



## NEWSBRIEFS

### OOPS

The *West Texas County Courier* was accidentally knocked off the web this weekend. It is back up now. We have also been experiencing email outages. These issues will continue to be looked at until the site and email are stable again. Our apologies for any inconvenience this may have caused.

### Free trees

Residents of Texas can ring in the New Year with 10 free flowering trees by joining the Arbor Day Foundation any time during January 2014. By becoming a part of the nonprofit Arbor Day Foundation, new members will receive two Sargent crabapple, three American redbuds, two Washington hawthorns, three white flowering dogwoods. "These beautiful trees will give your home in Texas lovely flowers with pink, yellow and white colors," said John Rosenow, founder and chief executive of the Arbor Day Foundation. "These trees are perfect for large and small spaces, and they will provide food and habitat for songbirds." The free trees are part of the Foundation's Trees for America campaign. The trees will be shipped postpaid at the right time for planting, between February 1 and May 31, with enclosed planting instructions. The 6- to 12-inch tall trees are guaranteed to grow or they will be replaced free of charge. Members will also receive a subscription to the Foundation's bimonthly publication, *Arbor Day*, and *The Tree Book*, which includes information about tree planting and care. To become a member of the Foundation and to receive the free trees, send a \$10 contribution to TEN FREE FLOWERING TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by January 31, 2014. Texas residents can also join online at [arborday.org/january](http://arborday.org/january).

— Anthony Marek

### Crime Stoppers

This week's Crime Spot involves two men that burglarized several machines at an apartment complex in San Elizario. The men caused damage to eight machines and stole close to \$500 dollars in coins. The men were captured in surveillance footage and now investigators from the El Paso County Sheriff's Office are asking for the community's assistance in identifying them through Crime Stoppers. On the morning of Monday November 11th 2013, at about 10a.m., the men walked into the laundry room of the Villa Victoria Apartments located at 13071 Socorro Rd. The first suspect would break open the machines and empty the coins. During this time the second suspect was standing guard at the door so that nobody would be able to enter the laundry room. The

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*You're never quite sure what kind of mind a person has until he gives you a piece of it.*

— Quips & Quotes



— Photo by Rick Shrum

**HELP – El Paso County has contracted Life Ambulance Services Inc. to provide ambulance service to the outlying municipalities since 1985. Under Texas law, a county contract for ambulance services may be exempted from the competitive bidding process as a matter affecting public health or safety. This unit is stationed at the Horizon Fire Department but makes runs throughout east El Paso County. The *Courier* tried, but was unable, to get the number of calls Life Ambulance Services Inc. responds to each year in El Paso County.**

## County commissioners want municipalities to help pay for ambulance, emergency services

By Alfredo Vasquez  
Special to the *Courier*

EL PASO COUNTY – El Paso County is allotting over \$400,000 in its 2014 budget to pay for ambulance and emergency services for all county municipalities, but that expense burden could lessen if county commissioners proceed with their plans to ask some of the municipalities to pay their share.

The City of El Paso is not included in this proposal because it provides its own services.

The county's contract administrator and the county attorney's office are currently negotiating

a contract with Life Ambulance Services Inc., so it can continue to provide ambulance services to the county for the coming year. The county has contracted Life Ambulance to provide this critical service since 1985.

During a special meeting in December, commissioners came up with the possibility of asking the growing cities of Socorro and Horizon City to help pay for the Life Ambulance services.

Commissioner Vince Perez said that the county is discussing renewing its contract with Life Ambulance, and once that happens, the county could approach cities to contribute.

Right now, Perez said that the county is

paying about \$34,000 a month to provide ambulance services to county residents including the communities of Socorro, Horizon City, San Elizario, Clint, Fabens, Tornillo, Anthony, Vinton, and parts of Canutillo.

County Judge Veronica Escobar said that commissioners' court is considering asking the City of Socorro, Horizon City, and possibly Anthony for help in paying for the ambulance services, but probably exempt the smaller municipalities like Clint, Vinton, and the newly incorporated San Elizario.

The county is also considering asking

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## Largest prehistoric irrigation canal networks are only hours away

By Alfredo Vasquez  
Special to the *Courier*



— Photo courtesy of Southwest Parks and Monuments Association

**ANCIENT DIRT WORK – Archaeologist Emil Haurly stands in an excavated prehistoric Hohokam canal.**

One of the greatest centers of prehistoric civilization in North America is just five hours away from El Paso. By some estimates, up to 50,000 people lived there more than 500 years ago; probably nowhere north of the Valley of Mexico (Teotihuacan / Tenochtitlan) was as populous at the time. Phoenix and its suburbs of Scottsdale, Glendale, Tempe, Chandler, and Mesa now occupy this site.

To showcase this prehistoric civilization, the El Paso Museum of Archaeology will host a special presentation, titled *Ancient Engineers of the Salt River Valley*, starting at 2 p.m., Saturday, January 18, at the museum (4301 Transmountain Road). The event is free and open to the public.

The presentation will feature Dr. Jerry B. Howard, an archaeologist who will speak on the ancient Hohokam irrigation canal system of Arizona. Using a PowerPoint presentation, Howard will illustrate the enormous

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Finances

By Jason Alderman

# What if your car gets totaled?

Each year, auto insurance companies declare millions of vehicles to be “totaled,” meaning it’s not worth the cost to repair them. It doesn’t matter whether the car was damaged in a collision, during a flood or after a thief’s joyride went bad.

It’s hard to argue with such an assessment if your car was wrapped around a telephone pole or the gas

tank exploded. But what if the damage was more cosmetic, such as major dents on the roof and hood from a hailstorm?

A vehicle is considered a total loss if the insurance company determines that the total cost to repair your car to pre-accident condition, plus fees for storage, salvage and a replacement rental car (if included in your policy), is more than a certain percentage of

car’s retail value. Insurers set their own allowable percentage, within state-mandated guidelines (typically around 60 to 75 percent), and use their own formulas to determine a car’s value and estimated repair costs.

Thus, if your \$4,500-valued 2002 Honda Civic sustains \$1,800 worth of damage – moderate bodywork and repainting these days – it might be deemed totaled, even though the engine still runs fine. On the other hand, a late-model Mercedes could sustain far greater damage and still be considered salvageable.

What’s worse, if the accident was your fault, or you must otherwise tap your own insurance (e.g., it was caused by an uninsured driver), you would only receive that \$4,500 minus your deductible. Good luck finding a comparable car for that amount.

Other big losers when a car is

totaled are people still paying off their auto loan. Since the lender technically owns the car, they’ll get first crack at any insurance payment; and you’ll still be responsible for paying off the loan balance.

As a preventative measure, you may want to purchase gap insurance if you owe more than the car’s retail value – or if you rolled past debt into the new car loan. It will pay the outstanding loan balance if your car is totaled or stolen. Most insurers will let you add gap insurance at any time.

Here are a few additional points you should know about when and why a car is declared totaled, and precautions you can take ahead of time to lessen the impact:

- Make sure the insurance appraisal includes the value of all extra features and aftermarket accessories, like heated seats, custom wheels or an upgraded audio system.
- Be prepared to show documentation of any major repairs or upgrades you made that might boost the car’s value – say you recently replaced the engine or

bought new tires.

- Do your own research. Use independent pricing sites like Kelly Blue Book or Edmunds to determine your car’s worth, factoring in its mileage, added features and overall condition before the accident.
- If your estimate is far off from the proposed settlement, ask whether your policy includes the right to hire your own appraiser for a second opinion. Most states have a procedure for settling such disputes. Understand, however, that no matter the arbitration outcome, you’ll still have to pay your appraiser, and likely, a portion of arbitration costs.
- Make sure the insurer’s totaled car value includes estimated sales tax to replace the car, as well as registration and title costs, since you wouldn’t have incurred these costs if you didn’t need to replace the car.

Let’s hope your car is never totaled, but it pays to know in advance what to do if it is.

Jason Alderman directs Visa’s financial education programs.

Veterans Post

By Freddy Groves

## Don’t just sit there

If you’re a member of a veterans service organization, like the Veterans of Foreign Wars or the American Legion, do you participate? By that I mean, do you do more than just show up at most of the meetings? Do you participate in events? Offer ideas of ways to step up and help veterans in need?

Let me tell you what happens when members don’t all participate: A small group of members will keep working, hosting events, stepping forward... until they stop. And they’ll stop because they’re worn out. They’ll be worn out because they’ve been doing all the work for far too long.

Is a similar situation going on in your organization? Have you considered how close the post might be to losing those members (or at least their participation) due to sheer exhaustion? How about your auxiliary?

If you hesitate to organize an event or participate because you don’t know what to do, fear not. It’s all been done before, and someone has the know-how you’ll

need. Maybe it will be another post, or the staff in volunteer services at the medical center.

We all have skills we can bring to the table when it comes to helping other veterans. Start off by driving a veteran to appointments, answering phones at the Vet Center or playing chess with patients at the hospital. Or maybe you can plan a party for a ward at the medical center, organize a mail-writing blitz for letters that go in Operation Gratitude packages or put together a Stand Down for homeless veterans. Or try recording a veteran’s story for the Veteran’s History Project or serving as escort on an Honor Flight so an elderly veteran can go to Washington, D.C.

Get involved, and once you do, encourage other members to join you.

*Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to [columnreply2@gmail.com](mailto:columnreply2@gmail.com). (c) 2013 King Features Synd., Inc.*

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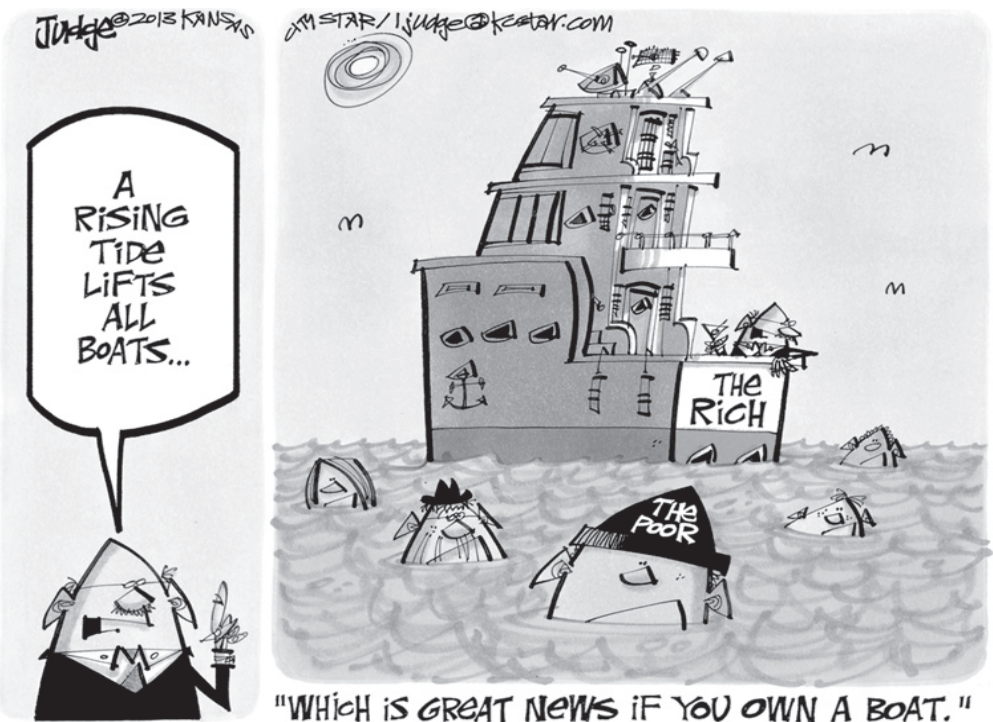
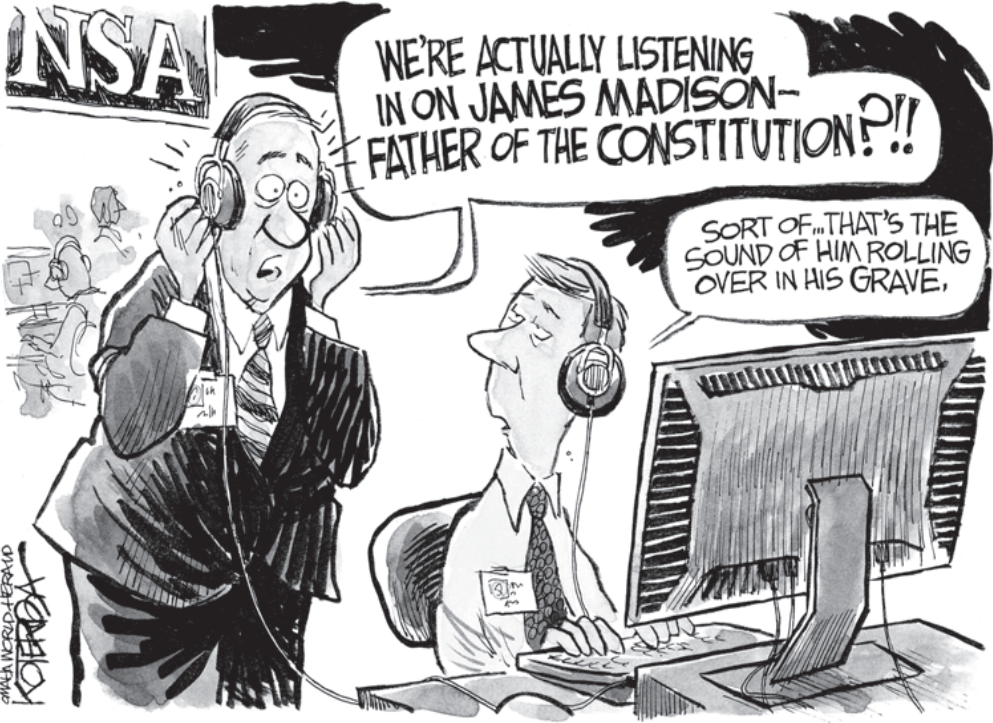


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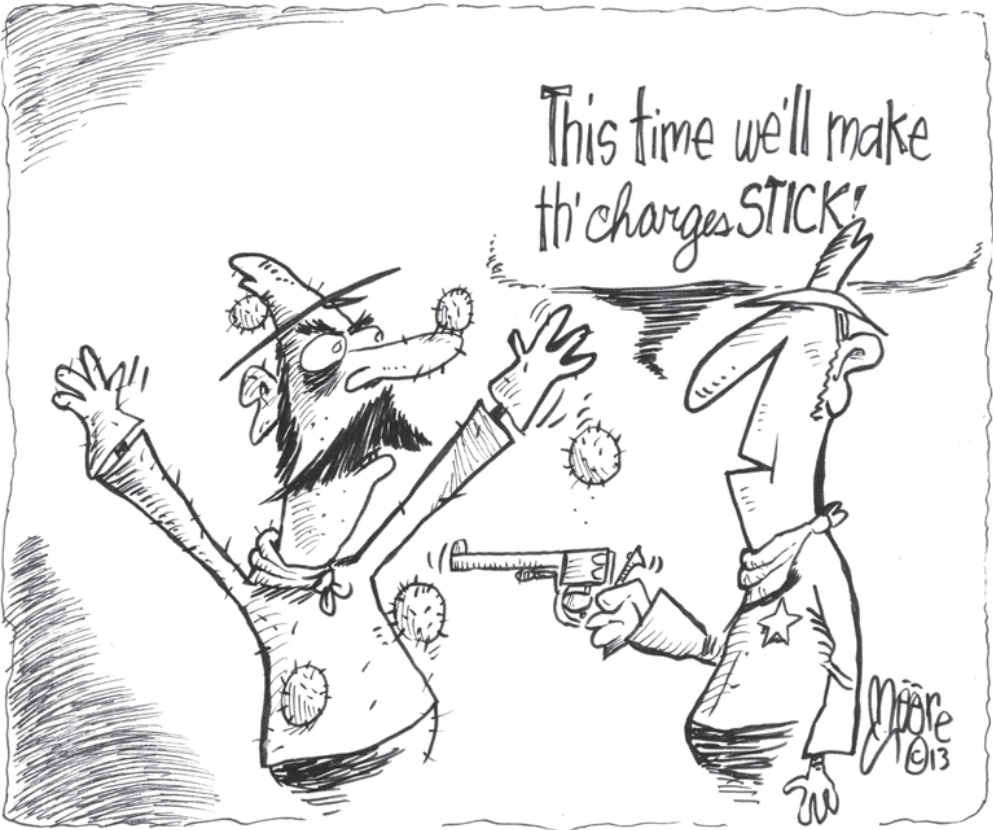
## Services

From Page 1

Horizon City and Socorro to contribute to the cost of operating the Office of Emergency Management, which is responsible for developing and using emergency plans to protect the community in case of a disaster. Commissioners Court allocated \$56,631 for the Office of Emergency Management this fiscal year, but the cost of operation for this office is expected to increase \$37,619 next year. The City of Socorro has about 30,000

residents, Horizon City has about 20,000, and Anthony has over 2,000. Commissioners acknowledged, however, that negotiations may have to wait until the next budget cycle because these municipalities approved their current fiscal year budget in September. Both Horizon City Mayor Walter Miller and Socorro Mayor Jesus Ruiz told reporters recently that they were not aware of the county's proposal. Mayor Ruiz said they would have to wait until the next fiscal year to find additional money. Horizon City mayor said that they have not budgeted for that in the past and that it is not in the current budget.

## Moore Texas by Roger Moore Our Texas State Senate passed a bill making “Cactus Rustling” a crime.



THE BEST TIME TO LEARN THE SIGNS OF STROKE IS BEFORE YOU HAVE ONE. STROKES ARE THE NUMBER-THREE KILLER IN THIS COUNTRY, YET MANY PEOPLE DON'T EVEN KNOW WHAT THEY ARE. THEY DON'T KNOW THAT MORE OF THE BRAIN CAN BE SAVED IF A STROKE IS DETECTED AND TREATMENT IS RECEIVED IMMEDIATELY.

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Briefs

From Page 1

first suspect had long blond hair and wore it in a ponytail and had a goatee. The first suspect was wearing all black and appeared to have an average build. The second suspect is described as White or Hispanic, with a mustache and shoulder length hair. He was wearing a bandana on his head, a white tank top t-shirt, dark pants and white tennis shoes. Anyone with any information on the identity and location of any of the individuals captured on video, is asked to call Crime Stoppers of El Paso immediately at 566-8477(TIPS), on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org) or you can send a text message by entering the key word "CRIME1" (no space and include the quotation marks) plus

your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

— James Klaes

Wanted

A woman was killed by a hit and run driver more than two years ago on El Paso's eastside. The case remains unsolved and investigators are asking for the public's assistance in identifying the driver involved in this fatal crash. Approximately at 1:20 a.m., on Monday, November 7, 2011, after a night out, 32-year-old Kimberly Esparza Robles was walking home with her husband on the 10900 block of Pebble Hills Blvd. Kimberly Esparza Robles was hit by a vehicle heading east on Pebble Hills, and the driver of that vehicle did not stop to render aid. She was pronounced dead at the scene. Investigators do not

believe speed to be factor in the collision and it is unknown if alcohol was involved. The vehicle could only be described as a dark-colored SUV. Because this is a heavily traveled area, police investigators know that someone has information on the collision and can provide further details. It is also believed that the vehicle sustained damage to the front end. Anyone with any information on the driver of the vehicle involved in this fatality is asked to call Crime Stoppers of El Paso immediately at 566-8477(TIPS), on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org) or you can send a text message by entering the key word "CRIME1" (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

— Javier Sambrano



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[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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Answer

If actor Feldman cooked an Indian meal, do you think he would pour on a lot of Corey powder?

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Canals

From Page 1

agricultural canal irrigation system of the ancient Hohokam culture, which dates back to about A.D. 600 to 1450.

Howard stated that his presentation is designed to take the audience through a long-term research journey, one that includes the discovery of how the irrigation systems worked and how the Hohokam were able to develop such a sophisticated social and political system to organize people for the construction, maintenance, and operation of the largest prehistoric irrigation networks in the New World.

“Recent research has documented the use of irrigation agriculture in Arizona beginning as far back as 1200 B.C,” Howard stated. “By the time of Christ, A.D. 1, the Hohokam culture appeared and they began building large integrated canal networks that included canal channels measuring over 30 feet wide and 15 feet deep,” he

explained.

“This amazing human endeavor is a monumental feat of both engineering and the organization of people. While the existence of the canals has been known, detailed studies of these systems only began in the last two decades,” stated Howard.

Howard, an adjunct faculty member at Mesa Community College, serves as Curator of Anthropology at the Arizona Museum of Natural History in Mesa, Arizona. In addition to his archaeological work on the canals, he has been active in preservation archaeology and has involved volunteeravocationalarchaeologists in recovering information on sites slated for development.

For more information about the Saturday afternoon presentation, call Marilyn Guida, museum education curator, at 755-4332, or send email to guidamr@elpasotexas.gov.



– Photo courtesy of Park of the Canals

DRY GULCH – The remains of a prehistoric Hohokam canal at Park of the Canals, near Mesa, AZ.

Classified Ads

**LEGALS**

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**Notice of Location**

The El Paso County Emergency Services District #1 (Horizon Fire Department) is located at 14151 Nunda Ave., Horizon City, TX 79928. Phone (non-emergency): (915) 852-3204; EMERGENCY: 911; Fax: (915) 852-8400; Ambulance (county): (915) 779-2111.

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# 2013’s eye catching stories in national and local sports

By Steve Escajeda  
Special to the Courier

As another year comes to an end it’s always fun to look back on what I consider the top 10 sports stories of the year.

Some are heroic, some are inspiring, some are regrettable and some are just plain weird.

From 10 down to number one, here they are.

**Incognito-Martin:** Though I believe this was the biggest non-issue in the sporting world, the story behind the Miami Dolphins’ Richie Incognito and Jonathan Martin gained a bunch of notoriety because it brought the topic of bullying to professional football. Of course the whole idea behind the game is to bully your opponent. Usually, two little kids that can’t get along are merely sent to bed without any dinner.

**Howard to Houston:** Though the Los Angeles Lakers totally embarrassed themselves trying to keep Dwight Howard, the center left the team to join the Houston Rockets. This left the Lakers high and dry and it lifted the Rockets to title contenders.

**Rutgers basketball coach:** In one of the more bizarre stories of the year, former Rutgers coach Mike Rice was fired for acting like Bobby Knight on steroids. He threw things at players, called them names and pushed them around. Naturally, he was fired.

**Te’o girlfriend hoax:** Notre Dame’s Manti Te’o was devastated by the death of a girlfriend who never existed. We’ll probably never know whether he was duped about his digital darling, or if he made her up.

**Peyton Manning:** At the age of 37, Manning set the all-time record for touchdown passes in a single season. This comes after recently missing a whole year because of a dangerous neck injury.

**NFL concussion settlement:** In what was realistically a half necessary-payment and half money-grab, the NFL agreed to pay \$765 million to former players who claimed the league knew more about the dangers of concussions than it let on.

**A-Rod, Ryan Braun:** Along with names like McGwire, Sosa, Bonds and Clemens, Alex Rodriguez and Ryan Braun cemented their names among the most famous steroid abusers in baseball history by constantly lying about it and then getting caught.

**Lance Armstrong doping:** In one of the least surprising sports stories of the year, Lance Armstrong finally admits that he won those Tour de France races while taking performance-enhancing drugs.

**Aaron Hernandez:** In a shocking story, the New England Patriots tight end was arrested for murder. In fact, he is implicated in more than one murder, weapons charges and assault. Hernandez proved that once a gang member... .

**Boston Marathon bombing:** The horrible and cowardly terrorist bombing near the finish line of the Boston Marathon reminded everyone that evil can strike any time and even at a friendly sporting event. Three people were killed and over 250 were injured.

Not to be outdone, El Paso is a big sports town and I’ve listed what I thought were the top five local sports stories of the year.

**Aaron Jones:** The former Burges High star is an immediate success as a running back at UTEP. Until his season-ending injury late in the season, he led all freshman in the nation in rushing.

**El Paso Diablos:** Since 1974, the Diablos were a constant summertime venue for

thousands of locals wanting to catch a professional ballgame. But with the birth of a new pro team, the Diablos played their final season in El Paso this summer.

**Isaac Hamilton:** The five-star McDonald’s All-American shocked the country by signing on to play basketball at UTEP. But there were more surprises to come as just before classes were scheduled to start, Hamilton decided to renege on his contract and enroll at UCLA.

**Franklin-Coronado turnover:** In a story that got national attention, Franklin’s Jonathon Montanez threw the ball in to Coronado special-needs student Mitchell Marcus so that he could have his moment in the sun and make a basket at the end of the game. The act of unselfishness made the two household names for months.

**EP Chihuahuas:** The top local story has to be the birth of the El Paso Chihuahuas Triple-A baseball team. The new franchise and the accompanying stadium was both loved and hated by city residents. The name was met with initial ridicule but it caught on quickly. The franchise, and its pesky little mascot, has quickly made news all over the country.

## A sporting view By Mark Vasto

# The Class of 2014

Every year, need it or not, the Baseball Writers Association votes for a maximum of 10 players who retired at least five years ago for admission to the Baseball Hall of Fame. If 75 percent of the writers vote for a player, he’s in.

If a player cannot muster 5 percent of the vote or fails to win acceptance in 15 years, it’s either over for him or he’s in the hands of the Veterans... you know, where

a bunch of guys sit around folding tables playing cards, smoking Pall Malls with mesh-backed baseball caps with the names of battleships on them.

From there, it gets considerably more complicating and annoying.

The criteria for election, aside from the math, is interpreted to be: 1) statistically dominant for the better part of a decade; 2) a “good” guy; or 3) someone who contributed

to the game in a significant manner.

I tend to eschew long-winded, statistical arguments. Instead, I just go from the common-sense angle. This is my non-official ballot for the year 2014, in order of preference.

**Greg Maddux:** I never saw Walter Johnson or Cy Young pitch, but I did get to see a post-prime Tom Seaver and Nolan Ryan hum that rock, and I can say to you, despite his unremarkable post-season performances, Maddux was the best pitcher I ever covered. Poise, preparation, control and competitiveness turned him into what should be a unanimous first-ballot ride to the Hall of Fame.

**Tom Glavine:** A pure athlete who was made better thanks to the camaraderie he shared with battery-mates Maddux and (future inductee) John Smoltz. The Warren Spahn of our generation.

**Frank Thomas:** No batter struck more fear into opposing pitcher’s or fan’s heart like the fabled “Big Hurt” did... the baseball equivalent of Michael Jordan for much of the ‘80s.

**Tim Lincecum:** “The Rock” had his taste of scandal, but when it came to “tools” on the field, Raines had them all, and he put up the numbers. If Rickey Henderson was a top-line Cadillac, Raines was at least a killer, tricked-out Buick Riviera or Grand National.

**Craig Biggio:** One of the greatest second basemen of all-time and the greatest Italian second baseman since Tony Lazerri.

**Mike Piazza:** Madone! You have to harken back to Berra, Dickey and Bench to find a better offensive catcher.

**Edgar Martinez:** The greatest DH of all time. The end of story is an induction to Cooperstown.

**Jack Morris, Don Mattingly and Lee Smith:** Housekeeping. All three were dominant for the greater part of a decade and were classic sportsmen. All three will someday be enshrined... here’s hoping the writers do the right thing before the Veteran’s Committee has to clean up.

**Fred McGriff, Jeff Bagwell and Curt Schilling:** Apologies to them. In any other year they would merit inclusion on my ballot.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2013 King Features Synd., Inc.

TICKETS:  
915-747-5234

USA

CONFERENCE PLAY BEGINS

THURSDAY | JANUARY 09

MBB VS CHARLOTTE | 7 PM

NEON ORANGE OUT | CENTENNIAL TIP-OFF

Follett

the fountains

POWER 12

abc 7

SATURDAY | JANUARY 11

MBB VS MARSHALL | 7 PM

W Western

Coca-Cola

96.3 KHBY country

abc 7

USA

2014 CHAMPIONSHIPS

MARCH 11-15 • EL PASO

UTEP

100 YEARS

THE UNIVERSITY OF TEXAS AT EL PASO

SATURDAY | JANUARY 11

WBB VS TULSA | 1:30 PM

SATURDAY | JANUARY 18

WBB VS CHARLOTTE | 7 PM

WEDNESDAY | JANUARY 22

WBB VS SOUTHERN MISS | 7 PM

1973  
41  
1874  
2014

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SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FARENS, SAN ELIZABIO AND TORNILLO

CLASSIFIED AD FORM

25 words - \$10 per week; 40 words - \$15 per week

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Deadline: Mondays  
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Comix

OUT ON A LIMBBy Gary Kopervas



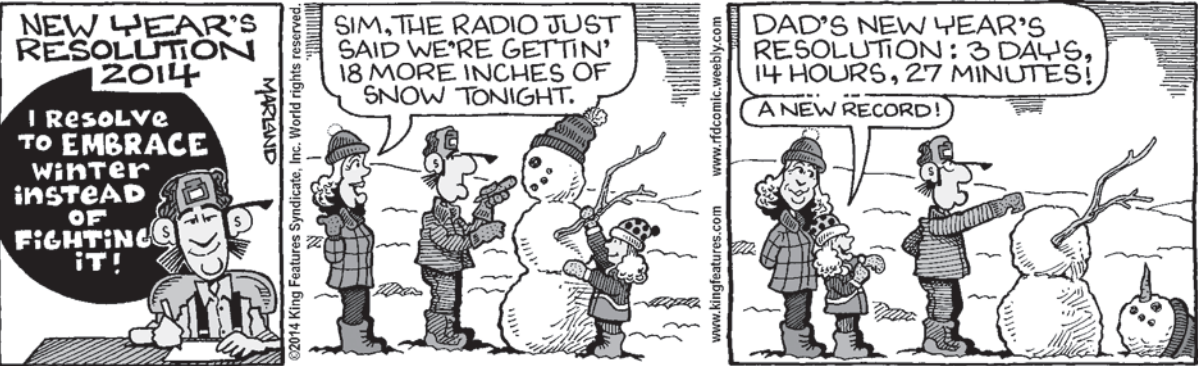
AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Paul G. Donahue, M.D.

DEARDR.DONOHUE:Mymother was discharged from the hospital this past week. She was admitted for a urinary tract infection. She has had many urinary tract infections in the past, and they were all treated as an outpatient. Why was hospitalization needed this time? – J.J.

The term “urinary tract” covers a considerable amount of ground. The kidneys, the ureters (the tubes that carry urine to the bladder), the urinary bladder and the tube that drains it – the urethra – are the four parts of the urinary tract. Your mother’s past urinary tract infections most likely were bladder infections. The official name for those infections is cystitis. People usually are treated for cystitis as outpatients.

Kidney infections, on the other hand, are much more serious, much more difficult to treat and carry with them the possibility of permanent damage. These infections most often are treated with intravenous antibiotics in the hospital. Such infections have the name pyelonephritis (PIE-uh-low-neff-RIGHT-iss).

Bladder infections make a person uncomfortable, require frequent urination and might induce a slight rise in body temperature.

With a kidney infection, people take to their bed, have a high temperature, often develop shaking chills, and suffer flank pain. This is the kind of urinary tract infection you mother recently had.

The booklet on urinary tract infections provides the details of these illnesses, which are more common in women than men. Readers can order a copy by writing: Dr. Donohue – No. 1204W, 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: Just below my armpit I have a small, red bump. It’s not tender, even if I push on it. I know it’s been there for many years, but I can’t tell you how many, maybe forever. What could it be? – D.A.

This is a guess, only a guess. Because of the location, the lack of symptoms and the long time it’s been there, I’d say it’s an extra nipple. About 1 percent of the population has one or more extra nipples. Since it’s been there for so long and since it hasn’t caused any trouble, you don’t have to rush to a doctor. Mention it the next time you see one.

DEAR DR. DONOHUE: I love sweets. I also have diabetes. Can I use honey as a natural sweetener? – L.V.

Sugar is a natural product, too. You have to use honey as you would sugar. One teaspoon of sugar has 16 calories, and one teaspoon of honey, 21.

DEAR DR. DONOHUE: I take flaxseed each morning with my breakfast. It works wonders for me after having constipation for many years. My question is, Will the residue of flaxseed settle in my colon and cause a greater chance of diverticulitis or some other type of stomach disorder? – P.N.

Flaxseed keeps you from constipation. That reduces the risk of diverticulitis greatly. It isn’t linked to any digestive tract disorder. Stick with it.

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) 2013 North America Synd., Inc. All Rights Reserved.

Super Crossword

CANINE NOTABLES

- ACROSS
- 1 Shackle
- 7 Sweeper, for short
- 10 Allegation
- 15 Steep, rugged cliff
- 19 Imprudent
- 20 Anger
- 21 Burly
- 22 Mister, in Munster
- 23 Canine “Midnight Rider” singer?
- 26 Have \_ in one’s bonnet
- 27 Having the flu, e.g.
- 28 Prefix with sex or cycle
- 29 Opera feature
- 30 Making a gondola go
- 32 Canine “Highway to Heaven” co-star?
- 38 Zoo heavyweight
- 40 19th of 24 Greek letters
- 41 Cager Ming
- 42 Examines
- 43 Sponge up
- 45 See 44-Down
- 49 Davenport and divan
- 51 Canine 2004 presidential hopeful?
- 57 Trio less one
- 58 Supermarket scanner input
- 59 “Hulk” director
- Ang
- 61 Grainy, as beer or

- ale
- 66 “Fear Factor” aier
- 68 By way of
- 69 Hemingway or
- Tubb
- 72 Canine “Memoirs of a Geisha” novelist?
- 77 “American \_” (Richard Gere film)
- 78 Legendary coach
- Parseghian
- 79 Patriotic women’s org.
- 80 Moistn, as a turkey
- 81 Same: Prefix
- 82 Heartaches
- 86 “Get him, Fido!”
- 88 Canine “On the Waterfront” Oscar winner?
- 97 “That’s easy for you \_!”
- 98 Auld lang \_
- 99 Pope after Adrian I
- 100 Weed killer brand
- 103 Backwoods negative
- 105 No longer active: Abbr.
- 108 Averages
- 109 Canine 1995-2009 Pennsylvania congressman?
- 115 Port on Lake Erie
- 116 Disaster relief org.
- 117 Stew morsel
- 118 Gobbled up
- 121 The “I” of RPI:

- Abbr.
- 122 Canine three-time Daytona 500 winner?
- 128 “Garfield” canine
- 129 Central Florida city
- 130 Ethane, e.g.
- 131 “No lie!”
- 132 D.C. ball club
- 133 Alpine warble
- 134 Lyrical poem
- 135 Twitches
- DOWN
- 1 Japanese volcano
- 2 Carbon
- compound
- 3 Around 93-Down
- 4 Twitch
- 5 That, in León
- 6 Snip anew
- 7 Meredith, formerly of “Today”
- 8 Abbr. at JFK
- 9 Joker player
- Romero
- 10 Sequence
- 11 Extreme folly
- 12 “Near \_ can tell...”
- 13 DDE’s nickname
- 14 “Skip to \_” (kids’ tune)
- 15 Ninth-century king called “the Bald”
- 16 Makes a new proposal
- 17 Response to “Am so!”
- 18 Rocker Allman and pitcher Olson

- 24 Muscle woe
- 25 Paid intro?
- 31 “I do” setting
- 33 Hip to
- 34 Popped top
- 35 Great anger
- 36 Simply must
- 37 Greeted the villain
- 38 Rule, in India
- 39 “True Blood” aier
- 44 With 45-Across, recuperation aid
- 46 Peter out
- 47 Toil
- 48 Shroud city
- 50 Less limited
- 52 Ladder part
- 53 Film prefix with Cop
- 54 Virtual greeting
- 55 Mtn. statistics
- 56 Zero out
- 60 To be, to Fifi
- 61 Biblical trio
- 62 Crop up
- 63 State’s #2 exec.
- 64 E’en if
- 65 Brynner on Broadway
- 67 Irish county
- 70 BBQ meat bit
- 71 Tchr.’s union
- 73 Parks and Ponselle
- 74 Metal debris
- 75 Part of NE
- 76 Daily Chi-Town paper
- 83 Chimp kin
- 84 Qatari money

- 85 Ungodliness
- 87 Disney frame
- 89 Jocks
- 90 Copied cattle
- 91 “I, Claudius” role
- 92 Contact lens cleaner brand
- 93 Midday
- 94 Show times
- 95 Hoop part
- 96 Belittle, in rap
- 100 Alternative
- 101 The Beach Boys’ “Help Me, -”
- 102 Semihard, mild cheese
- 104 \_ ball (game played with a plastic bat)
- 106 Unveil
- 107 After that
- 110 “But there is \_ in Mudville ...”
- 111 Actor George
- 112 Med. group
- 113 City in North Dakota
- 114 Refuge
- 119 Squad
- 120 Has it wrong
- 123 Prefix with tour or type
- 124 In thing
- 125 Family guy
- 126 Sci-fi ability
- 127 Old rival of United

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Social Security Q&A

By Ray Vigil

**Q:** What is the earliest age that I can apply for my Social Security retirement benefits?

**A:** If you want benefits to begin at age 62 – the earliest age you can receive reduced retirement benefits – you must be at least 61 years and 9 months of age to apply. Keep in mind that if you retire before your full retirement age, your monthly benefit amount will be permanently reduced. On the flip side, if you delay your benefits until after your full retirement age, you’ll receive higher benefits because of delayed retirement credits. Even if you are not ready to retire, you should still sign up for Medicare three months before your 65th birthday. You can do both (and try out different retirement scenarios) online at [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

**Q:** I understand you must have limited resources to be eligible

for Extra Help with Medicare prescription drug costs. What does this mean?

**A:** To qualify for *Extra Help* in 2013, your resources are limited to \$13,300 for an individual or \$26,580 for a married couple living together. Resources include the value of the things you own. Some examples are real estate (other than your primary residence); bank accounts, including checking, savings, and certificates of deposit; stocks; bonds, including U.S. Savings Bonds; mutual funds; Individual Retirement Accounts (IRAs); and cash at home or anywhere else. To learn more about *Extra Help*, and to apply online, visit [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

**Q:** If I receive Supplemental Security Income (SSI) disability benefits, what is the effect on my benefits if I work?

**A:** In most cases, your return to work would reduce your benefit amount. Unlike Social Security disability, there is no “trial work period” for people who get SSI disability benefits. If your only income besides SSI is from your work, you can earn up to \$1,505 in a month (in 2013) before we stop your payments. We have several publications about SSI, including *Reporting Your Wages When You Receive Supplemental Security Income*, available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). Simply type the title of the publication into the publication search box on the left side of the page. Note that there are other work incentives that can help you return to work when you receive SSI. You can read about them in *What You Need To Know When You Get Supplemental Security Income (SSI)*, also available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). For more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Q:** My daughter just joined a non-profit charity and is helping victims of natural disasters. She gets a salary. We were wondering if she has to pay Social Security tax.

**A:** Yes, people who work for non-profits and who receive a salary must pay Social Security tax just like everyone else. It is

commendable that she is helping people in need. But the fact is that she is also a wage-earner. Those wages and the Social Security tax she pays on them will offer her financial relief in the future, when it comes time to apply for Social Security. So she is really helping herself, too. For more information, visit our electronic publication, *How You Earn Credits* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Q:** I am applying for Extra Help with prescription drug costs. Can state agencies help with my Medicare costs?

**A:** Yes. When you file your application for *Extra Help* with Medicare prescription drug costs, you also can start your application process for the Medicare Savings Programs – state programs that provide help with other Medicare costs. When you apply for *Extra Help*, Social Security will send information to your state, unless you tell us not to on the application. Your state will contact you to help you apply for a Medicare Savings Program. Learn more about how Social Security can provide *Extra Help* with your Medicare prescription drug costs by visiting [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp).

For more information on any of

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

STRANGE BUT TRUE

By Samantha Weaver

- It was noted American writer and essayist Flannery O'Connor who made the following sage observation: “Truth does not change according to our ability to stomach it.”
- Even though the human brain makes up only 2 percent of the body's mass, it consumes 20 percent of the body's calories and oxygen.
- The chief translator for the European Parliament is named Ioannis Ikonomou. He is fluent in 32 languages – and still learning.

• During World War I, the United States acquired its first “war dog.” The pit bull was found wandering around Yale Field in New Haven, Conn., by soldiers in training. On particular soldier, Cpl. Robert Conroy, became close to the dog and refused to leave Stubby behind; when Conroy was shipped out, he hid the dog on board. Stubby served overseas for 18 months and saw action in 17 battles. On more than one occasion he sniffed out surprise attacks, saving his regiment. He was known for locating wounded soldiers on the field, and he even once caught a German spy. He was the most decorated dog of the Great War, and he was promoted to sergeant for his combat service – the only dog to be so honored. After the war, Sgt. Stubby was hailed as a hero; he led parades and met three presidents. He even has his very own brick at the World War I Memorial. It reads, “Sergeant Stubby, Hero Dog of WWI, a Brave Stray.”

- Those who study such things say that couples in a romantic relationship actually have heart rates that are in sync with each other.
- If you're like the average American, you drink 23 gallons of coffee every year, but only 9 gallons of tea.

Thought for the Day: “Research is what I’m doing when I don’t know what I’m doing.”  
– Wernher Von Braun

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GO FIGURE!

by Linda Thistle

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

DIFFICULTY: ★★ ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	−		×		15
×		+		×	
	+		+		22
÷		×		−	
	+		×		35
12		27		33	

1 2 3 4 5 6 7 8 8

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

Answer Page 4

★★★ HOO BOY!

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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: N equals Y

CD QORZS DLFTYQG OZZJLT QG

CGTCQG YLQF, TZ NZX RICGJ IL

KZXFT VZXS ZG Q FZR ZD

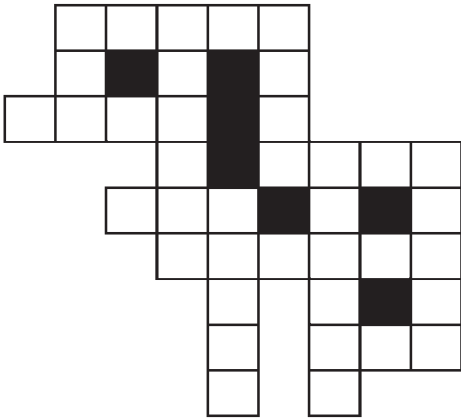
OZSLN VZKTLS?

Answer Page 4

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ORN  
DIL OET  
♥ CLADE  
♥ ELTA  
NILGIA  
♥ DWA  
♥ GWSI  
RIDEE  
♥ TNA  
GOTNEC  
WOELT  
♥ ISTL



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Answer Page 4

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