

West Texas Count

VOL. 42, No. 13

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

MARCH 26, 2015

NEWSBRIEFS

Lower Valley Special Olympic Games

The 8th Annual Lower Valley Special Olympic Games, consisting of Fabens, San Elizario and Clint Independent School Districts will be held on Wednesday, April 8, 2015, at the Fabens Wildcat Stadium. The Lower Valley Games is an annual event in which all three districts come together to support and nurture the athletic talents of all of their students with disabilities. Both male and female students with various disabilities and special needs will participate in track and field events, such as the 25-, 50-, 100-, 200- and 400-meter runs. Other events include relay races, motorized wheelchair slalom, shot put, running long jump and softball throw to name a few. The opening ceremonies will begin at 10:00 a.m. and all events will conclude by 2:00 p.m.

Richard Ortega

If at first you don't succeed

It can be frustrating when you put your heart and soul into a new endeavor and things don't turn out the way you figured they would. But that didn't stop some of the most successful business figures in history, according to the Association of Mature American Citizens. To paraphrase Thomas Edison: success is 10 percent inspiration and 90 percent determination. So, take a tip from these businessmen who made America great:

- · Henry Ford went broke five times before he got it right and revolutionized the automobile industry and manufacturing practices, in general;
- R.H. Macy faced failure no less than seven times before he successfully created the Macy's brand; and
- Harland David Sanders, better known as Colonel Sanders. Sanders had the idea of setting up a chain of restaurants called Kentucky Roast Beef & Ham, but that didn't work out. He then got the notion of creating a chain of Colonel Sanders Inns, but that didn't work either. Nor did it stop him from dusting himself off and starting all over again creating the world-renowned Kentucky Fried Chicken brand with his "secret" fried chicken recipe. It is interesting

See BRIEFS, Page 3

Don't drive as if you own the road drive as if you own the car.

— Quips & Quotes



ENCOURAGING EXERCISE - Part of the Capital Improvement Project approved in February 2014 includes a three-mile hike-and-bike trail running from Ashford Blvd. to Rifton.

Quality of life projects take shape in Horizon

By Don Woodyard Special to the Courier

HORIZON CITY - The second phase of a multi-million-dollar Horizon City filling in the gaps between existing in particular in the industrial parks, to enhancement/beautification project is sidewalks to ensure safety of children make them more attractive to potential under way.

The wide-ranging Capital Improvement currently in the design phase. Project is fueled by \$15 million in Certificates of Obligation approved in a sidewalks and connect "open spaces" in

February 2014 election plus grants from other areas of the city, explains Michelle the state through the Texas Department of Padilla, planning director for the town of Transportation (TXDOT).

The project covers:

- walking to schools. This project is commercial customers.
- Similarly, as above, to complete

Horizon City.

- She also points to the need for • Completing sidewalks to schools, improving roads and drainage in the city,
 - Motorists driving along Horizon

See HORIZON, Page 3

Borderland's Indian community shares culture, traditions

By Alfredo Vasquez Special to the Courier

Namaste comes from Hindi words meaning "the spirit within me salutes the spirit in you".

EL PASO COUNTY - Over 200 persons showed up for the debut of the Namaste El Paso: Celebrating Indian Culture in the Borderland program that was hosted Saturday afternoon by the El Paso Museum of History.

The special event was officially recognized by the City of El Paso, as city representative Courtney Niland presented during the program a resolution proclaiming March 21st as Celebrating Indian Culture Day. Also in attendance was State Senator Jose Rodriguez, who participated in the ribbon cutting ceremony.

The celebration grew out of plans for a one day cultural festival organized



MOVE YOUR FEET - As part of the El Paso Museum of History's Namaste El Paso: Celebrating Indian Culture event were performances by children dressed in traditional Indian attire including, from left, kindergartener Anya Nayak, first grader Ishoan Nayak, fifth grader Ann Johny, and second grader Angela Johny. They performed three classical See CULTURE, Page 5 Indian dances, titled Pushpanjali, Kavadivchindu, and Natessa Kavuthuvam.

Finances By Jason Alderman

Debt and the deceased: How should spouses and heirs proceed?

you know what to do?

If your loved one died leaving with debt can provide significant deceased relative's outstanding young couple may have different credit account, if responsibly significant debt behind, would problems for surviving family members. Depending on state It's a worrisome question for law and the specific credit everyone. Young or old, based relationships involved, they on particular debt circumstances might be shocked to learn that or geographic location, death they could be legally liable for a

debt - anything from unpaid mortgage balances and medical debt to unpaid credit card balances.

Spouses (http://www. practicalmoneyskills.com/ unexpecteddeath) who may share any kind of debt jointly, particularly credit cards in dual name, could face greater challenges. It also may spell problems for co-signers of any kind of loan.

As with all financial planning, the best time to act is before an issue arises. Watching any family deal with extensive debt problems after a spouse or relative passes on illustrates the need for financial transparency while all parties are alive. No matter how difficult a family member's credit circumstances first. are, spouses and adult children should face those circumstances while options are available to deal with any problems.

Spouses can begin requesting and sharing their three free annual credit reports (https:// www.annualcreditreport.com/ index.action) from TransUnion, Experian and Equifax to confirm debt status. Once that information the couple or family members to

debt issues than an older, retired couple, but both should consider how they would handle the debts of a spouse or legal partner after death. It can be helpful to meet with a qualified financial or estate expert about ways to extinguish or manage debt issues as part of current financial and estate planning.

borrowers and their executors deceased's debts will likely need to be repaid after their death and other debts that might be canceled forms of unsecured debt held in credit cards or federal student loans – may likely be discharged, but check with qualified experts issues in advance can either

joint name should be evaluated. Spouses, legal partners and family members who have cosigned loans or joint credit deceased relative's debt can add accounts of any kind risk payoff responsibility for that debt if their co-borrower dies. Experts can advise how to deal with individual situations.

Experts also may suggest that is out in the open, it's time for co-borrowers without credit in their own names apply for a credit

managed, can help the survivor qualify for additional credit in their name after a spouse or legal partner dies.

Keep in mind that all debt situations are unique to the individual. For example, a senior who qualifies for nursing home care under Medicaid (public aid) may have family It is particularly important for members who will need to sell the senior's home to address to know what categories of the certain expenses after he or she has died. It is best to prepare relatives for that possibility in advance. Separately, a healthy or forgiven. Generally, certain senior relative may leave a home to heirs still under mortgage, or the deceased's name alone – like there could be a significant tax

Airing and reviewing these prepare relatives for certain Any kind of debt held in realities or enable them to solve problems while the relative is still alive.

> Bottom line: Dealing with a stress at a particularly worrisome time for spouses and relatives. The best option is transparency while relatives are alive so debt issues can be addressed as part of overall estate planning.

deal with specific circumstances card in separate names while their Jason Alderman directs Visa's

Veterans Post By Freddy Groves

Toxins at Fort Mac

LeJeune have their children.

biphenyls (PCBs), radiation, depleted uranium, mustard gas and more... leading to again. cancer, arthritis, autoimmune diabetes. disease, fibromyalgia and disease, multiple miscarriages. And it's hitting the second generation. the children of those veterans. Reading the veterans' stories on Internet, a common theme emerges: Their civilian doctors their strange combination of illnesses, but say they appear chemical toxins.

in 1999 and is considered a McClellan toxins. superfund site.

For years, small pockets information

We have another Camp around the country, but the on our hands. Department of Veterans Affairs Veterans who served at the wasn't listening, if the stories U.S. Marine Corps base in of veterans are accurate. As North Carolina have been is standard, it was left to the getting sick for decades. So veterans to try to prove they were sick because of toxin NowwehaveFortMcClellan, exposure at Fort Mac. Hearing the Army chemical school in those stories, Congressman Alabama, and the stories are Paul Tonko tried and failed coming out: polychlorinated numerous times to get the Fort McClellan Health Registry Act passed. He's going to try

Ideally, the VA would share heart information on its website about toxic exposure at Fort Mac. It would be a step, but the Fort Mac illnesses likely will go the way of Agent Orange: years of pushing to get it called presumptive. Don't hold your breath on getting notification can't figure out the cause of from the VA, at least not until Tonko's bill is passed.

If you were stationed at Fort to be caused by exposure to Mac and are sick, go here: www. fortmcclellantoxicexposure. Fort Mac was mothballed com, or search online for Fort

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Minimum 50 issues for \$45. Delivery via 1st class mail.

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Phone: 852-3235 Fax: 852-0123 E-mail: wtxcc@wtxcc.com Website: wtxcc.com **Publisher**

Rick Shrum Contributors

Alfredo Vasquez Don Woodyard Steve Escajeda



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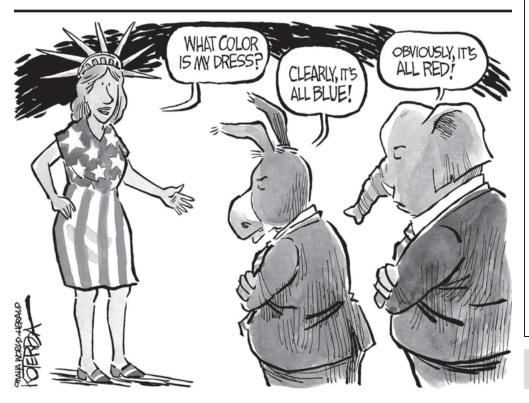




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Horizon

From Page 1

Boulevard can see crews working on the most visible part of the current Capital Improvements Project, a meandering threemile hike-and-bike trail running from Ashford

to Rifton along the north side of the road.

Padilla says funding this \$3-4 million project comes from an 80-20 matching enhancement grant from TXDOT. This trail is 11 feet wide and will offer "pockets of landscaping" that will include trees, shrubbery and boulders. Work began in July of 2014 and is expected to be finished this March.

For safety, she adds that the trail will be at least 70 feet from the roadway.

The current project follows on the heels of a \$300,000 Phase 1 enhancement project. As reported in an October 2012 issue of the *Courier*, the project called for the landscaping of 1.06 miles of Horizon Boulevard from Crocker to Darrington. Landscaping calls for flowering plants, shrubs and trees.

Padilla said the Phase 1 landscaping project was completed in early 2013.

In the 2012 article, Mayor Walter Miller says "We are doing it for the citizens of Horizon City."

Regarding both projects, Padilla adds, "We are trying to provide quality outdoor opportunities and recreational facilities for the residents of Horizon City."

Briefs

From Page 1

to note that Sanders was 65 when he finally achieved success, making him the poster boy for persistence, says AMAC.

- John Grimaldi

Play time

EPCC Theater Ensemble will offer its second play of 2015 with Twelfth Night. Performances will be April 10, 11, 17 and 18 at 8:00 p.m. and April 12 and 19 at 2:30 p.m. The EPCC Theater Ensemble performs at the EPCC Transmountain Campus Forum Theater, 9570 Gateway North. General Admission is \$15, non-EPCC students and military are \$10 and EPCC students and staff and senior citizens are \$7. Tickets are available at the door. The box office opens two hours before each performance. The play centers on the twins Viola and Sebastian, who are separated in a shipwreck. The play focuses on the Countess Olivia falling in love with Viola (who is disguised as a boy), and Sebastian in turn falling in love with Olivia. A fast-paced comical romp for all to enjoy. Written by William Shakespeare and directed by Matthew Robert Smith. For Forum Theater information, call (915) 831-5056.

– Jim Heiney

Home alone

Some seniors, particularly older folk who are single, might balk at the notion of retirement in an assisted living facility. But one researcher at the University of Florida says that staying home alone is not the answer, reports the Association of Mature American Citizens. Dr. Stephen Golant has specialized in the housing needs of the elderly for some three decades. He believes that continuing to live at home as we grow older, especially for middle-income seniors who rely on friends and family for assistance, doesn't guarantee independence. He's written a book on the subject, Aging in the Right Place, and says, "We need to think about two sets of feelings not just feeling comfortable, but also being in a place where we feel capable of achieving our everyday needs, from self-care to buying groceries to reaching doctors, and don't feel that our lives are spinning out of control."

- John Grimaldi

San Eli egg hunt

Join hundreds of children on the largest Easter Egg Hunt in El Paso County. Over 10,000 eggs, filled with prizes and candy and an opportunity win additional prizes for the participants. The free event is open to all children 3-12 years old and is free to the general public. The event will take placeon Sunday, April 5 at 2:00 p.m. in the enclosed field at Main Street and Alarcon Rd., in the San Elizario Historic District. Enjoy live music, reenactments, food, fun, arts and crafts. The hunt starts at 2:00 p.m. Children must pre-register and must be accompanied by a parent or guardian. Registration starts at noon. Information: sanelizariohistoricdistrict. org or call 851-0093.

- Al Borrego

Wanted

A man steals more than 8 tons of scrap metal and sells it to a metal recycling plant in West El Paso County. The man was recorded on security cameras, and Detectives from the El Paso County Sheriff's Office are asking for your help in identifying the man involved in this theft through the Crime Stoppers, "Crime Spot." On the afternoon of Saturday, January 24th 2015, the suspect entered the R. Lopez Scrap Metal Recycling business in Anthony, Texas and sold more than 16,000lbs., of scrap metal to them. It was later discovered that the scrap metal that was sold had been stolen from W. Silver Inc., which is located in Vinton. Texas. The suspect involved in selling the metal is described as a Hispanic male, and appears to have a mustache and possibly a light beard. The suspect was wearing black pants, white shirt, beige jacket, and a black baseball cap on the day the stolen metal was sold. Anyone with any information on the identity of this thief 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). You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

Archives: www.wtxcc.com

San Elizario ISD recognized for safety

By Cynthia P. Marentes *Special to the Courier*

the San Elizario Independent School District (SEISD) not only provide a quality education is the Workers Compensation for thousands of students but Third Party Administrator for the also a safe work environment District and provides services to for all employees with proven over 400 schools and colleges in results. At the March 18 board meeting, SEISD announced that it was the recipient of the allows for fewer on the job prestigious Billy Hibbs Safety Award for exemplary safety practices. In addition to the award plaque, the District also received the Annie Ozella Jones cost," Memorial Scholarship in the amount of \$500 to be awarded to SEISD Superintendent Sylvia a graduating San Elizario High Hopp. School student.

Claims Services, Inc. (CAS) honored SAN ELIZARIO – Staff in improved loss ratio in that same year, and the best three-year loss ratio among all CAS clients. CAS

> "Your safe work environment employeeinjuries, thus protecting your greatest asset, your employees, as well as reducing your workers' compensation CAS President Bill Costanza, stated in a letter to

Accepting the award on behalf

Coordinator Robert Gallegos. employees working together to SEISD for having the lowest Gallegos has been with the loss ratio in 2013-2014, the most District since 2010 and has the well being of everyone. been instrumental in leading efforts such as safety committee highlight of the award was the meetings, inspections, trainings throughout all campuses and facilities. According to Gallegos, the Billy Hibbs Safety Award represents a culmination of all those activities as well as

Administrative of SEISD was Risk Management the cooperation of many SEISD maintain a secure workplace for

Gallegos added that the included scholarship that will be given to a deserving SEISD student to further their education by attending either an institution of higher learning or an accredited vocational school.

AMAC against raising Social Security taxes

By John Grimaldi Special to the Courier

NATION – Blasting Congressional Democrats for offering a bill to hike Social Security taxes and cut benefits cut, Dan Weber, president of the

Association of Mature American Citizens (on the web at www. amac.us), called the proposal "just more income confiscation that

does nothing to solve Social Security 's financial crisis." Weber said that on Friday over 50 Democrats cosponsored a bill

> that would hike payroll taxes for both employees and employers retroactive to January 1, 2015. "They acted under cover of night hoping the story would get minimal coverage. But you can't keep something like this under wraps."

> "At a time when our economy is suffering and especially the young and the elderly are being hurt," Weber added, "it makes no sense to tax workers more or cut benefits."

> "Just last week Senator Sanders (D-VT) said Social Security is not in financial trouble and that if someone says it is, 'look them in the eye and say they are lying.' Now that his own party wants to raise taxes to solve the Social Security problem, it's Senator Sanders who has the credibility problem."

> In addition to the tax increase, the bill (HR 1391) would change the CPI index used to calculate annual increases to the CPI-E index, which would reduce the annual increases for all recipients based on the last 5 years of experience. It would also impose a further tax increase on "excess earnings" for higher income earners and new calculations would be used to figure monthly benefits for new retirees.

> Meanwhile, the Trustees Annual Report says that legislation action must be taken to assure benefits are not cut, otherwise anyone on Social

> > See TAXES, Page 8

STRANGE BUT TRUE

By Samantha Weaver

- You probably won't be surprised to learn that when author (and noted wit) Oscar Wilde arrived in the United States in 1882, he told the customs officers, "I have nothing to declare except my genius."
- · A pregnant goldfish is called a twit.
- If you're planning a summer vacation in Maine this year, you might want to keep in mind that in that state, it's against the law to tickle a woman under the chin with a feather duster.
- · Despite the fact that 95 percent of the world uses the metric system of measurement, we in the United States still stubbornly cling to the archaic units of measurement derived from the old British Imperial system. This hodgepodge ranges from the mile (originally the distance a Roman soldier could march in 1,000 double steps) to the foot (originally the length of Emperor Charlemagne's foot, later "standardized" to the length of 35 barleycorns laid end to end) to a yard distance between King Henry I's nose to his extended fingertips) to an inch (the length from the tip to the first joint of a man's thumb).
- Brazil nuts do come from Brazil, but they're not technically nuts; seeds.
- When you think of the band ZZ Top, you probably think of long beards - that's become a sort of signature for them. The drummer, though, is beardless - and his name is Frank Beard.
- A ground squirrel typically has a heartbeat of around 300 beats per minute. During hibernation, though, that drops dramatically - to only three or four beats per minute.

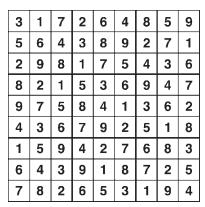
Thought for the Day: "Those who will not reason are bigots, those who cannot are fools, and those who dare not are slaves."

Lord Byron

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Welfth The Best Place to Start! Written by William Shakespeare Directed by Matthew Robert Smith The play centers on the twins Viola and Sebastian, who are separated in a shipwreck. The play focuses on the Countess Olivia falling in love with Viola (who is disguised as a boy), and Sebastian in turn falling in love with Olivia. A fast-paced comical romp for all to enjoy! April 10, 11, 17, 18 @ 8:00 pm April 12 & 19 @ 2:30 pm

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CryptoQuip Answer

Popular sitcom about a family of fashion clothing designers: "Everybody Loves Raiment."

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Culture

From Page 1

the Indian community the last few years, but this is the first time that we joined with the community," stated Dr. Sobha that there are about 2.8 million today. One such physician, Dr. families. Contributing items stated. Podila, a retired Beaumont Hospital doctor who was one of the event coordinators.

Traditional Indian dancing, crafts and special exhibits were on display for visitors to enjoy during the festive presentation.

According to the history museum director Julia H. Bussinger, the exhibits are designed to bring a slice of India to El Paso as they feature Indian artifacts, outfits, history,

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largest secular democracy in States. Many of the Indian a beautiful kaleidoscope of by the Indian community of different languages, religions, nurses, as restaurateurs, motel Podila added. the Borderland. "We have landscapes, people, and spans owners, and as professors and been celebrating this event on from the snowcapped peaks a small scale mostly among of the Himalayas in the north lived in El Paso for the past 17 to the beautiful beaches of the years. peninsular south.

History Museum to open it 400 Indian families call the El that are practicing specialized

the world that encompasses residents in the Borderland work in hospitals as doctors and students, stated Podila, who has the event were Savita Kulkarni,

Podila stated that there are Saheba. It is estimated that more than 75 doctors of Indian descent

and culture; for, India is the Indians now living in the United Rajkumar Lakshmanaswamy, is for the exhibits were Dr. Ashit Tech Medical Center of El Paso,

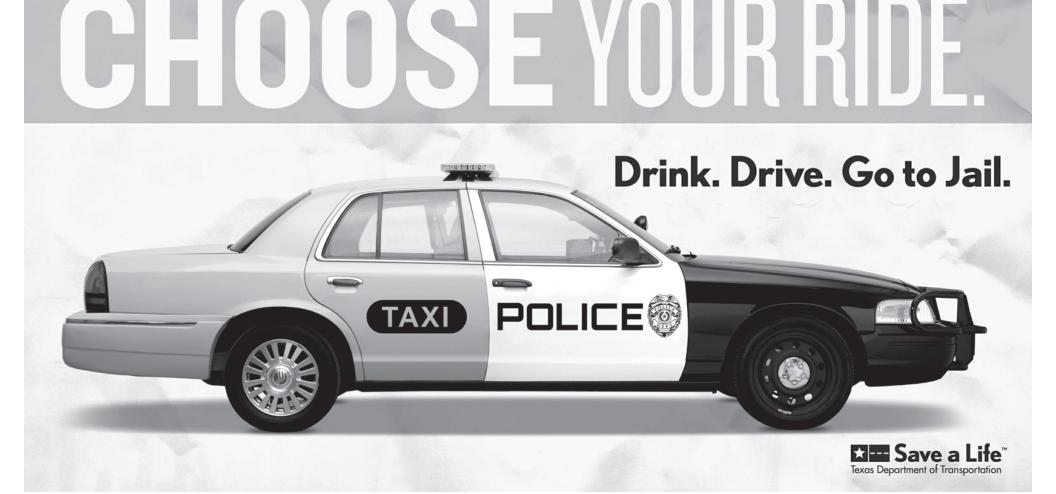
> Asha Shetty, Rohini Narayan, Rekha Samant, and Charu

various exhibits are owned by El Paso Museum of History (510 up to the entire El Paso area Paso region their home and medicine in the local region members of the local Indian N. Santa Fe Street), Bussinger

a renowned specialist in breast Saheba, Dr. Satish and Sheela cancer research at the Texas Kumar, Kushal and Asha Shetty, Shrirang and Savita Kulkarni, Southwest Hindu Temple, Tushar Assisting Podila with planning and Meera Parikh, Sherbani Dasgupta, Jigisha Patel, Anita Mody, and Madhu Sharma.

The colorful and interesting exhibits will remain open for Most of the artifacts in the viewing through June 21, at the





Kentucky is very good, but their true success is questionable

By Steve Escajeda Special to the Courier

As we delve into the second weekend of March Madness, the one question everyone has is whether there is a team out there that can beat Kentucky.

national championship and the first 40-0 row. season in college basketball history.

How good is this team?

ago when the Miners signed the first McDonald's All American in school history.

Kentucky has nine on this team alone.

The Wildcats are expected to dominate the tournament, and if they won every game by double figures no one would be surprised.

But will they seal the deal? The team is very young and like a Mike Tyson, if someone hits back one night will they start to doubt themselves? Will they start thinking about not losing instead of winning?

undefeated since the 1976 Indiana for the sole purpose of getting one good

Hoosiers. That's how hard it is to do what year out of them. Kentucky is doing and quite frankly, making it look easy.

When I was a little kid UCLA ruled college basketball. Those Bruin teams were led by Kareem Abdul Jabbar and then by Bill Walton.

They won 10 championships in 12 The Wildcats' one-and-done factory years. They dominated their opponents is 36-0 and just four wins away from a and at one time won 88 games in a

This Kentucky team is beginning to look a lot like those old UCLA teams. UTEP fans went crazy a couple years They are literally head and shoulders above everyone else. They are the tallest team in the country and block any shot near the basket.

It almost looks unfair at times.

And just like with any great tasting dish, into action.

And the jury is still out as to whether one day a problem arises. this plan is good for college athletics.

one year for the school and then leave for if it quacks like a duck and where there's what they hope is the NBA.

Coach John Calipari, who is never far

That means they can enroll for the fall go again. semester, play basketball, and then leave the college.

That's it. They're done.

knowledge. The coach recruits them to the school with that knowledge. The college president knows what's going on. The fans all have that knowledge and this practice is no secret to the NCAA.

And yet, it's allowed to go on.

The NCAA still has the unmitigated gall to refer to these young men as student athletes.

Let's be honest and call Kentucky what it really is – a minor league recruiting station for the NBA.

there's a recipe that Kentucky follows; a anything fishy going on at Kentucky as plan that they, and they alone, have put far as making it easier for star players to go there. But I wouldn't be surprised if leadership.

Sometimes there are situations that The majority of Kentucky's players play appear a little sleazy on the surface. And smoke there's fire and...

I don't think I'm barking up the wrong No team has finished the season away from controversy, recruits superstars tree here... Okay, okay, enough with the

But you do get my drift... oops, there I

Watching Kentucky play basketball is exciting because there's always that anticipation whether this will be the The kids go to Kentucky with that night they fall. It's David taking on Goliath in that big made-for-TV grudge

> You know who is going to win, but you have to watch just in case the miracle happens tonight.

> There are even some basketball analysts on TV who think this Kentucky team can make the playoffs if it were playing in the NBA.

> I'm not so sure about that, but I wouldn't bet against it.

The only teams I think can compete I have absolutely no knowledge of with Kentucky in this tournament are Arizona, Wisconsin and Duke.

They all have size, depth and veteran

Kentucky just has size and depth.

Will Kentucky be the next UCLA; a great team that will go down in history or will it be the New England Patriots, a team on the verge of historic undefeated greatness that just went down?

Maybe there's a David out there with one last great shot left in him.

A sporting view By Mark Vasto

The Philadelphia story

of an old block, and while that make sense. is a bit silly, it's not necessarily a bad nickname. And when you Philadelphia story. He comes

"Chip" is a nickname for guiding Oregon to, well... fame, Charles, or anyone who has what he is putting together in been deemed to be carved off Philadelphia oddly seems to

And that's really Chip Kelly's

Take the First Step to a Heart-Healthy Life.

wide-open spaces. Philadelphia is famous for things primarily covered in cheese, and now, thanks to Chip, the spread offense.

What is the spread offense? Apparently, it was championed consider that Chip Kelly (real from a weird place and he does at SMU by a gentleman named name: Charles) is from New weird stuff, but it all seems to Rusty Russell, or at least that's Hampshire and rose to fame by fall into place. New Hampshire what everyone who loves football

and Oregon are beautiful places. at a particular Texas steakhouse one of the weirdest off-seasons sure though if he "invented" an offense that is basically what you in your backyard as a kid. You spreads out and goes down field, and the quarterback starts each they'd rather be.

> to Chip, most NFL players these days would rather be in Philadelphia. And that's saying

New Hampshire is known for I visited one night insisted. I'll in NFL history. Rex Ryan is dairy products and primaries, take their word for it because he building a "bully" in Buffalo, the and Oregon is known for having sounds like a great guy. I'm not Jets signed Darrelle Revis, the 49ers are imploding before our very eyes... I mean, why even think it is: the offense you ran wait to start the season? Let's just go now. Let's set another know... the one where everyone kickoff after the Mayweather fight. It's all anyone talks about. The NFL has completely blown play with hands somewhere every other sport off the back pages. What are we going to On the whole, and thanks talk about? The Los Angeles Clippers? Please. People are talking about Philadelphia in

a lot, since this has got to be See PHILADELPHIA, Page 8

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.

Join the movement.

heart.org/start



American Heart Association

Learn and Live

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Phone:

Name:

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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.

old man (84) with a middle-age paunch (5 feet, 7 inches tall and weigh 200 pounds) who needs to fit into a suit with pants an inch too tight in time for a wedding in a few weeks. About how many pounds do I need to lose to fit into them? Is there any formula for converting waist inches to pounds? And are there exercises or other means to focus the weight loss on belly fat? – Anon.

Further, I have to tell you that weight doesn't always come off where we want it to, and specific exercises aren't going to make the DEAR DR. ROACH: When you fat come off in those locations.

people, especially men, the first 10 pounds or so to come off usually comes from the middle. The fat in the omentum (an apron-shaped structure inside the abdomen) is metabolically active and often is the first place where fat is gained or lost. Moreover, that fat is the most likely to increase risk of around your middle is a good way of improving overall health, inches there than you'd like.

and exercise program and find that the waist size decreases but their weight stays the same. That may be because muscle is much heavier than fat, and the increase in muscle mass makes up for the loss of fat. More muscle is good for you; less Dr. Roach regrets that he is an imperfect measure.

healthy diet and regular exercise to quite possibly live longer.

little finger in an athletic event. 6475. (c) 2015 North America The end of my pinky pointed in Synd., Inc. All Rights Reserved.

DEAR DR. ROACH: I am an toward the ring finger. It is black and blue, and swollen. Do you think I fractured it? Should I get an X-ray? I am still able to curl my finger. -A.J.

It's most likely that you damaged one of the tendons in the finger. Sometimes a fracture can happen at the same time. Most often, these are treated conservatively, with ice right after the injury and the finger splinted in a straight position for up to six weeks. Only I am afraid there's no formula. an experienced physician, such as a hand surgeon, can provide exact recommendations.

are instructed to take medicine, The good news is that for most vitamin, etc., on an empty stomach, how long after eating should you wait? Also, if taken before eating, how long after you take the medication until you can eat? - B.H.

It depends on the particular medication. For example, the osteoporosis drug alendronate heart disease. So losing weight (Fosamax) should be taken after an overnight fast, with plain water (even mineral water can affect its especially if you have more absorption) and then no food for a half hour. Different medications Often people start a healthy diet have different requirements. Your pharmacist remains your best resource, and often has both more training and experience than doctors. In general, most vitamins should be taken with food.

body fat is good for you. Weight is unable to answer individual letters, but will incorporate them Liposuction can remove fat in the column whenever possible. from around your waist, but a Readers may email questions ToYourGoodHealth@med. will make you feel better and cornell.edu. To view and order health pamphlets, visit www. rbmamall.com, or write to P.O. DEAR DR. ROACH: I injured my Box 536475, Orlando, FL 32853-

Super Crossword

OUT OF THE ORDINARY **ACROSS**

- 1 It may begin
- 8 Like fables with
- 15 Sprayed like a firefiahter 20 Composer Saint-
- Saëns 21 Maui tourist town
- 22 Wash away 23 Like overly harsh punishment
- 25 Consolidate 26 Suffix with prophet
- 27 Calc prereg 28 Hosiery hitch 30 Transmission
- 31 Coil of yarn 1985 hit for Sheila
- 37 Female graduates
- Middle: Abbr. Cello bow rub-on
- 42 Monkey of kid-lit 46 Upholstered footstool 50 Country singer
- Travis 51 Inits. on a navy
- 52 Neighbor of Ger. Apple pie _ mode Just makes, with

- 56 1965 Marvin Gaye

- 63 Dial-up alternative, for short 64 Fall away 65 Cube inventor
- 67 Noncircular paths around bodies 72 Homeland.
- affectionately 75 Big name in dog food
- 76 108-card game Toque or fez 77 80 1967 hit for the Doors
- 85 Infrequent 86 "Star Trek" rank:
- Abbr. 87 Pilfer from 88 Singer Yoko 89 Leaks slowly
- 90 To no extent 94 Mismatched collection 99 Knife of old
- infomercials 101 _ Kippur 102 Stream of electrons 103 Witches in
- "Macbeth" 107 Cantaloupe or honeydew 108 Body gel additive
- heard!" 110 _ prayer for 111 Univ. Web site
- Noisy clamor 109 "There's _ haven't Basic idea 29 Actor Jimmy 32 Granny, e.g. 33 At _ of (priced at)

- suffix 114 Beach hills 116 "77 Sunset Strip" actor, familiarly
- 122 Mrs. Bunker 123 Use an umbrella
- 124 Posts again 125 Hunter's lure 126 Fusible alloys
- 127 Bad-mouth DOWN
- 1 "Lo!," to Livy 2 Golf norms Don of radio Deadlock
- 5 100% 6 Tableland 7 Units of
- inductance 8 Chug-_ (guzzle) Suffix with Caesar
- 10 Mu_pork 11 Western treaty inits.
- 12 Pope before Gregory XIII 13 More nonsensical 14 Prison, informally 15
- _ and haw 64 16 Pizza herb 67 17 More irritated 18 Rocker Winter
- 19 Plow pioneer

- 34 Item in a PO box 35 Part of NATO Abbr. 36 Acne spot
- Bohemianism 37 Performed on Meanders Question's opp. 38 Lies in wait Turndowns Like Brutus

brother

78 Circus venue

Prince vor

91 Go along with

Christie's cry

_ many words

Coloring stuff

97 Ones toeing the

96 Caméra

98 Tag anew

104 Get by

beach

films

Thomas

100 In the habit of

103 Crossed a ford

105 Like a charged

106 Cyclical, at the

110 "The _ the limit!"

107 _ tai (drink)

112 Nixing mark

113 Stalin's land

115 See 43-Down

118 Lyrical verse

119 Bruin Bobby

120 Peru's Sumac

Bismarck

95

line

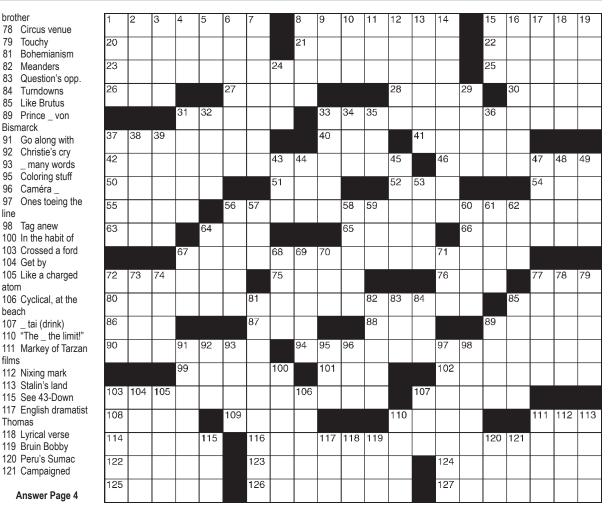
Touchy

- 39 Apocryphal archangel 43 With 115-Down, nervous and apprehensive
- 44 Part of i.e. ... wife could lean' 47 Injure badly
- 48 Jai 49 DEA agent 53 "Shape _ ship out!"
- 56 Alphabet opener 57 "May _ of service?'
- 58 Burglar's job 59 Missile's path 60 "Deathtrap" star Michael 61 "For _ us a child
- is born" 62 Guitarist Paul "Green" sci. Sci-fi power 68 Robert De -
- 1990s exercise fad 70 Bldg. units 71 Virus, e.g. 72 Not closed Jay of NBC

Biblical verb

77 Belittling frat

121 Campaigned Answer Page 4



MOORE TEXAS

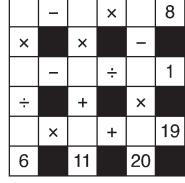
by Roger Todd Moore

In March 1942 Texas was given a quota of 18 million in War Bonds.



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!

3 3 4 5 6 8 9

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Answer Page 4

Weekly **SUDOKU**

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging Answer Page 4 *** HOO BOY!

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Social Security Q&A By Ray Vigil

Q: I went back to work after quickly identify diseases and I work for is downsizing. I'll be qualify, based on minimal my retirement benefits?

A: When it comes to retirement allows. benefits, Social Security does Allowances is not a separate not count unemployment as benefits will not be affected. or Supplemental Security However, any income you Income programs. People who receive from Social Security may reduce your unemployment unemployment office information on how your state applies the reduction to your unemployment compensation.

Q: My aunt became mentally disabled as a result of a car accident. Does Social Security For more information on any mentally disabled?

Social Security committed Allowances program, we can 79935.

retiring, but now the company other medical conditions that receiving unemployment benefits objective medical information, in a few weeks. Will this affect and that allow us to make payments much sooner than the usual review process Compassionate program from the Social earnings, so your retirement Security disability insurance don't meet the Compassionate Allowances criteria will still benefits. Contact your state have their medical conditions for reviewed by Social Security. Learn more about Compassionate Allowances www.socialsecurity.gov/ compassionateallowances.

have a special program for people of the questions listed above, who are obviously physically or visit our website at www. socialsecurity.gov or call us at 1-800-772-1213. If you have is any questions that you would providing like to have answered, please benefits quickly to applicants mail them to the Social Security who are severely disabled. Office, 11111 Gateway West, Through our Compassionate Attn: Ray Vigil, El Paso, Texas

Taxes

From Page 4

Security disability will suffer a 20% reduction in their checks at the end of 2016.

"The Democrats would take money from the Old Age Trust Fund to shore up the disability fund but, by itself, it would further weaken the Old Age Fund which is currently paying out 60 billion dollars a year more than it is taking in."

Weber noted that two weeks ago AMAC held a Social Security Working Group meeting with members of Congress where the problem was discussed and solutions were proposed. He said that his organization proposed a bill that would guarantee Social Security without raising taxes, while adding a companion savings account (called an Early Retirement Account, ERA) to allow workers to have additional money at retirement.

"We have got to stop hitting workers with more taxes, this has turned into income confiscation", Weber concluded.

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: O equals P

ODOQPLF VHMSDN LCDQM L

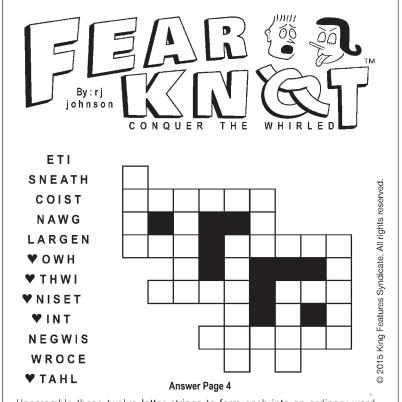
ZLNHPX DZ ZLVBHDW SPDMBHWK

GUVHKWUFV: "URUFXCDGX

PDRUV FLHNUWM."

Answer Page 4

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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 (♥) 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

Philadelphia

From Page 6

places other than Philadelphia! This is amazing.

I kid Philadelphia, but I am not kidding when I say that Chip is really up to something good over there. Trading for a mishandled Sam Bradford, signing the disrespected Demarco Murray, meeting with the revered Tim Tebow... it makes for great theater.

Truly, he's putting a team together that has - pardon the pun – a huge chip on its shoulder. Let's see if it flies now.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2015 King Features

People know Pueblo for its...



Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.

