NEWSBRIEFS

Basketball camp
San Elizario High School will host a summer basketball camp for incoming 3rd through 9th grade students from July 21-23 from 8:30 a.m. to 12:30 p.m. Campers will receive instruction on individual drills, offensive and defensive fundamentals, passing, dribbling, rebounding, shooting and competitive play. The fee for the camp is $30 per student or $25 per student when signing up as a team of 10 or more players. All campers will receive a t-shirt and basketball. Free breakfast and lunch will also be provided.

Campers will have fun while improving their game! Registration will be on Monday, July 21 at 8:00 a.m. in the San Elizario High School cafeteria located at 13981 Socorro Rd. For more information contact Athletics Director Peter Morales at (915) 872-3939 x3514.

— Cynthia P. Marentes

Bible school
Clint First Baptist Church will present their annual Vacation Bible School for K-8 grades students July 21-July 23, 2014, 200 Main St., Clint, 8:30-12:00. Bible stories, crafts, music, snacks and recreation each day. 851-9393 or 851-3145.

— Erma Nelson

Thieves
Thieves steal two trailers loaded with merchandise from a business in east El Paso County. Surveillance video shows the theft of the trailers taking place, and investigators from the El Paso Police County Sheriff’s Office are asking for the public’s assistance in identifying those involved. The theft took place during the early morning hours of Saturday, April 25, 2014. The video shows a tractor being attached to one of the stolen trailers and the suspects driving away with the stolen trailer. The trailers were loaded with computer equipment with a total value of several hundreds of thousands of dollars. Reportedly, the trailers had the name “EWO Transports” on the sides. Investigators are certain that someone may have seen these trailer being moved on Saturday, April 26. Anyone with any information on the individuals involved in these thefts is asked to call Crime Stoppers of El Paso immediately at 566-8477(TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637).

— Javier Sambrano

Steel company releases annual corporate responsibility report

ArcelorMittal USA released recently its fifth annual Corporate Responsibility (CR) report and third annual Fact Book. The two publications showcase the company’s operational opportunities, challenges, and contributions in the communities where its facilities are located.

The steel industry giant has a mini-operation near Interstate 10 and about a mile from the Rio Grande Village in the Village of Vinton, which is located in the county’s Upper Valley.

ArcelorMittal Vinton produces approximately 260,000 metric tons of steel using electric arc furnace (EAF) technology and rolls about 240,000 metric tons of steel, according to ArcelorMittal Vinton officials.

The Vinton mill employs over 350 employees and specializes in producing rebar for the commercial and industrial construction industries, as well as fabricated products, grilling bands, and smooth rounds.

In the 2013 CR report, company officials outline their approach to stakeholder engagement and community involvement. In the report, “We share the progress we’ve made on key performance indicators (KPIs) and the opportunities that lie ahead for ArcelorMittal’s CR practice,” stated the company report.

In the 2013 Fact Book, an in-depth look at the steel industry and ArcelorMittal’s operations in the United States is provided, and it highlights the challenges and opportunities facing the industry as well as ArcelorMittal’s stakeholders and employees.

According to the CR report, ArcelorMittal USA continues to be the largest employer in many of the communities in which its factories are located. Nationwide, it employed over 18,000 individuals last year with a direct economic contribution of $1.98 billion through wages and benefits, while achieving its best lost time injury (LTI) frequency rate, an 18 percent improvement over 2012.

ArcelorMittal USA officials related that they have nearly 20 percent of domestic raw steel capacity and produced more than 16.2 million tons of raw steel; meanwhile, its community philanthropic investments totaled $7.5 million in cash grants, employee giving and company matched gifts.

Through its Vinton plant, ArcelorMittal has provided thousands of dollars annually to help support local nonprofit organizations in the areas of education, the environment, and health and safety, according to company officials.

Additionally, ArcelorMittal USA representatives said that the company contributed $61 million toward global research and development efforts, much of which was focused on the development of advanced high strength steels for the automotive industry. As an example, officials noted that company engineers achieved a significant weight reduction level with its new, innovative ultra-lightweight car door solution.

Another community endeavor cited in the CR report is the company’s significant investment in the public private partnership, Sustain Our Great Lakes (SOGL). Since 2008, the partnership with SOGL through the National Fish and Wildlife Foundation and other partners has leveraged $72.2 million in conservation and protection efforts in the Great Lakes region, according to the report.

“The dual publication of these reports represents ArcelorMittal’s commitment to transparency and dedication to our role as a responsible corporate citizen in the United States and around the world. We look forward to engaging with stakeholders to continue our process of continuous improvement and innovation in order to strengthen our leadership in the steel industry, and the communities in which we operate,” stated the ArcelorMittal USA report.

To view the two documents and learn about its community initiatives, ArcelorMittal fulfills its social responsibility to its employees and communities, visit its website at USphilanthropy@arcelormittal.com.

By Alfredo Vasquez
Special to the Courier

SOLID STUFF – ArcelorMittal Vinton is a mini-plant operation located alongside Interstate-10 in El Paso County’s Upper Valley. The plant specializes in rebar for the commercial and industrial construction industry, grinding balls for the mining industry, and smooth rounds. The plant was built in 1962 by Border Steel Rolling Mill Company and was acquired by ArcelorMittal in 2007.

County’s rural bus program changes management

By Alfredo Vasquez
Special to the Courier

El Paso County Commissioners Court voted recently to hire First Transit, Inc., the company that oversees the city’s bus services, to manage the county’s seven-bus fleet. The bus program is currently managed by Project Amistad, but that contract will expire soon.

Commissioners Court is expected to approve the contract between the county and the transit company by the end of the month.

About 5,501 persons use the county’s fixed routes every month, according to El Paso County Transit Department reports. There are five routes that serve the outlying communities of Tornillo, Fabens, Montana Vista, Clint, Canutillo, Anthony, and Vinton.

The county is offering First Transit a three-year contract for no more than $953,000 annually. The contract may be renewable on a year-to-year basis for two additional years. The program is paid for by federal and state grants.

County officials said that the purchasing department sent a request for proposal to 13 companies and received three responses and that the committee found First Transit to be the most qualified company as well as the lowest bidder (followed by Industrial Bus Lines, and Project Amistad).

The responses were reviewed by a committee that evaluated the proposals based on organizational experience, staff experience, references, safety record, and costs, officials stated.

“Project Amistad has provided an excellent service to the county, but its bid was considerably expensive with First Transit’s,” the manager for the county’s transit department stated in a recent news report.

County documents show Project Amistad offered an $88.40 hourly rate, while First Transit offered a $59.57 rate.

County Commissioner Vince Perez, who represents many of the county’s incorporated areas, said that public transportation is very important to the people who live in these areas, and that the fixed route is a main source of transportation for many people in the Lower Valley and the Montana Vista area.

Perez added that as county neighborhoods continue to become more urban, the county is going to have to re-examine the bus service and possibly add more routes to the program.

For more information regarding the county’s Transit Fixed Route Commuter bus program, visit its website at www.epccounty.com/transit/.

— Quips & Quotes
Divorce – protect your finances, personal data

No doubt you’ve seen many warnings against sharing personal or financial information with strangers, but what about your spouse – or ex-spouse? A recent study by McAfee uncovered some unsettling results:

- Although 96 percent of adults surveyed trust their significant other with passwords, intimate photos and other personal content, only 32 percent have asked their ex to delete the information when ending the relationship.
- One in five people said they’re likely to log into their spouse’s Facebook account at least once a month.
- Some 30 percent admitted they’d “cyber-stalked” their significant other’s ex on social media.

Given the high rate of divorce and how frequently marriages end acrimoniously, it’s not a big leap to think that a scorned lover could severely damage your credit and reputation. If you’re getting divorced, here are some important legal, financial and privacy considerations:

- If you and your spouse are in complete agreement on how you wish to divide assets and settle debts, you may be able get by with a do-it-yourself divorce kit. It’s still wise to have a divorce attorney review the forms to make sure you haven’t overlooked anything.
- If your separation is more complicated but relatively amicable, you may also want to try collaborative divorce, mediation or arbitration.

Collaborative divorce.

Both parties retain a lawyer and the four of you hash out an agreement outside the courtroom. You each control the final agreement instead of having to abide by a judge’s decision.

Mediation. You each have lawyers, but a third party, the mediator, works through differences on critical issues. Mediators don’t have the legal authority to impose final solutions.

Arbitration. Like mediation, except that the arbiter hands a binding command by which you each must abide. If you can’t settle out of court, be prepared to possibly pay many thousands of dollars in attorney and court fees. Ask around for referrals to lawyers who specialize in divorce.

You may also want to consult a financial planning professional for advice on how to fairly divide assets and liabilities, calculate child support and ensure you’re sufficiently insured, as well as explain Social Security and retirement plan implications.

To protect your credit status, close joint bank and credit card accounts and open new ones in your own name.

San Elizario Independent School District
Public Notification of Nondiscrimination in Career and Technical Programs

1) The San Elizario Independent School District offers Career and Technical programs in Consumer and Family Science, Business, Cosmetology, Law Enforcement, CISCO Networking, Advertising and Graphic Design, Building Trades and Auto Technology. Admission to these programs is based on course pre-requisite and grade level classifications. For program information call Michael Rodriguez at 872-3939, ext. 3844.

2) It is the policy of the San Elizario Independent School District not to discriminate on the basis of race, color, national origin, sex or disability in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

3) It is the policy of the San Elizario Independent School District not to discriminate on the basis of race, color, national origin, sex, handicap or age in its employment practices as required by title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

4) The San Elizario Independent School District will take steps to assure that lack of English skills will not be a barrier to admission and participation in all education and vocational programs.

5) For information about your rights or grievance procedures, contact Superintendent Sylvia Hopp, 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 78949, (915) 872-3900.

Notification Publica de no Discriminación en los Programas de Carrera y Tecnología

1) El distrito escolar de San Elizario está ofreciendo programas de carrera y tecnología en Ciencia al Consumidor y Familia, Negocios, Cosmetología, Aplicación de la Ley, Red de Computación CISCO, Publicidad/Promoción y Diseños Graficos, Técnica de Carpintería, y Técnica Mecánica. Para poderse admitir en estos programas tienen que estar registrados en el distrito de San Elizario y completar los requisitos necesarios. Para más información contacto Michael Rodriguez a 872-3939, ext. 3844.

2) Es la póliza del distrito de San Elizario de no discriminar por causa de raza, color, origen nacional, sexo, o deshabilidad en estos programas vocacionales, servicios, o actividades requeridos por el Título IV del Acta de Derechos Civiles de 1964, que fue enmendada, Título IX de las Enmiendas Educativas de 1972, y la Sección 504 de la Acta de Rehabilitación de 1973, como enmendada.

3) Es la póliza del distrito de San Elizario de no discriminar por causa de raza, color, origen nacional, sexo, deshabilidad, o la edad en sus métodos de empleo exigido por el Título VI del Acta de Derechos Civiles de 1964, enmendada por las Enmiendas Educativas de 1972, del Acta de la Discriminación por Edad de 1975, como enmendada, y la Sección 504 de la Acta de Rehabilitación de 1973, como enmendada.

4) El distrito escolar de San Elizario tomará pasos para asegurar que la falta de inglés no sea obstáculo para la admisión y participación en todos los programas vocacionales y educativos.

5) Para más información de sus derechos y procedimiento de agravios, puede ponerse en contacto con el Superintendente Sylvia Hopp, 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 78949, (915) 872-3900.

Veterans Post

VA awaits new leader

Department of Veterans Affairs Chief Eric Shinseki has stepped aside. He resigned after getting caught by the whirlpool of the revelation that there were serious problems down the line in the VA, mostly having to do with medical appointments being manipulated, delayed, fudged, hidden in desk drawers (pick a word), and that veterans died while waiting.

No matter how it turned out, Shinseki was always in our corner. We can never doubt that. If he had a failing, it was that he trusted those down the chain of command to do their jobs well.

We have a new secretary of the VA nominee, who surely will be approved by Congress.

Let’s look at who he is. Robert “Bob” McDonald, age 61, West Point grad, former Army captain, 82nd Airborne, son of a World War II veteran, 33 years with Procter and Gamble, the soap company.

His years at P&G were 11. Can’t be surprised he’s in a position that’s expected with a responsibility that large (the company has over 100,000 employees) with a recession tightening all our wallets.

A few things come up as red flags:

Fact 1: In the end he was run out, forced to “step down” from P&G after four years as head of global human resources.

Fact 2: From 1989 to 2004, he climbed P&G’s global corporate ladder, finally landing in Toronto, the Philippines, Japan and Brussels. Which means he didn’t have his finger on the pulse of American veterans, or even Americans for all those years.

Fact 3: No health-care experience.

McDonald might have a rough start. Still, Acting VA Secretary Sloan Gibson is paving the way by meeting with the Special Counsel about whistleblower protection and directing all VA medical center leadership to meet monthly with local medical partners and Veterans Service Organizations.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column when possible. Send email to columnnyny2@hotmail.com. (c) 2014 King Features Synd., Inc.
Most Americans understand the importance of saving for retirement, but unfortunately, not everyone’s concerns translate to action. While 93 percent of working Americans know they should be contributing to their retirement, only 72 percent are actually doing so, according to the results of Capital One ShareBuilder’s Financial Freedom Survey (accessible at http://tinyurl.com/n9zvksh). The same study found that while nearly three-fifths of respondents plan to retire by age 65, almost the same amount of people fear they’ll never save enough for retirement. 

“Unfortunately, saving for the future is often put on the back-burner for what may seem like more pressing financial priorities, such as paying for children’s college education,” says Dan Greenshields, president of Capital One ShareBuilder, Inc. “Today more than ever before, individuals are responsible for ensuring their own financial security during retirement.”

The earlier you begin to plan and save for your post-working years, the better, Greenshields stresses. Here are some top things to consider:

• How much will you need to finance your retirement? Do you plan to move, travel or take up new hobbies? Also take into account potential unexpected and rising costs, like healthcare. 

• You can estimate your retirement needs by identifying potential expenses, as well as by calculating the amount you might receive from each potential source of retirement income, such as Social Security, pensions, personal investments and employment earnings. 

• Don’t be surprised if what you need to retire is a large sum – since this money may need to support you for 20 or 30 years (or more). Fortunately, there are ways to help maximize your retirement savings over time. 

• Investing early for retirement and contributing as much as possible to tax-advantaged employer-sponsored retirement plans and IRAs are two ways to help build your retirement dollars. 

• Automatically transfer a regular contribution from your paycheck to your retirement account. 

• In some cases, it may be appropriate to consider rolling over or transferring funds to an account without minimums. However, there may be some cases where leaving the funds may be the right decision. If you opt to rollover funds, Capital One ShareBuilder, an online investing platform, offers flexibility by allowing customers to trade stocks, exchange-traded funds, mutual funds, and options. More information about whether or not you should rollover funds can be found at www.ShareBuilder.com.

• Understand your time horizon, risk tolerance and goals. Generally speaking, your risk tolerances will change over time. 

• Make planning a family affair by scheduling times to discuss your financial future with your partner or family members over dinner, on a picnic or as part of a weekend getaway. 

• Consider working with a qualified financial professional to help ensure your retirement plan is on target. It is never too early or too late to get started – and while it may seem daunting, there are quality tools and resources that might help you along the way. Sometimes it can be rewarding, perhaps even enjoyable.

Don’t put saving for your retirement on the back burner

(StatePoint) Most Americans understand the importance of saving for retirement but unfortunately, not everyone’s concerns translate to action. While 93 percent of working Americans know they should be contributing to their retirement, only 72 percent are actually doing so, according to the results of Capital One ShareBuilder’s Financial Freedom Survey (accessible at http://tinyurl.com/n9zvksh). The same study found that while nearly three-fifths of respondents plan to retire by age 65, almost the same amount of people fear they’ll never save enough for retirement.

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Refinancing still available

(DateState) If you’re a homeowner, you probably know that your mortgage payments, interest rates and a shorter loan term. However, if your mortgage is underwater, a refinancing is hard to come by and you may have been turned down in the past.

A government initiative, introduced by the Federal Housing Finance Agency, is making it easier to refinance. The Home Affordable Refinance Program (HARP) is enabling homeowners who owe almost as much or more than the current value of their homes to take advantage of the long-term benefits of refinancing. With recent program modifications and interest rates still at historically low levels, it is now easier for homeowners who were turned down in the past may now be eligible. To refinance with HARP, and those who have been turned down in the past. But don’t despair just yet. However, if your mortgage is underwater, a refinancing may benefit you. The purpose of the program is to provide the opportunity for homeowners who were turned down in the past to refinance with HARP, and those who have been turned down in the past. To find out more information, visit www.harp.gov.

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Copies of the Request for Proposal may be obtained at www.tceq.state.tx.us or to select the proposal that is in the best interest of the TWID.

Equal Opportunity Employer

Preliminary Application

Northwest corner of Tornillo, at the intersection of various sizes, ties-in to the existing system. The wastewater improvements in seven subdivisions in the Town of Tornillo, Texas. This project will include installation of new sewer lines of various sizes, ties-in to the existing system. The wastewater improvements in seven subdivisions in the Town of Tornillo, Texas.

Equal Opportunity Employer

El Paso County Torrillo Water Improvement District at 915 764-2254.

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name; otherwise, an economically
ruin your credit. If your ex retains
name; otherwise, an economically

Thought for the Day: “Forever

Strangely true:

By Samantha Weaver

• It was novelist Ayn Rand
who made the following
sage observation: “You
cannot avoid reality, but you
cannot avoid the consequences
of avoiding reality.”

• Those who study such
tings that penguins are

On the whole, Texas is a
good bit hotter than Ohio,
and it’s not too humid either.
You might be surprised to learn,
then, that on a per capita basis,
Cleveland has 42 times as many swimming
pools as Fort Worth.

The 21 Club is a posh
New York restaurant that
has been in operation
since 1922, though it has
undergone some changes
since its early days. The
eater’s policy prohibiting
women from wearing pants
to dine didn’t change until
1969. That was the year
when “Laugh-In” actress
Judy Carne entered wearing
what has been described as
a “tunic-topped pants suit.”
When she was told she
wouldn’t be allowed to dine,
she took off her pants and
left them in the coat-check
room. The restaurant,
while barely qualified as a micro-
mini, but it was enough. The
mini, but it was enough. The

San Elizario Independent District
SPECIAL EDUCATION/CHILD FIND

The San Elizario Independent School District provides services for children who are eligible for special
education. Eligible special education students will be afforded a free, appropriate public education beginning
on their third birthday and continuing through their 21st year. Children who are identified as auditorially
impaired, visually impaired or deaf-blind may be served by birth through 21 years of age. The San Elizario
Independent School District provides special education and related services to students residing within
the District boundaries. A student with a disability must meet eligibility guidelines in one or more areas
including physical disability, intellectual disability, emotional disturbance, learning disability, autism, speech
impairment, traumatic brain injury, visual or auditory impairment. This impairment must significantly affect
the student’s ability to progress adequately without support services.

If a child is experiencing learning difficulties, the parent may contact the person listed below to learn about
the district’s overall general education referral or screening system for support services. This system links
students to a variety of support options including referral for special education evaluation. Students having
difficulty in the regular classroom should be considered for tutorial, compensatory, and other support
services that are available to all students in the district. A parent may request an evaluation for special
education services. Within a reasonable amount of time, the district must decide if the evaluation is needed.
If the evaluation is needed, the parent will be notified and asked to provide consent for the evaluation.
The district must complete the evaluation and the report within 45 school days of the date the district received
the written consent. The district must give a copy of the report to the parent. If the District determines that
the evaluation is not needed, the district will provide the parent with a written notice that explains why the child
will not be evaluated. This written notice will include a statement that informs the parent of their rights if
they disagree with the district. Additionally, the notice must inform the parent how to obtain a copy of the Notice
of Procedural Safeguards-Rights of Parents of Students with Disabilities.

For more information, contact the Director of Special Education, Amanda G. Sanchez-Munoz, (915) 872-3926
at 1050 Chicken Ranch Rd, San Elizario, TX 78849. Mailing address: PO Box 920, San Elizario, TX 78849.

El Distrito Escolar Independiente de San Elizario provee servicios a los niños que califican para recibir
educación especial. Los estudiantes que califican recibirán una educación pública gratuita y adecuada
comenzando con su tercer cumpleaños hasta el fin de su vigésimo-primer año (21). Los niños que son
identificados con problemas auditivos, visuales, sordos o ciegos pueden ser atendidos desde su nacimiento
hasta los veintiún años de edad. El Distrito Escolar Independiente de San Elizario provee servicios de
educación especial y otros servicios relacionados a los estudiantes que vivan dentro de los límites del distrito.
Un estudiante con una discapacidad debe cumplir con las guías que reúnen los requisitos en una o más
áreas incluyendo: discapacidades físicas, discapacidad intelectual, alteraciones emocionales, discapacidad
de aprendizaje, autismo, discapacidad del habla, daño cerebral por trauma, o discapacidad visual o auditiva.
Esta discapacidad debe afectar significativamente la habilidad del estudiante para progresar adecuadamente
sin asistencia.

Si un alumno está teniendo dificultades en su aprendizaje, los padres pueden contactar a la persona
encargada (ver información al final) para que les informe acerca del programa general de derivación (referral)
del distrito o sistema de detección para servicios de asistencia. Este sistema enlaza a los estudiantes con
una gran variedad de opciones de apoyo que incluyen la derivación para que se le practique una evaluación
de educación especial. Los estudiantes que estén teniendo dificultades en un aula regular deber ser
considerados para recibir tutoría, planes de compensación educativa y otros servicios de apoyo que estén
disponibles para todos los estudiantes. Los padres tienen derecho, en cualquier momento, de pedir una
evaluación para recibir servicios de educación especial. El distrito debe decidir, dentro de un plazo razonable,
si dicha evaluación es necesaria. En caso afirmativo, el padre será notificado y se le pedirá permiso para
realizar la evaluación. El distrito debe llevarlo a cabo la evaluación y el reporte sobre los resultados dentro de
45 días escuela a partir de la fecha en que el distrito recibió el permiso del padre por escrito. El distrito debe
proporcionar una copia del reporte al padre. Si el distrito determina que la evaluación no es necesaria, debe
proponer por escrito una notificación que explique el por qué. Esta notificación por escrito debe incluir
una declaración que informe al padre sobre sus derechos si es que no está de acuerdo con la decisión del
distrito. Además, la notificación debe informar al padre cómo obtener una copia del Aviso sobre Garantías
Procesales-Derechos de los Padres de Alumnos con Discapacidades.

Para mayores informes, favor de contactar el departamento de Educación Especial, Amanda G. Sanchez-
Munoz, (915) 872-3926 at 1050 Chicken Ranch Rd, San Elizario, TX 78849. Mailing address: PO Box 920,
San Elizario, TX 78849.
The ‘King’ goes back to Cleveland, arena sells out

By Steve Escayega
Special to the Courier

The American sports enthusiast is a funny creature, chocked full of a wide range of emotions. Those emotions can run from adulation to indifference to enmity to ambivalence to jealousy to pettiness to scorn to dismay to downright hatred.

All of which have entered the psyche of the Cleveland Cavaliers fan at one time or another over the last decade.

The king himself, LeBron James, announced last week that he was leaving the Miami Heat and was returning home to Cleveland. There was some shock at the announcement.

It wasn’t totally out of the question that he would return, but it still rocked the sports world once it was made official.

What was extremely shocking to me was the way the Cleveland fans, who were calling for the king’s head when he left, went nuts with joy when they heard he was coming back.

Even Cavaliers owner Dan Gilbert did a complete 180 to worship at the feet of James.

Of course I think he was actually more excited about the financial ramifications “the return” would bring to the already generous size of his wallet.

Don’t believe me. Cleveland fans went out and bought the remainder of the allotted 12,000 season tickets for 2014-15 season less than eight hours after Bron Bron made his decision.

Naturally, I figured that the Cavs would also make a killing selling LeBron’s newest Heat merchandise, which was growing old – just like Dwyane Wade’s legs.

Fans around the nation have a new team to root for and cheer with this year. The one thing the move will do this year is make the NBA a season more interesting.

It’s face it; the whole Miami Heat thing was growing old – just like Dwyane Wade’s legs.

Fans around the nation have a new team to cheer with as of next season. It remains to be seen how neatly the pieces will fit together but it’ll be fun to keep track – especially the first time LeBron goes against his former Heat teammates.

See what I mean, we’re months away from the start of regular season games. The infusion of hope last week. Hope is something that keeps fans, and non-fans, striving toward a particular goal, a purpose.

LeBron’s decision was a win-win for Cleveland and the NBA. And over the last four years it seemed like Cleveland fans practically ranked LeBron just below Hitler, Bin Laden and the Devil, on their personal popularity meter.

Okay, maybe he inched ahead of the Devil in recent years, but there’s no doubt that James was still public enemy #1 as of a month ago.

But the chance of winning trumps everything. Magically, perception changes reality.

The one negative for Cleveland fans is that they will now be seen as ordinary. They’ve been walking around with a sort of victim-status mentality and the rest of the country could empathize.

But then again, nobody ever thought he’d leave in the first place.

Lucky in Mudville

On the Fourth of July, Major League Baseball and its fans commemorated the 75th anniversary of Lou Gehrig’s farewell to baseball speech. Though written off the cuff by Gehrig, a player whose humility was as legendary as his mighty swing, the immortal speech is generally regarded as one of the great speeches in American history.

Delivered over the public address system of the cavernous old Yankee Stadium – then already considered a cathedral to the game – the speech famously echoes Gehrig’s sentiment to add a ghostly premonition of his own imminent death.

"Today (today)… I consider myself… the luckiest man… (the luckiest man)… on the face of the Earth (on the face of the Earth)"

Gehrig’s speech, delivered at the end of his playing career, two years before his death due to a incurable disease, reminds us of a higher purpose and a state of grace.

But while Americans are adept at ignoring turns of phrase, it never takes long before someone drags the discourse down into the gutter.

Instead of reading tributes about Gehrig, the buzz on the Internet surrounds a $10 million lawsuit filed the day previous by a fan caught napping in his box seats on camera during a Yankees-Red Sox game. The complaint reads that he was not only a mediocre talent, but a marijuana smoker, as well.

Dahlgren, never made more than $50,000 in his entire career. A closer look reveals that after he replaced Gehrig, he was traded eight times over the next 12 years. Certainly, he had larger-than-life shoes to fill for the Yankees, shoes that only became larger after Gehrig’s death.

But Dahlgren’s case is notable in that he was the first baseball player ever tested for drugs. Dahlgren had sought more money during his career, and baseball executives like Branch Rickey and Joe McCarthy unfairly maligned him, saying he was not only a mediocre talent, but a marijuana smoker, as well.

That story is better told in his grandson Matt’s book, “Rumor Has It,” in which he sheds light on the unfounded, unproven claims that his grandfather spent a life agonizing over.

Who knows what curious cases tomorrow will bring? As for me, I’m watching the game with my family on the Fourth of July, stoking up all of these stories just because we decided to watch a bunch of guys throw a ball around, I’m reminded that things aren’t so bad… or, at least, they could be worse. Who says there’s no joy in Mudville? Gehrig’s American story reminds us all just how lucky we really are after all.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2014 King Features Synd., Inc.
DEAR DR. ROACH: I have had high blood pressure at times, and my doctor said I have white coat syndrome. I am on metoprolol and ramipril. My blood pressure spikes at times. Recently I didn’t feel right. My blood pressure was reading 200/120, more or less. I went to my doctor, who gave me something that would bring it down and told me to double up on metopril. I took readings at home, and for the next three days it was better but still on the high side. The average over 12 hours was 145/90. I went to a specialist and took along my readings. He didn’t seem alarmed that I had several spikes of 190/105. He told me it’s normal to have high blood pressure readings, everyone has them. I can understand occasional spikes, but it’s not getting up and stays up for hours. – G.

Let’s first define white-coat hypertension, also called reactive hypertension. It’s a condition where blood pressure in the doctor’s office is much higher than blood pressure at home. Regular consistent readings at home are a better marker of overall blood pressure. At first glance, that doesn’t seem to be what you have. You have high blood pressure consistently, at least recently.

Even people with whose blood pressure generally is well-controlled or natural or because they take medication will have some readings that are higher than others. However, readings of 195/105 are very high. Even your relatively better average of 145/90 is too high.

One test that is often done is called an ambulatory blood pressure measurement. A blood pressure monitor is worn for 24 hours. – G.

DEAR DR. ROACH: Some time ago, I had a lot of noise coming from my stomach, a kind of growling sound. It went away, but now it comes on in a while. No pain, just that noise. – T.

These noises go by the official sounding name of borborygmi (BOR-boh-RIG-mee), and are both common and normal the vast majority of the time. They reflect the movement of the stomach and the intestines. Since there is no pain, you don’t have to do anything about them.

Dr. Roach regret that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions toDRRoachMD@hibbert.com or write to PO. Box 536475, Orlando, FL 32853-6475. (c) 2014 North America Synd., Inc. All Rights Reserved.
Q: My spouse died recently and my neighbor said my children and I might be eligible for survivors' benefits. Don't I have to file a retirement age to receive benefits?

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

Q: Will my military retirement affect my Social Security benefits?

A: No. You can get both Social Security benefits and military retirement. Generally, there is no offset of Social Security benefits because of your military retirement. You will get full benefits based on your earnings. The only way your Social Security benefit may be reduced is if you also receive a government pension based on a job in which you did not pay Social Security taxes. You can find more information in the publication Military Service and Social Security at www.socialsecurity.gov/pubs. Or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Q: I applied for Disability benefits, but was denied. I'd like to appeal. Can I do it online?

A: Yes – in fact, the best way to file a Social Security appeal is online. Our online appeal process is convenient and secure. Just go to www.socialsecurity.gov/disabilityAppeals to appeal the decision. For people who don’t have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to file your appeal.

Q: My daughter is nineteen years old. In her senior year of high school, she had an accident that paralyzed her. It doesn’t look like she will be able to work in the near future, and since she has never worked she hasn’t paid Social Security taxes. Can Social Security still help her?

A: Your daughter may qualify for Supplemental Security Income (SSI) benefits. SSI is a needs-based program paid for by general revenue taxes and run by Social Security. It helps provide monetary support to people who are disabled and who have not paid enough in Social Security taxes to receive Social Security disability benefits. To qualify for SSI, a person must be disabled, and have limited resources and income. For more information, visit our website and check out our publication, You May Be Able To Get SSI, at www.socialsecurity.gov.

Q: If I retire at age 62, will I be eligible for Medicare?

A: No. Medicare starts when you reach 65. If you retire at 62, you may be eligible for Medicare if you have certain medical insurance coverage through your employer or purchase it from a private insurance company until you become eligible for Medicare. For more information see our publication, Medicare, at www.socialsecurity.gov/pubs, or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Q: I run a bed and breakfast. By this time every year, I am tired of all the paperwork involved with filing taxes. Is there an easier way for small businesses to file W-2s for their employees?

A: Absolutely. You can file your employees’ W-2s electronically and print out the W-2s to provide paper copies to your employees. You also can verify the Social Security numbers of your employees. Our online services are easy to use, fast, and secure. Visit our BSO page at www.socialsecurity.gov/bsa.

Q: I’m retired and the only income I have is a monthly withdrawal from an Individual Retirement Account (IRA). Are the IRA withdrawals considered “earnings”? Could they reduce my monthly Social Security benefits?

A: No. We count only the wages you earn from a job or your net profit if you’re self-employed. Non-work gains and other government benefits and income such as pensions, annuities, investment income, interest, capital gains and other government benefits are not counted and will not affect your Social Security benefits. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Q: It’s hard for me to get around because of my disability. Can I apply for disability benefits from home?

A: Yes – in fact, the best way to apply for disability benefits is online. Our online disability application is convenient and secure. You can apply for benefits over the Internet at www.socialsecurity.gov/applyfdiability. If you do not have access to the Internet, you can call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to apply. However you decide to apply, begin by looking at our Disability Starter Kit at www.socialsecurity.gov/applyfdiability. It will help you prepare for your application or interview.