



NEWSBRIEFS

Alarcon Park closed

The San Elizario Independent School District would like to inform the community that it will be closing Alarcon Park from March 7-23, 2014. Re-seeding of the field and repairs to the park will take place during this time. The park located at 12500 Socorro Rd. across from Alarcon Elementary School will be closed to the public for safety reasons and to allow sufficient time for grass seedlings to grow. San Elizario ISD appreciates the cooperation and patience of all residents during the park closure. For questions call (915) 872-3980.

— Cynthia P. Marentes

San Eli ISD closed

All schools and administrative offices in the San Elizario Independent School District will be closed March 10-14, 2014 for Spring Break. Students will return to classes on Monday, March 17, 2014.

— Cynthia P. Marentes

Suspects sought

Several new homes in the city's eastside have been broken into and newly installed appliances have been the target. Investigators from the El Paso Police Department's Pebble Hills Regional Command Center are asking for the public's help in finding those involved in these robberies through the Crime Stoppers "Crime of the Week." Since November of 2013, there have been at least seven burglaries of newly constructed homes where appliances have been stolen. One of the latest cases took place between Saturday, Feb. 22, 2014, and Monday, Feb. 24, 2014 at the 3900 block of Hueco Valley. In particular case the suspects went to the back of the home and kicked in the door. The suspects then made their way inside of home and disconnected the stove, hood, and refrigerator. The suspects then moved the appliances to the garage of the home and loaded them onto a truck or van and fled the scene. The suspects involved are believed to be using a truck or van and may be passing themselves off as construction workers. Investigators urge residents to be extra vigilant and report any suspicious activity at newly constructed home sites. Anyone with any information on the identity of the persons involved in this theft is asked to call Crime Stoppers of El Paso immediately at 566-8477(TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word "CRIME1" (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

— Javier Sambrano

An adolescent is a minor that is sometimes a major problem.

— Quips & Quotes

Photographer offers rare view of Tarahumara traditions

By Alfredo Vasquez
Special to the Courier

El Paso Museum of Archaeology will present a unique view into the secret lives of the Tarahumara Indians through the lens of Kitty Alice Snead, photographer, videographer, and ethnographer.

Snead will give a special presentation on the exhibit, entitled *The Living Mask Making Tradition of the Rarámuri/Tarahumara*, from 2 to 3:30 p.m., Saturday, March 22, at the museum (4301 Transmountain Road).

Snead's various photographs, videos, masks, and other Rarámuri artifacts from the museum's collection will be on display through August 31.

The photographer's Saturday presentation will include video material and a power point show. Snead commented that her talk will center on her personal experiences and observations of the Tarahumara mask carvers and the use of the Chapeyoko mask in the Matachines dance. She stated that the use of the Chapeyoko mask in the Matachines dance is in rapid decline in the Sierras Tarahumara of Chihuahua, Mexico.

Snead has worked and traveled for over ten years in Mexico with ethnologist and Sierra Madre guide James "Santiago" Barnaby. Their work and passion has been to study and document the communal rituals and traditional lifestyles of the contemporary Tarahumara peoples.

"The building of roads in the region for renewed tourism, logging, and mining industries are bringing sweeping changes to the people and their lands," Snead noted.

Snead explained that they have been able to document the historic reintroduction of the Chapeyoko mask into a historically significant Tarahumara center near Norogachi, Chihuahua in April of 2007. Snead and Barnaby have also documented the use of Chapeyoko mask in yet another area along the lower Rio Conchos Valley, where they found that the use of the mask in the European court dance has continued since the dance was first introduced into the area by the



— Photo courtesy of Kitty Alice Snead

SELDOM SEEN – Posing for a photo are the Monarco, left, and Chapeyoko. Monarco (Monarch or King) is a role in the matachines dance.

See TARAHUMARA, Page 4

Socorro ISD begins pilot bus camera program

By Christina Flores-Jones
Special to the Courier

The Socorro Independent School District (SISD) has implemented a pilot program to test a bus camera system on 10 of SISD's school buses, which will assist the district in fulfilling its top priority of providing a safe and secure environment for all students.

Force Multiplier Solutions is providing the 60- to 90-day pilot program with no charge to SISD. The company will monitor the camera systems and provide data to the district on the frequency of violations during the pilot. No citations will be issued during the trial.

"As a school district, we need to do everything in our power to ensure our students are safe at school, but also on the way to and from school," said SISD Superintendent José Espinoza. "It is about ensuring the overall safety of every student throughout their entire school day."

The cameras will be installed on the 10 school buses, which serve different areas of the district. The camera systems will contain the following:

- Live viewing (see, hear, and communicate



— Photo courtesy of Socorro ISD

HIGH TECH SAFETY – A bus camera system is being installed on 10 school buses as part of a pilot program in Socorro ISD. These cameras will check the use of the bus stop-arm and monitor vehicles that ignore the stop signs on the bus.

See CAMERAS, Page 5

Veterans Post By Freddy Groves

Stand downs: Help for homeless vets

At one point this winter, 49 states had snow on the ground. That made it extra tough on homeless veterans trying to keep warm. The Department of Veterans Affairs has been working hard to meet its goal of eliminating veteran homelessness by fiscal year 2015 and getting veterans into permanent and stable housing, but the need is still great. Stand Downs for homeless veterans have already started all over the country.

If you've never organized or participated in a Stand Down, let this be the year you step forward. There are many ways to help. Stand Downs span a variety of types of services. There are three- and four-day events with shelter, resource fairs lasting one or two days, health fairs and job fairs. Services offered can range from referrals for employment, substance-abuse treatment and health care to food, shelter, legal help, dental services and clothing. Veterans also can get benefits and Social Security help and counseling.

To participate individually, go online to the National Coalition for Homeless Veterans (nchv.org) and look under Service Providers.

To host a Stand Down with your veterans service group, go to the same website and read the Guide and Overview. Be sure your event is listed there as well as on the VA site at www.va.gov/homeless.

Depending on the statistics you read, the number of homeless veterans is either going up or down – or the veterans are moving to other locations, altering the count. In any event, there are still too many veterans on the street. You can help by participating in a Stand Down.

If you're a veteran seeking services from a Stand Down event, call 202-461-1857 to find out when one will be held in your area.

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. (c) 2014 King Features Synd., Inc.

Finances By Jason Alderman

Money-saving tips for seniors

We all love a good bargain, no matter what our age. But if you're a senior citizen on a fixed income, finding discounted goods and services can mean the difference between making ends meet and going without.

The good news is that tons of senior discounts are available – often for people as young as 50. One caveat right up front: Although many senior discounts are substantial, you sometimes can find better bargains – especially on travel-related expenses like airfare, hotels and rental cars. So always do your research first before requesting the senior rate.

Here's a roundup of some of the best senior discounts I've found.

An AARP membership costs only \$16 a year for anyone over age 50, including free membership for spouses or partners (www.aarp.org). AARP's discounts website features discounts on dozens of products and services including rental cars, hotels, restaurants, clothing and department store chains. AARP also offers an inexpensive driver safety course for drivers over 50 (members and nonmembers alike) that can lower auto insurance premiums by up to 10 percent or more.

Popular AARP discounts include:

- 20 percent discount on installation or upgrades to ADT home security systems.
- 45 percent off membership to Angie's List.
- 20 percent off purchases from 1-800-FLOWERS.com.
- Up to 25 percent off car rentals from Avis and Budget.
- Up to 20 percent discount at many hotel chains including Hyatt, Hilton, Wyndham, Best Western, Days Inn and Ramada, among others.
- 10 to 20 percent off at many restaurant chains, including Claim Jumper, Denny's and Outback

Steakhouse.

- 15 percent off many Geek Squad services from Best Buy.

- A free 45-minute consultation with an Allstate Legal Services Network attorney, as well as 20 percent off member attorneys' fees.

A quick Google search will uncover numerous other senior discount resources. One popular site is SeniorDiscounts.com, an online directory of more than 220,000 U.S. business locations that offer discounts to people over 50. Registration is free, although they also offer a \$12.95/year premium that offers members-only discounts and other perks. Other good sites include Brad's Deals, Sciddy.com and Savvy Senior.

- Other commonly available senior discounts include:
 - A 15 percent discount on the lowest available rail fare on most Amtrak trains for travelers over age 62.

- Greyhound offers a 5 percent discount on unrestricted fares (over 62).

- Southwest Airlines offers senior fares (over 65). Although not necessarily their lowest available rates, Southwest's senior fares are fully refundable.

- The U.S. Geologic Survey senior pass (over 62) provides free lifetime access to more than 2,000 government-managed recreational sites (including national parks), as well as discounts on camping and other amenities. Senior passes cost \$10 in person or \$20 by mail (<http://store.usgs.gov/pass/senior.html>).

- Verizon Wireless offers discounted mobile phone service for subscribers over 65.

- Both Walgreens and Rite Aid offer monthly senior discount days for members of their rewards programs when most non-prescription items are 15 to 20 percent off. Ask your neighborhood pharmacy if they offer

See FINANCES, Page 4

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of Texas

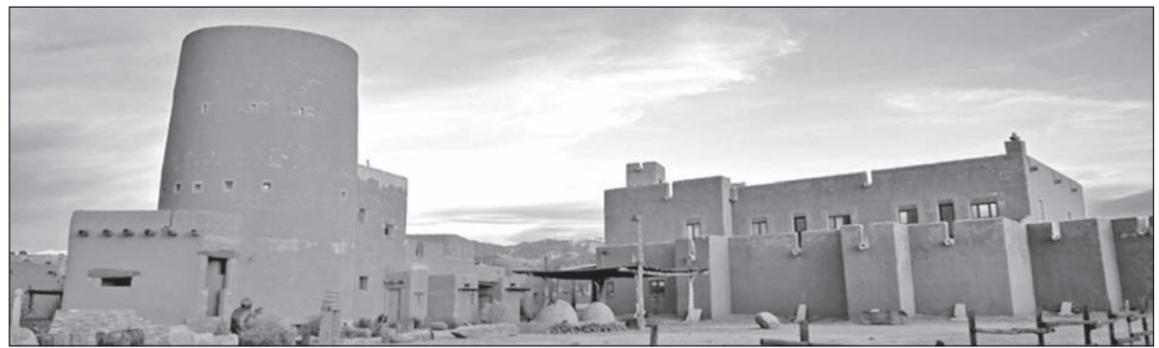
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— Photo courtesy of the Poeh Cultural Center NM

HISTORY ON THE ROAD – Poeh Cultural Center and Museum is in the Pueblo of Pojoaque, New Mexico. As a result of the Camino Real, more than 58,000 vehicles travel through the small community every day and most travelers stop to enjoy the museum.

Archaeology museum offers Camino Real flashback

By Alfredo Vasquez
Special to the Courier

Vernon G. Lujan, director of New Mexico's Poeh Cultural Center and Museum at the Pueblo of Pojoaque, will present a fascinating look at the Camino Real de Tierra Adentro's (The Royal Road to the Interior) as he traces the route's evolution through six centuries of use- from the 15th to 21st centuries.

The special presentation will be held from 2 to 3:30 p.m., Saturday, March 15, at the El Paso Museum of Archaeology (4301 Transmountain Road). The event, which is free and open to the public, is in conjunction with the CARTA (Camino Real Trail Association) Conference that was recently held in El Paso.

In his talk, Lujan will describe how the Pueblo of Pojoaque has served as a place where travelers throughout the centuries have stopped to drink water and trade ideas and material goods with the *Posu waeggeh Owingeh* people. *Posu waeggeh Owingeh* is in the Tewa language and means "Water Drinking Place" in English.

According to Lujan, the Pueblo of Pojoaque Poeh Museum recently completed a project with the National Park Service's National Trails Intermountain Region to establish wayside exhibits and a website presence to recognize the cultural interactions and influences brought forth with the Camino Real de Tierra Adentro as it passed nearby the Pueblo of Pojoaque.

"Although the Camino Real was initially seen as a way for the King of Spain to reach out with his influence through this major artery, the Royal Road has metamorphosed into more modern means of influence," stated Lujan. "This interaction and influence continues into the 21st century with a major highway (US 84/285) and fiber optic cables that parallel the road, both of which provide connectivity to the global economy including the famous Los Alamos National Laboratory," he stated.

Lujan is a member of the Pueblos of Tesuque and Taos and is fluent in both pueblo dialects. He earned a master's degree in public administration in 2007 and a bachelor's degree in Southwest Studies in 1998, from the University

of New Mexico. He also studied at Arizona State University (1978-1981), the University of New Mexico at Los Alamos (1992), and the Entrepreneurial Institute for the Arts in the Graduate School of Business at the University of Texas at Austin (1997).

Lujan has considerable experience in museum work and archaeology, including employment with the Museum of New Mexico from 1987-89 and with Historical Research Associates in Missoula, Montana, as an archaeologist and ethnographer from October 1993-97.

Since 2004, Lujan has served as the Director of the Poeh Cultural Center and Museum at the Pueblo of Pojoaque, New Mexico, and from 2007 to 2013 he has served as the pueblo's Tribal Historic Preservation Officer.

Lujan's presentation is made possible in part by a grant from Humanities Texas, the state affiliate of the National Endowment for the Humanities. For more information, contact Marilyn Guida, education curator for El Paso's museum of archaeology, at 915-755-4332, or send email to guidamr@elpasotexas.gov.

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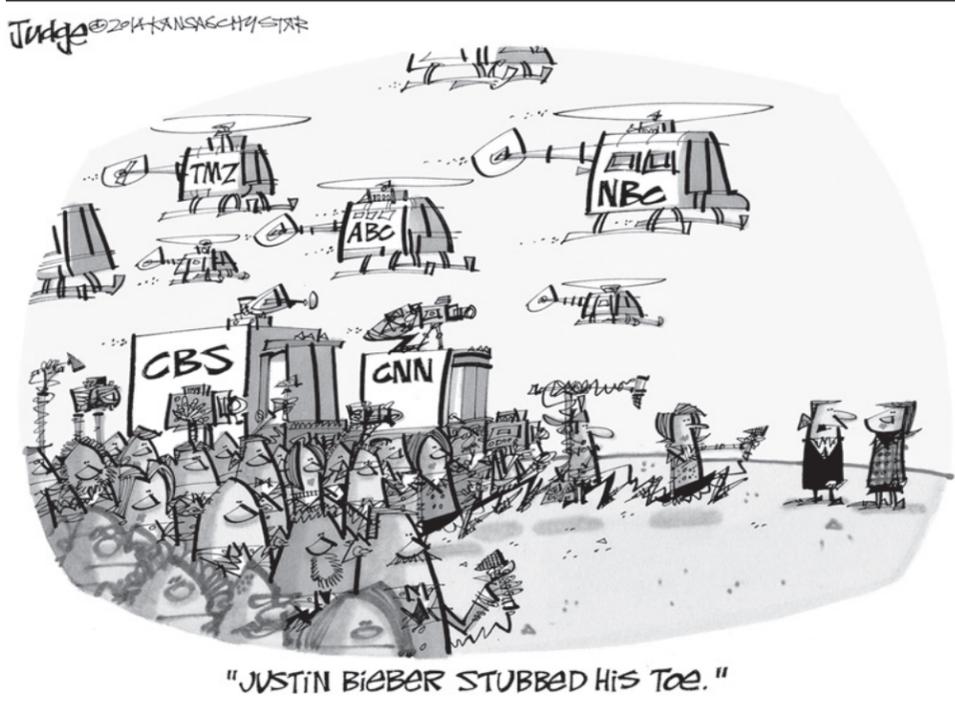
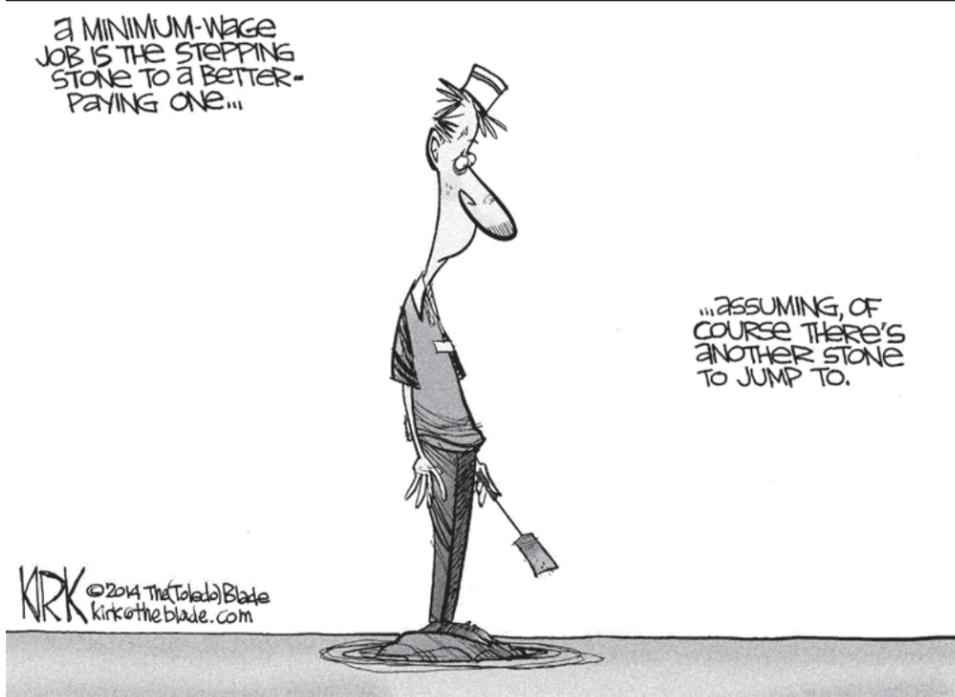
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Canutillo ISD cleared by TEA

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – The Canutillo Independent School District has fixed all issues related to out-of-country student transfers and is now in full compliance of state requirements for accountability and graduation rules, auditors with the Texas Education Agency said.

On Friday, Feb. 28, the District received official notification that the last outstanding items on a 57-point Corrective Action Plan (CAP) drafted in response to potential irregularities in credit record keeping and accountability were satisfactorily completed. The CAP was written by CISD and approved by the TEA after a state audit of student records and policies.

The notice signals the end of state intervention in Canutillo over out-of-country transcript issues the District self-identified and reported to the TEA in 2012.

“The end of the CAP process is a sign that we are moving in the direction in proving our students with the type of services they deserve and are entitled to receive,” said CISD Superintendent Dr. Pedro Galaviz. “The CAP helped us identify opportunities in our processes that have now been addressed

and will better serve our students.”
Last fall TEA cleared the district on all but a couple of corrective action issues in the CAP. Those issues dealt directly with the personal graduation plan process high schools must develop for each student.

Canutillo has since strengthened its procedures for administrative and parental review of personal graduation plans to guarantee increased awareness of deficiencies in graduation requirements.

The District also created new policies and regulations that brought heightened accountability for District employees in student credit recording and the reclassification of students based on transcript reviews and credit recovery.

“We are elated that we can continue to move forward as a District now that the TEA has cleared us,” said CISD Board President Rachel Quintana. “Canutillo has the best interest of students in mind, and these changes we’ve implemented will help us make sure that is the case at every level.”

Canutillo ISD will continue to collaborate with stakeholders in the community to further strengthen its procedures in regard to student services, including transcript reviews and personal graduation plans.

Rodriguez named to statewide office

By Jim Heiney
Special to the Courier

Mauricio Rodriguez, M.F.A., Associate Professor and District-wide Coordinator of the Chicana/o Studies program at El Paso Community College (EPCC) has been elected by the Texas Association of Chicanos in Higher Education (TACHE) membership as President-Elect. Rodriguez currently serves on the State Board of TACHE as the Far West Regional Representative. During his term as Regional Representative, he was instrumental



Mauricio Rodriguez

in the founding of the first student chapter in the history of TACHE.

Rodriguez was named the 2013 Distinguished Community College Faculty Award recipient by TACHE and presented with an award during the 38th Annual Conference in Austin. Rodriguez states, “It will be my honor to serve TACHE as President-Elect. I hope to further our mission of promoting the inclusion, advancement and recognition of Chicanas and Chicanos within the academe and communities. Our dreams, work, and struggle will serve as my motivation as I look to TACHE as the catalyst for our collective success.”

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TexasSure catches drivers without insurance.



Finances

From Page 2

similar programs.

In addition, many restaurants, department stores, movie theaters, museums, theme parks, banks,

credit card issuers, utilities (including gas and electric, water, garbage, telephone and cable) and other businesses offer special discounts or promotions for seniors. Always ask before your purchase is rung up.

Bottom line: Abundant resources are available to help seniors save money on purchases large and small. You just have to do a little research – and ask whether senior discounts are available. Remember, 10 percent here and 20 percent there can really add up.

Jason Alderman directs Visa's financial education programs.

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– Photo by Richard Speedy is courtesy of Kitty Alice Snead

ROUGH TERRAIN – Kitty Alice Snead, with burros, hiked through the Sierra Madre in Chihuahua, Mexico. Snead's exhibit at the El Paso Museum of Archaeology, *The Living Mask Making Tradition of the Rarámuri/Tarahumara*, is a product of over ten years with the Rarámuri in the Sierra Madre. The exhibit will be on display through August 31.

Tarahumara

From Page 1

Spanish Conquistadores, she added. Snead received a grant from The Southwest Center of the University of Arizona in 2008 for a photo essay

and ongoing research among the Tarahumara related to *chapeon* mask production and use in the Sierra de Tarahumara region of Mexico.

The free exhibit and Snead's lecture are made possible in part by a grant from Humanities Texas, the state affiliate of the National

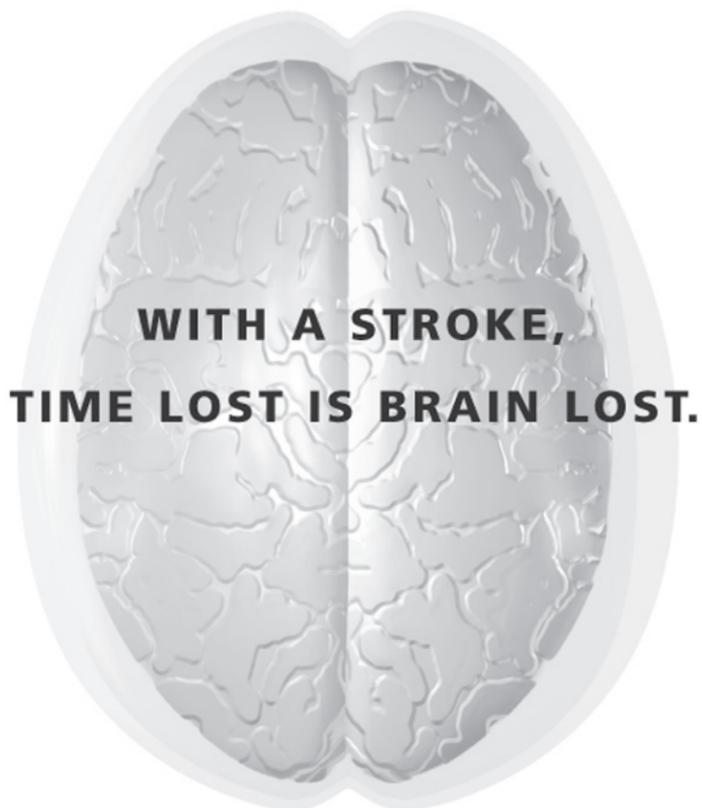
Endowment for the Humanities. Additional support is provided by the City of El Paso Museum of Archaeology.

For more information, contact museum education curator Marilyn Guida, at 755-4332 or send email to guidamr@elpasotexas.gov.



– Photo courtesy of Kitty Alice Snead

OLD TRADITION – Chapeyoko, center, the director of the matachines dance and wearer of the mask.



If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

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CryptoQuip Answer
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– Photos courtesy of Socorro ISD

THEY'RE WATCHING – Force Multiplier Solutions will monitor the bus camera systems and provide data to SISD on the frequency of bus stop-arm violations during the pilot period. The cameras are mounted over the rear wheel and monitor the front and rear stop-arms. In the future the cameras might be used to issue citations to people that don't stop for the bus when the stop signs are in use.

Cameras

From Page 1

- with bus traveling down the road);
- Seven cameras mounted on the outside of the school bus near the bus stop sign;
- Three cameras on the interior of the school bus;
- One camera on the rear of the bus;

- Real time GPS;
 - Two-way VOIP to enable two-way communication with bus via speakers and microphone;
 - No Student Left Behind switch;
 - Silent alarm in case of emergency; and
 - 500 gigabyte hard drive.
- “On a daily basis we transport over 12,500 students from Pre-kindergarten to 12th grade, not including field trips and extra runs,”

Espinoza said. “This bus camera system is another avenue to ensure we are doing our best to provide safe resources and environments for our students at all times.”

If the camera system is selected for districtwide implementation, Force Multiplier Solutions will work with SISD also to implement city ordinances in the City of Socorro and El Paso to comply with the stop-arm violations.



SNUCK ONE IN – There is a small camera tucked in just over the lights on the left.

THE SAN ELIZARIO GENEALOGY & HISTORICAL SOCIETY
PRESENTS
THE 23RD ANNUAL HISTORY CONFERENCE
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- VITICULTURE ON THE CAMINO REAL; WINES OF THE SOUTHWEST
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Both men and women's Miner teams have shot at title

By Steve Escajeda
Special to the Courier

Over the years, the month of March has become more and more synonymous for the madness that is the college basketball postseason.

And for the lucky people who call themselves fans of college basketball, that time is here.

Of course that includes many fans of the UTEP Miners men's and women's teams, who will be hosting their respective Conference USA Tournaments at the Don Haskins Center and Memorial Gym next week.

Though the Miners men have limped their way to the end of the conference season, they are still a formidable foe for any league challenger. Especially playing at home.

What UTEP has accomplished this season will go down in the memory banks of many fans as one of the gutsiest in school history.

By all reasoning, this team should be struggling to stay at .500 and be nowhere near the top of the league standings.

The Miners lost three future All-Conference-type players before the season even started.

Then they lost three more players to a gambling scandal just before conference play. This left them with only two point guards.

Then they lose one of those guards, shortly afterward, to grades. It's a miracle that the Miners have stayed as close to the top as they had.

When the league hands out its Coach of the Year award, Tim Floyd's name should be etched on it very prominently.

The Miners should enjoy the home court advantage but with three home conference losses it may not be that much of an advantage at all.

What a tournament like this requires the most from every team is depth. Something the Miners have absolutely none of.

The tournament is totally up for grabs with the likes of Tulsa, Middle Tennessee State, Southern Mississippi and Louisiana Tech all separating themselves from the rest of the conference – but not from each other.

UTEP has five players they can rely on game after game, John Bohannon, C.J. Cooper, Cedrick Lang, Vince Hunter and Julian Washburn.

After that, the team can only hope that Matt Willms, Hooper Vint, Jake Flaggert, Tevin

Caldwell and Aaron Jones can give the other guys a breather without inflicting too much damage.

It'll be extremely tough for the Miners to win their tournament, but not impossible. The other teams may be more talented than the Miners but no team will out-work Floyd's team, that's for sure.

The road to the conference tournament championship game should be much easier for the UTEP women, who have put together a dominating season.

The return of star player Kayla Thornton (out the last few games with a concussion) is great news for the Miners.

As good of a season as she was having, Thornton got some much-needed recovery time and should be ready to put her stamp on the tourney.

Coach Keitha Adams continues to do a masterful job of putting together championship-caliber teams for a program with an extremely weak basketball history.

The Miner women have what the men desperately lack – depth.

UTEP can go 10 deep and not lose very much at all in the talent category.

That is something that will carry them a long

way in the league tournament and possibly the NCAA Tournament after that.

With players like Jenzel Nash, Kristine Vitola, Kelli Wellingham, Chrishauna Parker, Sparkle Taylor, Cameasha Turner and Stacie Telles, the Miner women should be a shoe-in to battle for the league title on the tournament's final day.

There's no doubt that UTEP has a rich basketball history but this season has been especially significant with both teams at the very top of the league standings.

And though each has acquired its success in different ways, the bottom line is that El Pasoans have been guaranteed a night of fun and high-caliber basketball every time one of its teams takes the court.

And for their loyalty, the UTEP fans will be congratulated with the opportunity to host the season-ending tournament. The chance to watch all the talent the league can offer is quite an opportunity for local basketball fans.

The only thing that could be better is if the local teams both made it to the conference championship games.

At that point, win or lose, the college, the players, the coaches, the fans and the city would all end up winners.

Maybe they already are.

A sporting view By Mark Vasto

A Rube in the rough

Pitchers and catchers have been reporting early for training in the Florida spring since the 1800s. Today, it is a multi-billion dollar industry for the Sunshine State, but it almost never saw the light of day because one man, a southpaw pitcher nicknamed "Rube" from rural Pennsylvania, decided to take the opportunity to wrestle alligators while there...just for fun.

Contrary to popular belief, the Dodgers' Branch Rickey did not invent spring training at Vero Beach during the 1950s. They just made the most noise about their facilities, then considered state of the art because they were fashioned out of an old military base. It was the three-piece-suit clad Connie Mack – best remembered as the stubborn, iron-willed manager of the Philadelphia

Athletics – who in 1888 took his team, the Washington Nationals, down to Jacksonville, Fla., for a two-week workout. In short, it didn't work out. The hapless Nats finished nearly 40 games out of first place, and the expensive proposition of traveling to Florida was laughed off by the rest of the league.

Connie Mack was not a quitter. Baseball historians among you may know that Mr. McGillicuddy holds the record for most losses in a career (3,948). Nobody ever mentions that he also is the winningest manager in history, having won 3,731 games and five World Series titles.

Mack returned to Florida 15 years later, this time with a pitcher named Rube Waddell in tow. "Rube," for the uninitiated, means "uneducated hick," essentially. It's a slur. And Rube, who had kicked around Kentucky and Western Pennsylvania for an assortment of short-lived runs with short-lived baseball franchises, developed a taste for Bourbon County's gift to the world... often before games. (And afterward, too.) His slurring, erratic, compulsive behavior led people to believe he was mildly retarded.

Upon closer examination, it turns out that Rube probably suffered (or benefited, as it were) from manic depression and ADD. All Mack knew was that Waddell was the best left-hander in all of baseball. Determined to keep his booze intake regulated, Mack would pay him only \$10 at a time. He also did this to keep

Rube around... he was notorious for melting down and disappearing for weeks to go fishing.

In Jacksonville, in need of money, Rube decided it would be a good idea to join a local circus and wrestle alligators. This was the same Rube who Mack had taken off a football team for fear of injury. And while the second sojourn into Florida yielded only slightly better results, Rube was the guy who pitched a shutout for 20 innings against Cy Young and led the league in strikeouts for six straight seasons before dying of tuberculosis he contracted trying to save flood victims in Minneapolis.

A lot of stories come out of the swamps of Florida... Rube's is certainly one of them.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2014 King Features Synd., Inc.

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SOFTBALL

SOFTBALL VS NMSU
TUES | 3.04 | 6 PM

SOFTBALL VS SOUTHERN MISS
SAT | 3.08 | 2 PM

SOFTBALL VS SOUTHERN MISS
SUN | 3.09 | NOON

TENNIS

TENNIS VS NEW MEXICO
SAT | 3.22 | 10 AM

TENNIS VS NMSU
SUN | 3.23 | 10 AM

TENNIS VS LOUISIANA MONROE & WESTERN NEW MEXICO
SAT | 3.29 | 10 AM | 3 PM

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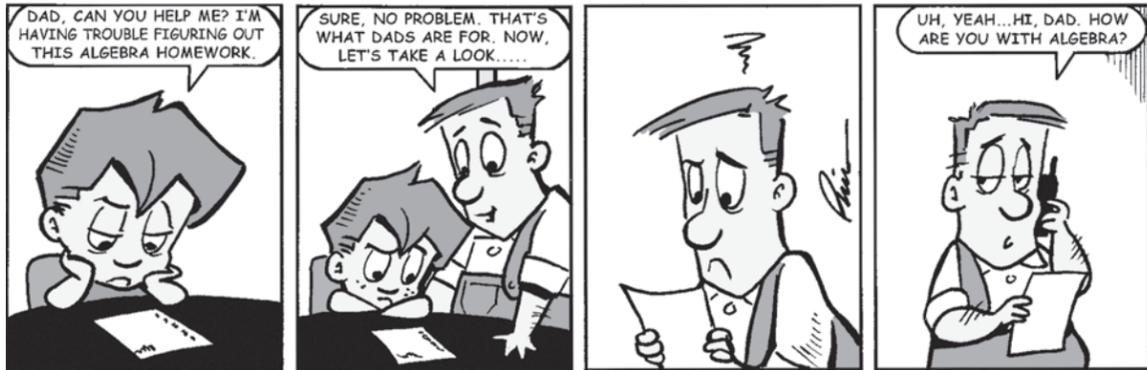
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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



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

DEAR DR. DONOHUE: I hope you can help me with a problem that might get me kicked off the first string. I get cramps in my legs, mostly in the calves. At first, it was laughable. Now it's not. At practices, I can sit down and wait for the cramp to go. During a game, I have to be replaced. How do I stop them? - B.L.

stretched out in front of you. Grab the ball of the foot, and, while keeping the heel on the floor, pull the foot toward you and hold it in that position until the cramp eases.

Pinching the skin between the nose and the lip is another way to break a cramp.

The booklet on aerobics, fitness and abdominal exercises offers tips for both beginners and fitness pros. To obtain a copy, write: Dr. Donohue - No. 1301W, 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: I have a Pap smear every year. I don't have a cervix. My cancer doctor (I had breast cancer) said a Pap smear isn't necessary for women without a cervix. I still have my ovaries and tubes and the rest of the plumbing. Do I need a yearly Pap smear? - K.R.

I have to tell readers that what I say applies to exercise-associated muscle cramps and not to the cramps that so many older people get when in bed. They're both the same phenomenon, an involuntary, sustained and painful contraction of a muscle or muscles. But they're not the same when it comes to the situation that brings them on.

The actual cause is a matter that experts have debated for years. A lack of potassium, calcium or magnesium, excessive exercise, cold weather, hot weather and dehydration have been cited as possible causes. None has been proven to be the universal cause. Muscle fatigue is another possibility. Some experts say that muscle fatigue affects the muscles' response to spinal cord signals that prevent cramping.

Suggestions to forestall cramps are many. Hydration is a reasonable approach. An hour before a game or an exercise session, drink a quart of water. That gives enough time for the water to be absorbed. During play, keep drinking. If you are drinking a lot of fluid, switch to a sports drink to prevent a drop in potassium and sodium. Stretch your calf muscles in three daily sessions. Rising on the toes is a good calf stretch. You can try taking a vitamin supplement that contains most of the B vitamins. Make sure vitamin B-6 is included.

To uncramp a muscle, sit on the floor with the involved leg

If a woman has had her uterus and cervix removed, she does not need to have Pap smears unless the uterus and cervix were removed because of cancer. Such a woman shouldn't cut off all examinations with her doctor. She could have other pelvic problems that require periodic examinations. However, the Pap smear part of the examination can be stopped.

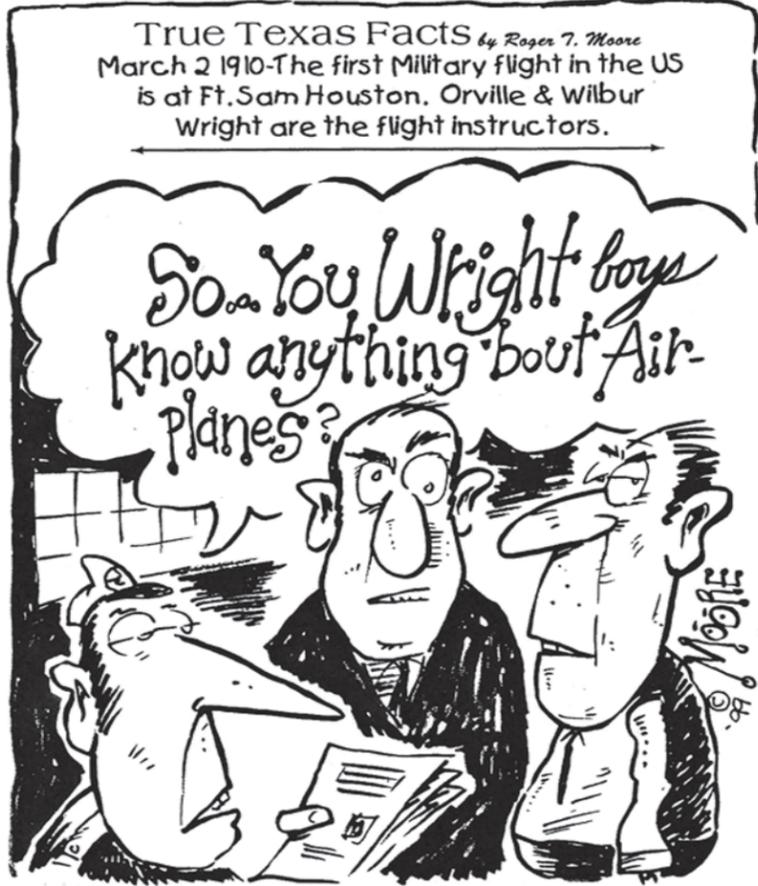
Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. (c) 2014 North America Synd., Inc. All Rights Reserved.

Super Crossword

- HIT COUNT**
ACROSS
 1 Pronoun in many letter greetings
 5 Psi preceder
 8 Involuntary twitches
 14 Differently (having other skills)
 19 Of Earth's largest landmass
 21 Berate loudly
 22 "Spider-Man 3" director Sam
 23 1978 hit for the Commodores
 25 Un, deux, _
 26 Ambush
 27 2008 hit for Miley Cyrus
 29 Added lubricant to
 32 Golfer's peg
 34 Water, in Toulouse
 35 Angriiness
 36 1961 hit for the Diamonds
 43 Audacious
 45 Indy vehicle
 46 Clumsy sort
 48 " _ there be any doubt..."
 49 Makes a sweater, e.g.
 52 Sliding-glass auto option
 55 _ Tzu
 59 Thus far
 61 1957 hit for Jim Reeves
 65 Certain chairmaker
 67 Lowly laborers
- 70 _ José
 71 VI halved
 72 Statement before singing each hit featured in this puzzle?
 78 _ v. Wade
 79 Prefix with con
 80 Get a goal
 81 "Max _" (2008 noir action film)
 82 1967 hit for the Lovin' Spoonful
 86 Drank sherry, e.g.
 89 Football throw
 90 "C'mon, this way"
 93 Very cushy course
 95 U.S. island territory
 98 Pay attention suddenly
 100 Gifts for calligraphers
 105 Nine-item group
 108 1965 hit for the Beatles
 111 Henpeck
 112 FBI's govt. division
 114 Perfect rating
 115 Eli _ (drug giant)
 116 1986 hit for Stacey Q
 122 Alias
 125 "CSI: Miami" actress Eva
 126 1946 hit for Frank Sinatra
 131 Clear away
 132 French for "brothers"
 133 Person giving ear
 134 Siestas, say
- 135 Sequence
 136 Jet to JFK, once
 137 Tiger sound
- DOWN**
 1 Showery
 2 "What?"
 3 Hockey player Bobby
 4 "Diamond Lil" playwright
 5 Large village
 6 " _ Caesar!"
 7 Lifer, e.g.
 8 Part of DOS: Abbr.
 9 Podded vegetables
 10 Everyone, in Essen
 11 Czech, Pole, or Serb
 12 Concocted
 13 Jule of songwriting
 14 Tennis great Ashe
 15 Port of Italy
 16 Hero-worship
 17 Defectors
 18 Have a minority view
 20 Eider, e.g.
 24 Observant individual
 28 Indent key
 29 "Ouch!" kin
 30 _ fog (lost)
 31 The, to René
 33 U.S. lang.
 37 "Give that _ cigar!"
 38 Some hosp.
- 39 "How dry _"
 40 Mop & _
 41 Horse's foot
 42 Up _ good
 44 Sporty Italian auto, briefly
 47 Have faith in
 50 Bit of errata
 51 Foreteller
 53 Port of Algeria
 54 Admit (to)
 55 Lasting blemishes
 56 Capital of Vietnam
 57 Back-of-the-book list
 58 Chick's mother
 60 He-cats
 62 Tripoli locale
 63 Some bank holdings
 64 Is a father to
 66 Infomercial gadget brand
 68 Bronx loc.
 69 With 84-Down, icy carnival treat
 73 Not sick
 74 Dummies
 75 County east of Sandusky
 76 TV warrior princess
 77 Atlas part
 83 "For the life _"
 84 See 69-Down
 85 "The Bridge on the River _" (war film)
 87 Get a glimpse of
 88 Coloring agents
 91 Stat of gas consumption
- 92 King James Bible suffix
 94 Careful examiner
 95 Less severe
 96 Oblivious
 97 Silky-haired rabbits
 99 Baseball legend Mel
 101 Pool party?
 102 Potentially shocking fish
 103 _ Aviv
 104 Plane's place
 106 Product-pitching costs
 107 Homer Simpson's utterance
 109 College list maintainer
 110 Rescinds
 113 Gordon and Bridges
 117 Unseat
 118 Million or billion ender
 119 Vacationer in a camper, informally
 120 Garr of the screen
 121 "Peter Pan" character
 123 Soulful Redding
 124 Bird's berth
 127 Particular mag. edition
 128 Yoko from Tokyo
 129 Stephen of film
 130 Flub up

Answer Page 4

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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134								135					136					137	



Social Security Q&A By Ray Vigil

Q: How do I change my citizenship status on Social Security's records?

A: To change your citizenship status shown in Social Security records:

- Complete an application for a Social Security card (Form SS-5), which you can find online at www.socialsecurity.gov/online/ss-5.html; and
- Provide documents proving your:
 - New or revised citizenship status (We can only accept certain documents as proof of citizenship. These include your U.S. passport, a Certificate of Naturalization, or a Certificate of Citizenship. If you are not a U.S. citizen, Social Security will ask to see your current immigration documents);
 - Age; and
 - Identity.
- Next, take (or mail) your completed application and documents to your local Social Security office.

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. For more information, visit www.socialsecurity.gov/ssnumber.

Q: I have never worked but my spouse has. What will my benefits be?

A: You can be entitled to as much

as one-half of your spouse's benefit amount when you reach full retirement age. If you want to get Social Security retirement benefits before you reach full retirement age, the amount of your benefit is reduced. The amount of reduction depends on when you will reach full retirement age. For example, if your full retirement age is 66, you can get 35 percent of your spouse's unreduced benefit at age 62 (a permanent reduction); if your full retirement age is 67, you can get 32.5 percent of your spouse's unreduced benefit at age 62 (a permanent reduction). The amount of your benefit increases if your entitlement begins at a later age, up to the maximum of 50 percent at full retirement age. However, if you are taking care of a child who is under age 16 or who gets Social Security disability benefits on your spouse's record, you get the full spouse's benefits, regardless of your age. Learn more about retirement benefits at www.socialsecurity.gov/retirement.

For more 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.

STRANGE BUT TRUE

By Samantha Weaver

- It was celebrated Russian novelist Fyodor Dostoyevsky who made the following sage observation: "Talking nonsense is the sole privilege mankind possesses over the other organisms. It's by talking nonsense that one gets to the truth! I talk nonsense, therefore I'm human."

- If you can foretell the future by looking at fingernail clippings, you're practicing onychomancy.

- The name of the islands of Hawaii is thought to come from a word in an early Polynesian language meaning "place of the gods."

- You might be surprised to learn that before novelist Salman Rushdie wrote "The Satanic Verses" and had a fatwa issued against him by the Supreme Leader of Iran, he worked in advertising, coming up with slogans for candy companies.

- If you're like the average woman, you will kiss 15 men, go on four disastrous dates, be stood up once and suffer heartbreak twice before you meet the man you want to settle down with.

- In 2009, Japanese scientists revealed that the human body emits a very slight, yet perceptible, glow. After using a special camera to study a sample of men in their 20s, they found that intensity of the glow varies, with the lowest point at around 10 a.m. and the brightest at 4 a.m.

- Horses can tell each other apart just by the sound of their whinnies.

- It is traditional in Scotland to "blacken the bride." In this process, a soon-to-wed woman is abducted by friends, covered in honey, eggs, sauce and feathers, then taken around town on a pub crawl.

- In ancient Rome, slaves with red hair commanded a higher price from buyers.

Thought for the Day: "What is laid down, ordered, factual is never enough to embrace the whole truth: life always spills over the rim of every cup."

— Boris Pasternak

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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.

	×		-		21
+		+		÷	
	÷		+		3
÷		÷		-	
	+		+		10
13		5		2	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 1 2 4 5 6 7 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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: W equals S

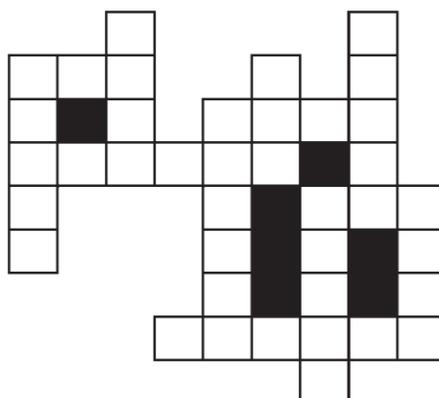
WXKKDWJMV H ZGQCXT JW
DXFWJNQ DM H WZDCZGJMV GDF
NHO, ZDXPN GQ TQ H
MJMQFO-NQVCQQ HMQP?

Answer Page 4

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- MIH
- SPOGIS
- SCOUL
- SESM
- ♥NASLIP
- TJE
- TISG
- NITJO
- ♥ILE
- SMUTOC
- TELHI
- ♥ALTI



Answer Page 4

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

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