



NEWSBRIEFS

Trees of Hope

Montwood High School TAFE and Student Council are collecting Christmas trees, monetary donations and \$25 gift cards for its Trees of Hope project. The donations will be made to the Battered Woman's Shelter of El Paso. All Montwood High School student organizations also are participating in the program and decorating their own Christmas trees. A friendly competition has emerged between the organizations to see who does the best. The public is invited to see the trees at 4 p.m. Dec. 17. There also will be pictures with Santa that cost five canned food items, which will be donated to the food bank.

— Christina Flores-Jones

Tigua artifacts

El Paso Museum of History will commemorate Native American Heritage Month of November with a special exhibit of the historic Tigua Indian artifacts on loan from the National Museum Van Wereld Cultuur in the Netherlands. The artifacts exhibit, including drums, rattles, moccasins, and a war shield, was formally presented November 20. The artifacts will be on display through Thursday, January 8, in the second floor Changing Pass Gallery of the museum (510 N. Santa Fe Street). The exhibit is free and open to the public. Additional programming and exhibits that honor this region's Native American ancestors are also offered at the El Paso Museum of Archaeology, 4301 Transmountain Road. For more information, call museum coordinator Barbara Angus at (915) 351-3588 or send email to angusbx@elpasotexas.gov.

— Alfredo Vasquez

Wanted

Two men are stealing hundreds of dollars from unsuspecting victims looking for a bargain on computers. Detectives from the Pebble Hills Regional Command Center are asking for the public's assistance in identifying those involved in this scam, through the Crime Stoppers "Crime of The Week." On the morning of Thursday, November 6th, 2014, two men approached the 25 year old victim, in a parking lot at the 1300 block of Lomaland. The men offered the victim two Apple brand laptop computers and an Apple brand I-Pad for \$900.00 dollars. The victim was convinced by the suspects that the computers were the newest Mac laptops available. After the victim paid the suspects, the handed over what appeared to be two computers and an I-Pad wrapped in factory packaging. The suspects immediately left the scene and moments later the victims found that the items that they had purchased were actually cutting boards that had

See BRIEFS, Page 2

Please don't pray for rain if you're going to complain about the mud.

— Quips & Quotes



— Photos from Internet

Above are workers who are installing pumps and other equipment at the site of a hydraulic fracturing operation in Colorado. Oil companies are drilling shale not because it's a good idea but because they have exhausted all other sources of gas and oil. The big question is what to do when the oil stops flowing. Once the shale is tapped, there won't be other reservoirs to siphon.

Petition starts to stop fracking near El Paso

By Alfredo Vasquez
Special to the Courier

WEST TEXAS — Calls for preventing Torchlight Energy Resources from drilling for oil near El Paso County and for petitioning the University of Texas Lands System to not lease its land for fracking are amplifying as word spreads among concerned residents in West Texas.

A website was initiated recently to encourage individuals to sign a petition that protests

plans for oil exploration using the highly-controversial fracking method for extracting gas and oil from shale deposits. The online petition is in a form of a letter addressed to Jim Benson, the executive director of the University of Texas System.

It seems that the University of Texas System recently leased about 172,000 acres that it owns in Hudspeth County to Torchlight Energy Resources, Inc. for the sole purpose of fracking. The site is just minutes away from El Paso city limits near the farming community of Dell City.

Torchlight Energy Resources, Inc., based in Plano TX, is a high growth oil and gas exploration and production company with a primary focus on acquisition and development of highly profitable domestic oil fields, according to its website. The company currently holds interests in Texas, Oklahoma, and Kansas.

News sources reported recently that Torchlight Energy plans to drill as many as 2,500 wells on the land immediately east of

See FRACKING, Page 8



Torchlight Energy plans to drill as many as 2,500 wells, like the wells above, on the land immediately east of El Paso that stretches to the Otero Mesa in New Mexico. This area is called the Diablo Plateau and consists of a rich ecosystem of plants and animals. It is near Dell City, TX.

Finances By Jason Alderman

Cut your holiday expenses

The closer the holidays loom, the less time harried families have to buy gifts, plan seasonal events and make travel arrangements. Unfortunately, when time is at a premium and you're forced to make last-minute decisions, it's usually your budget that suffers.

As an occasional procrastinator myself, let me share a few tips I've picked up over the years that can

help take the expense – and stress – out of holiday planning:

Before you start shopping, calculate how much you can afford to spend on the holidays as a portion of your overall budget. If your finances are in good shape, spend no more than 1.5 percent of your annual income. But if you're deeply in debt, can't meet your regular monthly expenses or don't have an

emergency fund, this isn't the time to rack up additional debt.

Once you determine an overall amount, tally up expected holiday-related expenses including gifts, decorations, new clothes and accessories, giftwrap, cards, postage, special meals and year-end gratuities. Don't forget travel-related expenses if you plan to leave town, and try to recall unanticipated expenses from last year.

If you're looking for ways to cut back, consider:

- Arrange gift lotteries with family members and friends so everyone concentrates their time, effort and money on buying fewer, nicer gifts.

- Speak candidly with friends, coworkers and extended family about placing a moratorium on exchanging gifts. They're probably feeling the pinch too.

- If the gift-giving gesture is important to you, suggest pooling resources with others to make a sizeable contribution to a charity you all believe in.

Once you've determined your

overall holiday spending budget – and before you start shopping – make a detailed list that includes:

- Everyone on your shopping list.

- Spending limits and several gift alternatives for each person.

- How much you actually spend on each gift. If you overspend on one present you'll need to make up for it elsewhere.

- What you gave each person – to avoid giving them the same thing next year.

- What each person gave you to avoid "re-gifting" disasters later on.

- Other expenses (decorations, etc.)

Some people relish hunting for bargains; others loathe it. Either way, here are a few money-saving tips:

- Clip newspaper and online coupons. Stores often match competitors' prices even if their own items aren't on sale. Plus, many consolidation websites post downloadable coupons and sale codes for online retailers.

- Mobile shopping apps let in-store smartphone and tablet users scan product barcodes and make on-the-spot price comparisons, read

reviews, download coupons, buy products and more.

- If you're traveling for the holidays, note that many airlines charge \$25 or more for each checked bag. Many stores and websites ship gifts for free, saving you hassle at the airport.

- Carefully read purchase-return policies for deadlines, exclusions (e.g., for sale or clearance items) and restocking charges.

- Keep receipts. Many retailers will refund the price difference if an item goes on sale within a few weeks after purchase.

- Check whether your credit card agreement provides free product warranty extensions and/or price protection.

And finally, consider the gift of time. Older relatives don't need more chocolates, but they probably could use help with chores, running errands or rides to doctor's appointments. Plus, they would probably appreciate your company. Offer to babysit for harried parents so they can run a few errands or simply recharge their batteries.

Jason Alderman directs Visa's financial education programs.

Veterans Post By Freddy Groves

Stealing from the VA

I read a lot of reports about the fraud that goes on in connection with the Department of Veterans Affairs. I shouldn't be surprised anymore at the levels people will stoop to when it comes to fraud and stealing money and resources that belong to veterans and taxpayers. But sometimes I am.

Take the VA supervisor in Connecticut who had her house fixed up, courtesy of VA employees. This wasn't a one-time deal, either. Over the course of three years she had VA employees build a new deck, install carpet and make improvements to kitchen, bathroom and basement. They used materials, tools and vehicles that belonged to the VA. Extra items were purchased with her government-issued credit card. Sometimes the employees worked on her house while they were on the clock for the VA.

She could have gotten 10 years in prison. Did serve time? Heck no. She received a mere slap on the wrist: community service, restitution of the amount she stole and six months of at-home

monitoring... the better to enjoy the new stuff the VA built for her.

Online I've managed to find her home address, her Connecticut voter ID number, her marriage license, DOB and a resume. I only hope that future employers dig as deeply.

However, that's not the end of the story. What of those employees who did the work on her house? Was there not one among them who thought to speak out? Was the fear of reprisal that strong?

If you're a VA employee and are unsure of how to blow the whistle on things you know are wrong, go here: www.va.gov/oig/hotline. The number is 800-488-8244. Or call the Office of Special Counsel (www.osc.gov) at 800-572-2249, or use the POGO secure dropbox at www.vaoversight.org.

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.

Briefs

From Page 1

been wrapped in plastic with an Apple logo sticker on it to appear as an actual laptop. About a week later on, Saturday November 15th 2014, the suspects approached another victim, this time, at a parking lot at 1321 George Dieter. The

suspects this time sold the victim items appearing to be I-Pads. The suspects in the case are described as black males, in their late 20s to early 30s and being about 6-foot tall. One suspect is described as a having a large or muscular build and the other as being thin. The suspects were seen in a 4-door, Gray or Silver car similar to a Hyundai Elantra. Anyone with any information

on the identity of these cons is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word "CRIME1" (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637).

– Javier Sambrano



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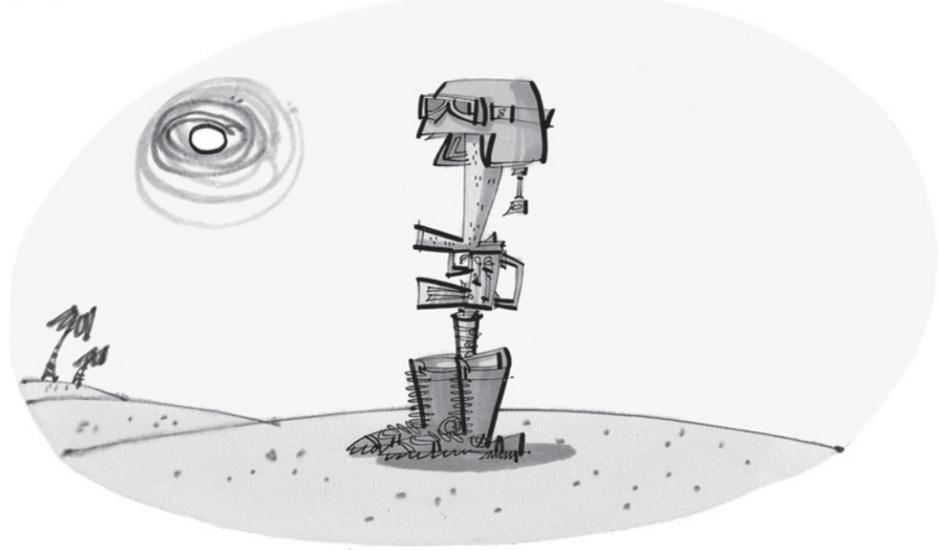
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Saskia, 39, quit for good on the 7th try.

JOE @ 2014 KANAWA HERALD



THE CHAIRMAN OF THE JOINT CHIEFS OF STAFF SAYS WE MIGHT HAVE BOOTS ON THE GROUND.



POST-ELECTION STRESS SYNDROME



JOE @ 2014 KANAWA HERALD



JOE @ 2014 KANAWA HERALD



Marnie Rocha



Ana Zuñiga

Canutillo ISD fills key positions

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – The Canutillo Independent School District Board of Trustees on Tuesday approved the hiring of two key leadership positions in its administration: the executive director of curriculum and instruction, and the director of finance.

Marnie Rocha was selected as the new executive director of the curriculum and instruction, and Ana Zuñiga was hired as the new director of finance. Both were selected in unanimous votes.

“I am grateful for the vote of confidence from the Board of Trustees in the selection of these two important positions,” said Superintendent Dr. Pedro Galaviz. “Marnie and Ana are wonderful additions to the amazing team we have in Canutillo. I am certain they will help us further the positive trajectory our District is making.”

Rocha is currently the principal of Alderete

Middle School in Canutillo ISD, where she has been since the 2011-12 school year. During her tenure, Alderete became one of only a handful of schools in the county to earn all achievement designations from the Texas Education Agency accountability program.

Before arriving in Canutillo, Rocha was an assistant principal of guidance and instruction at Irvin High School and the District Assistant Testing Coordinator in the Ysleta Independent School District. She has a bachelor’s degree in history and a master’s in education from the University of Texas at El Paso.

Zuñiga is currently the external funding coordinator for Canutillo ISD, where she has also served as an accountant since 2009. She has served as interim director of finance at CISD for the last month.

Her resume includes stints in financial services or internal audit of the County of El Paso and New Mexico State University. A certified public accountant, Zuñiga has a bachelor’s in accounting from NMSU.

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

American Heart Association

Fighting Heart Disease and Stroke

9-1-1

HEART ATTACK & STROKE

Read the signs. Raise a flag.

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UTEP  **VS MIDDLE TENNESSEE**
NOV. 29 | 5 PM



BAND NIGHT

TICKETS: 747.5234

MAKE HISTORY



Searles elected board president

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – Laure Searls was unanimously selected president of the Canutillo Independent School District Board of Trustees shortly after being sworn in to a fifth term on November 18.

Searls will lead the seven-member Board and serve as a spokeswoman for the Canutillo trustees.

“I am beyond grateful that the members of this Board have placed their trust in me. I hope to not let them down,” she said. “The Canutillo School Board is a tight-knit group. I know we all will act with the best interest of the students and the taxpayers in mind.”

The Board also selected Trustee Leticia Gonzalez as Board Vice President and Trustee Rachel Quintana as Board Secretary.

Also on Tuesday, two new members were sworn into the CISD Board of Trustees by the Hon. Miguel A. Torres, a Canutillo High School graduate and U.S. Magistrate Judge for the El Paso Division of the Western District of Texas.

Trustees Stephanie Frieze and Mary Yglesias are serving their first four-year term on the Board. They replace Sergio Coronado and Patsy Mendoza, who neither sought re-election.

Canutillo ISD approves 2015 graduation dates, sites

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – The Canutillo Independent School District Board of Trustees has approved the 2015 graduation dates and sites for Canutillo High School and Northwest Early College High School.

Commencement Exercises for Canutillo High School will be at 9 a.m. on Saturday, June 6, 2015, at Coach Julius & Irene Lowenberg Eagles Stadium.

Graduation ceremonies for Northwest Early College High School will be at 6 p.m. on Saturday, June 6, 2015, at the Abraham Chavez Theater.

For the first time, both CISD high-school graduations will take place on the same day.

“June 6 is going to be a day of celebrations for us. It will be the day in which we commemorate the culmination of 12 years of work for so many of our students,” said Superintendent Dr. Pedro Galaviz. “It will be such a thrill to send off our Canutillo High School kids in the morning on our Orange and Blue Turf, and then turn around in the evening and head to Downtown El Paso to send off our Northwest Early College kids.”

STRANGE BUT TRUE

By Samantha Weaver

- It was noted Major League Baseball player and manager Yogi Berra who made the following sage observation: “You got to be careful if you don’t know where you’re going, because you might not get there.”

- The Surinam toad method of reproduction is unique in the animal world. The female releases eggs, and the eggs are fertilized by the male, who then rolls them into holes on the mother’s back. Skin soon grows over the holes, offering protection to the eggs as they develop through the tadpole stage. Once the young ones have become toadlets, they literally punch through their mother’s skin to emerge on their own into the world.

- Those who study such things say that one-quarter of all trips made in the United States are less than 1 mile, but three-quarters of those trips still are made by car.

- You may be surprised to learn that rats and mice are ticklish – they even laugh!

- Popcorn may be indelibly associated with movie theaters these days, but that wasn’t always the case; in the early days of the movies, when the films were still silent, popcorn was actually banned in theaters. The first movie theaters were swanky affairs trying to compete with traditional theaters. The owners didn’t want to have popcorn spilled on the fine upholstery and ground into the carpets.

- Mount Wingen, Australia, is home to the world’s longest-burning fire. The coal deposits there have been aflame for 6,000 years.

- Nobody is really a fan of vacuuming, but did you ever wonder what the most annoying thing about the chore is? Electrolux’s Global Vacuuming Survey found that the single most hated thing about vacuuming is the noise it makes.

Thought for the Day: “He who hesitates is a damned fool.”

– Mae West

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CryptoQuip Answer

I propose that the boss of a guild of music transcribers should get named “chief of staff.”

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– Photo courtesy Canutillo ISD

INK ON PAPER – Dahlia Perez, a guard for the Canutillo High School Girls Varsity Basketball Team, signed her national letter of intent to play college basketball at Western New Mexico University in Silver City. Perez is flanked by her parents during a signing ceremony on Monday.

Perez signs with Western New Mexico

By **Gustavo Reveles Acosta**
Special to the Courier

CANUTILLO – Canutillo High School Lady Eagle MVP Dahlia Perez will continue her basketball career at Western New Mexico University after she signed a letter of intent earlier this week.

Perez is a 5-foot-10-inches senior who averaged 24.6 points per game and was twice selected as the Most Valuable Player for the Lady Eagles. She also has been selected first Team All-District and Offensive Player of the Year.

“Getting Dahlia is a real steal for us. She is a bigger guard who can score the ball and she will fit right in with our program and fill some of the scoring void that opens up when we lose our current seven seniors,” said WNMU Head Woman’s Basketball Coach Rusty Kennedy. “I am excited to watch her develop and get the chance to coach her for the next four years.”

Perez is a 3-year varsity player who

averaged seven steals and eight rebounds per game. She also is a solid player from the outside, connecting on 39 percent from the three-point range.

She was recruited by several universities, including Eastern Wyoming and the University of Texas at Permian Basin, but ultimately chose WNMU.

“Dahlia is a true leader on the court and I am not at all surprised that she was a top choice for so many colleges,” said Lady Eagles Head Coach Ron Ballinger. “I’m confident that she will go to Western New Mexico and do an outstanding job of representing Canutillo, her family and – most importantly – herself.”

While at WNMU, Perez plans to major in psychology and minor in criminology. She said she wants to make a good impression in college so that it can carry on to her professional life after WNMU.

“I’ve always felt that no one will remember your points or stats, but rather they will remember the type of person and player you are,” Perez said.

SISD trustee participates in TASB leadership program

By **Christy Flores-Jones**
Special to the Courier

SOCORRO ISD – Socorro Independent School District Board Trustee Cynthia Najera joined 35 other school board members from across Texas Sept. 25-27 at the kickoff session of the Leadership TASB class of 2015.

She was selected by the Texas Association of School Boards (TASB) and will participate in the yearlong education leadership study program. Trustees from across the state are part of the program and represent school districts of all sizes, with student populations of 138 to 159,000, and reflect a similar range of property wealth.

Meeting in conjunction with the Texas Association of School Administrators/TASB convention in Dallas, the trustees heard featured speakers Peter DeLisle, Ph.D. and Debra Fine. DeLisle, a recognized authority on leadership training, focused on characteristics of effective leadership and team building. Fine is a nationally known motivational speaker and author of *The Fine Art of Small Talks*. Board members also received training at convention



Cynthia Najera

sessions and attended the TASB Delegate Assembly, the Association’s annual business meeting.

Other Leadership TASB sessions are scheduled for Houston, January 29-31; El Paso, April 9-11; and Forth Worth, June 18-20. Each session has a unique theme that builds on the previous session and features

nationally recognized experts in the fields of leadership development and education. Teams also work throughout the year on extended learning assignments between meetings. Created in 1993, Leadership TASB has more than 700 graduates to date.

Participants who complete all required elements of the study will graduate next year by earning Master Trustee status. This is the highest designation recognized by TASB. SISD school trustee Tony Ayub participated in last year’s TASB leadership class and completed the program in June.

TASB is a voluntary, nonprofit association established in 1949 to serve local Texas school districts. School board members are the largest group of publicly elected officials in the state. The districts they represent serve more than 4.9 million public school students.

Archives: www.wtxcc.com

AT SHOPPING MALLS, PARKING LOTS, THEATERS, APARTMENT COMPLEXES & CITY STREETS

WHERE YOU ARE, THEY ARE!

YOU ARE BEING SHADOWED. But you’re not the only one. Every year in Texas, car thieves steal close to 100,000 cars and trucks, and burglarize thousands more. Surprised? Don’t be any longer. When you leave your vehicle, **HIDE** your things, **LOCK** your car, and **TAKE** your keys. Remember... **YOU HOLD THE KEY.**

Watch Your Car TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

A cautionary tale for picking your confidants

By Steve Escajeda
Special to the Courier

We've all gone through tough times now and again.

Everyone knows what it feels like to be a little desperate.

But then, even when it seems as if we are at the end of our rope, we eventually come to the conclusion we always knew existed but put off for as long as we could – that we can always turn to family.

No matter how demeaning, no matter how embarrassing, no matter how humbling, we can always turn to family.

That's the one "get out of jail free" card most of us have. Family will always lend a hand – even if it's a reluctant one.

But what if there is no family to turn to? Or even worse, what do you do when it's family that's causing all the problems?

In the case of the Columbus Blue Jackets' Jack Johnson, it turns out that it was a big mistake to put his faith in his family.

The National Hockey League defenseman filed for Chapter 11 bankruptcy recently and

claims that his parents are the reason.

And this has happened after Johnson signed a seven-year, \$30.5-million contract in 2011.

It appears that Johnson's very first misstep came when he gave dear old mom full control of his finances. Hey, if anyone is going to look out for you it's mom, right?

Well, in this case mom was a little more generous to herself.

And before we get on mom for her selfishness, to be honest, she had a little help from dad.

First of all, Johnson's parents went out and bought a house in Manhattan Beach, CA.

The only real bad thing about buying themselves a house with their son's money is that they failed to tell him.

Hey, honest mistake. C'mon, mom baked him all those cookies growing up. And I'm sure dad taught him how to skate as a kid.

Oh, and did I mention that they also borrowed \$15-million in loans against their son's future earnings, again, forgetting to tell him.

As if all that wasn't bad enough, one of the loans, for \$3 million, carried a hefty interest rate of 24 percent.

All this debt led to huge fees and eventually into default.

But mom and dad weren't finished yet. They also bought cars, had upgrades done to the California house and spent tons of money on travel.

Johnson has earned nearly \$18 million during his NHL career and has almost nothing to show for it. Well, he has assets of less than \$50,000.

Of course that is against claims from creditors totaling \$1.68 million.

I wonder what all the talk is going to be about around the Thanksgiving table at the Johnson house this week?

Fortunately for him there will be total silence because Johnson has cutoff all ties with his parents.

Johnson said recently, "I'd say I picked the wrong people who led me down the wrong path. I've got people in place who are going to fix everything now. It's something I should have done a long time ago."

The American sports community is littered with a long line of professional athletes who made millions of dollars and had nothing left in their bank accounts at the end of their

careers.

What do you expect will happen when young people who come from relatively poor backgrounds are suddenly given more money than they ever knew existed?

Young people are immature and don't have the common sense or patience to be practical with that kind of cash.

But what mom and dad did was all-out betrayal. They took the trust of their son and tossed it in the trash.

Sometimes parents feel entitled to the money because of the sacrifices they've made to help their kid attain the heights they've reached.

But isn't that every parents' job? The goal should be to give their kids all the help and guidance they need to succeed in life; to help the kids achieve more than they ever did.

And then there are the Johnson parents who stole from their son.

It appears that he will now associate himself with other people who he hopes will have his best interests at heart.

In other words, he's now relying on someone else's family.

A sporting view By Mark Vasto

The right to be forgotten

Recently, a Spanish businessman, upon learning that a thing called the "Internet" existed and contained links to a unflattering newspaper article about him, sued in European court for the "right to be forgotten" and – get this – won the case.

The ruling has, of course, prompted more than the usual amount of hand wringing that such procedural requests have garnered in the past. This man was not

disputing the validity of the news being reported in the article; he wasn't claiming to have been libeled by the news organization, and the court ruling did not order the news organization to remove the story. No, they instead ordered American search-engine giant Google to honor the man's request to have any links to the story not appear in a search for it on Google's site. An analogy would be going to the Library of

Congress, searching for a biography of, say, Napoleon, and being told that there was indeed such a book in one of the aisles, but there was no record of it in the card catalog.

The analogy fails on one key point, however: It does not apply to Americans. So, let's say you were a relative of turn-of-the-century infielder Napoleon Lajoie, and you were upset that modern-day sports writers dismissed many of his .400 plus seasons at the plate because bases on balls counted as hits during parts of his career, any request to remove those facts would be ignored by Google.

Or if you were, say, next of kin to George Steinbrenner, you may have wanted to scrub any mention of the time when the late owner of the Yankees called then manager Dallas Green with this piece of news: "I just won you the pennant! I got Steve Trout!" If you were Steve Trout, you may want to request forgetting that season or, conversely, finding a way to remember how to throw a baseball in a manner that keeps it aloft long enough to reach the catcher's mitt without bouncing first and, preferably, somewhere between the batter's knees and letters. While you're there at the Yankee morgue, search and destroy any documents relating to "Buhner, Jay; trade for Ken Phelps"; "Meacham, Bobby; Tony Gwynn of the infield"; and

"Bronx Burners."

If you are a New York Jets general manager, just go ahead and request to have everything post "Joe Namath plus Los Angeles Ram" through "butt fumble" erased, with the possible exception of a few games by Richard Todd and that one Dolphins-Jets game in 1985 where people almost believed drafting Ken O'Brien over Dan Marino made sense.

As for Bill Buckner, Brian Bosworth, Tony Mandarich, John Rocker, Kevin Bartman, Ron Dayne, Ryan Leaf, Brady Anderson, Joe Paterno... only time will tell how long a memory will last.

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

Take the First Step to a Heart-Healthy Life.

Start! Walking. Start! Something.

Heart disease is the number one killer of men and women in America. But did you know that just 30 minutes a day of physical activity can improve your health and decrease your risk of heart disease?

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heart.org/start



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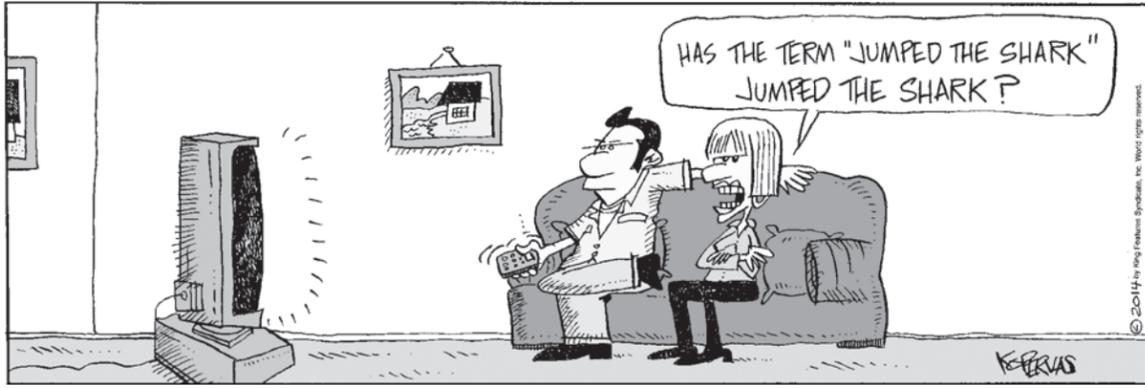
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Horizon City, TX 79928

Contact Information:
Name: _____
Phone: _____

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: My friend, who is 79 years old, started having his fingertips split open at random several years ago. The splits resemble small knife slices, and are extremely painful to him, along with limiting his ability to pick up objects as his fingers become numb. Last year he went to a dermatologist, who diagnosed it as psoriasis and gave him strong steroid ointments. During the warm weather, his fingertips don't seem to split, but when the weather starts turning colder, regardless of these ointments or even wearing gloves over the ointment at night, they get worse. We are concerned that the diagnosis of psoriasis may not be correct. — S.G.

pain) is present in 90 percent of people with lupus at some point in the illness.

The arthritis booklet discusses jointpainfoundinlupus,rheumatoid arthritis and osteoarthritis. Readers can order a copy by writing: Dr. Roach – No. 301W, 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: Why are so many people reluctant to wear a hearing aid? It seems as though there is a stigma associated with it when there isn't a stigma associated with wearing glasses, and both are common as we age. — M.A.

Cracking of the tips of the fingers has several possible causes, including psoriasis, but also a condition called dishydrotic eczema. Moisturizers and powerful steroid ointments are appropriate for both conditions. Many of my readers have reported good results from liquid bandages, some of which have antiseptic properties, and some are a medical form of super glue.

I also am concerned that many older people with hearing loss refuse a hearing aid (or even to be evaluated for one). This is an important issue, since a hearing aid can improve quality of life as well as safety, not to mention the hearing of those around a person who is hard of hearing if he or she listens to music or the television at loud volumes.

There are other possible diagnoses, including progressive systemic sclerosis (scleroderma), so I think he should have another visit with the dermatologist.

I suspect that glasses, often worn by younger people, aren't associated with aging as much as hearing loss is, which is far more common in the elderly. We seem to be afraid of aging, or at least of appearing to age. I regret this, since it focuses on what can be lost with aging, and not what is gained.

DEAR DR. ROACH: You mentioned lupus in a recent column. Is there a connection between lupus and arthritis? — D.J.T.

Systemic lupus erythematosus (SLE) is a disease that can affect virtually any organ in the body, and usually affects several — often at the same time. The most common symptoms are fatigue, fever and weight loss. Skin signs can be very specific, such as the classic "butterfly rash," a red, butterfly-shaped rash across the nose and cheeks. Arthritis (joint inflammation) or arthralgia (joint

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

- CD CHANGER**
- ACROSS**
- 1 Rest lazily
 - 7 "Fame" singer
 - 16 Wood-trimming tool
 - 20 Ice-block houses
 - 21 Bottom-line costs
 - 22 Taunt in fun
 - 23 Talks Texas-style while trapped by some rubble?
 - 25 Era-spanning story
 - 26 Legislator in D.C.
 - 27 Crowded
 - 28 _Magnon man
 - 29 Part of rpm
 - 30 "As _ often the case..."
 - 31 Things enjoyed at a beer-selling gallery?
 - 38 _ charge (gratis)
 - 41 Become swollen
 - 42 Dried out
 - 43 "Quiet down!"
 - 44 What major flooding may do to an Australian state?
 - 49 Hammy actor
 - 51 Item swiped for credit
 - 52 Sums of cash
 - 55 "There is Nothin' Like _" ("South Pacific" song)
 - 56 Suffix with fool or ghoul
 - 57 A law unto _
 - 59 Order Barrymore
- DOWN**
- 11 Time of note
 - 12 About, in dates
 - 13 Squirrel food
 - 14 Modify, as a program
 - 15 Set a price of
 - 16 Totally lost
 - 17 Proxima Centauri, e.g.
 - 18 _ and zag
 - 19 Sorority letter
- 115 Hedge shrub**
- 118 Conical-bore instrument**
- 120 Boy shopping for foppish clothes?**
- 125 Loathsome**
- 126 Very big dog**
- 127 Broadway's "Miss _"**
- 128 See 117-Down**
- 129 "The Divine Sarah" of stage and screen**
- 130 Data-entry person**
- 24 Game using a large deck**
- 29 Fabricated in advance**
- 30 Ames' home**
- 32 Wall-to-wall people, e.g.**
- 33 Poi base**
- 34 Jellyfish woe**
- 35 Rapping "Dr."**
- 36 Main topic**
- 37 Mole's kin**
- 38 Counsel**
- 39 Singer Yearwood**
- 40 Quick bites**
- 41 F preceders**
- 45 CBS military drama**
- 46 Large tank**
- 47 CPA hirer**
- 48 Ireland's _ Lingus**
- 50 Like a heavy favorite**
- 53 In-_face**
- 54 Toni Morrison**
- 55 Toni Morrison**
- 58 PC monitor type**
- 60 la. neighbor**
- 62 Arenas**
- 64 Plead**
- 67 Rage**
- 68 _Aryan**
- 69 Bring to ruin**
- 70 Braid anew**
- 71 Fawn nurser**
- 73 Flower part**
- 74 Plea**
- 75 Finds out**
- 77 Many newspapers**
- 79 Mets' old ballpark**
- 80 Housebroke**
- 81 _ Lodge**
- 82 Appalling**
- 83 Takeoff abbr.**
- 84 Kitchen wrap**
- 86 _ nitrite (angina treatment)**
- 87 Chou En_**
- 88 Blast stuff**
- 92 Mani_**
- 94 Actor Arkin**
- 96 Make a gaffe**
- 98 "The Lost Weekend" co-star Ray**
- 101 Hope (to)**
- 102 Silk spinner**
- 106 Genuflected**
- 107 Chinese, e.g.**
- 108 Punker Vicious**
- 109 Amorous rendezvous**
- 110 Test, as ore**
- 114 Work without _**
- 115 Berra of baseball**
- 116 Valentine's Day god**
- 117 With 128-Across, sped**
- 118 A bit askew**
- 119 Furry scarf**
- 120 Soviet Union spy org.**
- 121 Ultimate degree**
- 122 Toothpaste tube letters**
- 123 _es Salaam**
- 124 Helpful lead**

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MOORE TEXAS

by Roger Todd Moore

Oct. 10, 1835: Gail Borden begins a newspaper in San Felipe...wonder what kind of ads he had ?



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		÷		12
÷		+		x	
	x		-		19
x		x		÷	
	+		x		16
14		17		16	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 6 7 8 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

Q: If I get approved, how much will I receive in Supplemental Security Income (SSI) benefits?

A: The amount of your SSI benefit depends, in part, on the amount of other income you have. For 2014, the basic, maximum federal SSI payment is \$710 per month for an individual and \$1,082 per month for a couple. However, some states add money to the basic payment. Other monthly income you have would begin to reduce the basic SSI payment. Other things, such as where you live and who you live with, can affect your payment amount. Learn more about SSI by reading SSI publications at www.socialsecurity.gov/pubs. Enter "SSI" in the search box.

Q: I noticed that my date of birth in Social Security's records is wrong. How do I get that corrected?

A: To change the date of birth shown on our records, take the following steps:

- Complete an *Application For A Social Security Card* (Form SS-5);
- Show us documents proving:
 - U.S. citizenship (if you have not previously established your citizenship with us);
 - Age; and
 - Identity.
- Take (or mail) your completed application and documents to your local Social Security office.

Note that all documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. For details on the documents you'll need, visit www.socialsecurity.gov/ss5doc.

Q: I am 65 and my wife is 62 and receiving spouse's benefits. When will she qualify for Medicare benefits?

A: Most people must wait until age 65 to qualify for Medicare benefits. Some people can get Medicare at any age, including those who:

- Have been getting Social Security disability benefits for 24 months or more;
- Have kidney failure and require dialysis;
- Have had a kidney transplant; or
- Receive disability benefits because they suffer from amyotrophic lateral sclerosis (also known as Lou Gehrig's disease).

You can apply online for Medicare at www.socialsecurity.gov/medicareonly.

For more information on any of the questions listed above, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

Fracking

From Page 1

El Paso that stretches to the Otero Mesa in New Mexico. This area is called the Diablo Plateau and consists of a rich ecosystem of plants and animals.

The energy company reported that it purchased 100 percent working interest and 75 percent net revenue interest in the university's 172,000 mostly contiguous acreage in the Oro Grande Basin.

Company reports stated that the land is in a five-year lease with five year extension provisions and that operations will begin no later than March 31, 2015 by drilling one well every six months. "The initial test program will consist of four vertical wells to be drilled at depths estimated at 6,000 feet. The data provided by the first four test wells will determine the production potential," the report stated.

Opponents of the oil exploration plan claim that fracking in this region will only endanger the health, safety and welfare of people. They assert that fracking operations in this region will pollute the air and ground, result in rising crime and social and medical costs with the influx of new workers, destroy ecosystems, contaminate underground aquifers with toxic compounds, and consume billions of gallons of water.

Fracking refers to hydraulic fracturing, or the use of water pressure to create fractures in rock that allows the oil and natural gas to escape and flow out of a well. The process requires huge amounts of water, and some experts have said that it could be linked to spikes in small earthquakes.

In a recent interview, Aaron Velasco, a professor with University of Texas at El Paso's Department of Geological Sciences and an expert on earthquakes and volcanoes, said that not enough is known about the effects of fracking to be able to link this method to earthquakes that are big enough to cause serious damage or injury.

The geology professor stated that whenever fluids are injected into the ground, this can weaken faults and create seismic activity, but that no major earthquake resulting from fracking has been documented so far.

Officials with the Texas Energy Alliance (TEA), an industry group of mostly independent producers, contend that oil companies are conscious of the health and environmental risks and are working to limit them. They are also quick to remember everybody of the tremendous growth in jobs related to the oil wells.

Nonetheless, to urge the oil industry to do more, in their last legislative session state lawmakers tightened rules surrounding the drilling including disclosure of the chemicals used in fracking and extensive new rules on well-making.

With the protest petition effort, supporters hope to get enough of an outcry from the public to stem the fracking tide in West Texas. For more information about the online petition, visit the website: <https://www.change.org/p/jim-benson-stop-fracking-next-to-el-paso-texas>.

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: E equals T

Y VFJVJWB EQXE EQB MJWW JI X

ATYKL JI NTWYZ EFXHWZFYMBFW

WQJTKL ABE HXNBL

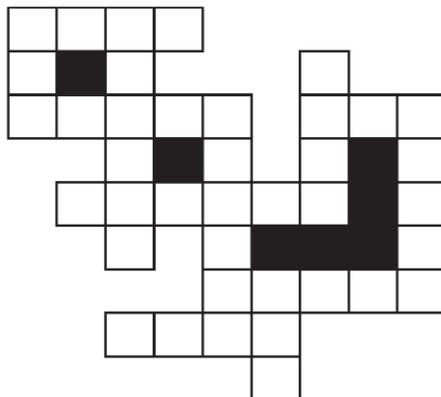
"ZQYBI JI WEXII."

Answer Page 4

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- ATV
- ♥ SEAGER
- ♥ LADET
- ♥ VADI
- ♥ DASBER
- ♥ NSI
- IVAS
- ADVEE
- ♥ DDA
- GAVLUR
- EISON
- ♥ ESDU



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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