



NEWSBRIEFS

Flu vaccinations

Texas suffered 20 child deaths as a result of the flu during the 2013-2014 flu season. Immunize El Paso is taking the lead to help stop vaccine preventable death by visiting over 200 El Paso schools, community centers and outreach partners. "Flu can make anyone sick however specific patient populations are at higher risk for serious complications resulting in serious illness or possibly death" said Danny Acosta, Director of Immunize El Paso. "Patients 50 years of age and older, children, pregnant women, and people with chronic diseases should immediately consider vaccination" Acosta continued. Each year thousands of people in the United States die from flu, and many more are hospitalized. Flu vaccine is the best protection we have from flu and its complications. Vaccination also helps prevent spreading flu from person to person. "Last year, flu activity increased through November and December before peaking in late December - meaning now is the best time to get vaccinated" Acosta continued. About two weeks after vaccination, antibodies develop that protect against influenza virus infection. Vaccines are available in the injectable and the mist form for adults & children. Patients 18 & younger who do not have insurance may also qualify for free vaccination thanks to a grant issued by the Caring for Children Foundation of Texas. For more information on where to get vaccinated visit immunizeelpaso.org or call 857-2474.

— Dusty Warden

Intersession

Students and teachers in the Socorro Independent School District will be on fall intersession from Monday, Sept. 29 through Friday, Oct. 10. The SISD District Service Center will remain open during this time. Students and teachers return to class on Monday, Oct. 13.

— Christina Flores-Jones

Free trees

The Arbor Day Foundation will brighten up your fall by offering 10 free autumn classics trees when you join the organization in October. The free trees are part of the nonprofit Arbor Day Foundation's Trees for America campaign, a program dedicated to environmental stewardship through the planting of trees. Everyone who joins the Arbor Day Foundation in October will receive 10 free autumn classics: Two sugar maples, two red maples and one each of scarlet oak, sweetgum, northern red oak, silver maple, white flowering dogwood and Washington hawthorn. "Members will especially enjoy these trees during the autumn months because they'll add abundant, vibrant

See BRIEFS, Page 5

An optimist is often as wrong as the pessimist, but he has a lot more fun.

— Quips & Quotes



— Photo courtesy San Elizario ISD

SAY CHEESE – Members of the San Elizario HS Starlettes cheerleading and dance squads took time out for a photo with motivational speaker David Edward Garcia.

Motivational comedian brings tour to San Eli

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – Inspiring students to follow their passions, student motivational speaker and comedian David Edward Garcia brought his "Live the Dream Tour" to San Elizario High School. On September 26, Garcia delivered his positive message to the San Elizario High School Class of 2015 encouraging them to never give up on their goals no matter what obstacles they encounter.

Garcia visited schools along the Texas-Mexico border to film segments for his "Live the Dream Tour" documentary from September 22-26 starting in the Rio Grande Valley and concluding in San Elizario. He spoke to students about their hopes, dreams, concerns, and experiences of living on the border. Garcia shared stories about growing up in Laredo and how he overcame negativity and limitations to succeed in life.

Garcia speaks five languages and is one of the current, top youth motivational speakers who delivers his dynamic presentation to audiences all over the world.

Roldan meets One Direction

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – For Hazel Roldan, a freshman at Canutillo High School, getting a ticket to see One Direction in concert at the Sun Bowl on Sept. 19 was already the thrill of her still-young life.

So when a CISD staff member, Harri Baumann, surprised her with the news that she had secured a one-on-five meeting with the British boy band before the concert, Roldan was beyond excited.

"I couldn't help but cry with her. This meant so much for her," said Baumann, who

See LAWSUIT, Page 5



— Photo courtesy Canutillo ISD

ONE FUN PIC – Harri Baumann, left, and Hazel Roldan get a snap with One Direction.

Court reverses Clint ISD lawsuit

Decision sent back for review

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – No date has been set yet, but parents of Clint Independent School District (CISD) students will get their day in court, as the Eighth District Court of Appeals in El Paso overturned a previous district court ruling and declared that the lawsuit against CISD could proceed.

In February 2013, District Court Judge Kathleen Olivares ruled in the school district's favor and dismissed the complaint, which purported that CISD was providing unequal distribution of funds, thus denying children the right to a suitable and efficient system of public free schools and their right to equal protection under the Texas Constitution.

The lawsuit alleged that students who attended Clint High School got more funding than students at the district's other two high schools (Mountain View and Horizon) and that Clint High also offered more advanced classes than the other schools.

As an example, the complainants pointed out that for the 2009-10 school year Clint High School received nearly \$6 million in operating expenditures which totaled almost \$10,000 per student; meanwhile, less funds were allocated to CISD's other two high schools – Mountain View received about \$8,500 per student and Horizon received \$6,400 per student. They also asserted that the middle schools followed similar patterns.

Subsequently, the complaining parents – Sonia Herrera Marquez, Claudia Garcia and Alicia Gomez – were joined by the Paso del Norte Civil Rights Project (PNCRP), and together they filed the lawsuit in August 2012.

Jed Untereker, legal director of PNCRP, stated that his organization decided to be part of the lawsuit because CISD funds were not being spent equally between the communities in the district, with the Clint community being favored by the school district when it came to financing its schools.

The lawsuit was filed after the CISD school board declined petitions from parents, PNCRP, and the El Paso Interreligious Sponsoring Organization (EPISO) to fix the governance issue that created the alleged funding disparities.

Indismissing the original lawsuit, the judge ruled that the parents had not exhausted all administrative remedies to their complaints and that the court did not have jurisdiction over the case. In its reversal decree, the Court of Appeals established that the lower court's decision was a misapplication of a rule requiring complaints to first go to the state Commissioner of Education.

Chief Justice Ann Crawford McClure in the Court of Appeals' opinion stated that the commissioner had no power to issue the injunction on alleged inequitable funding that the parents sought and that the lawsuit also alleged that the funding model violates students' constitutional rights, so it must be heard in a trial court.

In response to the appeal court's

See LAWSUIT, Page 5



GROUNDHOG DAY



TESTING THE LIMITS OF "THE ENEMY OF MY ENEMY IS MY FRIEND"...



It's the law By Texas AG Greg Abbott

Hiring a home improvement professional

For most Texans, a home isn't just a place to live and raise a family – it's their most valuable financial asset. Adding improvements, repairing damage, and keeping up with routine maintenance are all part of a smart homeowner's plan to protect and increase the value of an important asset.

Unfortunately, scam artists posing as home repair contractors know residents will part with hard-earned money to improve their homes. So to protect their pocketbooks, homeowners should know how to protect themselves and avoid falling victim to these scams.

Damaged homes – whether by storms or passage of time – can be easily noticed by scam artists posing as contractors and marketing their services door-to-door. Texans should be cautious when unsolicited salespeople come knocking on their doors. Businesses that perform specialized home repairs seldom walk neighborhoods looking for work. Anytime a contractor appears unsolicited and relies on high-pressure tactics to secure new business, homeowners should say no thanks. Legitimate contractors know that customers need time to think about significant decisions – and maybe even ask a few questions. Trustworthy contractors will always welcome customers' questions.

In some cases, con artists try to talk homeowners into unnecessary repairs by offering special deals with purportedly "surplus" materials. Common ploys involve offers to seal roofs, replace lost roof shingles or pour new driveways. Although these scammers often appear professional and may sound very knowledgeable and friendly, homeowners should never impulsively purchase home repair or construction services that they were not already planning.

Equally important, Texans should only use licensed or bonded contractors or builders. The Texas Department of Licensing and Regulation (TDLR) is the state's occupational regulatory agency that oversees more than 20 types of occupations and industries. TDLR issues licenses, conducts inspections, investigates complaints, assesses penalties, sets rules and standards, and holds hearings. Homeowners can visit www.license.state.tx.us to verify a contractor's licensing credentials and inquire about complaints.

Homeowners should avoid contractors who do not have established physical addresses – and instead only offer cell phone numbers. A physical address could help customers locate the contractor if problems arise with the repairs. Texans who buy from a fly-by-night contractor may never see him or her again.

Homeowners should also verify any claims contractors make about energy savings or increased security, home value, or other added advantages to improvements they are buying. Once a contractor has been chosen to perform repair work, Texans should read the legally-binding contract carefully before signing it. Customers should not sign any contracts that have blanks – those blanks could later be filled in with unfavorable terms.

As with any home repair work, homeowners may be asked to pay a portion of the repair costs as a down-payment. That is a generally accepted practice, but homeowners should NEVER pay the entire repair cost in advance.

For example, the Attorney General's Office prosecuted a pool contractor who was paid by homeowners across central and south Texas – but he failed to actually perform any meaningful work. The contractor was sentenced to nine years in prison for defrauding a Caldwell County woman who paid him more than \$50,000 for a pool that was never installed.

Texans who are unable to resolve a dispute with their contractor should file a complaint with the Attorney General's Office online at www.texasattorneygeneral.gov or by calling toll-free at (800) 252-8011.

The Great Recession hit us all hard, especially older Americans

By John Grimaldi
Special to the Courier

The meaning of the word "retirement" has changed in recent years as a result of the downturn in the economy, according to Dan Weber, president of the Association of Mature American Citizens.

The U.S. Census reported that the average net worth of Americans 65 years of age or older took a nose dive in the 2007 to 2009 as a result of the Great Recession. And, we don't need statistics to know that the recovery has been slow, at best.

"And so, many of us are continuing to work in either full-time or part-time positions in order to supplement retirement savings and income," Weber said. "We're also making life-style adjustments such as reassessing our housing needs."

He noted that more than 80% of those in the 65-plus-age bracket own their own homes in

the U.S. and that in the great majority of cases their homes are their single biggest asset. "So, it stands to reason that when the kids grow up and move on, many of them start thinking about moving into more efficient housing."

For example, Weber explained, trading your house in for a condominium apartment or townhouse can provide a financial cushion, not to mention that it can also help put a cap on maintenance expenses. In addition, it might also reduce the number of daily chores such as mowing the lawn and shoveling the snow. And, it might even provide an extra measure of security.

"Whether you are thinking about a condo or a smaller home, making such a lifestyle change may seem daunting at first, but the more you think about it and plan for the future, the more you may come to realize how much sense it makes at this stage of your life."

But be sure to keep your options open, he

Medicine

From Page 2

Rituals: A Mexican Tradition”, author Eliseo “Cheo” Torres stated that reasons vary as to why people choose to see *curanderos* to treat illnesses rather than to seek medical professionals.

Torres, who is vice president for Student Affairs and professor of Language, Literacy and Sociocultural Studies at the University of New Mexico (UNM) in Albuquerque, stated that one of the main reasons people use *curanderos* is because of the cultural importance they have had for hundreds of years. Because *curanderos* are believed to have a spiritual gift for healing,

many people see them for spiritual ailments and folk illnesses which they deem require traditional remedies, he stated.

Moreover, according to Torres, many people of low socioeconomic status choose *curanderos* because they charge a nominal fee; so, individuals who do not have much money or health insurance opt for this as an alternative to medical treatment. Others turn to *curanderos* as a last resort, when modern medical treatments have not worked to rid them of a sickness.

Additionally, in the U.S., some Hispanics seek *curanderos* when there is a language or cultural barrier with their modern healthcare provider, which prevents them from receiving quality healthcare, Torres

claimed.

Torres also stated that many recent Hispanic immigrants and undocumented workers in the U.S. are uninsured or under-insured; as a result, they are often forced to rely on the charity of municipal healthcare systems. Because of this, some may not seek care when they need it, while others have to go through the humiliating experience of waiting in overburdened emergency rooms to be treated as indigents, he added.

Subsequently, traditional medicine advocates, like Torres, are promoting “the best of both worlds” approach. And, they are looking to borrow and adapt a model that seems to work in Mexico.

“Because Mexico is a Third World nation, people there have had to find other ways to get treatment for illness, particularly in the poor rural areas where there is little access to modern healthcare. One way has been to continue to rely on folk healers who have provided basic healthcare in rural villages for

centuries. However, this practice of traditional medicine is also evident in larger cities of Mexico because of cultural traditions and family customs,” Torres said.

“Furthermore, the border country of the U.S. also has these folk healers, who often work for minimal financial reward- in some cases, refusing to accept anything from their grateful clients except small gifts and enough food for a basic subsistence,” Torres related.

So, advocates claim that the approach should be to bring *curanderismo* in line with conventional medicine and vice versa, so that folk healers can work in tandem with and supplement modern medicine in the kinds of settings where people may not always have access to conventional healthcare.

Torres stated that the idea is not to replace allopathic and modern medicine and its live-saving technology. “Instead we want to make it possible for poor people to be able to go to someone who

can tell them whether they have a condition that needs immediate medical treatment, or if they can get a folk remedy for their aches and pains,” he explained.

“I believe that the presence of the lay practitioner will save money within the system, when people who normally have to visit emergency rooms in county hospitals as indigents find that they can solve their medical issue more readily and cheaply by visiting a lay practitioner. Many people might find that they do not need to visit an emergency room if the healer can help them,” Torres asserted.

Torres cited the Centro de Dassarrollo Humano Hacia la Comunidad (a.k.a. La Tranca Institute of Healing) in the city of Cuernavaca in the state of Morelos, Mexico as an example of a program that provides the mode for this kind of system. He stated that at this center, village healers and apprentices come and study with conventional doctors, nurses and experienced, certified *curanderos* to learn about both folk medicine and conventional medical techniques for diagnosing and treating simple illnesses. They also learn how to recognize serious conditions that require conventional medical care, he said.

Torres proposes that such a system be implemented in the U.S., especially in poor communities. “What if we had a certification system to train healers in sound practices and send them out to work with the poorest of our poor?” he asked. “Not only could we provide people with on-the-spot help for their illnesses, but also the healers could be at the forefront of important, preventative, community health initiatives and health education efforts,” he contended.

Torres maintained that one of the benefits of having lay practitioners, in particular Spanish-speaking individuals, go out into the community and offer their services is that people can more readily relate to and communicate with someone who shares their language and culture. “This is a big part of why folk healers in the border region remain popular, in spite of the presence of modern medical facilities,” Torres noted.

“Sometimes it gives sick people hope just to be able to talk to someone they feel understands them. In addition, the patient may more readily communicate something to a traditional healer that he would not or could not tell a doctor or nurse who didn’t share his or her language and culture. In some cases, perhaps, this could save lives,” Torres commented.

To help bring this merger closer to fruition in the U.S., Torres has been

2014 UTEP FOOTBALL



UTEP VS OLD DOMINION
OCT. 11 | 6 PM

HOMECOMING

TICKETS: 747.5234

MAKE HISTORY



Notice of Public Hearing
to Discuss Tornillo
Independent School District’s
State Financial Accountability
Rating

Tornillo Independent School District will hold a public meeting at 5:30 PM, Wednesday, October 15, 2014, in the boardroom of the Tornillo Administration Building, at 430-D Oil Mill, Tornillo, Texas 79853.

The purpose of this hearing is to discuss Tornillo Independent School District’s rating on the state’s financial accountability system.

WTCC: 10/02/14 & 10/09/14

Notice of Public Meeting to
Discuss Anthony Independent
School District’s State
Financial Accountability
Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, October 15, 2014 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District’s rating on the State’s Financial Accountability Rating System.

WTCC: 09/25/14 and 10/02/14

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Answer

A huge crowd of folks was mobbing the produce stand, so I missed my opportunity to go in for the kale.

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Enrollment open to prepay college tuition

By Lauren Willis
Special to the Courier

Open enrollment in the Texas Tuition Promise Fund, the state’s prepaid college tuition program, began Sept. 1, and runs through Feb. 28, 2015. Texas Comptroller Susan Combs reminds families that the Texas Tuition Promise Fund offers parents the chance to prepay for their child’s education at Texas public colleges and universities at today’s prices.

“Saving for college is one of the most important things parents look at as they sit down around the kitchen table and examine a family budget,” Combs said. “The Texas Tuition Promise Fund offers parents the opportunity to

lock in today’s prices for their child’s education at Texas public colleges and universities, and the fund has flexible options that families can utilize to fit their budgets.”

Families in the Texas Tuition Promise Fund purchase prepaid “tuition units” that can later be used toward undergraduate tuition and required fees at schools ranging from Texas public community colleges to four-year, in-state universities. Prices are based on 2014-15 academic year costs for the state’s public colleges.

- Type I units, priced for tuition and school-wide required fees for the most expensive public four-

year school in Texas, cost \$118.06 per unit.

- Type II units, based on the weighted average cost of tuition and school-wide required fees across all Texas public four-year schools, cost \$89.42 per unit.
- Type III units, priced at the weighted average cost of tuition and school-wide required fees across all Texas public two-year schools, cost \$22.23 per unit.

Under the plan, 100 units equal roughly one academic year consisting of 30 semester hours of tuition and school-wide required fees at the Texas public school that most closely matches the pricing base. Families can prepay for up to

six years (600 Type I units or the equivalent amount of Type II and III units) of college.

The plan’s payment options include lump sum payments, installment payments that include 8 percent interest or a pay-as-you go plan that allows parents to gradually add more units when the family budget allows. Payments can be as low as \$15, after an account is established, by paying a one-time fee of \$25 and purchasing at least one unit.

The Texas Tuition Promise Fund is entering its seventh year.

For more information about enrolling in the prepaid college tuition program, including a college cost calculator, go to www.TuitionPromise.org or call (800) 445-GRAD (4723), Option 5.

Homes

From Page 3

says. For example, don’t make the mistake of moving from a spacious home into too small a residence. Those kids will be coming back for extended visits and so you’ll need at least enough room to accommodate them.

Also, be sure to check out prospective neighborhoods before making your choice. Is it easy enough to get to the stores? How far away are your medical facilities? Is public transportation accessible?

“And, if you are thinking about moving to another part of the country where the weather is better, the cost of living is lower and there are no local income taxes, do your homework. It’s a big move and there are other considerations such as proximity to friends and family.”

Lawsuit

From Page 1

outcome, Juan Cruz, attorney for CISD, said in a public statement that CISD respects the Eighth Court of Appeals decision and will honor the court’s request to have a trial court determine if the plaintiffs’ claims have any legal merit, which the district contends that there is none. He added that the district is prepared to defend itself and its financial practices.

CISD, the largest in area of all the El Paso County school districts,

encompasses more than 370 square miles and serves about 11,800 students. Six of the seven school board members live in Clint, which Untereker said might contribute to the alleged inequality.

Clint school board members are elected on an at-large basis, and the vast majority of election winners have come from the Clint community. Residents from other areas of the district, such as Montana Vista and Horizon City, are rarely elected.

With the lawsuit, the parents and PNCRP are seeking a court-ordered corrective injunction. They want the

injunction to require the district to equalize funding for all students in the same grade level, regardless of the school they attend. And, to help ensure this, they want the school board to adopt single-member boundaries, which would mean that neighborhoods across the district could have representatives on the school board.

10th Annual Canutillo Heights Garage Sale

Saturday, October 18.
7:00 a.m. to 1:00 p.m.
Over 25 households!
Near the Outlet Mall at
S. Desert Rd./Los Mochis/Doniphan.

Roldan

From Page 1

has worked with Hazel for several years. “Hazel is a beautiful girl and I was thrilled that we were able to convince the band to give her this meeting.”

Baumann said the meeting was part of “Princess for Day” deal she managed to put together. Before her meeting with the band at the Sun Bowl, she was treated to a limousine ride and dinner at a Chinese bistro.

She was taken backstage, where she was one of the few El Pasoans who was able to meet and talk

with Harry, Zayn, Louis, Niall and Liam – the five members of the internationally famous boy band.

The five spoke with Hazel about high school and even took a “selfie” with her. The picture was shared by local media and received hundreds of comments, shares and likes.

As for the concert, Hazel’s mother reports the Canutillo Eagle had the time of her life. She danced along to all the songs, sang along with the boys on stage and bough souvenirs.

The biggest memento, however, maybe the memory of having been the envy of every teenage girl in El Paso who wished that they, too, could have met One Direction in person.

Briefs

From Page 1

color to any yard or landscape for years to come,” said Matt Harris, chief executive of the Arbor Day Foundation. The trees will be shipped postpaid at the right time for planting, between Nov. 1 and Dec. 10. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Planting instructions will be enclosed with each shipment of trees. To receive 10 free autumn classics, send a \$10 membership contribution to Autumn Classics Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by October 31, 2014, or join online at arborday.org/october.

— Anthony Marek

Restless sleep

You are apt to suffer restless sleep as you grow older and

that’s not a good thing, according to the Association of Mature American Citizens. The 50-plus-set can usually fall asleep with few problems, but many of them have a hard time staying asleep. But, before you resort to over-the-counter sleep aids or seek stronger, prescription medications, discuss your problem with your physician. Your condition could be more complicated than you think. There are a few things you can do in the meantime. For example, stay away from caffeine and alcohol before you retire for the night. Keep active during the day; it’ll help relieve stress. Get as much sun as you can. Sunlight helps regulate melatonin levels, the hormone that helps control your sleep cycles. And, make sure your bedroom is quiet, is not lit up and is cool. Noises, bright lights and heat interfere with sleep.

— John Grimaldi



NOTICE OF PUBLIC MEETING

To Discuss
Socorro
Independent
School District’s
State Financial
Accountability
Rating

Socorro
Independent School
District will hold a
public meeting at:

6:00 PM
October 14, 2014
in the Board Room
District Service
Center
12440 Rojas Drive
El Paso, Texas 79928

The purpose of this meeting is to discuss Socorro Independent School District’s rating on the state’s financial accountability system.

The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.

WTCC: 09/25/14 & 10/02/14

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas County Courier
office is closed.

The office will open again on
Monday, October 20, 2014.

Notice of Public Meeting to Discuss Clint Independent School District’s State Financial Accountability Rating

Clint Independent School District will hold a public meeting at 5:30 PM, Thursday, October 16, 2014, in the Central Office Board Room, 14521 Horizon Blvd., El Paso, Texas 79928.

The purpose of this meeting is to discuss Clint Independent School District’s rating on the state’s financial accountability system.

WTCC: 09/25/14 & 10/02/14

Notice of Public Meeting To Discuss Canutillo Independent School District’s State Financial Accountability Rating

The Canutillo Independent School District will hold a public meeting at 6:00 p.m., Tuesday, October 28, 2014 in the boardroom of the Canutillo ISD Administration Facility, 7965 Artcraft Road, El Paso, Texas.

The purpose of this meeting is to discuss Canutillo Independent School District’s rating on the state’s financial accountability system.

WTCC: 09/25/14 & 10/02/14

Small market teams crash baseball’s playoff party

By Steve Escajeda
Special to the Courier

Over the last few years Major League Baseball has been dominated by a bunch of teams that are enjoying success for the first time.

The Washington Nationals have a long and rich history of losing.

But in recent years they’ve turned the fortunes around and are a pretty solid bet to make the playoffs every year – including this year.

The Tampa Bay Rays didn’t make the playoffs this season but they’ve been a consistent winner over the last decade.

And though the Boston Red Sox have enjoyed a ton of success recently, remember that they were considered perennial losers before finally breaking through and winning the 2004 World Series.

But when I was growing up as a kid there was no free agency and for the most part, players stayed with one team throughout their career.

And the good thing about that, for a kid like

me, is that your team was your team. Good or bad, you lived and died with the team you loved.

But if a team was good back then they were good for years because they were able to keep all those good players.

When free agency came on the scene only the richer teams were able to afford the better athletes.

And teams that were always on top back in the 70s and 80s, like the Kansas City Royals, the Pittsburgh Pirates, the Oakland A’s and the Baltimore Orioles have languished at the bottom of the standings ever since.

Back then, players like George Brett and Willie Stargell and Reggie Jackson and Jim Palmer were leading those teams to World Series victories.

Of course to young fans today, those are names that have to be looked up on Wikipedia to get the full effect of their contributions.

To say that 2014 has been a nostalgic season for fans of my age is a complete understatement.

Believe or not, free agency or not, smaller markets or not, the Royals, Pirates, Athletics and Orioles are all the playoffs this season.

I don’t know how far any of those teams will go this season. This year’s World Series champion is expected to be the Detroit Tigers or the Los Angeles Dodgers.

But just the notion that these four teams can even compete in this era of the better players going where the money is, is truly astounding.

Among this year’s MLB team payrolls, nobody spends more than the Dodgers and the Tigers spend the fifth most.

In contrast, The Baltimore Orioles payroll is ranked 15th, the Kansas City Royals are 19th, the Oakland A’s are 25th and the Pittsburgh Pirates are 27th,

This is out of 30 teams.

I guess this proves that it’s not how much money you have to spend, but how you spend the money you’ve got.

Nobody really expects any of these four teams to win it all, but it’s really great to see these uniforms back on the big stage.

And let’s face it, anything that takes you back to the days when you were a little kid watching the boys of summer on that small non-full-definition glowing screen, can’t be bad.

It kind of takes you back to a time when kids actually played, or were ordered by their parents, outside on the grass under the sun.

As far as the success of these smaller market squads, the fact that these teams have bucked a trend toward spending as much money as they can, maybe more teams will join them by tightening their purse strings.

Who knows, maybe our government will join in the fun and learn that less is more.

And maybe Democrats and Republicans will reenact the doggie spaghetti kiss from the movie Lady and the Tramp.

Okay, I guess the trend toward spending less to get more make take some time, but there’s little doubt that these four teams have proven that it can be done.

It’s a great lesson for all of us in a time where the rich just seem to get richer and the poor seem to blame everyone else for their problems.

The Royals, Pirates, A’s and Orioles are a microcosm of life. If you work harder than the other guy, regardless of ability and resources, you can compete – and sometimes even come out on top.

A sporting view By Mark Vasto

Oh no! Not another Derek Jeter column!

Take a walk down Bleecker Street in the West Village, and sooner or later you’re bound to come across Carmine Street, but blink and you’re probably going to miss it. Going on the assumption that you found this little four-block nirvana, a place that perfectly encapsulates every stereotype you ever heard of, imagined or made up about New York... and then some.

Toward the end of the block, there’s a very tiny shop with a very large name: “Unoppressive Non-Imperialist Bargain Books.” Once inside, off to your left you will find an

array of books related to Bob Dylan. You see, Dylan was kind of a big deal in the Village at one point. He was all positively 4th Street and what have you. One of the larger books on the shelf is entitled, “Oh No! Not Another Book About Bob Dylan!”

There’s a joke about rock-music critics from the old school, how they all love to write about Bob Dylan and, failing that, Bruce Springsteen. Whenever they get a chance to write about sports, invariably they write about baseball. And, as one of the new-school sports blogs pointed out recently, old-school sports writers

almost universally revere Bruce Springsteen (see: Posnanski, Joe) and write about him whenever they get the chance to change gears.

I’m reminded of this as I watch Derek Jeter play out his last few games. On the corner of Carmine and Leroy, there’s a little place the locals go called “Daddy-O.” It’s a late-afternoon game for the Yankees, a 4:00 start. The locals are easy enough to pick out – they’re the ones who don’t have any carry-on luggage. There’s no mass transit to LaGuardia or JFK, and the taxi cabs change shifts at 4 p.m., so standing on the corner with a suitcase between 3:30 and 4:00 is a one-way ticket to a happy hour and a later flight.

“Jeter, Jeter, Jeter! Enough already!” says one guy, in a gruff New Yawkah accent.

He is admonished by the lady

drinking what appears to be both a lemon zinger tea and a martini. “Whaddya mean, Jeetah, Jeetah, Jeetah? You’ll miss him, too!”

The guy next to me appears to be a bit of a veteran. He’s watching the game with a nostalgic air. I ask him if he remembers Mickey Mantle retiring or Joe Dimaggio.

“No,” he tells me, eyes not leaving the screen. “Henrich. Tommy Henrich.”

That gives me pause. Henrich. Forties era. Sure. “Clutch.”

“That’s right! Clutch,” he says, exaggerating the pronunciation so it sounds like “kell-uhtchah.” “Old Reliable.” Jeter wasn’t a Dimaggio or Mantle... he was a Henrich who hit for a higher average and had less power. They even had the same last

seasons!”

I whip out the smartphone. It’s more or less true. Henrich hit .272 with six home runs in 1950, his final season. His career was marked by World Series heroics and clutch hitting.

“Yeah, but Henrich didn’t get all the parting gifts,” I argue, in jest.

“And I doubt he ever made out as well off the field, too,” he adds.

We both nod solemnly, eyes never leaving the TV.

“NOW BATTING... NUMBER 2...”

“Jeter.”

“Jeetah! “

“Cheers.”

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

Medicine

From Page 4

teaching a course, titled “Traditional Medicine without Borders: Curanderismo in the Southwest and Mexico”, at the University of New Mexico at Albuquerque for more than twelve years. The annual, two-week summer class has grown from 40 students its first year to over 100.

According to the professor, the course has attracted students from throughout New Mexico as well as California, Texas, Arizona, Colorado and even from other countries. He said that during the first week, local healers and health practitioners are invited to discuss health practices and that in the second week the class is joined by several *curanderos* from Mexican cities and communities such as Cuernavaca, Tepotzlan, Amatlan, Oaxaca, and Mexico City.

“This class and many student discussions have inspired a concept of fusing traditional and modern medicine, similar to what Chinese medicine has done for years, which is to deliver patient care according to the culture, needs, and affordability of the person,” Torres stated.

To complement the three-credit-hour course on the history and

practices of *curanderismo* at the university, Torres has facilitated for the past several years a program that allows UNM students to attend classes at La Tranca Healing Institute to learn about folk healing within the context of the healthcare model.

And, after the UNM class, a group of *curanderos* has traveled to Denver, Colorado and has delivered a number of presentations to the University of Colorado Health Sciences Center and community agencies. The healers have also been part of a holistic medicine health fair. As a result, an active group of physicians, professional, and community members from the Denver area, University of Colorado, and Metro State University has formed a committee in order to research opportunities to create the combined-health model.

“My hope is that training lay practitioners alongside doctors and nurses will become part of the standard medical school curricula nationwide. To help as many people as we can, we have to dream big,” Torres concluded.

**Incorporating Mexican Traditional Medicine “Curanderismo” into Modern Medicine, Green Fire Times (February, 2011)*



Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



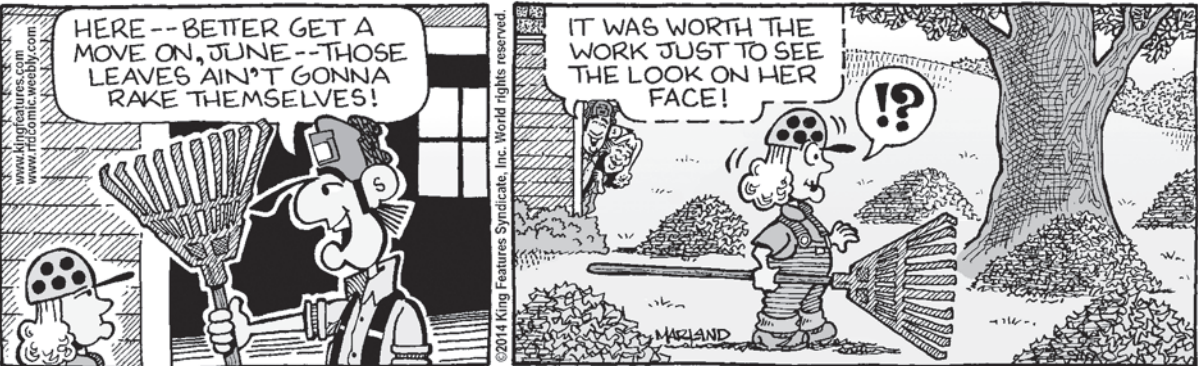
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: I recently was diagnosed with A-fib and am taking metoprolol. My cardiologist also wants me on Xarelto, which is a blood thinner. Why is it necessary to take the blood thinner to avoid blood clots when the metoprolol should be averting the A-fib anyway, which would cause the blood pooling and possible clotting. – F.L.

Atrial fibrillation (“A-fib”) is a chaotic lack of rhythm in the atria of the heart. This prevents the coordinated mechanical motion of the atria – the smaller chambers of the top of the heart – so they no longer fill the ventricles, the larger chambers that send the blood to the lungs (from the right side of the heart) and the body (from the left side). The rate of the ventricles normally is dependent upon the pacemaker in the right atrium: In atrial fibrillation, the ventricular heart rate can be normal, too slow or too fast.

The heart rate of most people with A-fib is too fast, at least some of the time. Metoprolol, a beta blocker, slows the heart rate down to prevent dangerously high heart rates. It is pretty effective at doing so, although people who exercise may find that their heart rates can get very high, and may need a different medication. People with A-fib and very slow heart rates may need an artificial pacemaker.

Metoprolol does not restore a normal rhythm in A-fib. There are medications, such as flecainide or amiodarone, which can convert A-fib into normal rhythm, though they are not always effective. The heart also can be electrically shocked to try to restore normal rhythm.

The decision of treating the heart rate in A-fib versus treating the rhythm depends on the individual’s symptoms and is made by a cardiologist. However, every person with A-fib needs careful consideration of treatment to prevent a blood clot, since the risk for stroke can be high. Older

age, female sex and other vascular issues – such as high blood pressure, diabetes, peripheral vascular disease, heart failure and especially a previous history of blood clot or stroke – are risk factors for developing a stroke with A-fib. The anticoagulant (often inaccurately called “blood thinner”) Xarelto, like a much older drug, warfarin (Coumadin), reduce this risk.

Most people with A-fib need treatment to prevent blood clot and stroke, AND treatment of either the rate or the rhythm. If rhythm control is successful, anticoagulation may be stopped later.

The booklet on abnormal heart rhythms explains atrial fibrillation in greater detail. Readers can obtain a copy by writing: Dr. Roach – No. 107W, Box 5364765, 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: My doctor wants me to get more vitamin D. Can I use cod liver oil? I did as a kid. – V.M.

There are many good food sources of vitamin D, and cod liver oil is one of the best. A single tablespoon contains about 1,400 units of vitamin D, which is as much as almost anyone needs in a day. Swordfish and salmon are excellent sources as well, with about 500 units in a 3-ounce serving.

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

PRIMATE CENTER

ACROSS

- 1 Oscar-winning film director Frank
6 Playful sea animal
11 Happy tunes
16 Parent's bro
19 As slippery as _
20 "Way to go!"
21 Actress _ Aimée
22 Japanese theater
23 Newport News is on it
26 Genetic strand
27 Guanaco kin
28 Kitchen stove
29 In and of _
31 Loose stone used for foundations
35 Wife on "The Dick Van Dyke Show"
37 Post-seminar session
41 Legendary Giant
Mel
42 Curse
43 Greek war deity
44 " _ wait" ("The issue isn't that urgent")
45 By land _
47 Associations
49 "I taut I _ a pudgy tat!"
50 Lang. of Iran
51 Snaky curve
53 Naval letters
55 Anti vote
56 Meyers of TV
57 Have existence

- 58 They're milder than jalapeños
62 Scratchy-voiced
64 Judges' org.
66 Petri dish gelatin
67 In-favor vote
68 2012 film taglined "25 events, 2 brothers, 1 champion"
74 Discharge from the military, informally
75 Comet Hale-_
76 Queens loc.
77 As _ (at present)
79 Result in formal punishment
84 Klink's title: Abbr.
86 Span. lady
87 IM giggle
88 Uno tripled
89 Caddy quaff
90 _dieu (prayer bench)
91 Bit of wit
92 Door fixture
94 Ensnare
97 Gold-medal figure skater Oksana
99 " _ la viel"
100 Vision-blocking mist
102 Hawaii's Mauna _
103 Rubberlike gum used as a dental cement
105 Journalists and the like
108 See 7-Down
109 Deportee, e.g.

- 110 Guanaco kin
112 Light, nutritionwise
116 Vigoda or Lincoln
117 Alternate title for this puzzle
122 Hi- _ screen
123 Arctic dweller
124 "Impossible!"
125 Mall lures
126 Comic actor
Carney
127 Abnormal sacs
128 Wowed
129 Royal decree

- DOWN
- 1 Superior vena _
2 Indigo dye
3 Crime doer
4 Considers
5 Actress Witt
6 Asian sash
7 With 108-Across, singing syllables
8 Keg spigot
9 _ and 111-Down
10 President after Jimmy
11 Listlessness
12 Paper extras
13 TV/radio host
Dobbs
14 Cup-shaped flower
15 Went blading
16 Weaken insidiously
17 Not sequential

- 18 Rub raw
24 More down-covered
25 Bull _ china shop
30 RBIs or HRs
32 Freshly capped tire
33 Curves
34 Entertainer
Zadora
36 Delighted in
37 Doha's land
38 Noah's Ark
landing site
39 Relatively recent
40 Draft-ready
45 Inedible kind of orange
46 Have _ (plop down)
48 Pt. of OS
50 Miner's goal
52 Fruitopia rival
54 Door opening for peeping
58 Pork product
59 Role for Fran Drescher
60 Dilettantish
61 Filthy riches
63 Lima's land
65 Entertainer
Neuwirth
69 Joan _
70 Beat _ to one's door
71 Interest accumulation
72 How freelancing

- may be done
73 "Take your time"
78 "Polly _ cracker?"
79 Kind
80 Club outsider
81 Most overcast
82 Positive-thinking pastor
83 Perfume name that sounds verboten
85 Tree yielding a highly saturated fat
90 Gyro wrap
93 Naval jail
95 Collection for a handyman
96 Easy-to-swallow pills
98 Ga's ocean
99 Lobster's cousin
101 Of the fate one merits
103 Zodiac twins
104 Plaza Hotel girl of fiction
105 Comic Anne
106 Spring flower
107 Set (down)
111 9-Down and _
113 Nero's 451
114 Sir Guinness
115 " _ we forget..."
118 Xi preceders
119 Pan Am rival
120 "Yee- _!"
121 Uvea's place

Answer Page 4

1	2	3	4	5		6	7	8	9	10		11	12	13	14	15		16	17	18
19						20						21						22		
23						24						25						26		
27									28						29		30			
				31			32	33	34		35			36						
37	38	39							40			41				42				
43						44					45				46		47			48
49					50					51	52				53		54		55	
56					57				58				59	60				61		
62				63			64	65			66				67					
	68					69				70				71				72	73	
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79	80	81					82					83			84	85			86	
87					88				89				90					91		
92				93		94		95	96			97	98					99		
	100				101		102				103					104				
105						106				107			108							
109												110							111	
116					117		118						119	120	121					
122					123						124						125			
126					127						128						129			

True Texas Facts by Roger T. Moore
Oct. 5, 1899-Ned Green drives the first car in Texas, from Dallas to Terrell. He averages 6 mph.



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!

	-		×		8
+		+		÷	
	+		÷		4
÷		÷		+	
	×		-		1
2		11		6	

1 2 3 4 4 5 7 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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

Talking about Medicare

October is “Talk About Prescriptions Month” and marks the beginning of this year’s Medicare open enrollment period. It’s the perfect time to talk about Medicare prescriptions and the *Extra Help* available from Social Security. Newly eligible Medicare beneficiaries and current beneficiaries who are considering changes to their Medicare Part D (prescription drug coverage) plan, should act now. The Medicare open enrollment period runs from October 15 to December 7.

The Medicare Part D prescription drug plan is available to all Medicare beneficiaries to help with the costs of medications. Joining a Medicare prescription drug plan is voluntary, and participants pay an additional monthly premium for the prescription drug coverage.

While all Medicare beneficiaries can participate in the Medicare Part D prescription drug plan, some people with limited income and resources may be eligible for *Extra Help* to pay for monthly premiums, annual deductibles, and prescription co-payments. The *Extra Help* is estimated to be worth about \$4,000 per year. Many Medicare beneficiaries qualify for these big savings and don’t even know it.

To figure out whether you are eligible for the *Extra Help*, Social Security needs to know

your income and the value of any savings, investments, and real estate (other than the home you live in). To qualify, you must be receiving Medicare and have:

- Income limited to \$17,235 for an individual or \$23,265 for a married couple living together. Even if your annual income is higher, you still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where your income may be higher include if you or your spouse:

- Support other family members who live with you;
- Have earnings from work; or
- Live in Alaska or Hawaii; and

- Resources limited to \$13,440 for an individual or \$26,860 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count your house or car as resources.

You can complete an easy-to-use online application or get more information by visiting www.socialsecurity.gov/medicare. To apply for the *Extra Help* by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the *Application for Extra Help with Medicare Prescription Drug Plan Costs* (SSA-1020).

And if you would like more

information about the Medicare Part D Prescription Drug Program, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

While we’re on the subject of open seasons, the open enrollment period for qualified health plans under the Affordable Care Act is November 15 to February 15. Learn more about it at www.healthcare.gov.

This Medicare open enrollment season, while you search for the Medicare prescription drug plan that best meets your needs—see if you qualify for the *Extra Help* through Social Security. That’s a winning prescription worth talking about.

STRANGE BUT TRUE

By Samantha Weaver

• It was British Prime Minister Winston Churchill who made the following sage observation: “A lie gets halfway around the world before the truth has a chance to get its pants on.”

• Play-Doh was originally marketed as a wallpaper cleaner. It wasn’t until kids started using it as modeling material that the company saw its potential in the toy market.

• Those who study such things say that when bears, squirrels and other mammals hibernate, the flow of oxygen to their brains can drop by as much as 98 percent.

• You’ve surely heard of the long-distance buses known as Greyhounds, but you might not be aware of the company’s humble origins. In 1914, a car dealer named Carl Eric Wickman ran a car dealership in Minnesota. When business was slow, he used one of the unsold cars to offer rides between the towns of Alice and Hibbing to miners going to work. The idea was so profitable that Wickman opened long-distance routes within two years. He painted the vehicles gray in order to hide the road dust, prompting a hotel owner along one route to comment that the cars looked like greyhound dogs. Wickman liked the idea so much he started using the slogan “Ride the Greyhounds,” and the rest is business history.

• In 1955, just a few weeks before he was killed in a car crash, actor James Dean made a commercial aimed at teenagers. The subject? Auto safety. In the ad he says, “Drive safely. The life you save may be mine.”

• If you’re like the average American, you drink only one-sixth as much wine as the average French citizen.

Thought for the Day: “I’m living so far beyond my income that we may almost be said to be living apart.”

– E.E. Cummings

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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: A equals S

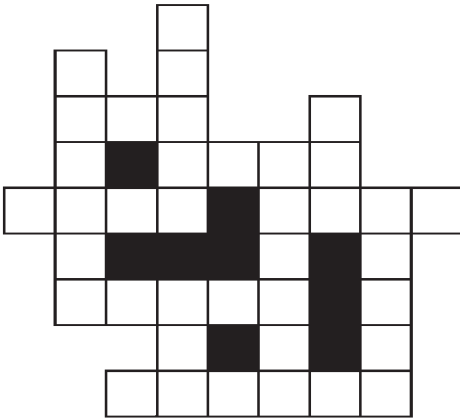
T YLRX DFQPH QG GQJNA PTA
SQVVWMR BYX KFQHLDX ABTMH,
AQ W SWAAXH SC QKKQFBLMWBC
BQ RQ WM GQF BYX NTJX.

Answer Page 4

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- ♥ OWH
- DYASEW
- DOONC
- ♥ ARWE
- DOAHEL
- ♥ ELA
- ♥ OCLO
- ♥ YERDA
- ♥ NWA
- DRISDO
- ♥ WYDRO
- ♥ EDSO



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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