

NEWSBRIEFS

Special services

Holy Spirit Episcopal Church, 10500 Kenworthy at Salem in Northeast El Paso, will hold two special Veterans' Day services Sunday, Nov. 8, to honor those who now serve and those who have served our nation. Service times are 8 and 10:30 a.m. For more information, call 751-1400.

— Don Woodyard

Thanksgiving

Two local Clint churches, Bond United Methodist Church and Clint First Baptist Church, will hold a joint Thanksgiving church service at Bond UM, 201 McKinney St., Clint, on Sunday evening, November 22, 2009, at 6:30 p.m. Everyone is invited to attend and refreshments will be served afterwards. 592-9081 or 851-2702.

— Erma Nelson

Crime Stoppers

Two Mission Valley businesses are victim to aggravated robberies within thirty minutes of each other. Now Crime Stoppers and the El Paso Police Department are asking for help from the public in locating the suspects involved before they strike again, making this the "Crime of the



Little Caesar's suspect

Week." On Friday night, October 2, the suspect pointed a handgun at clerks of two separate Mission Valley businesses. The first occurred at 11:10 p.m. at Little Caesar's Pizza, 7100 Alameda Avenue, where two employees were about to clock out when one suspect walked in pointing a silver and black handgun and demanding money. The suspect then racked the gun to enable it to fire, and the employees opened the cash register. The suspect took a handful of bills and got into the passenger side of a late '80s or '90s red or brown 4-door Toyota or Nissan. The suspect was described as an Hispanic male, early twenties, about 5-foot 6-or-7 inches tall, with a thin build. He was last seen wearing a light-colored loose shirt, possibly white with grey; black baggy pants; and a black beanie on his head. That same Friday night, Oct. 2, at 11:40 p.m., a suspect walked into the 7-11 store at 1259 N. Zaragoza Road and waited for a customer to be served before demanding money and displaying what appeared at first to be a fake handgun.

See BRIEFS, Page 5

There was a time when \$2,000 was the down-payment on a car; now it's the sales tax.

— Quips & Quotes

Coach Munene makes an impact on the lives of youth in sports

By Don Woodyard
Courier Staff Writer

EL PASO COUNTY—Impressions. They are as much a part of the fabric of Franks Munene's life as his running.

El Paso made quite an impression on him when the young Kenyan runner first arrived here in the spring of 1974 on an athletic scholarship at UT El Paso.

"I liked everything I saw," recalls Munene who had had scholarship offers from such prestigious universities as USC and Georgetown. He liked the El Paso weather which was similar to his native Kenya. He liked the academic atmosphere, and above all he liked the UTEP track coach, Ted Banks.

Banks, now retired in the Dallas area, made a good impression on the distance runner.

"He was a true genius," Munene says. "He had people skills as well as coaching skills. He developed me where he could maximize my potential."

In turn, Munene made a good impression on Banks.

"He was very good. He had real good speed," Banks remembers in a telephone interview. Banks, according to an Internet site, coached at UTEP from 1972 to 1981. He had 17 NCAA championships—six in cross country, six in



Franks Munene

outdoor track and five in indoor track competition.

He says Munene was a sub-four-minute miler. He adds that he was All American in the half mile, mile and cross country.

A more recent, more telling impression gives

a new weight and strength to that fabric.

Omar Munoz, a 1997 graduate of Canutillo High School, first met Coach Munene when he was in the eighth grade. He was introduced to him by his school track coach.

Munoz tells of how Munene took him under his wing and developed him by customizing training for him and goal-setting. "Keeping me healthy, he developed me to the next level.

He was so successful in his training regimen that when Munoz graduated from high school he was ranked sixth in the nation in cross country. He won championships at the district and regional levels. He won at state in the two-mile run.

"He could bring out the best in me."

On a full scholarship he later attended New Mexico Highlands University.

"He knows what he does," affirms Munoz, 31, who is a track coach and teacher at Indian Ridge Middle School in the Ysleta ISD.

He says he tries to instill those same principles in his student runners as Munene instilled in him.

Munoz has another impression of Munene which goes beyond working with young student athletes. That impression is one of him helping a broad range of people, not just young runners.

"He is able to help everybody." Everybody includes training programs for senior citizens as well as training for fire department personnel.

"He is a perfectionist."

Other impressions come from El Pasoan David Torrez, whose 13-year-old son David Paul is a student and runner at St. Clement's School. They met Munene in a chance encounter at an IHOP parking lot.

"A trainer/coach of champions," the senior Torrez says. He speaks of his son, with Munene's instruction taking him to the level where he was, as an eighth-grader, running faster than 95 percent of high school seniors.

"He taught kids to believe in themselves," the father notes. He worked on their mental attitude, having them read such attitude books as "The Psychology of Winning."

Into this book "training" he also incorporated other mental and strategic planning as well as nutritional information.

"He has given my son self-esteem and self confidence. He has helped a lot of athletes in the El Paso area."

That assessment is reflected in his son's statement about the future. "I am going for the gold next year in cross country. For the present, however, he is concentrating on competing in the national competition at the AAU in Orlando, FL, in December.

He has also competed and won in regional and national competition in U.S. Track and Field events. He finished in the Top Eight and was named an All American.

As a sports consultant, Munene runs KFM International Sports/EPYSA.

He sees a "gold mine" of opportunity to help kids in Horizon City. "They are hungry."

He feeds these "hungry" kids, as he expresses it, "by planting a seed." Identifying his strengths and weaknesses, he customizes a training program to ensure the seed flourishes in fertile ground.

The essential elements for long-term growth for the youth include:

- Have to be coachable;
- Have to be hungry; and
- Have to have support of parents.

Byrne is Assistant Principal of the Year

By Laura Cade
Special to the Courier

Naomi Esparza Byrne, Mountain View High School (MVHS) Assistant Principal, has been selected the Texas Association of Secondary School Principals (TASSP) Region 19 2009-2010 Assistant Principal of the Year. Mrs. Byrne was selected for this prestigious award for her endless effort and dedication in working with teachers, students, staff members, and the community. She is also being recognized for spear-heading academic programs to help teachers and students.

"Naomi has worked very hard to make Mountain View High School a high performing campus and one that serves the needs of all students," said Edmond Martinez, MVHS Principal.

Mrs. Byrne is currently in her 19th year in education and her 6th year as an administrator. She will be recognized at the TASSP Summer Workshop in Austin in June 2010.



Naomi Esparza Byrne

Robotic Challenge inspires future scientists, engineers

By Kim Guzman
Special to the Courier

CANUTILLO — Canutillo High School's Robotics Team recently competed against 21 other regional teams in the annual New Mexico Boosting Engineering, Science, and Technology (BEST) competition. The competition called for each team to design and build a working robot for the contest held at New Mexico State University.

Each participating school was provided a kit of equipment and parts, a set of game rules, and given six weeks to design, build, and test

a small radio controlled robot that would outperform the other robots in the competition.

According to Brian Kerns, CHS robotics instructor and team advisor, the CHS robotics team invited interested students from Canutillo Middle School and Alderete Middle School to join the high school team this year and participate in the competition. Leading up to the competition, the team worked together after school and on Saturdays to prepare their presentation, notebook, and the robot.

"The robotics club is not just for the

See ROBOT, Page 4



Por la Gente By State Rep. Chente Quintanilla

Prize fights have oversight

Hola, mi gente. One of the venues of entertainment that is on the

rise in El Paso is prize fighting. As a matter of fact, the fight cards that have been featured carry with them some national significance; hence, they are covered nationally on major sports channels or pay per view.

You may not be aware of the fact that these events are regulated by the

Department of Licensing and Regulation (DLR). This department is overseen by the House Committee on Licensing and Administrative Procedures of which I am a member.

Our oversight of the sport insures that there is a high level of integrity at every level of participation. It also maintains a high degree of protection for the health and well being of the fighters.

My office has attended these events as guests of the DLR being

seated in an area referred to as the technical zone. This zone is cordoned away from the public to allow officials and medical personnel unfettered access to the ring. These seats are also not available to the general public as ticketed seats so there is no value to them.

Most of the events held in El Paso pass with little or no controversy. This is not the case regarding the Oct. 30 fight at the Don Haskins Center.

In two of the fights, the ring referee acted to prevent serious brain injury by stopping the fight. However, in the preliminary bout featuring an El Paso boxer, the New York opponent was so fast that the referee was a step too slow to prevent one last hard blow. The DLR doctor at ringside examined the El Pasoan and the necessary follow up will be administered; no fighting for him for an indefinite period.

Another fight resulting in a knock-out also featured a local boxer. After a hard right, the opponent went down. Midway through the count, he attempted to stand only to lose his legs. The referee immediately called the fight with the health of the fighter as reason.

The feature bout, Hector Camacho (son of well known "Macho" Camacho) versus Luis "Yori Boy" Campas, was the one that ended in controversy. What fans saw was an aggressive fighter (Campas) versus a brawler (Camacho). The brawler held, head butted, hit below the belt and wrestled the aggressor through-

Veterans Post By Freddy Groves

Fast track your GI Bill check

Did you recently go back to school on the new GI Bill? If so, great!

Have you received your first educational benefits check yet? No? Well, you're not alone.

There's a way to get your money fast, however. You can get a one-time advance payment of up to \$3,000, determined by your course of study, if you haven't received your monthly payments yet.

There are two ways to get your money:

1) Sign up online at www.advancepay.gibill.va.gov. The payment will come out of the U.S. Treasury within three days (not including weekends) and will be mailed to you.

2) Go to the VA regional office closest to you and pick up your check. You'll need to bring your course schedule. (Don't leave any stone unturned here: Also take any acceptance letter, admission notice and anything else that says you're going to school.) Be sure to take along a government-issued photo ID,

such as a driver's license.

Other info:

If you need a ride to the regional office to get your check, call the "Volunteer Transportation Coordinator" at the closest VA medical center and request transportation.

You have to go to the regional office yourself to get your check.

Take this number with you when you go to cash the check: 1-800-827-2166. Many of these emergency checks are handwritten, and if the banks object to cashing them, that number will put them in contact with a VA customer-service rep who can validate the information on it.

To find your closest regional office, go to www.vba.va.gov and click on the link on the left side. If you don't have a computer, call the VA at 1-800-827-1000.

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Fabens Wildcats qualify for cross country regionals

By Christine Gleason
Special to the Courier

FABENS — Saturday was more than just Trick or Treating for the Fabens High School Cross Country Team. Instead of filling their bellies with candy, the boys and girls Cross Country Teams feasted on success at the district competition held at the Chamizal National Memorial in El Paso, Texas. Both teams placed second at the district meet and will be heading to Lubbock to compete at the Region 1 Cross Country Championship on November 7, 2009.

“You are what you want to be” said Cross Country Coach Rose Guedea, “and our teams proved that this weekend by advancing to regionals.”

Overall, the girl’s team placed second with Senior Gabriela

Gonzalez placing 9th with a time of 14:06. Sophomore Jessica Meza placed 11th with a time of 14:32, Senior Jackie Gonzalez placed 16th with a time of 14:55 and Britany de la Rosa placed 19th.

“It feels good” said de la Rosa. “The Tornillo team has been beating us all year so no one really expected us to advance to regionals.”

On the boy’s team, Jose Meza placed 8th, Jacob Pacheco placed 9th, and Robert Morales placed 5th. “Robert surprised all of us and is our top runner. He has worked hard all summer and has completely dedicated himself to the sport” Guedea said.

Cross Country is made up of a two mile race for the girls and a three mile race for the boys. When asked how the teams worked out, Guedea said “I take it easy on them on Monday’s

since its right after a meet. They only run six miles. Wednesday, we run eight to ten. We run up and down hills and we sprint.”

Fabens High School Principal Robert Sepulveda said “Guedea does a great job with her teams. She gives them really tough workouts. I am not surprised that they made it to regionals because of all of the hard work Guedea and her runners put in.”

Robot From Page 1

competition, but also helps improve team members’ critical thinking skills in problem solving and working together as technical professionals. The students created power point presentations as part of the competition to explain the design and decision making within the robot building process,” said Kerns.

After being rated by more than fifty judges, the winners will advance to the regional competition at the University of North Texas in December. According to Kerns, even though the CHS Robotics Team did not advance to the next level, the team overcame obstacles and was able to place sixth in the BEST category.

“Because the team did all the design work and the build themselves they knew what needed to be done and how to do the repairs that were needed during the competition. No one gave up due to the obstacles, they pulled together, solved the problems, and worked hard to be successful,” Kerns stated.



— Photo courtesy Canutillo ISD

Canutillo HS juniors Steven Honts, left, and Ty Brooks, from the Canutillo High School Robotics Team, demonstrate how the team’s robot maneuvers with the use of a remote control device.

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Briefs

From Page 1



7-11 suspect

Then the suspect racked the gun, and the clerk opened the cash register. The suspect reached in and grabbed a handful of money and fled. This subject was said to be wearing a checkered baseball cap with the letters SF on front, a light colored t-shirt, baggy blue jeans, and was carrying a black handgun. Investigators from the Crime Against Persons unit of the El Paso Police Department believe that both subjects were working together that night to commit these crimes. If you have any information at all about these crimes, please call Crime Stoppers of El Paso 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

Child seminar

On Monday November 9, 2009, El Paso County Attorney José R. Rodríguez, the Texas Department of Family and Protective Ser-

vices, Lutheran and Social Services, and the El Paso C.A.R.E. (Child Advocacy Recruitment Effort) Coalition will host the 2009 CARE Adoption Conference and Professional Seminar. The seminar will run from 8:00 a.m. to 6:00 p.m. at the El Paso Community College Administrative Services Center, 9050 Viscount Blvd. The purpose of the conference is to recruit foster and adoptive homes for local abused and neglected children. This year's meeting will focus on promoting the adoption of teenagers who are in the system. It is much more difficult to find adoptive homes for teenagers because most individuals prefer to adopt babies or young children. In many cases, teenagers are never adopted and end up being released into the community after their 18th birthday. Without a family that cares for them, or a network of friends that can help them succeed in life, many of them become homeless and addicted to drugs or alcohol.

Adopting a child is not as difficult as some people believe. The legal process is simple, and in most instances, families receive financial assistance from the government to help them pay for the additional expenses. Attendees at this conference will be able to participate in breakout sessions. These sessions will provide information about CARE's local children available for adoption, post-adoption financial assistance programs, and exploration of issues regarding birth parents, adoptive families and the child, and parenting alternatives. They will also be able to have one-on-one discussions with current foster parents. The event also provides professional training to individuals who work with abused children by presenting experts on complex needs of vulnerable children. For more information call 546-8160 Ext. 4455.

— Elhiu Dominguez

Reunited



— Photo courtesy Doug Littlejohn

Nine of the 22 graduates from Clint High School's 1959 class gathered recently at Cattleman's Steakhouse for their 50th reunion. From left are Doug Littlejohn, Celia Montoya-Martinez, Corina Parada-Vernium, Jane Garrett, Clayton Hamilton, Roque Perez, Maxine Cochran-Farmer, Eva Hurtado-Sanchez and Antonia Franco-Macias.



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Will the real UTEP Miners please take the field

By Steve Escajeda
Special to the Courier

With Halloween just behind us, the thoughts of villains like Frankenstein and Dracula and even Dr. Jekyll and Mr. Hyde are still fresh in my mind.

I especially had thoughts of Jekyll and Hyde last Saturday when I sat through UTEP's 38-33 upset loss to Alabama-Birmingham in the Sun Bowl.

The Miners have played four Conference USA games so far, two against very good teams and two against losing squads.

For those of you who are horror-history-challenged, the whole Jekyll and Hyde thing has to do with two totally opposite forces (good and evil) fighting for dominance.

Trouble is, you never know which side of the guy (the good or the bad) is going to show up.

When UTEP took on Houston and Tulsa, two of the better teams in the conference, there was no doubt the Miners would get clobbered.

But they didn't. The Miners rose to the challenge and played like champions in the making. UTEP's two wins over the class of the C-

USA West division put them in the driver's seat for a title and a bowl game invite.

Ah, but just like Brett Favre declaring... well... anything, the Miners decided the championship was not for them after all.

After those two great victories all the Miners had to do was get past lowly Memphis (1-4 at the time) and Alabama-Birmingham (2-5 at the time) to remain in first place.

And the inconsistent Miners laid an egg both times. A 35-20 loss to Memphis and a 38-33 loss to UAB have cost UTEP (3-5) any chance of a conference crown or a bowl game.

So why does a team win against the bullies and lose against the wimps?

That's a very good question... and I haven't the faintest idea.

Maybe after the big wins the Miners were overconfident. Maybe the Miners are just a weak team and Houston and Tulsa were overconfident. Maybe the Miners have a ton of talent and about six ounces of heart. Maybe the UTEP coaching staff has lost the ability to keep its players motivated.

Maybe we'll never know.

But I do know this, Trevor Vittatoe is playing his worst football since arriving at UTEP and the defense is playing about as expected

— horribly.

I don't care who you are, if your quarterback is struggling and you can't stop your opponents you aren't going to win many games at any level.

Now the Miners, who just aren't very good this season, can stop any of that "we're going to a bowl game" nonsense and concentrate on improving the defense.

And one more thing. What would the Miners' season be like without Donald Buckram?

With four games still to play the junior running back has been great on a mediocre team, rushing for 947 yards and scoring 10 touchdowns.

Maybe the Miners should use him on defense.

Agassi's admission

From the "way-too-much-information" department comes the story of former tennis great Andre Agassi and his dirty little secret.

Now I'm all for coming forward and telling the truth but in this case I have to scratch my head.

Out of the blue Agassi revealed to all earthlings that he used crystal meth in 1997 before a match and then lied about it to officials who

told him he had failed a drug test.

And even more amazingly — they bought it.

All this will come out in a new book "Open," that apparently Agassi is promoting with a reckless abandon.

But that's not all. An excerpt of the memoir explains that Agassi's father supplied him with amphetamines before a match in Chicago.

Gee, all my dad ever gave me was a pep talk.

This revelation now gives new meaning to Agassi's decade-long cry of image being everything.

The guy's image is ruined. There was a time when everyone loved Agassi's Energizer Bunny-like relentlessness, speed and accuracy.

But the big question is why would he choose to do this? Why would he willingly choose to sully his name and reputation?

Someone once said that any kind of publicity was good publicity. I really don't agree with that notion even if Agassi does.

We always complain about people who admit they've done wrong — right after they've been caught.

Agassi was never caught and still came clean... and I'm still scratching my head.

A sporting view By Mark Vasto

Media a flop as team owners

In 1973, a shipbuilding magnate from Cleveland who had tried to acquire the Indians the year prior purchased the New York Yankees for \$10 million from CBS. That man, as most people know, was George Steinbrenner. The investment has reaped a pretty handsome return: The Yankees are now worth an estimated \$1.3 billion dollars — the most valuable franchise in the world. The investment played out well on the field too, with the team racking up 10 pen-

nants and six World Series titles.

Under CBS, the Yankees were a disaster. Purchased in 1965 by the so-called Tiffany network for its prestige value, the team hardly shone on the diamond. One year after their purchase, the Yankees finished in last place for the first time since 1912. During the company's entire reign, the team's best showing was a second-place finish. CBS sold the Yankees to Steinbrenner for a loss of about \$2.5 million.

In the "Second City" of Chicago, media ownership hasn't done much for the Chicago Cubs. Owned by the Chicago Tribune Co. since 1981, the Cubs have continued to flounder (though, at times, managed winning seasons and fielded exciting ball clubs). However, their sale to the Ricketts family was sport enough. In order to complete the \$895 million deal (which will still see The Tribune owning a 5 percent stake in the team), the Cubs filed for bankruptcy — the first major American franchise to do so in the modern sports era.

According to people a lot smarter than me, the Tribune did so in order to speed the sale of the team, protect-

ing the Ricketts family from any claims from outside creditors. Just what those claims are, I do not know, but one hopes — at least for Cubs fans — that the deal leads to a more competitive product on the field, building on the success of the Lou Piniella era. I was in Chicago when the Southsiders won the World Series a few years ago, and I can only imagine what the sound of reveling fans in the Northside streets would sound like should the Cubbies finally win a championship.

Now media bigwig — some might even say "oversized" personality — Rush Limbaugh has teamed with Dave Checketts in a bid to buy the St. Louis Rams. Limbaugh, a Mis-

souri native, has of course turned the entire affair into a media maelstrom. Commentators, bloggers, activists and even the NFL players have almost universally denounced the bid, based mainly on perceived racist comments made about Eagles quarterback Donovan McNabb during his brief stint as an ESPN commentator in 2003.

As history has shown, sometimes it's best for the media to just report on the teams they cover — not actually own them.

Mark Vasto is a veteran sports-writer and publisher of The Kansas City Luminary. (c) 2009 King Features Synd., Inc.

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

CryptoQuip Answer

When a taxi driver insists on gabbing, I suppose he will expect a captive audience.

	B	O	U	G	H				
	U				A				
R	O	N	D	O	I				
U		G		B	A	R			
N		L		O					
G	E	E		I	N	N	E	R	
A				S	I				
C	O	R	T	E	X				
H									

COUNSELING SERVICES

Aguilar, (915) 269-1251. Broker.

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 solución. Información: 838-6264.

HOMES

Horizon City Townhouse for sale. 15000 Ashford St., #21. 3BR, 2BTH, Great room, Handicap access w/ 2 Car Garage. Golfcourse view. 852-9125.

12748 Quijano, \$87,600 reduced to \$84,000. Carlos

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 3: Send both to us.



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13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
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: _____

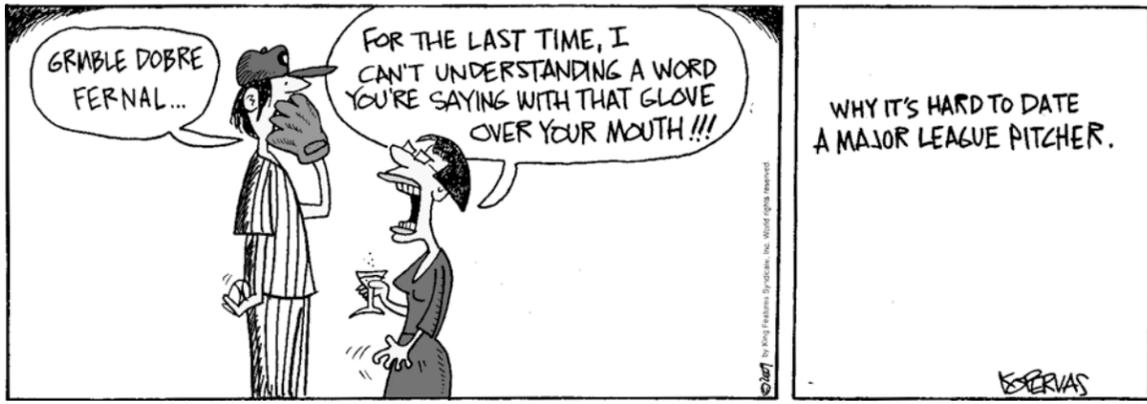
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AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Paul G. Donohue, M.D.

DEAR DR. DONOHUE: I am writing to ask if you would give me information on interstitial cystitis. I was told I had this after I had a polyp removed from my bladder. I know it has to do with the lining of the bladder wall. What causes it? What's the treatment? Does it get worse? — J.M.

Interstitial cystitis is also known as painful bladder syndrome. It's a fairly common condition that is commonly misdiagnosed. It affects more women than men. It occurs at any age, but typically, the onset is around age 40.

Frequently, a woman has symptoms for years and years and is told she has repeated bladder infections. Antibiotics, however, provide no relief. Trips to the bathroom are numerous, and nighttime urination disrupts sleep. Bladder pain can be severe. Urination often relieves the pain temporarily. Intercourse also can be painful.

One explanation says the protective covering of the bladder lining has thinned or has disappeared, and urine irritants come in contact with the sensitive bladder lining to produce pain. How this comes about is something that isn't known with certainty.

Symptoms can get worse, but treatments exist. One is the oral medicine Elmiron. Amitriptyline and gabapentin are also used for pain control.

If you find that a particular food causes increased pain, stay away from it. Spicy foods, citrus fruits and juices, tomatoes, chocolate, coffee, tea, carbonated drinks and alcohol are some things on the list of irritants for many with this problem.

If you feel lost about the diagnosis and its treatment, contact the Interstitial Cystitis Association (800-435-7422; www.ichelp.org) for information on treatment and support for this mystifying ailment that can com-

pletely throw life into turmoil.

DEAR DR. DONOHUE: My doctor prescribed niacin to lower my cholesterol. After a month and a half, I developed shingles. Could niacin have caused this? — J.

I can assure you, without equivocation, that niacin did not cause your shingles. Shingles comes from the chickenpox virus that stays in the body from the time of its entrance until the time of that person's death. Mostly at older ages, the virus leaves the nerve cell it found a home in, travels down the nerve root to the skin and produces the typical shingles rash and pain.

Older people should consider getting the shingles vaccine.

Shingles is a painful experience, and the pain can last long after the rash has gone. The shingles booklet explains this common problem and how it's treated. To obtain a copy, write: Dr. Donohue — No. 1201W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Do you consider toe-touches a good flexibility exercise? — L.F.

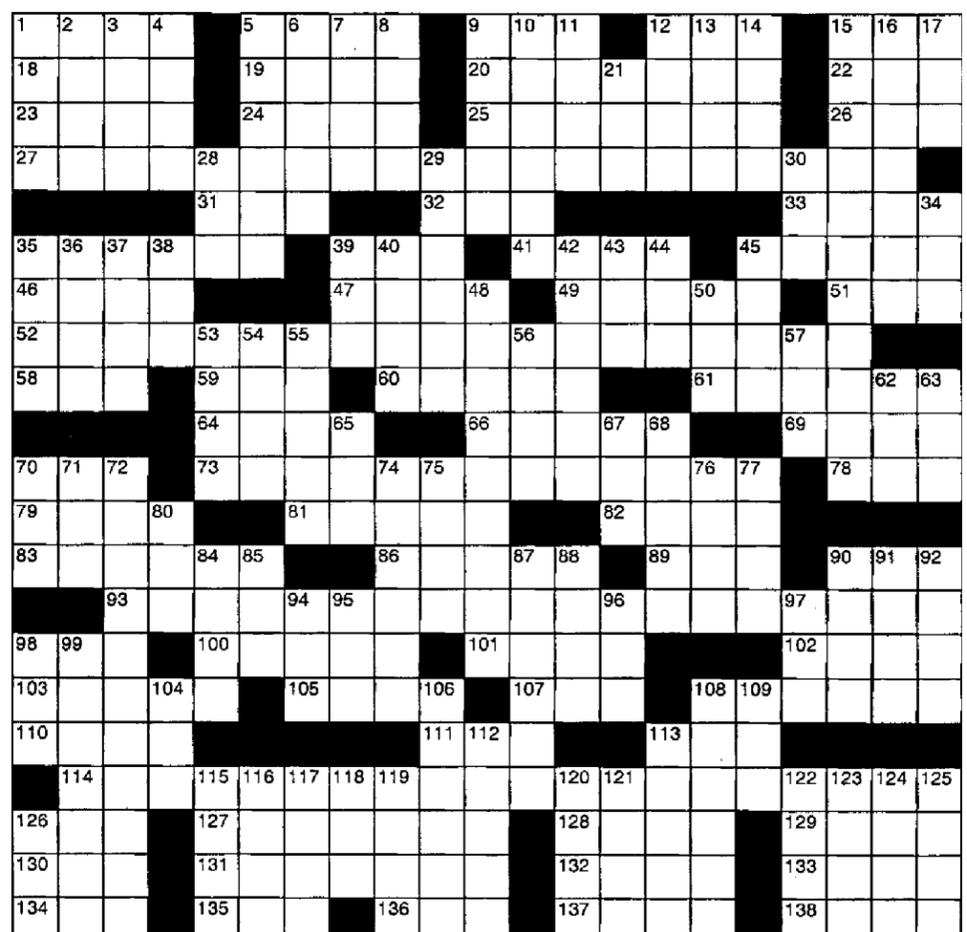
They don't do a whole lot for me. You can stretch leg muscles in other ways that are easier on joints and on the back.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. (c) 2009 North America Synd., Inc. All Rights Reserved

King Super Crossword

- | | | | | |
|-------------------------------------|---------------------------------------|------------------------------|--------------------------------------|----------------------------|
| CAMP JINX | 59 Troop grp. | 127 Esteemed | 28 Center of gravity? | 85 Alias initials |
| ACROSS | 60 "There _ atheists in the foxholes" | 128 Geraint's lady | 29 Like some pools | 87 Certain |
| 1 Obscene | 61 Way up | 129 Praise passionately | 30 Colorado native | Communist |
| 5 Vino center | 64 "Man bites dog," e.g. | 130 Caravansary | 34 Smith or Stout | 88 News |
| 9 Hydrotherapy site | 66 "You can _ horse to..." | 131 Venezuelan river | 35 Salon concern | 90 Way over yonder |
| 12 Advanced deg. | 69 Hardware item | 132 "Heavens to Betsy!" | 36 Admiral Zumwalt | 91 Engine sound |
| 15 "The Screwtape Letters" monogram | 70 '70 Jackson 5 hit | 133 Congregational comeback | 37 Coasted | 92 Discern |
| 18 Concept | 73 Camper's comment | 134 Order | 38 Highlander's hat | 94 Catchall abbr. |
| 19 An Everly brother | 78 "_ whiz!" | 135 Clerical abbr. | 39 Ginger _ | 95 Marchiano or Mineo |
| 20 Shape | 79 Baby bovine | 136 _ diem | 40 "Star Trek" android | 96 Rock's _ |
| 22 Chou En- _ | 81 Joan of Arc site | 137 Say it isn't so | 42 Dayton denizen | Speedwagon |
| 23 "The King and I" setting | 82 Perry's creator | 138 Ebb | 43 Aspin or Baxter | 97 Be obligated |
| 24 Bakery display | 83 Beethoven | DOWN | 44 _ trip | 98 Hibachi residue |
| 25 Supermodel | 86 Delibes opera | 1 Actress Verna | 45 Open an envelope | 99 "_ Junction" ('56 film) |
| Warren | 89 _ de la Cite | 2 Touch up the text | 48 Cave man? | 104 Actor Stephen |
| 26 Pantry pest | 90 Mimic | 3 Disaccustom | 50 Pulver's rank: abbr. | 106 Warm lining |
| 27 Camper's comment | 93 Camper's comment | 4 Knight's wife | 53 Paul of "Scarface" | 108 Inferior |
| 31 Munch on a mango | 98 Honest name | 5 Enter the picture | 54 Secondhand | 109 Producer Prince |
| 32 Born | 100 Lucifer | 6 Haberdashery buy | 55 "It's _ Never" ('60 smash) | 112 Passion |
| 33 Tyrant | 101 Learning method | 7 Row | 56 Lollapalooza | 113 Oriental |
| 35 She got an A in literature | 102 Weft's opposite | 8 "Casablanca" character | 57 Large tub | 115 Adventurer |
| 39 Slap on | 103 Remora's host | 9 Tantrum | 62 Regret | Heyerdahl |
| 41 Seafood selection | 105 Musical symbol | 10 Western bands | 63 Sault _ Marie, MI | 116 Irritated |
| 45 81 Across' river | 107 Word form for "equal" | 11 Against | 65 _-Cat | 117 Part of UCLA |
| 46 _ breve | 108 Amontillado, e.g. | 12 Ms. Falana | 67 Casino cube | 118 Negative prefix |
| 47 Vientiane's nation | 110 Table d'- | 13 "To Sir with Love" singer | 68 Lofty spaces | 120 Take into account |
| 49 German philosopher | 111 _ Cruces, NM | 14 Pull | 70 Parker of football | 121 "Bus Stop" playwright |
| 51 Transmit electronically | 113 Cry of satisfaction | 15 Taxonomist's job | 71 Saloon | 122 Tie |
| 52 Camper's comment | 114 Camper's comment | 16 "Evil Ways" group | 72 Nearby | 123 Dalai _ |
| 58 Serling or Steiger | 126 Herd word | 17 Illuminated | 74 Louisiana university | 124 Kitchen appliance |
| | | 21 Word with take or hang | 75 Tolerate | 125 Passed-on item |
| | | | 76 "_ Want for Christmas" ('50 tune) | 126 Pinafore part |
| | | | 77 Require | |
| | | | 80 Fiver | |
| | | | 84 Barrel | |

Answer Page 6



Social Security Q&A By Ray Vigil

Q: On Father's Day I spoke to my dad about his medications. He is finding it hard to pay for the drugs he needs even though he has Medicare prescription coverage. Is there something else we can do?

A: If your father has limited income and resources, he may be eligible for extra help paying the costs of his prescriptions. This extra help can pay an average of \$3,900 toward his prescription costs. He can both learn whether he qualifies and apply online for the extra help at www.socialsecurity.gov/prescriptionhelp. In fact, you can even help him complete the application online. Or, call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778). The extra help can increase his cost savings by paying for part of the monthly premiums, annual deductibles and prescription co-payments under the new prescription drug program.

Q: I have children at home and I plan to retire soon. Will my children be eligible for monthly Social Security payments after I retire?

A: They will get monthly Social Security payments if they are:

- Unmarried and under age 18 (age 19 if still in high school); or
- Age 18 or over, and became severely disabled before age 22 and continue to be disabled.

This applies to both biological and adopted children as well as dependent stepchildren or grandchildren. For more information read our online publication, Benefits For Children, at www.socialsecurity.gov/pubs/10085.html.

Q: I understand that to get Social Security disability benefits, my disability must be expected to last at least a year. Will I have to wait a year to receive benefits?

A: No. You do not have to wait a year after becoming disabled to receive disability benefits. In fact, you should apply for disability benefit as soon as you become disabled. It may take

months before a final decision is made on your claim. If your application is approved, we will pay your first Social Security disability benefits for the sixth full month after the date your disability began. For example, if your disability began on January 15, we would pay your first disability benefit for the month of July. However, we pay Social Security benefits in the month following the month for which they are due. So you will receive your July benefit in

August. To learn more, visit www.socialsecurity.gov/disability.

Q: My grandmother receives Supplemental Security Income (SSI) benefits. She may have to enter a nursing home to get the long-term care she needs. How does this affect her SSI benefits?

A: Moving to a nursing home could affect your grandmother's SSI benefits. It depends on the type of facility. In many cases, we have to reduce or stop SSI payments to nursing home residents. When your grandmother enters or leaves a nursing

home, assisted living facility, hospital, skilled nursing facility or any other kind of institution, you must notify Social Security right away. Learn more about SSI reporting responsibilities at www.socialsecurity.gov/ssi. You can call Social Security's toll-free number, 1-800-772-1213 (TTY 1-800-325-0778) for more information or

to report a change. For information on any of the questions listed above, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

Weekly SUDOKU

by Linda Thistle

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

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 6 ★★★ 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: F equals X

JOIA Q KQFT BNTMIN
 TARTRKR PA UQHHTAU, T
 RDGGPRI OI JTZZ IFGIXK Q
 XQHKTMI QDBTIAXI.

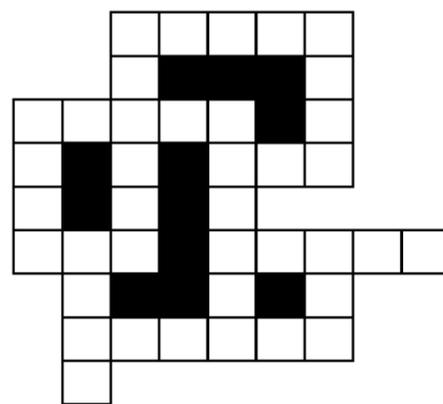
Answer Page 6

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FEAR KNOT

By: rj johnson

- EGE
- STOOBI
- ▼DROON
- RAHI
- NELBUG
- IXN
- ▼HACE
- HOGBU
- ▼RAB
- TOXCER
- RINEN
- GURN



Answer Page 6

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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Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

Recognizing the signs of stroke and acting fast may make a difference between life and death. Call 9-1-1 immediately if you experience one or more of these signs: sudden weakness especially on one side of the body; trouble speaking or understanding; dizziness, loss of balance; trouble seeing in one or both eyes; and severe headache with no known cause. New treatments can help reduce damage to the brain

but only in the first few hours after symptoms begin. Every minute counts.

To learn more about stroke, call the American Heart Association at 1-800-AHA-USA1 or visit us online at www.americanheart.org/tx

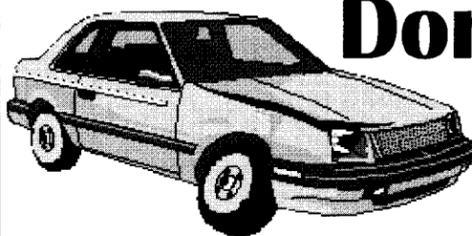


Fighting Heart Disease and Stroke

9-1-1
HEART ATTACK & STROKE
 Read the signs. Raise a flag.

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 Receive a tax deduction
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