



## NEWSBRIEFS

### EPCC GED grants

El Paso Community College (EPCC) Community Education Program has received two grants to give General Educational Development (GED) training. The grants were received from the United States Department of Education (DOE) Office of Migrant Education and the Dollar General Literacy Foundation. The DOE grant is for \$461,215. The grant will fund classes to prepare migrant students for the GED tests. A minimum of 130 students will be enrolled in the program. The Dollar General Literacy Foundation grant is for \$10,000. The grant will support adult literacy and GED instruction in El Paso County. The El Paso Community College's Community Education Program offers free and readily accessible adult basic education and support services throughout El Paso County. Services include GED instruction, elementary and secondary education degrees from Mexico, health literacy, creative writing, transition to college, and other support services to meet the needs of El Paso residents. For more information on the EPCC Education Program, contact Andres Muro at (915) 831-4161.

— Jim Heiney

### Wanted

A man is captured on video stealing a cart full of items from a Westside store, and detectives from the El Paso Police



### Do you know him?

Department are asking for the public's assistance in identifying this thief. On the morning of Saturday, June 14, 2014, a man walked into the K-Mart store located at 655 Sunland Park. The man loaded a shopping cart with hundreds worth of items from the store. The man walked to the doors and exited with all items. At that time, a loss prevention employee of the business confronted the man. During the confrontation, the man threatened to kill the employee and managed to flee the scene. The man is described as Hispanic, 160 to 180 lbs.,

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*It's extremely difficult to lead farther than you have gone yourself.*

— Quips & Quotes

## Aguirre earns advanced business certification

By Gustavo Reveles Acosta  
*Special to the Courier*

CANUTILLO – Martha Aguirre, the Executive Director of Finance for the Canutillo Independent School District (CISD), has achieved one of the highest certifications available for school business professionals in the state.

The Texas Association of School Business Officials (TASBO) announced this spring that Aguirre had attained the designation of Registered Texas School Business Administrator (RTSBA).

RTSBA certification is earned through a combination of specified coursework, school business experience and training in the area



Martha Aguirre

of specialization. Aguirre is now required to complete 60 hours of continuing education coursework every three years to maintain her certification.

“Mrs. Aguirre has shown that she's a leading expert in the field of school finance, and she demonstrates those skills every day in her work here in Canutillo,” said Superintendent Dr. Pedro Galaviz. “Her certification brings an additional layer of expertise and customer service to the CISD Financial Services Division that should pay dividends in the long run.”

Aguirre will begin her eighth year in Canutillo in July. She previously worked in the El Paso Independent School District and is a member of the Lone Star Investment Pool Advisory Board.

## Texas State Library opens registration to K-12 public schools for new statewide database program

By Cesar Garza  
*Special to the Courier*

TEXAS – The Texas State Library and Archives Commission (TSLAC) invites K-12 public school districts throughout Texas to sign up for TexQuest, the agency's new statewide database program providing high-quality digital research and information resources to the state's more than 5 million public school students attending nearly 9000 schools.

The program offers 15 databases and a collection of ebooks from Gale Cengage, including *Student Resources in Context*, which provides cross-curricular support for papers, projects and presentations; General OneFile, 24/7 access to a large collection of full-text periodicals; and *National Geographic Kids*, adventures in science, nature, cultures, archeology, and space.

The program also offers 2 historical

See DATABASE, Page 5

## Canutillo ISD STARR rates rise on retest

By Gustavo Reveles Acosta  
*Special to the Courier*

CANUTILLO – More students in the fifth- and eighth-grades in the Canutillo Independent School District passed the math and reading portions of the State of Texas Assessments of Academic Readiness (STAAR) during the second administration of the exams, state figures show.

The passing rates for the reading STAAR in the fifth-grade went up 11 percentage points, and the rates for eighth graders went up 6 points. The CISD reading STAAR average passing rate went up 3 percentage points to 81 percent.

In the math STAAR, students in the fifth grade increased the passing rate by 6 percentage points, and the eighth-graders increased it by 14 points. The overall CISD math STAAR passing rate increased by 4 percentage points to 79 percent.

## County implements calling system to collect unpaid fees

By Alfredo Vasquez  
*Special to the Courier*

*In 2013, of the \$4.79 million owed to the county in court fees and fines about \$2.5 million was collected.*

A new automated phone calling system, called I-Plow, has been implemented by El Paso County Commissioners Court to collect millions of dollars owed to the county in unpaid fines and court fees.

Commissioners are hopeful that the new program will be a major cost-saving tool. According to Commissioner Carlos Leon, who introduced the initiative, over \$4 million are owed to the county in unpaid court fees and fines over the past three years. He stated that this system will allow county personnel to collect that money faster and help manage the budget to keep taxes as low as possible.

The County Clerk's office reported that currently staffers make an average of 1,750 phone calls per week to collect unpaid fines; that is five county employees making about 70 calls a day. The I-Plow system will make about 1,000 calls a day, giving them more time to spend on cases that do not require phone calls – like warrants, jail releases, emails to probation officers and revocations.

The new automated calling system, which went into effect this summer, calls people with outstanding court fines to let them know their payment is either due or past due and will give them an option to make a payment. The system will also notify the courts when the person has not paid. County officials said that the program is under a lease agreement with I-Plow Company for \$17,550 a year.

## Museum exhibit shows US viewed from different perspective

By Alfredo Vasquez  
*Special to the Courier*

An exhibit of the *United States in Polish Historiography and Periodicals from 1764-1919* will open to the general public starting at 9 a.m., Sunday, June 29. A special public reception will be held from 6 to 8 p.m.,

Saturday, June 28. Both events will be held at the El Paso Museum of History (501 N. Santa Fe Street).

The exhibit illustrates how the US was perceived by Poles during its formative years, and is a reminder that the Polish and American people worked

See EXHIBIT, Page 2

### Panna Maria

The first permanent Polish colony in the United States was founded at Panna Maria, TX (south of San Antonio) in December 1854. These first Polish-Texans were from the Silesia area of Poland, which was under Prussian rule. During the War Between the States, immigration dropped dramatically, but resumed in 1867 with the Second Wave of Poles. They settled in Southeast Texas. These Polish Texans came primarily from the Bydgoszcz area. Thereafter, emigrants came from Galicia, Poznan and all parts of Poland.



## Veterans Post By Freddy Groves

### Getting quicker appointments

Since the appointment scheduling/delayed care debacle hit the news, “steps” are being taken to fix the problems. If you need care, there are a few options.

**Accelerating Care Initiative**

Clinics will expand to include night and weekend hours, with providers getting overtime. If you’re a new patient waiting on an appointment that’s more than 30 days out (and if they can fit you in), the Department of Veterans Affairs will make three attempts to contact you to see if you want to go in earlier.

If yes, the process will start to get you into not-VA medical care. Facilities will take a look at canceled appointments on a daily basis and not let them sit unused (it’s astonishing that they have to be told) and make calls to find veterans to take the appointments. If you call the VA for an appointment, get the name of the person you talk to, and make a note of the date and time.

**Non-VA Care**

This program was designed to get you treatment when there’s a lack of a needed specialist

in your local VA hospital, the travel distance is great or there are “long wait times.” That’s a quote from the VA site, and that little phrase is key. If you’re given an appointment that’s not soon enough, ask for a referral to civilian medical care. You might have to fight for it. See [www.nonvacare.va.gov](http://www.nonvacare.va.gov).

**Access Received Closer to Home**

Also called ARCH, this pilot program matches eligible rural veterans with health care in their area. Five spots were originally opened: northern Maine; Farmville, Va.; Pratt, Kan.; Flagstaff, Ariz.; and Billings, Mon. Now with the scrutiny about the scheduling snafus, it’s possible more sites will be opened. Call your Care Coordinator to ask about care closer to home. You also can send email to [AskProjectArch@va.gov](mailto:AskProjectArch@va.gov).

*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.*

## Exhibit

From Page 1

together before there was a formal relationship between these two countries, according to Barbara Angus, an El Paso Museum and Cultural Affairs Department representative.

The exhibit is composed of materials from the collection of the Warsaw Public Library including newspapers, memoirs, photographs, and drawings,

Angus stated. “Particular attention is given to key topics including the American Revolution, the US Declaration of Independence and Constitution, Polish immigration after the November uprising in 1830, Polish participation in the US Civil War, American relief efforts for Poland during World War I, and the establishment of diplomatic relations in 1919,” stated the museum official.

For more information about the event, contact Angus at (915) 351-3588 or send email to [angusbx@elpasotexas.gov](mailto:angusbx@elpasotexas.gov).

## THE OLDEST POLISH SETTLEMENTS IN AMERICA

“I beheld a downright miraculous sight with my own eyes. Sile-sians, Germanized during the past 600 years, transforming into ver-itable Poles in Texas. They have lived there for three generations, settling over 60 years ago. These settlements grew out of the first establishment of Lady Maria founded by Father Moczygemba, the oldest Polish colony in America. Seeing them is certainly encoura-ging to all, especially regarding the general fate of Polish emigra-tion. We have here proof that Poles do not shirk their nationality when afforded good clergy and schools.”

Wincenty Lutoslawski, *Obrodzenie Slasku w Teksasie*, “Swiat” (Warszawa) 1908 nr 48



Old mission house in San Antonio, Texas



The first news regarding a group of 150 Poles from Upper Silesia, who came to the United States in 1854, founding the first Polish settlement on the American continent, was printed by the “Posener Zeitung” in a correspondence with Berlin from September 27 of that year. This news was reprinted by the Cracow-based “Czas” on October 3.

Wydawnictwo do Ameryki, “Zwiastun Górnośląski” (Poznań) 1869 nr 28

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Phone: 852-3235  
Fax: 852-0123  
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Website: [wtxcc.com](http://wtxcc.com)



**Publisher**  
Rick Shrum

**Contributors**  
Alfredo Vasquez  
Don Woodyard  
Steve Escajeda



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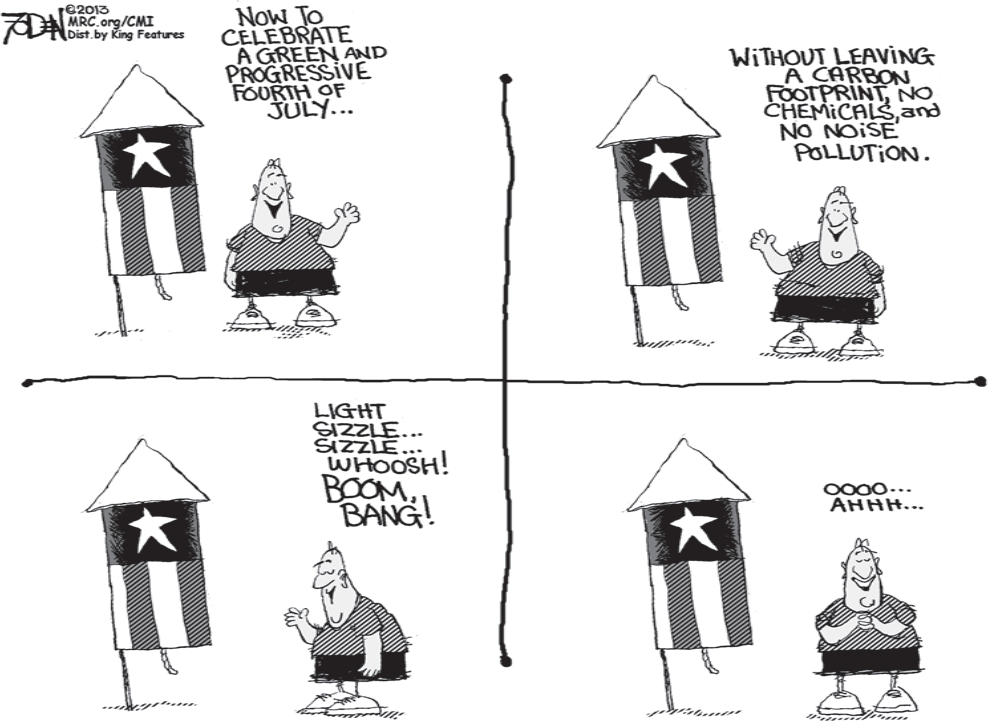
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— Image courtesy of the El Paso Museum of History

**OLD PRINT –** The first news regarding a group of 150 Poles from Upper Silesia, who came to the United States in 1854, founding the first Polish settlement on the American continent near present day San Antonio, TX. It was printed by the *Posener Zeitung* in a correspondence with Berlin from September 27 of that year. The newspaper page (above) was reprinted by the Cracow-based *Czas* on October 3. The illustration is part of the *United States in Polish Historiography and Periodicals from 1764-1919* exhibit.





# Finances By Jason Alderman

## What to do if you inherit someone's 401(k)

Talk about good news wrapped in bad: In the midst of grieving the loss of a loved one, you learn that you were named beneficiary of their 401(k) plan. Chances are you've got too much on your mind to make any sudden decisions about what to do with the money.

However, don't procrastinate too long. The IRS has ironclad rules, deadlines and penalties concerning inherited retirement accounts, which vary depending on what type of account it is. This column discusses inherited 401(k) and similar employer-provided plans.

Under federal law, surviving spouses automatically inherit their spouse's 401(k) plan unless someone else was named beneficiary and the surviving spouse signed a written waiver. If someone is single at death, their plan's assets go to their designated beneficiary.

The IRS has basic tax and distribution rules and timetables for inherited 401(k) plans. However, the plans themselves are allowed to set more restrictive guidelines if they choose, so read the plan documents carefully. Basically:

You must pay income tax on distributions (except for Roth accounts, which have already been taxed), although you may be able to spread out withdrawals and tax payments over a number of years, depending on how you structure it.

Many 401(k) plans require beneficiaries to withdraw the money in either a lump sum or separate payments extending no longer than five years after the person's death; however, some will allow you to keep the money in the plan indefinitely, so check their rules.

Note that distributions will be added to your taxable income for the year, which can greatly increase your tax bite. Thus, many people prefer to spread the payments out as long as possible. Plus, the longer funds remain in the account, the longer they accrue earnings, tax-free.

If the original account holder had already reached the mandatory withdrawal age of 70 ½, you may be allowed to continue withdrawing funds according to his or her withdrawal schedule. Your minimum annual withdrawal amount is based on your own life expectancy, according to IRS tables (see Appendix C in IRS Publication 590 at [www.irs.gov](http://www.irs.gov)). Alternatively, you could speed up the payment schedule or take a lump sum.

You may also be able to transfer your balance into an "inherited IRA," which must be named and maintained separately from your other IRAs. With an inherited IRA, you must withdraw a certain amount each year, based on your life expectancy. Distributions must begin the year following the donor's death, regardless of whether or not you're retired.

Make sure the 401(k) trustee transfers funds directly to the inherited IRA's trustee so you never touch the money; otherwise the transfer may be voided and you'll have to pay taxes on the entire sum that year.

Surviving spouses have an additional option: Instead of opening an inherited IRA,

See FINANCES, Page 8



Jeremy Rivera – Photo courtesy El Paso Community College

## Rivera goes to Red Sox

PLAY BALL – El Paso Community College Tejano Jeremy Rivera was selected in the 2014 MLB Draft. Rivera was selected in the 17th round by the Boston Red Sox. Eudor Garcia went to the Mets in the 4th round. This is the first time since 2005 that the Tejanos have had multiple players drafted in the same year. In 2005, the Chicago Cubs selected Victor Liriano in the 18th round; the St. Louis Cardinals selected David Phillips in the 24th round; and Jordan Lennerton was selected in the 41st round by the Milwaukee Brewers.

– Dana Eisenga



Briefs

From Page 1

and 5’8” to 5’10” in height. Anyone with any information on the identity of the man involved on this theft that was captured on video, are 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

Wanted II

A man has been burglarizing businesses in East El Paso. Investigators from the El Paso Police Department are asking for

the public’s help in identifying this burglar through the Crime Stoppers, “Crime of the Week.” The first burglary took place on the early morning hours of Tuesday, June 3, 2014, at the “Super Stop” convenience store located at 1630 Yarbrough. In the case the suspect smashed the glass front door to the business with a brick and made his way inside. The burglar stole Newport and Camel brand, Menthol cigarettes, and a Monster brand

energy drink. About a week later, on Wednesday, June 11, 2014, the same suspect broke into the Family Dollar Store located at 2200 N. Yarbrough. Like in the first case he used a brick to break the window to the business. The suspect stole various electronic accessories and lighters. Four days later, he struck again at the same Family Dollar Store. This time, the burglar was targeting spray paint. All the cases have taken place between 3:30 and 4:30 a.m.

The suspect is seen wearing a black hoodie, a shirt or bandana covering his face, dark jeans, and black shoes. The man also carries a black backpack, and wears yellow and black gloves. Anyone with any information on the identity of this burglar, 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. Crime Stoppers of El Paso, Inc. is a non-profit organization that brings together the community, law enforcement, and the media to solve crime.

– Javier Sambrano

Wanted III

A manager of an East El Paso store is pushed to the ground and robbed at knifepoint. Investigators from the El Paso Police Department are asking for the assistance of the community in identifying this violent robber through the Crime Stoppers. On Saturday night, June 7, 2014, one of the managers of “Kirklands” located at 1886 Joe Battle, had just finished closing the front doors to the business, when a man wearing a motorcycle helmet rushed at him. The manager was pushed to the ground and threatened with a knife. The suspect demanded that the manger hand over the store’s deposit bag. The suspect quickly managed to take the bag away and fled the scene with an undisclosed amount. No injuries were reported in the robbery. The suspect is described as a male, approximately 5’10” in height with a thin build. He was last seen wearing a black motorcycle helmet with a black visor and white stripes, a black jacket, and black pants. Anyone with any information on the identity of this violent robber 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

IT’S NOT TOO LATE TO  
PREVENT DIABETES



Take your first  
step today

If you have a family history of type 2 diabetes, you are at risk of the disease.

**It’s about small steps:** Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

For free information about preventing type 2 diabetes, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.



[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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CryptoQuip  
Answer

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It’s the law

By Texas AG Greg Abbott

## Privacy is not for sale in Texas

The Texas Attorney General’s Office works constantly to protect Texans’ privacy. Two bankruptcy cases we recently intervened in are illustrative of that effort. Most Texans are unaware that the personal information they provide during their interactions with a business may one day have potential value in a bankruptcy asset sale. Fortunately, the skilled lawyers at the Attorney General’s Office are familiar with this reality – and know how to spot a potential problem before it’s too late.

Within the last few months, the Attorney General’s Office successfully thwarted an online dating site’s plan to sell its customers’ sensitive personal information as part of its bankruptcy asset sale.

**TRUE Love?**  
Millions of Americans have ventured into the world of online dating websites that typically offer subscribers the ability to be connected with persons with whom the site determined they are compatible. In order to provide

these services, dating websites often ask subscribers to provide a variety of personal information – including their age, education, profession, financial information, income, and personal interests, among other categories of information.

As of October 2013, 43 million individuals – including about two million Texans – had shared exactly that type of sensitive personal information with True.com, an online dating service owned by Plano-based True Beginnings. Despite its huge market share, TRUE found itself seeking Chapter 11 bankruptcy protection and had proposed to sell its database of 43 million customers’ information to a third party – a Canadian-based online dating service. In negotiating this proposed sale, neither TRUE nor its proposed purchaser recognized the rights of TRUE’s customers to decide whether – or how – their private information could – or could not – be shared.

The proposed purchase price was \$750,000 – so ultimately, the Canadian-based dating service was proposing to pay a penny-and-a-half

for each customer’s information. The Attorney General’s Office recognizes that customers’ sensitive data is priceless and immediately launched an investigation.

Some quick research revealed that under the terms of TRUE’s published privacy policies, its customers had a legal right to notice that their private information was about to be sold to a third party. Perhaps more importantly, customers had a legal right to object to the sale of their personal information.

At a time when privacy is an issue of grave concern to so many, the Attorney General’s Office filed an enforcement action against TRUE to prevent it from selling customers’ personal information without their consent. Our legal action asked the bankruptcy court to require TRUE and its bankruptcy trustee to seek customers’ permission to sell their private information to a third party – and not allow the sale of that information to proceed until TRUE fulfilled the court’s order.

**Privacy and Safety**  
In addition to privacy concerns, our legal team explained to the court that TRUE was in violation of the Texas Internet Dating Act. In the interest of consumer safety, the State’s Internet Dating Act requires dating services either to conduct full criminal background

checks on members or disclose to customers that they do not conduct such checks.

TRUE made misleading representations to customers that the company conducted criminal background screenings. In reality, the Office of the Attorney General’s investigation found that TRUE’s “screenings” did not comply with requirements for criminal background checks. TRUE was in fact doing the bare minimum and conducting only limited sex offender screenings and did not screen for other types of felonies. TRUE’s failure to run full criminal background checks violated the Texas Internet Dating Act.

Our legal team also found language on TRUE’s website stating the company shared members’ billing information (debit and credit cards) with post-transaction third-party sellers – a practice that violates the federal Restore Online Shoppers’ Confidence Act.

In the face of the State’s objections to TRUE’s proposal to sell its customer lists and data, the Canadian-based dating service withdrew its offer, and TRUE agreed to settlement terms that addressed the State’s concerns and protected the privacy rights of millions of Texans. TRUE and the State of Texas formalized the terms in a

court agreement filed in December 2013. As a result, TRUE’s Texas customers’ sensitive data was protected during the company’s bankruptcy asset sale.

**Precious Currency**  
Our privacy protection team was again called into quick action in February 2014 on a privacy issue in a Dallas-based bankruptcy case involvingMulliganMint,aproductio and manufacturing mint that offers privately minted medallions in silver, copper, and gold to customers. The bankruptcy trustee sought to sell all of the company’s assets – which included business records, customer lists and sensitive data customers had provided to the mint. As with the case against TRUE, investigators with the Attorney General’s Office found that Mulligan Mint’s published privacy policy clearly stated it would not sell customers’ data without the customer’s express consent.

The growth of the Internet has greatly facilitated the unprecedented collection of massive amounts of information about customers. Recognizing that all Texans are concerned about their privacy rights, the Attorney General’s Office stands ready to ensure that consumer protection and identity theft prevention laws are strictly enforced. In Texas, privacy is not for sale.

## Database

From Page 1

archives of primary source materials from Adam Matthew Digital. *The American West and American Indian Histories and Cultures* provide users with a wide range of rare and original documents, from treaties, speeches, and diaries to historic maps and travel journals.

“We’re very glad to be able to partner with Gale Cengage and Adam Matthew to offer Texas K-12 students and faculty this rich collection of online information resources,” said agency director and State Librarian Mark Smith. “The participation fee represents a significant savings to school districts, which would pay considerably more if they purchased these resources on their own.”

Database licenses for the upcoming 2014-2015 school year [began] June 15, 2014, and Texas public school districts and open-enrollment charter schools can sign up for the program now at <http://texquest.net/>.

Districts will receive free access to TexQuest during the 2014-2015 school year. Those wishing to continue in the program during the 2015-2016 school year will be assessed an annual participation fee of 22 cents per pupil, based on enrollment data provided by the Texas Education Agency. TSLAC expects to invoice districts in January 2015.

TexQuest marks TSLAC’s return to delivering digital content to K-12 public schools. In 2007 the Texas Legislature authorized the agency to establish a K-12 database program of quality online instructional resources, but during the 2011 legislative session funding for this program was eliminated.

For an overview of TexQuest and its databases visit [www.tsl.texas.gov/k12/e-resources](http://www.tsl.texas.gov/k12/e-resources).





# Major League Baseball lagging behind other sports

By Steve Escajeda  
Special to the Courier

Sports fans in this country have a lot on their plates right now.

The World Cup has received much of the attention lately. Even non-soccer fans have taken an interest in the games because... well, it's the World Cup.

People are still murmuring about the San Antonio Spurs nearly flawless dismantling of the Miami Heat. We haven't seen anything that one-sided since last year's Super Bowl.

Fans are still weighing the recent NFL draft and how it will impact their respective teams. And don't forget that training camps open in about a month.

We all hoped we'd see history but settled for another year of disappointment as California Chrome failed to claim the Triple Crown.

Donald Sterling continues to sink into his self-created abyss while Ray Rice tries to climb out of his.

There has been no end to the countless number of sports stories available to rabid

fans, but the one sport that continues to lay low is Major League Baseball.

Like a shy wallflower, professional baseball kind of sits on the sidelines trying not to attract attention to itself. And it is doing a real good job of it.

Major League Baseball has trouble hooking up with the partners it needs to improve its ever-evaporating lot in life – the fans and the media.

Football, basketball... and even soccer, splatter their stars and teams across the airwaves and social media to promote themselves.

When was the last time you saw a really clever baseball commercial on TV?

You see LeBron James, Kevin Durant, Peyton Manning, Drew Brees, etc. all over the place. You even see former players like Charles Barkley, Bret Farve, Joe Montana and Terry Bradshaw more than any current baseball players.

We're right at the midway point of the season (in case you had no idea) and there are some intriguing stories to be had – even if the league has absolutely no clue on how to share

them.

First of all, the three biggest surprises of the season have been the Milwaukee Brewers, Kansas City Royals and Toronto Blue Jays, who are all either in first place or very near the top of their divisions.

The biggest disappointment has to be the Tampa Bay Rays, who are not only languishing in last place, but after their first 75 games were just 29-46.

The one thing you could count on the last several years is that coach Joe Madden would have his Rays in the thick of the race at the end of the season. He still might.

Of course this season is going to go down in history as the last for New York Yankees future Hall-of Fame shortstop Derek Jeter.

Coming off injuries it was unclear how Jeter would do in his final campaign but the captain has been hitting in the .270s all season and hasn't embarrassed himself at all like some players have in the past that held on too long.

By the way, the Yankees are battling Toronto for first place the AL East.

As far as players go, the talk of the first half of the season has been Chicago White Sox

rookie Jose Abreu. The first baseman, that lost some games when he spent time on the 15-day disabled list, is among the league leaders in home runs and RBIs.

Abreu, who defected from Cuba in 2013, wasted no time making a name for himself by setting the rookie record for home runs (10) and RBIs (31) in baseball's opening month of April.

There have already been two no-hitters this season, both by the Los Angeles Dodgers. First it was Josh Beckett and then Clayton Kershaw tossed a no-no just last week.

Maybe things will pick up for MLB on July 15, when the All Star game is played in Minnesota. Then again you have that stupid rule about the league winner of the star-studded game receiving the home field advantage in the World Series.

It's dumb decisions like that, including having the designated hitter in one league and not the other, that make MLB look as disoriented as the Obama administration.

If baseball doesn't get hip in a hurry, there'll be less cries of hoomme runnnn, and more of goooaaalll.

## A sporting view By Mark Vasto

### The father was a hit

One day after Father's Day, a young man boarded a plane at Atlanta's Hartsfield Airport and headed back home to Southern California to pay his final respects to the man they called "Mr. Padre" – literally, "Mr. Father" – a man that Tony Gwynn Jr. affectionately referred to as "Pops."

There's never a good time to go, as far as your family is concerned, but it's safe to say that at age 54,

Tony Gwynn's death by salivary gland cancer is particularly jarring. This is due in part to the disease he suffered from. Even though it was not proven, common sense and Gwynn's personal belief was that the cancer stemmed from his habitual use of chewing tobacco during his playing career. The other reason is because for those of us lucky enough to have seen the man play during the 1980s and early '90s, there were few

other baseball players considered to be as great.

As a pro, he never finished a season with a batting average under .300. In 1994 he almost hit .400. He won six Gold Gloves, eight Silver Bats and was a first ballot Hall of Famer. He is remembered for his slightly rotund form, but also for his deceptive quickness. He may not have hit for a lot of power, but he hit an awful lot... you couldn't strike Tony Gwynn out, and he didn't like to walk very much.

Like most hitters, Gwynn struggled when it came to teaching how to hit. His training regimen during the

offseason consisted of him taking 100 whacks at a Wiffle ball off a tee. (This, by the way, is an excellent method. I used it myself. When you hit a Wiffle ball with a baseball bat, you can hear if you hit it correctly, and it forces you to rely more on your balance and the fluidity of your swing.) Guys like Gwynn always have trouble teaching... they just do it. They can't really explain how or why.

Once, Gwynn was able to elucidate his "three fundamental keys" to hitting, and they are as follows: First, stay balanced. Second, stay "on" the ball, and third, know yourself.

Gwynn was the college coach for San Diego State University. While there, he taught Stephen Strasburg and his son, winning a title. Gwynn Jr., on bereavement leave from the

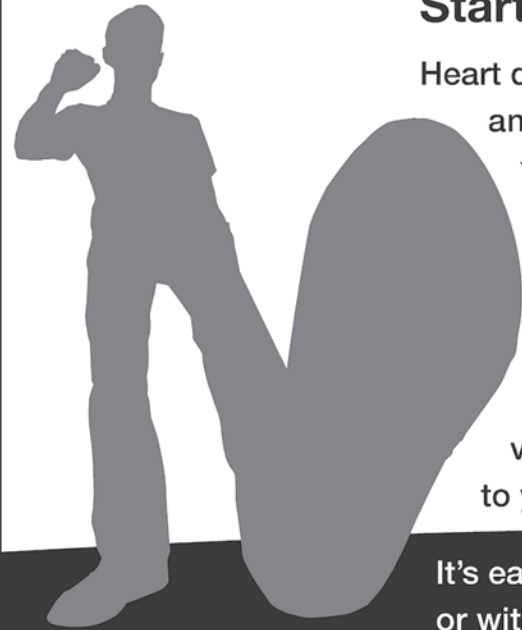
Philadelphia Phillies, looks back fondly on those times. For once, he said, he didn't have to share his father with baseball road trips. This time, he got to go along for the ride, too.

Gwynn was the player who eschewed drugs, stayed in his hotel on the road and took less lucrative contracts to remain closer to home. When it became fashionable to juice up, swing for the fences and cash in, he applied his hitting fundamentals to his life: He stayed balanced, he stayed at home and he knew himself. For countless fans, friends, and Tony Gwynn Jr., that guy was a good guy to know. Rest in peace, Tony.

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

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Heart disease is the number one killer of men and women in America. But did you know that just 30 minutes a day of physical activity can improve your health and decrease your risk of heart disease?

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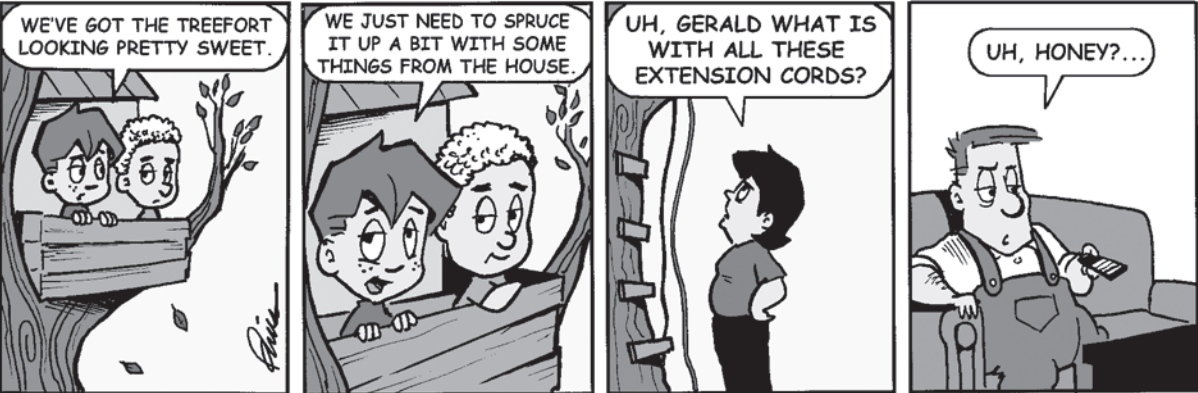


# Comix

## OUT ON A LIMBBy Gary Kopervas



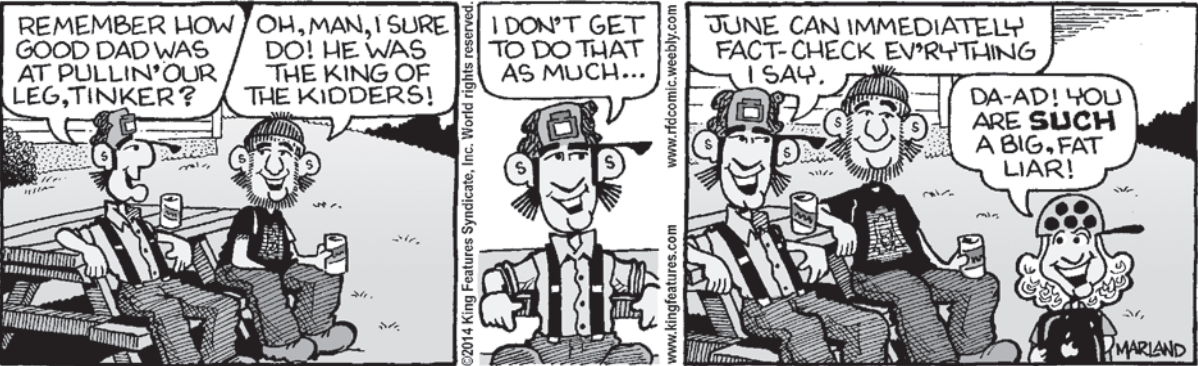
## AMBER WAVESBy Dave T. Phipps



## THE SPATSBy Jeff Pickering



## R.F.D. By Mike Marland



# Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: I have had lower-back problems almost all my life. Many doctors and therapists have examined it, with almost no success. Recently my attacks have been fewer and milder, even if the bed is not quite right. I can live with it, but a new wrinkle has emerged: If I don't get out of bed as soon as the alarm sounds, I'll have back pain and little mobility all day and partial incapacity. I am 74 years old, 6 feet, 4 inches tall and weigh 230 pounds. Do you have any idea what causes this, and if there is any cure? – J.S.B.

There are dozens of causes of back pain, and it can be impossible, even with the most advanced diagnostic tests, to make a precise diagnosis of the underlying cause. In your case, it sounds like you have had one problem for a long time and now something is causing a different kind of back problem. Back pain that gets worse with bed rest and better with exercise is not likely to be a herniated disc or spinal stenosis – two serious causes of back pain. I am guessing that there is a component of osteoarthritis in your back now, which would be quite common in a 74-year-old man. Osteoarthritis does tend to get worse with rest and better with exercise. I am impressed by how acutely it gets worse, and it's entirely possible that there may be some muscular spasm associated with your back pain. Even though you are quite tall, 230 pounds is a lot for your spine to support. You have a BMI of 28, which is in the "overweight" range. Losing even five or 10 pounds may help relieve pain on your back. And certainly listen to your body, and get up and be active. Stretching, including yoga

and tai chi, can be a very effective treatment. The arthritis booklet discusses joint pain found in osteoarthritis, rheumatoid arthritis and lupus. Readers can order a copy by writing: Dr. Roach – No. 301W, 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: My gallbladder was removed 16 years ago, and I have been having frequent diarrhea for those 16 years! I understand it's because without the gallbladder, there's no bile. It seems to me that with all the brilliant researchers in the world, someone could come up with a substitute for bile. A pill, maybe? I am an 85-year-old female and have seen at least four gastroenterologists during this time, and none of them had a clue. The last one I saw told me to "live with it." Has anyone asked you about this problem? – D.E.

It's not uncommon at all. Also, the liver still makes bile, and some experts think that it is too much bile that causes diarrhea. If occasional Imodium isn't doing the job, I have had good success with cholestyramine, which binds excess bile salts. 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

INDEPENDENCE DAY  
ACROSS  
1 B o t h e r s  
persistently  
7 Novel events  
13 Ending of ordinals  
16 Cleopatra's snake  
19 Underscore  
20 Webcam from  
Apple  
21 Shrunken Asian  
lake  
23 "Old Uncle Ned"  
songwriter [1826]  
25 Allergies may  
congest them  
26 \_ mode (with ice  
cream)  
27 \_ Reader (eclectic  
bimonthly)  
28 One of a White  
House pair [1998]  
30 "Ain'tNoSunshine"  
singer [1938]  
34 Counts up  
35 Liqueur flavorers  
36 Lean and  
muscular  
38 Have dinner  
41 L o n g - e a r e d  
equine  
42 Second-string  
squad  
46 Calf's place  
47 Extol  
50 Baseball owner  
called "The Boss"  
[1930]  
54 Filmmaker Kazan  
57 Stick through

58 Former Toyota  
59 Mussolini of Italy  
62 Sand bits  
65 "What \_  
thinking?!"  
66 Epoch  
69 Hit film whose  
title describes eight  
celebrities in this  
puzzle  
74 ND-to-LA dir.  
75 Sailor's cry  
76 Certain  
songwriter [1826]  
77 More handy  
78 Plummer of  
"Pygmalion"  
80 \_ about  
83 Krone earner  
84 "Twice-Told Tales"  
author [1804]  
91 Running late  
92 Wee bit  
93 Playground retort  
94 Post-A trio  
97 Grand \_ wine  
98 Early tourney  
match  
101 "Lord Jim" actor  
Peter  
103 Certain shoe  
mender  
107 "Sing Along"  
leader [1911]  
111 Tennis star with 21  
Grand Slam doubles  
titles [1962]  
114 See 40-Down  
115 Lupino of films  
116 Racy reading  
117 Big name in TV

talk [1943]  
122 Center or tackle  
123 New York city or  
tribe  
124 Out of bed  
125 Young boy  
126 Former jet to JFK  
127 One gazing  
128 \_ alla Scala (opera  
house)  
DOWN  
1 Twisty shape  
2 Acquires  
3 Latticework frame  
4 Little flower  
leaves  
5 Volcanic stuff  
6 Lao-\_  
7 20%  
8 "The Wizard of Oz  
\_ because..."  
9 Stair parts  
10 Mil. rank  
11 Those ones  
12 Like a good war  
plan  
13 Hands down  
14 \_ and error  
15 Ho Chi Minh's  
capital  
16 Hit man  
17 Appear  
18 "Qué \_?"  
22 Oil, for short  
24 Big devotee  
29 Decree  
30 Ewe's bleat  
31 "Can't \_ friends?"  
32 Analogy words

33 Fine sand in a  
riverbed  
37 Formerly known  
as  
39 Consume  
40 With 114-Across,  
paid by the day  
43 Work unit  
44 Of yore  
45 Join together  
47 Big house  
48 Port in Brazil  
49 Santa \_ wind  
50 Acquisition  
51 Olden toilers  
52 Pond critter  
53 Humdrum  
54 Drops off  
55 Many August  
babies  
56 Memo start  
60 Unanimously  
61 Readily available  
63 Debtor's note  
64 Scott of legal  
novels  
66 Magical glow  
67 Isolated valley  
68 Charlotte Brontë's  
"Jane \_"  
70 Singer Basil or  
Braxton  
71 Jekyll and \_  
72 Designer Oscar  
de la \_  
73 Green stone  
78 Yellowfin tuna, on  
menus  
79 I n s e p a r a b l e  
friends

81 Bit of resistance  
82 Get sour  
84 "30 Rock" network  
85 Ireland's \_ Lingus  
86 Longtime senator  
Strom  
87 TV's Linden  
88 Take \_ view of  
(frown on)  
89 Motel unit  
90 "It wasn't my  
fault!"  
94 Most brazen  
95 Less cloudy  
96 Anhalt article  
98 Readily bent  
99 Give gas to  
100 Where trapezists  
connect  
102 Newton-John of  
song  
104 Uruguay's Punta  
del \_  
105 G a p - f i l l i n g  
wedges  
106 Some whales  
108 Squiggle over an  
"n"  
109 Sauna wood  
110 Doc network  
111 \_-mell (disorderly)  
112 Tenor solo  
113 Lease topic  
118 "The Crying  
Game" star  
119 Disloyal type  
120 Great anger  
121 "That's \_-brainer"

Answer Page 4

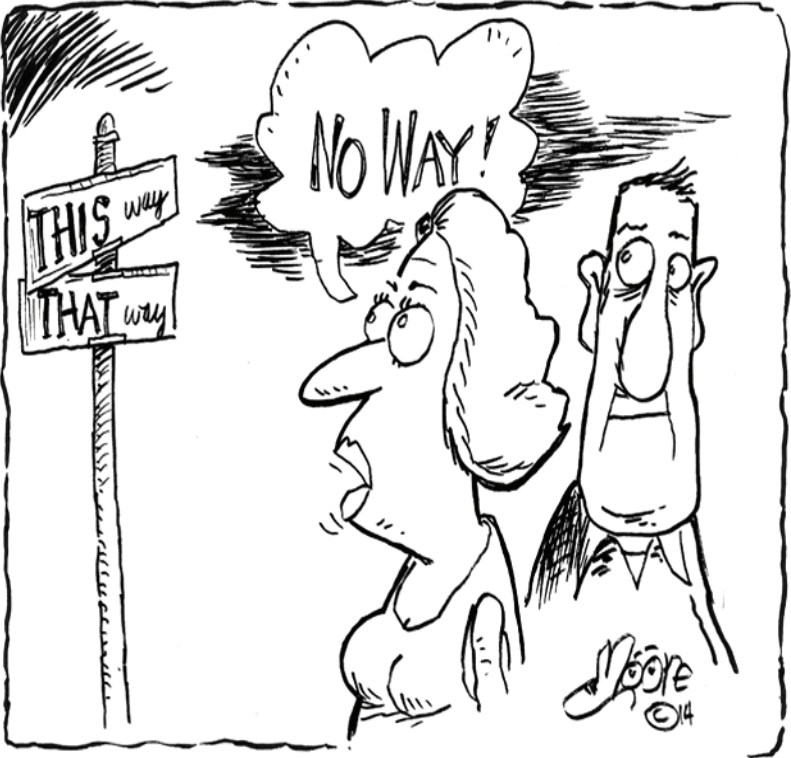
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MOORE TEXAS

by Roger Todd Moore

Lake Jackson had a funny developer who got plenty creative... and confusing with some street signs.



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.

	×		÷		21
−		−		×	
	+		×		35
×		×		+	
	+		×		26
30		24		17	

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

1 2 3 5 5 6 7 8 9

Answer Page 4

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Social Security Q&A By Ray Vigil

Is a new Social security card in your cards?

To help combat the rising threat of fraud and identity theft, Social Security will no longer issue Social Security number printouts beginning in August 2014. If you need written confirmation of your Social Security number – perhaps your new employer needs verification – and you can’t find your Social Security card, you can apply for a replacement.

But do you really need a replacement? In most cases, you don’t need your card as long as you know your number. For all intents and purposes, your number is your card. Usually providing your number and identifying information is enough.

In the event you really do want or need a replacement card, either for yourself or for a child, you can find all of the details you need at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). The “Social Security Number and Card” page provides information on how to obtain a replacement card and what specific documents you need to provide.

Need a Social Security card for your new baby to claim him or her as a dependent on your tax return or to apply for government or social service benefits? In most cases, an application for your newborn’s Social Security card and number is taken in the hospital when you apply for your baby’s birth certificate. If not, you can request one for your child the same way you do for yourself.

Whether you need a Social Security card for yourself or your child, it’s easy – and free – to apply for one. But consider whether a new Social Security card is really in the cards for you. It may be that your “card” is already with you – in your head.

While you’re at our website, open your free *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). It can help you plan for retirement, check your earnings history, request your *Social Security Statement*, and more.

Learn more about your Social Security card and number at [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber).

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: C equals E

XCJQO MQGXRC ZW CVHRGJQ

KFB J’T DWQN WD XUWKQCN

XUCGN, J EJTHRB CVPRGJTCN

“ZFCUC’E QW GPPWMQZJQO

DWU ZWGEZ!”

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

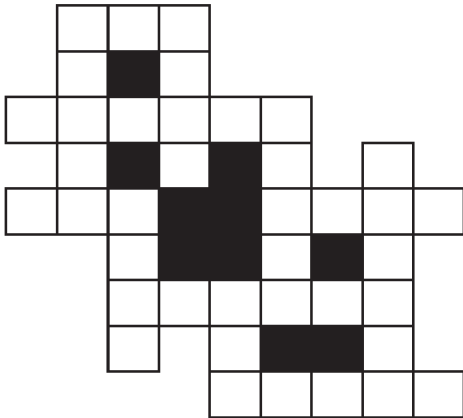
Answer Page 4

★★★ HOO BOY!

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ABY  
♥BADORA  
SOSBA  
♥ETAN  
EKSTIM  
TTO  
KYEO  
♥INMDE  
♥SBU  
♥STAIMN  
ABITI  
♥AMET



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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STRANGE BUT TRUE

By Samantha Weaver

• It was Martin Luther King Jr. who made the following sage observation: “In the end, we will remember not the words of our enemies, but the silence of our friends.”

• If you head up to the top floor of the U.S. Supreme Court building, you’ll find a basketball court. It’s known, of course, as “the highest court in the land.”

• During the filming of the classic film “The Wizard of Oz,” the dog that played Toto was paid \$125 per week. In contrast, the actors who played the munchkins were paid \$100 per week – and their manager, Leo Singer, kept half of that.

• Those who study such things say that goats have accents.

• In Germany in the 1500s, a court physician by the name of Oswaldt Gabelthouer wrote a medical book full of remedies that he guaranteed would be effective. For insanity, the patient must cut his or her hair close to the head, then tie two halves of a ram’s liver to the head. A severe case of epilepsy, he claimed, could be cured if the patient wore the right eye of a wolf and the left eye of a she-wolf on a thong about the neck for three months; also, the patient had to forgo bathing during that time. There’s no mention in the record at hand of how a patient would go about redeeming the guarantee.

• If you’re suffering from xanthodontia, don’t worry; a dentist can help whiten those yellow teeth.

Thought for the Day: “The power of accurate observation is frequently called cynicism by those who don’t have it.”

– George Bernard Shaw

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Finances

From Page 3

they’re also allowed to do a “spousal rollover,” which means rolling over the balance into an existing or new IRA in their own name. The key advantage of a spousal rollover is that you don’t have to begin taking mandatory withdrawals until you reach 70 ½, unlike inherited IRAs where you must begin withdrawals the year after the donor’s death.

One last point: Always withdraw at least the required minimum distribution (RMD) amount each year, if one is specified. If not, you’ll pay a penalty equal to 50 percent of the difference between the RMD and what you actually withdrew.

Bottom line: Talk to a financial or legal expert before taking any action on your inheritance.

Jason Alderman directs Visa’s financial education programs.