



VOL. 41, No. 36

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO

SEPTEMBER 4, 2014

## NEWSBRIEFS

### First tee

Rotary Club of West El Paso, in conjunction with the First Tee of Greater El Paso, will host the First Tee Desert Classic, a premier golfing event for all levels of golfers. The event will be held Saturday, Sept. 20, at the General George V. Underwood Jr. Golf Complex – Sunrise Course. Proceeds from the tournament will benefit the First Tee of Greater El Paso along with other community projects of the Rotary Club of West El Paso. Fee is \$175 per person or \$700 per team. Local businesses are invited to sponsor individual holes for \$150 (you get a sign on a hole with the name or company logo). Students from The First Tee of Greater El Paso will serve as caddies. The First Tee of Greater El Paso is a non-profit youth organization that teaches life skills, nine core values, and healthy habits through the game of golf. Rotary Club of West El Paso members have been actively involved in the El Paso community since 1962. During those 52 years, the club has donated over \$150,000 to various community projects and has been actively involved in promoting quality of life and youth initiatives throughout El Paso and Southern New Mexico. For more information on how to sign up to play, contact Kristi Albers at 915-373-4564. For more information on the event visit <http://www.firstteedesertclassic.com>

— Alfredo Vasquez

### Canutillo ISD election

Voters in the Canutillo Independent School District will pick from among six people when they head to the polls in November to select members to the CISD Board of Trustees. Election Day is Nov. 4, with early voting happening from Oct. 20 to 31. Early voting sites will be determined at a later date. The six candidates that will vie for the three at-large positions on the Board of Trustees are Incumbent Laure Sears, Mary Yglesias, James Tidwell, Miqueas Gomez, Stephanie Fretz and Frank Lerma. Two incumbents, Sergio Coronado and Patsy Mendoza, will not seek re-election. Canutillo school-board members serve four-year terms on staggered terms. In 2006, CISD changed its elections calendar to November from May in an effort to increase voter participation.

— Gustavo Reveles Acosta

### Trees

Everyone from Texas who joins the Arbor Day Foundation in September will receive 10 free trees as part of the Foundation's Trees for America program. Through Trees for America, everyone is encouraged to plant trees that will benefit the environment and improve the quality-of-life. With one million members, the Arbor

See BRIEFS, Page 5

*To change one's character, you must begin at the control center – the heart.  
— Quips & Quotes*



— Photo courtesy of the El Paso Museum of Archeology

**HITTING THE TARGET** — In addition to the normal range shooting done during the weekly Archery and atl-atl demonstrations at the El Paso Museum of Archaeology lessons include a 3D archery shoot. A 3D archery shoot refers to shooting at 3 dimensional life-like targets made from self-healing foam in situations which would mimic real life hunting experiences.

## Museum holds weekly archery and atl-atl demonstrations

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY — El Paso Museum of Archeology officials invite the public to experience archery as it may have been in the Middle Ages and to learn to use the atl-atl, much like it may have been used by the prehistoric hunters who roamed the El Paso area over 8,000 years ago.

The free archery and atl-atl demonstrations are held, beginning at 9 a.m., Saturdays, on the fair grounds of the archeology museum, 4301

Transmountain Road.

The archery demonstrations are presented by the Citadel of the Southern Pass, the local chapter of the Society of Creative Anachronism (SCA), while the atl-atl lessons are given by staff members of the El Paso Museum of Archaeology.

SCA is an international organization with over 30,000 members residing in countries around the world dedicated to researching and re-creating the arts and skills of pre-17th-century Europe. Members, dressed in clothing of the Middle Ages and Renaissance, attend events which feature tournaments, royal

courts, feasts, dancing, various classes and workshops.

"Trained and authorized safety marshals are present so archers are welcome to bring their own recurve and long bows as well (no compound bows are allowed on the range). Also on a separate range, the museum staff members are on hand to teach visitors how to use the atl-atl," stated George Maloof, curator for the local archeology museum.

According to the curator, archery first appeared in Europe and Asia as far back as

See MUSEUM, Page 4

## Vinton gets second chance for water funding

*Board gives Vinton unusual opportunity*

By Alfredo Vasquez  
*Special to the Courier*

VINTON — Texas Water Development Board (TWDB) is currently extending invitations to apply for funding to governmental entities throughout the state with projects that qualified for its 2015 Invited Projects List.

TWDB approved recently the 2015 Clean Water State Revolving Fund (CWSRF) and 2015 Drinking Water State Revolving Fund (DWSRF) Intended Use Plans (IUP), which include a list of projects eligible for funding. These financial programs help communities save money by providing cost-effective funding for water and waste-water infrastructure projects.

Among the eligible projects listed are the Village of Vinton's water and waste-water infrastructure needs. Vinton ranked 31 out of 293 eligible projects submitted for drinking water (CWSRF) funding and 12 out of 200 eligible projects submitted for waste-water (DWSRF) funding.

The invitation to apply will allow Vinton town leaders to submit funding assistance requests to begin its water and waste-water projects once again. Since 1992, the Village of Vinton has been studying the possibility of constructing city-wide water and wastewater (sewer) systems and of securing the necessary funds. Most Vinton residents rely on private wells for their water needs.

In 2010, the village was awarded grants from the Border Environmental Cooperative Commission (BECC), Texas Water

See VINTON, Page 5

## Veterans Post By Freddy Groves

# Start planning now for holiday visits

It's not too early to start planning a holiday party for local veterans in hospitals, nursing homes or rehab centers. The first step is to look at your resources. Are you in a veterans service group? Or will you be by yourself?

Call the intended location about hosting a holiday party. Inquire about a date in December and its setup. Is there a dining room where you can hold a party? Or will you be going from bed to bed in a ward? How many beds?

Decide what you can afford to do. A box of small gifts for each veteran — complete with tissue paper, holiday wrapping paper and a bow — is ideal. If that's not possible, host a pizza/snack party. Estimate costs now so you'll be prepared, and start taking cash donations from your group. Get your friends and group members to start collecting shoeboxes, the ideal container for gifts.

Ask medical staff for suggestions for the gift boxes, but consider puzzle books and mechanical pencils, handheld games, military caps or T-shirts

(call local recruiters), pens and stationery, thick socks, handkerchiefs, small calendars, phone cards, \$5 hospital canteen coupons and small baggies of holiday candies and chocolates.

If you'll have a space for a party, arrange for decorated tables. Ask what the facility can provide to save money. Use a portable CD player with holiday music and have a Christmas carol sing-along. Even better: Invite someone you know who plays an electronic piano. Find a Santa suit and someone to wear it.

Enlist helpers from your group of retired military. If you have active military contacts, contact them too. Remember: The best gift you can give hospitalized veterans is your presence and your ear.

*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.*

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## Finances By Jason Alderman

# Social Security to resume mailed benefit statements

Call it a paperless experiment that didn't quite pan out. In 2011, a budget-strapped Social Security Administration (SSA) stopped mailing annual benefit statements to workers over 25 in order to save \$70 million on annual printing and mailing costs.

In return, the agency launched the "my Social Security" online tool that allows 24/7 access to your statement, as well as other helpful information. (Your statement shows a complete record of your taxable earnings as well as estimated retirement, disability and survivor benefits.)

Although more than 13 million people have opened accounts, that's only about 6 percent of the American workforce. With millions of Baby Boomers at or approaching retirement age, Congress was justifiably concerned that not enough people were accessing this critical retirement-planning tool.

That's why this month SSA will resume mailing paper statements every five years to workers from ages 25 to 60, provided they haven't already signed up for online statements. The expectation is that more people will migrate to electronic services over time, as Social Security continues to close field offices and reduce in-office paperwork services — thanks to years of funding cutbacks.

The paper statements are a good first step, but creating an online account allows you to log in anytime and:

- Estimate retirement, disability and survivor benefits available to you under different work, earnings and retirement-age scenarios.
- Estimate benefits for which your family would be eligible when you receive Social Security or die.
- View a list of your lifetime earnings to date, according to the agency's records.
- See the estimated Social Security and Medicare taxes you've paid over your working career.
- Find information about qualifying and signing up for Medicare.
- Review topics to consider if you're 55 or older and thinking about retiring.
- Read general information about Social Security.

• Access calculators to estimate your projected benefits under different scenarios.

- Apply online for retirement and disability benefits.
- Access a printable version of your Social Security statement.

To create an online account, go to the "my Social Security" website ([www.ssa.gov/myaccount](http://www.ssa.gov/myaccount)). You must have a valid email address, Social Security number, U.S. mailing address and be at least age 18.

You'll need to verify your identity by providing personal information and answering questions whose answers only you should know. Social Security contracts with Experian to design these questions based on the credit bureau's records.

(Note: If you've got a security freeze or fraud alert on your Experian credit report, you'll either have to temporarily remove it or visit your local Social Security office — with proof of identity — to open an online account.)

Once your identity has been verified, you can create a password-protected account. Social Security emphasizes that you may sign into or create an account to access only your own information. Unauthorized use could subject you to criminal and/or civil penalties.

View your statement at least annually to ensure the information on file for you is correct — for example, your yearly taxable earnings. Otherwise, when Social Security calculates your benefits at retirement, disability or death, you could be shortchanged; or, if your earnings were over-reported, you could end up owing the government money.

If you do find errors, call 800-772-1213, or visit your local office. You'll need copies of your W-2 form or tax return for any impacted years.

Bottom line: Even if retirement is a long way off, it's important to review your Social Security statement now to know what benefits you can expect — and to correct any mistakes well before you need to sign up.

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

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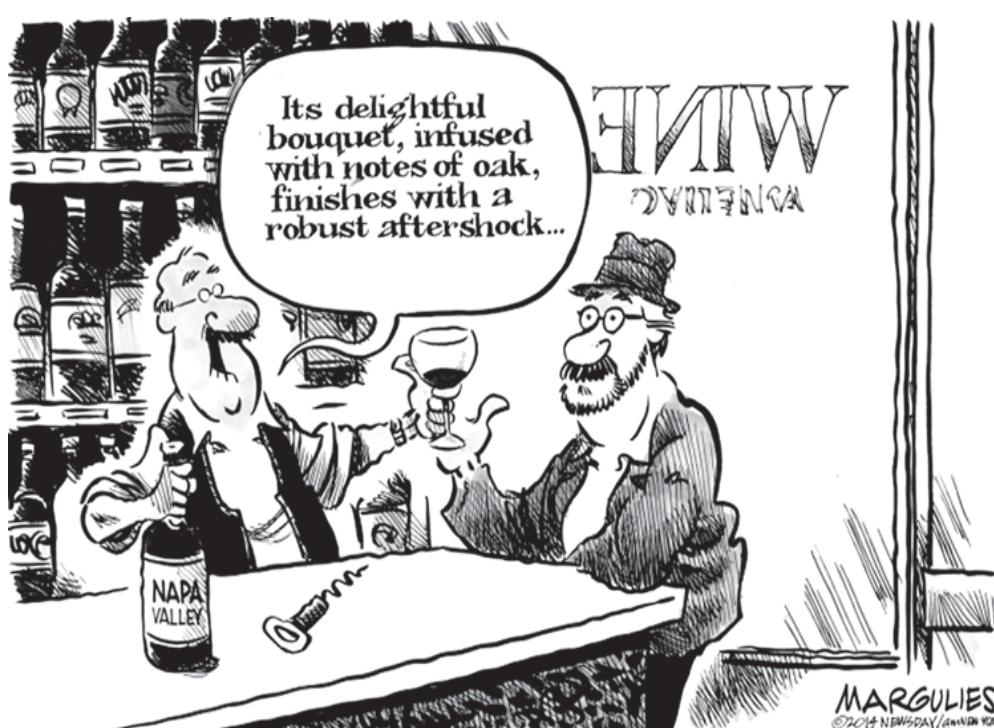
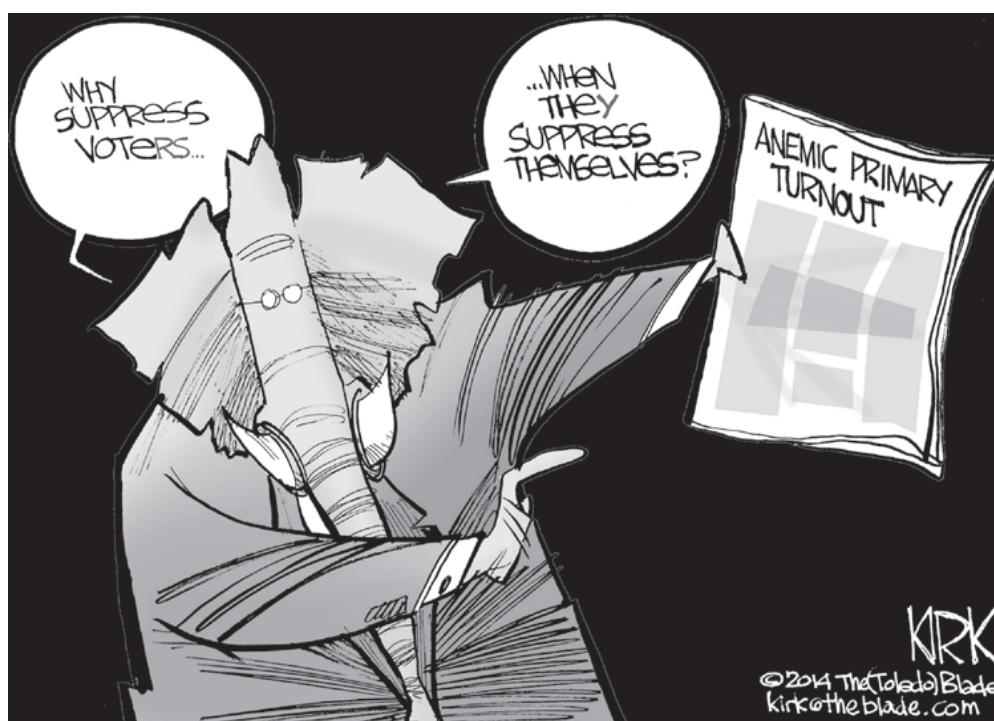
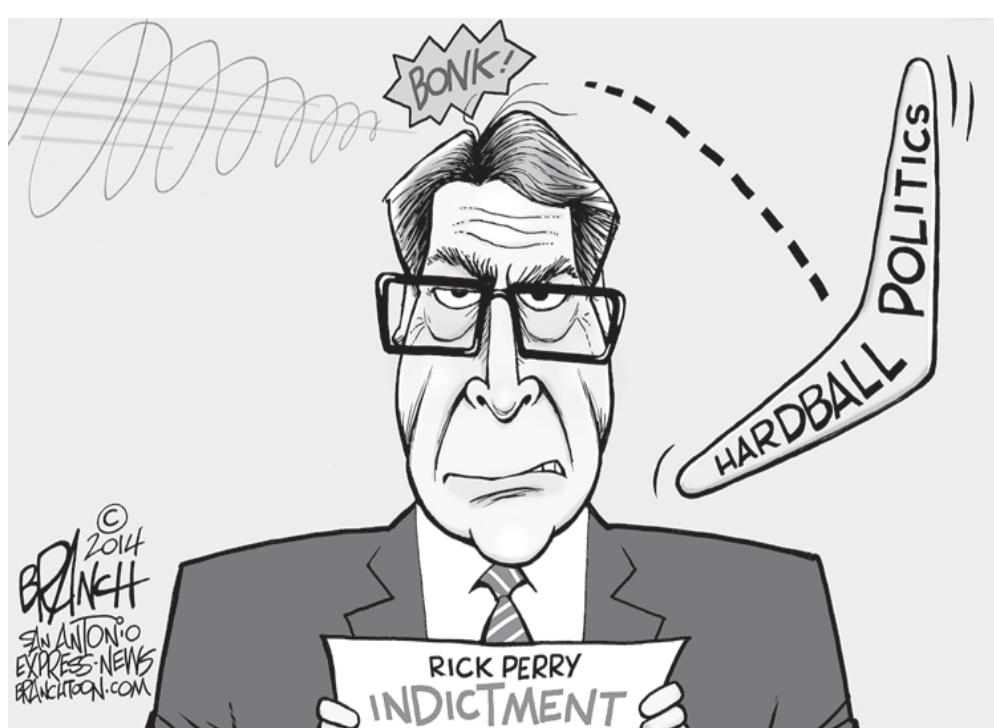
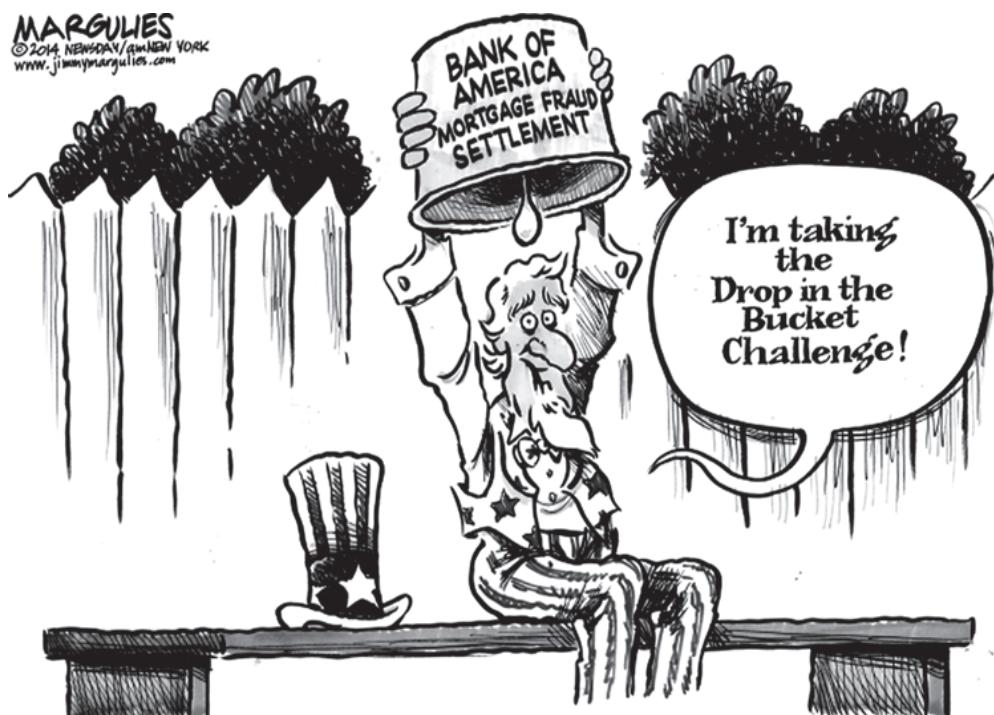
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## MOORE TEXAS

by Roger Todd Moore

September 3, 1838: Mirabeau Buonaparte Lamar is elected President of Texas...in spite of his name.



## Notice of Tax Revenue Increase

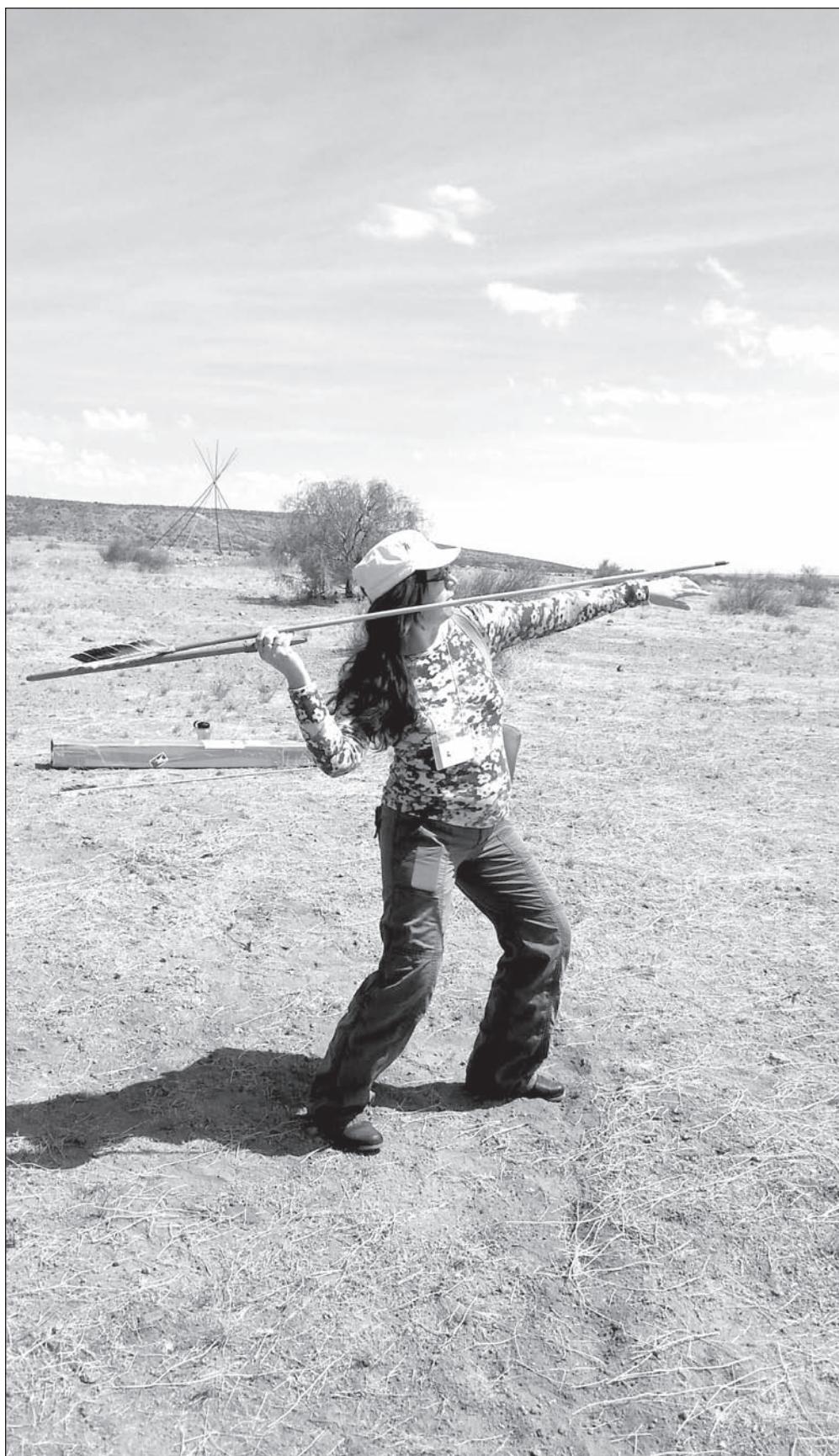
The **EL PASO COUNTY EMERGENCY SERVICES DISTRICT NO. 2** conducted public hearings on August 21, 2014 and August 28, 2014 on a proposal to increase the total tax revenues of the **EL PASO COUNTY EMERGENCY SERVICES DISTRICT NO. 2** from properties on the tax roll in the preceding year by 1.14 percent.

The total tax revenue proposed to be raised last year at last year's tax rate of \$0.100000 for each \$100 of taxable value was \$2,923,342.

The total tax revenue proposed to be raised this year at the proposed tax rate of \$0.100000 for each \$100 of taxable value, excluding tax revenue to be raised from new property added to the tax roll this year, is \$2,769,793.

The total tax revenue proposed to be raised this year at the proposed tax rate of \$0.100000 for each \$100 of taxable value, including tax revenue to be raised from new property added to the tax roll this year, is \$2,832,345.

The Board of **EL PASO COUNTY EMERGENCY SERVICES DISTRICT NO. 2** is scheduled to vote on the tax rate that will result in that tax increase at a public meeting to be held on September 4, 2014 at the El Paso County Emergency Services District #2 Board Room, 100 S. San Elizario Rd., Ste. N, Clint, Texas 79836 at 6:00 PM.



– Photo courtesy of Elieth Salazar Alpízar

LET IT RIP – Archeology museum volunteer Carla Newman launches an atl-atl dart.

## Museum

From Page 1

11,000 years ago but did not appear in the American Southwest until about 1,400 years ago. Prior to that, the atl-atl, or spear thrower, was used to bring down medium-sized, fast moving game such as deer and bison, Maloof explained.

"Archery reached its apex as a weapon of war during the Middle Ages- particularly around the time of the Hundred Years War that was fought between England and France

from 1337 until 1453- and reigned supreme as a ranged weapon until the beginning of the widespread use of gunpowder," Maloof stated. "The atl-atl, on the other hand, was effectively used by the Aztecs against their many enemies including the Spanish Conquistadors. Its demise as an effective weapon of war was also at the hands of gunpowder," he added.

For more information about the Saturday demonstrations, contact Maloof at (915)-755-4332 or send email to maloofgo@elpasotexas.gov. For information about SCA's local chapter, visit its website at [www.southernpass.org](http://www.southernpass.org) or the international non-profit organization at [www.sca.org](http://www.sca.org).



– Photo courtesy of the El Paso Museum of Archeology

**ON TARGET** – Archaeology Curator George Maloof prepares to fire a reproduction 12th century medieval crossbow, a 30-second speed shoot between a medieval crossbow, bow and arrow, and atl-atl.

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traversed the road twice,  
wouldn't he be a dirty  
double crosser?

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## Vinton

From Page 1

Development Board (TWDB) and the U.S. Army Corps of Engineers to pursue this much needed infrastructure, but to no avail.

For unclear reasons, former Vinton council members Juvencia Rios-Ontiveros, Martha Garcia and Maria Medina refused to apply for the funding. The three denied more than \$30 million in grants guaranteed to the village to bring the necessary groundwork. Thus the efforts were dormant for two years.

Then last October, almost a year after a lawsuit filed by village residents sought to remove the three council members from office for alleged incompetence, ignorance and carelessness, the three council members chose to settle out of court and resign rather than go to trial.

Subsequently, three concerned residents ran unopposed for the open slots in November's general elections. During its first official council meeting, the village's new city council voted to begin the process for re-applying for funding opportunities to provide safe drinking water and sewer system for all households in the Upper Valley community.

The present Vinton council members are Yolanda Lucero, Yassu Grier, Dolores Diaz, Manuel Leos, Santos Lucero, and Mayor Madeleine Praino.

In TWDB's latest funding review, it determined that Vinton was eligible for Disadvantaged Funds. "This means that Vinton could receive up to 70 percent load forgiveness for the projects which in essence translates into a grant," stated Jessica Garza, Vinton's city clerk.

According to Garza, the applications are ready to be submitted. "We've been working on these projects for quite some time. Awards notices would follow approximately 30 days once it is determined that the application is administratively complete. Funding to complete the designs could be available as early as December," Garza explained.

Priority projects that the village will list for these funds are broken down into several phases. The first round of funding will be to complete the designs and the other preliminary studies that need to be completed before construction can actually begin.

"Vinton's greatest hurdle in the drinking water project is the service fee for storage capacity," Garza related. "That cost is approximately \$1 million payable to El Paso Water Utilities. Once the designs are completed, the capacity is paid for, and the costs are more defined, then subsequent applications would begin for construction phases," she said.

Vinton officials estimate that the cost for the water system is \$18.7 million and the wastewater system is \$24 million. These initial applications are for \$3 million each to complete the designs and studies. Once the design is underway the Vinton officials will submit applications to TWDB and to other agencies such as USDA and BECC for the different construction phases.

The application processes are being coordinated by Garza and the engineering firm of Parkhill, Smith & Cooper (the village's city engineers since 2007).

"As we had in 2012, there will be multiple filing of applications to state and federal agencies to fund various portions of the projects to reduce the repayment burden as much as possible. Some areas in Vinton are eligible for higher grant award levels than others, and we want to utilize that advantage as much as possible," Garza indicated.

"Unfortunately the funding amounts anticipated in 2012 are no longer available and costs have increased. The projects had to be broken down into more, less costly, phases of construction. So construction completion may take longer than the two years that was expected in 2012," Garza stated.

According to the city clerk, funding for commercial areas in Vinton will not be covered by the funding agencies. "We have looked into alternative funding from other agencies for economic development opportunities but these areas will more than likely be the final phases of construction in 2019 or 2020," Garza stated.

"Funds for economic development are very competitive and limited. There are other alternatives for the commercial areas but it would require initiative on their part to get the projects under way through the creation of Public Improvement Districts or Municipal Management Districts," Garza concluded.

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## Briefs

From Page 1

Day Foundation is the nation's largest nonprofit organization dedicated to planting trees. Everyone joining this month will receive an eastern redbud, white pine, sugar maple, white flowering dogwood, pin oak, red maple, river birch, silver maple, northern red oak and Colorado blue spruce. "This group of trees was carefully selected to yield year-round benefits in Texas, including beautiful spring flowers, cool summer shade, spectacular autumn colors and winter berries and nesting sites for songbirds," said Matt Harris, chief executive of the Arbor Day Foundation. "These trees will also add to the proud heritage of Texas' 81 Tree City USA communities," Harris continued. "For the last 38 years, Tree City USA has supported effective urban forest management across Texas, and planting these trees will enhance the state's tree-planting tradition." The trees will be shipped postpaid at the right time for planting between October 15 and December 10. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Easy-to-follow planting instructions are enclosed with each shipment of trees. New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care. To receive the 10 free trees, send a \$10 membership contribution to Ten Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by September 30, 2014, or join online at [arborday.org/september](http://arborday.org/september).

- Anthony Marek

## Lower Valley Water District Notice of Public Hearing on Tax Rate

The LOWER VALLEY WATER DISTRICT will hold a public hearing on a proposed tax rate for the tax year 2014 on Tuesday, September 16, 2014, at 6:00 p.m., at 1557 FM 1110, Clint, Texas 79836. Your individual taxes may increase or decrease, depending on the change in taxable value of your property in relation to the change in the taxable value of all other property and the tax rate that is adopted.

**FOR** the proposal:

Rosalinda Vigil, David Armstrong, Henry Trujillo, David Carrasco and Gina Cordero

**AGAINST** the proposal: **NONE**

**PRESENT** and not voting: **NONE**

**ABSENT:** **NONE**

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
Total tax rate (per \$100 value)	0.199301/\$100 Adopted	0.196870/\$100 Proposed
Difference in rates per \$100 of value		– \$0.002431/\$100
Percentage increase / decrease in rates (+/-)		– 1.22%
Average appraised value	\$ 72,865	\$ 73,807
General exemptions available (excluding senior citizen's or disabled person's exemptions)	\$ 0	\$ 0
Average taxable value	\$ 72,865	\$ 73,807
Tax on average residence homestead	\$ 145.22	\$ 145.30
Annual increase / decrease in taxes if proposed tax rate is adopted (+/-) and percentage of increase (+/-)		+ \$ 0.08 + 0.06%

## NOTICE OF TAXPAYERS' RIGHT TO ROLBACK ELECTION

If taxes on the average residence homestead increase by more than eight percent, the qualified voters of the district by petition may require that an election be held to determine whether to reduce the operation and maintenance tax rate to the rollback tax rate under Section 49.236(d), Water Code.

# Little guys can't compete with the big buck schools

By Steve Escajeda  
Special to the Courier

There are many subjects that consume the thoughts of Americans on a daily basis.

Some Americans may be wringing their hands about the growing number of military conflicts around the world. Some may be concerned about the problems along the southern border. And yet others may be contemplating the future of Obamacare and other health-related matters.

But the overwhelming topic on the minds of most Americans is the economy.

Whether it has to do with the price of groceries, electricity, gasoline or a movie ticket, people all have this one thing in common.

And it's no different with collegiate athletics.

Just like in real life, college athletics is made up of the "haves" and the "have nots."

And there is no greater example of this discrepancy than in college football.

On the one hand you have teams like Texas, Ohio State, Alabama, Michigan, USC, Oklahoma and Notre Dame, among others

who have an almost unlimited bank account to obtain whatever they need whenever they need it.

And on the other hand you have everybody else, including UTEP and NMSU, which on many occasions have to beg local entities to donate items the school can sell at auction to help make ends meet.

It's gotten to the point where many Americans have gone to a plan B or C to create additional income.

And just like those resourceful individuals, many college athletic departments have found a way to increase the all-important bottom line.

Of course it comes with one of those "good news, bad news" caveats.

Many of the big schools have openings in their schedules that they have to fill. And playing other big schools all the time can take a toll on any player.

So many of the big schools call many of the little schools and ask if they can arrange a game in a year or two.

Naturally, the first thing the little school says is "are you crazy?"

They know they don't belong on the same field with the big school and they also realize

that the big school's big players are so much bigger than the little school's players that they'll get beaten up physically.

The little school's players can get hurt and miss the rest of the season and those who survive will have the emotional scars of the 56-0 beat down.

The little school athletic director, coach and president say there's no way.

That is, until they hear the amount of money the big school is willing to throw in to the mix.

Suddenly the health and psyche of the little school's players are much less of a concern.

Of course the money is going to have to be worth it if smaller schools are going to have to play the role of sacrificial lamb.

Don't worry – it is.

Last weekend alone, college football teams paid their opponents approximately \$12.9 million for the right to be embarrassed.

For many schools it was a relatively small price to pay in return for the extremely large wads of cash.

Michigan paid Appalachian State the tidy sum of \$1 million for the right to receive a 52-14 spanking.

I'm sure the school's pain will subside once

the bank's deposit slip is signed.

Florida Atlantic is \$1 million richer after its game with Nebraska.

Other examples include Florida's check to Idaho for \$975,000; the Texas Long Horns ponied up \$875,000 to play North Texas and the Oklahoma Sooners pulled \$975,000 out of their wallet for Louisiana Tech.

While the money certainly helps the little schools there is still an uneasy feeling about the whole thing.

It's like the rich guy down the street flashing just enough dough in your face to remind you who really is in charge – you know, in case you were getting any crazy ideas.

These so-called "guarantee games" are becoming more prevalent and the payouts are increasing exponentially.

These games are always played at the big school's stadiums and no return game at the little school's stadium is ever offered.

It's kind of like a "wham bam thank you little man" situation.

There's no doubt that college athletics are becoming more like everyday life.

The little guy gets beaten down by the big guy and is conned into thanking him for the privilege.

## A sporting view By Mark Vasto

### Baseball, sanity and happiness

For the umpire, Colonel D.C. Farms, Mark Twain.

The year was 1887, the place Elmira, New York, and Twain, as many literates of the era surely recognized, also was an accomplished writer. Those particular bona fides would appear to be hardly relevant to the story, but hey... would you believe they are still talking about the epic rematch between the Alerts and Unions all of these years later?

While little is known about the two ball clubs in the record books, it

is known that the rivalry was semi-professional and the players of each team were comprised of prominent business and professional men. The game was to be billed as a rematch between the two teams from their last entanglement some 21 years earlier.

Because who among us does not love a well-documented rematch?

However, like any redo, the rules were tweaked to accommodate those in need of special accommodation. According to The Hartford Courant, they were as follows:

*The game to-day will begin at 4 p.m., and five innings only will be played. Permissions will be given*

*the players to carry umbrellas into the field for protection from the sun if they see fit. The rumor that messenger boys will be employed to carry the ball is emphatically denied. Tricycles will also be barred out.*

*1. The ball will be pitched, not thrown as now.*

*2. The umpiring conclave are not required to call balls or strikes unless they choose.*

*3. Any boy who "Haw-haws" at a muff by his parent may be disciplined behind the grandstand, but not in it.*

*4. In case of violent disagreement among the umpires the question at issue shall be decided by a majority vote of the triumvirate, and not by noise in the grand stand or the teams.*

*5. Players will not be allowed to receive flowers while running bases.*

6. The audience is required not to say "Hi," "Hi," to members of either team who weigh over 200 pounds while such players are making second base.

The rematch made national headlines. The Unions won 23-10, but the takeaway of the game was clarified by what Twain actually put into his umpire efforts – namely, nothing. Twain ceded to the desire to stay hydrated and spent the afternoon discussing the game well off to the side and had contributed nothing nearly as noteworthy as this observation: "Sanity and happiness are an impossible combination."

Or in other words, presumably less astute... just another day at the ballpark.

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

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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:** I'm a woman and will be 59 in a month. I'm in excellent health. I've worked out seriously with weight-bearing exercises for nearly 30 years. I have great muscle tone, and I believe I am height/weight proportional (5 feet, 2 inches tall, weigh 130 pounds). Is it inevitable that women gain weight as they age? Is it possible to maintain weight past menopause? I have slowly gained five pounds in the past year, and I've developed a little bulge under my navel. I've increased my cardio workout to lose weight, while continuing my weight-lifting regimen. I seem to be getting results slowly but surely. But that bulge is still there. Should I just learn to live with it? - D.H.

doctors prescribing Efudex? It's so great. - D.P.

I don't have enough information to say what the best treatment is for your friend. For the most common skin cancer, basal cell carcinoma, both surgery and 5-fluorouracil (Efudex) are very effective, around 95 percent effective or more. However, authorities recommend particular care with Efudex around the eyes, lips and nose, and in these cases surgery may be both more effective and better tolerated. If the cancer was a squamous cell cancer, Efudex is sometimes used, but surgery tends to be preferred.

**DEAR DR. ROACH:** What can you tell me about prurigo nodularis? Is there a cure? - N.R.

Many women would be very envious of your good health and even your current weight and waistline numbers. However, in your case, it is healthiest to continue at the same weight you have been all your life. Also, abdominal fat is the most metabolically active fat, and the one most likely to increase your risk of heart disease.

It's not inevitable that you'll gain weight. Both men and women tend to slow down a bit metabolically as we age. Unless exercise increases or food intake decreases, you are at risk for weight gain. Highly processed, starchy foods may increase your risk of weight gain.

Slow but sure results definitely are best, so keep at it and don't get frustrated.

**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

**LET EM IN**  
**ACROSS**

- 1 Jack of old western films
- 5 Bus. bigwig
- 8 Like an uncaught escapee
- 15 NBA's Yao
- 19 Pasta in tubular form
- 21 Check cashers, e.g.
- 22 Mélange
- 23 Racing dog is puzzling?
- 25 Wife in "The Good Earth"
- 26 \_ Hawkins dance
- 27 Fido's "Back off!"
- 28 Honeycomb insect
- 29 Fight ender
- 30 In a peculiar way
- 33 Lavish combination of ingredients blended in advance?
- 36 "So Big" writer Ferber
- 40 Across the ocean, to a Brit
- 42 Beginner
- 43 S&L accrual
- 44 Playthings used as tribal emblems?
- 47 Part of the plot of
- 49 Singer Lennox
- 50 "Disco" guy on "The Simpsons"

**DOWN**

- 51 S. Amer. country
- 54 Stare intently
- 57 1993 Timothy Hutton thriller
- 60 Humiliate actor Sheen?
- 64 Boston Red \_
- 65 In the past, in the past
- 68 Root beer brand
- 69 Chicks' cries
- 70 Downdrafting mothers and fathers?
- 74 With 75-Down, former giant in gas
- 77 Last exam
- 78 TV's Ward
- 79 \_ choy
- 82 Unwashed footballers?
- 85 Preachy talk
- 88 ATM hole
- 89 "At Last" singer James
- 90 Operatives' org.
- 93 Heart, e.g.
- 94 Sedgwick of "The Closer"
- 96 Send playwright Terrence back into custody?
- 101 Lime drink
- 103 Nano, e.g.
- 106 "Ferris Bueller's Day Off" actress
- 107 Mini-plateau
- 108 Bunny's thigh bone?
- 111 Fails to put in

51 S. Amer. country

54 Stare intently

57 1993 Timothy Hutton thriller

60 Humiliate actor Sheen?

64 Boston Red \_

65 In the past, in the past

68 Root beer brand

69 Chicks' cries

70 Downdrafting mothers and fathers?

74 With 75-Down, former giant in gas

77 Last exam

78 TV's Ward

79 \_ choy

82 Unwashed footballers?

85 Preachy talk

88 ATM hole

89 "At Last" singer James

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93 Heart, e.g.

94 Sedgwick of "The Closer"

96 Send playwright Terrence back into custody?

101 Lime drink

103 Nano, e.g.

106 "Ferris Bueller's Day Off" actress

107 Mini-plateau

108 Bunny's thigh bone?

111 Fails to put in

113 Singer Billy Ray

114 To and \_

115 Elected officials

116 Kind of steak

121 Genesis murder victim

122 Ousting journalist?

127 Bargain buy

128 Resulting (from)

129 Diner freebie

130 Small whirlpool

131 Basic nature

132 Ship's front

133 Covers with turf

29 1982 Jeff Bridges film

31 "Yabba dabba \_!"

32 TiVo, e.g.

33 "Aw, shucks"

34 Slam into

35 Father of Paris

36 The Dakotas, e.g., in Dijon

37 "Tiny Bubbles" singer

38 Baby Bell phone co.

39 \_ were

41 With 45-Down, stallion breeding charge

45 See 41-Down

46 Held to be

48 Cruel types

52 Corps core

53 Sick

55 Mailing code

56 Nav. off.

58 Gp. dues-payer

59 Gain

61 USA's bird

62 GPS image

63 Appropriate

66 Act miserly

67 Tone deafness

70 Simple song

71 "Tarzan" star Ron

72 "Rambo" site, briefly

73 No, in Falkirk

74 ER VIPs

75 See 74-Across

76 Ate together

79 Bull elk's call

80 Exam types

81 Nairobi's nation

83 Jumped

84 Pac-12 org.

86 Flimflam

87 Trolley

91 Tuneful way to break out

92 Tracy-Hepburn film

95 Social reformer Jacob

97 Big bird

98 Former space station

99 Hosp. scan

100 Puma, say

101 Pinball locale

102 Couch to sit or sleep on

104 Proposes

105 True skin

109 Cowing sort

110 Large deer

112 Store (away)

115 "Picnic" playwright William

117 Bikini components

118 Nobelist Hahn

119 Requirement

120 Misdiags, e.g.

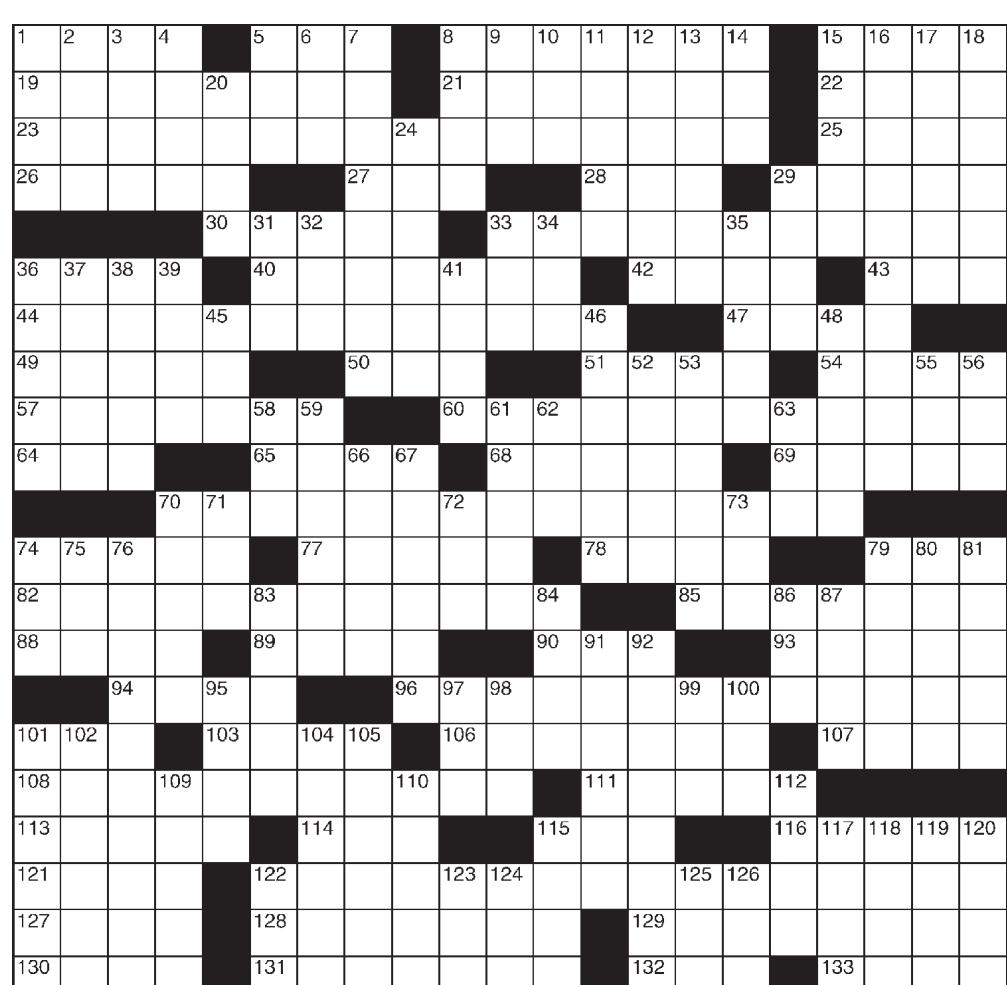
122 Norma \_ (film heroine)

123 Actor Diesel

124 Execs' mag

125 Green: Prefix

126 Chapel chair



Answer Page 4

# Maybe It Wasn't That Heavy Shopping Bag.

**Weakness On One Side May Mean A Stroke.**

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

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

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



Fighting Heart Disease and Stroke

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

## GO FIGURE! by Linda Thistle

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

**DIFFICULTY:** ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

Answer Page 4

	+	÷	2
×	-	×	
-	×		2
÷	×	-	
	+	-	4
6	5	1	
1	2	3	4
5	5	7	8
9	8	6	7

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## Weekly SUDOKU

by Linda Thistle

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

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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## Social Security Q&A By Ray Vigil

# Faces and facts of disability

Perhaps the most misunderstood Social Security program is disability insurance, often referred to as SSDI. Some people mistakenly think that beneficiaries are "on the dole" and getting easy money for minor impairments. That's not the case. There are two ways to understand the truth about disability. One is by looking at the facts. The other is by getting to know some of the people who make up the many faces of disability.

We have some of the strictest requirements in the world for disability benefits. The Social Security Act sets out a very strict definition of disability. To receive a disability benefit, a person must have an impairment expected to last at least one year or result in death. The impairment must be so severe that it renders the person unable to perform any substantial work in the national job market, not just their previous work. SSDI does not include temporary or partial disability benefits. Because

the eligibility requirements are so strict, Social Security disability beneficiaries are among the most severely impaired people in the country and tend to have high death rates.

In addition, Social Security conducts a periodic review of people who receive disability benefits to ensure they remain eligible for disability. Social Security also aggressively works to prevent, detect, and prosecute fraud. Social Security often investigates suspicious disability claims before making a decision to award benefits – proactively stopping fraud before it happens. These steps help to ensure that only those eligible have access to disability benefits.

Americans place a high premium on self-sufficiency, but it is reassuring to know that Social Security disability insurance is there for those who need it the most.

As for the faces... there are so many people who benefit from our disability program. But for now, allow

us to introduce you to a few of them. Meet some of the faces of disability – people who have benefited from Social Security when they were most in need – at the new *Faces and Facts of Disability* website, [www.socialsecurity.gov/disabilityfacts](http://www.socialsecurity.gov/disabilityfacts). They're happy to share their personal stories with you.

## STRANGE BUT TRUE

By Samantha Weaver

- It was notorious Irish writer (and noted wit) Oscar Wilde who made the following sage observation: "Some cause happiness wherever they go; others, whenever they go."

- Something to think about before you make your next call: Those who study such things say that cellphones harbor more bacteria than the toilet handles in a public restroom.

- The first private bathrooms on record date back to 8,000 B.C. Archaeologists on the Scottish island of Orkney have found the remains of stone huts built on a drainage system that emptied into a nearby stream.

- If you've ever seen bears groggily emerge from hibernation in the springtime, you probably won't be surprised to learn that a group of them is collectively known as a sloth of bears. (They're also sometimes called a sleuth of bears, though the reasons for that are not obvious, as bear detectives seem somewhat improbable.)

- A lightning bolt is five times hotter than the surface of the sun.

- In the 1950s it was possible to buy a child's atomic laboratory set. The U-238 Atomic Energy Set, marketed by the A.C. Gilbert Company, included low-level radioactive sources, uranium-bearing ore and a radiation gauge.

- When you're standing outside in a hard rain, the raindrops are hitting you at about 20 mph.

- Every family has that one member who is hopelessly lazy, finding any excuse to avoid exerting effort. If you'd like to expand your vocabulary – and avoid internecine squabbles – you can call him or her a scobberlotcher.

- Your funny bone isn't actually a bone; it's a nerve.

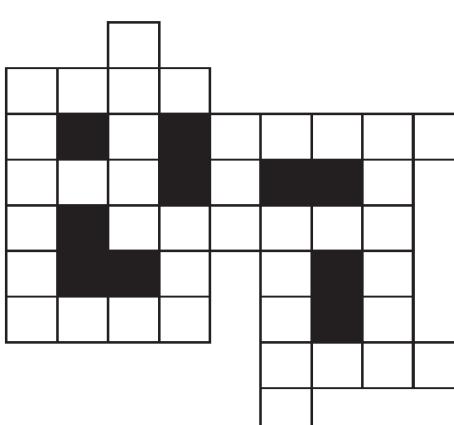
Thought for the Day: "I can write better than anybody who can write faster, and I can write faster than anybody who can write better."

– A.J. Liebling

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GRU  
GHEDOG  
♥ HURBS  
NOGL  
CALGRI  
HSO  
♥ OBLG  
LIGDU  
♥ IGB  
DONEDS  
GORHU  
SUSC



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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