



NEWSBRIEFS

Anti-aging options

The aging population has put a new business focus on anti-aging products, according to the Association of Mature American Citizens. You can notice the trend in the preponderance of ads for wrinkle removers and other such beauty products on television these days. And now the market researchers at Technavio have documented the trend. "Individuals born between 1946 and 1964 constitute a major percentage of the global aging population and accounted for a 75% share of the global anti-aging products market in 2014. The rise in the aging population is therefore expected to drive the growth of the market," Technavio reports.

— John Grimaldi

Aging techies

You don't have to be a quick-witted youth to be a techie, says a California technology columnist. "I would argue that most seniors are just as tech savvy as the 25- to 40-year olds who sleep with their smartphones, Instagram selfies and commune with hundreds of Facebook friends," according to David Einstein. Stereotyped seniors are often unfairly depicted as doddering oldsters who are challenged when it comes to the technological developments of the last quarter century, notes the Association of Mature American Citizens. But in fact, older Americans were in their prime when the consumer technology revolution was at its height. A new report by content provider, Limelight, shows that older Americans, including baby boomers and senior citizens, spend more time online than millennials — much more time. The company's newest annual report on computer usage shows that more than half of the individuals who spend the most time online are those between the ages of 51 and 69. More than half of them, 51% to be precise, use the Internet more than 15 hours a week compared with millennials between the ages of 18 and 33. Only 41% of that group spends that much of their leisure time online.

— John Grimaldi

Wanted

A Northeast El Paso convenience store is held up with knife. Just

See BRIEFS, Page 5

Always take plenty of time to make a snap decision.

— Quips & Quotes

Tigua tribe renews gambling request

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — AG has until Dec. 9 to file response. Gambling may soon be returning to the Tigua Indian tribe's Speaking Rock Casino, which is located near the historic Ysleta Mission and currently being used as an entertainment.

The Tigua Indians' renewed interest in reviving their gambling activities was rekindled by the U.S. Department of the Interior's decision in October that the tribe should be allowed to operate some kinds of gaming.

The Interior Department's Office of the Solicitor stated that the Tiguas are subject to the 1988 Indian Gaming Regulatory Act and places responsibility to regulate all Class II Indian gaming with the National Indian Gaming Commission (NIGC). Class II gaming includes bingo, pull tabs, lotto, punch boards, and tip jars.

Subsequently, the Tiguas' attorneys recently filed in federal court a request to allow some forms of gambling on the tribe's land. According to the attorneys, the decision by the Interior department means that NIGC and not the courts should regulate gaming on Tigua lands.

"Instead of continuing to impose the task of day-to-day regulation upon this court, the (Tiguas) gaming compliance should be handled by the NIGC, in the same manner as it is for the Kickapoo Tribe of Texas, and hundreds of other federally recognized Indian tribes throughout the United States," the request stated.

The Texas Attorney General's office has taken the position that under the 1987 Indian Restoration Act, the Tiguas are banned from offering games of chance because it prohibits the tribe from activities banned by Texas law. The federal district court and the Fifth Circuit Court of Appeals have sided with the attorney general, and the U.S. Supreme Court declined to take up an appeal filed by the Tiguas.

After the Interior department's recent ruling, however, Tiguas Governor Carlos Hisa stated that if things go as the tribe envisions, the Texas lawsuit that put an end to gaming at Speaking Rock more than 20 years ago would finally end.

"Everyone is excited. We've announced it to the entire community," Hisa stated in a recent news statement. "It means that we can plan ahead and no longer be limited by how much

See GAMBLING, Page 4



— Photo by Alfredo Vasquez

GAMBLING HOPE — The iconic statue that faces the entrance to Speaking Rock Casino seemingly reflects the perception that the Tigua Indian tribe's future is pointing up. After decades of disputes with the state government over gambling, the Tiguas may have found a way to bring back its gambling games.

Ft. Bliss band presents free holiday concert

Public encouraged to get free tickets in advance

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — Fort Bliss' 1st Armored Division Band will give its annual holiday performance, beginning at 7:30 p.m., Thursday, Dec. 17, at the Plaza Theatre. Tickets are free and are available both on and off post, while they last.

The band will play its holiday show in Downtown El Paso instead of performing at its usual Fort Bliss venue to make the military concert more accessible to the general public, stated the band commander Capt. Richard Winkels.

The performance will feature the full 40-soldier band in an 80-minute concert, which will consist of Christmas and other holiday music that touches on different musical styles like rock, gospel and jazz, according to the band commander.

The Ft. Bliss band gives more than 1,000 performances a year, including its different ensemble acts and solo buglers who play for funeral services at the base's national cemetery.

Tickets are now available at the Plaza Theatre box office and at different locations on Ft. Bliss including the ITR location at Freedom Crossing, the public affairs building at 15 Slater Road, the 1AD Headquarters at 11685 Sergeant Major Blvd (Room 1125), and the 1AD Band building, at 762 Merritt Road.

Tickets are general admission. Doors open for ticket holders at 6:30 p.m. People without tickets will be let in at 7:15 p.m. (if there are still seats available). For more information, call 568-2263 or 568-7001; or visit their website at Facebook.com/1stArmoredDivisionBand.

Courier takes time off

The West Texas County Courier will publish its last issue of 2015 on December 10 — barring the unforeseen needs of a legal advertiser. The Courier offices will close from December 10 through January 3, 2016. The office will open on January 4. The first issue of 2016 will publish on January 7. The deadline for that issue is January 4 by 4:00 p.m.

Finances By Nathaniel Sillin

Leasing v. buying your next car

With the average Kelley Blue Book cost of a new U.S. vehicle around \$33,730 (http://mediaroom.kbb.com/

new-car-transaction-prices-up-september-2015-volkswagen-down) any car buyers are rethinking traditional car ownership.

According to Edmunds.com, more than 25 percent of new American cars are now financed by lease instead of loan, and most of the people making that choice are under age 35.

It's all about the lowest possible monthly payment.

Yet for drivers young and old, leasing has grown substantially because it can also be done with little or no money down and the chance to get a newer, better car for less money overall.

The main disadvantage? You won't own the car unless you buy it at the end of the lease, which may or may not be a good deal.

Experian Automotive – a division of the major credit reporting service – reported in mid-2015 a nearly \$100-a-month savings for those who lease cars versus those who buy their cars by loan. Their numbers showed the average monthly payment for a brand-new leased vehicle was \$394 a month against \$483 for a new vehicle purchased by loan.

So would leasing be a good deal for you? Don't decide without research, qualified advice and a thorough look at your finances. Start with the major pros and cons:

Leasing:

Pros: Lower down payments and monthly payments than

required with a conventional auto loan; low repair costs thanks to factory warranties typically tied to the term of the lease (usually three years); easy drop-off or trade-in once the lease expires; and lower sales tax expense because the lease is based on only three or four years of use.

Cons: You're essentially renting a car, not buying it – payments are cheaper because you're really only paying interest and depreciation expense and not receiving any equity in the vehicle; annual mileage caps (usually 12,000-15,000 miles) come with stiff penalties if you exceed those limits; and potentially steep fees for excessive wear-and-tear on the car or early termination of the lease.

Buying:

Pros: Freedom to put as much or as little mileage, wear-and-tear and modification on the vehicle as you choose; long-term (100,000 miles or over) car ownership with good maintenance can be much more economical long term; and because you own the car, you can sell at any time.

Cons: You'll generally require a higher down payment than a lease; monthly loan payments are generally higher because unlike leasing, you'll be taking ownership of the car once it's paid off; once factory warranties expire, you'll take on full maintenance costs for an aging car that may or may not be expensive; and you'll have more cash tied up in a depreciating asset for as long as you own the car.

All these positives and

negatives aside, it's important to know that with loans and leases most details are negotiable, so it's important to do your research. Start by estimating how much car you can actually afford (http://www.practicalmoneyskills.com/HowMuchCarCanYouAfford) and seek out qualified financial and tax advice to shape how you'll approach the best possible deal for your financial situation.

For many, leasing requires more extensive study because this form of financing is relatively new to most drivers and the terminology (http://www.cars.com/advice/) can be daunting. But generally, the best deals depend on two major factors – negotiating the lowest price on the vehicle going in and making sure it's a vehicle that has a high estimated post-lease value. In short, the lessor's ability to keep making money on a high-value leased vehicle allows a lower monthly payment at the start.

Bottom line: If you need a vehicle, it pays to evaluate whether lease or purchase makes the most sense for you. Know your needs and get advice so you can make the most affordable choice for you.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

Veterans Post By Freddy Groves

Poll: Vets oppose private health care

A recent poll, commissioned by the Vet Voice Foundation, indicates that veterans don't want their health care to be privatized.

Here are some of the highlights:

- A 64 percent majority opposes privatizing Department of Veterans Affairs services, with 54 percent strongly opposed.

- Most veterans like their local VA hospital, with 61 percent viewing it as favorable. When it comes to the staff, 65 percent say the doctors and nurses are qualified, with 58 percent saying the VA delivers quality care.

- Only 47 percent of those polled have a favorable view of private health-insurance companies.

- Candidates who support privatizing health care for veterans would feel an impact at the polls, with 57 percent of veterans voting against them.

- The vast majority don't want VA hospitals run like civilian hospitals.

- However, 42 percent believe the VA needs more doctors and nurses. Nearly

half (48 percent) say it takes too long to be treated.

- Veterans polled don't want vouchers for civilian health care, especially since those vouchers might not cover all expenses. Civilian health providers aren't seen as giving veterans the care they deserve.

As with all polls, the details matter. It was done with 800 veterans reached by phone, taken from a list. Who generated the list? What were the parameters for selection?

How the questions are posed can affect answers. For example, in the question about the proposal to change to private health care, it's stated twice that VA health care would eventually go away. It also says that the voucher program would pay for only part of health care. It then asks if the veteran would favor or oppose the plan.

If you're ever asked to participate in a poll, listen carefully to how the questions are crafted.

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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? An easy way to work physical activity into your regular routine is to start walking. For every single hour of regular, vigorous exercise, you can add two hours to your life expectancy.

It's easy to Start! whether you're by yourself or with friends, family and co-workers. You'll all feel a difference and live longer, heart-healthier lives.

Join the movement.

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American Heart
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Learn and Live



MOMENTS IN TIME

The History Channel

- On Dec. 16, 1773, in Boston Harbor, Massachusetts colonists disguised as Mohawk Indians board three British tea ships and dump 342 chests of tea into the harbor in protest of the British Parliament's Tea Act of 1773.
- On Dec. 18, 1865, following its ratification by the requisite three-quarters of the states earlier in the month, the 13th Amendment is formally adopted into the U.S. Constitution, ensuring that "neither slavery nor involuntary servitude... shall exist within the United States."
- On Dec. 14, 1909, workers place the last of the 3.2 million 10-pound bricks that pave the Indianapolis Motor Speedway in Indiana. Since then, most of that brick has been buried under asphalt, but a 1-yard strip remains exposed at the start-finish line.
- On Dec. 15, 1936, writer George Orwell delivers the manuscript for his book "The Road to Wigan Pier,"

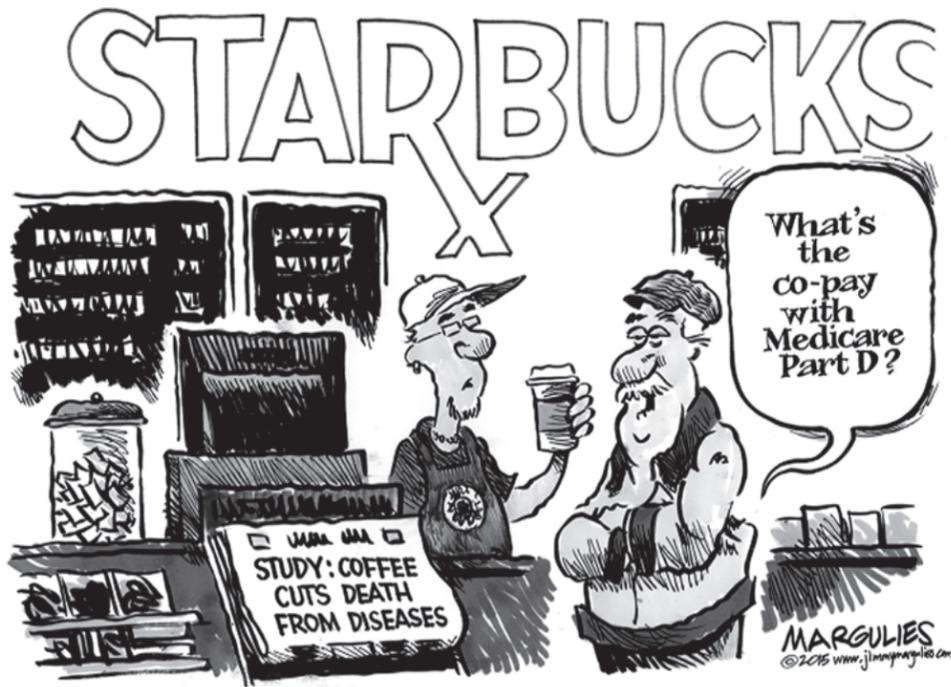
which chronicles the difficult life of the unemployed in northern England. Orwell's last novel, "Nineteen Eighty-four," brought him lasting fame with its grim vision of a future where all citizens are watched constantly.

• On Dec. 20, 1963, more than two years after the Berlin Wall was constructed by East Germany to prevent its citizens from fleeing its communist regime, nearly 4,000 West Berliners are allowed to cross into East Berlin for one day to visit relatives.

• On Dec. 17, 1975, a federal jury in Sacramento, California, sentences Lynette "Squeaky" Fromme, a follower of incarcerated cult leader Charles Manson, to life in prison for her attempted assassination of President Gerald Ford.

• On Dec. 19, 1998, the House of Representatives approves two articles of impeachment against President Bill Clinton, charging him with lying under oath to a federal grand jury and obstructing justice. Clinton, after being acquitted on both articles of impeachment, said he was "sorry."

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– Photo by Alfredo Vasquez

GUARDING THE GATE – The distinct statue watches over the entrance to Speaking Rock Casino.

STRANGE BUT TRUE

By Samantha Weaver

- It was noted American journalist, fabulist and satirist Ambrose Bierce who, in his work "The Devil's Dictionary," defined "painting" as "the art of protecting flat surfaces from the weather and exposing them to the critic."

- Only one state has a one-syllable name: Maine.

- A married couple in Batavia, New York, had such a turbulent marriage that the wife had a restraining order issued to keep her husband away from her. After the divorce, though, they worked things out and planned a second wedding. At the reception, the second-time groom got into an argument with one of the guests, and the police were called. The argument didn't end up being the real problem; the officers on the scene arrested the groom on charges of criminal contempt. It seems the original restraining order was still in effect – it was illegal for him to be near his bride on their wedding day.

- Those who study such things say that dead people can get goosebumps.

- Arguably, the best-known battle of the U.S. Civil War occurred in Gettysburg, Pennsylvania, in the summer of 1863. This battle saw the most casualties of any during the war, and it is considered by many historians to be a turning point. Many don't realize the sheer volume of gunfire that occurred there, though; so many bullets were fired during the three-day battle – and so many went astray – that trees near the battlefield later died from lead poisoning.

- You might be surprised to learn that the game of Chinese checkers isn't from Asia at all; it was invented in Germany.

Thought for the Day: "One of the few good things about modern times: If you die horribly on television, you will not have died in vain. You will have entertained us."
– Kurt Vonnegut

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Gambling

From Page 1

we can grow. We've lived under this shadow for a long time."

The federal court judge gave the Texas Attorney General's office until Wednesday, December 9, to file its challenge to the Tigua Indians' request.

Tribe's main arguments why court should allow gambling on its land

- Congress gives administrative agencies, such as the Interior Department, priority over the courts when it comes to such matters. "Congress, in the Indian Gaming Regulatory Act ... delegated to the National Indian Gaming Commission administrative authority to monitor and regulate all class II gaming on Indian lands, without

exception... Congress delegated authority to administer the Restoration Act to the Department of Interior"- (1988 Indian Gaming Regulatory Act).

- The case should be dismissed because the federal government plays an essential role in the case, but is not a party to it. Because of the doctrine of sovereign immunity, the federal

government can't be sued unless it agrees to be.

- The Attorney General's suit against the tribe is defective because it doesn't include the Alabama Coushatta – a tribe that wants to offer gambling in East Texas and received an opinion from the Interior Department that is identical to the one received by the Tiguas.

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CryptoQuip Answer

Being a very thorough worker, my orthodontist always makes sure to cover all the braces.

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Briefs

From Page 1

minutes before midnight, a man walked into the Seven-Eleven Store located at 4413 Dyer. The man at first walked into the store on Friday, Nov. 27, 2015 at 11:43 p.m. and purchased a Coca-Cola and left the store. About three minutes later, the same man walked into the store again and this time approached the clerk while she was near the tea isle. The man pulled out a large kitchen knife and in a threatening manner demanded money from the register. The suspect managed to take an undisclosed amount of money and fled the scene. No injuries were reported in this incident. The suspect is

described as a Black male, in his mid-50s, a thin build and about 6' tall. The suspect in the case was wearing a black hooded pullover, a black beanie cap and black jeans. Anyone with any information on this armed robbery is asked to call Crime Stoppers of El Paso at 566-8477 (TIPS).

– Javier Sambrano

Wanted 2

The driver of a large van struck a gas meter in Central El Paso alley and fled the scene. The incident took place just before 10 p.m., on Friday, Nov. 27, 2015 at the 1100 block of Seventh Ave. Officers from the Central Regional Command, fire personnel, and Texas Gas Service responded to the call of a White 2006 (Econoline)

E-350 van, hitting a gas meter. Officers learned from witnesses, that the driver was attempting to driver through an alley and had made a wide turn. As the driver continued to attempt and maneuver the large vehicle in the alley, the van struck a gas meter. Witnesses observed, the driver get out of the van and flee the scene after seeing the damage. No injuries were reported in the crash. At this time no description had been made available of the driver for public release. If anyone does have information of the driver involved in this crash, they can call El Paso Police at 832-4400 or to remain anonymous, Crime Stoppers of El Paso at 566-8477 (TIPS).

– Javier Sambrano

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**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 7:00 PM, Thursday, December 17, 2015, 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: 12/03/15 & 12/10/15

**Canutillo Independent School District
Public Notice**

Canutillo Independent School District will hold a public hearing to discuss the District's 2014-2015 Texas Academic Performance Report (TAPR) as part of a regular School Board meeting which is scheduled for 6:00 p.m. Tuesday, December 15, 2015, at the Canutillo Administrative Offices Board Room, 7965 Artcraft, El Paso, TX 79932.

The public is invited to attend. The TAPR report will also be available for review after the hearing at all Canutillo ISD campuses, the central office and at www.canutillo-isd.org.

For more information, call 915-877-7481.

**Distrito Escolar Independiente de Canutillo
Junta Pública**

El Distrito Escolar Independiente de Canutillo tendrá una Reunión Pública para informar sobre el "Reporte de Rendimiento Académica de Texas" (TAPR) del año escolar 2014-2015. El reporte sera parte de la reunión de la Mesa Directiva del distrito programada para el Martes, 15 de diciembre del 2015 a las 6:00 p.m. en las Oficinas Administrativas de Canutillo en la Sala de Juntas en 7965 Artcraft, El Paso, TX 79932.

Todos los interesados están invitados a asistir. El reporte TAPR estará disponible después de la reunión en todas las escuelas del distrito, en el edificio de las oficinas administrativas y en www.canutillo-isd.org.

Para mas información, favor de llamar al 877-7481.

WTCC: 12-03-15

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Sometimes things just don't work as planned

By Steve Escajeda
Special to the Courier

Don't you hate it when everything goes wrong?

Like when you wake up in the morning and you feel down deep inside that this is going to be one of those really great days and then your car won't start.

Or you've studied all night long and you know chapter 12 inside and out, but when you get the test you realize you forgot it was on chapter 13.

Let's face it; things go wrong all the time but it's especially hard to handle when you were expecting the opposite.

The Dallas Cowboys went 12-4 in the regular season a year ago and were a bad call away from the NFC Championship game.

With a running game like no other and an elite passing game, there was no telling how far the team could go this year.

Even the once-horrid defense began playing good enough to be called decent.

By the time the season ended a year ago, everything looked positive for the Cowboys. Many experts chose them as

their NFC Super Bowl representative this year.

But no matter how good a season a team has, things can certainly change during the off-season.

And the first brick to fall was DeMarco Murray. Unfortunately, the Cowboys had to make a financial decision to either pay Murray or Dez Bryant all the money they wanted – they couldn't afford to pay them both.

So Murray leaves the Cowboys for the Philadelphia Eagles. Of course that means that the Cowboys were going to trade for one of two running backs in the draft, Melvin Gordon or Todd Gurley.

They didn't.

They did trade for the often-injured Darren McFadden and he's done an admirable job so far but not nearly enough.

Then the season started promising enough with two straight victories but it was learned that Bryant was injured and would miss at least a month to six weeks.

Now Dallas has lost its best running back and receiver from last season; what else could possibly go wrong?

Actually, the worst thing that could

happen happens against the Eagles.

Quarterback Tony Romo goes down with a clavicle injury and will be lost for seven games.

Now this is the NFL and when a starting quarterback is lost, it's a big blow. But the backup should be able to come and get you a couple of wins along the way.

The Cowboys went 0-7 without Romo and went through two backups, with neither being even marginally effective.

Anyone who saw last weekend's game against the Carolina Panthers saw a Dallas Cowboys team that in no way resembled the team from last season.

The defense is anemic and the offensive line isn't playing at the same level it was and the offense was totally out of sync.

And then the icing on the cake was Romo getting injured again – this time for the rest of the season. Which is probably a good thing because the season is over anyway and he can have a chance to fully heal for next year.

But what about next year?

Are Romo's better days behind him?

And another reason the team looks like they're in complete disarray is the head

coach. There are times when Jason Garrett looks completely lost out there.

His late game clock management has always been questionable and it's really debatable whether the players fear or respect him.

The team certainly lacks discipline and Garrett's never gotten in any player's face and balled him out for unruly behavior on the sideline. And there's been plenty of that.

And then there's the ownership that just can't keep his hands out of the cookie jar.

There's no doubt that Jerry Jones has hurt the Cowboys as much as anyone, though his franchise keeps bringing in the bucks.

And I guess as long as that's happening, who cares whether they win or not.

But the Cowboys are going to have to make some changes and I believe it has to start with the head coach.

Garrett is a nice guy but this team needs a tough guy who will bring order to a chaotic situation.

But if chaos and scandal bring in the bucks, don't expect for Jerry to change a thing.

A sporting view By Mark Vasto

Vince Lombardi on winning

With high-school football seasons coming to an end and the college championships and NFL playoffs mere weeks away, it occurred to me that something was missing from today's game in general: the compass.

For all of you coaches out there, it's probably been a long time since you've heard the immortal words of Vince Lombardi. Maybe some of you never heard or read them at all. Let's rectify that once and for

all. Here's something you can clip out and put on your bulletin boards and locker-room walls: Vince Lombardi on winning. You're welcome.

• "Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while; you don't do things right once in a while; you do them right all of the time. Winning is a habit. Unfortunately, so is losing.

• "There is no room for second place. There is only one place in my game, and that's first place. I have finished second twice in my time at Green Bay, and I don't ever want to finish second again. There is a second-place bowl game, but it is a game for losers played by losers. It is and always has been an American zeal to be first in anything we do, and to win, and to win, and to win.

• "Every time a football player goes to ply his trade he's got to play from the ground up – from the soles of his feet right up to his head. Every inch of

him has to play. Some guys play with their heads. That's OK. You've got to be smart to be No. 1 in any business. But more importantly, you've got to play with your heart, with every fiber of your body. If you're lucky enough to find a guy with a lot of head and a lot of heart, he's never going to come off the field second.

• Running a football team is no different than running any other kind of organization – an army, a political party or a business. The principles are the

See SPORTS, Page 8

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Comix

OUT ON A LIMB By Gary Kopervas



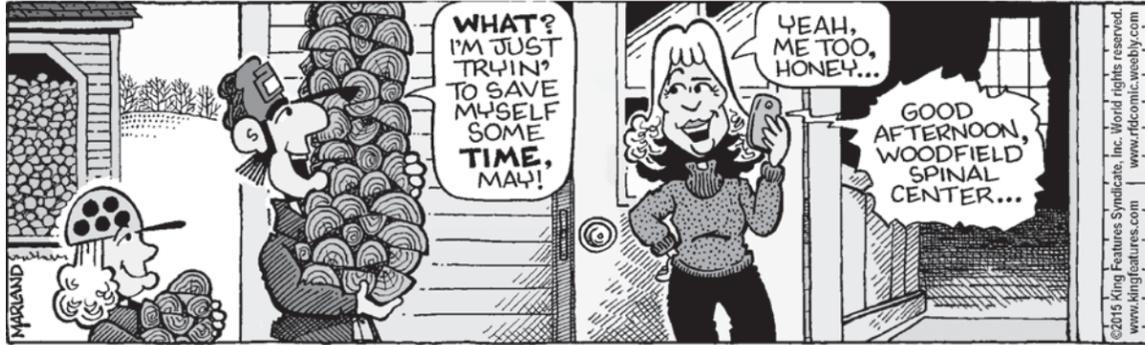
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I am taking Zetia and niacin for extremely high cholesterol and triglycerides. Exactly what type of diet should I be on to lower my cholesterol and triglycerides? Many of the processed (cheese, ice cream, cookies, etc.) fat-free, cholesterol-free foods are high in sugar. Should I be on the South Beach Diet or a strictly vegetarian diet? How many calories, carbohydrates and fat grams should I consume daily to lose weight? I am a 5-foot-4-inch-tall female who weighs 160 pounds. When I was on the Atkins diet for more than 20 years, I was always slim and had no health problems. Thank you. – J.D.

if they aren't careful to choose good sources of protein and healthy fat, or choose refined carbohydrate sources like the cookies you mention.

I have often recommended the Mediterranean diet, since there is high-quality evidence that it reduces heart disease risk. This diet calls for lots of vegetables and fruits, lean proteins such as fish, healthy fat such as from olive oil and nuts, and whole grains.

The medications you are taking, ezetimibe (Zetia) and niacin, do lower cholesterol, but it isn't certain whether either of them really reduces risk of heart disease. The statin class of drugs is best shown to reduce heart disease risk in people of above-average risk.

You are asking how to lower cholesterol, but I think what you really want to know is what diet reduces risk of heart disease. The right question is: What diet should you be on that will help you be healthier in the long term? All of the diets you mention have their strengths and weaknesses. Almost everyone agrees that avoiding sugar and processed grains is a key factor in reducing heart disease risk, but, despite decades of research and controversy, there isn't agreement on the best diet for overall health.

DEAR DR. ROACH: I have a difference of opinion with a friend. One of us contends that taking tablets one at a time with a short period in between allows the full strength to get into your system. The other contends that it doesn't matter, and swallowing everything together is just as effective. Your comment? – C.G.

With only a few exceptions, I agree with person No. 2. The body is very good at absorbing medications, whether you take them a few seconds, minutes or hours apart. The exceptions are when one medicine blocks the absorption of another; for example, calcium prevents absorption of tetracycline antibiotics. Some antacids block absorption of many medications. Your pharmacist can tell you whether you should take

I think it's possible to take some wisdom from all the diets you mention, and to avoid some of their potential pitfalls. Both the Atkins and South Beach plans avoid simple sugars and excess carbohydrates, and I would emphasize that red meat and saturated fats should be kept at reasonable levels. A vegetarian diet emphasizes vegetables and fruits, but some people will gain weight on this diet, especially

See HEALTH, Page 8

Super Crossword

THE ARTIST WITHIN

- ACROSS**
- 1 Pink bird
 - 9 _jongg
 - 12 Return
 - 20 Spray types
 - 21 Simian beast
 - 22 The college world
 - 23 Displayed
 - collection of choice coffees?
 - 25 Lawfulness
 - 26 Spanish for "those"
 - 27 Displayed
 - collection of animals
 - 28 Certain
 - Nebraskan
 - 30 Most draftable
 - 31 Brew for a Brit
 - 33 Group of connected electric generators?
 - 36 2012 Robert Pattinson film
 - 40 Las Vegas' state: Abbr.
 - 41 Stale-smelling
 - 42 Period when some buttercup-family plants are grown?
 - 46 Vast, grassy Argentine plain
 - 51 Actress Wynter
 - 52 One day _ time
 - 53 Biol., e.g.
 - 54 One driving too fast
 - 56 Touchdown area
 - 58 "Neon" tank

- swimmers
- 61 Daddy deer
- 62 Group overseeing quadrennial games?
- 67 Cartoonist Bil of "The Family Circus"
- 70 "It's _brainer!"
- 71 Wee one
- 72 Beijing locale
- 73 Engine fuel sold all over the country?
- 79 Razor option
- 80 Lampoon
- 81 Combo punches
- 85 Things that destroy
- 87 Cousin of a 401(k)
- 89 Austrian peak
- 90 Inner Hebrides isle
- 91 Muscle jerk
- 92 Slammer used by a global crime-fighting agency?
- 96 En _ (all together)
- 99 Tree with acorns
- 100 Rate
- 101 The Netherlands before 1939?
- 107 Stuff in soap
- 108 "Ooh _!"
- 109 Name of 11 pharaohs
- 110 Actress _ Dawn
- Chong
- 112 Generic dog
- 116 Radiating heat or light, say
- 118 Entertainer Rita did a pressing job?

- 122 Greatest
 - 123 "... man _ mouse?"
 - 124 Came into, as debt
 - 125 People going "Achoo!"
 - 126 _degree
 - 127 Their names are hidden in eight answers in this puzzle
- DOWN**
- 1 Stardom
 - 2 Most August-born folks
 - 3 Western U.S. oil giant
 - 4 _ scale of hardness
 - 5 "It _ far, far better..."
 - 6 Yuletide beverage
 - 7 Doughnut coating
 - 8 Capital near Lillehammer
 - 9 West of film
 - 10 Cook's tie-on
 - 11 2002 #3 hit for Cam'ron
 - 12 Actor Rory
 - 13 Limer locales
 - 14 Refrigerator stick-on
 - 15 Writer LeShan
 - Under
 - 17 _ acid
 - 18 Person quoting
 - 19 Inuit canoe
 - 24 Metallic veins

- 29 Bullets, e.g.
- 31 Dr.'s gp.
- 32 Tedious list
- 34 YSL part
- 35 Variety
- 36 A-F link
- 37 Joie de vivre
- 38 _ a hand
- 39 Iquitos natives, e.g.
- 40 Supersecret org.
- 43 News note
- 44 _ part (play on stage)
- 45 Noonday nap
- 47 Principles of artistic beauty
- 48 Cato's 1,503
- 49 The Evita of "Evita"
- 50 Soccer site
- 54 Cul-de-_
- 55 It follows chi
- 57 Margarine
- 59 General _ chicken
- 60 _tiller
- 63 Ark unit
- 64 Prefix with 72-Across
- 65 Redact jointly
- 66 Oxy target
- 67 Tree knots
- 68 Accept avidly
- 69 Skylit courts
- 74 It airs "Fresh Air"
- 75 "How _ I to know?"
- 76 Whirl
- 77 Hang laxly
- 78 Like a live ball

- 82 Stirred to life
- 83 Obligation
- 84 Devitalizes
- 86 Austen title
- 88 Middle name of Elvis
- 89 Just swell
- 92 Compound variants
- 93 Guitarist Cline
- 94 Italian father
- 95 Sugar ending
- 97 Make it there
- 98 Schick tool
- 101 Members of the masses
- 102 Japanese noodle soup
- 103 Beethoven's "Fuer _"
- 104 Offscourings
- 105 Yellow fruit
- 106 Of _ (in some way)
- 107 Helmsley or Lewis
- 111 "There's _ in the air"
- 112 Citadel
- 113 Concerning
- 114 Moose, e.g.
- 115 10:1, e.g.
- 117 "_ who?!"
- 119 Stadium cry
- 120 Here, in Haiti
- 121 Stocking flaw

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						74	75			76			77	78					
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			112	113	114	115
116										118	119				120	121			
122										123				124					
125										126				127					

MOORE TEXAS

by Roger Todd Moore

Nov. 23, 1957 :The Monahans Sandhills State Park officially opens... almost 4000 acres of sand dunes!!!



Social Security Q&A

By Ray Vigil

Q: I heard that my future Social Security benefits are based on my earnings, and I want make sure my earnings have been accurately documented. How can I do this?

A: Your online Social Security Statement gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability, and survivors benefits. Get started at www.socialsecurity.gov/myaccount by opening your personalized my Social Security account.

Q: How do I apply for disability benefits? And, how long does it take to get a decision after I apply for disability benefits?

A: You can apply for disability

benefits online at www.ssa.gov/disabilityssi/apply.html. To get a decision on your disability application usually takes three-to-five months to. The time frame can vary depending on:

- The nature of your disability;
 - How quickly we can get your medical evidence from your doctor or other medical source;
 - Whether it's necessary to send you for a medical examination; and
 - Whether we review your application for quality purposes.
- Learn your claim status at www.socialsecurity.gov/claimstatus.

Q: Are Supplemental Security Income (SSI) benefits taxable?

A: No, SSI payments aren't subject to federal taxes. We will not send you an annual

form SSA-1099 to report your benefits to the Internal Revenue Service. However, Social Security beneficiaries may have to pay income tax on a portion of their benefits. If so, you may ask Social Security to withhold your federal taxes from your Social Security benefit payments. For more information, visit our website at www.socialsecurity.gov.

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.

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		16
x		x		+	
	x		-		21
-		-		x	
	+		÷		15
14		12			15

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 3 4 5 6 7 7 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Sports

From Page 6

sounds hard or cruel. I don't think it is.

The object is to win – to beat the other guy. Maybe that

“It is a reality of life that men are competitive, and the most competitive games draw the most competitive men.

That's why they are there - to compete. The object is to win fairly, squarely, by the rules – but to win.

“And in truth, I've never known a man worth his salt who in the long run, deep down in his heart, didn't appreciate the grind, the discipline. There is something in good men that really yearns for discipline and the harsh reality of head-to-head combat.

“I don't say these things because I believe in the 'brute' nature of men or that men must be brutalized to be combative. I believe in God, and I believe in human decency. But I firmly believe that any man's finest hour – his greatest fulfillment to all he holds dear – is that moment when he has worked his heart out in a good cause and lies exhausted on the field of battle – victorious.”

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: D equals T

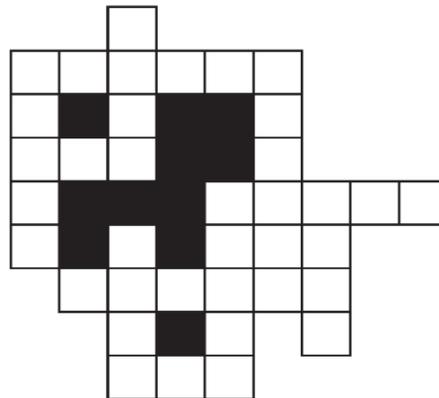
MQYTN K AQOE DBGOGXNB
SGOPQO, LE GODBGRGTDYFD
KJSKEF LKPQF FXOQ DG ZGAQO
KJJ DBQ MOKZQF.

Answer Page 4

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- ♥ PSA
- CATSIR
- TANDU
- ♥ ANDE
- TRUFEE
- ♥ AWD
- ♥ WESP
- ♥ WESDO
- ♥ UTN
- ♥ PESRIN
- CODSI
- DIWN



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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Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2015 King Features Synd., Inc.

Health

From Page 7

medications spaced widely from one another.

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 Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2015 North America Synd., Inc. All Rights Reserved