



NEWSBRIEFS

Reading camp

A free Summer Reading Camp for children in Grades K-6 will be held on Mondays, Wednesdays and Fridays starting July 2 to July 30, 2014 from 2 to 5 p.m. at the Women's Intercultural Center located at 303 Lincoln Street in Anthony, NM. The free program will offer small-group tutoring, build reading fluency and comprehension and get your child ahead before school starts. The deadline to sign up is June 20, 2014 and space is limited. To sign up call 575-882-5556 or visit the Women's Intercultural Center. Parent Orientation and Registration for those who sign up will be held on July 2 from 6 to 7 p.m. at the Women's Intercultural Center. The program is sponsored by Andele Tutors, NM Children's Foundation and the Women's Intercultural Center. For more information call us at (575) 882-5556.

— Mary Carter

Texas trees

The Arbor Day Foundation has a book that helps people identify trees in a simple, step-by-step process. The book, *What Tree Is That?*, is available for a \$5 donation to the nonprofit tree-planting organization. It is a fun, easy-to-use tree identification guide that features hand-drawn botanical illustrations highlighting the distinctive characteristics of many tree species. Nature lovers and professional arborists alike have called this pocket field guide a must-have user-friendly resource. The Arbor Day Foundation offers this book to help people identify trees in Texas and throughout the Eastern and Central regions of the United States. *What Tree Is That?* uses a unique step-by-step approach for identifying the species of each tree, explaining what to look for in the shape of the leaves, differences in the leaf stems and twig structures, and specific characteristics of fruits, flowers, buds and bark. It is also available as an online interactive version at arborday.org. To obtain a tree identification guide in full color, send your name, address and \$5 for each guide to *What Tree Is That?*, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410. You can also order the book online at arborday.org.

— Anthony Marek

Crime Stoppers

A man robs an East El Paso convenience at gunpoint. Investigators from the El Paso Police Department are asking for your help in identifying this robber through the Crime Stoppers "Crime of the Week." In the early morning hours

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Why is it that nobody listens when history repeats itself?

— Quips & Quotes



— Photo by Alfredo Vasquez

THIS WAY TO JOBS – Carlsbad NM, about an hour and a half drive from El Paso County, is in the midst of an economic oil boom. As the sign indicates, Carlsbad is 150 miles from the Montana Vista community along Highway 180. New technology has allowed companies to drill for oil and gas in a different manner, allowing them to pull more oil and gas out of the ground than ever before. Consequently, Carlsbad has lots of job opportunities. David Martin, Secretary of the New Mexico Energy, Minerals and Natural resources Department, said recently that since the 1980s, the industry has gone through boom and bust periods, but the reserves yet to be tapped will allow the drilling activities to continue for a long time.

Carlsbad NM experiences oil boom

By Alfredo Vasquez
Special to the Courier

Hardworking, able-bodied individuals who can't find well-paying jobs in the El Paso area might want to consider taking the 150-mile trek to Carlsbad, New Mexico – just head

northeast on Highway 180.

Carlsbad sits in one of the most productive regions of the oil-rich Permian Basin, which is concentrated in central Texas but stretches deep into southeastern New Mexico. The basin has long been known for its oil and gas deposits, but today with the advances in drilling technology it has been revitalized by

the oil industry and is transforming the tranquil community of Carlsbad into a boomtown.

Morris Keith, an oil and gas consultant, stated in a recent news report that he has experience working in many basins and that Eddy County is home to an exceptional

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— Photo courtesy Canutillo ISD

LOOKING SHARP – The Canutillo Middle School Honor Band took time out for a picture during their California competition.

Canutillo Honor Band places third in California WorldStrides

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – For the second year in a row, a Canutillo Independent School District musical student group has received accolades at the WorldStrides Heritage Performance

Musical Festival in California.

The 30-member Canutillo Middle School Honor Band placed third among dozens of bands from throughout the country. They performed at the Anaheim event during the Memorial Day weekend.

The band is under the direction of the teacher Christian Rodriguez.

"This is an extraordinary group of young men and women who are doing great work on behalf of the Canutillo Middle School community. We are so proud of them," said Principal Monica Reyes. "Our music program keeps growing and improving,

See BAND, Page 2

Finances By Jason Alderman

Don't fall prey to medical identity theft

By now, most people know about the perils of identity theft, where someone steals your personal or financial account information and makes fraudulent charges or opens bogus accounts in your name.

Lately, a not-so-new twist has been getting a lot of attention – medical identity theft. That's where someone gains access to your health insurance or Medicare account information and uses it to submit phony insurance claims, obtain prescription drugs or medical devices, or get medical treatment in your name.

Besides its high cost, medical ID theft also can have deadly consequences: Suppose someone poses as you and gets an appendectomy; if you later entered the hospital with abdominal pain, your medical file would show that your appendix was already removed and you could be tragically misdiagnosed.

Here are a few tips for avoiding medical ID fraud and steps to take if it happens:

Your medical files are often full of information ID thieves crave: account numbers for Social Security, health insurance, Medicare or Medicaid, contact information, email address, etc. All it takes is one stolen employee laptop or an intercepted piece of mail or email to leave you vulnerable.

Sophisticated thieves will also hack computer networks of insurance companies, pharmacies, medical equipment suppliers and others who have access to your medical records. And unfortunately, the black market for stolen information is so tempting that employees

have been known to steal data.

Common signs of medical identity theft include:

- Provider bills or insurance Explanation of Benefits (EOB) forms that reference medical services you didn't receive. (Verify all dates, providers and treatments and look for duplicate billing.)
- Calls from debt collectors about unfamiliar bills.
- Medical collection notices on your credit report.

Just as you shouldn't hesitate to ask your doctor or nurse whether they washed their hands, so you should feel free to ask what security precautions their business office takes to protect your information. Here are a few preventive measures to take:

- Never reveal personal or account information during unsolicited calls or emails.
- Be suspicious if someone offers you free medical equipment or services and then requests your Medicare number.
- Never let people borrow your Medicare or insurance card to obtain services for themselves. Not only is this illegal, but it could be disastrous if your medical histories become intermingled (think about differing allergies, blood types, etc.)
- Regularly check your credit reports for unpaid bills for unfamiliar medical services or equipment. This could indicate someone has opened a new insurance policy using your identity and is running

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Veterans Post By Freddy Groves

Deported veterans can return in coffin

(*Publisher's note: This is part two of a two part column. Part one ran in the May 22, 2014 issue of the West Texas County Courier*)

Hundreds, perhaps thousands of foreign-born U.S. military veterans who have been convicted of crimes and served their time in prison have been deported, despite living legally in the U.S. since childhood. They are dumped in the country of their birth – a country they may have no memory of, where a language they may not understand is spoken.

What kept those service members from filing for American citizenship when they could have, five years after getting a green card? One theme stands out: Many were told by recruiters and at boot camp that U.S. citizenship was automatic when they were honorably discharged from the military. Others came back from service overseas in no shape, physically or mentally, to deal with bureaucracy.

Where do we draw the line with deporting veterans? Immigrant lawbreakers who are not veterans are routinely deported for serious crimes. Does being a veteran and putting your life on the line for this country count for anything after you pay your debt to

society? For a U.S. citizen, you do your time and you go free.

And what of the crimes these deportee veterans commit? Should a line be drawn to distinguish between nonviolent and violent crimes? Felonies can include any number of crimes, some more serious than others. Some misdemeanors can be interpreted as aggravated felonies when it comes to immigration and deportation.

Here's the kicker: Deported veterans can't come back – until they're dead. If they were discharged under honorable conditions, they qualify for burial in a veterans cemetery and the government will kick in \$300 to have the body returned. Additionally, veterans still qualify for benefits, but they can't get here to claim them.

To learn more, go online and research "veterans deported." Look up immigration-law expert Margaret Stock, a retired military police lieutenant colonel, and read some of the stories she tells.

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.

Band

From Page 1

and Mr. Rodriguez is doing a wonderful job of guiding it in the right direction."

CMS students performed three selections at WorldStrides: "Elite March" by Sandy Feldstein and

Larry Clark, "In a Quiet Place" by Bill Calhoun, and "Electricity" by Daniel Bukvich.

This is the second year in a row that a CISD musical group performs and places at the WorldStrides contest. Last year, the Jose Damian Elementary School Honor Choir earned a gold award for their performance.



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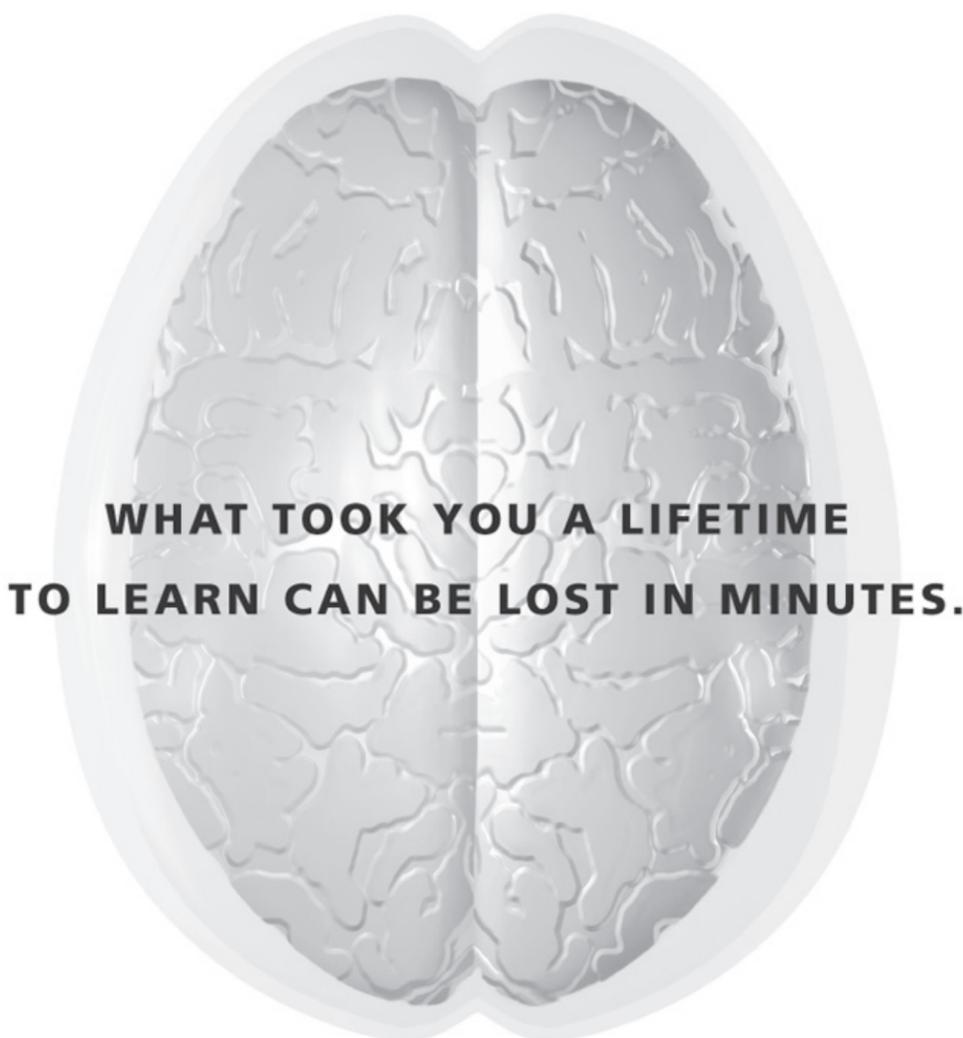


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WITH A STROKE, TIME LOST IS BRAIN LOST.

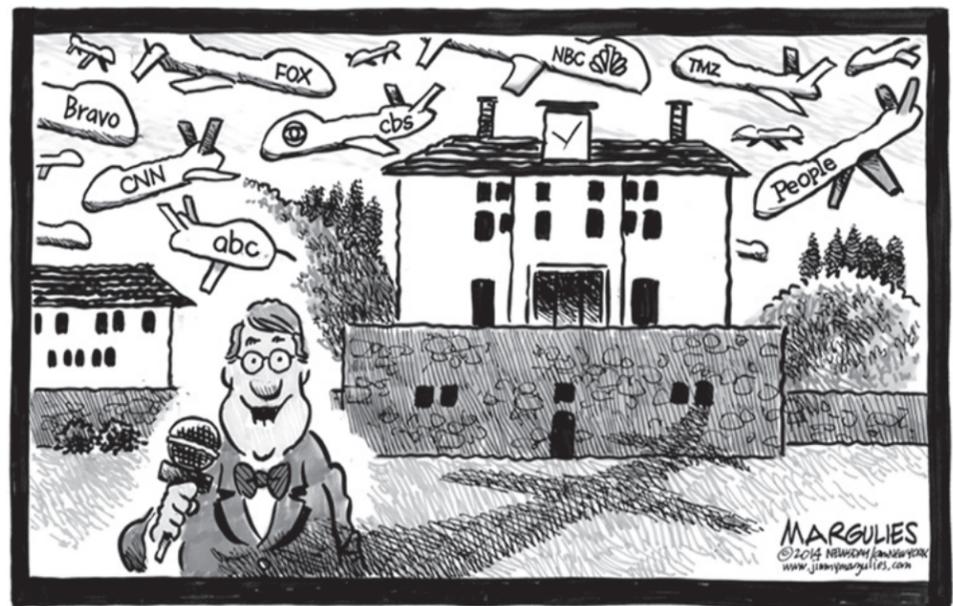
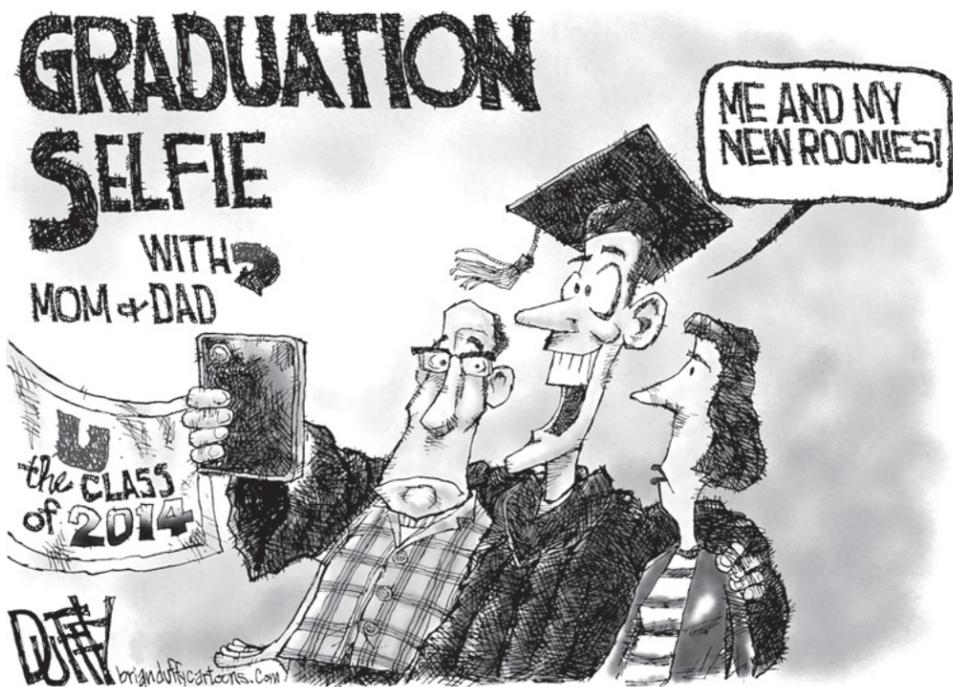
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“Skies are clear here in Italy for the Kim Kardashian-Kanye West wedding, except for a few patches of drones”



60 ATHEISTS IN SAN FRANCISCO WERE SQUISHED WHILE PROTESTING THE NEW GODZILLA FILM.

It's the law By Texas AG Greg Abbott

Establishing paternity at birth gives children a good start in life

The birth of a child is one of the most joyous events in a couple's life. For unmarried couples, that life-changing experience also brings an added responsibility – establishing paternity for their child.

Establishing paternity is one of the most important jobs the Attorney General's Child Support Division performs, because it guarantees a legal relationship between a father and his child. Under Texas law, a child born to a man and woman who are not married has no legal father. Establishing legal fatherhood is very important. It ensures that children are eligible for child support and benefits such as Social Security, veteran's survivor benefits and health insurance. Legal paternity also guarantees a father's parental rights should he and the mother separate. In addition, it enables the father's name to go on the birth certificate, which is important to a child.

Voluntary Acknowledgment of Paternity (AOP) is one way to establish paternity. The most convenient place and time to sign an AOP is usually at the hospital when the baby is born. The child's mother and father will likely be there together and eager to secure the child's legal connection to his or her father.

Most parents come to the hospital planning to put the father's name on the birth certificate. In Texas, however, a man who isn't married to the child's mother has to sign the AOP before his name can go on the birth certificate. Hospitals are required to provide unwed parents with the opportunity to establish paternity and with information about the rights and responsibilities involved. Because the Acknowledgment of Paternity becomes a legal finding of paternity when it is filed with the state Vital Statistics Unit (VSU), it is very important that parents understand the responsibility to which they are committing.

If the parents are certain of the child's paternity, the father can sign the AOP at birth, and the hospital will file the form with the VSU for free.

When parents have questions about

paternity, or one or both parents do not want to sign the voluntary Acknowledgment of Paternity, they can contact the OAG's Child Support Division for assistance. In most instances, paternity testing is free for parents who seek the OAG's help to establish their child's paternity.

The Office of the Attorney General is committed to helping unmarried parents make thoughtful, responsible decisions

Benefits of establishing paternity

- Establishes legal fatherhood;
- Makes the child eligible for child support and benefits, such as Social Security, veteran's survivor benefits and health insurance;
- Protects a father's rights as a parent; and
- Encourages a father's involvement in his child's life.

The Acknowledgment of Paternity (AOP) form allows unmarried fathers to voluntarily acknowledge paternity, when the mother agrees.

Unmarried parents can apply for free child support services by contacting the Office of the Attorney General at:

**Child Support Division
Office of the Attorney General
P. O. Box 12017
Austin, TX 78711-2017
(800) 252-8014**

about paternity establishment. The Child Support Division has developed a Paternity Opportunity Program (POP) that trains and certifies hospital and birthing center employees to assist parents with the AOP process while the mother and child are still in the hospital. The POP staff – there is a coordinator in each of the nine child support regions – provides hospitals with brochures and a video that discuss the benefits and responsibilities of paternity

establishment. Hospital staff, in turn, provides this information to unmarried parents. Parents also can call (866) 255-2006 to receive information – in English or Spanish – about paternity establishment.

When a father can't be present for his child's birth, the Office of the Attorney General is happy to work with him to facilitate the AOP process. For example, when a military father will be deployed before his baby is born, he can contact the Attorney General's Office to sign an AOP prior to the birth. Then, the mother can take a copy of the AOP to the hospital when she delivers the baby, so the father's name appears on the birth certificate. Not only does the certified copy of the AOP help set a firm foundation for the child, but both mom and dad also can rest in the knowledge that if the unthinkable happens, the serviceman's child will be entitled to full veteran's benefits.

Together, the Attorney General's Office and birthing entities across the state are giving the children of Texas a sound start in life. If you would like more information about AOPs, please contact the Child Support Division at (866) 255-2006.

Finances

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up charges.

If you suspect or know your information has been compromised, ask for copies of your medical records from each doctor, hospital, pharmacy, lab or health plan where a thief may have used your information. Also request a copy of their "Accounting of Disclosures" form, which lists everyone who got copies of your medical records.

Next, write them all by certified mail explaining which information is inaccurate, along with copies of documents supporting

your position. Ask them to correct or delete all errors and to inform everyone they may have sent records to (labs, other doctors, hospitals, etc.) Keep copies of all correspondence and logs of all phone calls or other related activities.

You can also file a police report and contact the fraud units at the three major credit bureaus: Equifax, Experian and TransUnion. You may want to place a fraud alert or freeze on your accounts. Visit the Federal Trade Commission's Identity Theft site for more information (www.consumer.ftc.gov).

Jason Alderman directs Visa's financial education programs.

Stroud recognized for blood drives

By Jim Heiney
Special to the Courier



— Photo courtesy El Paso Community College

Dr. Ron Stroud

2,300 donations annually.

“Educating students about blood donations starts by getting a ‘buy-in’ from the faculty,” said Dr. Stroud. “There isn’t one educator on campus that isn’t aware of the blood drives that are held on campus and the importance of donations. Therefore teachers allow presentations as part of the classroom in health and science and also allow the students extra time to donate.”

For more information on EPCC blood drives, call 831-2614.

Dr. Ron Stroud, El Paso Community College (EPCC) Director of Institutional Effectiveness, was selected as the recipient of the 2014 Donor Recruiter Volunteer Coordinator of the Year and was awarded and recognized at a formal awards ceremony at the American Donor Recruitment Professionals (ADRP) Conference held in Columbus, Ohio. Dr. Stroud won the Best School Blood Drive Award for his effectiveness in spearheading the blood drives at EPCC.

Dr. Stroud was selected as a nominee by the local United Blood Services in El Paso and was then selected by the UBS corporate office in Scottsdale as the candidate of choice for the entire 18 state system for the school award. After submission by the UBS corporate office in Scottsdale, AZ, to the ADRP, it was announced he was the overall winner of the award.

Ten years ago, Dr. Stroud was appointed by the President at EPCC to turn the blood program around. Historically, the college of about 25,000 students was only contributing about 700 blood donations to the community yearly. Ten years later, the college has consistently increased blood donations and averages now

Carlsbad

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work force in the oil and gas fields. He said that the 75 drilling rigs currently in operation and the related service industries are directly employing hundreds of people. He added that the computerization and sophistication of the high-tech oilfield world employs people in every capacity.

Eddy County, where Carlsbad is located, last year became the top oil-producing county in New Mexico, pumping out 51.5 million barrels of crude. Subsequently, Carlsbad and the other oil patch communities in Lea and Eddy counties are the fastest growing in the state, according to the U.S. Census Bureau’s latest data.

The bureau’s estimates indicate that the population of Carlsbad increased from about 26,000 in mid-2012 to nearly 28,000 in July 2013. Nearby Hobbs was close behind with growth.

Carlsbad Mayor Dale Janway told reporters recently that the oil industry is drawing workers to the area, but that the potash mines, the federal government’s underground nuclear waste dump (WIPP, Waste Isolation Pilot Plant), and tourists visiting Carlsbad Caverns National Park, as well as agriculture also are helping fuel the city’s growth.

As a result, companies and businesses are desperate for workers. And, with more workers pouring into Carlsbad, town officials said that the biggest challenge is keeping up with housing demand and infrastructure needs.

New apartment complexes have waiting lists as soon as construction starts, RV parks are overflowing with oil workers and families, and roadside hotel brands, like the Hampton Inn and Holiday Inn Express, are filled, according to a

recent news report.

The Carlsbad mayor stated in a news interview recently that the town is growing so fast that housing can’t keep up and that they are working on infrastructure projects as fast as they can.

Despite the boom’s growing pains, the oil industry points to the economic benefits it is bringing to the area in the form of taxes, business development, and jobs. With each new business comes increased competition for workers. According to local officials, virtually every company in Carlsbad and Hobbs has posted a help-wanted sign.

To address the housing shortage, Carlsbad city officials said that they are working on annexing a new master-planned community that would ultimately house about 9,000 people south of town. Additionally, an industry trade group said that it would work with government entities to help alleviate the housing problem, according to news reports.

Jim Peach, New Mexico State University professor of economics and international business, said that although the industry will continue in the current boom for several more years, a “tiny slide” in terms of rig count may occur. However, he said it won’t have a large impact on the local or state economies.

Peach made his statement during a presentation at the Mayor’s Oil and Gas Summit that was held last summer in Carlsbad. The summit attracted about 400 people from around the region who wanted to get an insight as to where the industry is headed, and the impact it is having on Carlsbad and Eddy County.

In the meantime, Carlsbad is attracting a swarm of retail stores, restaurants and hotels, businesses that never considered this area previously because of its remote location. Now, these businesses need workers.

NOTICE OF PUBLIC MEETING TO DISCUSS PROPOSED TAX RATE

The Socorro Independent School District will hold a public meeting at 6:00 p.m., Tuesday, June 17, 2014 in the District Service Center, Board Room, 12440 Rojas Drive, El Paso, Texas, 79928.

The purpose of this meeting is to discuss the school district’s tax rate that will be adopted. Public participation in the discussion is invited.

The school district has elected to adopt a tax rate before receiving the certified appraisal roll from the chief appraiser(s) of the appraisal district(s) and before adopting a budget. In accordance with Texas Tax Code, Section 26.05(g), the chief appraiser(s) of the appraisal district(s) in which the school district participates has (have) certified to the assessor for the school district an estimate of the taxable value of property in the school district as provided by the Texas Tax Code, Section 26.01(e). In accordance with the Texas Education Code, Section 44.004(j), following adoption of the tax rate, the school district will publish notice and hold another public meeting before the school district adopts a budget.

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$0.976140/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	
Approved by Local Voters	\$0.298654/\$100 (Proposed rate to pay bonded indebtedness)

Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, Tax Code)

	Preceding Tax Year	Current Tax Year
Total appraised value** of all property	\$ 10,137,945,558	\$ 10,683,140,576
Total appraised value** of new property***	\$ 336,402,561	\$ 381,417,608
Total taxable value**** of all property	\$ 8,305,798,686	\$ 8,800,783,300
Total taxable value**** of new property***	\$ 323,105,472	\$ 370,996,869

* All values identified are based on estimate(s) of taxable value received pursuant to Section 26.01(e), Tax Code.
 ** “Appraised value” is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.
 *** “New property” is defined by Section 26.012(17), Tax Code.
 **** “Taxable value” is defined by Section 1.04(10), Tax Code.

Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness* \$474,356,445

* Outstanding principal.

Comparison of Proposed Rates with Last Year’s Rates

	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year’s Rate	\$ 0.976140	\$ 0.298654*	\$ 1.274794	\$ 2,427	\$ 5,571
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$ 0.988850	\$ 0.340820*	\$ 1.329670	\$ 2,589	\$ 5,715
Proposed Rate	\$ 0.976140	\$ 0.298654*	\$ 1.274794	\$ 2,471	\$ 5,689

*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both. The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year’s Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$ 125,300	\$ 126,647
Average Taxable Value of Residences	\$ 110,168	\$ 111,556
Last Year’s Rate Versus		
Proposed Rate per \$100 Value	\$ 1.274794	\$ 1.274794
Taxes Due on Average Residence	\$ 1,404.41	\$ 1,422.11
Increase (Decrease) in Taxes		\$ 17.70

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is 1.327554. This election will be automatically held if the district adopts a rate in excess of the rollback rate of 1.327554.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance(s)	\$ 44,154,936
Interest & Sinking Fund Balance(s)	\$ 6,578,221

If you really don't like something, don't feed it money

By Steve Escajeda
Special to the Courier

The sports world has taken a disturbing turn in recent weeks.

But the news has had nothing to do with home runs or thunderous dunks or hockey fights. In fact, it has nothing to do with athletes at all.

The latest spotlight has been on team owners and their thoughts on race, skin color and prejudging.

First there was L.A. Clippers owner Donald Sterling and his secretly taped comments about black people.

The 80-something-year-old Sterling obviously grew up in a time where those kinds of thoughts were more the rule than the exception.

Some older people have been able to rethink their position and see the error of their ways. Some, like Sterling, still see differences in individuals depending on their outward appearance.

Everyone in the United States should have the right to their opinion, even if it isn't very

popular or goes against the social norms of the day.

But Sterling has a history of letting his personal bigotry affect his decisions as a businessman; now he's breaking discrimination laws.

The NBA is trying to force Sterling to sell his team. I'm still torn on whether that's a good idea or not. Once you start that precedent, owners could be forced to sell their teams for a number of possible violations.

If it can't be proven that Sterling broke any laws, I've always been of the mindset that the marketplace will determine his fate.

Really, in this country the KKK has the right to walk down your street and preach their hatred. Muslims who preach "Death to America" have mosques in the U.S.

It isn't against the law to be stupid and ignorant. It isn't against the law to hate for no good reason.

I know it sounds like a crazy place to live, but that's one of the prices you pay for freedom.

If Sterling remains as the owner things will work themselves out. If players still play hard for him and fans keep going to the games and

advertisers still give him money – no problem.

If players decide to boycott games or the fans stop showing up and advertisers spend their money elsewhere – then Sterling will put his team on the market.

Here's my own stereotype about rich people – they hate to lose money.

Once we start legislating speech and thought, we start to go down that slope that George Orwell wrote about in 1984.

He mentioned the "thought police" and how neighbor would go against neighbor and turn in anyone who didn't conform to the norms of a society.

Do we really want to head in that direction? Everyone seems to jump on the bandwagon when somebody slips up concerning race. Don't we all have our little prejudices?

Let's take Dallas Mavericks' owner Mark Cuban's thoughts on the subject.

He's now being jumped on for saying that if he were walking on a side of the street at night and young black guys wearing hoodies were approaching him, he would walk to the other side.

He also said that if young white men with shaved heads and tattoos approached him, he

walk back to the other side.

I'll guarantee you one thing, if any of those young men walked toward each other under the same circumstances, they'd both be a little nervous.

And that's okay. It's human nature to look at a situation and fear the worst. That doesn't make you a bad or hateful person.

Instead of blaming law-abiding citizens for being afraid, we should blame the young punks who perpetuate the stereotype.

The truth is, we all discriminate in one way or another. We all make decisions based on what we see or think we see.

If a person is wearing dirty clothes and smells funny, if a guy has tattoos on the side of his neck, if a woman wears a low cut top and short skirt, if a man wears a three-piece suit and gold watch.

We see people and make immediate assumptions. That automatically makes us human – not hateful.

The Donald Sterling's of the world see "race differences" everywhere they look.

We're just as bad when we see "Donald Sterling's" anytime someone speaks their mind and it isn't what we want to hear.

A sporting view By Mark Vasto

The day Rick rolled

It occurred in 1998, on a Sunday in June at the big ball orchard in the Bronx, during a nationally televised day game – the sacrifice fly heard around the world. Never in history had there been such a thrilling way to tie a baseball game.

Naturally, the "action" was made possible by Billy Martin, the maniacal manager of the New York Yankees. Martin, a guy who couldn't divest himself of his

demons, had a knack of making waves during nationally televised games, having once nearly brawled with Reggie Jackson in Boston. His desire to control every facet of the game he managed, and his belief in the old, Casey Stengel-era ways of platooning ball players, often left his players befuddled, at best. (At worst, they felt shown up by the man and took to brawling with him in parking lots, breaking his arm

and often pummeling him as he got older.)

He once ordered Mike Pagliarulo – a slugging but below average, contact-hitting lefty third baseman – to bunt over a runner hitting as a righty. "Pags" took time to double- and triple-check the signal before promptly striking out.

And Martin was the guy who placed pitcher Rick Rhoden in the seven spot as a designated hitter against Baltimore Orioles' lefty Jeff Ballard that historic afternoon – 24 hours after he had just pitched in a loss.

To his credit, Rhoden had won four Silver Slugger awards as a

pitcher in the National League, and had, at that point, an average of something like .277. To his dismay, he didn't have any bats, nor did he have a helmet. Also, he hadn't taken batting practice in about a year. Still, he was a pro, and being a good sport, he went up to bat and took his whacks.

Legend has it that Joe DiMaggio almost had a heart attack when he was asked to play first base for an inning, breaking into cold sweats and visibly shaking as he ran off the field. DiMaggio was notoriously proud and image-conscious, and he couldn't bear the idea that there were kids seeing "the Great DiMaggio" for the first time, and he didn't want them to see him make an error in the field or look foolish.

So give Rhoden credit. He was a natural hitter, as his newfound golf career shows. But meanwhile, on the bench sat the lefties Pagliarulo,

Claudell Washington and Jose Cruz ... high-caliber players whom Martin passed over, citing "the book," which said those guys couldn't hit Ballard. Think those guys lost a little face?

So this June, as we commemorate the sac-fly heard around the world, let's also take the time to finally admit that the era of the hitting pitcher is over. They don't train for it, it doesn't add any real critical dimension to the game unless you're a fan of .150 hitting, pitching substitutions, pinch runners and bad bunts.

Today, a pitcher getting a hit is the equivalent of getting Rick rolled... you're shocked and amused, but it's played out now. It's time to change the rule.

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

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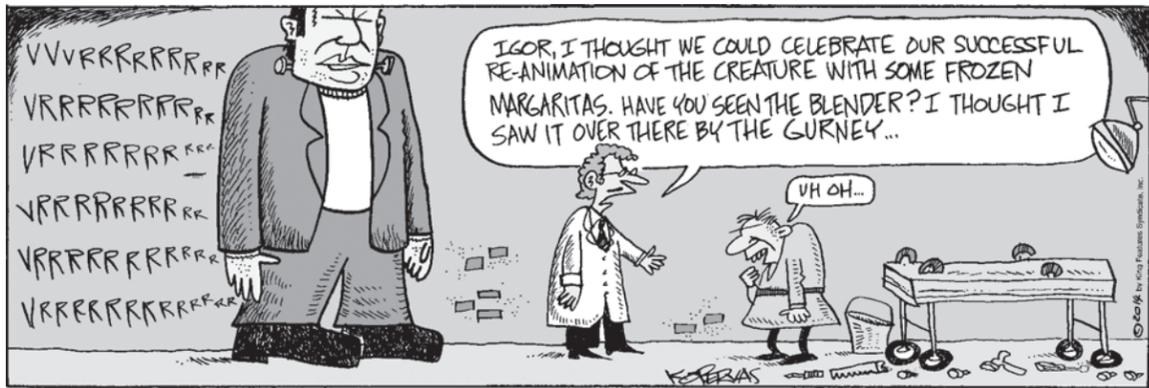
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Comix

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. ROACH: Why do people snicker when I tell them I have RLS? They wouldn't laugh if they knew the amount of sleep deprivation I have endured during the 20 years it took to correctly diagnose it. I think if it hadn't been for Sinemet (levodopa and carbidopa), a Parkinson's drug, I would have gone mad long ago. Has anyone discovered what causes it? – G.S.G.

The booklet on restless leg syndrome and nighttime cramps offers more tips. Readers can obtain a copy by writing: Dr. Roach – No. 306W, 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.

Restless leg syndrome causes an urge to move the legs (and sometimes arms), which is worse at nighttime and is relieved by movement. It is usually accompanied by unpleasant sensations in the legs. When accompanied by sleep deprivation, as yours has been, it is also called periodic limb movement disorder.

DEAR DR. ROACH: I am looking into buying an infrared sauna. My research indicates that infrared is good for arthritis, Type 2 diabetes, detox, cholesterol, weight loss, relieving muscle pain, helping kill cancer cells, etc. I have arthritis, and my boyfriend has diabetes. My question is: Are these claims true? Can an infrared sauna help me to become a healthier person? I would use it daily or three to four times a week. Do you feel it is worth the purchase? – D.O.

The cause is known only in a minority of cases. About 40 percent of cases seem to run in families, and several genetic factors have been identified. Iron deficiency sometimes is associated with RLS, and replacement of the iron can improve symptoms. Moderate exercise, leg massage and heat (say, a warm bath before bed) are some nondrug ways of improving symptoms. Levodopa/carbidopa is an effective treatment; pramipexole (Mirapex) and ropinirole (Requip) also are effective for many people. There are other alternatives as well. An expert in the condition, usually a neurologist, is essential for severe cases.

An infrared sauna uses light waves to heat up the body. People have been using traditional saunas for centuries, and many swear by their benefits. There is good evidence that saunas (and infrared saunas in particular) can reduce pain and stiffness from some kinds of arthritis. Unfortunately, there isn't evidence to support it.

I think the name "restless leg syndrome" may be part of the reason why people don't take this condition as seriously as it deserves. After all, legs are supposed to move, and being "restless" doesn't sound so bad – but as you know, it's a lot more than that. For this reason, the new name, Willis-Ekbom disease, is preferred by some.

I doubt that saunas help with "detox," weight loss or killing cancer cells. I would caution your boyfriend with diabetes, because some people with diabetes are less sensitive to heat and could be burned without knowing it.

Great information about this condition is available at RLS.org.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475. (c) 2014 North America Synd., Inc. All Rights Reserved.

Super Crossword

MOVING AROUND THE BOARD ACROSS

- 1 Uproar
- 4 Cry of insight
- 7 Raise a design
- 13 Relies on
- 19 Pita sandwich with mashed chickpeas
- 21 Force
- 22 Flirt with a bit
- 23 Comic strip in which Popeye first appeared
- 25 On key
- 26 Gin flavorer
- 27 Creme-filled cookie
- 28 Totals (up)
- 30 " _ want for Christmas..."
- 31 1925 Sergei Eisenstein film classic
- 37 Pat gently
- 40 Patron
- 41 New Hampshire college city
- 42 Very big bird
- 43 Travel with the band
- 47 Germane
- 48 Truth or _
- 50 Party LBJ belonged to
- 51 Auto's shock absorbers, springs, etc.
- 55 Fruit beverage
- 57 Other, to Juan
- 58 " _ quam videri" (North Carolina's motto)

- 59 Site for online bids
- 62 Besides that
- 66 St. Patrick's isle
- 68 Two-person country fair contest
- 73 Charming notion
- 75 "Woo-hoo!"
- 76 2002-03 Bravo reality show, with "The"
- 77 Medications for some anemia patients
- 80 Big name in energy bars
- 81 Off, helper
- 82 With 126-Down, first instruction
- 83 Tony-winning Kazan
- 85 Stats, e.g.
- 87 Elect (to)
- 89 Teammate of Michael Jordan
- 94 XI minus IV
- 97 Yiddish writer
- 100 Size above med.
- 101 1982 high-tech film
- 102 Eye, to poets
- 103 Opera boy with "night visitors"
- 105 Nest egg user, often
- 108 Speaker of Romania
- 110 Train driver

- 115 Helper of Frankenstein
- 116 Pre-1991 superpower
- 117 Horde
- 118 Besides that
- 122 Covert
- 124 Theme of this puzzle
- 129 Recital finale
- 130 Certain 12-step group
- 131 Sierra _ (California range)
- 132 Charred the outside of
- 133 Most current
- 134 Co. leader
- 135 Of old

- 24 Aviv-Jaffa
- 29 "Explorer" girl
- 32 Aleutian island
- 33 Facial spots
- 34 Kachina doll carver
- 35 Really liking
- 36 _ out (used frugally)
- 37 Erte's style
- 38 Nonpros
- 39 Tacos' kin
- 44 Sugar ending
- 45 Like some high hairdos
- 46 Mold anew
- 49 _ sunshine (hot beam)
- 52 Kia model since 2002
- 53 Born, to Luc
- 54 Three R's gp.
- 56 It doesn't require a piercing
- 60 U.K. novels, poems, etc.
- 61 More chichi
- 63 Gloria Estefan's music
- 64 Ones jeering
- 65 Above, to a bard
- 67 Sue Grafton's " _ for Evidence"
- 69 Lens locale
- 70 Fast escape
- 71 "Adios!"
- 72 WWII female enlistee
- 73 U.S. spy gp.
- 74 Sprinkles, as with powder
- 78 45s' cousins

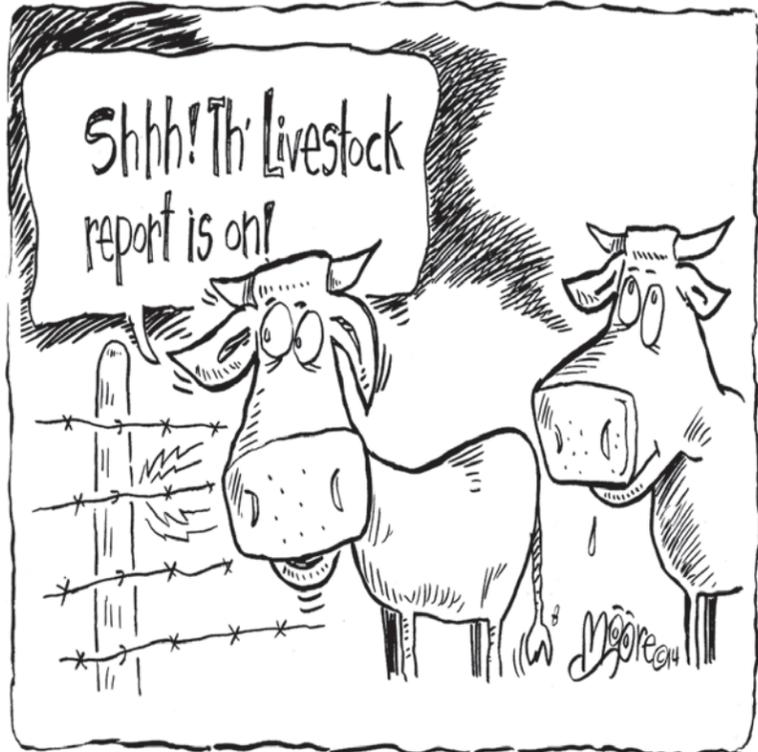
- 79 Seine, e.g.
- 84 GI address
- 86 Hanging _ a thread
- 88 Tree on Maui
- 90 Sony _ (line of PDAs)
- 91 Grimm beast
- 92 Preadult
- 93 Playwright William
- 94 Small suitcases
- 95 Funny Coca
- 96 Old Chrysler chief Lee
- 98 Old PC screens
- 99 Football's _ Trophy
- 104 Film genre
- 106 Part on a sitcom, say
- 107 Beethoven's " _ Overture"
- 109 Seat of Siskiyou County, California
- 111 Made known
- 112 Suffix with president
- 113 '90s-'00s' boy band
- 114 Ms. Lauder
- 119 _ dog's life (toiled away)
- 120 Hosiery flaw
- 121 Onetime Texaco rival
- 123 Before
- 125 Rural refusal
- 126 See 82-Across
- 127 Opp. of neg.
- 128 Egg: Prefix

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MOORE TEXAS

by Roger Todd Moore

Del Rio ,1930:Barbed wire fences began picking up the strong one million watt radio station XERA out of Mexico .



Social Security Q&A By Ray Vigil

Different benefits for your family's different situations

National Family Month takes place each year from Mother's Day in May to Father's Day in June, and coincides with the end of the school year when families are able to spend even more time together. It is the perfect time to spend more time focusing on each member of your family.

Social Security has your entire family in mind when it comes to coverage and benefits. We're here to help everyone in the family – during every stage of life.

Most people think of retirement benefits when they think about Social Security, and that certainly is a big part of what we do. In fact, most of the benefits we pay go to retirees and their families – about 41 million people. But Social Security is more than retirement. Just read on.

If you work and pay Social Security taxes during your lifetime, you can look forward to a strong foundation of income in retirement from Social Security. Of course, Social Security was never intended to be your sole source of retirement income. It is a foundation upon which you build with pensions, savings, and other income.

But what if you become disabled before you retire and you are unable to continue working to support your

family? Social Security has you covered with disability benefits. If you have a disability that is expected to last a year or longer, or result in death, you should apply for disability benefits.

Your work and taxes cover not only you, but your entire family, too. Family benefits can include retirement, disability and, in the event of your death, survivors benefits. This coverage includes everyone in your family who depends on you for support, such as your minor children who are under age 18, or age 19 if still in secondary school, as well as your spouse. It also can include older children who have severe disabilities that began before age 22. In some cases, parents and grandchildren can qualify for family benefits if they depend on your income and you are their only means of support

If you want to learn more about how Social Security benefits the younger members of your family, visit www.socialsecurity.gov/youngpeople. This page has information for you even if you don't have children and are a young worker yourself.

So whether through survivors, disability, or retirement benefits, Social Security is here to help you and your entire family when the

need arises.

And the best way to apply for benefits is online at www.socialsecurity.gov. Perhaps another popular family member—the family pet—can best explain why applying online is the best option for you. Check out our creative videos on our YouTube channel for sound advice from the four-legged members of the family. Just visit www.socialsecurity.gov and select the YouTube button at the bottom of the page.

Want to learn more? Read or listen to the publication, *Understanding the Benefits*, at www.socialsecurity.gov/pubs.

STRANGE BUT TRUE

By Samantha Weaver

- You might be surprised to learn that the hamburger didn't originate in the United States. In fact, it was early Turkic people called the Tatars who first came up with the idea. When they had low-quality beef, they discovered that shredding it and patting it back together improved the flavor and texture.

- If for some reason you have a hankering to see the world's biggest tire, you'll need to head to Detroit (fittingly, I suppose). Located near the Detroit Metro Airport, the 80-foot Uniroyal tire weighs in at a whopping 12 tons. This attraction was created for the 1964 World's Fair in New York, where it served not only as an advertisement for the Uniroyal brand, but also as a Ferris wheel for the entertainment of attendees. In 1998, the company created the world's largest nail – measuring 11 feet long and weighing 250 pounds – and used it to pierce the giant tire. It was another advertising stunt, of course; this time to promote Uniroyal's puncture-resistant tire.

- If you're like the average American, you will eat between 25 and 30 pounds of apples this year.

- Some researchers believe that those who drink large quantities of coffee on a daily basis are self-medicating for depression.

- There is a species of frog found in Australia with an odd method of reproduction. It lays eggs like other frogs, but this particular frog keeps the eggs in its stomach, hatching them internally. When the baby frogs are fully developed, they emerge into the world via the adult frog's mouth.

- Thought for the Day: "Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."

– Elizabeth Green

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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.

	-		x		18
+		x		÷	
	+		÷		4
x		+		x	
	+		+		17
27		22		18	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

2 3 3 4 5 6 7 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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: L equals E

O ZUAAEKLJ YGUCL PGLCL VEXG

DIJEYKGOA SOCFOSL DY

JEVZLJ GOY FLLI JEFFLJ

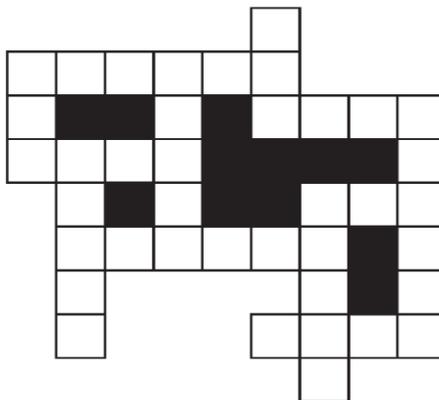
"KGL POYKL XUOYK."

Answer Page 4

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- LIK
- ♥ PLESDA
- ♥ KISEP
- ♥ IDTE
- PREEK
- ♥ SPU
- LIKL
- ESUSI
- ♥ TPO
- LUHLIP
- ♥ RALIT
- ♥ SASP



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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