

VOL. 42, No. 1

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO

NEWSBRIEFS

Museum classes

El Paso Museum of History, located at 510 N. Santa Fe St., will hold classes in Flamenco, Digital Photography, Belly Dance, and Conversational Spanish. The classes, which consist of eight weekly sessions held from January through March, are intended to provide individuals with personal growth opportunities.

• Flamenco Class will be held from 6-7 p.m., Thursdays, beginning January 8 to February 26. The class will introduce the art of Flamenco's basic skills and fundamentals including cuadro, theory, and structure. The class will be taught by Linda Gallegos. No previous dance experience is required. Comfortable clothing and hard soled and heeled shoes (no open toes) are recommended.

Photography • Digital Class will be held from 6 to 7:30 p.m., Thursdays, January 15 to March 5. Participants will learn eight different photography fundamentals including landscape, photojournalism, portrait, storytelling, events, slow shutter, macro, and food. Participants should bring a digital camera and have knowledge on how to use it. The class is bilingual and taught by professional photographer Heriberto Ibarra.

• Belly Dance Class will be held from 7 to 8 p.m., Thursdays, from January 15 to March 5. Participants will learn the fundamentals of this ancient art through a belly dance workout taught by Sonia Flores and her daughter Seneé. Comfortable clothing is recommended.

 Conversational Spanish Class will be held from 10 to 11 a.m., Saturdays, January 10 to February 28. The class will acquaint students with everyday Spanish and introduce them to Spanish-speaking cultures. Participants will be provided an opportunity for language practice and cultural awareness through movies, songs and readings from Spain and Latin American countries. The class is taught by Diego Murcia. Individuals interested in enrolling for any of these classes may register in the museum gift store. Cost for the Flamenco, Belly Dance, and Conversational Spanish classes is \$10 for museum members and \$20 for non-museum members. Cost for



Photo by Alfredo Vasquez

PUT THAT WALL UP - Construction workers are erecting the steel framework for the pavilion that will house the Digie wall at the entrance to the El Paso Museum of History. Already finalized are the concrete footings that will support the pavilion, and completion date is slated for February. The Digie wall will be an outdoor, 3-D exhibit that will allow local residents and out of town visitors to explore the cultures, geography, history, and people of this region.

Museum initiates Digie website, builds wall

By Alfredo Vasquez Special to the Courier

The first-in-the-nation interactive digital wall is currently under construction at the El Paso Museum of History, and museum officials announced recently that they have initiated a website to complement the innovative technology.

The wall is being built near the museum's entrance, which is located at 510 N. Santa Fe Street.

The wall and website are referred to as Digie (Digital Information Gateway In El Paso) after holding a naming contest. Combined, they will allow individuals to upload photos to the system in different ways to share their culture, history, heritage, family, among other information, and eventually be able to see everything on the museum's digital wall. The Digie wall will be 36 feet wide and 5 feet tall. It is the first one installed in the United States and second in

"Everybody has a camera now, and people are snappingpicturesanytime and anywhere. With Digie, everybody has a chance to record history. They have a chance to photograph their parents, their friends at the park, anything; and uploading the images to Digie will make them a recording of history. Everybody will be able to participate in the process by collecting photographs."

the world. The first digital wall is located in Copenhagen, Denmark at the Museum of Copenhagen, which launched its multimedia installation in one of the town's central squares in April 2010.

According to museum representative Marilú Valenzuela Alemán, the world's newest digital wall is designed to feature images and videos of this region's history and culture. Visitors to the wall will be able to view one of five touch screens as they navigate their way through the collection. She said that individuals can presently upload their images using the Digie website by logging on to www.digie.org.

Once the images or videos are uploaded to the site, Everett Thomas, curator of Digie and the person responsible for the digital wall's content, will screen them to make sure they meet the terms of use and nothing inappropriate gets through, explained the museum representative. Once images are uploaded, it will take 24 to 48 hours for them to appear, she stated. "While Digie will foster worldwide communication when it's complete, the job of constructing it has required global communication as well," Aleman related. "City of El Paso project managers have worked with designers in New Zealand and manufacturers in Germany on some of the project's components," she added. Construction of Digie and the pavilion to house it are funded by the 2012 Quality of Life bonds. For more information, contact Alemán at (915) 351-3588 or send email to alemanmg@elpasotexas.gov.

See BRIEFS, Page 3

Many an arguement is sound – and only sound.

- Quips & Quotes

- Everett Thomas El Paso Museum of History curator of Digie

Construction savings may fund new building

By Alfredo Vasquez Special to the Courier

A possible \$17 million in savings from the construction of a highway to connect the new Tornillo-Guadalupe port of entry to Interstate 10 could be used to build a new administration building

for the county, officials said.

County commissioners are considering building new administrative offices and having the El Paso County Courthouse primarily house the court system, a possible solution to overcrowding issues at the 13-floor glass building.

But the construction of a new building Downtown will depend mostly on the

See BUILDING, Page 5

Finances By Jason Alderman

Yours, mine and ours: Planning stepfamily finances

The Pew Research in ten American adults have at sibling or a stepchild, in their Center reports (http://www. least one steprelative, defined family. While the Pew study Potential spouses or partners personal, business and estate tax pewsocialtrends.org/) that four as a stepparent, a step-or-half

Veterans Post By Freddy Groves

VA hooks up with whiz-bang computer

The Department of Veterans (including specific patient medical treatments.

If you're a fan of the television up with a treatment. game-show "Jeopardy!" you might have seen the segment Watson. It has initiated a twoback in 2011 when a computer named Watson system competed against former winners. Millions of pages of content had been programmed into the computer, including whole encyclopedias dictionaries, in question/answer format in preparation for the based clinical decisions. No event. Of course the computer medical decisions will be won, and not only because its made for actual patients, only answers were a circuit blink simulations will be run. away when the humans had to actually reach out to a button to well as is hoped, VA doctors press it. The computer was able will be able to get all the to analyze information, parse language, decide and offer short amount of time, leaving answers in seconds.

Fast-forward to 2013, when veteran patients. IBM hooked up with Sloan-Kettering Cancer to provide clinical support he cannot personally answer decision "answers" in lung- reader questions, but will cancer treatment. Instead of a incorporate them into his search function with possible column whenever possible. answers ranked by relevance, Send email to columnreply2@ the computer hunts through gmail.com. (c) 2014 King all the available information Features Synd., Inc.

Affairs is now going super files, journal articles and high-tech in its approach to studies), responds to questions in natural language and comes

The VA is hooking up with year, \$6.8 million contract to use Watson to search electronic medical records and literature for relevant studies. According to a VA.gov press release, during that two years and it will assess how Watson does with speeding up evidence-

> In the end, if it works as pertinent information in a very them more time to spend with

Center Freddy Groves regrets that

says that many stepfamilies should know each other's advisors in your area. harmoniously, operate also notes that adults "feel a and any issues connected with stronger sense of obligation them. As mentioned above, to their biological family debt and credit issues may be a Planners & Councils and the members than they do to their problem, but if one spouse has American College of Trust and step kin."

That is one reason why so messy.

Couples planning to blend families often have to make child custody, financial arrangements that respect previous relationships with ex-spouses and their families. Issues range from childcare and eldercare to potentially complex matters involvingbusinesses, investment If potential spouses or partners identified and solutions put in assets and real estate. That's have significant estate or business place before the family is legally why involving trained experts assets assigned to children, joined. in stepfamily financial planning former spouses or family is a must.

issues and solutions potential spouses and partners should or partnership. consider:

Start with all cards on marriages or partnerships alone professionals first step - sharing personal following the following:

• Current credit reports and credit scores. Extensive loans Association or bad credit for one or both Counseling, partners can endanger future Education and the Certified or tuition. It's also important to share information about personal organizations that can identify or cosigned loans to family and advisors in your area. friends.

 Assets and it financial assets and liabilities extensive assets, it's important to Estate Counsel might be able to clarify whether those assets will blended family finances can get be shared legally or promised to others.

> bankruptcy, or any other civil or criminal legal proceedings are clean as you can make it. That's pending against either partner or doubly true with stepfamilies. As members of their families, full many income, asset, debt, child disclosure is essential.

• Business and estate issues. members, those commitments Financial experts say it's time Here's a basic checklist of need to be factored into the to review all money issues finances of the planned marriage whenever you face a major life

Bring in expertise. Beyond disclosure, Even if the individuals have the table. Today's first-time it's good to have qualified their own separate estate matters who can introduce some staggering specific expertise with blended restart the planning clock on financial variables – business families and their many unique everything. and inheritance issues, college issues. Both partners should debt, consumer debt or even past start by bringing any existing retirement. You may have bankruptcies. Couples planning advisors into the discussion. planned a great retirement with stepfamilies face even more But if none exist and friends a former spouse or on your own, complications. But all couples and family members don't but what if your future spouse need to start with a critical have solid suggestions, the hasn't? Whatever steps you've information with a potential might provide local experts need to review your strategies impact on finances. Start with with specific skills in helping so you can retire comfortably stepfamilies plan:

 Financial The planners. for Financial Planning and Standards are two nationwide

liabilities. society can suggest qualified

• Estate planners and attorneys. Organizations like the National Association of Estate help.

Address problems before move-in. Most experts tell • Legal issues. If divorce, you it's best to start any new foreclosure, marriage or partnership with a clean slate - or a slate that's as custody, estate and business issues as possible should be

> Make a fresh estate plan. event, and remarriage or reprofessional partnership certainly qualifies. have in order, stepfamily issues

Plan - or re-plan - your organizations both taken toward retirement, you together.

Bottom line: Money issues complicate all relationships. But stepfamilies have unique, detailed planning needs that purchasing plans for auto, home Financial Planner Board of should be discussed and settled before marriage or move-in.

> Jason Alderman directs Visa's • Tax advisors. Your state CPA financial education programs.



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An estimated 1 in every 5 vehicles on our Texas roads has no automobile insurance, but that's about to change. • TexasSure Vehicle Insurance Verification matches vehicle registration information to insurance policy data to immediately tell law enforcement officers and tax assessor-collectors who's driving without insurance. • So, if you're not covered, better get insured! • To learn more, visit: www.TexasSure.com

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It's the law By Texas AG Greg Abbott

What Texans should know about providing their Social Security Number

Commission, Texas ranks eighth in the People who provide their SSN to a private nation for identity theft complaints. In business should familiarize themselves 2013, more than 23,000 Texans were identity theft victims and as a result, lost thousands of dollars and hours of time attempting to correct their credit ratings and personal financial history.

illegally uses someone

information – a name,

license number, credit

or debit card account

number or Social

Security number – to

commit fraud or other

Fortunately,

theft awareness has

made Texans much

more cautious about

freely providing their

personal information.

particularly

personal

driver's

identity

else's

address,

crimes.

One

person's

Security

SSN.

increased

Identity theft occurs when a criminal has charged several commercial vendors

According to the Federal Trade business protect any numbers it collects. with the company's privacy policy.

> Texas law also requires that businesses safeguard their clients' sensitive personal information, including names, addresses, financial information and SSN. The OAG

> > with unlawfully failing to protect such information.

> > Many Texans also inquire about government agencies and whether they have the right to ask for a person's SSN. Federal law does compel government agencies to ask for a SSN in certain instances.

Forexample, certain government agencies, including taxing human authorities, resource offices and departments of motor vehicles, can require a SSN as mandated by federal law.

Federal law does

provide protections when citizens are

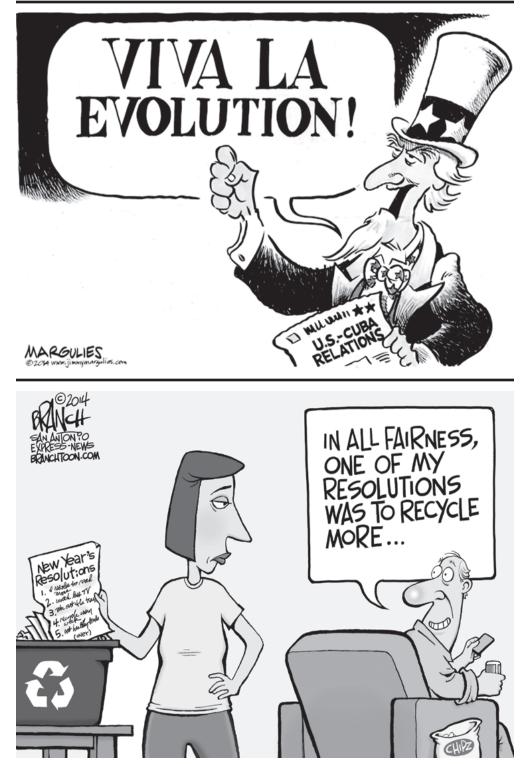
Act of 1974 requires that all government agencies that request Social Security numbers provide a disclosure statement on the form. The statement explains whether citizens are required to provide their SSN or if it is optional. Additionally,

The Office of Information and Regulatory Affairs in the U.S. Office of Management and Budget provides guidance and oversight regarding the Privacy Act of 1974. Interested Texans may read the Act on the U.S. Department of Justice Web site at www.usdoj.gov.

The Privacy Act also provides that citizens cannot be denied government If a business insists that customers benefits or services if they refuse to disclose their SSN - if the disclosure







call the Office of the Attorney General (OAG) to ask when and where they are required to give out their required to divulge their SSN. The Privacy

One of our most commonly received questions on this subject is, "Can a private business ask for my Social Security number?" Generally, the answer is yes. The law does not prohibit a business from asking for a person's SSN; however, the the document details how a person's SSN customer has options and does not have will be used. to provide that information.

Texans are not legally required to provide their SSN to private businesses unless the transaction is one which triggers mandatory Internal Revenue Service notification. Texans should be aware, though, that businesses can refuse to provide products or services to customers who fail to provide their SSN.

provide their SSN and customers feel this is not justified, customers may want to is not required by federal law or if the ask for a supervisor or manager to discuss disclosure is to an agency which has been the situation. If the company is unwilling using SSNs prior to January 1975 to budge, Texans may want to consider taking their business elsewhere. Be aware that while federal law does receive a disclosure statement may want not forbid a business from asking for a to cite the Privacy Act and contact their person's SSN, it does mandate that the U.S. congressmen or senators.

information

texasattorneygeneral.gov.

Points to remember

 You do NOT have to give your SSN to a private business.

 If you do give your SSN to a business, get a copy of their privacy policy.

 If you are required to give your SSN to a government agency, you must be provided with a disclosure statement.

 NEVER give out your SSN or other personal information over the phone or by e-mail.

 Report ID theft to your local police department.

 File an ID theft complaint on FTC's website at www.ftc.gov or call (877) ID THEFT.

more about this or other topics, visit our website at www.

sensitive part of a identity For is his or her Social number (SSN). Many Texans

> Texans who are asked to give their SSN to a government agency but do not

The write stuff

Greetings readers and writers,

Over the last few months the Courier has received some nice submissions that were not used for various reasons. Please include a name and contact

number, send via email (we do not retype submissions) and all letters must include a name and city/area for print. - Rick Shrum Publisher

Briefs From Page 1

the Digital Photography class is \$15 for museum members and \$30 for non-museum members. The classes

are open to adults and children nine years and older. For more information, contact the El Paso Museum of History Educator Jaime Knoedler, at (915) 351-3588 or send email to knoedlerim@ elpasotexas.gov.

– Alfredo Vasquez

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 or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.



small steps



National Diabetes Education Program Prevent type 2 Diabetes

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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Building

From Page 1

Page 5

from the Federal Highway Administration to build a road from the Texas State Highway

Avenue, to the freeway.

Judge County Escobar said that during the the municipal court. issuance of the 2012 certificates of obligation, commissioners the commissioners, the Elections decided that if the county was Department and the district able to find grants to build the and county clerk offices, while road, the money could be used the courts would remain in the to come up with a long-term money left, he doesn't know if to solve the lack of space at the courthouse. courthouse.

"Because we knew there was a possibility of us getting outside funding, we discussed we need a Plan B for that funding," Escobar said. "While the county has a lot of needs, one of the things Commissioners Court decided to put into the bonds was to build a facility on property the county already owns."

In June 2012, court approved the sale of \$110 million in certificates of obligation for capital construction and equipment needs, including \$27 million to build the bridge of the new Tornillo-Guadalupe port of entry and its connecting roads.

Ernie Carrizal, director of the county's Public Works Department, said the county has applied for the federal grant and believes there is a great possibility it will receive the funding.

"All comments have been positive," he said, referring to his conversations with FHA officials.

Carrizal said he does not know when the county will be notified if it received the grant. He said the FHA is in the process of approving an environmental assessment, which is part of the application.

Carrizal hopes to hear back from the FHA early next year, he

said.

"If we are able to get the funding for the highway, that means we are going to have the \$17 million approval of a \$17 million grant for the Downtown building," Escobar told commissioners on Monday.

She said a possible location ago. 20, also known as Alameda is the parking lot across the street from the county's MDR

There are now 38 judges'

offices housed in the courthouse. plan initially for the courthouse, Escobar said county officials have been dealing with lack courthouse a decade ago," of space at the courthouse, including space at the parking garage, since she first was elected historically of planning for the commissioner about seven years

She said offices have been she added. built in the basement of the Veronica Building at 800 E. Overland near courthouse, cubicles have been Leon said he understands the added to existing offices and The new building might house closets have been converted into offices to maximize space extensively before even thinking usage.

> However, commissioners need solution. Escobar said.

we probably outgrew the Escobar said.

"We've not done a good job future. We have more courts today than we had a decade ago,"

Commissioner Carlos courthouse is crowded, but he would like to study the issue about building a new facility.

While there might be some the \$17 million will be enough "While there was a 20-year to build a new facility, he said.

STRANGE **BUT TRUE** By Samantha Weaver

 It was American author Gail Kathleen Godwin who made the following sage observation: "Good teaching is one-fourth preparation and three-fourths theater."

 Elizabeth Montgomery, best known for playing the witch Samantha in the TV sitcom "Bewitched," in 1975 played the title role in the TV movie "The Legend of Lizzie Borden." This would not be remarkable, except that a genealogist later showed that Montgomery and the notorious axe-murderer were actually sixth cousins once removed.

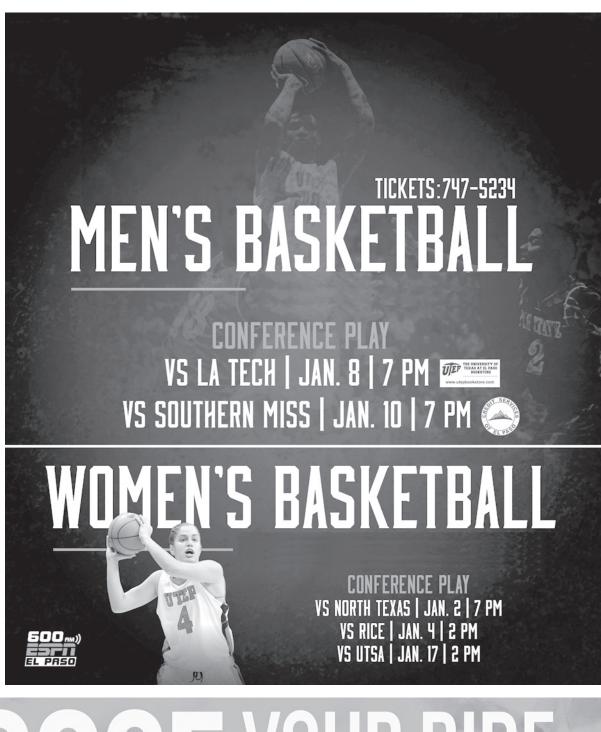
• Those who study such things say that if you grew up in the era before color TV. you're more likely to dream in black and white.

• In April 2014, the Florida Fish and Wildlife Conservation Commission moved to forbid the sale of stuffed baby alligators in "an unnatural body or body part positioning" - including upright human poses.

· You might be surprised to learn that during the Revolutionary War, only one out of every six able-bodied men in the American colonies actually took up arms.

 John Pemberton, the inventor of Coca-Cola, came up with the recipe by boiling coca leaves, kola nuts and a variety of herbs in a pot in his backyard. It was originally sold in his drugstore as a "nerve medicine."

 It's well-known that camels are able to go long periods of time without access to water, but biologists say that giraffes are able to survive even longer than camels when deprived of moisture.





18th century, In the so-called anatomical demonstrations became very popular. At the time, museums, colleges, private homes and even bars hosted public dissections of human corpses. Competition to obtain the sometimescostly tickets to these events was fierce, and the crowds attending often were raucous.

Thought for the Day: "I love Mickey Mouse more than any woman I have ever known."

- Walt Disney

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January 1, 2015

This year's Miner squad could be dancing at the end

By Steve Escajeda Special to the Courier

pre-conference schedules in its famed history, the UTEP Miners will begin expectations coming into the season -CUSA play this weekend at North Texas Lang. and at Rice.

even more important considering that, of the Miners first seven league games, five season after all. are on the road.

thing is for certain – the Miners are battle tested.

After taking on the likes of Xavier, Princeton, Washington State, Washington, Arizona, Kent State, Colorado State, and NMSU (twice), the UTEP players have already faced teams tougher than they'll changes the whole look of the team. From meet over the next three months.

enjoy a top seed by the time they play in the quickest guys in the league and when the CUSA Tournament in March.

But the reason the Miners should win he'll be the best in the league. the regular season and league tournament may surprise you. This season was going may be the best shooter on the team and

the team, Julian Washburn, Cedrick Lang own shot whenever he wants it. and CJ Cooper.

And while all three have contributed After going through one of the toughest to the overall success of the team, only one of the seniors has met or exceeded

Both Washburn and Cooper have been Being able to get off to a fast start is slow coming out of the gate and must start playing more aggressively – it's their last

The main reason for the team's success But going into the start of 2015 one has to do with the younger, or newer, ball if he accidentally did rebound it. guys.

> Sophomore Vince Hunter is a doubledouble machine and is already the best player in the league. Just don't let him know.

Freshman point guard Omega Harris the first day he walked on the court he's And because of that, the Miners should been fearless and a leader. He is one of his feet start to matchup with his mind,

Junior college transfer Earvin Morris

to be defined by the top three seniors on one of the few guys who can create his the nation.

Morris has been a pleasant surprise and has also shown no fear in his new surroundings.

Even skinny sophomore center Matt the season. Willms is beginning to believe he is actually 7-feet tall.

After a year of playing through injury, Willms, who still isn't quite 100 percent, was beginning to resemble so many UTEP centers of the past. A big guy who couldn't score, rebound or hang on to the

But the big guy has actually developed a bit of a mean streak rebounding the basketball and fighting for it when other guys try to take it away. Willms could add on another 40 pounds of muscle, and after he does – watch out for the next two years.

However, this year's mix of young guys and veterans is starting to become one. When a bunch of guys are thrown together it will always take time for them to get comfortable.

And it's pretty tough to be in the while playing some of the better teams in young guys will lead them.

The Miners are 8-4 and have lost to Washington, NMSU, Colorado State and Arizona. All four are teams that we'll see in the NCAA Tournament at the end of

Here's another thing - the Miners could have easily won all four games. That says a lot about a team still trying to find its way. That is a tribute to coach Tim Floyd and the work of his assistants. One thing Floyd has always done is get his teams to play their best at the right time.

And the Miners are going into conference play running on all cylinders. A lot will be determined over their first seven games.

If UTEP can win at least three of those first five road games, they'll be well on their way.

Half of the challenge of winning any title is the belief that you can do it. This group of Miners totally expects to be watching the NCAA selection show in March, seeing who and where they'll be dancing.

And barring any unforeseen surprises, process of getting to know each other UTEP will be in that dance - and the

A sporting view By Mark Vasto We'll always have Washington

nostalgia, but facts and a simple Europe, where a restaurant in, conversation with anyone under say, Venice, can have a picture the age of 40 disproves this.

Ask any of them to name the oldest thing in America they know of, and chances are they will say "the Grand Canyon," nothing at all, or something that doesn't make any sense, like "George Washington." Contrast

Americans say they are big on this with just about any place in of Caesar Augustus hanging by a nail on the wall that was placed there in the year 7 - not seven years ago, not seven decades ago, not seven centuries ago the seventh year of the Julian calendar.

Nowhere are we more fickle a Stadium. There are others, I

venerates their championship venues and preserves their amphitheaters as monuments and shrines, America, in its never-ending pursuit of wider concourses, takes near-sadistic glee in applying the wrecking ball to its stadia. We have gueststadiums.

There are exceptions. Populus builds nice stadiums: Camden Yards, for instance. Kauffman

republic than in our treatment of know. And the gems are still there: one of the great mysteries of our sporting venues. In a world that Fenway and Wrigley (which is a smelly dump, but an exceptional one that is worthy of our love and the recent renovation), Lambeau Field, the Big House. The rest are parking lots (Atlanta-Fulton a vacant, needle-strewn lot, County), malls (Metropolitan) or is about to become the city's tenements (Ebbets).

A few years ago we lost Giants room mattresses older than our Stadium. That led to a parking lot and a mediocre Springsteen album. Before that, Yankee Stadium. The new stadium is so bad that it defies description. How those geniuses missed the fact for 2,500 spectators, covered that you can't see half the field from the bleachers because the view is blocked by a steakhouse or some other nonsense remains

time.

Sometimes it's for the better, however. Detroit - Detroit! is doing something right for a change. Tiger Stadium, now Police Athletic League complex. According to officials, the project will include a restored baseball field with a gated entryway, ticket booth, historic memorabilia, lights, scoreboard, covered dugouts, home-run fence, seating pavilion and locker rooms.

Also finally blotted off the

See SPORTING, Page 8

West Texas County 25 words - \$10 per week; 40 words - \$15 per week

Take the First Step to a Heart-Healthy Life. Start! Walking. Start! Something.

> 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? An easy way to work physical activity

into your regular routine is to start walking. For every single hour of regular, vigorous exercise, you can add two hours to your life expectancy.

It's easy to Start! whether you're by yourself or with friends, family and co-workers. You'll all feel a difference and live longer, heart-healthier lives.

start!

Join the movement.

heart.org/start

American Heart Association

Learn and Live

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Deadline: Please print.S payment (n	end form and o cash) to:	Contact Information: Name:				
West Texas Co 15344 We Horizon Cit	erling Ct.	Phone:				

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KERBAS

A REALLY BAD COMPANY MAKES EMPLOYEES

SHARE A NECK TIE ...

DID YOU REALLY

HAVE TO EAT THAT

LUNCH, STEVE?

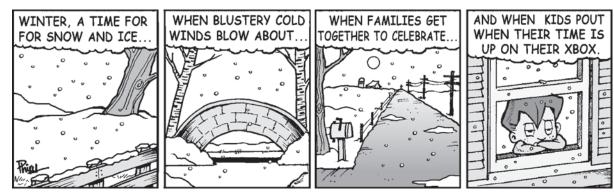
CHALUPA FOR

Comix

OUT ON A LIMB By Gary Kopervas



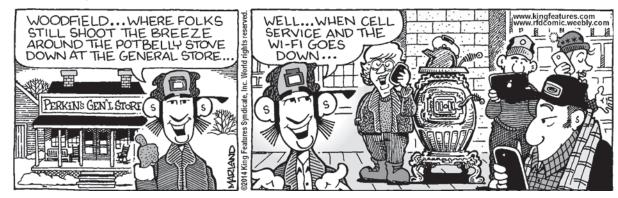
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I went to no amount of alcohol is safe. the emergency ward with severe Drinking even modest amounts of chest pains and bloating. I was wine, even months or years later, sure I was having a heart attack. After tests, a CT scan revealed I had pancreatitis; also, my potassium was low and sodium the more episodes of acute was critically low. I am 62, 5 feet, 9 inches tall and weigh 210; I have Type 2 diabetes with an A1C of 6.7 and high blood pressure. I was discharged after four days with no restrictions other than to eat light and refrain from alcohol 100 percent for the rest of my life DEAR DR. ROACH: I take the to avoid another occurrence. I had never heard of pancreatitis, and it was devastating news to me. I make wine, and have for years. I do not drink anything except wine, and the thought of never being able to drink again is very disturbing. Is there a possibility that I may be able to drink wine again in the future? The doctor's assessment seemed pretty harsh to me. -J.C.

Acute pancreatitis is an inflammation of the pancreas, can affect the metabolism of an organ that makes digestive atorvastatin (Lipitor) and many enzymes and insulin. Acute other medications. However, the pancreatitis can be very severe. even life-threatening on occasion. There are many causes, but the is quite high – the manufacturer most common in North America are gallstones and alcohol. The diagnosis is made from the history and physical exam, and an elevated pancreas enzyme that a grapefruit is a healthy way level, usually amylase or lipase. to begin the day and is not likely These often are elevated into the to cause any problems with thousand range. A CT scan also atorvastatin. can help confirm the diagnosis.

is the cause of the pancreatitis, unable to answer individual it's important to make sure letters, but will incorporate them there is nothing blocking the *in the column whenever possible*. pancreatic and common bile Readers may email questions duct, such as a stone or tumor. to The CT scan is good, but if there cornell.edu. To view and order is doubt, an endoscopy may need health pamphlets, visit www. to be performed.

If your doctor determined Box 536475, Orlando, FL 32853that the cause is alcohol, then 6475. (c) 2014 North America

could bring about pancreatitis again. In addition to the pain and suffering that go with an episode, pancreatitis you have, the more likely you are to develop chronic pancreatitis (with constant pain), pancreatic insufficiency (leading to inability to properly digest food) and worsen your diabetes.

statin drug atorvastatin since my heart surgery. The sticker on the bottle reads, "Do not eat grapefruit or drink grapefruit juice at any time while taking this medicine." My cardiologist said this warning was based on rather thin clinical trials, and it was OK to continue eating one grapefruit in the morning and taking the statin at bedtime. Are there new developments on this topic?

Grapefruit juice indeed amount of grapefruit needed in order to have a significant effect recommends avoiding consumption of more than a quart (1.2 liters) of grapefruit juice a day.

I agree with your cardiologist

Before concluding that alcohol Dr. Roach regrets that he is ToYourGoodHealth@med. rbmamall.com, or write to P.O. I'm afraid I have to agree that Synd., Inc. All Rights Reserved.

26

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							Rogers or Lo Ford fiasco
I IVIE				110	Uppercase letters	Ið	Plowmaker J
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Super Crossword

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ounselor Deanna 122 Aired a second 63 1970s Cincinnati time eam nickname 123 " 6 Ocean east of thing!" 124 Grasslike marsh 69 Possesses plant 125 Proboscis 70 Discoloration 1 Bug a lot 126 Feelers 72 Rte. suggestions 127 Make tracks 73 Like the Greek DOWN etter psi 76 Antlered deer 1 Atoll part Two, in Paris '8 Rosie's bolts 2 Erupter in Sicily Tennis shot 3 30 U-Haul rival Pillowcase Talk laryngitically 5 "_ roll!" (casino 86 " My Heart in cry) San Francisco" 6 Risktaker 7 Cuba_(rum 7 Ownership 39 Shimmer with drink) ainbowlike colors 8 Certain Ivy 91 Banned fruit sprav Leaguer P2 Flower-to-be 9 JFK jet, once 3 Like a real treat 10 "No idea!" First game in a 11 Seer's site 12 Permissive 99 Flaky dessert 13 Abrupt policy 00 "À _ santé!" reversal 01 1990-2011 sport 14 Appraise 15 What candy ompact car 08 Adolescents satisfies

35 Discreet "Looky here!" Brasi ("The the whole 36 Godfather" enforcer) 37 Poetic saga 38 Artsy cap 42 Grieves over 43 Chip in 44 Japanese Buddhist sect 45 More mad 48 Loughlin and Petty 49 Pig's sound 50 Donkeys 53 In vogue "_ card, any card!" 54 57 Air rifle ammo 58 Quoteworthy 60 Excursion in an auto 62 Clark Gable's Butler 64 Interval 65 Cheapskates 66 Chambers of the heart 67 Diva's shake 68 lie (be someone you're not) 74 Thawing out

station 88 Kick out 90 Prepare for eating as a shrimp 92 Neuwirth of "Frasier" 94 Muscle jerk 95 Faith: Abbr. "Mambo king" Tito 97 98 Protected pachyderms 101 Aussie pals 102 "How do _ thee?" 103 Took a toll on 104 Actress Graff or Kristen 105 Bakery tools 106 Play with as a puppy might 107 Gyrates 111 Nine-to-fiver's cry 112 "(I've Got _ in) Kalamazoo" 113 Sitar, e.g. 114 Captain Hook's pal 117 _-warrior 118 PC screen 119 Bray syllable Answer Page 4

35	36	37	38					39				40								
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MOORE TEXAS

by Roger Todd Moore

Dec.22,1996 :The Houston Oilers play their last game in Houston and officially head for Tennessee.

TENNESSEE Everybody ONG

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

★ Moderate ★★ Difficult * * * GO FIGURE!

28 × _ + X X 32 X +28 30 40 1 2 3 4 5 7 8 8 9 © 2014 King Features Syndicate, Inc.

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Weekly SUDOKU

Answer Page 4

by Linda Thistle

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Social Security Q&A By Ray Vigil Unflinching in the fight against fraud

protect what's valuable to you.

To protect your family financially, you buy health and home, you get homeowner's who commit it. insurance, a security alarm, or your jewelry, you hide it in a and, by monitoring cases closely, law; and we will fight to restore safe place or buy insurance in we identify fraud sooner rather to the American public the case you need to replace it. To than later. We also have stiff money you've stolen. protect your money, you invest penalties that discourage people it, perhaps in a bank that offers from committing fraud. FDIC coverage.

class customer service, and the all crime, we aggressively 1-800-269-0271.

Q: When a person who has • Disabled widows or widowers circumstances, benefits can worked and paid Social Security – as early as age 50; *taxes dies, who is eligible for* • Widows or widowers at any grandchildren; survivors benefits?

A: Social Security survivors age 16 or disabled and receiving remain disabled; and benefits can be paid to:

• Widows or widowers – benefits as early as age 60;

If you're like most people, you integrity of our programs. We investigate protect these by using many prosecution of those who try to tools to identify, prevent, and cheat the system. Our message stop fraud, and we seek the to those who would defraud life insurance. To protect your maximum punishment for those Social Security is clear: We

Social Security is much the tolerance policy for fraud. committing Social Security same. We value the people While we cannot prevent every fraud, report it online at http:// we serve, our employees who instance of fraud any more than oig.ssa.gov/report or call the work hard to provide world- law enforcement can prevent Social Security Fraud Hotline at

and pursue will find you; we will prosecute The tools we use help us you; we will seek the maximum perhaps a large dog. To protect predict where fraud may occur, punishment allowable under the

> Social Security takes fraud seriously and so should you. Social Security has a zero- If you suspect someone is

age if they take care of the • Children at any age who were deceased's child who is under disabled before age 22 and

• Unmarried children under older. unreduced benefits at full age 18, or up to age 19 if Even if you are divorced, you retirement age, or reduced they are attending secondary still may qualify for survivors school full time. Under certain benefits. For more information,

Social Security benefits;

be paid to stepchildren and

• Dependent parents age 62 or

go to www.socialsecurity.gov.

For more information on any of the questions listed above, visit our website at www. socialsecurity.gov or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 11111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

Sporting From Page 6

face of the Earth is the Hubert H. Humphrey Metrodome, the worst baseball stadium since the Polo Grounds. At least the Polo Grounds, with its quirky ground rules, had gravitas; the Metrodome, with its crappy ground rules, had what? Gravity? Hit a ball off the speaker, and if you catch it, it's an out? If the ball hits the hefty bag in right, it's in play, but if it gets caught in the roof, it's a double? What was that? Baseball or backyard Wiffle ball? Yes, Jack Morris and Kirby Puckett turned in some of the game's greatest performances there, but you half expected to see their mom come out and tell them to let their sister play, too. But hey, it's not all that bad. We've got better roads than Venice, at least. And George Washington, who could forget him, right?

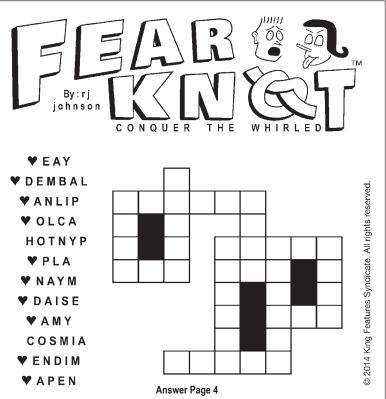


This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Z equals Y

VOQG B VHU IMZBGT BG H YHGIQ IKWL ROHR OHY URMNLQ KBTORU, INWKY ZNW UHZ B OHY H YBUIN LHVK?

Answer Page 4 © 2014 King Features Synd., Inc.



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 $\star \star \star$ HOO BOY!

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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 (V) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

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