



NEWSBRIEFS

Getting older

The number of people in the U.S. over the age of 90 has grown precipitously over the past several decades, according to the Association of Mature American Citizens. There were only 230,000 American nonagenarians in 1960. By 2010 the number of 90-plus citizens had grown to 1.8 million. A report in the Journal of the American Geriatrics Society also indicated that once you have made it into your 90s, women have a better chance of reaching 100 than men.

— John Grimaldi

Parental discretion

It's the norm for parents to be circumspect about their personal lives; they usually try to shield their children—even when the kids grow up and grow old, reports the Association of Mature American Citizens. Patrick O'Brien, CEO and co-founder of Executor.org, says that "as a result, if a parent is experiencing a health problem or alarming symptoms, an adult child might be the last to know." That's why it is important for you to keep tabs on mom and dad as they get on in years. At that stage, he adds, "communication matters more than ever and your ability to keep your parents talking as they encounter new problems will be critical as your role in their lives evolves."

— John Grimaldi

Super snacking

Americans consumed a record 1.3 billion chicken wings on Super Bowl Sunday. The National Chicken Council, which keeps track of fowl doings, says that's some 162.5 million pounds of wings. But pizza is the favorite among Super Bowl fans. Domino pizza personnel logged over 4 million miles on Sunday.

— John Grimaldi

Ant brains

CalTech's Dr. Ysabel Giraldo wondered "What goes on in ant brains?" and wound up conducting a study that showed worker ants don't age; they just die, reports the Association of Mature American Citizens. In fact, they get better and better at the tasks they perform right up to the last moments of their lives [about 140 days in the laboratory]. Unlike the human brain, it seems ant

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Nothing makes a politician's statement harder to understand than his clarification.

— Quips & Quotes

Borrego touts San Elizario

By Alfredo Vasquez
Special to the Courier

SAN ELIZARIO — San Elizario Genealogy and Historical Society (SEGHS) president Al Borrego will be the featured speaker for the El Paso Archaeological Society's (EPAS) upcoming event, that is scheduled from 2 to 3 p.m., Saturday, Feb. 20, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The public is welcome to attend the free program.

According to EPAS officials, Borrego's topic will be on the birthplace of the American Southwest. Among his topics will be La Toma, which is the ceremony by which Spain took possession of this area's land and inhabitants.

The birthplace of the American Southwest refers to San Elizario, a city in El Paso County's lower valley, claimed Borrego in a recent statement, and he said that the La Toma ceremony was performed when the settlers led by Don Juan de Onate crossed the Rio Grande and christened the new province Nuevo Mexico in 1598.

Borrego stated that his talk will expand on the historic consequences of this taking of land already occupied by the indigenous people. Borrego, who in conjunction with EPAS, helps operate the Los Portales Museum and Information Center, the Old El Paso County Jail Museum, and the Veterans Memorial Museum and Walk, all in San Elizario.

Borrego, a self-taught artist since 2007, was the 2010 recipient of the McDonald's Triunfadores Award for the Arts. As an EPAS member, he has taken part in archaeological tours and volunteer field work organized by the non-profit Jornada Research Institute of Tularosa, New Mexico (JRI), whose mission is to study the archaeological, ethno-historic, historic and natural resources of the



— Photos courtesy of San Elizario Genealogy and Historical Society

WHERE YOU GOING? — San Elizario Genealogy and Historical Society is designed to promote the history of San Elizario and encourage interest in local families' research endeavors. Above is sign in the historic lower valley town.

northern Chihuahuan Desert of Arizona, New Mexico, West Texas and adjacent regions.

EPAS, which was founded in 1922, is a non-profit group with open membership to individuals and organizations interested in anthropology, archaeology and the preservation of prehistoric and historic

cultural resources.

For more information about EPAS, visit its website at www.epas.com.



— Photo by Alfredo Vasquez

THEY TURN OUT — A crowd of people gathered at the town plaza for a recent Veterans Day event.



TALKING — Al Borrego, president of the San Elizario Genealogy and Historical Society (SEGHS), will be the featured speaker at the El Paso Archaeological Society's (EPAS) upcoming event, from 2 to 3 p.m., Saturday, Feb. 20, at the El Paso Museum of Archaeology.

Finances By Nathaniel Sillin

Ten gift ideas that won't break the bank, the romance

"Can't Buy Me Love" was a great song by Lennon and McCartney and frankly, a pretty good philosophy for Valentine's Day in general.

There really are ways to enjoy a unique and memorable February 14 without overspending. Here are 10 ideas to warm their heart and spare your wallet:

- **Begin at the beginning.** Maybe your relationship began at work, a party or a bus stop. Returning to that place and re-stage that moment using little props can re-capture memories.

- **Try a little due diligence.** Ask your significant other or friend about his or her best Valentine's Day ever. Listen for clues about gifts, activities or places you might try. Don't wait until 48 hours before the holiday; you can always collect creative Valentine's Day ideas 365 days a year.

- **Stay near the stove.** A fabulous dinner almost always costs less at home. Plus, it's a more intimate setting and shows dedication and thought.

- **Deliver kindness, not presents.** Instead of wrapped gifts, what about chores or crafts? Focus on a gift based on something you know how to do rather than something you could just buy.

- **If it's a night out, do your homework.** Valentine's Day can be one of the most crowded and expensive nights to go out. If you have a restaurant or event in mind, research everything you can about the food, ambiance and specials at various times of day – particularly during early, fixed-price periods and slower days of the week.

- **Grab those coupons, free passes and points.** Mileage, restaurants and online discount

clubs can offer a range of options. Points can be used for discounts or free nights out on Valentine's Day or immediate dates. Decide which offers are the best deals and leverage them the best that you can.

- **Consider substitutions and alternatives.** Why have that glass of champagne or celebratory cocktail at the restaurant if there's a happy hour nearby where you can save a little money? Consider mixing and matching venues on a night out to save money.

- **Declare a staycation.** Visit museums on half-price days or out-of-the-way eateries you always thought about trying.

See FINANCES, Page 3

Veterans Post By Freddy Groves

When the VA wants its money back

Taking any type of monetary payment from the Department of Veterans Affairs means that at any time, it can ask for the money back. If that happens, you're at risk of having all your benefits canceled until the debt is paid.

A Washington veteran recently went through the process of the VA trying to collect money it said he owed. Fortunately for him, he had kept every single piece of paper and receipt, and a copy of every letter he'd written to the VA. That inches-high stack of copies was helpful to the attorney he had to hire.

One document was a letter he'd sent to the VA saying he was in prison but needed the money to take care of his family. The VA kept the payments coming. Once he got out, the VA suddenly wanted all its money back – either in one big bite or they'd cut off all his benefits until that amount was repaid. Multiple letters sent by the attorney were ignored until suddenly, without fanfare, the

veteran received a waiver of the debt.

Direct overpayment isn't the only way a veteran can end up with cash that needs to be returned.

Temporary 100-percent disability payments can be a problem when the illness goes into remission or is cured. The VA is supposed to ask for a follow-up medical exam to track progress, but often it doesn't and the checks just keep arriving. At some point the VA realizes its error and demands all the money back.

Another problem happens when a VA claim number is used to process one payment and a Social Security number is used to process an identical one.

If you get monetary benefits from the VA, keep track of it. If it asks for any money back, go online to ww.va.gov/debtman, or call 800-827-0648.

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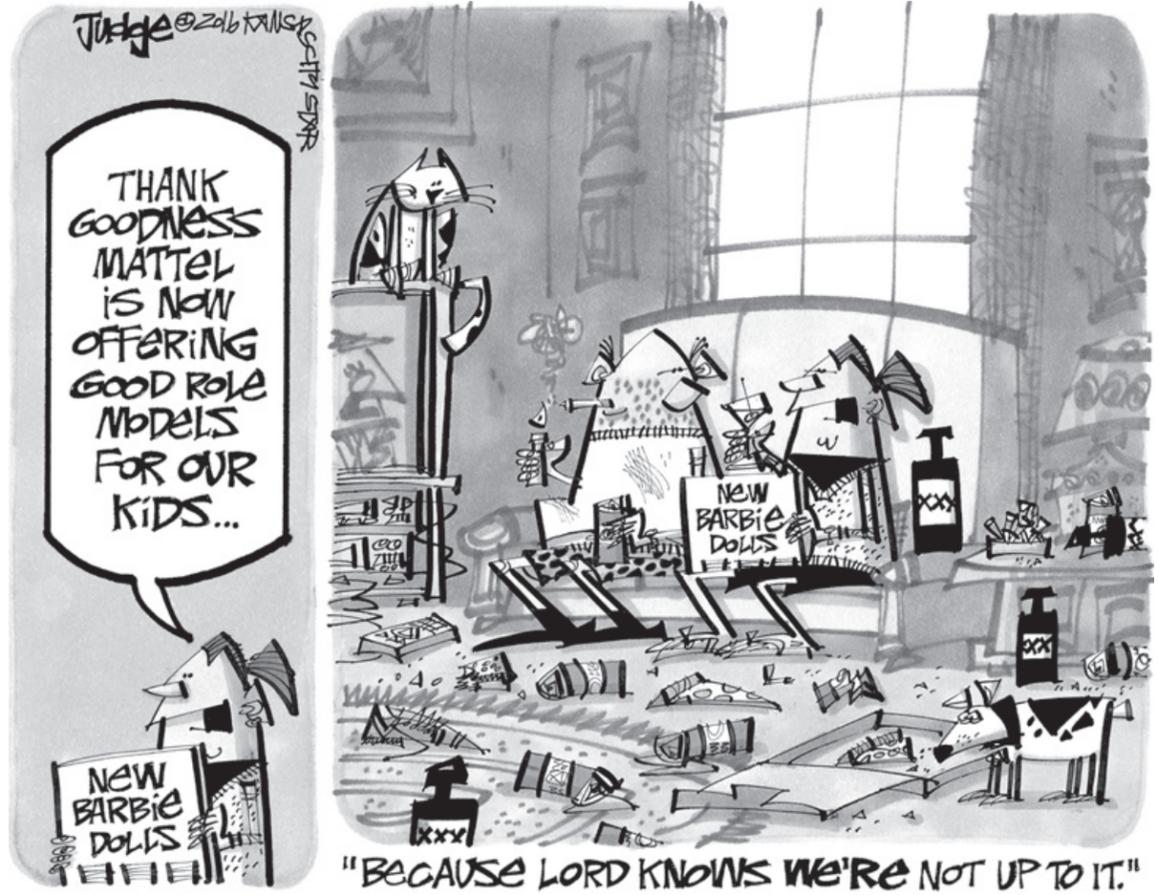
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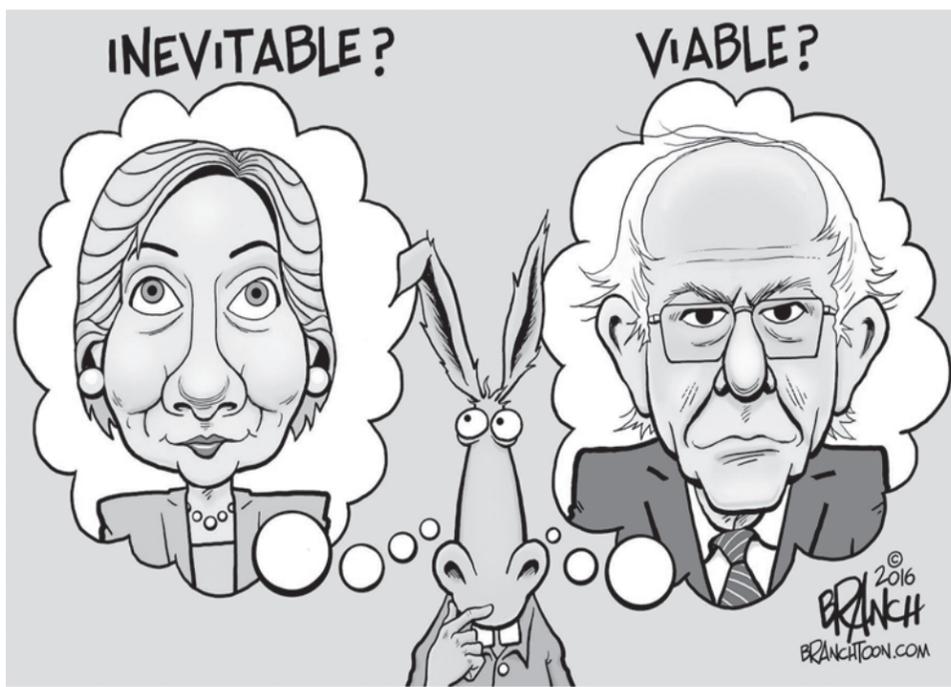
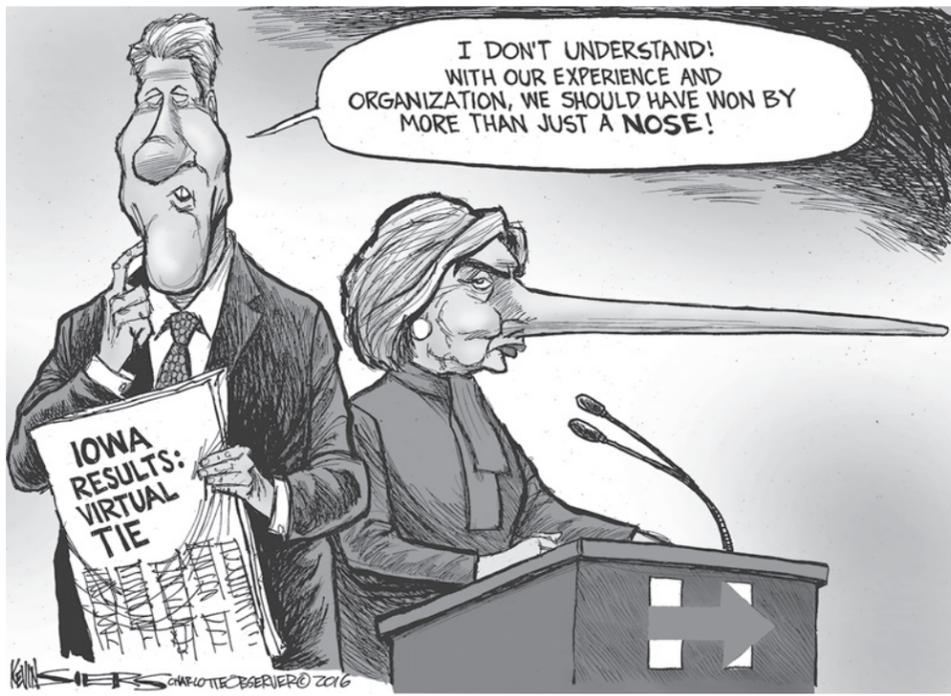
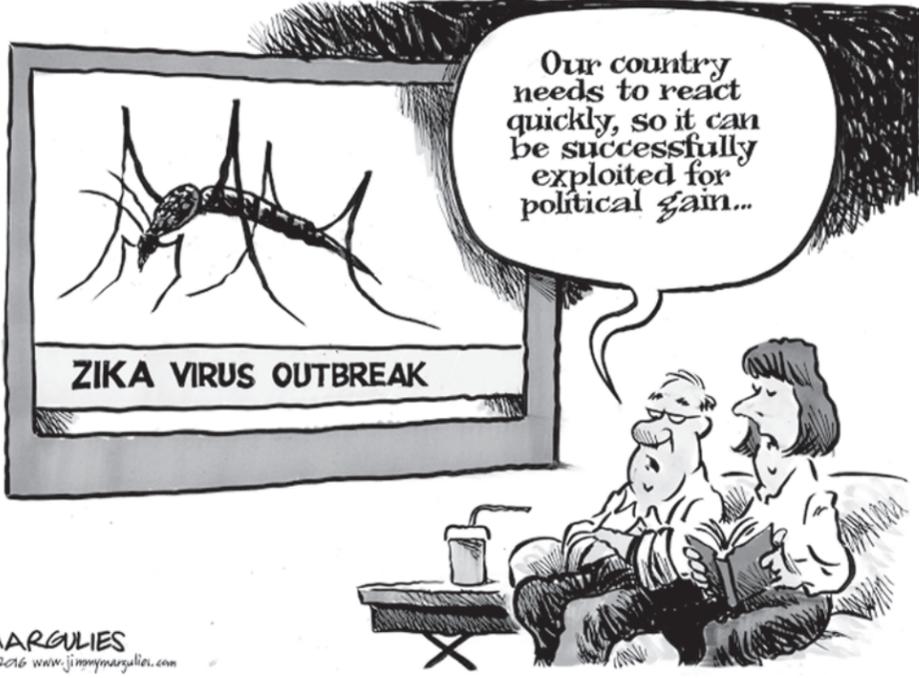
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Briefs

From Page 1

brains don't age. Barbara Moran of Boston University posted an article about Giraldo's research on the futurity.org Web site, concluding that: "the research is unlikely to produce an

ant-based anti-aging serum, at least not anytime soon. Rather, the work answers some small questions that may in time answer some bigger questions." Maybe we can eventually learn "how can we be more like ants, at least in their ability to dodge senescence?"

- John Grimaldi

Finances

From Page 2

Even local hotels might be a better deal than traveling a greater distance.

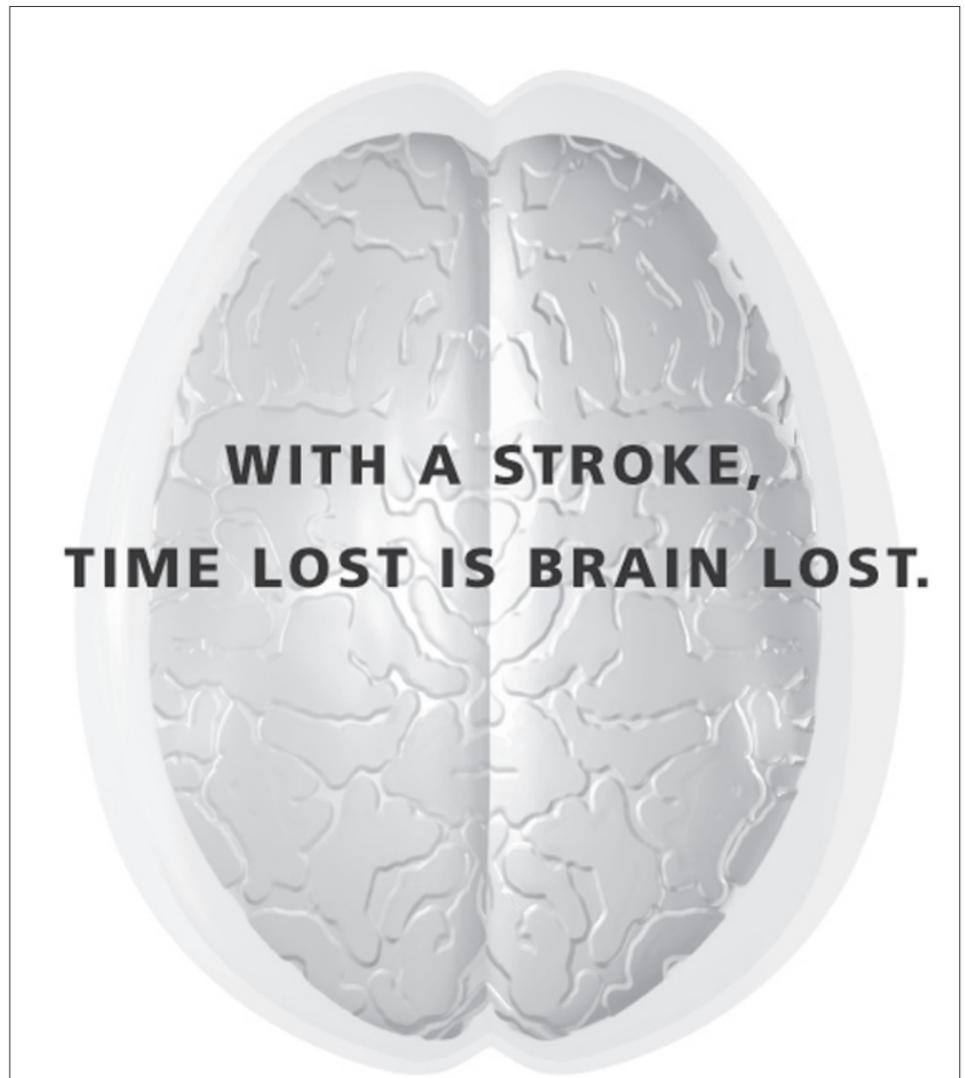
- **You don't have to run for the roses.** A dozen roses are a classic gift. But there are potentially cheaper and equally beautiful flower alternatives. If your loved one has a green thumb, consider potted plants or seeds they can sow later. Remember, spring is right around the corner.

- **If you must bling, bling responsibly.** If this Valentine's Day involves a wedding engagement or another grand gesture of romance, plan well in advance so you can get advice on what you're buying and

ensure it's in line with your loved one's taste. Maybe a relative with a beautiful ring might offer it or sell it at a friendly price.

Bottom line: Valentine's Day is about the people, not the bill. A little time and creativity can help you devise a memorable day without digging too far into savings.

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.



If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

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MOMENTS IN TIME

The History Channel

- On Feb. 22, 1732, George Washington is born in Westmoreland County, Virginia, the second son of a plantation owner. Initially a loyal British subject, Washington eventually led the Continental Army in the American Revolution and became known as the father of the United States.
- On Feb. 27, 1827, a group of masked and costumed students dance through the streets of New Orleans, marking the beginning of the city's Mardi Gras celebrations. Though early French settlers had brought the tradition of Mardi Gras, Spanish governors later banned the celebrations.
- On Feb. 25, 1870, Hiram Rhoades Revels, a Republican from Natchez, Mississippi, is sworn into the U.S. Senate, becoming the first black American ever to sit in Congress. During the Civil War, Revels, a college-educated minister, served as a chaplain for the Union army.
- On Feb. 26, 1935, Nazi leader Adolf Hitler signs a secret decree authorizing the founding of the Reich Luftwaffe as a third German military service. The Versailles Treaty that ended World War I had prohibited military aviation in Germany.
- On Feb. 23, 1958, five-time Formula One champion Juan Manuel Fangio of Argentina is kidnapped in Cuba by a group of Fidel Castro's rebels. Fangio was released the next day after the Cuba Grand Prix ended.
- On Feb. 24, 1988, the U.S. Supreme Court votes 8-0 to overturn the \$200,000 settlement awarded to the Reverend Jerry Falwell for his emotional distress at being parodied in Hustler magazine. The court ruled that Hustler's parody, although in poor taste, fell within the First Amendment's protection of freedom of speech and the press.

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NOW HERE'S A TIP

By JoAnn Derson

- Protect poochie's paws with petroleum jelly. Clean off your dog's feet and rub a small amount of petroleum jelly into the pads. This is especially important in winter, as outside conditions can really do a number on their paws!
- "I've been purging this year as a part of new year resolutions. I can't believe how overwhelmed with "stuff" I am. After having this realization, I have made another resolution: This year I am giving only gifts that can be experienced or consumed. A beauty salon trip, a nice bottle of wine, a car wash/oil change combo, overnight stay at a beach hotel, etc." – Y.P. in California
- Cords that you don't use regularly (say, a device cord for a digital camera) can be hung up on the inside of your desk or computer cabinet.
- You can use Borax (a common household cleaner, found in the laundry aisle) to unclog a toilet, among many other uses. Try adding a half cup of Borax and letting it sit 10-20 minutes, followed by a few cups of boiling water.
- "I walk past my recycling bin after getting the mail. Junk mail goes straight in, and doesn't even make it into the house." – E.C. in Pennsylvania
- "Used tea bags are fantastic for treating skin irritations, such as razor burn, mild sunburn and windburn. Save your tea bags in a small container or sealable bag in the refrigerator. They also soothe insect bites. And after you've used them to soothe your skin, pitch them right into your compost bin." – K.G. in Florida

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2016 King Features Synd., Inc.

STRANGE BUT TRUE

By Samantha Weaver

- It was columnist and editor Doug Larson who made the following sage observation: "Few things are more satisfying than seeing your children have teenagers of their own."
- If you're a fan of football, you've probably seen the leaping lion logo on the helmets of Detroit Lions players. You might not realize, though, that the lion has a name: Bubbles.
- The first volume of the first edition of the Oxford English Dictionary was published in 1884, 30 years after the Philological Society of London came up with the idea for a dictionary that traced the way the language had developed from Anglo-Saxon times. It was estimated that the entire project would take 10 years, but in half that time they'd completed just a single volume, covering A to Ant.
- Those who study such things say that your brain takes about 0.0004 seconds to retrieve a memory.

• You might be surprised to learn that the person who has been nominated for more Academy Awards than any other living person is neither an actor nor a director. American composer John Williams – who created scores for such memorable films as the "Star Wars" series, "Jaws," "Schindler's List," "Jurassic Park," the "Indiana Jones" series, "Fiddler on the Roof" and the first three "Harry Potter" movies – has (so far) been nominated for a whopping 50 Oscars, and he has taken home five of the statuettes. He's also received three Emmy Awards, four Golden Globes and 22 Grammy Awards – with an astounding 65 Grammy nominations to his name.

• It's not clear why, but the incidence of left-handedness in twins is significantly higher than it is in the general population.

Thought for the Day: "To be astonished is one of the surest ways of not growing old too quickly."

– Colette

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AMENDED NOTICE

Fabens Independent School District Public Notice of Meeting

Fabens Independent School District will hold a public hearing to discuss the District's 2014-2015 Texas Academic Performance Report (TAPR). The meeting will be held at 6:30 P.M. on Wednesday, February 24, 2016 in the Fabens Independent School District's Board Room at 821 N.E. "G" Avenue, Fabens, Texas.

The public is invited to attend. For more information, call (915) 765-2600, x2102.

Junta Pública

Distrito escolar independiente de Fabens celebrará una audiencia pública para discutir el informe de rendimiento académico 2014-2015 Texas del distrito (TAPR). La reunión se celebrará a las 6:30 p.m. el miércoles, 24 de febrero de 2016 en la sala de juntas de Fabens ISD, 821 N.E. "G" Avenue, Fabens, Texas.

El público está invitado a asistir. Para obtener más información, llame al (915) 765-2600, x2102.

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CryptoQuip Answer

When lambs discover love and become married, could you say their two hearts bleat as one?

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6	+	5	+	9	20
×		+		÷	
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**Fabens Independent School District
Statement of Revenues, Expenditures and Changes in Fund Balance
Governmental Funds
For the Year Ended August 31, 2015**

Data Control Codes	10 General Fund	ESEA I, A Improving Basic Program	50 Debt Service Fund	60 Capitol Projects	Other Funds	Total Governmental Funds
REVENUES:						
5700 Total Local and Intermediate Sources	\$ 2,080,186	\$ -	\$ 370,832	\$ 1,374	\$ 445,926	\$ 2,898,318
5800 State Program Revenues	18,314,504	-	1,431,175	-	256,447	20,002,126
5900 Federal Program Revenues	1,403,324	1,507,580	-	-	1,123,816	4,034,720
5020 Total Revenues	21,798,014	1,507,580	1,802,007	1,374	1,826,189	26,935,164
EXPENDITURES:						
Current:						
0011 Instruction	12,136,948	1,273,941	-	-	1,287,686	14,698,575
0012 Instructional Resources and Media Services	256,043	-	-	-	507	256,550
0013 Curriculum and Instructional Staff Development	88,631	135,481	-	-	11,595	235,707
0021 Instructional Leadership	187,011	98,158	-	-	272,541	557,710
0023 School Leadership	1,407,147	-	-	-	35,706	1,442,853
0031 Guidance, Counseling and Evaluation Services	665,909	-	-	-	144,504	810,413
0032 Social Work Services	34,418	-	-	-	-	34,418
0033 Health Services	351,551	-	-	-	795	352,346
0034 Student (Pupil) Transportation	400,349	-	-	-	-	400,349
0035 Food Services	1,186,190	-	-	-	17,473	1,203,663
0036 Extracurricular Activities	988,567	-	-	-	253	988,820
0041 General Administration	1,133,870	-	-	-	167	1,134,037
0051 Facilities Maintenance and Operations	2,568,515	-	-	-	19	2,568,534
0052 Security and Monitoring Services	284,101	-	-	-	-	284,101
0053 Data Processing Services	233,998	-	-	-	-	233,998
0061 Community Services	41,600	-	-	-	68,039	109,639
Debt Service:						
0071 Debt Service - Principal on Long Term Debt	41,066	-	880,000	-	-	921,066
0072 Debt Service - Interest on Long Term Debt	47,959	-	1,830,828	-	-	1,878,787
0073 Debt Service - Bond Issuance Cost and Fees	-	-	150,946	117,270	-	268,216
Capital Outlay:						
0081 Facilities Acquisition and Construction	5,314	-	-	111,735	-	117,049
Intergovernmental:						
0099 Other Intergovernmental Charges	28,657	-	-	-	-	28,657
6030 Total Expenditures	22,087,844	1,507,580	2,861,774	229,005	1,839,285	28,525,488
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	(289,830)	-	(1,059,767)	(227,631)	(13,096)	(1,590,324)
OTHER FINANCING SOURCES (USES):						
7911 Capital Related Debt Issued (Regular Bonds)	-	-	9,205,000	4,960,000	-	14,165,000
7912 Sale of Real and Personal Property	10,000	-	-	-	-	10,000
7915 Transfers In	1,400,000	-	420,587	-	-	1,820,587
7916 Premium or Discount on Issuance of Bonds	-	-	780,489	577,090	-	1,357,579
7917 Prepaid Interest	-	-	419,820	-	-	419,820
8911 Transfers Out (Use)	-	-	(1,400,000)	(419,822)	(765)	(1,820,587)
8949 Other (Uses)	(1,400,000)	-	(7,965,000)	-	-	(9,365,000)
7080 Total Other Financing Sources (Uses)	10,000	-	1,460,896	5,117,268	(765)	6,587,399
1200 Net Change in Fund Balances	(279,830)	-	401,129	4,889,637	(13,861)	4,997,075
0100 Fund Balance - September 1 (Beginning)	1,989,558	-	113,702	111,723	30,098	2,245,081
1300 Increase (Decrease) in Fund Balance	(259,263)	-	-	-	48,916	(210,347)
3000 Fund Balance - August 31 (Ending)	\$ 1,450,465	\$ -	\$ 514,831	\$ 5,001,360	\$ 65,153	\$ 7,031,809

Broncos defense give Manning, Denver, satisfying win

By Steve Escajeda
Special to the Courier

It wasn't supposed to be. The old guy wasn't supposed to deliver a Super Bowl title last Sunday.

But he did. Okay, Peyton Manning isn't anywhere close to the quarterback he was just a couple years ago but he did just enough to help the Denver Broncos defeat the Carolina Panthers 24-10 in the big game.

And what a fitting end it was to a Hall of Fame career. Of course he didn't make it official last Sunday, but everyone believes that this was Peyton's last game and will be announcing his retirement very soon.

Any why not – the guy is going to be 40 years old next month and after countless injuries and surgeries over the last couple of years, it's probably time.

Maybe now the pendants out there will cut Manning some slack, always mentioning that the guy had only won one championship. That meant he didn't even have as many as his younger brother.

But now that he has a couple of rings to

show off, his detractors will have less to complain about.

But the real joy in watching Peyton Manning hoist another Lombardi Trophy was because he proved all the experts wrong.

Nearly everyone picked the Panthers to win and nearly everyone figured that Cam Newton would win the quarterback battle.

As it turned out, Newton was treated as rudely by the Broncos defense as Tom Brady had been two weeks before.

The bigger, stronger and faster Newton looked like a mere mortal against Denver's defenders. The young quarterback had as frustrating a day on the field as he ever has and should learn a lot from that beating.

In recent years we've seen certain guys hang it up like David Robinson, Derek Jeter and Mariano Rivera, guys who have conducted themselves as classy off the field as they have outstandingly on the field.

We can now add Peyton Manning to that list. From the very beginning, Manning has always been a gentleman and always

been the kind of player, and person, you'd like your own kids to grow up and be.

Earlier this season, it appeared that Manning wouldn't even close out the year as Denver's starting quarterback, let alone lead them to a Super Bowl victory.

He finished the regular season with nine touchdown passes and 17 interceptions. He got injured and was benched. It wasn't even clear whether he'd heal up in time for the playoffs.

But in a fairytale season, Peyton healed up just in time to help inspire the team all the way through the playoffs. What kind of a leader do you have to be to receive that kind of respect and admiration?

Last Sunday's Super Bowl wasn't exactly the most exciting game ever played. In fact, it was downright boring at times, but what made it compelling was the question whether they could hold on long enough for Peyton to earn another ring.

All real football fans know that it was the Denver defense that won the game. They all know that Carolina made too many mistakes. But in the end all that matters, seemingly to everyone, is how

many championships you have.

And with two now, in four games, Peyton Manning can now take his place among the very best quarterbacks ever to play the game.

The class that he displayed isn't seen a whole lot anymore. That's why it's talked about so much, it stands out. Hopefully, other players will notice the respect that he earns and want to walk around in a similar light.

Unfortunately, some members in the media tried to turn this game into a Peyton Manning-Cam Newton thing. Some tried to turn this into a black and white thing.

This was a battle of old versus new – the old veteran on the way out and the young buck trying to make his way. And that's a good thing, just like any father and son trying to prove their worth.

This time, the veteran gets to ride away into the sunset as a champion while the youngster is left behind licking his wounds.

But the youngster just gained a little of what the old guy had – experience.

And although he didn't need to – the old guy got the monkey off his back.

A sporting view By Mark Vasto

The Generalist

It's funny to hear Donald Trump give a stump speech about generals. "We need a Patton or a MacArthur. I always see our generals on TV, saying we can't beat ISIS. Patton wouldn't be on TV; Patton would have been too busy winning the war. And when he was done, he'd ask 'Where to next?' OK?"

The scenario he presents has become a reliable applause line, except at, you know, the Pentagon, where one would surmise that the generals don't care much for his assessment. Besides, what does Trump know about war? He all but dodged the draft during the Vietnam War, but he does know a thing or two about Generals. He used to own them.

While it may seem hard to believe now, there once was an alternative football league. Trump doesn't like to talk about

it very much, probably because the United States Football League was a "yuge" disaster. The story of its supposed "premier" franchise, the New Jersey Generals, does offer a pretty good character study of the businessman turned presidential candidate.

The league was born in 1983 at the luxurious 21 Club in Manhattan, New York (in case some of you confused it with Manhattan, Kansas). The idea was to start a "made for TV" league that played in the spring and early summer. It would focus more on the game-play than stars, and it would be the first league to be televised on both network TV (ABC) and cable (ESPN). Trump, the guy everyone counted on being the voice of the league and owner of the New Jersey Generals, bailed at the last minute, citing his

need to focus on building Trump Tower.

After a losing inaugural season, but plenty of buzz due to the signing of Hershel Walker, Trump bought the team back in 1984 and promptly threw out the script. He signed/stole QB Brian Sipe from the NFL, fired the head coach and dominated the back pages for a while as word leaked that he was trying to hire Don Shula away from the Miami Dolphins. Instead, he hired former Jets coach Walt Michaels and sat back to watch them go 14-4 and lose in the first round of the playoffs. Not satisfied, Trump traded away Sipe and then signed Boston College QB Doug Flutie who, like Walker, was a former Heisman trophy winner. The next season, Walker smashed records and the Generals still lost in the first round.

Up until that point, it was still a pretty enjoyable league. Jim Kelly, Steve Young, Doug Williams, Reggie White, Marcus Dupree, Coach Dick Vermeil...

there were some good games (some are available on YouTube). Then, Trump went berserk.

After turning the league into a money pit due to lavish spending, some owners walked away. Then teams started to merge. One day we woke up to find that the Houston Gamblers had merged with the Generals. The league started to turn into "the Art of the Deal." Trump next convinced the other owners to move the league into fall, ostensibly to force the NFL to merge with the USFL.

Then the USFL sued the NFL, claiming they had a monopoly. The judge agreed. The reward? Three dollars!

The league folded, everyone went their separate ways, and Trump refuses to talk about the Generals past... unless it's Patton or MacArthur, of course.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2016 King Features Synd., Inc.

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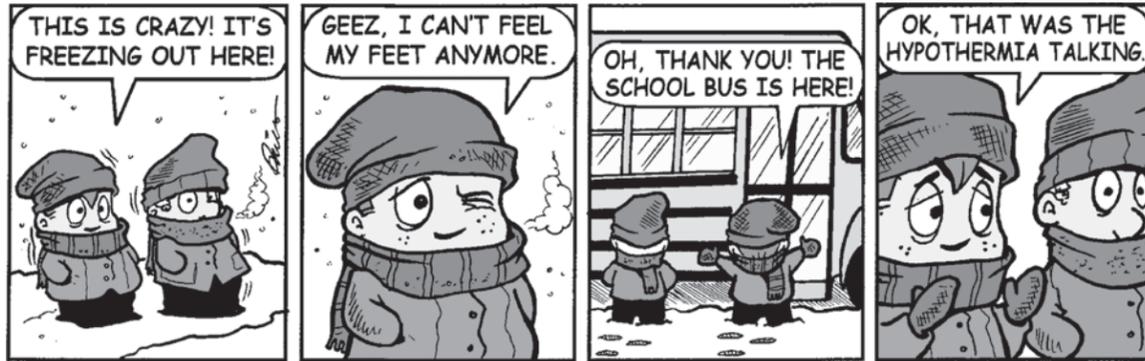
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AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I'm a 48-year-old, athletically fit man with excessive body hair on my back, chest and arms. I see that the younger generation of men at the gyms, pools and beaches seem to all groom (shave) their body hair for better appearance. I started trimming down but have not fully shaved. My concern is whether, when you cut hair, it grows faster. When I'm in my upper 60s or 70s and decide to stop, will my body hair grow to 4 inches long? Does your body hair continue to grow at a normal rate when you're older, or does it slow down? Please advise. – M.C.

No, it's a myth that cutting or shaving hair makes it grow faster. It certainly might seem to come in more coarsely, since the cut hair under the surface of the skin is thick. But there is no effect on hair growth. Hair growth rates stay roughly the same throughout adulthood.

I am aware that the current trend is for hairless-appearing skin. However, I see a lot of people with infections from shaving. If you do shave, use plenty of mild shaving cream or gel, always use a new, sharp razor, and use a soothing aftershave cream or lotion to help close the pores after shaving.

DEAR DR. ROACH: I am an 86-year-old male in good health. I take a 40-mg simvastatin and a 150-mcg levothyroxine. I exercise three times a week – one hour with weights and one hour of aerobics (elliptical and treadmill). On the treadmill, I go from a speed of 3.5 for 25 seconds to 6.0 for 25 seconds. My heart rate goes from 89 to 170 (sometimes 165 to 178) but drops back to about 89 when I return to the slower speed. I have heard that your exercise

heart rate should be 212 minus your age times 80 percent. That would be 101. Does my 170 for 25 seconds sound OK? – E.N.W.

No, that sounds too fast for an 86-year-old. The formula you mention is one frequently stated, and it isn't particularly accurate, since there is a great deal of individual variation. But 170 is very fast for an 86-year-old. I wonder if it's accurate. A pulse monitor, using electrical impulses, is the most accurate, but even these can be fooled by electrical interference. If it really is so fast, I would worry about an exercise-induced tachycardia, and a visit to your doctor or cardiologist would be a good idea, especially if you are having symptoms of chest discomfort or shortness of breath.

DEAR DR. ROACH: Do peanuts (which are not nuts, but legumes) afford the same health benefits as nuts? – A.

Most of the studies showing benefits of nuts included peanuts as well. Peanuts probably have the same benefits as tree nuts.

Unfortunately, many people are allergic to nuts, and many to peanuts. Those people can't get the benefits of eating nuts, as it is unsafe, even life-threatening on occasion.

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) 2016 North America Synd., Inc. All Rights Reserved.

Super Crossword

FAMILY EXPANSION ACROSS

- 1 It turns litmus paper blue
- 7 Strip a disguise from
- 13 "Baby" (#1 U2 album of 1991)
- 20 Arrive like the tide
- 21 Savage
- 22 Less dull
- 23 Rural lumberjack resting after chopping?
- 25 Lounged around
- 26 Dreamcast producer
- 27 Get as clear profit
- 28 100-yr. period
- 29 Heap (up)
- 30 Trough for toting bricks
- 33 Extended cloth used for messy cold-weather meals?
- 38 Hostile force
- 40 Down food
- 41 Purple spring blooms
- 42 Wide-shoe letters
- 43 Spool
- 44 Gets firm
- 46 Produced a napped surface on
- 48 Chart showing the highs and lows of actress Ellen's career?
- 51 LP replacers
- 52 KGB's milieu
- 56 "all over!"
- 57 Asian dress
- 58 Alex of "The

- Godfather"
- 61 Unit of work
- 62 Orioles great Ripken
- 63 Gp. for Qatar
- 64 Sea in 75-Across
- 65 "Now I see!"
- 67 Matchstick-removing game
- 68 Suffix with señor
- 69 Item pinned on to support a Russian poet's election to office?
- 72 Sarge, e.g.
- 73 Abbr. for a handy-andy
- 74 Mil. missions
- 75 Qatar locale
- 76 Lovers' deity
- 77 Still
- 78 Revise
- 80 Prepare to give a ring?
- 81 Horse father
- 82 Beijing-to-Shanghai dir.
- 83 Shot fluids
- 84 "see it..."
- 86 One of the Skywalker's dressed up as St. Nick?
- 89 Kind of pear
- 93 With skill
- 94 Fir's cousin
- 95 "Ender's Game" star Butterfield
- 98 Unmoving machine part
- 99 Troop gp.
- 100 They negate

- deles
- 101 Afghan-wrapped football?
- 106 "Help!"
- 107 Guthrie at Woodstock
- 108 B-to-F string
- 109 Thai tongue
- 110 "Think of _ a loan"
- 112 Foot lever
- 114 Clean a jack-o'-lantern with a Hoover?
- 120 More weighty
- 121 Alicia of ballet
- 122 Choose
- 123 Aden citizens
- 124 French edict site of 1598
- 125 Nail coater

- 16 Linda in 1998 headlines
- 17 "Rabbit, Run" novelist John
- 18 _ Mae (loan provider)
- 19 Graham or Lorne
- 24 Sister of Bert Bobbsey
- 28 Big name in shortening
- 30 Weedkillers
- 31 Singly
- 32 James Fenimore Cooper novel, with "The"
- 34 Grow wealthy
- 35 "I _ Male War Bride"
- 36 History unit
- 37 Suffix of enzymes
- 39 Monogram in civil rights
- 44 Grab quickly
- 45 Departure
- 46 Most prickly
- 47 Trio less one
- 49 Crustacean such as a wood louse
- 50 Kudos
- 53 Features of cloudless days
- 54 Cuts, as pie
- 55 Far-off distance
- 59 Jewish mysticism
- 60 "McQ" actor
- 61 Speed skater Dan
- 65 Of a heart chamber
- 66 Shout of joy

- 70 State east of Colo.
- 71 Nuclear trial prohibition
- 79 Catch cold
- 80 Tartan skirt sporter
- 84 First Constitution section
- 85 Risen people
- 87 Galileo's gp.
- 88 Inclined (to)
- 90 Petition, e.g.
- 91 History unit
- 92 Light refrain
- 95 Disinterest
- 96 "No _!" ("Uh-uh!")
- 97 Glistening
- 99 Hall-of-Fame footballer Mel
- 100 Flower organ
- 102 Dry, white Italian wine
- 103 Strips for breakfast
- 104 Currency unit of Laos
- 105 Musical exercise
- 111 Lab safety org.?
- 113 Major racket
- 114 U-Haul rental
- 115 Capitalize on
- 116 Cal. dozen
- 117 _ Jong-un
- 118 Suffix with chlor-
- 119 "Blu Dipinto di Blu" (1958 hit)

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MOORE TEXAS

by Roger Todd Moore

Feb 4, 1895: A freak snowstorm dumps 2 feet of snow on Houston and Galveston.



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.

	÷		+		11
+		×		+	
	+		+		20
×		+		÷	
	×		-		10
20		14		2	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 4 5 6 7 8 9 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging

Answer Page 4

★★★ HOO BOY!

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Social Security Q&A By Ray Vigil

Q: What is the difference between Social Security disability and Supplemental Security Income (SSI) disability?

A: Social Security is responsible for running two major programs that provide benefits based on disability. Social Security Disability Insurance (SSDI) is based on prior earnings. SSDI is financed through the taxes you pay into the Social Security program. To be eligible for an SSDI benefit, the worker must earn sufficient credits based on taxable work to be "insured" for Social Security purposes. SSDI benefits are payable to eligible blind or disabled workers, the widow(er)s of a disabled worker, or adults disabled since childhood.

SSI disability payments are made based on financial need to adults or children who are disabled or blind, have limited income and resources, meet the living arrangement requirements, and are otherwise eligible. SSI is a program financed through general revenues. For more information, visit www.socialsecurity.gov.

Q: I've heard there is a way for my daughter to get her disability application on the "fast-track." How does this work?

A: If your daughter has one of the more than 200 impairments on the Compassionate Allowances list at www.socialsecurity.gov/compassionateallowances, her application might be "fast-tracked" for a decision. Compassionate Allowances make it possible for applicants to receive a decision on their disability applications within days instead of months or years as long as their medical conditions are so severe that they obviously meet Social Security's definition of disability. Learn more at www.socialsecurity.gov/compassionateallowances.

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.

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: O equals Y

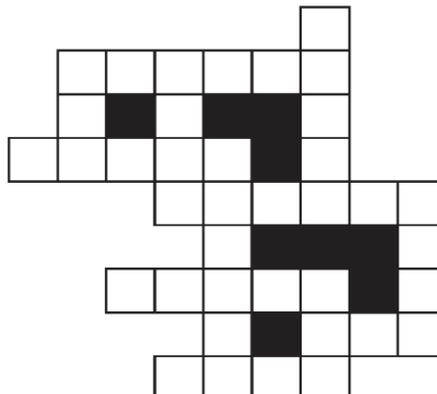
ADYU GBPVZ CKZLNITYW GNTY
BUC VYLNPY PBWWKYC, LNSGC
ONS ZBO QDYKW QAN DYBWQZ
VGYBQ BZ NUY?

Answer Page 4

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- HYT
- ♥ SWEAHR
- RUNCH
- ♥ PRAW
- ♥ PRUTOE
- HNT
- ♥ SAYE
- EPNER
- OPH
- CAPNER
- PRUST
- HAYE



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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MOMENTS IN TIME

The History Channel

• On Feb. 22, 1732, George Washington is born in Westmoreland County, Virginia, the second son of a plantation owner. Initially a loyal British subject, Washington eventually led the Continental Army in the American Revolution and became known as the father of the United States.

• On Feb. 27, 1827, a group of masked and costumed students dance through the streets of New Orleans, marking the beginning of the city's Mardi Gras celebrations. Though early French settlers had brought the tradition of Mardi Gras, Spanish governors later banned the celebrations.

• On Feb. 25, 1870, Hiram Rhoades Revels, a Republican from Natchez, Mississippi, is sworn into the U.S. Senate, becoming the first black American ever to sit in Congress. During the Civil War, Revels, a college-educated minister, served as a chaplain for the Union army.

• On Feb. 26, 1935, Nazi leader Adolf Hitler signs a secret decree authorizing the founding of the Reich Luftwaffe as a third German military service. The Versailles Treaty that ended World War I had prohibited military aviation in Germany.

• On Feb. 23, 1958, five-time Formula One champion Juan Manuel Fangio of Argentina is kidnapped in Cuba by a group of Fidel Castro's rebels. Fangio was released the next day after the Cuba Grand Prix ended.

• On Feb. 28, 1964, Thelonious Monk makes the cover of Time magazine. Beatlemania was at its peak, but contemporary jazz music had captured the imagination of a significant number of American music fans.

• On Feb. 24, 1988, the U.S. Supreme Court votes 8-0 to overturn the \$200,000 settlement awarded to the Reverend Jerry Falwell for his emotional distress at being parodied in Hustler magazine. The court ruled that Hustler's parody, although in poor taste, fell within the First Amendment's protection of freedom of speech and the press.

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