

## NEWSBRIEFS

### EPCC Fall Festival

El Paso Community College (EPCC) Student Leadership and Campus Life and the EPCC Student Government Association will hold their annual Fall Festival on Saturday, October 31, 2015 from 6:00 p.m. to 11:00 p.m. at the EPCC Valle Verde campus, Americana Language Village, 919 Hunter. The Fall Festival is open to the public and is a great Halloween alternative. There will be carnival rides, jumping balloons, food, games, magicians, and a costume contest. Ride access will be available for \$15.00 or individual tickets can be purchased. For more information, call 831-2096.

— Jim Heiney

### Teal Pumpkin Project

James P. Butler Elementary (in Socorro ISD) won't be decorated in just orange for Halloween. The school is displaying teal pumpkins in support of the Teal Pumpkin Project, a nationwide program that raises awareness of food allergies and promotes inclusion of all trick-or-treaters throughout the Halloween season, said Principal Rosa Chavez-Avedician. Nationwide about one in 13 children in the United States are affected by food allergies, according to Food Allergy Research & Education, a non-profit organization. The program encourages schools, parents and neighbors to offer non-food treats for children with food allergies and to mark their intent by placing a teal-colored pumpkin outside their school or home. The project may also help those with diabetes, celiac disease and other health problems. Several Butler parents are planning to have a teal pumpkin in their home. The school colors at Butler Elementary are desert orange, black and teal.

— Christina Flores-Jones

### Just hang up

It's open season on seniors for telephone scammers, so beware, warns the Association of Mature American Citizens. One hapless potential victim says he receives as many as three or four robocalls on some days. "One persistent caller named Bridget tries to entice me with her sexy spiel at least once a day," he says. "She wants me to sign up

See BRIEFS, Page 3

*Some people profit from experiences, others never recover from them.*

— Quips & Quotes



— Photos by Rick Shrum

**LOADED** — Horizon Chief Kris Menendez displays one of the two "Jaws of Life" that this Heavy Rescue truck carries. The other set (below) is mounted on top of the truck's front bumper allowing rescue crews to pull right up to a wreck and get busy. Both units can be run out 100 feet from the truck. The rear unit also has a portable power plant (to Menendez's left) so that rescuers can reach remote wreck sites inaccessible to the truck. Every panel on both sides of the Heavy Rescue is loaded with life-saving gear.

## El Paso County ESD No. 1 puts Heavy Rescue to use

By Alfredo Vasquez  
Special to the Courier

HORIZON CITY — El Paso County Emergency Services District #1 (ESD #1) rescue team got an opportunity to use their skills and equipment recently. They, along with members from COMSAR and Montana Vista Fire stations, extracted a man from atop a mountain peak in the Hueco Tanks Mountains. The individual needing help had broken his leg and couldn't walk. He was eventually carried down by the rescue team.

The quick action by the firefighters in the recent mountain rescue is credited largely to the various equipment that is incorporated into ESD #1's newest truck — the Heavy Rescue. The truck is housed in ESD #1's Fire Station in Horizon City.

"All of the equipment that we used in that rescue came off of our truck," stated Ron Larson, administrator, firefighter, and emergency medical technician for El Paso County's ESD #1.

The Horizon City fire station took delivery of the new heavy rescue truck

See TRUCK, Page 5



## Volunteers needed for tax preparation

By Kim Loop  
Special to the Courier

TEXAS — AARP Foundation Tax-Aide is a free tax assistance and preparation program for taxpayers with low to moderate income through the AARP Foundation — and it's in need of volunteers to help out statewide in the next tax season.

AARP Foundation Tax-Aide has volunteer opportunities at every level of skill and experience for people who want to stay sharp while giving back. Tax preparation volunteers will complete a tax preparation workshop from the Internal Revenue Service prior to working with taxpayers. There is also a need for grassroots leaders, on-site greeters, those who are skilled in technology, and dedicated translators who can provide language assistance in Spanish, Mandarin or Cantonese.

Last year, 2,037 AARP Foundation Tax-Aide volunteers helped more than 162,317 people file their federal tax returns. The program is offered at approximately 284 sites in Texas including senior centers, libraries and other convenient locations.

"AARP Foundation Tax-Aide provides the perfect opportunity for people to help others," says Ron Craig, the volunteer leader who oversees Tax-Aide across Texas. "In Texas, our volunteers really take pride in helping their community."

AARP Foundation Tax-Aide has grown remarkably since its inaugural team of just four volunteers in 1968. The program now involves more than 35,000 volunteers and serves 2.6 million taxpayers annually at more than 5,000 sites nationwide with free tax help. Taxpayers who used AARP Foundation Tax-Aide received \$1.3 billion in income tax refunds and more than \$250 million in Earned Income Tax Credits (EITCs).

AARP Foundation Tax-Aide, in its 48th year, is the nation's largest free tax assistance and preparation service, and our army of volunteer advisors understand the needs of lower-income older taxpayers. This welcoming program understands that retirement or other life changes may mean taxes are can be a little more complicated, but our personal attention and assistance ensures that taxpayers of all ages and backgrounds receive applicable tax credits and deductions. You do not need to be a member of AARP or a retiree to use this service.

For more information, visit [www.aarp.org/taxaide](http://www.aarp.org/taxaide) or call 1-888-OURAARP (1-888-687-2277). AARP Foundation Tax-Aide is offered in conjunction with the IRS.



Finances

By Nathaniel Sillin

Keeping moving expenses under control

Even if you're only moving across town, it's likely to cost more than you think.

According to the latest figures from the American Moving and Storage Association, the average cost of an in-state professional move – based on 7,570 pounds of stuff – is \$1,170. The average state-to-state move costs \$5,630.

two to three U.S. Department of Transportation (DOT)-registered movers (<http://ai.fmcsa.dot.gov/hhg/search.asp>) can provide a reality check on how much you'll want to take and whether you can afford luxuries like packing or storage. Online resources can also help you evaluate those estimates.

of value. Otherwise, consider garage sales and donations for the rest.

Veterans Post

By Freddy Groves

Blue Water vets and Agent Orange

The Department of Veterans Affairs decided long ago that for a Vietnam veteran to have been exposed to Agent Orange, he or she would have had to actually step foot on land. For those veterans, the VA developed a list of presumptive illnesses – among them peripheral neuropathy, non-Hodgkin's lymphoma, Parkinson's disease, prostate cancer and more – for which it would pay disability benefits.

“Blue water” veterans – on ships offshore in deep-water harbors – got nothing. Here and there an individual claim would be approved for those who had docked and set foot on land or were on patrol boats on inland waters.

The Institute of Medicine was asked to determine if blue water veterans could somehow have been exposed to Agent Orange even if they never left the ship, determine the possible method of transmission and compare them to troops on the ground.

The IOM committee held three open meetings, the last aboard the USS Midway, now a museum in San Diego. What

members specifically wanted to see: the distillation plants.

Navy ships had their own drinking water supply systems, converting seawater to drinking water. And where did that water go? Everywhere. It was used for drinking, cooking, laundry, showers and making coffee.

The IOM called it a “plausible pathway of exposure.” It concurred with an Australian study that concluded the distillation plants “had the potential to enrich” the concentrations from the source water to the drinking water on the other end.

The IOM couldn't, however, determine whether blue water veterans had a higher or lower level of risk than those who served on land or traversed the inland waterways.

The VA estimates that of the 80,000 living blue water veterans, about 40,000 have been found eligible for benefits, while about 20,000 have been denied benefits.

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cost of an in-state professional move – based on 7,570 pounds of stuff – is \$1,170. The average state-to-state move costs \$5,630.

How can you control moving expenses? Start making a master checklist to collect data and consider all costs and personal aspects of a potential move. You may even want to include a pro-and-con list that addresses all conceivable economic and lifestyle outcomes – the real long-term costs and benefits of a move. After deciding whether the move is worthwhile, consider these subsequent steps:

**Seek solid advisors.** Whether or not you plan to sell a home with a licensed real estate broker or agent, most are open to do a market valuation of your property and suggest repairs or improvements that could maximize a sale price. If you use a qualified financial planner or tax advisor, include that individual in early discussions on how a move might affect your finances. Also, if you're selling property, find an experienced real estate attorney to review broker and sale contracts.

**Get multiple estimates from movers.** An early walk-through at your home or apartment by

two to three U.S. Department of Transportation (DOT)-registered movers (<http://ai.fmcsa.dot.gov/hhg/search.asp>) can provide a reality check on how much you'll want to take and whether you can afford luxuries like packing or storage. Online resources can also help you evaluate those estimates.

**Watch for fraud.** Recent news reports have highlighted a trend called “hostage load,” a practice whereby unscrupulous moving companies demand more money from customers before finishing a delivery. Getting references from trusted friends and advisors is a good first step to finding the right registered mover for your relocation. DOT has launched the “Protect Your Move” (<http://www.fmcsa.dot.gov/protect-your-move>) site that allows you to download a moving fraud protection guide and offers tips on proper ways to investigate and hire a mover.

**Start downsizing – now.** Getting early estimates from movers certainly helps you decide what you're really willing to take. If there are valuables you think you can sell, consult professional appraisers and even general marketplace sources like eBay to get a realistic idea

of value. Otherwise, consider garage sales and donations for the rest.

**Insure what you're moving.** Whatever plans you're making for home or renter's coverage at the new destination, make sure you have proper coverage in place for the contents of your move. The Insurance Information Institute provides a useful guide (<http://www.iii.org/article/getting-right-insurance-coverage-moving>) to properly insuring the possessions you're moving.

**Build a cash reserve for deposits, fees and incidentals.** Keeping moving costs low can help you handle dozens of smaller and sometimes unexpected expenses that crop up immediately before, during and after a move. Budget for those hidden costs which can include deposits, fees and multiple trips to the discount store, home center or grocery.

**Bottom line:** Thinking about moving? Give yourself adequate time and resources to plan all aspects of this major life and money event.

Nathaniel Sillin directs Visa's financial education programs.

Canutillo ISD seeks volunteers for committee

By Shane B. Griffith

Special to the Courier

CANUTILLO – The Canutillo Independent School District (CISD) is in the process of developing a strategic Facilities Master Plan that will guide the District for the next five to 10 years. A critically important element of this process is to create a Steering Committee of 30 to 40 members that represent a broad cross section of the community including parents,

teachers, administrative staff, students and community members.

The Steering Committee will facilitate the development of a plan to position CISD for the future. It will be responsible for reviewing demographic and facility data, examining trends that will impact education, engaging the community in dialogue regarding future direction, formulating options for addressing program and facility needs, and presenting recommendations to the Board

of Trustees regarding the future direction of CISD.

Members will hold four work sessions and two community dialogues. The four work sessions will occur from 6:00 p.m. to 7:30 p.m. at the Canutillo ISD Central Office located at 7965 Artcraft on Tuesday, Dec. 1, 2015; Thursday, Dec. 3, 2015; Thursday, Feb. 11, 2016; and Thursday, March 31, 2016. The two Community

See CANUTILLO ISD, Page 4

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Years

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Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The Courier reserves the right not to print letters to the editor or other submitted materials it considers inappropriate.

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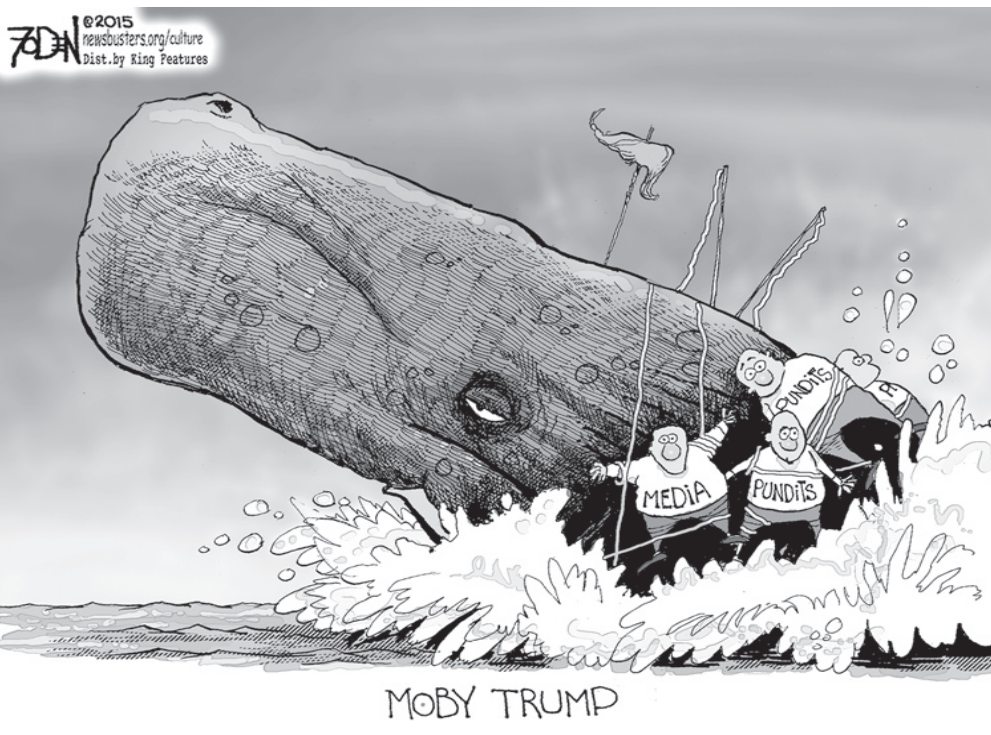
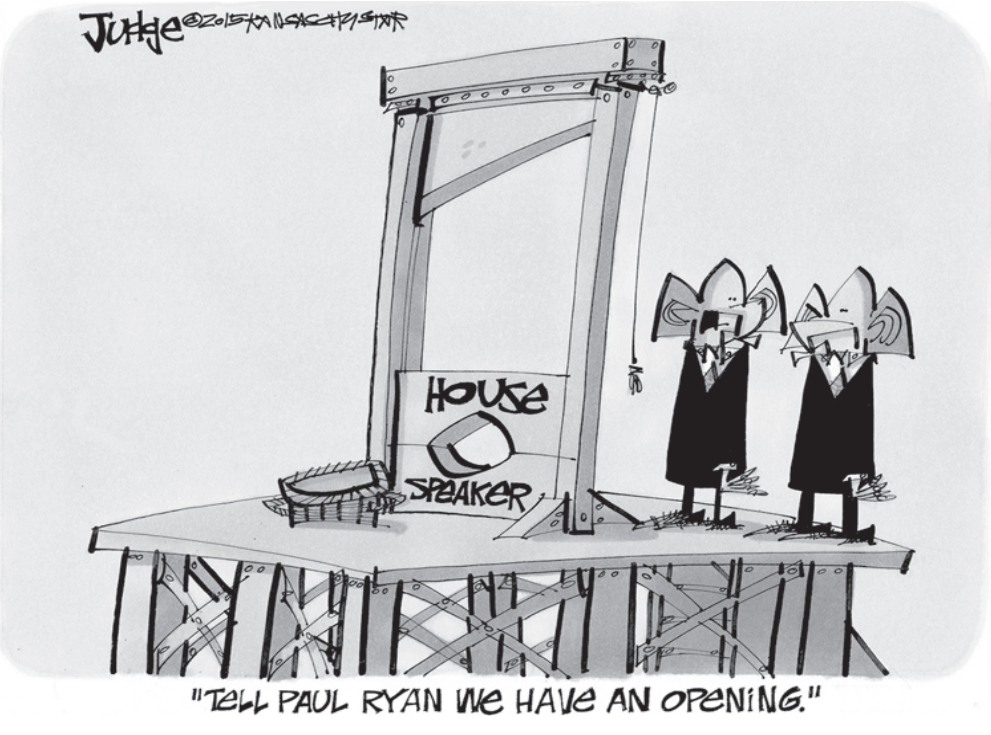
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Briefs

From Page 1

for one thing or another, but what the recorded voice really wants is for me to give her a valid credit card number. I tried to block her number but she uses so many different numbers as a means of thwarting me.” The Better Business Bureau notes that a popular scam is for the caller to tell you that you are eligible to receive a Life Alert. Provide credit card details or Medicare info and you may or may not receive some sort of signaling device, but you will start getting a monthly charge for “service.”

– John Grimaldi

Canutillo HS performance

The Canutillo High School Chamber and Concert Choirs Present “A Festival of Thanks” with special guest artists Mariachi Real de El Paso, Adrian Zamora and more. Admission is free. The event takes place on Thursday, Nov. 12, 2015 at 7:00 p.m. at the Canutillo High School Performing Arts Theater, 6675 South Desert Blvd. Free parking is available in the main parking lot of Canutillo High School off of Isela Rubalcalva Blvd.

– Shane B. Griffith

Careers Inspiration Conference

The Socorro Independent School District will host its first Career Inspiration Conference (CIC) for eighth-grade students. This job-awareness fair will allow students a unique opportunity to interact with business representatives and view displays from many local companies. Students will learn about many aspects of their careers of interest, such as job skills requirements, the educational requirements of the career, and the future outlook for the career in El Paso and Texas. Business and industry partners, please join us for this exciting opportunity for you and our students. Team SISD is seeking partners in various fields such as health care, law enforcement, business, education, finance, government and more. (Register at <http://bit.ly/1GknAQK> to participate.) For more information, please visit [www.sisd.net/CIC](http://www.sisd.net/CIC). Conference schedule (Setup for business and industry partners will begin at 7 a.m. and tear down will begin at noon. Event time each day is from 9 a.m. to noon.):

- Nov. 9 at Eastlake High School – for eighth graders from Eastlake and Montwood feeder pattern;
- Nov. 10 at Socorro High School – for eighth graders from Socorro and Americas feeder pattern; and
- Nov. 12 at Pebble Hills High School – for eighth graders from Pebble Hills

and El Dorado feeder pattern.  
– Christina Flores-Jones

Driving ambition

A British team seeks to set new land speed records with a car they say can travel at 1,000 miles an hour. An earlier version of the vehicle already holds the world record of 763 miles per hour set in 1997. The new Bloodhound SSC [supersonic car] is powered by a jet engine rated at 133,151 horsepower, reports the Association of Mature American Citizens. The speed demons plan to first break the existing record by accelerating their car to some 800 mph in a trial slated to take place in South Africa next spring. Later they’ll attempt to reach their goal of traveling at 1,000 mph or more – a rate of speed that, if it was possible to sustain, could get them from New York to Los Angeles in less than three hours.

– John Grimaldi

Wanted

A man has robbed at least two convenience stores at knifepoint, in El Paso’s Mission Valley, and ordered the employees to the ground. Detectives are asking for the public’s assistance in identifying this armed robber, through the Crime Stoppers. Both robberies took place in El Paso’s Mission Valley and within blocks of each other. On Sunday, Oct. 4, 2015 at 4:34 a.m., a man walked into the Seven Eleven store located at 7400 Alameda. The man walked in, covering his face with a white shirt, and holding a large knife. The man immediately ordered the store clerk to the ground and demanded money from the register. The man fled the scene with an undisclosed amount of cash. He was last seen walking westbound on Alameda. Almost a week later on Saturday, Oct. 10, 2015 the same suspect walked into another Seven Eleven located at 7150 Alameda at 2:49 a.m. In this case suspect entered the store with a bandana covering his face. The suspect walked behind the counter and with a knife ordered the clerk to the ground and demanded money from the register. The suspect fled the scene with an undisclosed amount of cash. The suspect is described as a White or Hispanic male, average height, about 180 pounds. He is believed to be in his mid 20s. In both cases he used something to cover his face and is wearing tennis shoes. Anyone with information on the identity of this armed robber is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org) or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

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# 7<sup>th</sup> Annual EPCC Literary Fiesta

Saturday, November 7, 2015  
10:00 a.m. - 3:00 p.m.  
ASC Building A  
9050 Viscount Blvd.

Join the  
Celebration of Readers, Writers, and Books

Check out our website for more information on the workshops, a Feria with fun activities, and a **Children's Corner** with free books!

The Fiesta concludes with an Awards Luncheon celebrating award-winning journalist **ALFREDO CORCHADO**, Literary Legacy Award Recipient.

*Free and open to the public.*  
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<http://literaryfiesta.wordpress.com>



@EPCCLitFiesta



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## Canutillo ISD

From Page 1

Dialogue meetings will occur from 6:00 p.m. to 7:30 p.m. at the Canutillo High School Cafeteria located at 6675 South Desert Blvd. on Wednesday, Jan. 13, 2016; and Thursday, Feb. 25, 2016.

Those who are interested in serving on the Steering Committee should contact Shane Griffith, CISD Public Information Officer, by Friday, Oct. 30 by phone at (915) 877-7481 or email [sgriffith@canutillo-isd.org](mailto:sgriffith@canutillo-isd.org). The CISD Board of Trustees will confirm the participation of the Steering Committee participants in November 2015 and confirmed committee members will be notified directly.



### NOTICE OF PUBLIC MEETING

To Discuss  
Socorro  
Independent  
School District's  
State Financial  
Accountability  
Rating

Socorro  
Independent School  
District will hold a  
public meeting at:

**6:00 PM**  
**November 17, 2015**  
**in the Board Room**  
**District Service**  
**Center**  
**12440 Rojas Drive**  
**El Paso, Texas 79928**

The purpose of this meeting is to discuss Socorro Independent School District's rating on the state's financial accountability system.

*The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.*

WTCC: 10/29/15 & 11/05/15

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### CryptoQuip Answer

After the cook had a mishap while making an omelet, she wound up with egg on her face.

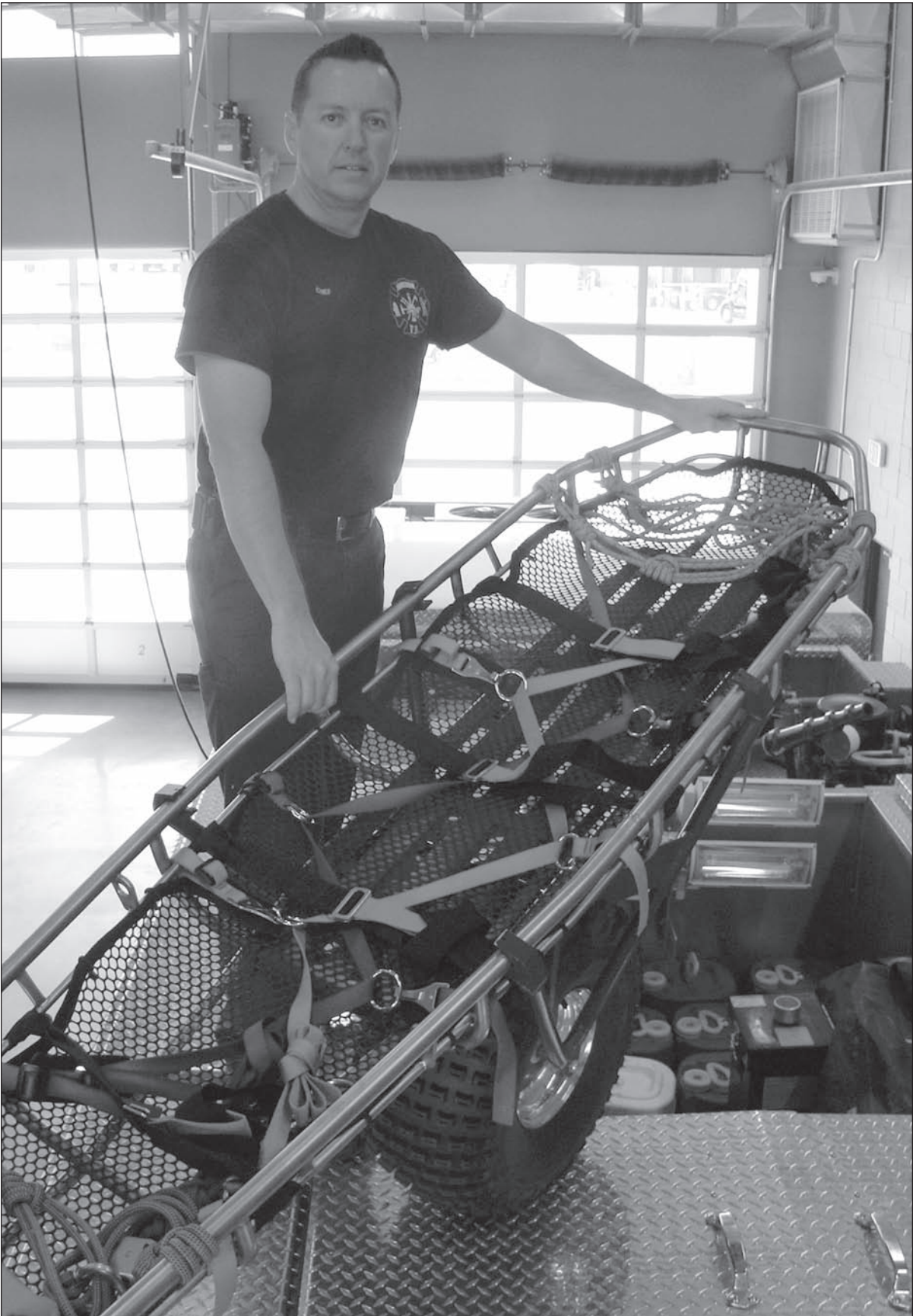
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STRANGE  
BUT TRUE  
By Samantha Weaver

- It was early 20th-century American horror novelist H.P. Lovecraft who made the following sage observation: “The oldest and strongest emotion of mankind is fear, and the oldest and strongest kind of fear is fear of the unknown.”
  - Those who study such things say that Americans spend about \$1.65 billion every year on tattoos, and that 45 million Americans have at least one tattoo.
  - Ancient Aztecs believed that when a warrior died, he became a hummingbird.
  - In 1974, fast-food giant Kentucky Fried Chicken launched a new marketing campaign in their Japanese stores. Called “Kentucky for Christmas,” it has had a lasting impact on the habits of the Japanese. More than 40 years later, the special fried chicken meal, which comes complete with cake and sparkling wine, is offered every Christmas. It’s so popular that those who fail to order theirs months in advance end up waiting in line for hours on Christmas Day to get their traditional holiday meal.
  - Scientists have identified fruit flies that are genetically resistant to getting drunk. It seems the insects have a certain gene that influences their susceptibility to the effects of alcohol; those with the inactive version of the gene are far less likely to get drunk. Those conducting the studies are calling the gene “happyhour.”
  - The average citizen of France drinks six times as much wine as the average American.
  - You might be surprised to learn that acclaimed American author (and noted recluse) J.D. Salinger once worked as an entertainment director for a Swedish cruise line.
- Thought for the Day: “A man is like a fraction whose numerator is what he is and whose denominator is what he thinks of himself. The larger the denominator, the smaller the fraction.”  
— Leo Tolstoy

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– Photo by Rick Shrum

**MORE GOODIES –** There are another half dozen compartments containing gear on top of the Heavy Rescue rig. This big-wheel gurney was used to remove an injured man from the Hueco Tanks Mountains. Two of a set of four massive, powerful emergency work lights that extend up and articulate can be seen just under the gurney. Chief Menendez – off the top of his head – put the cost of this truck and equipment at around \$1.1 million.

Truck

From Page 1

back in March. “The truck is especially designed for rescue operations like the one we completed recently, but it is

also equipped for firefighting,” Larson stated. The rescue vehicle is stocked with a variety of equipment and gear including climbing equipment, carabineers, shackles, rope, two sets of “Jaws of Life”, cribbing and rescue jacks for car

wrecks, and numerous air bottles along with other equipment. To better acquaint themselves with the use of all of this equipment, local ESD firefighters have been going through rigorous training at a rescue training school located in Socorro, NM.

Notice of Public Meeting to  
Discuss Anthony Independent  
School District’s State  
Financial Accountability  
Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, November 11, 2015 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District’s rating on the State’s Financial Accountability Rating System.

WTCC: 10/29/15 and 11/05/15

Notice of Public Meeting  
To Discuss San Elizario  
Independent School District’s  
State Financial Accountability  
Rating (FIRST)

The San Elizario Independent School District will hold a public hearing at 5:30 p.m., Wednesday, November 11, 2015 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

The purpose of this hearing is to discuss San Elizario Independent School District’s rating on the state’s financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees’ Meeting.

WTCC: 10/29/15 & 11/05/15

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U.S. General Services Administration

Classified Ads

LEGALS	below.
<b>Public Notice</b>	Sealed Statements for Qualification will be received by the School District until 2:00 p.m. on November 13, 2015. All Statements of Qualification must be delivered by hand or mail to the School District at the following address:
<b>Tornillo Independent School District</b>	Tornillo Independent School District P.O. Box 170 19200 Cobb Street Tornillo, Texas 79853 Attn: Cody Burris
<b>Request for Statements of Qualification</b>	Phone: 915-765-3000 Cell: 915-491-1009 Email: <a href="mailto:burriscc@tisd.us">burriscc@tisd.us</a>
<b>RFQ NO. 2016-001 FOR FACILITIES ASSESSMENT OF EXISTING CAMPUSES AND BUILDINGS</b>	The Board of Trustees of the Tornillo ISD is requesting Statements of Qualification from architectural, engineering or consulting firms for Facilities Assessment of existing campuses and buildings.
	Interested firms may obtain a copy of the Request for Statement of Qualifications by contacting the Superintendent’s office at the phone number or email address listed
	Statements of Qualification not received timely will not be considered.
	<b>EOE</b>
	WTCC: 10-29-15 11-05-15



# Basketball starts to hold court around the country

By Steve Escajeda  
Special to the Courier

While most people think of football when the leaves start to fall and the temperature starts to plummet, it isn't the only major sport to make its debut. The dribbling of basketballs fills courts throughout the country this week. Basketball seasons are about to get started in high schools and colleges throughout the nation.

And this week marked the official start of the NBA regular season.

You know the NBA season, it's the six-month affair that should only last about three or four months. It starts in the middle of football season and ends in the middle of baseball season.

But I digress. The NBA season started this week and for some reason there seems to be a little more anticipation about what this year will bring.

There should be some great races and some great individual player battles.

The league is in a very good place right now and the stars seem to be more popular than ever.

And the story lines are as intriguing as they have been in some time.

The one trend that won't change about the league is that the East will remain much weaker than the West.

Which means teams like the Toronto Raptors, Washington Wizards, Atlanta Hawks, Chicago Bulls, Brooklyn Nets and the Cleveland Cavaliers all have a legitimate chance to represent the conference in the finals.

A couple of the questions surrounding some of these teams are the season-long availability of two superstars, Derrick Rose and LeBron James.

Rose missed almost all of the preseason but says he's ready for the regular season. The Bulls are a very good team and have never been accused of not playing hard. But the difference between having, and not having, Rose in the lineup is staggering.

As any NBA fan knows, Rose's body may be the most fragile in the league and his chances of getting through an entire regular season without injury is nearly zero.

Bron Bron is having back issues and is expected to be rested from time to time this season.

The Cavs are the favorite to make it to

the finals from the East but any chances they have of winning depend on a healthy LeBron James and a resurgent Kevin Love, who missed most of the playoffs last season due to injury.

The big battles will occur on the Western side of things with powerhouses like the Golden State Warriors, Los Angeles Clippers, San Antonio Spurs, Houston Rockets, Memphis Grizzlies, Dallas Mavericks, New Orleans Pelicans and Oklahoma City Thunder all vying for the crown.

What everyone will want to see is how Golden State reacts as defending champion. Will they come out as strong as ever or will there be a letdown after an offseason of patting themselves on the back.

Will the Spurs return to their usual spot atop the league standings with the additions of veterans LaMarcus Aldridge and David West?

You throw in those two with the likes of Tim Duncan, Tony Parker, Manu Ginobili and Kawhi Leonard, along with all the other roll players and this could be a team for the ages.

Then there is the question of Kevin

Durant. Oklahoma City is a definite championship contender... when Durant is healthy. It looks like the former league MVP will be back and better than ever.

In his absence, Russell Westbrook put on his own MVP performance last season and it will be interesting to see how the two coexist with only one basketball on the court.

Then there are the teams that are always in the thick of things but can't quite ever get over the hump.

The Clippers, Grizzlies and Rockets will all win over 50 games again this season and will all be talked about as serious contenders, but can they take the next step?

The Clippers added veterans Paul Pierce and Lance Stephenson. The Rockets added point guard Ty Lawson and the Grizzlies added some veteran depth in Matt Barnes.

Of course it'll also be interesting to see the emergence of New Orleans center Anthony Davis. Can he make them a serious contender?

For the answers to all these questions follow the NBA season closely, it'll be worth it.

## A sporting view By Mark Vasto

### Ode to Lamar Odom

One of the weakest statements a person can make includes the very strong word "judgment."

Typically, it's either uttered, or increasingly in this day and age, tapped out via e-mail or instant message, by people pretending

not to judge you (but you know they are.) That, or it's uttered by someone who has all but tapped out for a time and informs you that you are free to judge them.

I once worked with an outstanding journalist who one

morning walked into the office looking like a million bucks, sat down at her desk, flipped open her laptop, reached into her bottom right draw and pulled out a glass and bottle of Moscato. She poured herself a drink and without even looking over her pretty blond-tressed shoulder tossed a brassy, "you can judge me" out of the side of her mouth in my direction.

Less than a year later she

was dead by the same hand that poured that drink.

Last month, Lamar Odom, an outstanding basketball player, almost died. By the time you read this, he may already be dead. I'm not an epidemiologist, but I'm guessing that the odds are stacked against him living very long without serious care.

I don't want to add to Lamar Odom's despair by pointing out that his actions on reality TV and a four-day stay at a Nevada brothel will define him far more than his career as a NBA champion. He's a smart man. Also, I cannot claim to understand what his personal motivations were in going to this

seeming extreme, since I have not talked with him and would not disturb him in any event.

The majority of the world believes that ultimately only God can judge you. Atheists and sports/celebrity fan/stalkers just judge you themselves, I suppose. My judgment on Lamar Odom is that he's a good man.

I often employ sarcasm in this column. Not today. Lamar Odom decided to take a portion of his wealth and go have a little fun after being tortured by the Kardashian clan and their despicable reality TV cartel for

See SPORTS, Page 8



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Comix

OUT ON A LIMBBy Gary Kopervas



AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: I am 83 years old. I was lifting a heavy end table back in November, and I heard a crack. I knew I was in trouble, as that had happened on the golf course many years ago. I went to the hospital and was there for six days. They took an X-ray, which showed moderate facet arthropathy, mild degenerative disc disease and a mild compression fracture at T12. I was prescribed a back brace, and have been wearing it for three months. However, both feet have begun tingling in the toes, and my foot is numb all the time. I have had periodic ankle swelling, but now the swelling is up to the knees in both legs. Does the back brace have something to do with it? – L.B.

Facet arthropathy is a term used by radiologists to describe arthritis in the back. Degenerative disc disease is very common, if not universal, in 83-year-olds. Both can cause back pain. However, the “crack” you heard and the finding of a compression fracture are more troubling. A compression fracture of a vertebra is like what happens to a cardboard box if you put too much weight on top of it. The combination of a compression fracture, tingling and numbness is concerning. It’s time to go back and get re-examined. Compression fractures can lead to nerve compression. Kidney, liver and heart problems can all cause swelling of the feet, but I think the most likely cause may be that you aren’t elevating your feet as much as before because of the back brace.

The booklet on back problems gives an outline of the causes of and treatments for the more-common back maladies. Readers can order a copy by writing: Dr. Roach – No. 303W, 628 Virginia Drive Orlando, FL 32803. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: Can you explain the condition known as “stone shoulder”? I am a man, 67 years old, and I believe I have it. I spent 45 years as a TV news photographer, handling heavy cameras, tripods, etc. – B.J.

“Stone shoulder” is a new one for me. Maybe you mean frozen shoulder, a condition also called “adhesive capsulitis.” It’s not a strictly accurate term, since the loss of movement the name implies is gradual. It starts with shoulder pain, often worse at night, lasting for months. Stiffness develops, and then the loss of shoulder movement can be severe. A careful physical exam by a regular doctor, a rheumatologist or sports medicine doctor, or an orthopedic surgeon can make the diagnosis. Often, the doctor will inject a steroid and anesthetic into the shoulder: The pain relief and improved movement within a minute make the diagnosis. I refer patients to physical therapy for a gradually increasing exercise regimen. Sometimes, additional injections are necessary. In your case, I would worry about a rotator cuff tear or

See HEALTH, Page 8

Super Crossword

- TITLE STARTERS

ACROSS

1 Turns target

5 Accumulates

12 Present, as a plan

20 Isolated

21 Pin-on in a welcome kit

22 Burn soother

23 Vegetation-destroying weather event

25 It bodes well

26 Author Nin

27 Shopping site

28 Back-to-sch. month

29 "I'll take that as \_"

30 Catholic service with minimal ceremony

33 Number one, redundantly

37 \_ dixit (assertion lacking proof)

38 Hawaiian tree

41 Actor Perlman

42 Deal in

43 Slow musical movements

46 Move with oars

48 Actors Guinness and Baldwin

52 Hymn that repeatedly urges "come home"

58 Prefix with practice

59 Exhibit fallibility

60 Magazine edition: Abbr.

61 Hosp. zones

62 Plum relative

63 Uttered, as a farewell

64 False identity

66 Spills liquid

68 Dove sound

69 Nailed, as a test

70 "Having planted the idea..."

75 Spanish for "this"

76 Bobby on ice skates

77 Apartment managers, for short

78 Dumbfound

79 "L'\_ c'est moi"

80 Chick's chirp

82 Biblical no-no

83 French body of water

85 Roadwork gunk

86 "Can't Help Lovin' \_ Man"

87 Title for Monaco's Prince Albert II

91 Flat, as soda

93 Haloed woman: Abbr.

94 Solitary monk, maybe

95 Kuwaiti ruler

98 Sullivan and Harris

100 Leaf-to-branch angle

101 Racing pace

105 Sweetly

107 melodious birds of North America

110 Tile in a mosaic

112 Roman

113 Goes fast

114 Aloha Tower locale

117 Polytheist, to a monotheist

118 Alert for a 96-Down, say

121 She scored a #1 with the hit found at the starts of this puzzle's longest answers

124 Was next to

125 Carrying no burdens

126 Macpherson or Fanning

127 Grinch's trait

128 China's Mao

129 Bit of a core

DOWN

1 Strong base

2 Requiring change to be inserted, briefly

3 Wives' mothers, e.g.

4 Salami, say

5 Blyth of film

6 Us, for one

7 Boom box bands

8 Toxin fighters

9 Typhoon, e.g.

10 Egg-hiding occasion

11 SFPD title

12 Wise gurus

13 Flees to wed

14 Fife sound

15 Nurtured

16 \_lacto diet

17 Supply with a new

18 Fashion

19 Southeast Asian capital

24 "Patience \_ virtue"

28 Clerical councils

31 Fixes, as a dog or cat

32 Heroic tales

34 Poets' A.M.

35 Criticize brutally

36 Every one

39 Jeremy of the NBA

40 Antique car

44 "Kathy Griffin: My Life on the \_"

45 Pabst brand

47 Brand of grape juice

49 Make unhealthily thin

50 Virtuoso solo passages

51 Lugers, e.g.

52 Kelp and Irish moss

53 Weight-loss drug

54 Italian omelet

55 Support, as a belief

56 Tree anchor

57 Pope from 440 to 461

63 When doubled, baby boy on "The Flintstones"

65 At the drop of \_

66 Emphasis

67 Lying on one's back

71 Pueblo people

72 Greek Mars

73 Taxonomic subdivisions

74 Opposite of day, in Berlin

81 Fizzes (out)

83 Put a lid on

84 Spry

87 Pants parts

88 Make anew

89 Put a jinx on

90 Company's bottom line

92 Pants part

96 Device that features Siri

97 "Impact" co-star Ella

99 Becomes ecstatic

102 Provide a feast for

103 Delphi shrine

104 Utterly failed

105 "Get out!"

106 Rust or lime

107 Martial arts mercenary

108 Tall grasses

109 Jet-black

111 Abbr. on a beach bottle

115 Sun output

116 Language of Pakistan

119 Weed B \_

120 It's in bronze

121 Daily grind

122 A half-score

123 "Life of Pi" director Lee

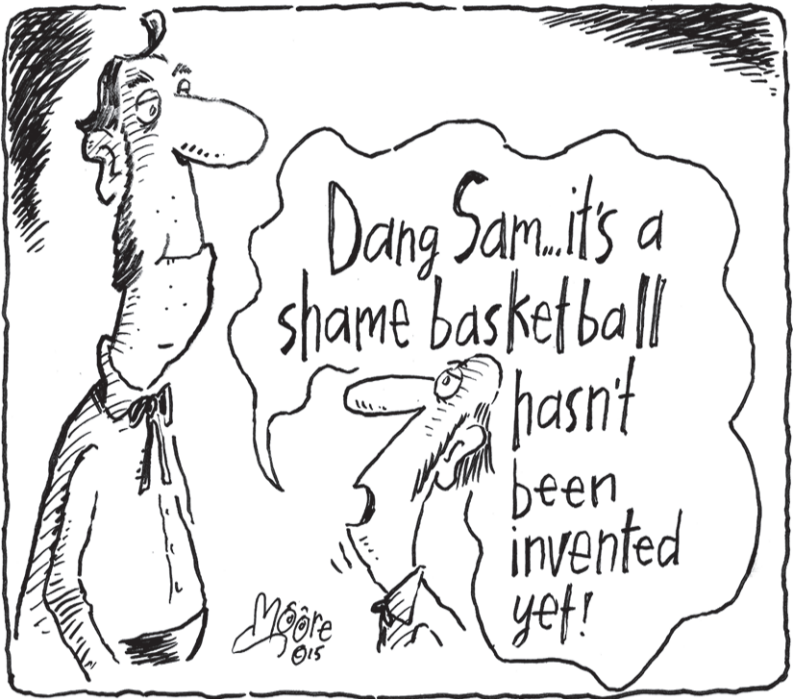
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# MOORE TEXAS

by Roger Todd Moore

Sam Houston was a strapping 6 feet 6 inches tall according to some sources.



## 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!

	÷		+		7
+		+		÷	
	×		÷		6
-		-		+	
	-		×		5
2		2		8	

2 3 4 5 6 7 7 8 9

Answer Page 4

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# Weekly SUDOKU

by Linda Thistle

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

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: How do I know if I meet the eligibility requirements to get Social Security disability benefits?*

A: To qualify for Social Security disability benefits, you must have worked long enough in jobs covered by Social Security (usually 10 years). You must also have a medical condition that meets Social Security's strict definition of disability. We consider an adult disabled under our rules if he or she has a medical condition, or combination of medical conditions, that are expected to last for at least one year or result in death, and that prevent the performance of any type of work. If you think you may be eligible to receive disability benefits and would like to apply, you can use our online application at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability).

*Q: What is the maximum Social Security retirement benefit?*

A: The maximum benefit depends on the age you retire. For example, if you retire at full retirement age in 2015, your maximum monthly benefit would be \$2,663. However, if you retire at age 62 in 2015, your maximum monthly benefit would be only \$2,025. If you retire at age 70 in 2015, your maximum monthly benefit would be \$3,501. To get a better idea of what your benefit might be, visit our online *Retirement Estimator* at [www.socialsecurity.gov/retire/estimator.html](http://www.socialsecurity.gov/retire/estimator.html).

*Q: My wife didn't work enough to earn 40 credits to qualify for Social Security retirement benefits. Can*

*she qualify on my record?*

A: Even if your spouse has never worked under Social Security, she can, at full retirement age, receive a benefit equal to one-half of your full retirement amount. Your wife is eligible for reduced spouse's benefits as early as age 62, as long as you are already receiving benefits. For more information, visit [www.socialsecurity.gov/retire](http://www.socialsecurity.gov/retire).

*For more information on any of the questions listed above, visit our website at [www.socialsecurity.gov](http://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, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.*

## Sports

From Page 6

years. I try not to loathe people, but it's been a real test not to loathe the Kardashians. That he has survived this long is a

testament to his strength.

This is for you guys out there: If your wife filed for divorce, broadcast it on international TV, and defamed and disparaged you along the way, would you be upset? Assuming you would be, and that you had a friend there

to ask what it would take to get you happy again, what would you reply? Well, Lamar Odom's vision of nirvana was Kentucky Fried Chicken, T-bone steaks and women that he didn't have to fight ex-boyfriends over and who didn't feign interest for ratings on an obscure reality show that, sorry Kim and Khloe, nobody will ever care about or miss as soon as it's gone.

There still are women like Mary Tyler Moore in this world who people don't remember. The Kardashians may have "broken the Internet" but trust me... they couldn't have broken onto the set of "That Girl" or even "Rhoda."

If you look down on Lamar Odom, leave him alone. He left sports, lost his spirit and survived. Who are you to judge? If you look up to Lamar Odom, extend your hand and help the man up. I certainly know which side I'm on.

## 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: X equals G

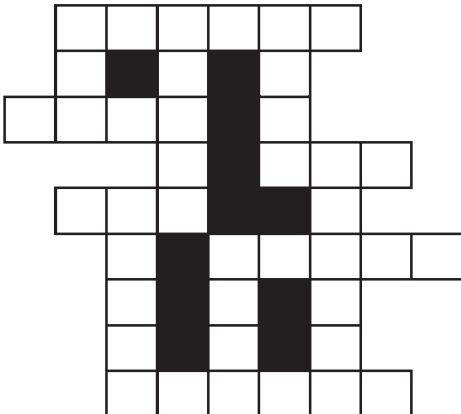
EJYQV YNQ GHHL NEU E  
AODNER TNOIQ AELOWX EW  
HAQIQY, DNQ THFWU FR TOYN  
QXX HW NQV JEGQ.

Answer Page 4

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♥ DNA  
SOWHIL  
ENNIL  
♥ WESP  
♥ NIAPLE  
DOL  
♥ YSAL  
PADIS  
♥ AYP  
NEWDAY  
♥ YALLO  
♥ ENDE



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2015 King Features Synd., Inc.

## Health

From Page 7

inflammation, which you also might have acquired while doing your job.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive Orlando, FL 32803. (c) 2015 North America Synd., Inc. All Rights Reserved.