Armando Rodriguez, Gabriel Salido, Abel Acosta, Jesus Lopez, Manuel Luna. In the front row from left are Karla Ceballos, Alejandra Murphy, Grecia Acosta, Mariel Gaytan, Karla Morales, Deidrah Carrillo, Bernice Lujan, Jacquelyn Cera, Sarahi Gonzalez, Vianey Rueda, Kimberly Cano.
NOTICE OF CONFIRMATION ELECTION, DIRECTOR ELECTION, BOND ELECTION, REFUNDING BOND ELECTION, OPERATION AND MAINTENANCE TAX ELECTION, AND SPECIAL CONTRACT ELECTION

TO THE DULY QUALIFIED RESIDENT ELECTORS OF PASEO DEL ESTE MUNICIPAL UTILITY DISTRICT NO. 4 AND TO ALL OTHER INTERESTED PARTIES:

Notice is hereby given that Paseo del Este Municipal Utility District No. 4 (the “District”) will hold an election within the District on Saturday, the 10th day of May, 2014, between the hours of 7 a.m. and 7 p.m., at the location shown on the map attached hereto as Exhibit A (above), for the purposes of confirmation of creation of the district, electing five (5) members of the Board of Directors of the District; authorizing the issuance of bonds of the District; authorizing the issuance of refunding bonds for the District; authorizing the levy of a tax on taxable property within the District for operation and maintenance purposes; and authorizing the levy of a tax on taxable property within the District for the purpose of making payments related to a special contract between the District and Paseo del Este Municipal Utility District No. 1.

The election is being held by order of the Board of Directors of the District. Voting in said election shall be by the use of paper ballots which shall conform to the requirements of the Texas Election Code. The boundaries of the District are hereby designated as and shall constitute one election precinct and the following persons are hereby appointed officers of said election:

Presiding Judge: Patrick Munoz
Alternate Presiding Judge: [To be named, if possible]
Clerk: [To be named, if possible]

Early voting in the election by personal appearance shall occur on each day from April 28, 2014, through May 6, 2014, which is not a Saturday, a Sunday, or an official state holiday. The early voting clerk shall be Patrick Munoz, and the place at which early voting shall be conducted is at the place shown on Exhibit A (above) attached hereto, Patrick Munoz is appointed judge of the early voting board and he/she may appoint two clerks to assist.

The early voting clerk’s mailing address to which ballot applications and ballots to be voted by mail may be sent is to Freeman & Corbett, 8500 Bluffstone Cove, Suite B-104, Austin, Texas, 78759. The early voting clerk shall keep the early voting place open from 8:00 a.m. to 11:00 a.m., on each day for early voting which is not a Saturday, a Sunday, or an official state holiday. The early voting clerk’s mailing address to which ballot applications and ballots to be voted by mail may be sent is to Freeman & Corbett, 8500 Bluffstone Cove, Suite B-104, Austin, Texas, 78759. The early voting clerk shall keep the early voting place open from 8:00 a.m. to 11:00 a.m., on each day for early voting which is not a Saturday, a Sunday, or an official state holiday. The early voting place shall be conducted and conducted and returns made returned to the Board of Directors of the District in accordance with the Texas Election Code, as modified by Chapters 49 and 54, Texas Water Code.

All qualified resident electors of the District shall be entitled to vote in the election.

BY ORDER OF THE BOARD OF DIRECTORS.

WTCC: 04-10-14

AVISO DE CONFIRMACIÓN DE ELECCIÓN, ELECCIÓN DE DIRECTOR, ELECCIÓN DE BONOS, ELECCIÓN DE REEMBOLSO DE BONOS, ELECCIÓN DE IMPUESTOS DE OPERACIÓN Y MANTENIMIENTO, Y ELECCIÓN DE CONTRATO ESPECIAL

A LOS VOTANTES CALIFICADOS, RESIDENTES DEL DISTRITO DE SERVICIOS PÚBLICOS MUNICIPALES Nro. 4 DE PASEO DEL ESTE Y A TODAS LAS DEMÁS PARTES INTERESADAS:

Se notifica por el presente que el Distrito de Servicios Públicos Municipales Nro. 4 de Paseo del Este (el “Distrito”) celebrará una elección dentro del Distrito el sábado 10 de mayo de 2014, en el horario de 7:00 a.m. a 7:00 p.m. en el lugar que se muestra en el mapa que se adjunta como Anexo A (arriba), con el fin de confirmar la creación del Distrito; elegir cinco (5) miembros de la Junta Directiva del Distrito; autorizar la emisión de bonos del Distrito; autorizar la emisión de bonos y reembolso del Distrito; autorizar la imposición de un impuesto sobre propiedad gravable dentro del Distrito con fines de operación y mantenimiento; y autorizar la imposición de un impuesto sobre propiedad gravable dentro del Distrito para efectuar pagos relacionados con el contrato especial entre el Distrito y el Distrito de Servicios Públicos Municipales Nro. 1 de Paseo del Este.

La elección se lleva a cabo por orden de la Junta Directiva del Distrito. La votación en dicha elección será mediante el uso de boletas de votación de papel las cuales cumplirán con los requisitos del Código Electoral de Texas. Por medio del presente los límites del Distrito son designados como un y constituirán un precinto electoral y las siguientes personas son designadas oficiales de dicha elección:

Juez Presidiendo: [A ser nombrado, si es posible]
Juez Sustituto Presidiendo: [A ser nombrado, si es posible]
Secretario: [A ser nombrado, si es posible]

La votación anticipada en persona en las elecciones será todos los días desde el 28 de abril de 2014 hasta el 6 de mayo de 2014, excepto sábados, domingos y días feriado oficiales del estado. El oficial de votación anticipada será Patrick Munoz, y el lugar en el cual se llevará a cabo la votación anticipada será en el lugar que se indica en el Anexo A (arriba) se adjunta a la presente. Patrick Munoz es designado como juez del consejo de boletas de votación anticipada quien podrá designar dos funcionarios para que los asistan.

La dirección postal del oficial de votación anticipada a la cual se pueden enviar las solicitudes y las boletas para votar por correo es Freeman & Corbett, 8500 Bluffstone Cove, Suite B-104, Austin, Texas, 78759. El oficial de votación anticipada deberá mantener abierto el lugar de votación anticipada de 8:00 a.m. a 11:00 a.m., cada día de votación anticipada que no sea sábado, domingo ni día feriado oficial del estado. La elección se llevará a cabo y los resultados serán entregados a la Junta Directiva del Distrito de acuerdo con el Código Electoral de Texas, según modificado por los Capítulos 49 y 54 del Código de Agua de Texas.

Todos los votantes calificados residentes del Distrito tendrán derecho a votar en las elecciones.

POR ORDEN DE LA JUNTA DIRECTIVA.

WTCC: 04-10-14
To strike or not to strike, that may be the question

By Steve Escaljeda
Special to the Courier

Watching the UTEP women’s basketball team accomplish what they did over the past few weeks has reminded everyone about the sheer beauty of college sports.

I’m not too sure about the guy’s game anymore, but the women really seem to put the term “student athlete” back into the discussion.

The whole idea of young athletes having the opportunity to compete for their school – and only for their school – is the purest expression of love for the game.

And with it comes the opportunity to earn a free education that could pay off for the rest of their lives.

But over the last decade the whole concept of compensating athletes for play has gained in popularity.

There have been different ideas thrown around but few have gotten more money in the pockets of the players who put more money in the pockets of the colleges and universities.

And just like both sides of any state or federal legislative, those for and against the idea of paying college athletes are boisterous and determined.

Though the thought of paying student athletes in one way or another has been tossed around for years, the recently announced action of Northwestern University athletes has taken an unprecedented step.

In what many sports fans would categorize as unfathomable, Northwestern is on track to unionize.

Yes, I said unionize. You know what I mean, AFL-CIO, Jimmy Hoffa, Norma Rae, United Steel Workers, NPF, Players Association, Teamsters, George Meany, United Auto Worker’s… unionize!

What everyone figured could probably never happen is about to become a reality. Thanks to a judge’s decision, the football team is on the verge of actually forming a union.

And the team will vote on April 25.

So the obvious question is whether this is a good idea or a bad idea?

The answer is… who knows? But one thing is for sure – Northwestern University must be a huge fan of worms.

You know, worms – earthworms, ringworms, wormholes, Dennis “the worm” Rodman, tapeworms, inchworms and every other worm known to man.

Northwestern is about to open up a can of worms on the football team.

The school’s union organizers claim that the idea behind the changes is not solely a chance to get paid for their efforts. They claim it has more to do with a student’s say in the process. They say that things like working conditions and securing medical help are the main reasons for the action.

Those are not unrealistic situations that could need some tweaking from time to time, but is forming an all-out union the way to go?

Unionizing brings with it many unforeseen circumstances.

The first thing anyone thinks about when it comes to unions is the dreaded work stoppage.

If players ask for something and don’t get it – they would essentially have the power to refuse to play until both sides come to an agreement.

Big can of worms.

If the players vote to unionize and negotiate some kind of pay for play agreement, do you pay all the players?

Do you pay the third-string center the same as the starting quarterback?

What about the other student athletes? Doesn’t the swimmer, the wrestler, the tennis player, the volleyball player, the golfer, the gymnast and the lacrosse player also qualify as an employee of the college?

Also, if the players unionize and become official employees of the college, won’t they have to pay tax on that full ride scholarship they’re receiving?

But mom and dad will love that expensive can of worms.

Last season the Grambling players refused to play a game because of the deplorable conditions at their school.

Since then, the college has begun to fix all the things the players were complaining about – and they didn’t have to take a union to get it done.

Players can have an affect on their environment if their complaint is legitimate. If they get nowhere at the school, all they have to do is go to the media.

The college system is far from perfect, but just like Obamacare, there’s got to be a better way to go.

Unionizing college athletics is absolutely the wrong way to go.

That is, of course, unless you have an infatuation with worms.

A sporting view

Got to get you into my life

If you’re like me, besides having my sincere sympathies, you are constantly bemoaning the lack of sporting endeavors in your life.

By this I mean you used to play sports, competitively. Maybe you played on a team for a school or company or an organization, and after games you would play more games. And then one day, it all dried up.

Maybe you changed jobs and they didn’t have leagues, or you simply got too busy with work and the kids.

And hey, maybe some of you have been able to keep sports in your life. Well, good for you. Go read the comics, renew your gym membership, make a smoothie or do your life. Well, good for you. Go have been able to keep sports in your life.

But over the last decade the whole concept of compensating athletes for play has gained in popularity.

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OUT ON A LIMB
By Gary Kopervas

THE SPATS
By Jeff Pickering

AMBER WAVES
By Dave T. Phihps

R.F.D.
By Mike Marland

SWEET SQUAD

1. 2014 North America Synd., Inc.
   Orlando, FL 32853-6475. (c)
   Readers may write him or request
   his column whenever possible.

   Dr. Roach regrets that he is unable
   to answer individual letters,
   or to boast of his treatment. Readers can
   order a copy by writing: Dr. Roach –
   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

   Your good health
   By Keith Roach, M.D.

   DEAR DR. ROACH: My family
   and I took a seven-day cruise
   more than six weeks ago. I still
   am feeling like I am on the ship –
   all day, it feels as though I am
   walking on a swaying bridge. I
   did not even notice this movement
   while on the ship, nor did I get sick.
   I did not take any motion-sickness
   medicine while on the cruise. No
   one else in my family is having
   this problem. I am a 50-year-old
   female. Is there any treatment
   for this? What kind of doctor
   would I see? How long would you
   expect this to last? – T.S.

   You have the classic symptoms
   of disembarkment syndrome,
   also called mal de debarquement.
   Whereas most people getting off a
   boat or ship will have the sensation
   of moving for a few hours, in
   people with this syndrome, the
   symptoms may continue for
   months or even years. It seems
   to be more likely in women,
   and may have an association
   with migraine headache. Interestingly,
   going back on a boat can make it
   better in the short term, but worse
   later.

   One treatment is clonazepam,
   which provides some short-
   term relief. Standard treatments
   for vertigo usually do not help.
   Fortunately, most cases do
   get better after some weeks
   or months, but 18 percent still
   have symptoms even a year later. An
   expert in balance problems, often
   an ENT doctor, would be most
   likely to be familiar with this
   condition.

   The booklet on vertigo explains
dizziness in detail and outlines its
   treatment. Readers can order a
copy by writing: Dr. Roach –
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

   Your good health
   By Keith Roach, M.D.

   DEAR DR. ROACH: I’m looking
in the toilet and see that my
urine is white and foamy. What
is this, what causes it, and is there
anything I can do? – A.V.R.

   Foamy urine raises concern of
excess protein. High amounts of
protein in the urine could result
from nephrotic syndrome, an
indication of a serious kidney
condition. Any doctor can do
a urine test for protein; if it’s
positive, your doctor will have
you collect all the urine you make
in 24 hours to see how much
protein is there.

   DEAR DR. ROACH: I’m
wondering about the commercials
regarding eating ice cream. This
way they sound, it’s OK to eat
without fear of fat. I’m a male
in his 70s, in fine health, and I
am wondering if eating it is fine,
but just once in a while. Thank
you. – A.A.

   Ice cream has more saturated
fat and sugar than is good for you.
People who want to be super-
healthy don’t eat ice cream at all.
However, I am a believer that it’s
OK to indulge yourself once in
a while in something that might
not be the healthiest for you. Just
remember that it’s something
closer to once a month than it is to once a
day.

   Dr. Roach 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
newspapers at P.O. Box 536475,
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Super Crossword

DEAR DR. ROACH: My family
and I took a seven-day cruise
more than six weeks ago. I still
am feeling like I am on the ship –
all day, it feels as though I am
walking on a swaying bridge. I
did not even notice this movement
while on the ship, nor did I get sick.
I did not take any motion-sickness
medicine while on the cruise. No
one else in my family is having
this problem. I am a 50-year-old
female. Is there any treatment
for this? What kind of doctor
would I see? How long would you
expect this to last? – T.S.

You have the classic symptoms
of disembarkment syndrome,
also called mal de debarquement.
 Whereas most people getting off a
boat or ship will have the sensation
of moving for a few hours, in
people with this syndrome, the
symptoms may continue for
months or even years. It seems
 to be more likely in women,
and may have an association
with migraine headache. Interestingly,
going back on a boat can make it
better in the short term, but worse
later.

One treatment is clonazepam,
which provides some short-
term relief. Standard treatments
for vertigo usually do not help.
Fortunately, most cases do
get better after some weeks
or months, but 18 percent still
have symptoms even a year later. An
expert in balance problems, often
an ENT doctor, would be most
likely to be familiar with this
condition.

The booklet on vertigo explains
dizziness in detail and outlines its
 treatment. Readers can order a
copy by writing: Dr. Roach –
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

   Your good health
   By Keith Roach, M.D.

   DEAR DR. ROACH: I’m looking
in the toilet and see that my
urine is white and foamy. What
is this, what causes it, and is there
anything I can do? – A.V.R.

   Foamy urine raises concern of
excess protein. High amounts of
protein in the urine could result
from nephrotic syndrome, an
indication of a serious kidney
condition. Any doctor can do
a urine test for protein; if it’s
positive, your doctor will have
you collect all the urine you make
in 24 hours to see how much
protein is there.

   DEAR DR. ROACH: I’m
wondering about the commercials
regarding eating ice cream. This
way they sound, it’s OK to eat
without fear of fat. I’m a male
in his 70s, in fine health, and I
am wondering if eating it is fine,
but just once in a while. Thank
you. – A.A.

   Ice cream has more saturated
fat and sugar than is good for you.
People who want to be super-
healthy don’t eat ice cream at all.
However, I am a believer that it’s
OK to indulge yourself once in
a while in something that might
not be the healthiest for you. Just
remember that it’s something
closer to once a month than it is to once a
day.

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Buffalo bones brought a pretty penny from fertilizer companies, thus creating a boom around Sweetwater, Albany, Baird, Abilene and the general Big Country area.

Social Security Q&A By Ray Vigil

Q: I currently receive Social Security disability benefits. I now have a second serious disability. Can my monthly benefit amount be increased?
A: No. Your Social Security disability benefit amount is based on the total of your lifetime earnings before your disability began and not the number of disabling conditions or illnesses you may have. For more information, go to www.socialsecurity.gov/disability.

Q: We adopted a baby girl overseas and brought her home with us to the United States. We need to get a Social Security number for her. What do we do?
A: In general, to apply for a Social Security number, you must:
• Complete an Application For A Social Security Card (Form SS-5), which you can find online at www.socialsecurity.gov/ssnumber;
• Show us documents proving your child’s:
  • United States citizenship or immigration status;
  • Adoption;
  • Immigration status;
  • United States citizenship or immigration status;
• Show us documents proving your child’s:
  • United States citizenship or immigration status;
  • Adoption;
  • Age; and
  • Identity;
• Show us a document proving your child’s:
  • Social Security number for your child you must:
• Complete an application and original documents to your local Social Security office.
Remember, all documents must be either original copies or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. You may not yet have proof of your child’s citizenship, but we can assign a Social Security number based on documentation issued by the Department of Homeland Security upon the child’s arrival in the United States. When you do receive documentation of your child’s citizenship, you can bring it to us, and we will update your child’s record. We will mail your child’s number and card as soon as we have verified your documents with the issuing offices.

Q: Why is there a five-month waiting period for Social Security disability benefits?
A: Social Security provides only temporary benefits for serious disabilities or long-term disabilities. Social Security disability benefits begin one month after the Social Security Administration finds you disabled. The five-month waiting period is required by law to protect against abuse of the Social Security disability program. After the five-month waiting period, Social Security disability benefits begin with the sixth full month after the date your disability began. You are not entitled to benefits for any month during the waiting period. Learn more at our website: www.socialsecurity.gov/disability.

CRYPTOQUIP
This is a simple substitution cipher in which each letter used stands for another. If you think that X equals D, it will equal D throughout the puzzle. Solution is accomplished by trial and error.

Clue: Z equals T

XSQPBLS GH KBLXPCJ VENN
MCNH ECVSLZ EC LQMRL, E
LBDDMLS G ECS EL P NMY S ZKPZ
RCMLV CM XMCJL

DEZ
DEYLOW
EMHUR
ALMO
NOZBER
GPU
MADR
♥HALEW
UMSI
EMTRP
DIPRE
♥RYOG

Unscramble these twelve letter strings to form into each an ordinary word (ex: HAGNCE becomes CHANGE). Prepare to use only ONE word from any manual (♥ ♥ ♥❤) letter string as each unscramble contains more than one word (ex: ♥RAIHE becomes HATER or EARTH or HEART ). Fill each string’s word either across or down to knot all twelve strings together.

NEW! 80 Fear Knit puzzles $3.90 • Six Volumes • Order at rbanmail.com

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