



## NEWSBRIEFS

### Canutillo ISD changing board meeting date

The Canutillo Independent School District Board of Trustees has taken the first step necessary to move its regular monthly meeting dates to the fourth Tuesday of each month. Trustees have directed the CISD Administration to begin all the paperwork needed to make the change after the Board voted unanimously to make the move in order to accommodate the members' involvement in a region-wide public school awareness campaign. When finalized, regular school board meetings will shift from the third Tuesday of the month to the fourth. The change will become effective in August. "We are aware that a public school advocacy campaign is on the works, and members of our Board wants to be very much involved in it," said Board President Rachel Quintana. "This means they will have to attend other school board meetings, and our current meeting schedule wouldn't have allowed that."

— Gustavo Reveles Acosta

### EPCC tops in nation

El Paso Community College (EPCC) is proud to announce that it has been once again named the top Community College in the nation by *The Hispanic Outlook in Higher Education* magazine. EPCC topped the rankings in the categories of number of associate's degrees granted to Hispanic students, the number of Hispanic students attending and the number of Hispanic faculty. This is the seventh year in a row the College has been recognized with these honors. Visit *The Hispanic Outlook in Higher Education's* digital edition for complete rankings at <http://digital.turn-page.com/i/282316#>. For almost 24 years, *The Hispanic Outlook in Higher Education Magazine*, has been a top information news source and the sole Hispanic educational magazine for the higher education community, and those involved in running our institutions of higher learning.

— Jim Heiney

### Crime Stoppers

A man steals several hundred dollars using a stolen or cloned credit card at a west El Paso ATM. The man, was captured on surveillance video, and detectives from the El Paso Police Department are asking for the public's help in identifying him, through the Crime Stoppers "Crime of the Week." On Tuesday, April 8, 2014, the victim discovered that her debit card account was low on funds. As she looked into the transactions, she discovered that someone had made several transactions on March 31, without her knowledge. As detectives from the Westside Regional

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*The two great tests of character are wealth and poverty.*

— Quips & Quotes



— Photo by Alfredo Vasquez

**ALMOST FINISHED** – This newest El Paso County Emergency Services District (ESD) No. 1 fire station is in Horizon City. It is located behind the old fire station just off Darrington Road at 14151 Nunda. The new station will serve a 156 square-mile region that stretches east from El Paso city limits to Clint. According to ESD officials, plans are to hold a grand opening celebration this summer. They expect to be moved in by the end of this month. When the move is complete the old fire station will be razed for ponding and parking.

## Multi-million dollar investment will help keep east El Paso County safer

By Alfredo Vasquez  
Special to the Courier

HORIZON CITY – "It has been a long time coming," said Ron Larsen, administrator for El Paso County's Emergency Services District (ESD) No. 1, of the new fire station that will open in Horizon City next month.

"We've been planning for this facility for 11 years," stated Larsen, who has been with the all-volunteer ESD fire department for 22 years.

"When I first started, we were running about 200 calls per year," Larsen said. "In comparison, ESD No. 1 responded to 206 calls just last month alone," he cited. "This area is growing fast; that's why we needed

this new station," he said. "The new station should be adequate to serve the communities' needs for the next 50 years," he asserted.

"The old station, which was built in 1974, was too small to provide enough space to store all of the necessary vehicles and equipment," Larsen said. He noted that the old building also has asbestos and needs major upgrades to the electrical and mechanical systems. According to Larsen, plans are to tear down the old fire house and convert the space into parking and ponding areas.

Construction of the new \$4.6 million station began in late 2012. It is being financed by property taxpayers through funds earmarked for the county's two ESDs, which are government entities that manage the volunteer

fire departments and the emergency medical services for the unincorporated areas of the county.

ESDs, governed by the Texas Health and Safety Code and overseen by a local board of directors, collect taxes from property owners in the county to run the services. County commissioners set the ESDs' tax rate of 10 cents per \$100 property valuation – the maximum allowed under state law.

ESD No. 1 contracts with the Horizon City Fire Department to provide services to that city and the approximately 150 square-mile-area surrounding it. Today, the department has 55 volunteers who respond to about 2,500

See FIRE STATION, Page 3



— Photo courtesy Canutillo ISD

**THEY CAN SING** – The CHS Chamber Choir poses after their award winning performance at the UIL Regional Tournament at Bowie High.

## Canutillo HS Chamber Choir earns top awards

By Gustavo Reveles Acosta  
Special to the Courier

CANUTILLO – In their first-ever trip to the University Interscholastic League regional tournament, the Canutillo High School Chamber Choir managed to make history.

The 76-member choir under the direction of Willie Adame and Lluvia Fuentes earned first-division ratings – the highest awarded by the judges – in both levels of competitions: Choir Concert and Sight Reading.

The double first-division ratings give the Canutillo Choir a Sweepstakes Award in their first time ever competing at this level.

"We are ecstatic about the work these

students have done and the maturity in performance they have shown," Adame said. "It takes choirs years in competition to reach the level necessary to win Sweepstakes. To do it in one year is amazing."

Choir members performed a prepared piece of music for the Choir Concert portion

See CHOIR, Page 5





– Photo courtesy San Elizario ISD

**DEDICATED GROUP – The San Elizario High School Navy Junior Reserve Officers Training Corps has received the Distinguished Unit Award with Academic Honors. From left are Chief Manuel Jaquez, Maricela Montoya, Manuel Sapien, Daniela Maldonado, Jonathan Reyes, Jorge Sanchez, Adriana Montoya, Karen Espinoza, Irvin Espinoza, Marlene Garcia, Samantha Maldonado, Dezirae Cordova, Janet Portillo, Eric Ibarra and Colonel Acension Fierro.**

## San Elizario HS NJROTC receives top award

By Cynthia P. Marentes  
Special to the Courier

SAN ELIZARIO – The San Elizario High School Navy Junior Reserve Officers Training Corps was recently awarded the Distinguished Unit Award with Academic Honors, a prestigious designation given nationally for outstanding performance during the 2013-2014 school year. This is the first time in its 14-year history that the San Elizario High School Navy Junior Reserve Officers Training Corps (NJROTC) program receives the recognition.

Naval Education and Training Center Area Nine Manager, Commander Merv Dial, USN (Ret) notified the campus that it had received the award in April. Out of the 63 NJROTC programs in

Area Nine, San Elizario was one of thirteen to receive the honor. There are 11 areas across the United States and Area Nine consists of seven states—Texas, New Mexico, Kansas, Oklahoma, Missouri, Kentucky and Tennessee.

According to Colonel Acension Fierro, USMCR (Ret), who is the Senior Naval Science Instructor at San Elizario High School, the selection criteria for the award is extensive and rigorous. Factors such as the unit’s annual inspection posture, scholastic achievement, participation in drill meets and orienteering meets, and their overall military performance, community service, school support, and academic performance are all rated in consideration of the honor. The unit also must also demonstrate success in events including drill team, color guard, marksmanship, physical fitness, and academic team

competitions.

“Being designated a Distinguished Unit is the highest recognition that an individual NJROTC unit can

See SAN ELI NJROTC, Page 4

## Veterans Post By Freddy Groves

### Cooking the books

When the Department of Veterans Affairs sends out a press release concerning allegations about one of its hospitals, you know big stuff is in the works. And when two U.S. senators (John McCain and Jeff Flake of Arizona) jump in and ask for a probe, heads are going to roll.

In this case, they’re asking the VA Office of the Inspector General to investigate “delays in care” in Phoenix. The senators didn’t mince words concerning allegations that as many as 40 veterans in Arizona died while waiting for their medical appointments, and specifically that hospitals were keeping secret waiting lists to fudge the wait-time numbers.

What’s disturbing is that this isn’t new news. I’ve written about it here. It’s happened before.

If you want to fudge the numbers for appointment wait times, here’s how you do it:

- If you make an appointment that’s more than 30 days out, wait and then cancel the appointment. Immediately reschedule it for the same date, making the books look like the appointment had a shorter

wait time.

- Keep a separate set of books. Don’t put all the appointment requests in the official system. Keep a list off to the side and put them in later, to cut the perceived wait time.

- Insist that patients appear in person to make an appointment. That’ll definitely cut the numbers down.

The VAOIG has visited this topic before (Google “Audit of Alleged Manipulation of Waiting Times in Veterans Integrated Service Network 3” for what was uncovered in another state), and I’m sure they’ll do a fine job unearthing the truth about Arizona.

Bottom line: As long as upper management bonuses are tied to reductions in wait times, among other performance measures, this kind of thing isn’t going to stop.

*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](mailto:columnreply2@gmail.com). (c) 2014 King Features Synd., Inc.*



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**TexasSure catches drivers without insurance.**



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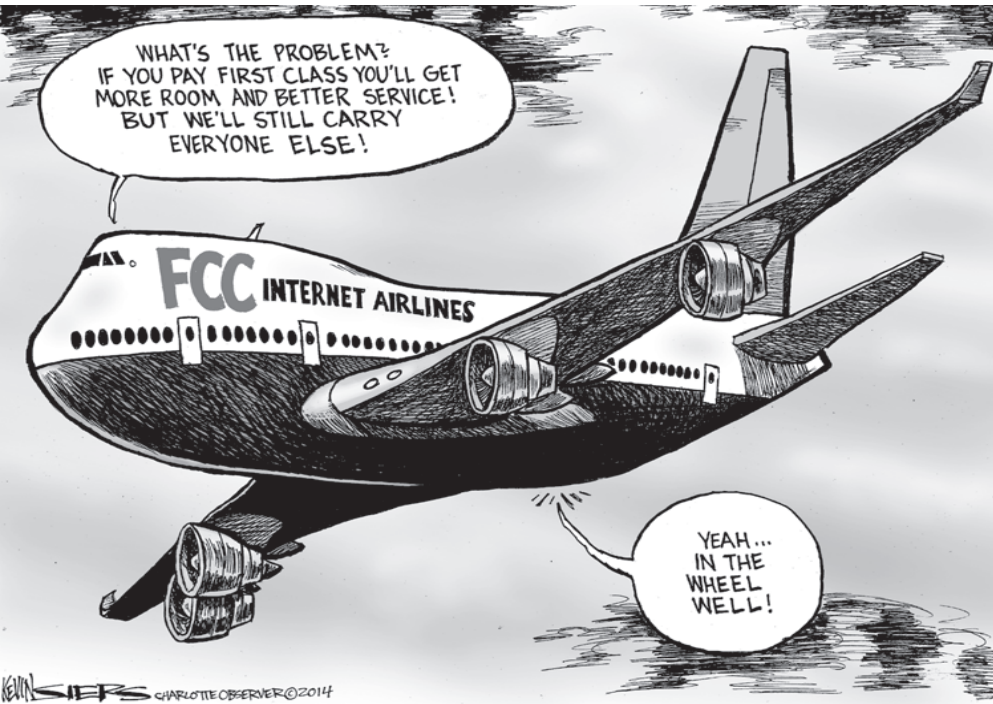


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**BUNKS INSTALLED** – “No more sleeping on couches and cots for the firefighters who have to work night shifts,” said Ron Larsen as he lowers one of the beds in the roomy new sleeping quarters. Larsen, administrator for ESD No. 1, said that the Horizon City fire station currently has 55 volunteer firefighters with plans to add more in the near future.



Fire station

From Page 1

calls a year. ESD No. 1 runs on a budget of about \$1 million a year.

ESD No. 2 encompasses the areas around Vinton, Canutillo, Socorro, Clint, San Elizario, Fabens and Montana Vista. It administers 11 volunteer fire departments and more than 220 volunteer firefighters who respond to about 2,800 calls a year. This district’s annual budget is about \$5 million.

The new fire station in Horizon City was designed by BRW Architects of Dallas. “We chose to work with the out-of-town company, as opposed to a local area business, because of BRW’s vast experience in designing fire stations. They had already designed 82 of them throughout the country,” Larsen explained.

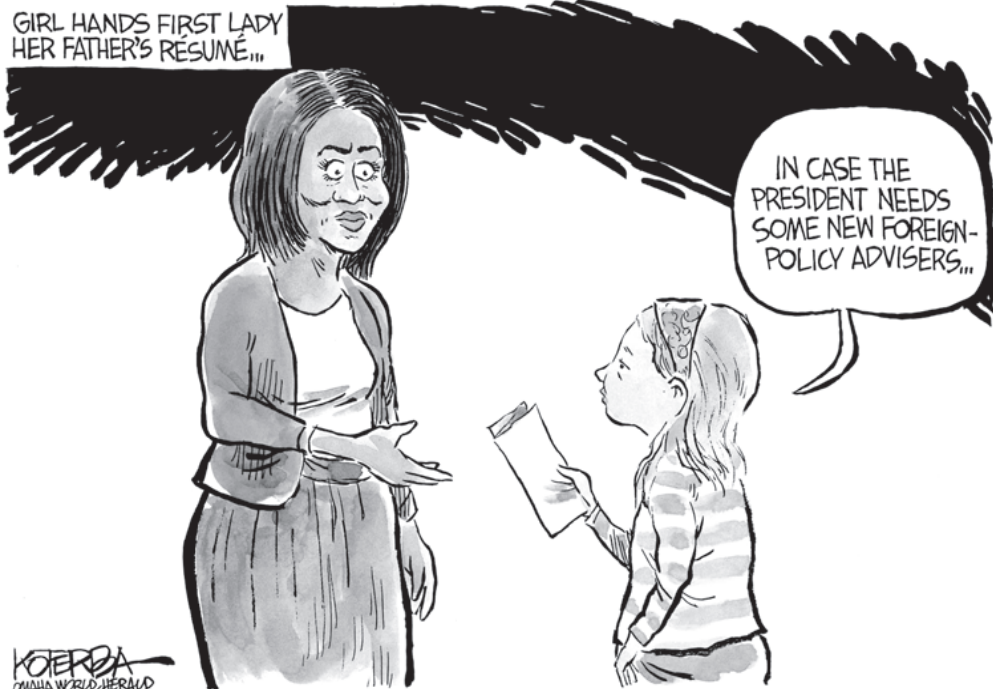
adequately accommodate the station’s fire trucks, equipment, and accessories.

With the new facility, a state-of-the-art communications system will be installed to enhance the firefighters’ response time, according to the administrator. “Presently, when an emergency call comes in from our area, it is first directed to the Sheriff’s Office, then that office relays the call to the Horizon Police Department who subsequently contacts us,” Larsen explained. “With the new communication system we will get the initial call directly,” he added.

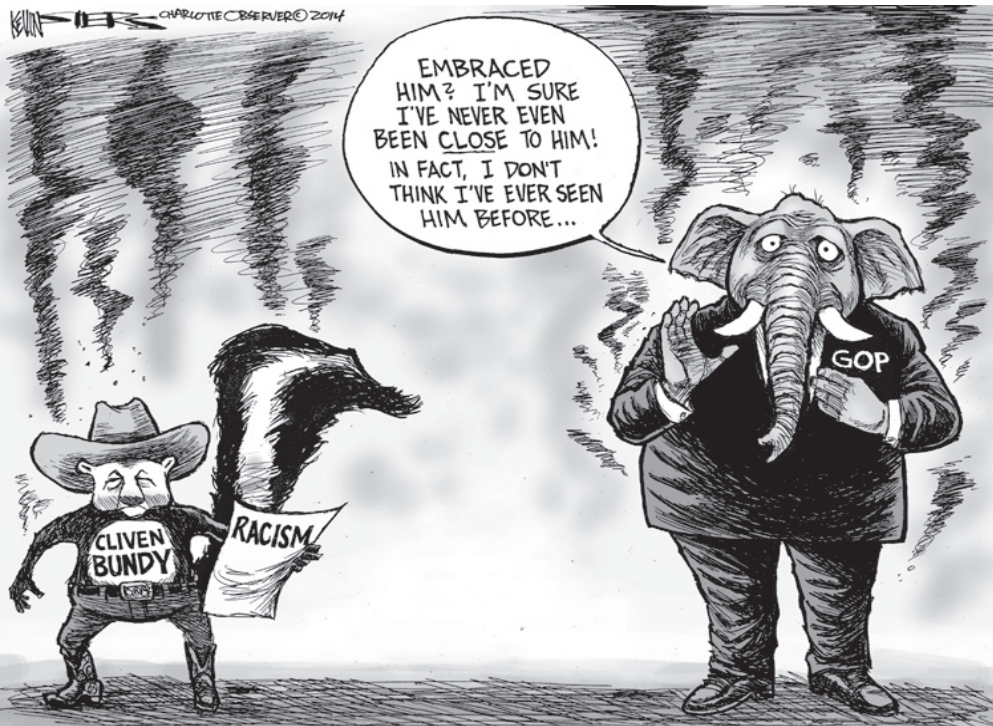
Because the new station is part of the county’s emergency services district, it is equipped to serve as an emergency management command center in case of a critical emergency situation in this region, Larsen stated.

Officials at the fire department in Horizon City said that they expect to add about 10 more firefighters to the team once the new station opens. Individuals interested in becoming a volunteer firefighter must go through a six-month probationary training period.

For more information and to apply online, visit ESD No.1’s website at [epcsd1.com](http://epcsd1.com).



**PLENTY OF PARKING** – Ron Larsen, administrator for El Paso County Emergency Services District No. 1, stands in the garage bay area that will house ESD No. 1’s fleet of trucks. They include a 75-foot ladder truck, three pumper trucks, 3,000 gallon tanker truck, brush truck, rescue truck (which is on order), and four pickup trucks.



Briefs

From Page 1

Command Center began their investigation they learned that the man had used the card the ATM of a convenience store. The investigators found that the suspect had walked into the Circle K Store located at 6938 Doniphan and used the ATM with the stolen or cloned card. The suspect made several transactions between the hours of 9 p.m.



You know him?

and 2 a.m. withdrawing several hundred dollars from the victim’s account. The suspect was described as a male, in his mid to late 20s and average build. He was seen on the security cameras entering the store three different times and each time dressed a little differently. Anyone with any information on this credit card abuse case is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org) or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano



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# International museum day highlights modern version of native foods

By **Alfredo Vasquez**  
*Special to the Courier*

EL PASO COUNTY – The El Paso Museum of Archaeology and El Paso Archaeological Society will celebrate International Museum Day with a savory cooking display featuring Jim Hastings.

The cooking presentation, titled “Bordertown Cooking with Jim Hastings”, will be held from 2 to 3 p.m., Saturday, May 17, at the archeology museum (4301 Transmountain Road).

The free event is in conjunction with International Museum Day, which is celebrated worldwide on May 18. “This year’s theme is ‘Museum Collections Make Connections’. It is meant to remind us that museums are living institutions that help create bonds between visitors, generations and cultures around the world,” stated Marilyn Guida, the museum’s education curator.

The local museum will observe the day by featuring Hastings’ delicious desert land recipes. Known as El Paso’s Gringo Gourmet, Hastings concocts new recipes with native foods from the Chihuahuan Desert (a

vast area that spreads from northern Mexico to west Texas and southern New Mexico). Hastings stated that he calls his recipes “Not Your Mama’s Nopalitos” because he combines



– Photos courtesy of Jim Hastings

**El Paso Museum of Archaeology and El Paso Archaeological Society (EPAS) are sponsors of the International Museum Day program, “Bordertown Cooking with Jim Hastings”, which will be held Saturday, May 17. Hastings mixes “The Three Sisters” – corn, beans and squash – with nopalitos (prickly pear cactus), onion, garlic, tomatoes and green chile to create a sumptuous stew.**

prickly pear cactus, known as nopalitos, in unexpected dishes. During his presentation, Hastings will demonstrate a method for cooking nopalitos, and participants will be treated to a prickly pear, jicama and orange salad in orange vinaigrette.

Hastings stated that he has done these cooking demonstrations for several local organizations, for the New Mexico Native Plant Society in Albuquerque and in Santa Fe, and for the Tucson Cactus and Succulent Society Sonoran IX and X conferences in Arizona.

The museum’s upcoming cooking program is limited to 27 participants due to space limitations, stated the museum’s education curator. She suggested that interested individuals reserve their space in advance by calling 755-4332 or by sending an email to [guidamr@elpasotexas.gov](mailto:guidamr@elpasotexas.gov).

## Choir

From Page 1

of the contest.

For the Sight Reading portion, the choir was given two new pieces of music and only minutes to read and perform it in front of the judges.

The CHS Chamber Choir is part of the Canutillo Independent School District’s School of Music, which was created to improve the quality of music instruction and performance at all grade levels.

Since its creation, participation in music programs has increased significantly at the elementary- and middle-school levels. The CHS Marching Band has also received a Sweepstakes Award in UIL and other competitions.

## Canutillo Independent School District Public Notice

Any interested representative of a non-profit private school or non-profit home school

- operating within the boundaries of the Canutillo Independent School District, or
- operating outside of the boundaries of the District, but serving students who live within the boundaries

is encouraged to call for an appointment to receive information regarding the Consolidated Application for Federal Funding for 2014-2015. The application provides the following programs, through the “No Child Left Behind Act”.

- Title I, Part A – Improving Basic Programs
- Title I, Part C – Education of Migratory Children
- Title II, Part A – Teacher and Principal Training and Recruiting
- Title III, Part A – Limited English Proficient

Interested persons should call the office of the External Funding Coordinator at (915) 877-7497 to schedule an appointment. Representatives will need to provide their school’s tax exempt identification number to the District to confirm eligibility. Accommodations for handicapped persons will be made available upon request.

## Distrito Escolar Independiente de Canutillo Aviso al Público

Cualquier representante de un colegio privado no lucrativo o que ofrezca educación en casa, que esté interesado, y que

- opere dentro de los límites del Distrito Escolar Independiente de Canutillo, o
  - fuera de los límites del Distrito, pero que sirva a estudiantes que viven en el Distrito
- se le invita a hacer una cita para recibir información sobre la Solicitud Consolidada para el Financiamiento Federal 2014-2015. Esta solicitud provee a los siguientes programas, a través de la Ley “No Child Left Behind”.

- Título I, Parte A – Mejoramiento de Programas Básicos
- Título I, Parte C – Educación de Niños Migrantes
- Título II, Parte A – Entrenamiento y Reclutamiento de Director y Maestro
- Título III, Parte A – Adquisición del Idioma Inglés

Las personas interesadas deben llamar a la oficina de la Coordinadora de Fondos Externos al (915) 877-7497 para hacer su cita. Cada representante deberá proporcionar el número de identificación de exención de impuestos de la escuela para confirmar su elegibilidad. Habrá adaptaciones adecuadas disponibles para discapacitados, si lo solicita con anticipación.

## Socorro Independent School District

### PUBLIC NOTICE Public Meeting to Review Federally Funded Programs

The Socorro Independent School District will conduct a public information meeting to review the following NCLB Federal Grants:

- Title I, Part A – Improving Basic Programs
- Title I, Part D SP 2 – Delinquent Youth
- Title II, Part A – Improving Teacher Quality
- Title III, Part A – Limited English Proficiency (LEP)
- IDEA-Part B, IDEA Pre-School

The meeting will be held:  
Tuesday, May 20, 2014, 6:00 p.m. in the Board Room at the District Service Center, 12440 Rojas Drive.

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### AVISO PUBLICO La junta Pública para Revisar los Programas de Fondos Federales

El Distrito Escolar Independiente de Socorro llevará a cabo una junta pública para revisar los siguientes programas federales:

- Título I, Parte A – Mejorando Programas Básicos
- Título I, Parte D – Jóvenes Delincuentes
- Título II, Parte A – Mejorando la Calidad de Maestros y Directores
- Título III, Parte A – Servicios de educación para estudiantes de segundo idioma
- IDEA-Parte B, IDEA Pre-Escolar

La junta se llevará a cabo:  
martes, 20 de mayo del 2014, 6:00 p.m. en la Sala de la Junta del Distrito del Centro de Servicio, 12440 Rojas Drive.

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# Chihuahuas already making good impression on El Paso

By Steve Escajeda  
*Special to the Courier*

The first homestand in the history of Triple-A baseball in El Paso has come and gone to rave reviews from those who attended the games at the new Southwest University Park.

The El Paso Chihuahuas played their first eight games in the Sun City in front of overflow enthusiastic crowds.

Though it was great to finally meet the Chihuahuas and the quality of baseball was outstanding, the real star of the show was El Paso’s new downtown stadium.

It turns out that the state-of-the-art stadium is even better than advertised.

Those who said that Cohen Stadium was good enough for a Triple-A franchise, are eating their words after taking a look at the city’s magnificent ballpark.

One of the biggest concerns about putting a baseball park in the middle of downtown was the parking situation. Many people who were against the idea from the start said the

location would never work.

Much to everyone’s surprise, except for the Chihuahuas’ brass, there have been no problems whatsoever with parking downtown.

I had the opportunity to ask many fans in attendance on opening night if they had experienced any parking or traffic difficulties and they all said the traffic wasn’t a problem at all.

Which goes to show once again that El Paso should not fear growth. Progress in El Paso can no longer be defined as something they do out in San Antonio, Phoenix or Austin.

For those of you who haven’t been out to the ballpark yet, there isn’t a bad seat in the house. Even the seats out in the right field line or in the upper deck are great. No matter where you sit you feel like you’re very close to the action.

And what is a baseball game without a dog and a beer. Southwest University Park offers an endless assortment of burgers, hot dogs, nachos, sandwiches, ice cream, sweets, and a little something else for every hungry baseball fan.

Adding to the comfort level of the park is that there are no bleachers or hard benches to sit on. Every single seat is an individual chair with back support.

For just \$5, fans (with their little kids) can sit in the outfield grass area. There’s also seating in one of two right field buildings overlooking the outfield. Fans can even enjoy an adult beverage at the restaurant/bar located right behind home plate.

The view of the mountain over the left field wall, or of the downtown skyline over the right field wall, bookends the huge high-definition video scoreboard in right centerfield.

And all the talk about there not being enough land to house a stadium in the block that used to hold City Hall and the Insights Museum - like all the other scare tactics by ballpark opponents - was totally unfounded.

It is over 400 feet to wall in center and over 320 feet to each line. The ballpark dimensions are larger than those of Yankee Stadium.

Every single El Pasoan, even those who were so adamantly against this project, should make it a point to attend a game or two this

summer.

This is something everyone can be proud of and stick their chest out about. It’s the first phase of the city’s new identity.

Now El Pasoans can brag about taking their out-of-town relatives to something outstanding when they come to visit this summer.

After living in El Paso for almost all of my life I have to admit that it’s still a little difficult for me to believe that we have something this magnificent to show off.

And who can blame me? How many times have we seen opportunities fly by El Paso on their way to other cities in the region?

This is one that didn’t get away. And I firmly believe that because of this, El Pasoans are going to start getting greedy about wanting more for their city - and that’s a great thing.

They’re long overdue.

One more thing about the games, as I watched the Chihuahuas score run after run in their first home win in last Friday’s 12-3 drubbing of Sacramento, I couldn’t help but think that Paul Strelzin was somewhere up there blowing a kazoo and waving a green weenie flag.

## A sporting view By Mark Vasto

### For the record(ing)

The struggling, young agent needed to make this deal.

He had spent the better (actually, worst) parts of his day barely making connecting flights in his travel to a second-market team in a sport he didn’t specialize in, with zero familiarity of the small-town airports and airlines he had to catch, all the while too keenly aware that he was burning through his travel budget. To boot, when he walked into the team headquarters that morning, he realized that he had overlooked the stain on his tie.

A few years ago he might have just turned on the charm and gotten away with it. But he was in his 30s now, and he should have known better. At least, that’s what the other side of the table would think. He at least knew that. So he buttoned his jacket and pulled the tie to the side, buffed his shoes on the underside of the couch in the waiting room, had a glass of water (no coffee... didn’t want to fidget) and took a deep breath. He made one last phone call and then strode into the boardroom with a confident smile.

After a few pleasantries (though one of the minority owners looked supremely agitated being present at all, hunched over the table with his burly arms crossed the entire time) and a brief exchange of philosophies, the agent laid out his client’s demands.

Everyone in the room knew the demands were absurd for an unproven kid right out of school. But the team was in a bind at that position and during the offseason the transition team had bungled the draft. The agent, too, knew he was asking at least triple what his client should be signed for. He was asking for Michael Jordan, ARod or LeBron type figures here.

And then he asked where the restrooms were.

He left his notes and briefcase in plain view. While in the last stall, he calmly pulled out his cellphone and listened in as the ownership berated him. For while the young agent was, as one of the owners said, “small time, nickel and dime” who couldn’t even afford an assistant, he could afford one thing: the second cellphone hidden underneath his notes in the open briefcase on their boardroom table. The same phone that he had called from the lobby. The same phone that just transmitted to him how high the team was willing to bid for his client’s services.

His heels clicked across the tiles of the bathroom floor. In the mirror he decided that the coffee stain actually lent the tie some character. Maybe even a little pizzazz.

Five minutes later, notes and

paperwork safely bundled back into his hipster attache case, both his cell and client call ended. He had just landed his first PR Wire worthy announcement. Word soon would hit the street that he was the kind of agent who could double your money right out of college.

“Empty suit,” scoffed the sole dissenting vote at the negotiation... ol’ burly arms himself.

The agent laughed as he got into the last half of the C group for his flight home, no longer wearing his tie.

“Yeah, well there’s an app for that,” he thought to himself.

At least as long as his phone battery didn’t die.

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

## Workshop shows health care pros how to access census data

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – United Way of El Paso County and Rio Grande Council of Governments in partnership with the U.S. Census Bureau-Denver Regional Office will hold a special workshop on Accessing Census Data for Border Health Care Planning and Community Assessment.

The hands-on training will be from 8:30 a.m. to 3 p.m., Thursday, May 15, in the Library (Room E100D), at the El Paso Community College Rio Grande Campus, 100 West Rio Grande Avenue.

Health care professionals, who work on the Texas-New Mexico-Mexico border, are especially encouraged to attend, according to workshop facilitators.

Participants will have the opportunity to learn how to access specific Census Bureau data, which is considered by most researchers to be the most relied-on source for detailed, up-to-date socio-economic statistics covering every community in Texas, according to

Raul Gonzalez, regional services planner for Rio Grande Council of Governments’ West Texas Economic Development District.

“In a live computer lab setting, participants will learn to navigate the U.S.CensusBureauwebsite,datatools, interactive maps, and quick searches. This will increase the participant’s ability to find population numbers, make race/ethnicity comparisons, and locate social/economic characteristics i.e., educational attainment, income, occupation, poverty for the communities they serve,” Gonzalez stated.

The all-day session will begin with an overview of tools/datasets (American Community Survey, 2010 Census) in the morning and will continue with case studies in the afternoon to apply knowledge and skills learned, Gonzalez explained.

Seating is limited and computers are provided. Registration is required and space is guaranteed to the first 40 participants who register, Gonzalez stated.

Interested individuals may register by emailing raulg@riocog.org. For more information, call Gonzalez at 533-0998 ext. 137 or 588-1375.

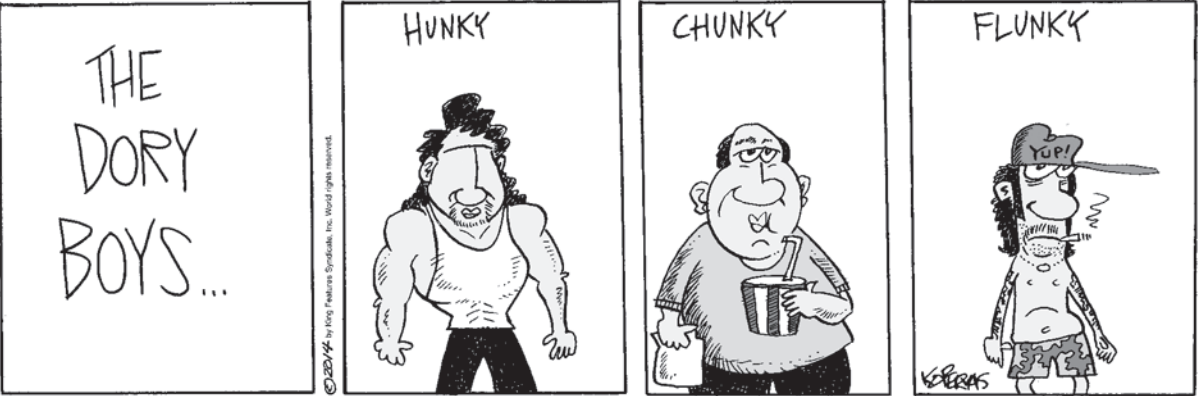
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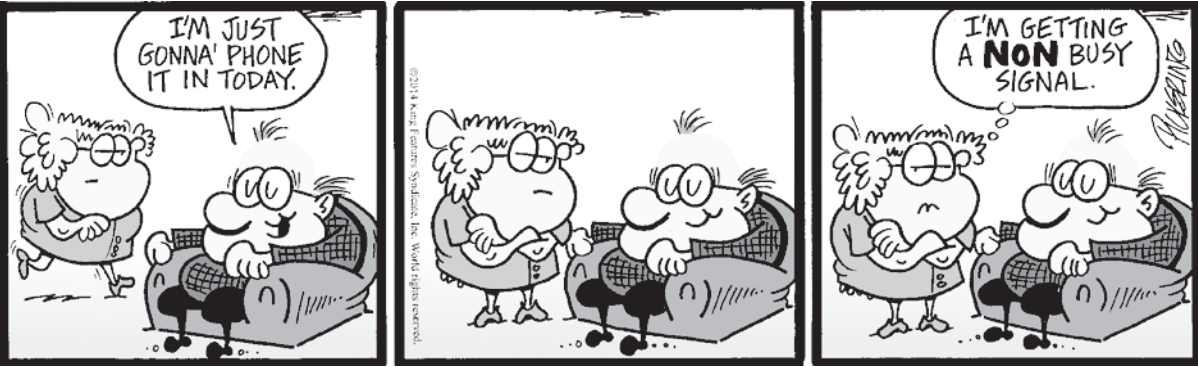
OUT ON A LIMBBy Gary Kopervas



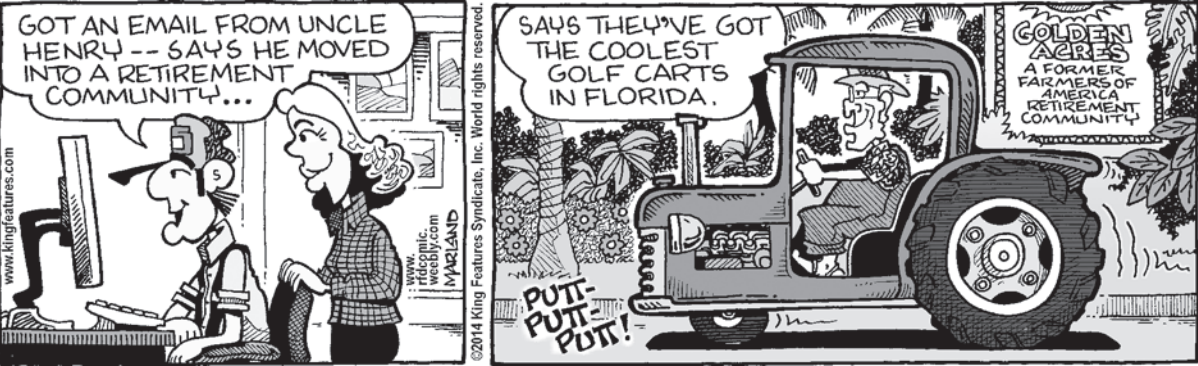
AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Keith Roach, M.D.

*DEAR DR. ROACH: Two years ago, at age 90, my gynecologist told me that I did not need to see him anymore because of my age. When I mentioned this to my daughter, she became outraged, and said that I need to continue my mammograms and visits to the doctor. What is your opinion? – I.W.*

This is actually three questions in one, and none of them is easy. How long do you “need” to continue Pap smears and mammograms, and do you need to keep seeing your gynecologist?

The Pap smear question actually is the easiest, since there is very good evidence that a woman who has had normal Pap smears regularly until age 65 is very unlikely to get cervical cancer. This does not apply to anyone with a history of cancer.

When to stop mammograms is controversial. I feel that they can continue in healthy women indefinitely, but especially in the presence of some other serious disease, a woman over 75 could choose to stop.

I still recommend a regular visit with the gynecologist. Even if a mammogram or Pap smear isn’t being done, the gynecologist can discuss other concerns and do an exam.

Questions about breast cancer and its treatment are found in the booklet on that subject. To obtain a copy, write: Dr. Roach – No. 1101W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

*DEAR DR. ROACH: Our 48-year-old son has been diagnosed with pityriasis rubra pilaris. He is miserable with the burning, red rash and the loss of skin cells. He now has extremely swollen ankles and feet. We know this is extremely rare. Can you lend any insight into treatment of symptoms? – C.D.*

Pityriasis rubra pilaris (PRP) is a rare inflammatory skin disease of unknown cause. Generalized redness, sometimes with islands of unaffected skin, is common. Scaly plaques and raised red bumps also occur.

There are several treatments that have been effective for some people, but nothing is effective for everybody. Vitamin A derivatives are the usual first treatment, but more-powerful medicines often are needed. As is so often the case for rare diseases, finding the most experienced local expert (in this case, a dermatologist) can lead to better treatment for your son.

I found a support group at [www.prp-support.org](http://www.prp-support.org).

*DEAR DR. ROACH: Americans are infatuated with grilling, barbecuing and charring meat – all forms of high-temperature cooking. Isn’t charred food carcinogenic, leading to stomach and colon cancers? – S.B.*

Yes, charred meat is carcinogenic, at least according to the preponderance of the data. In fact, increased red meat of any kind probably increases overall cancer risk, but high-temperature cooking creates several kinds of toxic chemicals and increases colon cancer risk specifically. There is some evidence that leaner cuts of red meat aren’t as dangerous, and also that marinating, especially in wine, reduces the production of the dangerous chemicals.

I recommend limiting consumption of high-temperature-cooked red meats.

*Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to P.O. Box 536475, Orlando, FL 32853-6475. (c) 2014 North America Synd., Inc. All Rights Reserved.*

Super Crossword

**WHAT THEY SHOULD HAVE STARRED IN ACROSS**

1 Kingston's country

8 "Terrible" time for tots

12 Pep rally cry

15 La \_ Tar Pitts

19 Fragrant

20 Headset half

22 "Act \_ age"

23 Not "Five Easy Pieces," but the 1994 family film...

25 Shape

26 Problems for vain people

27 Netman Arthur

28 Pipe fittings

29 Really wreck

30 Scout group

31 "This \_ be!"

33 "Zip- \_ -Doo-Dah"

34 Gloom-filled

35 Not "Three Amigos," but the 1986 comedy...

39 Small vise in a wood shop

42 \_ standstill

43 Israel's \_ Aviv

44 Greek letters

45 She lived with TV's Bradys

46 Train travel

48 "The Pickle" star Danny

51 Not "Road to Rio," but the 1998 romantic drama...

54 Compound of element #53

59 Eyeball

60 "Either you do it \_ will!"

61 Prudish sort

64 \_ dish (lab container)

65 Not "Rocky," but the 1974 parody...

70 Celestial ram

71 Prefix with surgery

72 Footed vase

73 Urban trains

74 Film preview

76 Not "Blue Steel," but the 2004 satirical drama...

81 Commotion

84 Minorca, e.g.

85 Bring - to one's eye

86 African cobras

90 See 52-Down

91 Shih \_

92 Boats' rears

93 Not "This Gun for Hire," but the 1999 monster movie...

99 Track legend

Ashford

100Pianist Peter

101Despot Idi

102Bit of a bite

105Multi-act show

106TDs or RBIs

107Sonar image

109She left Ike

110Swift steed

111 Not "Shine," but the 1998 action comedy...

115Sheehy or O'Grady

116Troop group

117Old Buick

118Cover girl

Macpherson

119Engine fuel

120Overdue

121Main dishes

**DOWN**

1 Joshed

2 Old truism

3 Numskull

4 Greek war god

5 It has a small charge

6 Baby lion

7 At an angle

8 The "T" of MIT: Abbr.

9 Stop dozing

10 Space ball

11 Stretchy swimsuit

12 Vegas game

13 Hill dwellers

14 "Yoo-hoo!"

15 Coercively

16 Extipate

17 Russia's landmass

18 Sleeve bands

21 More vigorous

24 Wine region of Italy

29 Ontario's capital, on a scoreboard

31 Bit part

32 Abstract art pioneer Jean

33 "Caught you!"

34 Thousand: Prefix

35 Jungle knives

36 Finger's tip

37 WWII battle

town in France

38 Toon pic

39 Taxi

40 Cessation of operations

41 West African country

46 Air, as an old episode

47 Walk \_ line

48 Gillette brand

49 "The devil \_ the details"

50 "Klutzy me!"

52 With

90-Across, high muckety-muck

53 Cook's wear

55 Discerned

56 Artist's studio

57 Wagner's \_ und Isolde

58 Berlin article

62 Cranium

63 Start a volley

65 Vampire \_

66 River in Belgium

67 Indian sage

68 Big hairdos, briefly

69 Opposite SSW

75 Emphasize gloatingly

77 Magnitude

78 "The rest \_ to you"

79 Like a \_ a cage

80 52-wk. spans

82 Apple on a desk

83 Ghosts

86 C-worthy

87 A handful of

88 Be the victor

89 Unlike oil in water

91 A boxing ref may call one

92 Poli \_

94 Humorist Bill

95 Like kale and endive

96 Crafty

97 Forest home

98 Medical vial

102Weeper of mythology

103Habituate

104Peels, as an apple

106Hypo liquids

107"- ever so humble..."

108Suffix with electro-

109"There's gold in them \_ hills!"

111 Practical joke

112Cell stuff

113 VIP in D.C.

114 FDR follower

1	2	3	4	5	6	7		8	9	10	11		12	13	14		15	16	17	18
19								20				21					22			
23							24										25			
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**MOORE TEXAS**  
by Roger Todd Moore  
April 18, 1842: Texas Revolution patriot Juan Seguin resigns as Mayor of San Antonio...too much fighting.



**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!

	÷		+		11
+		+		÷	
	-		×		12
÷		+		+	
	-		×		4
1		10		7	

1 2 2 3 4 6 7 8 9

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Answer Page 4

**Weekly SUDOKU**  
by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★**  
★ Moderate   ★★ Challenging  
Answer Page 4   ★★★ HOO BOY!

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**Social Security Q&A** By Ray Vigil

### Give mom some *Extra Help*

Mother’s Day is right around the corner. It’s always nice to give Mom a card, flowers or candy, but this year, people all over the country are helping their moms save an estimated \$4,000 annually on the cost of Medicare prescription drugs. You can help your mom too—and it won’t cost you a dime.

If your mother has Medicare coverage and has limited income and resources, she may be eligible for *Extra Help*—available through Social Security—to pay part of her monthly premiums, annual deductibles and prescription co-payments.

To figure out whether your mother is eligible, Social Security needs to know her income and the value of her savings, investments and real estate (other than the home she lives in). To qualify for the *Extra Help*, she must receive Medicare and have:

- Income limited to \$17,505 for an individual or \$23,595 for a married couple living together. Even if your mom’s annual income is higher, she still may be able to get some help. Some examples where income may be higher include if she and, if married, her spouse:
  - Support other family members who live with them;
  - Have earnings from work; or
  - Live in Alaska or Hawaii.
- Resources limited to \$13,440 for an individual or \$26,860 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We do not count her house or car as resources.

We have an easy-to-use online application that you can help Mom complete. You can find it at [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp). To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Help with Medicare Prescription Drug Plan Costs* (SSA-1020).

To learn more about the Medicare prescription drug plans and special enrollment periods, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

This Mother’s Day, give your mom a gift she can really use without spending a dime—savings of around \$4,000 a year on her Medicare prescription drug costs! Flowers wither and candy won’t last long, but the *Extra Help* through Social Security will keep on giving throughout the year. And keep in mind as Father’s Day approaches, you can get the same “free gift” of *Extra Help* for Dad! Learn more by visiting [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

**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 L  
A CO SMX ZCSXLS IXWLKJ  
XJSWHL SXG FASM SMX RXB SK  
KIXJ SMX GKKW. BKH NKHZG LCB  
A’O SMX JXF RAG KJ SMX ZKNR.  
Answer Page 4  
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**FEAR KNOT**  
By: rj johnson  
CONQUER THE WHIRLED

♥ ERETEN

♥ SEPSA

REOY

DANUSE

LSO

SEEEY

PYSHL

♥ YPA

♥ SETRAS

AUSAN

DELP


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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at [rbmamall.com](http://rbmamall.com)

**STRANGE BUT TRUE**  
By Samantha Weaver

- It was noted British lexicographer Samuel Johnson who made the following sage observation: “The true measure of a man is how he treats someone who can do him absolutely no good.”
- If an American black bear is pregnant when it goes into hibernation, she could give birth without ever awakening. While she is still in her torpor, her body will draw on reserves of fat to produce milk to nurse her young. However, if something that could be dangerous to her young comes within 50 feet of the den, the mother bear’s heart rate will spike and she will wake to defend the cubs.
- If you’re holding your nose, you can’t hum. Try it.
- If you happen to be fortunate enough to spot numerous bears together in the wild (or unfortunate enough, depending on the circumstances), thanks to this column you’ll be able to call the group by its correct collective noun: It’s a sloth or sleuth of bears.
- On a chemical level, there’s not too much difference between blood and seawater.
- If you’ve ever looked closely at a zipper, you may have noticed the letters YKK on the tab. The letters stand for Yoshida Kogyo Kabushikigaisha, which is Japanese for “Yoshida Manufacturing Shareholding Company,” which produces most of the zippers found in the U.S.
- An octopus has three hearts.
- A recent study by scientist Karl Berg suggests that an adult green-rumped parrotlet, a tiny bird native to Venezuela, will “name” its babies, assigning each a particular series of peeps to identify it. Not only that, other parrotlets then learn to associate that exact series of peeps with that particular bird, and actually use the sounds to get its attention.

Thought for the Day: “I have often regretted my speech, never my silence.”  
– Xenocrates

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