

NEWSBRIEFS

ICE contacts

There are over 215 million cell phone users in the United States today. Industry experts expect over 300 million users by 2010. The U.S. Centers for Disease Control and Prevention reported in 2006 that 1,600,000 emergency room patients could not provide contact information because they were incapacitated. So many individuals, including teenagers, leave the home each day without any identification or emergency contact information, yet carry a cell phone. The ICE (In Case of Emergency) campaign that is gaining popularity in the United States. In case of emergency (ICE) is a program that enables first responders, such as paramedics, firefighters, and police officers to identify victims and contact their next of kin and to obtain important medical information. The program was conceived in the mid-2000s and promoted by British paramedic Bob Brothie in May 2005. It encourages people to enter emergency contacts in their cell phone address book under the name "ICE". Alternately, a person can list multiple emergency contacts as "ICE1", "ICE2", etc. The popularity of the program has spread across Europe and Australia, and has started to grow into North America.

— Lt. Mario E. Hernandez

Veteran help

The New Mexico Department of Veterans' Services Las Cruces Office has an officer at the Anthony Water and Sanitation District building the second and last Thursday of each month from 10 a.m. to 3 p.m. An officer will be in Anthony July 9 and July 23, 2009. The VA certified Veterans' Service Officer will help veterans and their families prepare disability compensation claims, pension and burial benefit claims, order military service records, respond to VA requests for information, prepare and file appeals, prepare applications for education benefits and requests for increase in disability ratings and compensation, prepare applications for New Mexico State Veteran Benefits such as property tax exemptions and military license plates. Officers work by phone with the VA on the veteran's behalf but the veteran must be present during the phone call. Almost every transaction requires documentation of military service. Veterans are urged to bring their DD214, Discharge Certificate or other discharge papers and their VA award letter if they are currently receiving VA benefits.

— Virginia Bell

Crime Stoppers

Crime Stoppers of El Paso is assisting officers from the El Paso Police Department's Auto Theft Task Force in identifying the person or persons who stole an 18-wheeler truck with a load of TV's,

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When some people talk about their family tree, they trim off a branch here and there.

— Quips & Quotes

Vehicle crimes increase during summer months

By Michelle Lanham
Special to the Courier

DALLAS — Every five-and-a-half minutes, a car is stolen in Texas, and every two-and-a-half minutes, a vehicle is burglarized for contents or parts. Historically, July and August are the two months when the most vehicle thefts and burglaries occur in Texas. Stolen vehicles can be used to commit other crimes, including theft, drug and weapon smuggling, human trafficking, domestic/international terrorism, and countless other offenses. In addition, vehicle burglary incidents that result in the theft of personal identification items, house keys, and garage door openers left inside vehicles are leading to cases of identity theft. Now, more than ever, Texas drivers must become actively

involved in vehicle crime prevention by practicing "Hide, Take, Lock": hide belongings, take keys, and lock vehicle doors. The Texas Auto Burglary and Theft Prevention Authority (ABTPA) will highlight this philosophy throughout "Watch Your Car Month," which is being recognized this month of July.

During "Watch Your Car Month", hundreds of law enforcement task force representatives funded by ABTPA will be working in their communities reminding Texas drivers to take precautions when leaving their vehicles unattended. To raise awareness about the role of auto theft in secondary crimes, ABTPA personnel will heavily promote the "You Hold the Key" and "Where You Are, They Are" campaigns, which are designed to remind all owners and operators that vehicles should never be left running while unattended, and valuables

should not be left inside.

In 2008, approximately 85,400 vehicles were stolen in Texas resulting in financial losses of more than \$700 million. And in almost half of all auto theft incidents, keys were left inside, which means the vehicle owner was, in some cases, an unwitting accomplice to more heinous crimes. Recent statistics from Texas law enforcement agencies indicate the top three locations from which vehicles are stolen are: residences/homes (41.6%), public parking lots/public garages (28.7%), and roadways/highways/alleys (12.2%), which proves no area is truly safe from vehicle crime activity.

Texas drivers that they hold the key to auto burglary and theft prevention. Anything an individual leaves in their vehicle might be of

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Vaccination rules change for school

Doctors recommend getting shots early

By Brent Annear
Special to the Courier

AUSTIN — New rules require more vaccinations before a child can start kindergarten or seventh grade this fall. The physicians of the Texas Medical Association (TMA) are urging parents to get their child's shots now before school starts.

"Don't wait until school starts to ensure your child's health. The sooner your children get their vaccines, the sooner they are protected against serious diseases," said Carol Baker, MD, a spokesperson for TMA's "Be Wise — Immunize" program and executive director of the Center for Vaccine Awareness and Research at Texas Children's Hospital in Houston.

In March, the Texas Department of State Health Services (DSHS) announced revisions to vaccine requirements for school admittance. In addition to the shots already required for kindergarten children to start school, they now need to get these vaccinations:

- Two doses of hepatitis A;
- Varicella (chickenpox); and
- Measles, mumps, and rubella (MMR).

Seventh-graders also need additional shots. DSHS requires these children get these vaccinations:

- Meningococcal (meningitis) vaccine;

- Two doses of varicella vaccine; and
- Tetanus, diphtheria, and pertussis (whooping cough) (Tdap) booster.

These vaccines were not required in the past. DSHS is now requiring the vaccines so Texas mirrors the recommendations of the Centers for Disease Control and Prevention, and the Advisory Committee on Immunization Practices.

"Vaccines protect us from potentially deadly infectious diseases that could be lurking just around the corner," said Dr. Baker. "Nearly one in five teens who contract meningococcal disease dies, and another 20 percent of those who survive may end up with lifelong complications," she added.

Other diseases can have lingering effects. During the past few years, Texas has seen more cases of the highly contagious whooping cough, a disease that can cause children to cough for weeks or even months, Dr. Baker said. "Students miss school, parents miss work, and students can't study or sleep because of the constant cough." In Williamson County near Austin, for example, pertussis cases have risen from 18 in 2008 to 112 already this year.

Parents shouldn't put off getting their child vaccinated because they don't have insurance or money to pay for it. "Most communities offer free or low-cost vaccinations at local public health clinics so every child has a way to get vaccinated," said Dr. Baker.

M. D. Anderson offers healthy grilling tips

By Rachel Winters
Special to the Courier

HOUSTON — Summer is in full swing, and barbecues are a perfect way to relax, spend time with family and friends. To help you better prepare for this popular activity, nutrition experts at The University of Texas M. D. Anderson Cancer Center offer advice on how to barbecue the healthy way.

M. D. Anderson dietitian, Vicki Piper, R.D., L.D., encourages cookout fans to grill plenty of fruits and vegetables, and less meat. Diets high in plant foods can lower your chances of developing several cancers, including breast and colon cancers.

"You can still have a barbecue without letting your health go up in flames," Piper said. "Aim for a meal made up of two-thirds vegetables, fruits, whole grains or beans, and one-third animal protein."

Grill plant-based foods

Eating mostly plant-based foods provides a range of nutrients that protects the body from cancer. And it is a great way to manage weight, which is important because there is evidence that excessive body fat increases cancer risks.

"Try a new vegetable every week, one that you have not tried in many years," Piper said. "My family favorites are grilled onions, zucchini, asparagus and pineapple."

Use a light brushing of canola or olive oil on vegetables and fruits to help prevent sticking to the grill. Sprinkle vegetables with pepper, a small amount of salt and vinegar to bring out their taste. Using non-stick grates, foil packets or a grilling basket lightly coated with oil also can be helpful when grilling plant-based foods. As a general rule, don't peel vegetables before grilling. You'll get more nutrients and enjoy a smokier flavor if they aren't peeled.

Where's the beef?

Diets high in red meat (beef, pork and lamb), and especially processed meats (such

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Vasquez retires from Canutillo ISD

By Kim Guzman
Special to the Courier

CANUTILLO — Alfredo Vasquez, public information officer for Canutillo Independent School District (CISD), said goodbye to his co-workers during a reception held recently to celebrate his retirement. After working 31 years in public education, Vasquez said that he was ready for a new chapter in his life and was looking forward to traveling.

Vasquez worked at CISD for the past twenty years and had served as the public information officer since 1998.



Alfredo Vasquez

Prior to becoming the spokesperson for the District, Vasquez was the journalism teacher at Canutillo High School for nine years and also served as the part-time public relations assistant to the superintendent.

"During his time with the District, Alfredo was instrumental in bringing positive accolades to our schools and the community. Alfredo's knowledge and expertise helped our district achieve many successes over the years," said Dr. Dow, Associate Superintendent. "We all wish him well as he pursues his love for the great outdoors," she added.

Veterans Post By Freddy Groves

Thousands still wait for retro pay

It started with 20 veterans questioning the amounts of their monthly checks. These were veterans who should have received retro pay, but didn't.

The Department of Veterans Affairs' Retro Pay Project has been in trouble since it started in 2006. Until Congress changed things, recipients couldn't get both retired and disability pay, either Concurrent Retirement and Disability Pay or Combat-Related Special Compensation. After the change, Defense Finance and Accounting Service had a lot of catching up to do. But promises were made, and with Lockheed handling the back-pay calculations on 133,000 veteran's files, deadlines were established. Back in 2006 I wrote in this column: The money's coming.

Well, some of you still don't have it. There was a computer glitch. There were misunderstandings. And so on.

As they dipped into the files of those 20 veterans recently, the numbers began to rise — all the way to 39,000 veterans who were left out, who should have received retro pay but didn't. (One has to wonder: If there are 39,000 veterans, are there more? Perhaps survivor beneficiaries who are due the money?)

One bright spot is that a few months ago, the Pentagon ditched Lockheed, which had been responsible for handling (or is that mishandling?) veterans pay since 2002.

Moral of the story: If you think there's something wrong, either with your checks or something else, speak up. Who knows how long this problem would have gone on if those original 20 veterans hadn't insisted that their files be reviewed?

If you think you should receive retro pay, especially if there's been an increase in your disability rating, call the VA retro pay hotline at 1-877-327-4457, or DFAS at 1-800-321-1080.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com. (c) 2009 King Features Synd., Inc.



Por la Gente By State Rep. Chente Quintanilla

Bill needed, not extra session

Hola, mi gente. The Texas legislature completed a

quick two day special session on the 1st of this month. The main purpose of the session was to finish business that had not been completed by the end of the regular session. The two main issues dealt with the continuation of the Department of Transportation (TxDOT) and Department of Insurance (TDI).

While TxDOT is an important agency, this article will focus on TDI. For most of this decade, homeowners have been complaining about high home insurance rates.

Agencies like TDI should be reviewed by the legislature on a regular basis. If the review by the Sunset Commission finds problems, either solutions are recommended or the agency is shut down. Such a shut down occurred with the Texas Residential Construction Commission this year. TDI had not been reviewed in over a decade; even with the consistent call by voters since 2003.

In 2003, a business friendly leadership took the helm of the House of Representatives. Homeowners were promised a market solution to the high insurance premiums. According to the Sunset report, average premi-

ums had been reduced by 3.5% since 2003; not a significant level of relief for homeowners.

In 2003, the leadership of the House changed the rate regulation by TDI to a system where companies could file and use their rates without prior approval by TDI. That change in the law clearly was not favorable to homeowners. Since 2003, many consumer groups complained that the Republican leadership had ceded state regulatory control to the insurance companies.

The 81st legislative session, which ended on June 1st, was slated to initiate changes to the way TDI operates. The recommended changes were clear and, although limited, intended to address the complaints of homeowners.

Many placed the fault on the legislative slowdown during the last days of the session as the reason for failing to pass bills continuing the operation of TDI and implementing consumer relief; but there is no validity to that claim.

The opportunity to make the changes was there for weeks. House leadership could have passed the bill (HB 2203) before May but the bill was allowed to wither on the vine.

By April 14th, the House Committee on Insurance, John Smithee (R-Amarillo) Chair, held hearings on the bill. Neither he nor Speaker

Straus (R-San Antonio) allowed the bill out of committee and to the floor for passage.

In the Senate, the identical bill (SB1007) was passed and sent to the House on April 28. Had the house bill been passed, the bills could have been sent to the governor by May 1st. The opportunity was there but ignored.

The senate bill could have been passed on the governor for his signature if the will was there to do so. Chairman Smithee did not allow SB1007 out of committee until May 20th. At that point, the Chairman of the Calendars committee, Brian McCall (R-Plano), could have placed the item on the calendar but was slow to do so.

In the last days of the session, during the extended period of debate, many attempts by Democratic Party members to hear SB 1007 were ignored by Speaker Straus. The opportunity was there to finally address your complaints about high home insurance premiums but ignored by the leadership.

There was no need for the special session. Had the leadership worked to pass either HB 2203 or SB 1007 as quickly as the work done in the special session, relief would have been forthcoming.

Gracias, mi gente, and I remain your friend and public servant, Chente por la gente.

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View from here By Robert Romano

The public 'option'

Like all big lies, the public "option" deceives individuals not only through distortion, but also omission. And unless the American people are warned and stand up for the true health options they currently possess, Barack Obama and Congress will rapidly enact legislation that is designed to degrade and, eventually, destroy those choices that Americans today take for granted.

Through a sleight of hand, proponents of the public "option" act as if there are not already other public options already available when there are: Medicare, Medicaid, and other state and local services for the elderly, poor, and children.

This is the omission. It is designed to fool the American people that they do not already have enough "choices" in health care. That the government does not do enough already. Or that, somehow, there are not enough options currently available. Which, of course, is a lie.

The U.S. spends more on health care than any other nation. As of 2006, the Census Bureau estimates that some 201.7 million, or 71.5 percent of Americans with health insurance, get their insurance privately. 28.5 percent of those with insurance, or 80.3 million, get it from the government.

Presently, the average premium for single coverage is \$4,700, according to the National Coalition on Health

Care. All told, in 2007, the U.S. spent \$2.4 trillion in total health care spending.

Not enough options? \$2.4 trillion is just the beginning. The price tag for health care expenditures, NCHC projects, will rise to \$3.1 trillion by 2012, and \$4.3 trillion by 2016.

Advocates claim this will create

then have to jack up premiums ever further in order to stay solvent.

Employers on the other hand will have lost the incentive to provide coverage to employees. To save costs, they'll pass the buck back to the taxpayers, who will now be guaranteed coverage through the public "option."

The greatest misrepresentation of all is that the public "option" will at all be optional. It will not be. Because

it cannot be. It is designed to crowd out private options by guaranteeing coverage on a federal level — indeed, by mandating it.

President Obama seems optimistic: "When I say if you have your plan and you like it... or you have a doctor and you like your doctor, that you don't have to change plans, what I'm saying is the government is

not going to make you change plans under health reform."

Of course, even if there is no sweeping mandate to use the public "option," the law of gravity still applies — the larger mass shall attract the smaller masses towards it. This is how monopolies are formed, whether state-run or not.

The big lie is that the American people will have any choice at all but to use the public "option," which will be the only option left.



competition between the public and private sectors — as if the private sector could compete with a "business" with an unlimited money supply that has no incentive to even operate in the black. This year alone it finds itself in a \$1.8 trillion hole, before any public "option" has even been enacted.

Once passed, the federal government will cover what it can through revenue, and then just borrow and/or print the rest. What will private health carriers do?

Since they cannot charge lower rates and then borrow to make ends meet, they'll lose customers. And

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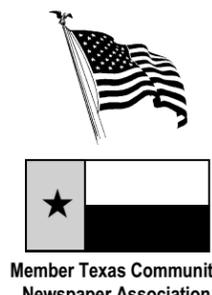
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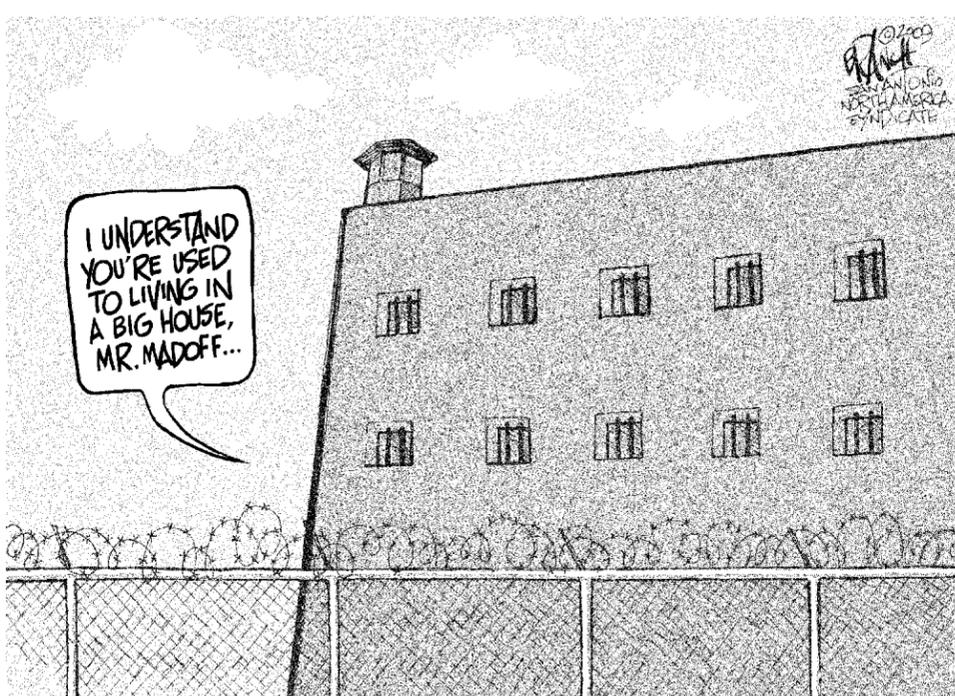
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What's up, doc? By Albert Balesh, M.D.

Temples to the gods

What's a house call, you ask? For those of us old enough to remember, a cough, a fever, an upset stomach, a runny nose, a child's pinworms, or any manner of body wake-up call left us concerned, but never troubled, for we knew that we could depend upon our trusted physician in white armor to ride to our doorstep on four-wheeled steed. Something has been lost in translation, however, as that friendly domestic cup of tea shared by doctor and patient has been transformed into a mad dash to the emergency room and a rush to judgment, as we chastise a past hero who now reminds us that time is money. So, are the healers of today, with all their bells and whistles, airs of superiority, and self-built clinical temples, better at their art and science than their good-old, bespectacled ancestors, who bore little black bags instead of handheld computers? Is technology mightier than compassion? Are robot-guided catheters and probes more efficacious in the long term than the touch and comfort of a healing hand? Can some suitable compromise be reached? Those and other questions need to be answered, before we embark on that expensive overhaul of the health care system we call universal health insurance.

Medicine has become a business, like many other noble endeavors, and its proprietors seek growing clienteles through self-promotion, whether that be media advertisement or construction of palatial offices and clinics that provide a semblance of professional success to new generations raised on material excess. After all, a doctor in rags, driving a jalopy, certainly does not project or warrant trust, in much the same way as a down and out real estate agent or practitioner of the bar. Furthermore, a "mine is bigger than yours" attitude drives a competition for numbers, both in terms of patients and consequent hard cash, as physicians vie for their piece of the American dream by drawing patients across their thresholds and then treating them with production-line efficiency. Damn feelings and close interpersonal contact, as terse replies to questions and directives to consult the nurse engender little satisfaction, growing hostility, and a sense of loss and abandonment in those seeking solace and perhaps even a cure from the men and women in white.

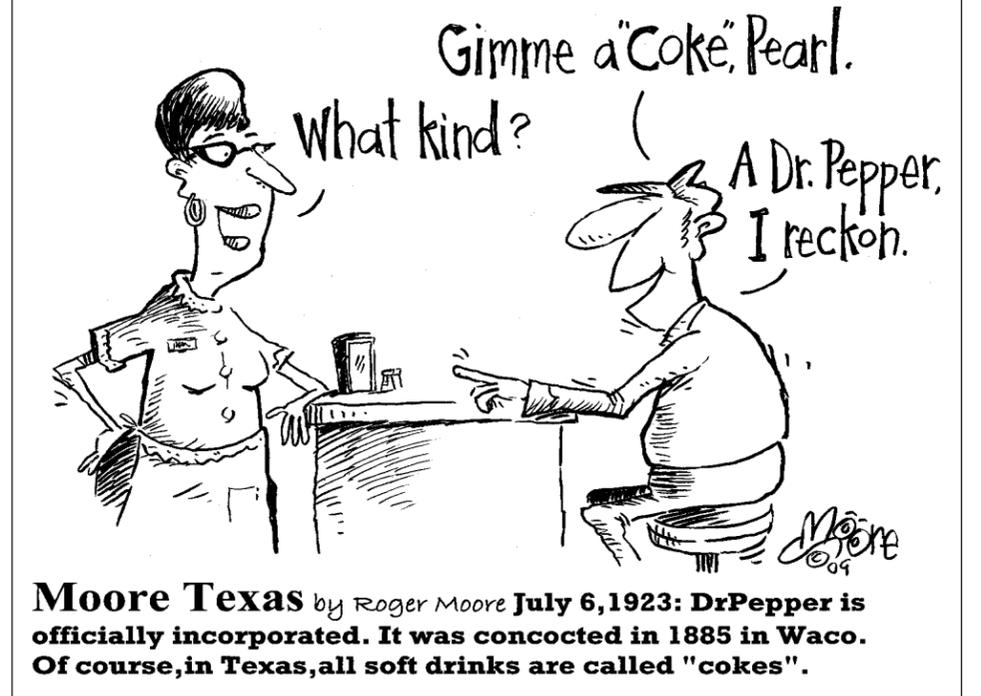
Those venerable statistics we like to quote have shown big-clinic medicine is a drain on pocketbooks, resulting in 60 percent of all bankruptcies in the United States in 2007 being owed to runaway health care costs. Seeing a different patient every 15 minutes does little to reel in costs or improve patient satisfaction. It is high time for a new paradigm, called "patient centered" practices, that incorporates both increased time with patients and an emphasis on prevention and education to keep them healthy, so that incessant and expensive refer-

als to specialists become a thing of the past. Not an easy task, you say. You're absolutely right. To streamline procedures, processes, and administrative costs, with consequent reduction in the health care deficit, all eyes will once again have to turn to that often-touted cure all for everything costly, namely, technology, in the form of online appointment scheduling, electronic medical records, prescription of medications by computer, and virtual office visits by telephone and e-mail. As impersonal as it may seem, and as uncomfortable as we may feel about it, technology can, indeed, raise the bar of primary health care and even personalize it, when placed in the hands of practitioners in the trenches who are unafraid to try something new to safeguard a nation's health on the verge of financial chaos.

Technology is not for everyone, however, and it will not solve all of this country's health care issues. The high priests, keepers, and gods themselves in the temples warn that electronic patient records can be hacked, computer downtime can make patient records inaccessible for hours, small primary care clinics are not the answer for patients with multiple health issues, and small practices do not provide safe haven for practitioners who lack technical or business skills or who fear private fees versus salaries in these times of economic uncertainty. Reducing daily patient loads from 25 to 10-12, with longer patient appointments of 30 to 60 minutes, may not be the answer either, as primary care physicians watch impotently as their salary dollars undergo erosion. That, in part, is the reason why primary care remains the most unattractive field of medicine, with practitioner numbers dwindling due to the lowest compensation of any medical specialty. In 2008, the average annual salary of a primary care physician was \$201,555, versus \$356,166 for a general surgeon and \$614,536 for a neurological surgeon. Poor babies! Lest they recall the hordes of unemployed currently walking the bread lines!

All this discussion points to a need for something to be done, and immediately. When general practitioners are scheduled to see 25 or more patients per day in large clinics or temples, whichever you prefer, sufficient time for thorough examinations, adequate discussions, and proper preventive care goes out the window, and the end result becomes the needless ordering of superfluous tests and unnecessary referrals to specialists, all at the expense of national health care ledgers that are rapidly approaching the bottom line. And heaven forbid that we discuss the unquantifiable toll on patients' psyches of noisy and crowded waiting rooms, and the status quo, for lack of a better word, of getting in and out without wast-

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Moore Texas by Roger Moore July 6, 1923: DrPepper is officially incorporated. It was concocted in 1885 in Waco. Of course, in Texas, all soft drinks are called "cokes".

Grilling

From Page 1

as hot dogs), have been reported to be a convincing cause of colorectal cancer, according to the American Institute for Cancer Research. Fatty red meat is high in saturated fat, which is the most damaging type of fat.

"You do not need to give up red meat to be healthy, but the evidence suggests you would be wise to limit how much you eat," Piper said. "Experiment with other healthier sources of protein, such as fish, chicken, beans, edamame or tofu. My red meat-loving husband has grown to enjoy more grilled salmon, marinated chicken and even hummus!"

Grill fish and skinless chicken

breasts are much leaner than most red meat. If you are going to grill red meat, look for those with "loin" in the name, such as beef tenderloin, pork tenderloin and lamb loin chops. For beef, also look for round steaks and roasts, and choose ground beef labeled at least 95 percent lean. Finally, beef labeled "prime" is the top grade but also is the highest in fat. For the leanest red meat, look for a "select" grade at your supermarket.

Keep meat portions small by cutting them in chunks and removing excess fat. Combine them with vegetables and make kabobs. Serve any kind of meat as an accent to a meal rather than the main dish.

Where there's smoke, there's cancer risk

Grilling any type of meat, even chicken or fish, until it's charred or burned can increase your chances of getting cancer, according to the American Institute for Cancer Research. Grilling vegetables and fruits does not create carcinogens (sources that cause cancer) so there is no cancer risk, which is just one more reason to add them to your shopping list.

If you do choose to barbeque meat, stay clear of burning it, and follow these tips:

- Grill fish instead. Fish contains less fat than meat and poultry do, making it less likely to create carcinogens and cause flare-ups caused by dripping fat. Fish also requires less time on the grill, reducing its exposure to carcinogens.
- Precook your foods. The higher

the temperature at which food cooks and the longer it stays on the grill, the more carcinogens develop. Partially cooking meat or poultry indoors for two to five minutes draws out most of the potentially harmful chemicals without sacrificing moistness. Heat your meat up in the microwave or oven, and then finish it on the grill.

- Lightly oil your grill. A little oil keeps charred material from sticking to the food. It also helps keep fish and chicken in one piece.
- Lower the heat. On charcoal grills, increase the distance between the food and the hot coals by spreading the coals thin or by propping the grill rack on bricks. On gas grills, just lower the settings.
- Stick to charcoal and hardwood. Barbecue briquettes and hardwood products, such as hickory and maple burn at lower temperatures than softwood (pine) chips.
- Clean your grill. Scrub your grill thoroughly after every use to avoid a buildup of carcinogens that can be transferred to your food the next time you grill.
- Spread aluminum foil on the grill. This will reduce flare-ups. Just make sure to make small holes in the foil to allow fat to drain.
- Flip meat frequently. This reduces the amount of carcinogens that arise.
- Marinate your food. Marinating not only makes grilled foods taste better, but makes them safer because marinades draw out chemical precursors of carcinogens.

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Briefs

From Page 1

making this the "Crime of the Week." On Saturday, May 16, the truck driver parked his white Landstar vehicle at Montana Self Storage, 11010 Montana Avenue; and left it there overnight. When he returned the next day, it was gone. The tractor, trailer, and its contents of brand new high-definition television sets had been stolen. The following day, the tractor and trailer were located in the 12400 block of Rojas, but the TV sets were missing. Only some bolt cutters were left behind at the scene. It is believed that the theft took place some time between the hours of 2:00 a.m. on Saturday, May 16, and 1:00 p.m. on Sunday, May 17. There is no description of the subjects involved, nor of any getaway vehicle they may have used. However, because the location of the theft and also the location where the vehicle was found are both very public places, on major thoroughfares, investigators believe that someone must have seen either the theft, or the unloading of the vehicle on Rojas. If you have any information at all about this crime, or any suspects, call Crime Stoppers of El Paso immediately at 566-TIPS (8477) or submit your tip online at www.crimestoppersofelpaso.org. You will remain anonymous and, if your tip leads to an arrest, you may earn a cash reward up to \$1,000.

— James Klaes

Wanted

The hunt is on for Raymundo Aguirre, 24, who also uses Raymundo Raul Melendez. He is wanted for an Aggravated Robbery of a Socorro 7-11 and a separate charge of Robbery. Aguirre is 5'3" tall and weighs 125 pounds. He has black hair and brown eyes. He has "Ugly" tattooed on his right arm, "Father forgive me" on his upper right arm, "Linda" on the left arm and



R. Aguirre

"Rey and Angela" on his stomach. Aguirre knows he is wanted and has failed to appear in court. He continues to elude capture. It is believed Aguirre remains in the Borderland as he has contacts in San Elizario and El Paso. If anyone has seen or knows the whereabouts of Aguirre they are urged to call Crime Stoppers of El Paso at 566-TIPS (8477). Callers will remain anonymous and may be eligible for a reward if the information provided leads to the apprehension of the individuals featured.

— Deputy Jesse Tovar

Taxes in Spanish

A diverse economy, growing work force and friendly business climate attract more businesses to the Lone Star state every day. Texas Comptroller Susan Combs' office regularly presents free taxpayer seminars throughout the state to help new and existing business owners understand their state tax responsibilities. The next seminar in the El Paso area will be conducted in Spanish on Wednesday, July 15, from 6 to 8 p.m., at El Paso Community College's Administrative Office Board Room, located at 9050 Viscount Blvd. At the seminar, taxpayers can learn about sales tax forms, filing and paying taxes electronically, taxable goods and services, e-services to help taxpayers manage their accounts online, the Comptroller's e-mail subscription service that alerts taxpayers when new tax information is posted online, and the array of other services and information available from the Comptroller's office to assist taxpayers. Comptroller representatives will answer questions and provide assistance to attendees. "A strong and diverse business community is the key to Texas' economic strength," Combs said. "We are committed to assisting Texas businesses by making taxes simpler, smarter, faster and, above all, transparent. We owe it to our taxpayers to provide the best customer service possible." For more information about the seminar, call the Comptroller's El Paso Field Office at (915) 533-0506. Those who are unable to attend the seminar can call the Comptroller's tax assistance line at (800) 252-5555. Tax forms and tax information can also be found on the Comptroller's Web site, www.window.state.tx.us.

\$8,000

Rebate*

*** First Time Home Buyers**
Must Close by Nov. 30, 2009

- **\$0 Down / \$0 Closing Costs**
On Special Financing Programs
- **Low Priced Homes** Starting in the **\$90s**

Villa Victoria Community
On Socorro Rd. just past the San Elizario Mission

(915) 630-4369
Javier Ortega / Broker

2-1-1 offers special military services

By Tammy Fonce-Olivas
Special to the Courier

EL PASO COUNTY — 2-1-1 Information and Referral specialists are now offering specialized referrals for military members and families of Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF).

2-1-1 Texas is a program of the Texas Health and Human Services Commission, operated by the City of El Paso Department of Public Health. The program provides 24/7 information and referral services to residents of El Paso, Brewster, Culberson, Hudspeth, Jeff Davis and Presidio counties.

"Everyday our 2-1-1 call specialists connect callers to a myriad of community-based and state operated social service programs for assistance with their needs. Now, they can offer referrals for a wide array of services specifically for military service members, and their families, who have deployed to Iraq and Afghanistan, including active duty, reservists, and veterans," Angela Mora, Public Health Deputy Director, said. "We can help them navigate the complicated maze of the human care system and assist them toward achieving stable and productive lives

before, during and after deployment."

Information and referral services provided by 2-1-1 are free and confidential. 2-1-1 call specialists provide referrals to programs that offer services such as financial assistance with rent or utilities, marital education/counseling, anger management, depression and anxiety, child care, legal services, medical care, drug and alcohol treatment, post-traumatic stress disorder (PTSD), employment, home remodeling for disabled warriors, and many other services unique to military deployment.

Information and referral services targeting military members and their families are a part of the Texas Military Family Access Project (TMFAP), which is a specialized program aimed at helping military service members, active duty, reservists, National Guard and veterans access referral services before, during and after deployment to Afghanistan or Iraq.

TMFAP is funded by the Health and Human Services Commission through a grant from the Texas Resources for Iraq-Afghanistan Deployment (TRIAD) fund of the Permian Basin Area Foundation.

For more information about 2-1-1, please visit

Rodriguez joins San Elizario ISD board

By Cynthia P. Marentes
Special to the Courier

The San Elizario Independent School District was left with some big shoes to fill when longtime board member Armando Martinez resigned back in March 2009. Martinez had been a member of the board for 21 years and had been instrumental in overseeing much of the growth the district experienced during that time. Fortunately at least one highly qualified candidate answered the district's call for applicants to fill the board vacancy created by Martinez' departure. That individual was Jose Rodriguez.

Jose Rodriguez is the son of Jose Rodriguez and the late Olga Rodriguez who passed away last year. It was his mother Olga whom he ultimately attributes for influencing his decision to apply for the vacant position. "I always wanted to serve but could not because I worked in the district and my mom had always wanted me to serve. She thought I could make a difference," Rodriguez stated.

In many ways, Jose Rodriguez appeared to be the perfect fit for the San Elizario ISD Board of Trustees. With 13 years experience working in San Elizario ISD as a teaching aide and coach, Rodriguez is familiar with the

operation of a school district. On top of his service record, Rodriguez can trace his lineage in San Elizario to the 1800s. He was born and raised in the community graduating from San Elizario High School in 1993.

In high school, Rodriguez was a very active student involved in different sports and served as president for both his graduating class and Student Council. "At that time the middle school and high school shared the same building. One group would attend school from 6 a.m. to 12 p.m. and another from 1 p.m. to 5 p.m. We also had to walk over to the church for lunch," Rodriguez recalled.

Together with his wife Bernice Barragan, Rodriguez has three young children who also keep him very busy: 6 year-old Seth who attends Borrego Elementary, Caleb who is a 4 year-old student at Loya Primary, and; one-year old Hannah Rose. His family plays an important part in supporting Rodriguez with his goals. "My wife is the reason I am able to do this and she has a very positive im-

pact on me," Rodriguez added. He also hopes that through his actions he can set the right example for his children and future generations.



Jose Rodriguez

Rodriguez sees himself remaining in the field of education and is committed to pursuing a doctoral degree upon completing his current graduate program in order to become a college professor. He is also currently working on obtaining alternative certification in both New Mexico and Texas. "I've always thought that education is paramount to anything and the one thing that nobody can take away," Rodriguez stated.

As the newest trustee for San Elizario ISD, his first task at hand is to learn as much as possible in order to help the community where he grew up which is the same place where he has decided to raise his own family. "I've seen it grow and seen things that needed to change. For 35 years I have always lived here. I love it here, it's peaceful, and the people are friendly," Rodriguez concluded.

Swimming pool safety a must for parents

By Lt. Mario E. Hernandez
Special to the Courier

Each year, nationwide, more than 300 children under five years old drown in residential swimming pools, usually a pool owned by their family. In addition, more than 2,000 children in that age group

are treated in hospital emergency rooms for submersion injuries.

To prevent swimming pool drownings and accidents, layers of protection are essential. Closely supervising young children and being prepared in case of an emergency are two very important things to remember. In addition:

1. If a child is missing always look

in the swimming pool first. Seconds count!

2. Knowing how to swim doesn't make a child drown proof.

3. Never use a floatation device as a substitute for supervision.

4. Keep rescue equipment and a phone

See SAFETY, Page 8

AT SHOPPING MALLS, PARKING LOTS, THEATERS, APARTMENT COMPLEXES & CITY STREETS

WHERE YOU ARE, THEY ARE!

YOU ARE BEING SHADOWED. But you're not the only one. Every year in Texas, car thieves steal close to 100,000 cars and trucks, and burglarize thousands more. Surprised? Don't be any longer. When you leave your vehicle, **HIDE** your things, **LOCK** your car, and **TAKE** your keys. Remember... **YOU HOLD THE KEY.**

Watch Your Car

TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

Nation's holiday brought some memorable sports moments

By Steve Escajeda
Special to the Courier

There's something about the Fourth of July. Not only does it signify the halfway point of the Major League Baseball season, it signifies the halfway point of the year.

It can be a time to reflect on what's transpired over the first half of 2009, but I'd rather spend time reflecting on the Fourth of July weekend.

While many across this country were firing up the grill and firing up the sparklers, some athletes were doing their best on the court, the field, the course and even the picnic table.

Okay, it may not feature many of the fine-tuned athletes we're used to seeing on TV, but one of the most anticipated holiday events is the Nathan's Hot Dog Eating Contest.

This is where you round up the world's best competitive eaters for the ultimate test of caloric consumption.

And just as he has the last two years, American Joey Chestnut out-munched his opponents to claim his third straight world title.

Though difficult to watch, Chestnut devoured 68 hot dogs (a new world record) in 10 minutes.

Former champ Kobayashi finished second with a measly 64, a number I'm sure he didn't relish.

Sorry. There was also the Wimbledon women's final in which little sister Serena Williams defeated Venus Williams.

After all these years it's amazing how these two are still dominating the sport. It was also great watching that unbelievable men's final between Roger Federer and Andy Roddick.

Federer claimed his 15th grand slam victory — the most in the history of men's tennis.

But how about the performance by Roddick, who took Federer to a fifth set, only to lose it by the astounding score of 16-14.

What made this event great is that Federer and Roddick are considered nice guys and great ambassadors for the sport.

That brings us to a guy who represents the complete opposite. Like it or not, everyone was talking about the return of one of the most selfish and immature players in the world of sports.

Manny Ramirez returned to the Los Angeles Dodgers from his positive-drug-test 50-day exile.

Most fans and media types describe as this as just "Manny being Manny," which is code for "Manny being Stupid."

But like he usually does, Manny responded with a most dramatic moment, hitting the first home after his return on the Fourth of July holiday — talk about fireworks.

I don't really understand why so many fans love a guy who has quit on his teammates and got caught cheating to inflate his numbers. But the guy is colorful I'll give him that. I just wish he'd put a little more integrity in his game.

The Fourth of July weekend also brought us some thrills on the golf course with the best player in the world Tiger Woods taking on one of the game's brightest stars, Anthony Kim.

The two started the final round of the AT&T Tournament tied for first place and playing together, which usually means the guy opposite Tiger welts under the pressure.

And Kim did just that. Tiger won the tournament and outplayed Kim by four strokes.

Then there was the re-emergence of Lance Armstrong, who returned to the Tour de France. Of course all of us thought he had ended his reign there after taking seven straight titles.

It's good to see him back on the bike but a part of me sees a little Brent Farve in him for deciding to come back.

Unfortunately, with all the fun and fascinating sports news, there was a little tragedy thrown in.

The horrible news of Steve McNair's being shot to death on the Fourth of July certainly gave everybody pause.

McNair, 36, was found with his girlfriend. He was shot four times and she was shot in the head.

I'll also remember McNair as one of the toughest guys in the NFL. I had the opportunity to interview him about 10 years ago and I remember his body being incredibly thick and muscular for a quarterback.

But his quarterbacking skills are going to take a back seat to this sorted murder. I don't know all the circumstances surrounding the incident but I know it's going to be ugly — and that's not how I wanted McNair to go out.

But aside from this bad news, America's birthday came and went and things were mostly positive. And that's something to be thankful for.

LEGALS

RIO GRANDE COUNCIL OF GOVERNMENTS

PUBLIC NOTICE

The Rio Grande Council of Governments (RGCOG), in cooperation with the TCEQ, announces the availability of Municipal Solid Waste Grant Funding for FY 2010.

Local units of government including cities, counties, public schools and school districts, and special districts with municipal solid waste responsibility, may apply for funding for projects and activities including: waste reduction/recycling; local enforcement; litter and illegal dumping cleanup; educational and training projects;

household hazardous waste events; citizens' collection stations, small transfer stations, and community collection events; technical studies and other projects.

Activities funded under this program must promote cooperation between public and private entities; must not be otherwise readily available; and must not create a competitive advantage over a private business that provides a recycling or solid waste service.

Applications for grant funding will be available on July 13, 2009 and are due by 5:00 PM MDT August 19, 2009. Copies of the request for applications and the application form may be obtained from the RGCOG at 1100 N.

Stanton St., Ste. 610, El Paso, TX 79902.

Applications may also be downloaded from the RGCOG website. Visit www.riocog.org for more information or contact Korina Navarro at (915) 533-0998, ext. 138 or email at korinan@riocog.org.

WTCC: 07/09/09

Town of Horizon City

PUBLIC NOTICE

A PUBLIC HEARING will be held at 6:30 p.m. on Tuesday, July 14, 2009 during the Regular Council Meeting at City Hall, 14999 Darrington Road, Horizon City, Texas. Purpose of the public hearing is to al-

low any interested persons to appear and testify regarding the following proposed ordinance(s)/ amendment(s):

- 1) 2nd Reading of Budget Ordinance No. 0172, Amendment No. 005 to transfer \$40,028.15 from Contingency Fund (#500818) to Capital Improvement Fund (#105800), for Police Department, Vehicles for the lease of 6 new patrol cars.

Those who are unable to attend may submit their views in writing to the City Clerk of Horizon City. Accommodations for handicapped persons will be available and individuals in need of special assistance for attending the hearing are encouraged to contact the City Clerk at 915-

852-1046, forty-eight (48) hours prior to this meeting. Ordinances are available for viewing or copying upon request from the City Clerk at the above address or call 915-852-1046, Monday through Friday, 8 a.m. to 5 p.m.

Karen Ellefson
City Clerk
Town of
Horizon City
WTCC: 07-09-09

TOWN OF HORIZON CITY

Revised Notice

Invitation to Bid
Bid Number: 2009-006

Date Issued: June 24, 2009

Original Bid Opening Date: July 10, 2009

The NEW Bid opening date is July 31, 2009

The Town Of Horizon City is seeking qualified contractors for the construction of Golden Eagle Park. Sealed bids will be received at the Town of Horizon City Hall, 14999 Darrington Rd., Horizon City TX 79928 until noon on July 31, 2009. Bids will be opened on July 31, 2009 at 2:00 p.m. at the Town of Horizon City Town Hall. All bids must be sealed. Bid packets may be obtained at

FedEX Kinko's, 1410 N. Lee Trevino Rd., El Paso, TX 79936 at the bidder's expense. Amendments are available. Contact: Robert Coleman at (915)852-1046 for additional information regarding this bid.

Lynn Arrigoni
Administrative Aide to the Mayor
Horizon City
WTCC: 07-09-09 07-16-09

SOCORRO INDEPENDENT SCHOOL DISTRICT

Invitation to Bid/Respond:

Sealed bids/proposals/CSP to furnish the District with the following products and/or services will be accepted at the following times:

MONDAY
JULY 20,
2009

MUSICAL INSTRUMENT REPAIR
CSP NO. 199-0720-E9085
ACCEPTED UNTIL 11:00 A.M.

SEWING MACHINES, REPAIRS AND PARTS
CSP NO. 199-0720-E9087
ACCEPTED UNTIL 11:30 A.M.

Proposals will be

received at the Financial Services Dept., 12440 Rojas Drive, El Paso, Texas 79928 until the specified times. Detailed specifications are available from the above office between 8 a.m. and 4 p.m. Mondays through Fridays.

Proposals and detailed specifications are available and can be retrieved electronically through the district e-bid website: <https://ebid.sisd.net>

WTCC-01/22/09

HELP WANTED

ACE Hardware — Fabens, TX. 117 N. Fabens Street. Bilingual Associate/Cashier. Must be able to lift 95 pounds. Apply in person only.

HOMES

12748 Quijano, \$87,600 reduced to \$84,000. Carlos Aguilar, (915) 269-1251. Broker.

New homes available in Horizon, Anthony and San Elizario. Prices starting from the 90s. USDA program available for ZERO down payment and ZERO percent closing cost. New homes also available in other areas. Call Pete at 633-6179.

SELF-HELP

Persons who have a problem with alcohol are offered a free source of help locally. Alcoholics Anonymous - call

562-4081 for information.

Tiene problemas con el alcohol? Hay una solucion. Informacion: 838-6264.

STORAGE

National Self Storage BRAND NEW UNITS

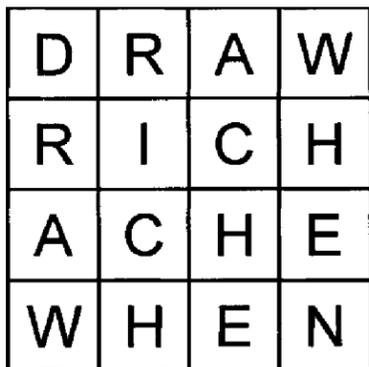
Specials - Climate Control Units: 5x5 and 5x10 just \$1 first month. Regular 5x10 and 12x30 units just \$1 first month. Call Blanca - 852-8300.



CryptoQuip Answer

While cooking supper, a girl, quite irked at a fellow, planted a quiche on his face.

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



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2: Write a check; then
3: Send both to us.

WEST TEXAS COUNTY COURIER

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37	38	39	40

Deadline: Mondays
Please print. Send form and payment (no cash) to:
West Texas County Courier
15344 Werling Ct.
Horizon City, TX 79928

Contact Information:
Name: _____
Phone: _____

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



Soccer mom

By Taprina Milburn

"I feel like a soccer mom," said my 16-year-old daughter. "I always have to drive."

Oh, how a few short months of driving will make a martyr out of you.

Friends told me this would happen. That the eager new driver would volunteer to run to the bank and dry cleaners. She'd be the first to volunteer to drive back to the grocery store and pick up the items I forgot.

"This is pretty nice," I said to a friend over coffee. "Having a teen driver takes a load off."

"Just wait. The newness wears off," she said.

If I'm late getting home from work, it's been nice to have an extra driver around to drop off my son at the practice field. But to a teen who'd rather not be seen with her brother and who would rather pull up to a friend's house instead of a field with moms in minivans, it feels a little too matronly.

That's when the soccer mom statement was tossed out. And you can only guess how I responded — certainly not with Mom-of-the-Year rhetoric.

"Tough," I said.

Then I proceeded to list all the activities she has participated in over the years — Girl Scouts, piano lessons, cheerleading, to name only a few. I droned on about the carpools I drove as a stay-home mom, the miles and the traffic. I reminded her of the gas money we put into her hands, etc. You know... all the guilt-producing lists moms

can pull out and use on our kids.

Oh, how 16 years of driving will make a martyr out of you.

"Mom, it's no big deal. I was just saying I feel like I drive a lot," she said with a maturity she obviously didn't inherit from me.

The fact is, she is driving a lot for me, and I really appreciate it. The errands she runs allow me to rest a minute before I begin dinner in the evenings (or allow me to actually make dinner in the evenings). Sometimes she wants me to go with her, and I take the passenger seat. At the end of a day (and the end of a daily work commute), this is just a little piece of heaven for me — being driven around. Having a driver has made this working mom's life so much easier.

We recently took a trip together out of town, and she crawled into the passenger side.

"I forgot what it was like to be driven around," she said. "This is nice."

It was like old times when she was younger. She played with the radio and read a book while talking to me about school and friends. On the way home, I asked if she would mind driving some on the way back. She told me she didn't have her driver's license with her.

"I left my license at home," she said with a sly little smile. "I knew what I was doing."

Write to Taprina Milburn in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. (c) 2009 King Features Synd., Inc.

To Advertise Call 852-3235

King Super Crossword

HOP TILL YOU DROP

- ACROSS**
- 1 Move swiftly
 - 5 Oates' partner
 - 9 Learns fast?
 - 14 Spill the beans
 - 18 Art deco designer
 - 19 Concept
 - 20 Spartan serf
 - 21 "Train" ('71 hit)
 - 22 Marsh duck
 - 23 Family
 - 24 Cremona craftsman
 - 25 Kickoff
 - 26 Riddle: Part 1
 - 30 Elf
 - 31 "A mouse!"
 - 32 Slippery - _
 - 33 Paris, to Helen
 - 37 _de-lance
 - 39 Take the honey and run
 - 43 _ghanouj
 - 47 On a whale watch
 - 48 Holler
 - 50 Pay up
 - 52 Actor McKellen
 - 53 Wise guy
 - 55 Retreats
 - 58 - standstill
 - 59 Heavyweight Holmes
 - 61 Riddle: Part 2
 - 64 With hands on hips
 - 65 Activist Hoffman
 - 66 Misjudge

- 67 Went jogging
- 69 Sew a toe
- 70 Beaver or boater
- 73 Figs.
- 74 By means of
- 75 Alphabet sequence
- 77 Duncan's denial
- 78 Singer Tori
- 80 "Waking _ Devine" (98 film)
- 82 Part of SASE
- 83 Coral outcrop
- 85 Cruise
- 87 Riddle: Part 3
- 93 Luncheonette lure
- 94 Every last bit
- 95 Distort
- 96 Bryant or Ekberg
- 97 "Unforgettable" name
- 98 Socked a shuttlecock
- 101 Sharp
- 103 Thicken
- 104 Sitka's st.
- 106 Take the reins
- 107 _ diem
- 108 On the beach
- 110 Torrid
- 112 Beame or Burrows
- 114 Soupy Sales' dessert?
- 115 Answer to riddle
- 124 Serengeti group
- 126 Dunk it!
- 127 Clinton Cabinet member

- 128 Deride
 - 130 Seasonal song
 - 131 " _ Gay"
 - 132 Riyadh resident
 - 133 " _Ca-Dabra" ('74 song)
 - 134 Fret
 - 135 Barrett and Jaffe
 - 136 Spanish surrealist
 - 137 Bog, for short
- DOWN**
- 1 Matching pieces
 - 2 Hands
 - 3 Bountiful setting
 - 4 Oscar - Renta
 - 5 Handle wood
 - 6 Improvise
 - 7 Slender
 - 8 Polaroid inventor
 - 9 Rub the wrong way
 - 10 Some movies
 - 11 Be _ unto oneself
 - 12 Lorre role
 - 13 Tend the sauce
 - 14 Stupefy
 - 15 Endure
 - 16 Mr. Lucky's card
 - 17 Wager
 - 21 Shooting match?
 - 27 Even if, informally
 - 28 Above, to Arnold
 - 29 Boat bottom
 - 33 Credit alternative
 - 34 " _ forgive those..."
 - 35 Belfry sound
 - 36 Buccaneers'

- headquarters
- 37 Cereal bit
- 38 Nobelist Wiesel
- 40 Remini of "The King of Queens"
- 41 Furry fisherman
- 42 Child welfare org.
- 44 Flier
- 45 Ms. Streisand
- 46 "Tennis, _?"
- 49 Plaza Hotel kid
- 51 Lodge brother
- 54 Library abbr.
- 56 Keanu of "Hardball"
- 57 Short races
- 60 Lend a hand
- 62 Porterhouse alternative
- 63 TV's "Have Gun Will _"
- 64 Composer Bruckner
- 68 Perceptive
- 70 Cigar city
- 71 Lacking principles
- 72 Honda competitor
- 76 Skeleton part
- 79 Snead or Shepard
- 81 Investigate
- 83 Capp character
- 84 "The Elephant Man" director
- 86 Vapor
- 88 Nautical adverb
- 89 Gardener's tool
- 90 Mideastern dough
- 91 "Ripley's Believe _

- Not"
- 92 Conductor Jeffrey
- 94 Collectibles, collectively
- 99 Tivoli's Villa d'
- 100 Blood count?
- 102 "Out of Africa" setting
- 105 " _ of a Doubt" ('43 film)
- 107 Cello part
- 109 Wine word
- 111 Hurler Hershiser
- 113 Greek consonants
- 114 Correctional
- 115 Employ
- 116 _-Neisse Line
- 117 Singer Sonny
- 118 Aware of
- 119 Gowned figure
- 120 Blood components
- 121 Gulf country
- 122 "A Tiger Walks" actor
- 123 Philanthropist Cornell
- 124 Off. equipment
- 125 Sneaky sort
- 129 Turn sharply

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Social Security Q&A By Ray Vigil

What immigrants and new citizens should know about Social Security Numbers

Whether you are a new U.S. citizen or a noncitizen with authorization to work in this country, you need to apply for a Social Security card and number in order to work in the United States.

While most American citi-

zens now have Social Security cards issued at birth, a noncitizen applying for his or her first Social Security card or number must prove identity, age and citizenship.

Getting a Social

Crimes

From Page 1

value to a thief, including anything that has the vehicle owner's name or address on it. Owners and drivers should always leave their vehicles the way they appeared the day they rolled off the factory floor — leave nothing more in the vehicle than the parts it is made with.

Charles Caldwell, ABTPA director said, "We know for a

fact that criminals go where vehicle owners go. No one should ever become comfortable with the thought that vehicle crimes can't or won't happen to them. Auto theft and burglary can happen anywhere, anytime, and to anyone. Texas drivers must become educated about these problems and solutions to avoid becoming victims. Practicing techniques to prevent vehicle crimes, such as utilizing visible deterrents and anti-theft devices, will help discourage thieves and make neighborhoods safer."

Temples

From Page 3

ing the doctor's time with questions. Ignorance not being bliss in this case!

Is technology the answer? Perhaps not, in all cases. However, it can streamline processes and make small primary care practices financially viable in the current health care market, reducing their costs to half, from 60 percent of in-

come down to 30 percent. That translates into better patient care, with physicians able to see fewer patients without sacrificing their almighty incomes. Tearing down the temples in favor of small storefront clinics with advanced technology may be a return to the future, and the name of the game. Perhaps little black bags can even be made big enough to hold laptop computers.

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Safety

From Page 5

next to the pool.

5. Install barriers around the pool. Fences and walls should be at least 4 feet high.

6. Gates should be self-closing and self-latching.

7. Never leave toys floating in the pool. They attract young children who might try to reach for them.

8. Use a pool cover when the pool is not in use.

9. Learn Cardiopulmonary resuscitation. The life you save might be your Childs.

Pool facts

• Seventy-five percent of the submersion victims studied by CPSC were between one and three years old; 65 percent of this group were boys. Toddlers, in particular, often do something unexpected because their capabilities change daily.

• At the time of the incidents, most victims were being supervised by one or both parents. Forty-six percent of the victims were last seen in the

house; 23 percent were last seen in the yard or on the porch or patio; and 31 percent were in or around the pool before the accident. In all, 69 percent of the children were not expected to be at or in the pool, yet they were found in the water.

• Submersion incidents involving children usually happen in familiar surroundings. Sixty-five percent of the incidents happened in a pool owned by the child's family and 33 percent of the incidents happened in a pool owned by friends or relatives.

• Pool submersions involving children happen quickly. A child can drown in the time it takes to answer a phone. Seventy-seven percent of the victims had been missing from sight for five minutes or less.

• Survival depends on rescuing the child quickly and restarting the breathing process, even while the child is still in the water. Seconds count in preventing death or brain damage.

• Child drowning is a silent death. There's no splashing to alert anyone that the child is in trouble.

Security card if you are a naturalized citizen

If you are a naturalized citizen you will need to prove your citizenship with documentation from the U.S. Citizenship and Immigration Services (formerly Immigration and Naturalization Service). You also must complete an application for a Social Security card, which you can find online

at www.socialsecurity.gov/online/ss-5.pdf. You can bring your completed application

into your local Social Security office or Social Security Card Center along with official documents that show:

- U.S. citizenship;
- Age; and
- Identity.

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents.

Even if you already have a Social Security number when you become a naturalized U.S. citizen, you should still contact Social Security to update your status.

Getting a Social Security card if you are a noncitizen

All noncitizens needing a Social Security number must

prove their immigration status, and also show proof of age, identity and work authorization from the Department of Homeland Security. To prove your age, you must show your birth certificate if you have it or can easily get it. If not, we can ask for other documents, such as your passport.

As proof of immigration status and identity, Social Security will ask for your unexpired passport and current immigration documents from the Department of Homeland Security, including a:

- Permanent Residence Card or Form I-551;
- Arrival-Departure Record or Form I-94 with an unexpired passport; or
- Work permit card — Form

I-766 or I-688b.

These documents must be current, meaning they cannot be expired. And, again, all documents must be either originals or copies certified by the agency that issued them. We cannot accept photocopies or notarized copies of documents.

If you would like more information about Social Security cards and the requirements needed to get one, just visit our website at www.socialsecurity.gov/ssnumber. If you do not have access to the Internet, you can call our toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, *Your Social Security Number And Card, or Social Security Numbers For Noncitizens*.

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Weekly SUDOKU

by Linda Thistle

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

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
 ★★★ HOO BOY!

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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 Q

MNZDB GAAEZPT OLRRBH
 , U TZHD, XLZSB ZHEBW
 US U VBDDAM, RDUPSBW
 U XLZGNB AP NZO VUGB.

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Across & Down

by Donna Pettman

Rearrange the letters in each group to form a word. Place the words into the diagram so that the same words read both across and down. The first word across is the same as the first word down, the second word across is the same as the second word down and so on. The letter groups are not necessarily placed next to the row of the diagram in which they go.

CHRI

HWNE

HEAC

AWDR

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If you're not covered, you'll be discovered.

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