



## NEWSBRIEFS

# Ruiz competes for Miss Texas

### Theater

El Paso Community College (EPCC) brings four great productions to the Transmountain Forum Theater. The 2013 Performers Studio Summer Repertory will include *Nunsense A-Men!*, *Back to the 80's* and a double feature that includes *tick, tick... BOOM!* and *Edges*. The Summer Repertory provides scholarship money for EPCC Forensics and Theater students. The Performers Studio will take to the EPCC Transmountain Forum Theater stage, 9570 Gateway North, Thursday, Friday and Saturday evenings, as well as Sunday matinees beginning June 19. Tickets are \$7 for EPCC students and staff and senior citizens, \$10 for non-EPCC students and military and \$15 for general admission. You can call now for reservations at (915) 831-5056 or tickets are available at the Forum Box Office the day of the show. The box office two hour before each performance. Some of the Summer Repertory productions deal with sensitive issues that may not be appropriate for children under the age of 13. Parental guidance is suggested. Children under the age of seven will not be admitted.

- **Nunsense A-Men!**  
June 19, 20, 21, July 11, 19 and 24 at 8:00 p.m. June 22 and July 20 at 2:30 p.m.
- **Back to the 80's... the Totally Awesome Musical!** June 26, 27, 28, July 10, 18, and 26 at 8:00 p.m. June 19 and July 27 at 2:30 p.m.
- **Double Feature! tick, tick... BOOM! Edges**  
July 12, 17, 25, September 4, 5, and 6 at 8:00 p.m.

— Jim Heiney

### Aguirre certified

Martha Aguirre, the Executive Director of Finance for the Canutillo Independent School District, has achieved one of the highest certifications available for school business professionals in the state. The Texas Association of School Business Officials (TASBO) announced this spring that Aguirre had attained the designation of Registered Texas

See BRIEFS, Page 8

*The man who thinks he has no faults has at least one.*

— Quips & Quotes

By Cynthia P. Marentes  
*Special to the Courier*

SAN ELIZARIO – As a student at San Elizario High School, Maurah Ruiz juggled classes along with a busy schedule of activities and still graduated third in the Class of 2009. One passion that eluded Ruiz but had always captivated her is a pursuit that has quickly catapulted her into the limelight – beauty pageants. Ruiz who won the Miss Austin crown back in March is once again running on full-speed as she prepares to compete in the Miss Texas competition this summer and expand her presence across the state.

“Although my title is Miss Austin, it is my hope that my community back home will support me and be proud that someone from San Elizario is walking the Miss Texas stage,” Ruiz stated.

As the reigning Miss Austin, Ruiz also has the opportunity to work on a social issue platform that she believes in throughout the year. Her project is focused on suicide prevention. She is confident that she would be a great representative for Miss Texas since she considers herself to be someone girls across the state can relate to.

“I’m a normal girl from a small town who had big dreams and worked hard to make those dreams a reality,” she said.

Ruiz maintains a strong connection to San Elizario since many of her relatives still live here and attend school in the district. One of her favorite memories of her hometown is seeing the presidio all lit up by luminarias. She added that her family fully support her participation in beauty pageants and are very proud of her.

“They have always told me that I could do anything in this world that I wanted to do and those words of encouragement pushed me to strive for excellence in everything that I do,” she stated.

As a San Elizario HS student Ruiz was very involved in band, cheerleading, Student Council, SkillsUSA, National Honor Society and the list keeps going. She continued with that same drive and energy at Texas State University where she is currently majoring in political science with an expected graduation



See RUIZ, Page 8 Maurah Ruiz

# El Paso’s eastside gets new county annex offices

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – Construction of El Paso County’s new East Side Annex is scheduled to start this summer. The new facility will be located near the intersection of George Dieter and Robert Wynn streets and should take about ten months to build.

The eastside annex will house the offices for the justice of the peace and constable of Precinct 4, a satellite county clerk’s office, an office for the county’s probation department, as well as a community room. Commissioner Carlos Leon, who represents the East Side of the county, will also have an office there.

Medlock Commercial Contractors, the



Carlos Leon

lowest bidder for the new eastside annex, was selected for the project, provided services for the construction of the toll complex at the new Tornillo-Guadalupe port of entry.

With the new eastside annex, Leon said that people won’t have to travel long distances to have access to county services, while the county will save money by not paying rent for the office of the justice of the peace and constable. The county pays about \$2,900 a month in rent right now.

“We’ve been renting space for justice of the peace and constable offices, so it’s really going to be a savings for the county,”

Medlock is currently working on the construction of the county’s Northwest Annex in Vinton, which is scheduled to open in August. It also

Leon stated recently in a news report. “The county clerk will have a representative there for collections. If anybody needs to pay money for whatever reason they can pay it there,” he stated.

**Veterans Post** By Freddy Groves

# VA whistleblowers faced retaliation

I've said it before: When there's a bonus tied to performance, those who are to get the bonuses will go to no end of mischief to make sure it happens.

On the heels of the ever-expanding story about cooking the books of patient wait lists at Department of Veterans Affairs hospitals (during which it appears that some veterans died while awaiting care), it now appears those who stepped forward are being punished. Office of Special Counsel investigators are looking into allegations of retaliation against nearly 40 employees who spoke up. OSC is an independent agency whose job it is to guard against prohibited personnel practices, and more.

Here are some samples from its press release:

- A VA employee spoke up when "inappropriate and continuous use of patient restraints" were being used on veteran patients. The whistleblower was a 20-year employee who'd never had any disciplinary problems... and was suddenly given a 30-day suspension for speaking up.

- A VA employee spoke up about improper scheduling. The employee's performance

evaluation took a hit, and the employee was reassigned.

- A VA employee spoke up about the mishandling of patient-care funds. The employee was reassigned and faced a demotion.

The OSC is investigating these cases, and the actions against the employees have been halted. The OSC has the authority to investigate the 13 Prohibited Personnel Practices, one of which is retaliation for whistleblowing.

If you're a VA employee with a story to tell, you have options:

Go online to the OSC website ([www.osc.gov](http://www.osc.gov)) and click on Whistleblower Disclosures. Or call the Disclosure Hotline at 800-572-2249.

Go online to VA Oversight at [www.vaoversight.org](http://www.vaoversight.org) and file your complaint.

TIP: If you decide to step up and reveal the wrongdoings you've seen, don't use a government computer or telephone.

*Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to [columnreply2@gmail.com](mailto:columnreply2@gmail.com). (c) 2014 King Features Synd., Inc.*

**Finances** By Jason Alderman

# Make sure your family has a disaster plan

June 1 marked the beginning of hurricane season. Meanwhile, across much of the Western U.S., major droughts have greatly increased the danger for summer wildfires. And don't forget last winter's record-breaking winter storms – or the ongoing potential for earthquakes, tornados, floods and other natural disasters.

Such catastrophic events are inevitable, largely unpreventable and often strike without warning. Even though we can't always predict natural disasters, we can anticipate their likely aftermaths, including property loss, power or water service disruption and scarcity of food and supplies.

Sit down with your family and develop a disaster plan. By planning ahead and knowing what you might need under dire circumstances, you can save yourselves a lot of time, money and grief.

FEMA, the Federal Emergency Management Agency ([www.fema.gov](http://www.fema.gov)), offers great suggestions for developing a family emergency plan, building an emergency supply kit, and learning what to do before, during and after emergencies (everything from home fires to terrorist attacks). They even provide an emergency plan for family pets.

Here are some emergency-planning ideas you may not have considered:

- Pick meeting spots both in and outside your neighborhood where your family can gather after an emergency.
- Choose one person (possibly out-of-town) everyone can contact for updates.
- Make sure your kids know how to escape the house in case of fire.
- Identify and stock essential items you'll need to survive for at least three days in case help is unavailable. Include ample water (at least a gallon per person, per day), non-perishable food, and medications. Don't forget water, food and supplies for pets.
- Stock an emergency kit with batteries, flashlight, a battery-powered or hand-cranked radio, water-purification tablets, clothes, blankets, can opener, tools, toilet paper, moist towelettes, garbage bags, solar cellphone charger, etc.

- If a family member receives life-sustaining treatments (e.g., dialysis), identify alternate treatment locations in case yours becomes incapacitated.

- Take a picture of yourself with your pets in case you should become separated.

- Safely store emergency cash in case ATMs aren't working.

Should disaster strike, you'll need access to financial and legal records. Take these steps now to ensure easier access when the time comes:

- Create a log of all account numbers, emergency numbers, contact information and passwords for your bank and credit card accounts, loans, insurance policies, utilities and other important accounts.

- Update it regularly and save hardcopies in secure, offsite locations such as a safety deposit box or with a trusted friend living in another area.

- You can also email the list to yourself in an encrypted, password-protected file, save it on a CD or USB drive, or use a cloud-based storage service that will let you access it from any Internet connection.

- Make PDF copies of tax returns, insurance policies and legal documents and save offsite, as above, in case your files or computer are damaged. Also make digital copies of invaluable family photos, documents and memorabilia that money can't replace.

If you ever need to file an insurance claim or claim a tax deduction for lost, stolen or damaged property, it'll be much easier if you have an inventory of everything you own – photos or videos are even better. Try the Insurance Information Institute's free, secure home inventory software application ([www.iii.org](http://www.iii.org)).

Also, investigate what is and isn't covered by your insurance policies for natural disasters. You may need additional coverage for damage associated with hurricanes, tornados, earthquakes and other weather conditions.

Bottom line: Having a family emergency plan in place could lessen the blow should disaster strike.

*Jason Alderman directs Visa's financial education programs.*

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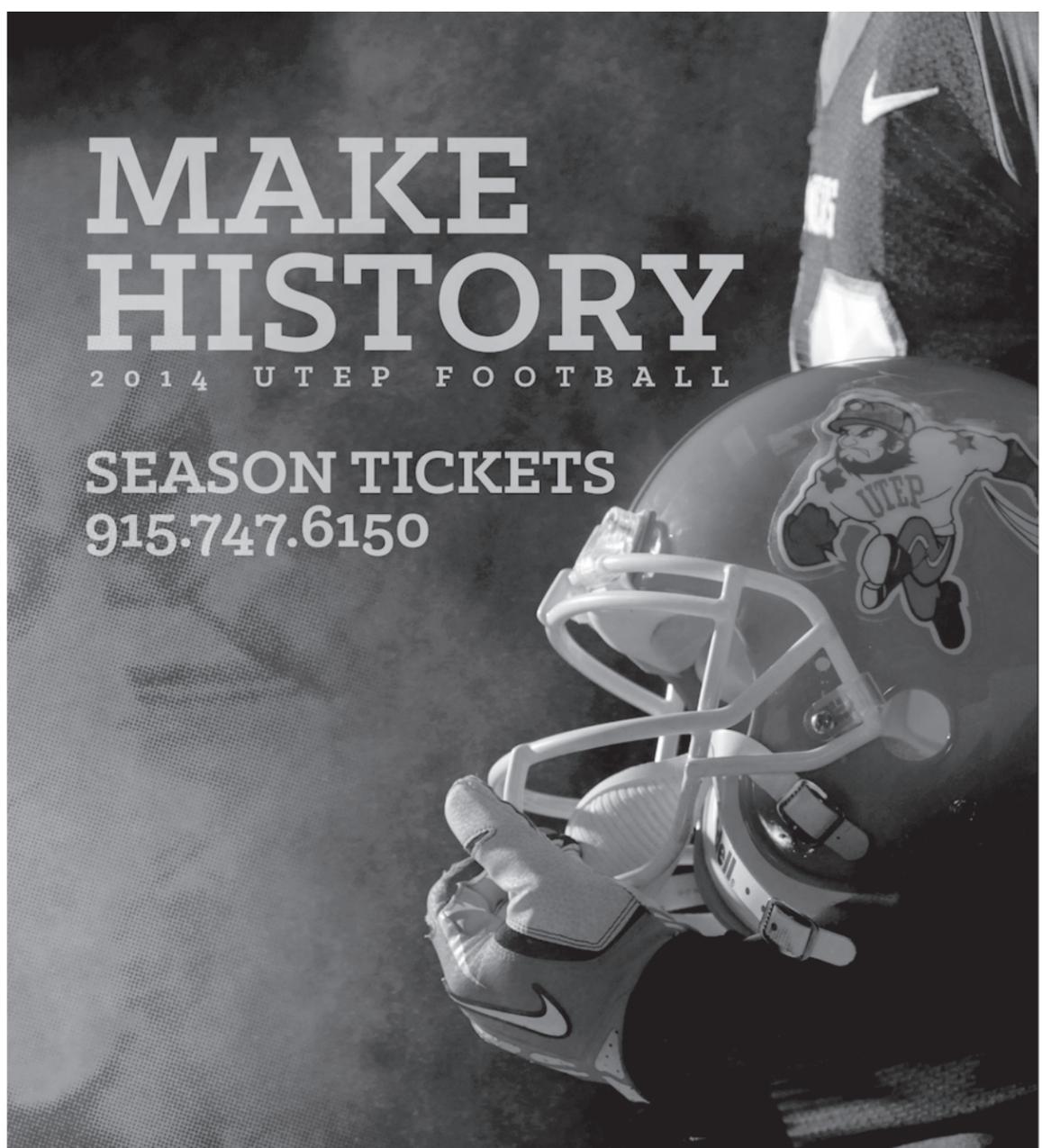
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# Anthony PD starts SRO on Canutillo campuses

By Gustavo Reveles Acosta  
Special to the Courier

additional years.

“If our students don’t feel safe, they can’t learn. So obviously, safety and security is a very high priority for us in Canutillo,” said Superintendent Dr. Pedro Galaviz. “I am confident that the SROs from the Anthony Police Department will have a positive impact on the security of our campuses, and will help bring peace of mind to the parents who send their children to our schools on a daily basis.”

The SROs added another layer of safety to CISD campuses. The District already hires four Class 2 Security Officers that help monitor all campuses, including elementary schools.

Anthony SROs will focus on the two middle schools and CHS, although their service could be used at any District facility. Northwest Early College, a campus of CISD housed within the property of the El Paso Community College, is served by the EPCC Police Department.

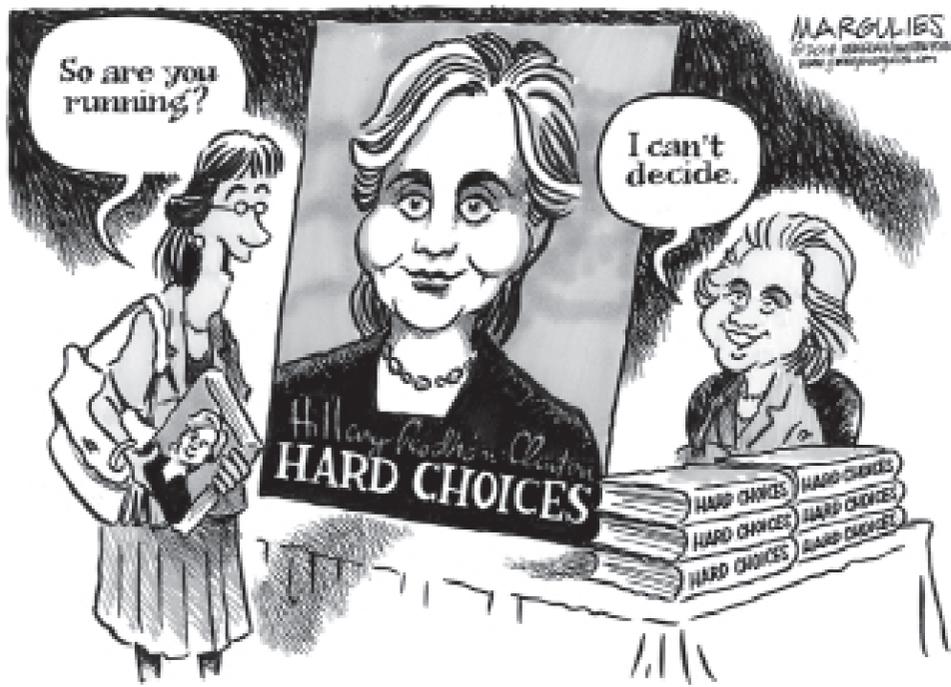
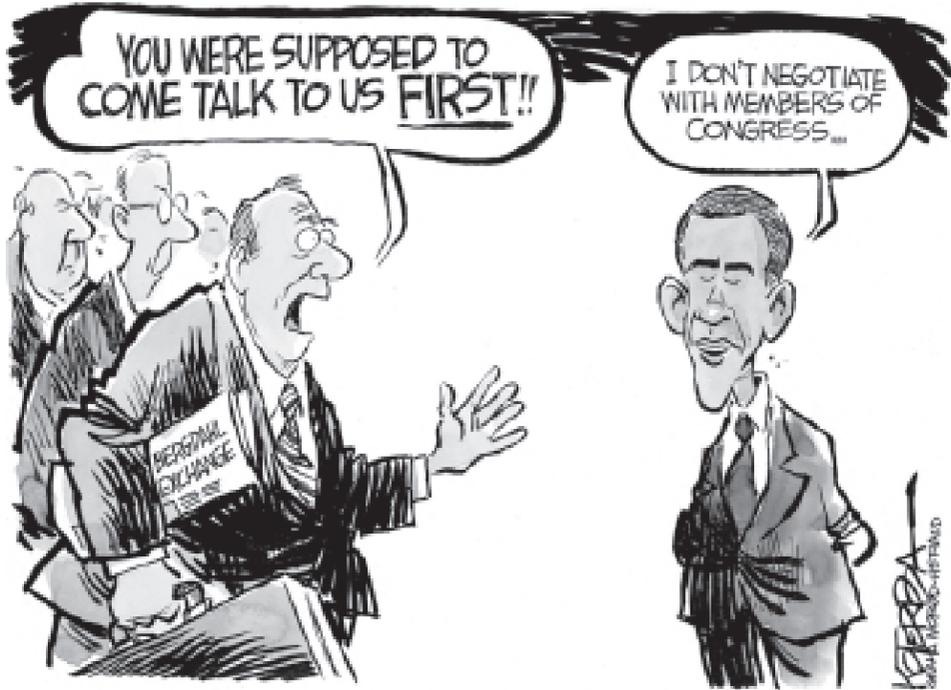
Mike Gonzales, CISD Risk Management Coordinator, said that although Canutillo schools have a track record of being safe, the District is nonetheless looking to improve its security.

“We are looking at all options. We want to make sure that every single one of our students is provided with a safe and secure learning environment,” he said.

CANUTILLO – Anthony Police Department officers have begun a potential three-year stint as School Resource Officers in an effort to strengthen security and safety measures at secondary schools in the Canutillo Independent School District.

Three Anthony PD officers are already stationed full-time in the District and are expected to monitor Canutillo High School, Alderete Middle School and Canutillo Middle School on a daily basis. A K-9 unit will be added to the team later this year.

Canutillo ISD trustees approved a one-year contract between the District and the Town of Anthony in order to increase security in the campuses. The contract has the potential of being extended two



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### Classified Ads

#### LEGALS

#### TOWN OF ANTHONY, TX

#### PUBLIC NOTICE

#### Construction Advertisement and Invitation for Bids

The Town of Anthony will receive bids for the Texas Community Development Block Grant (TxCDBG) Contract No. 713009, Town of Anthony Street Improvements Project that consists of removing & replacing pavement at 4th Street located south of the Wildcat Drive, until 3:00 P.M. on the 1st Day of July, 2014 at Town of Anthony Hall, 401 Wildcat Drive, Anthony, Texas 79821. The bids will be publicly opened and read aloud at 3:00 P.M. on the 1st Day of July, 2014 at Town of Anthony Hall, 401 Wildcat Drive, Anthony, Texas 79821.

Bids are invited for several items and quantities of work as follows:

1. **INSURANCE, BOND, AND MOVE - IN RELATED EXPENSES**
2. **STREET EXCAVATION** - Approximately 468 cubic yards
3. **CRUSHED STONE BASE COURSE (6")** - Install approximately 1,960 square yards
4. **PRIME COAT** - Install approximately 1,715 square yards
5. **HOT MIX ASPHALT CONCRETE (HMAC)** - Install approximately 1,715 square yards
6. **PAVEMENT REMOVAL** - Remove approximately 1,520 square yards
7. **CONCRETE SIDEWALKS** - Install approximately 545 linear feet
8. **CONCRETE MOUNTABLE CURB AND GUTTER** - Install approximately 1,300 linear feet
9. **CONCRETE HEADER CURB** - Install approximately 23

- linear feet
10. **CONCRETE DRIVEWAY REMOVAL** - Remove approximately 14 cubic yards
11. **CONCRETE SIDEWALK REMOVAL** - Remove approximately 1 cubic yard
12. **CONCRETE CURB AND GUTTER REMOVAL** - Remove approximately 8 linear feet
13. **SAWCUT CONCRETE (EXISTING SIDEWALK & DRIVEWAYS; ANY DEPTH)** - Approximately 67 linear feet
14. **SAWCUT EXISTING ASPHALT PAVEMENT** - 88 linear feet
15. **MAILBOX REMOVAL AND REPLACEMENT** - 4 each
16. **ADJUST MANHOLE** - 1 each
17. **ADJUST WATER VALVE** - 1 each
18. **STORM WATER POLLUTION PREVENTION PLAN**
19. **TRAFFIC CONTROL PLAN**

Bid/Contract Documents, including Drawings and Technical Specifications are on file at Frank X. Spencer & Associates, Inc., 1130 Montana Ave., El Paso, Texas 79902

Copies of the Bid/Contract Documents may be obtained by depositing \$125.00 with the Frank X. Spencer & Associates, Inc. located at 1130 Montana Ave., El Paso, Texas. 79902 for each set of documents obtained. The deposit will not be refunded. An additional, non-refundable mailing fee of \$35.00 per each set is required to cover cost of shipping and handling.

A bid bond in the amount of 5 percent of the bid issued by an acceptable surety shall be submitted with each bid. A certified check or bank draft payable to the Town of Anthony or negotiable U.S. Government Bonds as par value

may be submitted in lieu of the Bid Bond.

Attention is called to the fact that not less than the federally determined prevailing (Davis-Bacon and Related Acts) wage rate, as issued by the Texas Department of Agriculture Office of Rural Affairs and contained in the contract documents, must be paid on this project. In addition, the successful bidder must ensure that employees and applicants for employment are not discriminated against because of race, color, religion, sex, age or national origin. Adherence to the grant recipient's Section 3 Policy is required for contracts and subcontracts in excess of \$100,000.00.

The Town of Anthony reserves the right to reject any or all bids or to waive any informalities in the bidding. Bids may be held by Town of Anthony for a period not to

exceed 90 days from the date of the bid opening for the purpose of reviewing the bids and investigating the bidders qualifications prior to the contract award.

Luis Vela  
Mayor  
Town of Anthony

June 12, 2014

All contractors/subcontractors that are debarred, suspended or otherwise excluded from or ineligible for participation on federal assistance programs may not undertake any activity in part or in full under this project.

WTCC: 06-12-14  
06-19-14

**SALE**

Saturday, June 21, 8:00-12:00, 19008 Armington: Kenmore refrigerator, bookcases, computer desk, tv carts, 23' Tioga RV, Sea Eagle boat with motor, miscellaneous.

### Public Notice

### Clint Independent School District Clint ISD Pre-K Registration

Clint Independent School District will conduct a required pre-registration for Pre-K students for the 2014-2015 school year. It will be held from August 4 to 9, 2014 at the respective campus. Please contact your area elementary campus for more information.

- Desert Hills Elementary..... 915-926-4500
- Frank Macias Elementary..... 915-926-4600
- Montana Vista Elementary ..... 915-926-5300
- Red Sands Elementary ..... 915-926-5400
- WD Surratt Elementary..... 915-926-8200

### Noticia Pública

### Distrito Escolar Independiente de Clint Clint ISD Inscripciones para Pre-Kinder

Distrito escolar independiente de Clint tendra una necesaria pre-inscripción para el año 2014-2015 para los estudiantes de Pre-K del 4 al 9 de agosto de 2014 en el plantel respectivo. Comuniquese con la escuela primaria de su comunidad para obtener más información.

- Desert Hills Elementary..... 915-926-4500
- Frank Macias Elementary..... 915-926-4600
- Montana Vista Elementary ..... 915-926-5300
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**TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY**

# Root, root, root for the home team

By Steve Escajeda  
Special to the Courier

The American sports fan is a puzzling creature.

Other than maybe a face-painted soccer fan with a bullhorn in his hand, Americans are the most passionate sports enthusiasts in the world.

And unlike most other countries, the United States offers its fans an unlimited array of games to choose from.

Whether its football or field hockey or basketball or bull riding or badminton or the steeplechase or volleyball or lacrosse or high diving or softball or even Texas Hold'em, the American sports fan can never say there's nothing to root for.

But sometimes what they do say can be considered curious, at best.

One of the topics being bantered around right now is flopping.

Examples include that horrible call on the Brazilian flopper in the game versus Cameroon in the World Cup opener, Dwyane Wade's flopping phantom face foul in the NBA Finals

and almost any NBA player kicking out his legs and falling down shooting a 3-pointer in the playoffs.

Of course it doesn't help that the officiating crews always seem to be fooled by the obvious antics.

Fans call for the heads of those players who would stoop so low as to try to gain an advantage by faking.

Yet, they applaud a player who has the savvy to act as if he caught the diving fly ball when the replay shows he trapped it. The fans cheer when a player drives to the basket and earns a foul call when he screams when contact is made.

Some of the smartest people on earth turn into blithering contradiction-machines when it comes to sports.

For years fans have complained about the selfish, arrogant athlete.

We complain about how many of them complain about their measly \$5-million contract.

At the same time fans were outraged when LeBron James, Chris Bosh and Wade took less money to have the opportunity to play together.

Don't get me wrong, it's not like these guys are going to starve any time in the near future, but they did put winning ahead of more money.

Now the talk is that Carmelo Anthony may consider doing the same thing and join the Miami Heat. Again, many fans are outraged at what a move like that would do to the NBA.

Sports fans are funny. Doctors switch affiliations, teachers switch schools, lawyers join other firms and cooks go from restaurant to restaurant without even a whisper. But an athlete changes teams and he is suddenly enemy number one.

What is it that makes a seemingly otherwise intelligent human being lose his/her mind about their sports teams?

The double standard we Americans have created is quite astounding.

We chastise a player for his unsportsmanlike antics, his brash demeanor and his other numerous unlikable qualities.

But once he's traded to our team we welcome him with open arms as long as he helps us win. His label suddenly turns from "ultimate villain" to "hopelessly misunderstood".

Speaking of labels, I've always hated the fact that many sports fans and supposed experts alike

described the San Antonio Spurs as boring.

Now that everyone has been forced to sit and watch the team in the playoffs, no one is complaining about their style of play now. And they played the same style in the playoffs that they've always played.

Every talking head is now calling the Spurs' offensive display one of the best, if not the best, in NBA history.

Fans say they hate the athlete that thinks only of himself and his stats, yet they said the Spurs lacked that athletic superstar who could bring fans out of their seats.

Now they criticize the athletic superstars James and Wade, for not willing their team to another championship.

The American sports fan, of which I am a member, loves to have it both ways. We scream when a call goes against us and we look the other way when we get away with one.

This kind of validation occurs in no other aspect of our lives. We make sense of our day-to-day surroundings and circumstances.

But throw the ball in bounds, toss the puck down on the ice, kick the pigskin in the air or throw out the first pitch, and Americans throw their common sense out the window.

## A sporting view By Mark Vasto

# The Zen of Zim

Imagine this scenario happening to you:

You've worked all your life for a major company. In the early stages of your career you suffered not one but two debilitating work-related injuries. Rather than suing the company or sitting on your couch collecting workman's comp, you not only go back to work immediately, you become the catalyst for sweeping safety changes at the company.

Though you liked working on the docks, time conspired against you physically and you were "forced" into management. You are respected by your peers, but one day - a Monday to be exact and only three months on the job in a new division of the company - your boss informs you that you are fired effective two days from now. When you ask why, he tells you it was something "personal." Then he tells you that

he scheduled a press conference in the next room and he wants you to attend. Oh... and it's in five minutes.

Some of you would have been stunned and attended the press conference. You acted polite and held yourself together. (You're also the type of person who thanks the cop who just wrote you a ticket, aren't ya?)

The rest of you would have cursed the boss out, grabbed the nearest box of copy paper, dumped said paper over the boss's head or desk, collected a few staplers, paper clips and outdated pictures of your wife when she was still known as your hot girlfriend and gone to happy

hour(s).

But if you were Don Zimmer, you'd go to the press conference, shrug and say, "no ... hell no" when reporters asked if you understood why you were being fired. Then you'd laugh, pack up your stuff, go to happy hour, manage the team until Wednesday and move on to manage the Boston Red Sox for a few memorable seasons.

Zimmer got his start playing with "The Boys of Summer," the championship Dodgers team of the '50s. He also was a member of the 120-game losing 1962 New York Mets. He married his high-school sweetheart at home plate between games of a doubleheader.

He was once beamed so hard in the head that he ended up in a coma for 13 days. As a result, Zimmer

carried around four titanium screws in his skull for the rest of his life. Another result of the accident was the introduction of the batting helmet in Major League Baseball. He never made a dime outside of the constructs of MLB.

Zimmer passed away a few weeks ago at the age of 83. His 66 years of baseball knowledge and lore may be gone, but as the luminaries who assembled in Tampa Bay to pay their final respects to this humble, loveable man surely can attest - guys like Joe Torre, Tommy Lasorda and Lou Piniella, to name a few - he left a lifetime of baseball memories in his wake.

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

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[heart.org/start](http://heart.org/start)



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# Comix

## OUT ON A LIMB By Gary Kopervas



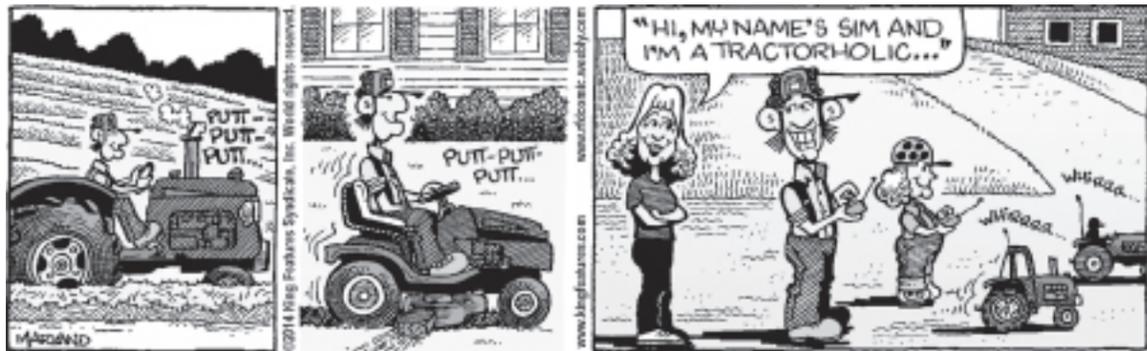
## AMBER WAVES By Dave T. Phipps



## THE SPATS By Jeff Pickering



## R.F.D. By Mike Marland



## Your good health By Keith Roach, M.D.

**DEAR DR. ROACH:** Can you tell me why there is so much emphasis on small portions for diabetics or prediabetics? If you are watching carbs and are extremely underweight, is there still a reason to limit portion sizes? – C.

The majority of people in North America with diabetes and prediabetes are overweight or obese, so limiting portion size makes sense for most people. However, for the minority of people with diabetes or prediabetes with normal or below-normal weight, portion size no longer has the importance it does in overweight people.

A careful diet is important for everyone with diabetes. I would be cautious about the term “carbs,” since there are several different types of carbohydrates. Simple sugars and starches are the problem for diabetics, since they are rapidly converted to blood sugar. However, fruits, vegetables and whole grains are much more slowly turned into blood sugar, and along with high-quality protein and healthy fat, form the basis of a healthy diet for everybody – diabetics and non-diabetics alike.

Being underweight with diabetes should raise the possibility of Type 1 diabetes, which is caused by autoimmune destruction of the cells in the pancreas that make insulin. Type 1 diabetics have no or almost no insulin, and absolutely need insulin by injection. Most people with Type 1 are children or adolescents, but it can happen in adults.

Type 2 diabetes is caused by resistance to insulin. Most Type 2 diabetics have normal or even high levels of insulin. Insulin helps bring sugar from the blood into cells, but it also acts as a growth hormone. That’s one of the reasons Type 2 diabetics have trouble losing weight, since the high insulin levels promote fat deposition. Type 2 diabetes is more common in adults, but as North Americans continue to have

increasing rates of obesity, Type 2 diabetes is showing up at younger and younger ages.

The situation is even more complex than I have made it here. There are people with elements of both Type 1 and 2 diabetes, and even rarer types. I believe Type 1 diabetics should be managed by an endocrinologist. Sophisticated blood tests, including insulin, C-peptide and insulin antibodies, occasionally are necessary to sort out what kind of diabetes is present.

Diabetes is a serious, lifelong condition that can affect almost every part of the body. The booklet on diabetes explains the illness and its treatment in detail. To obtain a copy, write: Dr. Roach – No. 402W, 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. ROACH:** Would someone who has a gluten intolerance be able to use psyllium products (Metamucil) without any problems? What I really want to know is, does psyllium have gluten, since it comes from wheat husks? Thank you for your answer. – S.S.

Psyllium is gluten-free. It is made from the husks of the Plantago plant, not wheat. Psyllium is an excellent source of fiber, but should be started at a low dose and gradually increased to avoid bloating.

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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://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

### WHAT YOU COULD'VE HAD ACROSS

- 1 Practical intelligence
- 5 Drains the energy from
- 9 Soap-filled scrubber
- 15 \_ Mahal
- 18 Cave effect
- 19 Sterile beast
- 20 Locate on a radio dial
- 21 Two-color whale
- 22 Certain kind of sucrose
- 24 Fixed part of a motor
- 25 Horse food
- 26 Demeaned
- 27 Eatery check
- 29 It's often served in a bread bowl
- 31 Poker payoff
- 32 Part of CIA: Abbr.
- 34 Mimieux of movies
- 36 Big name in pain relief
- 37 Starchy, seasoned side
- 40 Ralph with "Raiders"
- 41 Degree
- 42 Heaved sounds
- 43 Long Island's ocean: Abbr.
- 44 Suitable
- 47 Bed on many a plate

- 55 "It must be him, \_ shall die"
- 58 Bizet opera
- 61 Airing at midnight, say
- 62 "\_ believer!"
- 63 "Jaws" writer Peter
- 65 Edvard who wrote "Peer Gynt"
- 66 Dr. Watson player \_ Bruce
- 68 Burden
- 69 Bloody Mary garnish
- 73 Spelling of "Beverly Hills 90210"
- 74 Brest "Bye!"
- 76 Offer a price for at auction
- 77 Landed, as a fish
- 79 Apt name for a cook?
- 80 Fiscal gain
- 82 Mudbath site
- 84 London brew
- 85 Heinz product
- 88 "It's not over \_ it's over!"
- 90 Pet doc
- 91 Leave
- 92 Weaponless
- 94 \_ use (pointless)
- 98 "Attack, Spot!"
- 101 Dish of peppery greens
- 107 Seize forcibly
- 108 Permit
- 109 Adverse to, in the sticks
- 110 Enjoyed food

- 111 It often has cream cheese icing
- 113 Lose tension
- 115 "This Boy's Life" author Wolff
- 117 Be the owner of
- 118 5K entrants
- 120 Maker of V8 juice, whose eight original ingredients are the theme of this puzzle
- 122 Got an A+ on
- 123 Baltimore pro
- 124 "A Bushel \_ Peck" Wars"
- 126 Longtime draft org.
- 127 Two fivers
- 128 "But \_ art?"
- 129 Yemeni city

### DOWN

- 1 Online programs
- 2 Arctic vehicle with a sail
- 3 British play venue
- 4 Barflies
- 5 Smear
- 6 Eighth mo.
- 7 Duck-billed swimmers
- 8 Shot liquids
- 9 Roads: Abbr.
- 10 Beginning
- 11 Suddenly focus
- 12 Daintily small
- 13 Pays (for)
- 14 Animated "Explorer"
- 15 Exchanged

- 16 Not dormant
- 17 Old March birthstone
- 21 "Trés chic!"
- 23 Sea lion, e.g.
- 28 When that time arrives
- 30 Hiker's flask
- 33 Pitcher Young and others
- 35 Huge
- 38 Ray blockage no.
- 39 Eye up
- 43 Key near Ctrl
- 45 I, to Wilhelm
- 46 Barber's powder
- 48 Rocky hills
- 49 Condo part
- 50 "Ramona the Pest" author Beverly
- 51 "Bald" fliers
- 52 Actor Abe
- 53 Star TV chef
- 54 Like IV solutions
- 55 Province-like subdivision of Russia
- 56 Entertain at story time
- 57 Silvery-white element
- 59 Adidas rival
- 60 Bill Clinton memoir
- 64 So-so mark
- 65 Ob-\_ (doc who delivers)
- 67 Suffix with Gotham
- 70 Clean up copy
- 71 Campus mil. org.
- 72 Held on to

- 75 Like bouncy, fast music
- 78 Chou En\_
- 81 Turn sour
- 82 Blockheads
- 83 On \_ with (much like)
- 86 Claimed
- 87 Throw forcefully
- 89 Mauna \_
- 92 1980s first family
- 93 Flavor enhancer, for short
- 95 Thrashed (about)
- 96 Wood of film
- 97 Certain Ukraine resident
- 98 Like
- 99 Asimov and Mizrahi
- 100 Bends
- 101 Group's declaration of concern
- 102 Alternative to
- 103 Tackle
- 104 Singer Ray of the big band era
- 105 Refrain from taking further action
- 106 Haughty type
- 112 Horse's gait
- 114 Trendy juice berry
- 116 Lugosi or Bartók
- 119 Sun. lecture
- 121 Nero's 1,501

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
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			44	45	46			47		48	49	50	51		52	53	54	
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63			64							65				66	67			
68				69			70	71					72		73			
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85			86							87				88	89			
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107						108						109					110	
111						112					113	114			115		116	
117						118				119		120		121				
122						123						124					125	
126						127						128					129	

# MOORE TEXAS

by Roger Todd Moore

Albany Texas has turned their old jail into a fine art gallery, called THE OLD JAIL art center....incarcerated art I reckon.



# Social Security Q&A By Ray Vigil

## Helen Keller Day is June 27

June 27 is Helen Keller Day, a commemorative holiday established by President Jimmy Carter in 1980 on her 100th birthday. The first deaf and blind person to earn a Bachelor of Arts degree, Helen Keller was a world-famous speaker, author, and advocate for people with disabilities. She undoubtedly would have appreciated all that Social Security does for the disabled community and their families.

Not only does Social Security provide disability benefits for people who qualify, but we make great efforts to communicate with people in alternative formats to make our resources and services accessible to everybody. We are committed to providing world-class customer service to everyone we serve. One of our long-standing commitments is to ensure that people with disabilities have meaningful access to our programs and services. All of the pages on our website, [www.socialsecurity.gov](http://www.socialsecurity.gov), are easy to access for people with disabilities.

We are pleased to build on this commitment with the introduction of our new Center for Section 504

Compliance. Section 504 of the Rehabilitation Act prohibits federal agencies and programs that receive federal funding from discriminating against individuals with disabilities. The 504 Center provides guidance to Social Security offices nationwide to ensure that our customers with disabilities have meaningful access when conducting business with us.

The 504 Center's toll-free number is 1-844-881-9061 and its business hours are 8:00 a.m. to 4:00 p.m. Eastern Time, Monday through Friday (except federal holidays).

In addition, we offer our publications and notices in alternative formats for those who request them. The most popular ways for the public to read our publications are by PDF and streaming audio file at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). However, the public also can request our publications in Braille, audio cassette tape, audio CD, or enlarged print at [www.socialsecurity.gov/pubs/alt-pubs.html](http://www.socialsecurity.gov/pubs/alt-pubs.html).

Learn about our special notice options at [www.socialsecurity.gov/notices](http://www.socialsecurity.gov/notices).

Find out more by visiting [www.socialsecurity.gov](http://www.socialsecurity.gov)

[accessibility/504\\_overview.html](http://accessibility/504_overview.html). And, by the way, you'll find that all of our web pages are easily accessible for people with disabilities.

### Briefs

From Page 1

School Business Administrator (RTSBA). RTSBA certification is earned through a combination of specified coursework, school business experience and training in the area of specialization. Aguirre is now required to complete 60 hours of continuing education coursework every three years to maintain her certification. "Mrs. Aguirre has shown that she's a leading expert in the field of school finance, and she demonstrates those skills every day in her work here in Canutillo," said Superintendent Dr. Pedro Galaviz. "Her certification brings an additional layer of expertise and customer service to the CISD Financial Services Division that should pay dividends in the long run." Aguirre will begin her eighth year in Canutillo in July. She previously worked in the El Paso Independent School District and is a member of the Lone Star Investment Pool Advisory Board.

- Gustavo Reveles Acosta

### 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.

	+		×		27
×		×		+	
	-		×		10
+		-		×	
	÷		×		15
15		30		25	

DIFFICULTY: ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

1 2 2 3 4 5 6 8 9

Answer Page 4

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## Weekly SUDOKU

by Linda Thistle

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

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 L

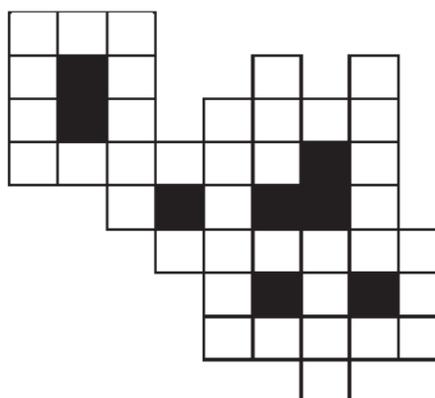
QDXOSVD M ZHE MKT VEOMKV  
HK YF VYOWW HSEAHHL ZLMWW,  
AHDV EJOE YOTD ME O  
QWHEXJF JMQOXJM?

Answer Page 4

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- GZI
- DAGZLE
- ♥TEERS
- APIC
- LOGGIE
- ♥OTD
- TEZS
- ZUGEA
- ♥PLA
- ORPLAP
- LEPIR
- ♥ZEDA



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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### Ruiz

From Page 1

date of December 2014. She started her own business, Frockets and Locketts LLC, selling customized jewelry by Origami Owl. At only 23 years old, Ruiz also has ambitious long-term career goals that include obtaining a Ph.D. in comparative politics, establishing a foundation for female entrepreneurs, expanding her business and eventually becoming a venture capitalist.

Ruiz will compete in the Miss Texas pageant July 1-5 in Richardson, Texas. For details on Ruiz' quest for the state pageant crown visit the Miss Austin Scholarship Organization website at <http://www.missaustin.org>. To read more about Ruiz and what she has been up to since leaving San Elizario you can find her on Facebook at <http://facebook.com/maurahrui> or follow her blog at <http://maurahrui.blogspot.com/>.

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