

NEWSBRIEFS

San Elizario holds election for mayor, council

Service

The Lower Valley Community annual “Sonrise” Easter service will be held, Sunday, April 20, 2014, at the Clint Junior High School Stadium (old High School Stadium) at 6:00 a.m. Following the “Sonrise” service, a Celebration Breakfast will be held at the Clint Community Center, 200 N. San Elizario Rd. in Clint. Both the non-denominational service and breakfast are free. Donations of canned goods will be appreciated for the Clint Food Pantry. 851-3145

— Erma Nelson

Earth Day workshop

El Paso Museum of History invites the public to learn how to eat healthy and how to help the planet by going green. Local nutrition educator Jacqueline Cordova, from The Green Ingredient Eatery, will present an *Earth Day Workshop: Healthy Eating and Going Green*, at 4 p.m., Tuesday, April 22. The free workshop will also provide Finger foods. Cordova stated that she thrives in her role as a counselor, speaker, and integrative nutrition educator because she is able to promote health and wellness with a focus on nutrition and lifestyle changes. Through the Green Ingredient Eatery, Cordova stated that she strives to guide and empower people to take a positive, preventive approach to their own health and wellbeing. For more information and to reserve a seat, contact Marilú Valenzuela Alemán at 351-3588 or send email to alemanmg@elpasotexas.gov.

— Alfredo Vasquez

Crime Stoppers

A man is seriously injured at the hands of a hit and run driver in El Paso’s eastside. Investigators from the El Paso Police Department’s Special Investigations Unit are asking for your help in finding the driver involved through the Crime Stoppers “Crime of the Week.” The crash took place on evening of Saturday, March 22, 2014, just before 8 p.m., on Loop 375 Southbound, just before the Vista Del Sol exit. The victim in this case was driving a blue 2005 Suzuki GSR600 motorcycle, when a black sedan struck the motorcycle from behind. The impact caused the victim to lose control and was thrown from the motorcycle. The hit and run driver partially ran over the motorcycle, which caused damage to the undercarriage and to the right front fender area and the area around the passenger door. The suspect vehicle is described by witnesses as a black small four door sedan similar to a Dodge Neon. Anyone with any information on the driver involved in this hit and run crash that left a man seriously injured and caused him to lose a limb is asked to call Crime Stoppers of El Paso

See BRIEFS, Page 6

By Alfredo Vasquez
Special to the Courier

San Elizario residents are scheduled to go to the polls to elect a mayor and five at-large council members in a special election set for Saturday, May 10.

Early voting will be from Monday, April 28 to Friday, May 2, and will resume Monday, May 5 and Tuesday, May 6, at the Garcia-Enriquez Middle School, 12280 Socorro Road, and at the County Courthouse in Downtown El Paso, officials stated.

Until San Elizario’s new council is sworn into office, El Paso County personnel will continue to fix potholes, street signs and lights for the newly-incorporated community, as county commissioners voted recently to continue to provide infrastructure services to the rural area.

Commissioner Vince Perez stated that the county wants to be as helpful as possible to San Elizario in its transition to become a self-sustained city. Eventually, however, San Elizario will have to provide these street services to its residents.

Those running for mayor are Maya Sanchez, Carlos Guerrero and Paul Johnson Jr.

Running unopposed for council places 1, 2 and 5 are Leticia Hurtado-Miranda, David Cantu, and George Almanzar respectively.

Candidates vying for alderperson place 3 are Miguel Najera Jr., and Martin Chavira. Rebecca Martinez-Juarez and Micah Thornton will face each other for place 4.

The election comes six months after voters in San Elizario decided to become a city in order to prevent Socorro from trying



— Photo by Alfredo Vasquez

TOWN REBOOTS – The American Flag flies in front of the San Elizario Presidio Chapel in the revived City of San Elizario. San Elizario will get a fresh start when residents go to the polls Saturday, May 10 to elect their city officials.

to annex part of their community. About 88 percent of the 611 people who voted on the Nov. 5th election in San Elizario voted for incorporation.

Because the San Elizario election is a new election, the county judge’s office is handling most of the legal obligations related to the election. El Paso County Elections

Administrator Javier Chacon stated that about 2,500 people are eligible to vote in San Elizario’s May 10 election.

Information on the upcoming election is available online at the county’s website www.epcounty.com, and in person at the County Judge’s office, 500 E. San Antonio St., and at Los Portales Museum in San Elizario.

Fabens High School students are district UIL champs

By Denise Gutierrez
Special to the Courier

For the 8th year in row, Fabens High School has earned the title of UIL Academic District Champions after competing against 5 other schools in the Spring Meet held March 22nd in Fort Stockton. Fabens brought in a total of 477 points to clinch the title and advance students in 16 events to the regional competition being held in Lubbock on May 3rd.

The win was especially significant for newly appointed UIL Coordinator Lorena Salinas, who has been coaching the science events for the past 6 years and who additionally picked up coaching the math events this year. “It was a lot tougher and a lot of pressure since the math teams had always done an excellent job in prior years,” Salinas said. “Being the District Champs for 7 years in a row, a lot of pride was riding on this year’s competition.”

Salinas spent many hours with her students preparing them for the district academic meet, including taking them to local 5A invitational meets. “Our students were at the same level with the 5A students,” Salinas said. “Seeing the pride that the students get from placing in the competitions, getting their medals and ultimately advancing to regionals is a great satisfaction.”

In total, Fabens High School earned 28 individual medals, 9 team medals and 20 ribbons. Junior Lauren Wilson came back to Fabens with 3 of those medals, having placed 1st in Ready Writing, and 3rd in both Literary



— Photo courtesy Fabens ISD

SMART COOKIES – Fabens High School students, from left, Rose Marin, Danielle Lee, Stephany Gaucin, Susana Calzadias, Brenda Tais Perez, Fabiola Vasquez, Anissa Sustaita and Alfredo Valenzuela are advancing to UIL Regionals competition in Lubbock.

Criticism and Headline Writing. For her, competing in an academic meet means more than just showing off her reading and writing talents. “Ready Writing has given me the freedom to write expressively in ways I might otherwise not get the chance to in class,” Wilson said. “It’s a fun opportunity.”

Eyes are now fixated on the next prize: qualifying for the State Meet in Austin, May 19-21st. Wilson believes with preparation, she can go into regional competition and just do her best. “I’m reading, memorizing quotes

and studying past essays to observe different writing styles,” Wilson said. However, she also attributes her accomplishments to her coach, Rosa Garcia. “She’s the one who taught me how to express myself in words,” Wilson said. “We talk about current events and different books that can enhance my writing. She encourages me to be the best writer and student I can be.”

For Principal Ruben Carrillo, the academic

The man that stands on his dignity will find he has poor footing.
— Quips & Quotes

See FABENS, Page 6

Veterans Post

By Freddy Groves

Semper Fi Fund

Grab your checkbook. I hope by the time you finish reading this, you'll be ready to cut a check to the Semper Fi Fund.

In spite of the name, SFF helps post-9/11 veterans from all the services. They cover family support, adaptive housing and transportation, special equipment, rehabilitative sports and so much more for injured and critically ill service veterans, as well as families of active-duty members.

Unlike many veterans "help" organizations, this one is mostly made up of either retired military or spouses of military personnel. In fact, it was one of those spouses who started SFF nine years ago.


The Semper Fi Fund (<http://semperfund.org>) has garnered what so many veterans help groups haven't: a four-star rating by Charity Navigator and an A-plus rating on CharityWatch. According to its 2013 Annual Report, only 6 percent of donations are spent on overhead.

In 2013 alone, it helped 5,472 service members and their families and delivered 15,545 grants for a total of \$14,559,793 in assistance. Here's a partial list of what that included: 92 adaptive vehicles, 2,277 Team Semper Fi grants for rehabilitative athletics, 198 companion dogs, 160 camperships for the kids, 541 PTS/TBI devices, 16 grants for adaptive home purchase, 6,286 family-support assistance grants, 2,733 medical-support assistance grants and \$1,151,777 from its America's Fund, which supports families of injured and critically ill service members.

Here's where your checkbook comes in: SFF continues to receive applications for help on a daily basis. Donations are needed, whether from community fundraising events, golf tournaments, motorcycle runs... or individuals. To write a check, go online to the SFF site and print out a donations form. Write your check and mail it to:

Semper Fi Fund
825 College Blvd, Suite 102
PMB 609
Oceanside, CA 92057
For more information, call: 760-725-3680.

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.



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Finances

By Jason Alderman

Reining in prom expenses

If you've got teenagers, you already know how expensive high school can be. Besides food, clothing and school supplies, a whole host of extracurricular activities are competing for a share of your wallet – even as you frantically try to save for college and your own retirement.

One of the biggest expenses you'll encounter is prom. Gone are the days of borrowing dad's suit and crepe paper streamers in the school gym: Today's proms are often more like a Hollywood premiere with limousines, designer gowns and swanky after-parties.

I'm not kidding. According to a recent nationwide survey conducted by Visa Inc., the average U.S. family with a high school student attending the prom expects to spend \$978 this year. Surprisingly, that's down 14 percent from last year's survey average of \$1,139 per family.

A few other interesting statistics the survey uncovered:

- On average, parents plan to pay for about 56 percent of prom costs, with their kids picking up the remaining 44 percent.
- Parents in lower income brackets (less than \$50,000 a year) plan to spend an average of \$733 – a considerable share of the family budget. Thankfully, that's down significantly from last year's \$1,245 estimate.
- Those earning over \$50,000 will spend an average of \$1,151.

Here's a breakdown of how those prom dollars typically get spent:

- New prom dresses often cost \$100 to \$500 or more.
- Plan on spending another couple hundred for shoes, accessories, flowers and professionally styled hair, nails and make-up.
- New tuxedos cost several hundred dollars, not to mention the formal shirt, tie, studs and shoes you'll need. Even renting all this will likely run over \$150.
- Figure at least \$80 an hour plus tip to rent a limousine for a minimum of four to six hours.
- Prom tickets typically cost \$50 to \$150 per person, depending on venue, entertainment, meals, etc. And don't forget about commemorative photos.
- The couple will probably need at least \$50 for a nice pre-prom meal.
- After-parties can run anywhere from a few bucks at the bowling alley to hundreds of dollars for group hotel suites.

As with weddings and vacations, spending on prom can easily spiral out of control, especially if your teenager isn't used to sticking to a budget. Use this as a learning experience by getting your kid involved making tough decisions, helping to prioritize expenses from vital to non-essential.

To help with the prom budgeting process, Visa launched a free smartphone app last year called Plan'it Prom. You simply enter your budgeted amounts for each item and then track actual spending on your phone or tablet as you shop. The app also includes budgeting tips, a photo gallery and a timeline for tracking pre-prom deadlines. Plan'it Prom is available at the iTunes store, the Google Play store and from www.practicalmoneyskills.com/prom.

Here are a few prom cost-saving ideas:

- Shop for formal wear at consignment stores or online. As with tuxedos, many outlets rent formal dresses and accessories for one-time use.
- Have make-up done at a department store's cosmetics department or find a talented friend to help out.
- Split the cost of a limo with other couples, or drive yourselves.
- Team up with other parents to host a pre-prom dinner buffet or after-party.
- Take pre-prom photos yourself and have the kids use their cellphones or digital cameras for candid shots at various events.


Bottom line: You want to ensure your child has a memorable high school experience, but not at the expense of your overall budget.


Jason Alderman directs Visa's financial education programs.

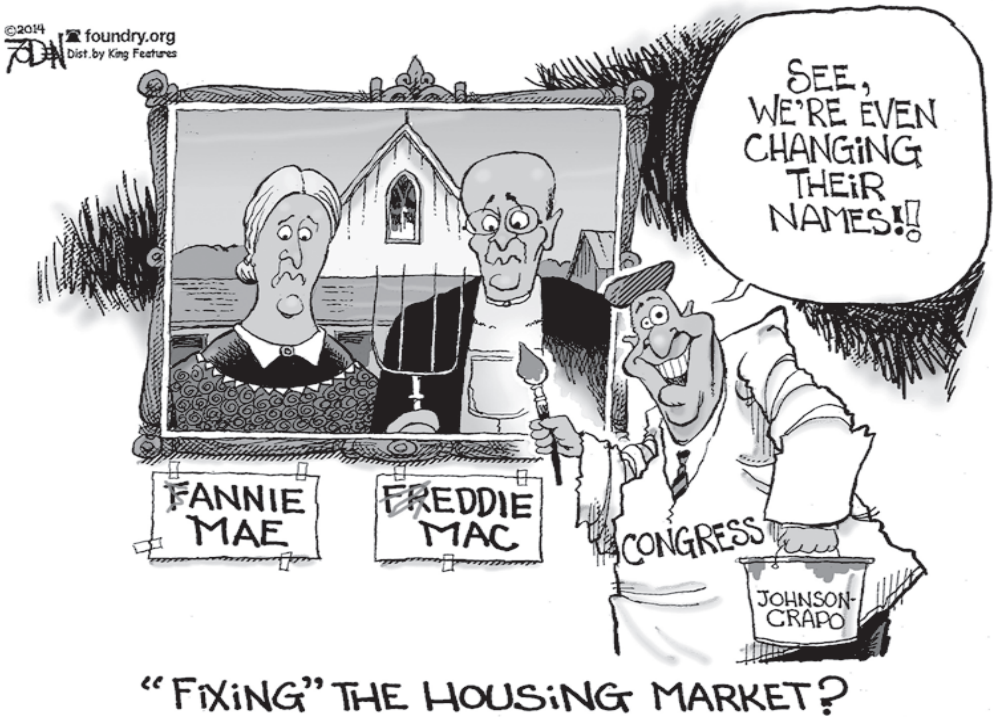
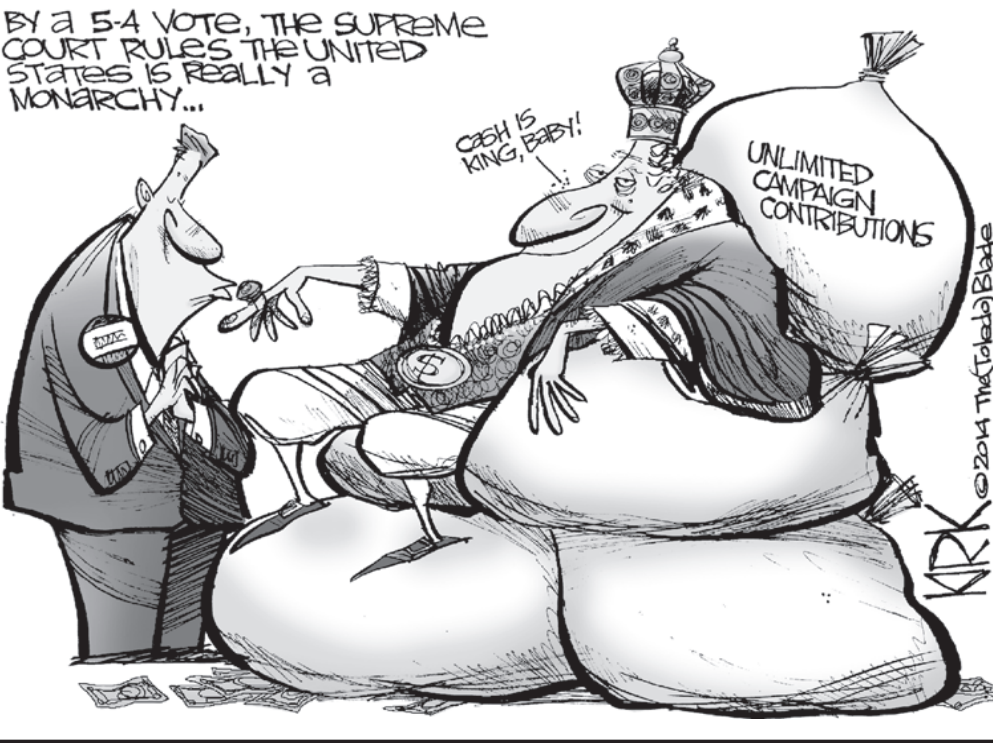
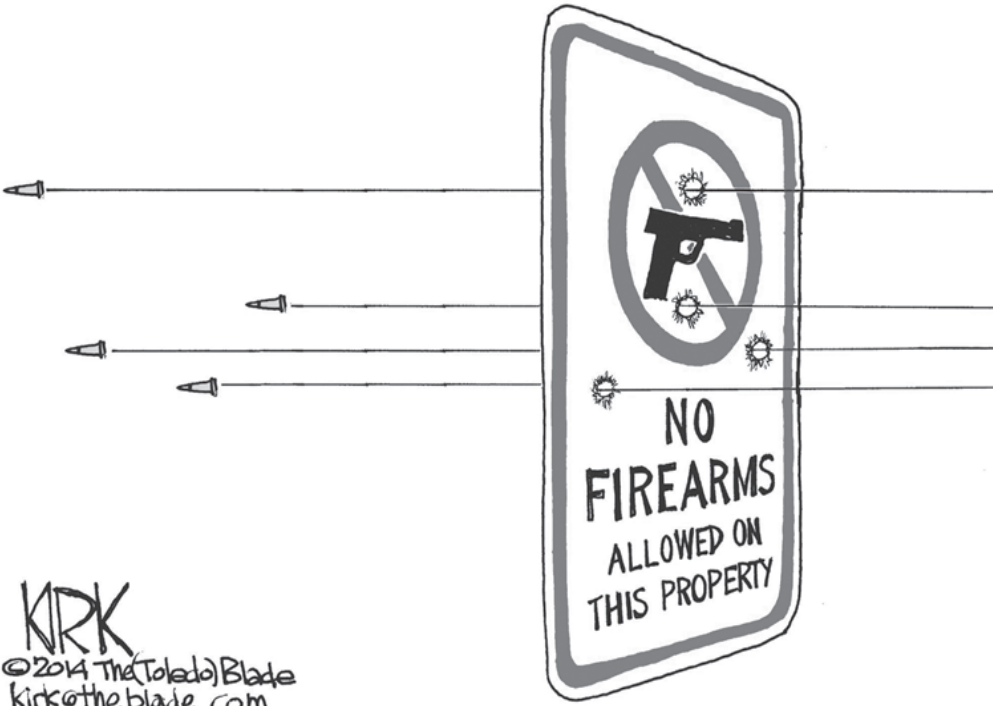
FOOTBALL

SEASON TICKETS

747-6150







View from here By Rick Shrum

Flyers: Trash is trash

I’ve taken several runs at this subject so if you’ve read it before feel free to skip this reading. Flyers. Particularly flyers stuck anywhere on people’s private property. On the mail box. On the car. In the front doorjamb. ANYWHERE.

Nobody asks for this material. It is unsolicited garbage and often winds up tossed in the street or parking lot on the spot. I have never heard of anyone that wants paper stuffed under their windshield wiper at home or anywhere else.

Knowing that people can react negatively to flyers brings up a question: Why would a business owner do this? If the usual first reaction – in my opinion – of a potential client is negative, why do it? The reason is money. It’s cheaper than other forms of advertising. But at what cost?

There are all kinds of choices for business owners when it comes to advertising. There are TV commercials, radio commercials, newspapers, the phone book, the internet and mailers. There are all kinds of worthy events looking for sponsors. People can stand on the street corner and hold a sign.

Then there’s the flyer. Left in a stack on the counter of a business is fine. Put it on private property and it is a problem. It’s intrusive. It requires me, or whoever, to do something with a piece of paper we did not ask for and probably don’t care about.

If it sounds like I’m making a big deal out of nothing, think again. There is a negative cost for this type of advertising. I’ll just hit the top three.

1) Crime. It marks property. If a homeowner is out of town and there are flyers stuck on the property it is a sign that the property is empty. It also gives any would be thief the opportunity and excuse to walk through any neighborhood to check out homes as he delivers flyers.

Does anyone do background checks on these delivery people? Are they bonded?

2) Trash. Flyers tend to wind up on the ground along with the plastic shopping bags. Nobody parked thirty rows deep takes a flyer back to a trashcan. The more disciplined people will take it home to discard. The other people... well...

3) Common courtesy/sense. It’s unsolicited and intrusive. How many people will do business with a company whose initial contact is unwanted? Think about that nice sales call in the middle of your dinner.

Our communities, small and large, need to stop this sloppy practice. I’ve spoken to officials from the Town of Horizon City regarding flyers. They say, as much as they’d like to, they can’t write a law (“...it’s too complicated...”) to stop this practice. They say unless they have hard evidence that a company actually hired the guy distributing the flyers that the advertiser can’t be held responsible. I was told you don’t even need a permit to distribute flyers in Horizon. This probably holds true throughout the county.

Okay then, let’s write some enforceable laws. How about just completely banning the distribution of flyers and flyer like materials to all private residences. Period. When police see distribution taking place or a flyer from private property is turned in, the business is held responsible as well as the distributor. Period. Require background checks, bonding, permits AND permission to distribute flyers on business/public property. Period. Require these businesses/distributors to retrace their routes within 24 hours and pick up any flyers that are now litter. Attach some meaningful fines to both the distributor and the business. The fine should be at least \$1,000 for the first offense for both parties. Make this form of “advertising” expensive and it will stop. Period.

Dust off your financial plan

Spring is officially here. Before you get started with your spring cleaning, perhaps another matter deserves some dusting off – that long-term financial plan.

April is National Financial Literacy Month – the perfect time to spring into action when it comes to planning your financial future. If you already have a plan, this is a great opportunity to take another look at it and make sure you’re still “on track” to reach your financial goals.

According to a 2013 survey by the Employee Benefit Research Institute, the past few years have seen a sharp decline in Americans’ confidence about their retirement savings. Only 13 percent of workers feel very confident about having enough for a comfortable retirement and 28 percent are not at all confident. More than half of workers have less than \$25,000 in total savings and investments. Twenty-eight percent of workers have saved less than \$1,000.

If you haven’t begun saving for retirement, now is a good time to start – no matter what your age. If retirement is near, you’ll want to jump into the fast lane right away. If you’re younger and retirement seems a lifetime away, it’s still in your best interest to begin saving now. Here’s how much the magic of compound interest will work to your advantage. For example, a 25-year old who begins saving \$100 a month and earns a modest 5 percent interest will have more than \$150,000 at age 65. Save \$200 a month and you’re looking at more than \$300,000.

Experts agree that saving when you’re young will make a world of difference when the time comes to draw on your retirement savings.

Don’t just take our word for it. You can check out the numbers yourself. A great way to start figuring out how much you will need for retirement is to use Social Security’s online *Retirement Estimator*, which offers an instant and personalized estimate of your future Social Security retirement benefits based on your earnings record. Try it today at www.socialsecurity.gov/estimator.

We encourage saving for retirement, but there are reasons to save for every stage of life. A great place to go for help is www.mymoney.gov (the official U.S. government’s website dedicated to teaching Americans the basics of finances.) Whether you are looking for information about buying a home, balancing your checkbook, or investing in your 401(k) plan, the resources on www.mymoney.gov can help you.

The *Ballpark Estimator* at www.choosetosave.org/ballpark is another excellent online tool. It makes complicated issues, like projected Social Security benefits and earnings assumptions on savings, easy to understand.

If you have to choose between scrubbing down the house or scrubbing your budget to get your financial house in order, we recommend putting off the cleaning one more day. Get started on planning your future right now at www.socialsecurity.gov.

– Ray Vigil

Classified Ads

Notice of vacancy on the Board of Directors of the Horizon Regional Municipal Utility District

The Horizon Regional Municipal Utility District (the "District") provides the water and wastewater utility service for the area generally including and surrounding Horizon City. There is currently a vacancy on the Board of Directors of the District. State law provides that the remaining members of the Board of Directors fill the vacancy by appointment. If you are interested in being considered to be appointed to fill the current vacancy on the Board of Directors, you may submit

a letter of interest to the District's General Manager at 14100 Horizon Blvd., Horizon City, Texas 79928.

To serve on the Board, you must be a resident of the State of Texas, be at least 18 years of age and either be a resident or own property in the District. If you have any background or experience in community service or water and wastewater operations, please include that information. Such experience is not required, but may be helpful. All letters of interests should be received by the District's General Manager no later than May 5, 2014.

WTCC: 04-17-14

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CryptoQuip Answer

Ordering at a fast-food window, they asked the frog “Would you like flies with that?”

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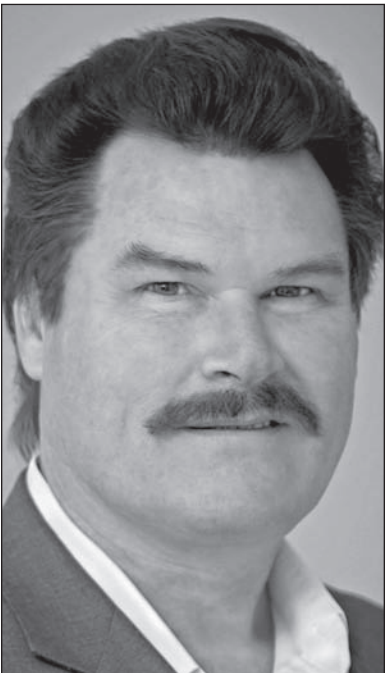
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Professor presents history of El Camino Real

By Alfredo Vasquez
Special to the Courier

El Paso Archaeological Society in partnership with the El Paso Museum of Archaeology will present *From the Pass to the Pueblos*, an overview of the Southwest's historic El Camino Real, from 2 to 3 p.m., Saturday, April 19, at the archaeology museum, 4301 Transmountain Road.

The free event will feature Professor George D. Torok, of El Paso Community College (EPCC) and author of the book, *From the Pass to the Pueblos*. Torok will give a PowerPoint presentation about El Camino Real Trail with histories of places in New Mexico, West Texas,



— Photo courtesy of Fernando Garcia
George Torok is a history professor with El Paso Community College.



— Photo courtesy of George Torok

STILL IN USE – The Camino Real Trail continues to be a road used today, as shown in the photo above of the trail that runs through a Dona Ana County village.

and the Ciudad Juarez area.

Torok's talk will focus on the more than 400 miles of El Camino Real north of the Mexican border and include a broad summary of the trail's history from 1598 until the arrival of the railroads in the 1880s. This segment of the trail is now part of the U.S. National Trail System, named El Camino Real de Tierra Adentro National Historic Trail.

Although referred to as one trail, El Camino Real is really a braid of trails extending from Mexico City to the old Spanish capital of New

Mexico which was moved several times before finally being located in Santa Fe, according to the professor. He stated that the 1,600 mile trail remains an active transportation corridor today, yet few people are familiar with its history or even its name.

The EPCC professor completed a doctoral program in history at the State University of New York at Buffalo in 1991. Since 1999 he has worked with the United States National Park Service, the Bureau of Land Management, and

countless regional agencies and associations to organize events, develop interpretive sites, and promote a greater public awareness of El Camino Real. In 2003, Torok served as El Camino Real de Tierra Adentro Trail Association's first president. He has written numerous articles and a guidebook to historic Appalachian mining towns.

For more information about the event, call 55-4332 or send email to the museum's education curator, Marilyn Guida, at guidamr@elpasotexas.gov.

Shoes donated to Canutillo students

By Gustavo Reveles Acosta
Special to the Courier

The students qualified to earn the shoes free of charge after earning points based not just on good grades, but also good behavior and their ability to show kindness and volunteerism.

In total, 460 students earned enough points to receive new Nike shoes.

"We are so thankful that the Braden Aboud Foundation selected us as a site for the shoe giveaway," said BCE physical education teacher Jose Medel. "It allowed us to not just provide students with much-needed footwear, but it also to teach students good character education."

The Braden Aboud Memorial Foundation was established in El Paso in 2007 to help fund initiatives that improve the health and educational development of children in the region. It was established after the death of Braden Aboud, a 14-year-old El Pasoan who passed away unexpectedly but left behind a legacy of inclusion and volunteerism.

Officials with the Foundation said they were happy to be in the Canutillo Independent School District and praised BCE for encouraging students to practice positive behavior.

Each student at BCE who received a pair of shoes was fitted for proper size and fit by students from Canutillo, Franklin and Coronado high schools. Volunteers from the Foundation also helped fit the 460 pairs of shoes.

"I like the shoes a lot. They're so cool," said Luis de Santiago, a second grade student who received black and fluorescent yellow tennis shoes. "I like to run so I am going to use them a lot."



— Photo courtesy Canutillo ISD

Bill Childress Elementary School (BCE) second grader Luis de Santiago ties his brand new shoes for the first time. The Braden Aboud Memorial Foundation provided sneakers to him and 460 other students at BCE.



Paseo Del Este MUD #4 Boundaries and Polling Location

LOOP 375

PELLICANO DRIVE

MISSION RIDGE BOULEVARD

WEST TEXAS AIRPORT

SOCORRO ATHLETIC COMPLEX

1

1

PDEMUD 4 Voter and Polling Location

4

Exhibit A / Anexo A

WTCC: 04-17-14

WTCC: 04-17-14

When a really good life is just isn’t good enough

By Steve Escajeda
Special to the Courier

Though the United States is far and away the best place in this big wide world to live, there are still some occupations performed here that are considered to be less than enviable.

Some people get up in the morning and dread the job they feel they’ve been forced into.

To them, the worst sound in the world is that alarm clock that rings in the morning, reminding them that another awful day is just ahead.

These poor people watch what the American dream should be, on TV, and realize that they’ve missed the brass ring that could have meant a different, more meaningful life.

They manage to eek out enough money to survive, but they miss out on all the little things that make life worth living.

Like prisoners sentenced to a life in solitary, they go through their days severely limited in both, choices and the ability to enjoy even the littlest occurrences that mean the most.

The jobs that many of these people have

to cope with are numerous. They include coal miners and janitors and dishwashers and sewage workers and maids and bus boys and trash collectors and NFL players and street sweepers and...

Wait a second; did I just include NFL players on that list?

Of course I did. Don’t tell me you didn’t hear the heart-wrenching tale of former New England Patriots linebacker Brandon Spikes.

Talk about a tale of woe.

What Spikes went through makes those other jobs look like afternoons at the beach. Now here’s a guy that went through some suffering.

It’s one thing for an uneducated single mom to work two jobs to put food on the table and make sure her kids get through school; but that pales when compared to what Spikes has had to endure.

First of all, Spikes had the misfortune of having to wait until the second round of the NFL draft to be chosen by the Patriots.

Spikes had to bite his upper lip when signing the embarrassingly paltry contract of \$3.21 million over a four-year period. For signing his contract, Spikes had to hang his

head in shame for receiving a bonus check of only \$960,000.

I totally understand if you would like to stop reading at this point. His suffering is difficult for me to write about. But I’ll fight through it. There, I’ve just wiped off another tear.

Anyway, the Patriots got rid of the disgruntled linebacker last season just before the playoffs.

Spikes then became a free agent and recently signed with the Buffalo Bills.

In a series of tweets, Spikes wrote how his Bills were going to beat the Patriots twice next season, he called the fans of New England [jerks] and he put his entire four-year experience with the Patriots into perspective describing it as, “4 years a slave.”

Forced to live on \$3.2 million, I can imagine that waitresses all over the country might want to take up a collection to help poor Mr. Spikes.

After all, waitresses may not have Fortune 500 portfolios, but at least they’re not slaves.

There’s no doubt that being forced to only afford five cars instead of six, and only a seven-bedroom mansion instead of eight

reminds one of the days when slavery was accepted in this country.

I can see where Spikes feels a kinship with the men and women that came before him and suffered at the hands of racist imbeciles simply because of the color of their skin.

I mean he wasn’t murdered or anything like that, but Spikes’ fragile ego has taken a beating.

With the millions in his bank, the chartered flights, the luxury hotels, the first-class facilities and the national recognition, Spikes lives a life very reminiscent of the slaves Abraham Lincoln freed.

I think the entire country should take a stand against the kind of indignities Spkies has had to endure during his young horrific life.

And shame on the Patriots for forcing its players to do things like show up to work on time, and follow team rules, and attend team functions, and work hard, and earn their pay.

It makes you wonder how many other Brandon Spikes’ are out there – guys who enjoy the fame and fortune of the NFL, but are too dumb, arrogant and childish to appreciate it.

A sporting view By Mark Vasto

Count on Calipari

Four Elite Eights, three Final Fours, one runner-up and one national title in five seasons at Kentucky (and one epic NIT loss), it’s safe to say that John Calipari’s legacy is secure in the annals of basketball history.

After a thrilling season and an impressive tournament run,

all eyes and most of the tongue wagging after the University of Connecticut championship game were surprisingly all about the losers – and the man whose recent bona fides I listed above.

“Kentucky is a joke,” remarked one of the folks I watched the big game with (yes, I now hang with

“folks”, ya’ll) “It’s an NBA factory. Every one of these guys are going to turn pro. Why go to college at all?”

By “these guys,” he was referring to the five starting freshman recruited by Calipari who are most certainly heading to the NBA (by the time this column runs, it should be official). How that is a joke bewilders me. I have always maintained that even one year of college is sufficient for a young man to say with confidence that he has a degree in basketball (and most other sports, too). Particularly

when the one year is spent with a coach like Calipari or in any of the other top-flight NCAA programs. Will they have “life skills”? I have no clue, because I am several decades out of college and I haven’t acquired any of those, so I can’t really comment.

But where is Calipari going? According to his post-game comments, church.

“I’m more disappointed this morning than I was last night, but I’m still really proud of our kids that we had our chances to win the game,” Calipari said after the game. “In the end, life goes on. I’m on my way to Mass right now. I love these kids, I love this team and I love the Big Blue Nation. Just sad it’s over.”

We know one thing, with recruits

like Devin Booker, Trey Lyles and Karl Towns, Jr. waiting in the wings, the latter two touted as two of the 10 best recruits in the nation (the others, not surprisingly are heading to Duke and the usual suspects), Kentucky will remain strong. As far as Calipari, I also cannot give much in the way of career advice. What I can say is, hey, you’ve got a pretty great thing going there in Kentucky. Cut your losses and count those blessing.

The ball takes some bad bounces, but with Calipari one thing remains certain: The ball will most certainly keep on bouncing... count on that for sure.

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

Fabens

From Page 1

meets are all about getting to witness the bonding experience that occurs at a competition. “As we sat there on Saturday waiting for results, I realized how much it felt like a family,” Carrillo said. “I was very proud to see our teams, coaches and students all working together, encouraging and supporting each other to achieve success.”

Briefs

From Page 1

immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637).

– Javier Sambrano



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OUT ON A LIMBBy Gary Kopervas



AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: For several years, when I have had blood drawn it has shown an elevation in the alkaline phosphatase. It has been as high as 377 in recent tests. I have had the test to see if it was from the liver, but it was all right. I recently had a bone scan, and the doctor suspects Paget's disease and is referring me to a bone oncologist. Do you have any comments in regard to this? – D.C.A.

Alkaline phosphatase is an enzyme that, when found in the blood, usually comes from the liver. Conditions such as gallstones or others that affect bile flow are the most likely to increase the level in the blood. However, alkaline phosphatase also may come from the bone, and in this case, Paget's disease is the most likely cause. Your doctor may have determined where the alkaline phosphatase is coming from by ordering a special isoenzyme blood test. The bone scan is usually diagnostic for Paget's.

Paget's disease is thought to result from abnormal osteoclasts, the cells that normally remodel bone. The osteoclasts break down bone, and osteoblasts build it back up again. Bone needs to be replaced over time to repair any microscopic cracks that have formed. Without normal bone turnover, the bones become brittle.

In Paget's disease, the bone remodeling in one or more particular areas is excessive, causing bone buildup. The most common sites are the skull, spine, pelvis and leg bones. Paget's disease is very effectively treated with medications such as zoledronic acid (Reclast or Zometa). Not all people with Paget's need treatment; however, a high alkaline phosphatase level usually is a reason to treat.

DEAR DR. ROACH: I have two grandchildren who spike fevers and get sick a lot. How valuable

are natural wellness formulas to build up their system and get them stronger? Their doctor has told them it will not help, but he isn't giving them anything to help their immune system get stronger. Any suggestions? – K.L.

The immune system gets stronger as kids age. The key to a healthy immune system remains a good diet, good exercise and sleep, and avoiding too much stress. Good hand hygiene is necessary for reducing exposure to bacteria and viruses. I am skeptical of the ability for supplements to improve the immune system.

That being said, there are vitamins and trace minerals that are essential for the immune system to function at peak level. Most of us can get adequate amounts from a healthy diet. The supplements sold to "boost the immune system" generally are multivitamins with some additional unproven ingredients.

DEAR DR. ROACH: I'm a 70-year-old man in good health. I exercise daily and eat wholesome foods. I now realize that my sexual activity is better in the mornings. On occasion, I get up, take Viagra and go for a brisk walk, have breakfast and go back to bed. Is the testosterone level higher in the mornings? – Anon.

Yes, testosterone levels are higher for both men and women in the mornings. Even younger men often notice this. Also, Viagra works much better if it is taken on an empty stomach and given one to two hours to work.

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 newsletters at P.O. Box 536475, Orlando, FL 32853-6475. (c) 2014 North America Synd., Inc. All Rights Reserved.

Super Crossword

- AND OR ACROSS

1

Verboten

6

Did lunch

9

Uppercut target

12

Warm and friendly

19

Singer Bryan

20

_ Trench (very deep Pacific point)

22

Where Polynesia is

23

Forming ties by showing team spirit?

25

Molting animal, e.g.

26

Cave dwarf of folklore

27

Water, in Wassy

28

"How true!"

29

Overhead urban trains

30

"That's all _ wrote"

32

Like things you can categorize in your head?

37

Torment

40

Crimson Tide school, for short

41

Raises

42

Singer John

43

Last Oldsmobile model

44

Tibetan Buddhists' practice

46

Relative of .edu or .gov

47

Ruling eel?

49

"Burnt" pigment

52

"Oh, woe _"

56

A sysadmin might maintain one

57

Simple piano

chords

58

Athenian H's

59

Retired JFK jet

62

Big birds of the outback

63

Stream, after a long downpour?

65

Honda's luxury line

67

Light beer

68

Employment

69

Unflavorful sundae topper?

73

Flows back

76

One of three stooges

77

Grand-scale

78

Head-hiding sweatshirt

79

Slender and graceful

81

Nevada city near Sparks

82

Folding poker player's comment

83

Raids made during hog wars?

87

Lilted song syllable

89

Minerals that look like gold

91

Film director

92

Quite mad

95

Thicken, as Jell-O

97

Open up - of worms

98

City in Texas or Ukraine

99

Emergence of a swamp?

103

Negative particle, e.g.

104

"Annabel Lee" poet

105

Bakery stock

106

British rocker

Brian

107

Actress Day

110

Reduce to a fine spray

112

What a ranger's niece calls him?

117

Akin

118

Erudite type

119

Indiana's state flower

120

Disaster

121

Unassertive

122

Audit gp.

123

Intuit

DOWN

1

Highlander's cap

2

Hullabaloo

3

One trading

4

Epps of the screen

5

Norway port

6

Go at a slow, easy pace

7

"The _ of Steve" (2000 film)

8

Suffix with south

9

Game similar to handball

10

Render void

11

Jesting type

12

Carl Sagan's fascination

13

Autumn color

14

Go back in

15

"Old man"

16

Owing money

17

"Ruby" star Danny

18

Pitcher Don

21

Guy in a think tank

24

Tall shade trees

28

Cleo's killer

30

Pretense

31

Angelic circle

33

Cavs, Mavs and Knicks

34

Made gentle

35

More scrumptious

36

North African capital

38

Abu Dhabi native, e.g.

39

Tofu source

44

Hawaiian feast

45

Opinion poll

46

Estimator's words

48

Iranian city of almost 1,000,000

50

Gin joint

51

N.Y. summer hrs.

53

Iron emission

54

Tropical fruit

55

Lauder of cosmetics

57

Jungle cat, in Spanish

59

Fencing sword

60

Mouthwash brand

61

City in Italy

63

One-in-a-million thing

64

Autumn color

66

Ravioli filling

67

Paved the way for Karmann _ (old VW)

71

Relative of .edu or .gov

72

"Yoo- _"

73

Figure skater

Plushenko

74

Porgy's love

75

Slo- _ (kind of fuse)

79

Join, as a table

80

To be, to Fifi or Gigi

83

High-pitched flute

84

Be obstinate about

85

Gas brand north of the U.S.

86

Comic Laurel

88

Brief relief

90

Earthy and vulgar

92

Give, as knowledge

93

Cheering fan

94

Pupil ringer

95

Rapid

96

Triage sites, for short

98

_ about (circa)

100

Evaluated, with "up"

101

"Wetherby" actress Judi

102

Stenches

108

Weightlifters count them

109

"It's all clear"

111

GQ, for one

112

Abbr. on a navy vessel

113

Connecticut Ivy Leaguer

114

"So _ , so good"

115

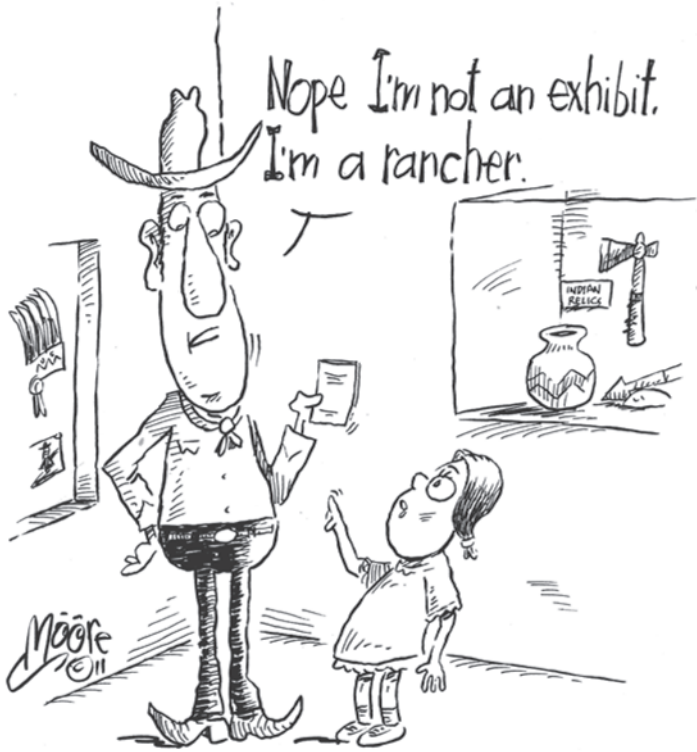
Low-ranking off.

116

Whiskey type

1	2	3	4	5		6	7	8		9	10	11		12	13	14	15	16	17	18		
19						20			21					22								
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65				66						67							68					
69							70	71	72						73	74	75			76		
77							78							79					80			
81							82						83							84	85	86

Moore Texas by Roger Moore **Texas' 1st Museum , The Panhandle-Plains , opens its permanent home in Canyon.**



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!

	×		-		13
+		+		×	
	-		×		12
×		÷		-	
	×		+		11
11		5		12	

1 2 3 4 5 6 8 9 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging

Answer Page 4

★★★ HOO BOY!

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Social Security Q&A By Ray Vigil

Q: I found out that my daughter submitted incorrect information about my resources when she completed my Application for Help with Medicare Prescription Drug Plan Costs. How can I get my application changed now to show the correct amount?

A: You can call 1-800-772-1213 (TTY: 1-800-325-0778) and let us know. We will match information on your application with data from other federal agencies. If there is a discrepancy that requires verification, we will contact you. For additional information about Medicare prescription drug plans or enrollment periods visit www.medicare.gov or call 1-800-633-4227.

Q: How long does it take to complete the online application for retirement benefits?

A: It can take as little as 15 minutes to complete the online application. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. To retire

online, go to www.socialsecurity.gov/retireonline.

Q: My spouse died recently and my neighbor said my children and I might be eligible for survivors benefits. Don't I have to be retirement age to receive benefits?

A: No. As a survivor, you can receive benefits at any age if you are caring for a child who is receiving Social Security benefits and who is under age 16. Your children are eligible for survivors benefits through Social Security up to age 19 if they are unmarried and attending elementary or secondary school full time. If you are not caring for minor children, you would need to wait until age 60 (age 50 if disabled) to collect survivors benefits. For more information about survivors benefits, read our publication *Survivors Benefits* at www.socialsecurity.gov/pubs.

Q: What's the best way to find out if I might be eligible for SSI?

A: Our online Benefit Eligibility Screening Tool (BEST) will help you find out if you could get benefits that Social Security administers. Based on your answers to questions, this tool will list benefits for which you might be eligible and tell you more information about how to qualify and apply. Find BEST at

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: Z equals A

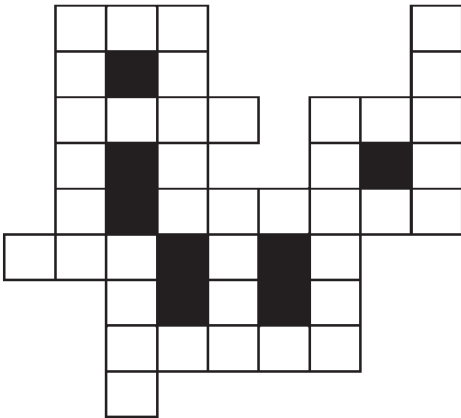
VLMRLJPU ZS Z NZWS-NVVM
BJPMVB, SDRH ZWGRM SDR
NLVU "BVOYM HVO YJGR NYJRW
BJSD SDZS?"

Answer Page 4

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GCO
EPERUT
♥NELGA
DEBI
ACUGRO
♥EAP
♥REOG
RUMOA
♥OBG
LONBIA
LEERD
EUBA



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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www.benefits.gov/ssa.

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 physicist Albert Einstein who made the following sage observation: "Few people are capable of expressing with equanimity opinions which differ from that of their social environment."
 - Unlike humans, birds see everything in focus all the time.
 - You might be surprised to learn that the bagpipe did not originate in Scotland. This ancient instrument existed in Asia in the pre-Christian era. Those who study such things say that the Emperor Nero was a bagpiper, even performing publicly at Roman athletic events.
 - Sharks have existed for 50 million years longer than trees.
 - From ancient times in China up until the 19th century, the upper classes considered very long fingernails to be beautiful and a mark of distinction, indicating that one with such long nails never had to perform manual labor. Cracking was a problem with these long nails, though, as they sometimes were grown in excess of 2 inches long. To combat the problem, the ruling classes would wear special gold and silver covers on their nails.
 - Even cows have best friends, and they will spend most of their time together.
 - In a single year, your heart circulates about a million gallons of blood.
 - You almost certainly have a Social Security number, but did you ever wonder what the numbers mean? The first three numbers indicate what part of the country you were in when you applied (or when your parents applied for you), the next two numbers are a code indicating the year of your application, and the last four numbers are considered to be your citizen's number.
- Thought for the Day: "I and the public know. / What all schoolchildren learn. / Those to whom evil is done. / Do evil in return."
— W.H. Auden
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