



## NEWSBRIEFS

### Green grass benefits

Some people say that if your favorite color is green, you have a special connection to nature, according to the Association of Mature American Citizens. New research supports the notion – particularly as it applies to women. The journal, *Environmental Health Perspectives*, extolled the benefits of living in the midst of trees, flowers and green grass as reported in a study funded by the National Institute of Environmental Health Sciences. NIEHS director Linda Birnbaum said “it is important to know that trees and plants provide health benefits in our communities, as well as beauty. The finding of reduced mortality suggests that vegetation may be important to health in a broad range of ways.” The study tracked 108,630 women who lived in “green” environments and concluded that the lush vegetation surrounding their homes allowed them to live longer.

– John Grimaldi

### Cancer breakthrough

The prognosis for men suffering from Prostate cancer has changed momentarily for the better over recent years. An estimated 2,850,139 men are living with prostate cancer in the United States, according to recent studies. They are “lucky” victims, one might say, because of breakthroughs that may potentially allow doctors to stop the disease in its tracks, according to the Association of Mature American Citizen. One treatment, Stereotactic Body Radiation Therapy (SBRT), for example, is reported to have a nearly 99% cure rate. Dr. Raquibul Hannan, Assistant Professor of Radiation Oncology at the University of Texas Southwestern Medical Center in Dallas, led a study that revealed just how effective this new means of pinpointing radiation delivery is. “The high cure rate is striking when compared to the reported five-year cure rates from other approaches like surgery or conventional radiation, which range between 80 to 90 percent, while the side effects of this treatment are comparable to other types of treatment.”

– John Grimaldi

### Mountains of pills

Polypharmacy has been identified as a new threat for old Americans, according to the Association of Mature American Citizens. New York Times writer

See BRIEFS, Page 4

*Every father should remember that one day his children will follow his example instead of his advice.*

– Quips & Quotes



– Photo from Ysleta del Sur website

Rick Quezada, the fourth man from the left, a former war captain of the Tigua Indian tribe, will be guest speaker for the El Paso Archaeological Society’s (EPAS) May meeting, at 2 p.m., Saturday, May 21, at the El Paso Museum of Archaeology. He has been invited to speak on the history of the Tigua Indian tribe including the tribe’s traditional form of government. Shown with him are the members of the Ysleta del Sur Pueblo’s 2015 Governing Tribal Council and Traditional Council.

## Quezada presents Tigua tribe history

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – “The History, Culture and Customs of Ysleta del Sur Pueblo” is the title of the El Paso Archaeological Society’s (EPAS) next presentation, which is scheduled to start at 2 p.m., Saturday, May 21, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The special program is free and open to the public.

Giving the presentation will be Ricardo (Rick) Quezada, a tribal member of Ysleta del Sur Pueblo and former war captain. As a tribal leader, he provides spiritual and traditional guidance to the tribe.

Quezada stated that his talk will outline

the history of the Tigua tribe, from the time that his people lived in the Albuquerque, New Mexico area to the incitement of the Pueblo Revolt and the tribe’s subsequent departure to the El Paso region more than 300 years ago. He added that his speech will also focus on the tribe’s traditional form of government.

The guest speaker, who has over 25 years experience in the maintenance field, is currently employed by the Pueblo. He also recently completed his undergraduate studies in Anthropology, earning a bachelor of arts degree from the University of Texas at El Paso (UTEP).

Quezada’s presentation is the next in a series of featured speakers that EPAS hosts as part of its monthly meetings. EPAS, founded in 1922, is a non-profit group.

Membership is open to individuals and organizations interested in anthropology, archaeology, and in the preservation of prehistoric and historic cultural resources. Persons interested in membership information can go to the EPAS website <http://epas.com/membership.htm>.

Among the activities that EPAS members are currently involved with are the archaeological tours and volunteer field work organized by the Jornada Research Institute (JRI) of Tularosa, New Mexico, another non-profit organization. JRI’s mission is to study the archaeological, ethno-historic, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West Texas and adjacent regions, according to an EPAS representative.

For more information about Quezada’s upcoming presentation, contact Fernando Arias, of EPAS, at 915-449-9075 or send email to [nando79935@yahoo.com](mailto:nando79935@yahoo.com). For information about JRI’s research projects visit its website at <http://jornadaresearchinstitute.com/>.

## Alamo receives digital makeover

By Brittany Eck  
*Special to the Courier*

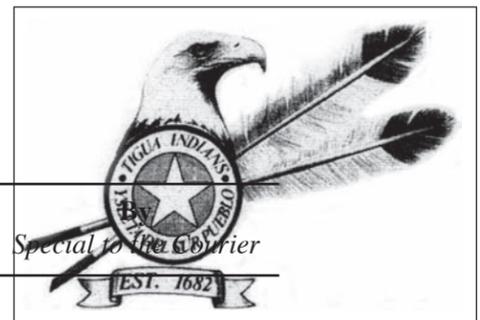
TEXAS – The Alamo has a revamped website. It focuses on enhancing the experience and encouraging more people to visit the real deal. The newly website is a first step in a larger initiative by Commissioner George P. Bush to introduce new educational and interactive technologies to the Alamo visitor experience.

“The Alamo is where Texas’ spirit of independence began and one of my top priorities is to help those across Texas to rediscover this sacred site,” said Bush. “The newly redesigned website has an innovative design that integrates advanced video technology that gives visitors a taste of the Alamo’s 300 year

history. I encourage Texans to visit the Alamo virtually at [TheAlamo.org](http://TheAlamo.org), and then come to the heart of San Antonio for the true experience.”

The General Land Office (GLO) set out to create a website that raised the bar on the typical state government website and push the boundaries of tourism web design. The resulting website features full-screen video, interactive features and other rich content to entice and excite prospective visitors of all ages. However, the site’s large streaming needs demanded a solution that could keep up with over 200,000 unique monthly visitors. To achieve seamless visitor experiences, GLO partnered with Amazon Web Services to host the new site. This partnership provides greater

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– Image courtesy of El Paso Archaeological Society

The logo of Ysleta del Sur Pueblo, shown above, depicts the idea that the Tiguas established their pueblo in Texas in 1682. The tribe actually received a land grant from the Spanish king in 1751. While the Tigua Indians do not agree that the Spanish king had any title to grant, the legal premise is that Texas land titles generally date to Spanish land grants.

## Finances By Nathaniel Sillin

# Getting your finances ready for adoption

The decision to start a family is a joyful event. However, parents considering adoption should consider advance planning for a range of financial issues unique to the process and the child they

hope to bring into their home.

According to the U.S. Department of Health and Human Services, the costs of adopting (https://www.childwelfare.gov) may be a few hundred dollars or

can easily exceed \$40,000 based on the form of adoption you choose.

So how do you get your finances ready for adoption? By doing your homework and making sure the price and processing work of adoption – all adoption resources, rules and requirements differ locally – won't eclipse other essential financial goals like retirement, saving for your future child's education and of course, the higher daily living expenses common to all new families. Start with these tips:

**Evaluate your own finances first.** It's generally a good idea to work with qualified financial or tax experts to evaluate whether you can manage adoption costs from savings or grants you don't have to pay back. Starting a family is a major overall financial commitment no matter what path you take to build yours.

**Know the tax benefits of adoption.** The federal government offers tax breaks for adoption, but you need to study and follow the rules. According to the IRS, tax benefits for adoption include both a tax credit for qualified adoption expenses paid to adopt an eligible child and an exclusion from income for employer-provided adoption assistance. The credit is nonrefundable, meaning that it is limited to one's tax liability

for the year. Any credit in excess of tax liability may be carried for up to five years. Adoptions of special needs children may qualify for special treatment. Visit IRS.gov for more details.

**Check your workplace benefits.** A 2013 Aon Hewitt study said only 12 percent of U.S. employers offered a financial adoption benefit in 1990 rising to 52 percent. Check with your employer to see whether they offer adoption benefits, and factor those benefits into your overall financial plan.

**Know your legal costs.** Adoption is a legal process, and depending on the kind of adoption process you pursue, it is wise to work with an attorney to make sure your application is in order and your rights are being protected.

**Think about insurance.** Life and health insurance options need to be reviewed for cost and thoroughness of coverage before you begin the adoption process. Life insurance may come up as part of the estate-planning process, but health insurance in particular requires special consideration in case the child you plan to adopt has medical or developmental needs.

**Evaluate available adoption grants.** Various community groups, religious organizations

and nonprofit organizations and foundations may be a resource of grant funding for the adoption process. Work with trusted advisors to find out if these resources are reliable and could help you afford your adoption.

**Network and learn.** Many communities and organizations sponsor support and planning groups for parents of adopted kids and those planning to adopt. Depending on the adoption avenue you're considering, make it a point to get to know parents who have already gone through the process to understand all sides of what their lives as adoptive parents are like – make your learning process about more than the money.

**Bottom line:** Adoption is one of life's most rewarding events. The amount of financial planning you can do to support your adoption process will help give your new family the best possible start.

*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

### Buddy check 22

Every day, 22 veterans commit suicide.

Let's parse that statement: 22 veterans, suicide, each and every day.

That number hasn't changed since the Department of Veterans Affairs started keeping track, and it's suspected it might be low. One man, however, has stepped forward to try to bring that number down.

Former Marine reservist Zach Ziegel was equally stunned by the suicide rate, which is twice that of the civilian population. Buddy Check 22 was born. He designated the 22nd day of each month to call at least one veteran and check in. In one day, he had 180,000 hits on his Facebook page.

Isolation is a big part of the reasons for suicide. Check-in phone calls will let a veteran know someone cares and is out there. Here are some things you can do:

- Go online and read about Buddy Check 22.
- Send an email to everyone in your contact list and ask for their help in contacting a

veteran to check in. Send out a reminder email on the 21st of every month.

- Call one or more of your veteran friends and ask how they are doing. If things don't sound right, or if you think you're being lied to, call in reinforcements in the family and let them know of your concern.

- Don't leave out your female friends in either enlisting them to participate or calling to check in. The suicide rate for women veterans is a whopping six times the civilian rate.

- If you're part of a veterans support group, considering adding Buddy Check 22 to the list of what you do for veterans.

Keep these resources handy in your wallet:

Veteranscrisisline.net.  
The 24/7 VA Crisis Line number: 1-800-273-8255, then press 1.

To Get Help NOW: Text to 838255.

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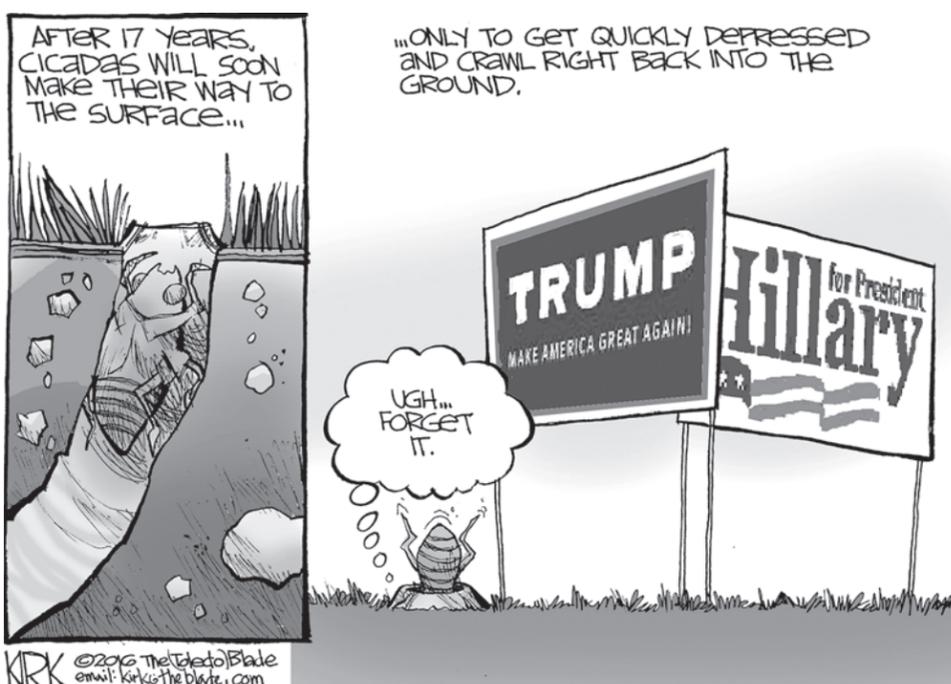
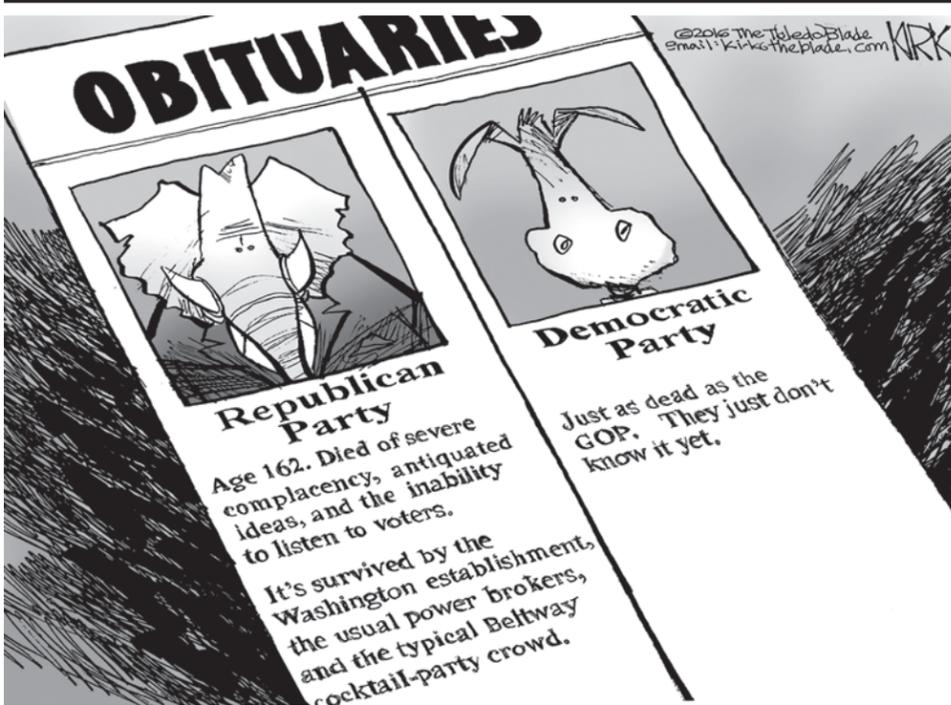
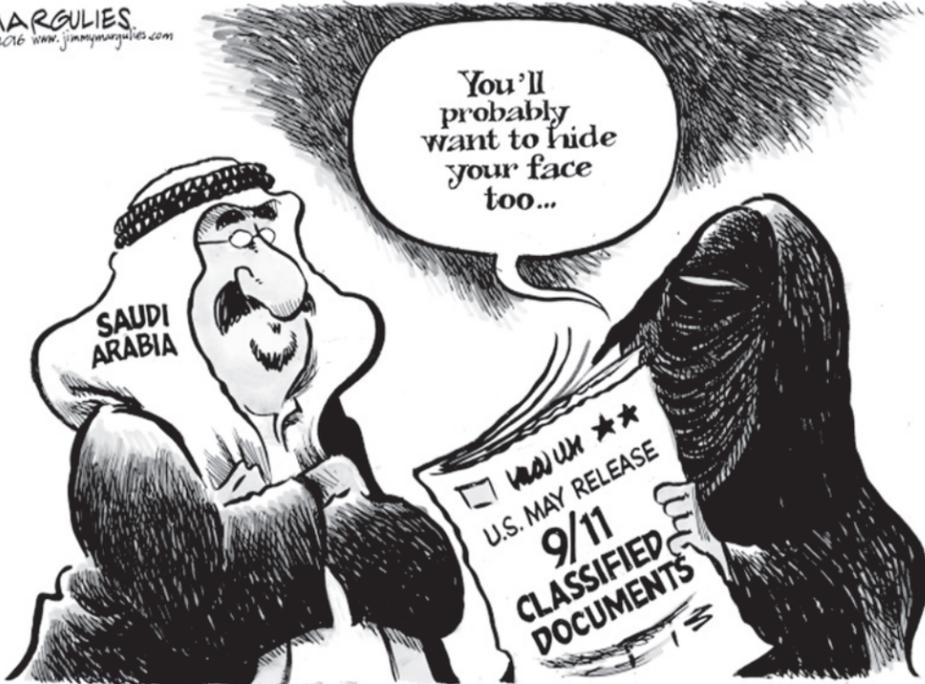
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Saskia, 39, quit for good on the 7th try.



"NO MATTER WHAT ELSE HAPPENS IN 2016, I'LL ALWAYS BE GRATEFUL HARRIET TUBMAN OUSTED ANDREW JACKSON..."

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### Alamo

From Page 1

web security as well as seamless access regardless of proximity to Texas.

"This new Alamo site helps us take this legendary story of sacrifice and courage to the world in a fresh, new, relevant, and beautiful format," said Becky Dinnin, Alamo Director. "It uses cutting edge technology and enables us to do more, and provide an exciting online experience that was never before possible."

The website, which was developed completely by the GLO, is completely responsive for optimum orientation and platform independence. Whether viewed on a desktop, tablet or smartphone, the websites will naturally adapt to fit the screen providing a clean, contemporary and intuitive feel. Additionally, the website is now 508 compliant to enable accessibility for all users.

At least 2.5 million visitors 'Remember the Alamo' each year, making the historic site the most visited tourism destination in Texas. Most know the Alamo for the 90-minute battle that led to Texas' independence from Mexico, but the Alamo has a much deeper history to tell.

As the flagship tourism site for the state of Texas, the Alamo needed a website worthy of it.

### People know Pueblo for its...



### Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov). You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



U.S. General Services Administration

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Learn more at [StrokeAssociation.org](http://StrokeAssociation.org) or 1-888-4-STROKE.



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American Stroke Association

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# Socorro ISD gives students tech, community-wide web access

By Christina Flores-Jones  
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District is committed to ensuring all students are future ready by providing a high-quality education with innovative digital learning systems and access to the latest technological resources.

As part of Operation Future Ready efforts, Team SISD

students have the latest digital tools, such as laptops and tablets, at their fingertips, and classrooms, labs and libraries districtwide are equipped with high-speed and Wi-Fi Internet access. The high-tech tools in SISD give students more blended learning opportunities, which combines traditional face-to-face instruction with web-based online learning.

In addition, the district offers a web page at [www.sisd.net/](http://www.sisd.net/)

Page/46396 that lists businesses within the Team SISD community that offer free Wi-Fi connectivity.

The free Wi-Fi locations page allows students and parents to quickly locate establishments where they can use the Internet for free on phones, tablets and other mobile devices.

“Internet access is critical to 21st century education,” said Miguel Moreno, SISD’s instructional technology coordinator. “It allows students to complete school work, engage in new digital learning lessons, and utilize their campus administered technology devices to get ahead in their school work at all times.”

The Wi-Fi page includes a map and is user-friendly. Business owners and community members can also assist in keeping the list current by submitting information to add or remove locations that offer free Wi-Fi service.

Click on the link Add or Remove Location Here on the bottom of the Wi-Fi page to fill out and submit the online form.

SISD’s Operation Future Ready, which is aligned to the federal ConnectED initiative, is moving the district forward in investing in technology to advance teaching and learning, fully training educators to utilize new resources, and offering more technological devices for student use.

In addition, for the 2015-2016 school year Team SISD was approved for \$2.6 million in E-rate funds, a federal program that gives school districts and libraries the opportunity to apply for discount services with Internet

access, broadband connectivity and network equipment. This allows Team SISD the opportunity to further expand and improve

the district’s infrastructure to give all students access to high-speed Internet access and technological support.

## STRANGE BUT TRUE

By Samantha Weaver

• It was 20th-century English novelist E.M. Forster who made the following sage observation: “We must be willing to let go of the life we have planned, so as to have the life that is waiting for us.”

• If you’re a pogonophobe, the rise of hipsterism in recent years is not good news – anyone afraid of beards isn’t going to get far in public these days without confronting one.

• For centuries, the wrinkling of skin on fingers and toes when they soak in water was cause for puzzlement (among those who take the time to wonder about such things, if nobody else). Researchers believe they’ve found the answer: traction. Like the treads on a tire, the wrinkles of wet skin help improve the gripping power of our extremities; for our ancestors, this made it easier to walk and grip objects during wet seasons.

• You might be surprised to learn that immigration was not a national issue until the late 19th century. Up until 1890, when President Benjamin Harrison declared Ellis Island to be the first federal immigration center, foreigners who wanted to live in America were handled on a state-by-state basis.

• John Sylvan is known as the creator of Keurig coffee pods, used in abundance throughout the world these days. Despite the success of his inventions, however, he refuses to use them himself; he says that he abhors the effect the non-recyclable, non-biodegradable pods have on the environment.

• Of all the actors who have portrayed James Bond in films before 2015, Pierce Brosnan racked up by far the most kills per movie. (The tally for last October’s “Spectre” has not yet been counted.)

Thought for the Day: “It is paradoxical that many educators and parents still differentiate between a time for learning and a time for play without seeing the vital connection between them.”

– Leo Buscaglia

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## MOMENTS IN TIME

The History Channel

• On May 16, 1929, the first-ever Academy Awards ceremony is held. Some 270 people attended, and tickets cost \$5 each. After dinner, complete with numerous speeches, actor Douglas Fairbanks handed out 15 awards in a five-minute ceremony.

• On May 17, 1965, after a two-year investigation, the FBI declares the supposedly pornographic lyrics of “Louie Louie” to be officially unintelligible. Agents had purchased numerous versions of “Louie Louie” played and re-played the song at different speeds in their laboratory.

• On May 18, 1917, six weeks after the United States formally entered the First World War, the U.S. Congress passes the Selective Service Act, giving the U.S. president the power to draft soldiers. Within months, some 10 million men had registered.

• On May 19, 1715, the colony of New York passes a law making it illegal to “gather, rake, take up, or bring to the market, any oysters whatsoever” between May and September. This regulation was one of many passed in the early days of America to help preserve certain species.

• On May 20, 1873, San Francisco businessman Levi Strauss and Reno, Nevada, tailor Jacob Davis are given a patent to create work pants reinforced with metal rivets, marking the birth of one of the world’s most famous garments: blue jeans. They were originally called “waist overalls.”

• On May 21, 1881, humanitarians Clara Barton and Adolphus Solomons found the American National Red Cross to provide humanitarian aid to victims of wars and natural disasters.

• On May 22, 1856, Rep. Preston Brooks (D-S.C.) savagely beats Sen. Charles Sumner (R-Mass.) in the halls of Congress as tensions rise over the expansion of slavery. Wielding the gold-topped cane he used for injuries suffered in a duel over politics in 1840, Brooks entered the Senate chamber and attacked Sumner at his desk.

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## San Elizario Independent School District PUBLIC NOTICE

### Public Meeting to Review Federally Funded Programs

The San Elizario Independent School District will conduct a public information meeting to review the following SEISD Programs funded by Federal funds:

- Title I, Part A – Improving Basic Programs
- Title I, Part C – Migrant Program
- Title II, Part A – Improving Teacher and Principals Quality
- Title III, Part A – Limited English Proficiency (LEP)

The meeting will be held:

**Tuesday, May 17, 2016, 9:30 a.m. - 10:30 a.m.**

Public review of the Federal Application for Educational funding for San Elizario ISD will be in the San Elizario ISD Administration Board Room at 1050 Chicken Ranch Rd., San Elizario, Texas.

SEISD does not discriminate against any individual with regard to race, color, national origin, age, religion, sex, marital or veteran status, the presence of a medical condition, disability, or any other legally protected status. 42 U.S.C. 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051.

## San Elizario Independent School District AVISO PÚBLICO

### La Junta Pública para Revisar los Programas de Fondos Federales

El Distrito Escolar Independiente de San Elizario llevará a cabo una junta pública para revisar los siguientes programas, fondos federales:

- Título I, Parte A – Mejorando Programas Básicos
- Título I, Parte C – Programa para Estudiantes Migrantes
- Título II, Parte A – Mejorando la Calidad de Maestros y Directores
- Título III, Parte A – Servicios de educación para estudiantes de segundo idioma

La junta se llevará a cabo:

**Martes, 17 de Mayo, 2016, 9:30 a.m. - 10:30 a.m.**

La Revisión Pública de la Solicitud Federal para Fondos Educativos para el Distrito de San Elizario se llevará a cabo en el Salón de Juntas en las oficinas administrativas localizada en 1050 Chicken Ranch Rd.

SEISD no discrimina a ningún individuo a causa de su raza, de su color, de su nacionalidad, de sus creencias religiosas, de su género, de su estado legal, o de veterano, ninguna condición médica o incapacidad, o ningún otro estado legal. 42 U.S.C. 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051.

WTCC: 05-05-16

## Briefs

From Page 1

Paula Span recently reported on the dangers of multiple doctors prescribing multiple medications and the mountain of new pills available for those who tend to self-medicate, says AMAC. She noted, for example, that Harvard researchers found that 39% of seniors over 65 take “five or more” pills a day. Span also noted that the journal, JAMA Internal Medicine, published a national study of individuals 62 to 85 year of age. “More than a third were taking at least five prescription medications, and almost two-thirds were using dietary supplements, including herbs and vitamins. Nearly 40 percent took over-the-counter drugs.” Perhaps the issue needs to be openly addressed by patients and their families who might ask doctors to review their patients’ medications on a regular basis.

– John Grimaldi



# UTEP's basketball team suffers from rotating roster

By Steve Escajeda  
Special to the Courier

The one thing no one can control: Character

The dictionary defines "consistency" as a common pattern of behavior.

So I guess the UTEP basketball program can be described as being consistently inconsistent.

Over the last few years the roster has been as reliable as a Brett Favre retirement speech.

It seems as though every time a name is added to the program, a name is taken off; a kind of "two steps forward, two steps back" kind of problem.

Since the 2016 season ended, just a month-and-a-half ago, four players who were scheduled to return next season – won't.

The team's leading scorer, Lee Moore, decided to turn pro. He's not nearly good enough to make any NBA roster so he'll probably make his money out of the country.

It was also announced that seldom used big man Christian Romine had decided to

transfer. It was pretty obvious that he was never going to see much action in a UTEP uniform.

Then last week a couple guys who did figure in the Miners' future plans left the program. Center Brodricks Jones and forward Josh McSwiggan announced that they too, were transferring away from UTEP.

Jones was a couple years away from really helping the Miners and McSwiggan, who never played a second after making the trek here from his native England, was said to be the real deal.

We'll never know. If you listen to the local talk radio shows, local fans (who claim to know the answers) blame this on the coach Tim Floyd. Some blame it on the school, the conference, the administration, and some even blame the players.

I believe the answer is yes, all of the above.

It's a little bit of everything. There are some players that Floyd sees will never make it here. There are some players who will say that Floyd is too tough and unrelenting. There are some players who feel that they'll never get the exposure here

that they would get at a bigger program. There are many reasons why players leave programs. You see players leave the big schools all the time.

What hurts the Miners is the fact that they always seem to be reloading. They seem to always be tweaking the lineup instead of going into a season knowing their identity.

Whether it's dealing with McDonald's All-Americans who change their mind before even coming here, or superstar players who leave to turn pro a year too early, or a group of players who are kicked off the team for gambling, or just players who become homesick or are dissatisfied with their playing time, UTEP has had more than its share of departures.

Maybe it's bad luck. Maybe it's poor timing. Maybe Floyd is too strict. Maybe players today aren't tough enough.

Whatever the case, inconsistency is not a good thing for any successful college basketball program.

The good news is that the Miners continue to add to the program.

UTEP picked up a couple of guards last week. Chris Barnes, 6-3 from Compton, Ca. signed a letter of intent. Adrian Moore, 6-4 from Little Rock, has committed to

the Miners but hasn't signed yet. The Miners have also signed Roman Silva, a 7-1 center from California and two more guards, Deon Barrett, 5-10 from Lancaster, Tx. and Tim Cameron, 6-4 out of Virginia.

Again, a lot of steps forward and a lot of steps back.

And as in past years, it'll take many of the new Miners a big chunk of the season to get acquainted with many of the old Miners before they can become a consistent unit.

Once again next season, UTEP will be ranked as one of the youngest and most inexperienced teams in the nation with only one senior on the roster.

What makes that fact even more ironic is that the one senior, Dominic Artis, has only played here for one season.

There's no doubt that Tim Floyd doesn't put up with players who won't put it all out on the line every game and every day at practice.

Some players, who never heard a discouraging word in high school, can't take the discipline.

Those who can, are in the right program with the right coach.

## A sporting view By Mark Vasto

### Blood and guts

Apparently it is now necessary to talk about Curt Schilling. Schilling, as most sports fans remember, was a brilliant pitcher. Without a doubt he belongs in the Major League Hall of Fame. Let me reiterate that: Without a

doubt, a Hall of Fame pitcher. Schilling was certainly a guy you wanted on your team, certainly a guy you wanted to take the ball every four or five days. He was a power pitcher and he was a control pitcher, but more than

anything he was a gamer. The game I most remember – and to me, the second greatest exhibition of sport and athleticism – was the time he had Red Sox doctors staple his foot tendon to the bone so he could beat the Yankees while proceeding to bleed all over the mound that once held Jack Chesbro, Red Ruffing, Whitey Ford, Ron Guidry and Mariano

Rivera aloft. Along the way, he served to singlehandedly abolish the ludicrous notion of a "curse" suffered by the team. If memory serves, he actually told reporters before the game that "aura" and "mystique" were stripper names, and he didn't believe in that, or in a curse, because he was Christian. But times have changed, and maybe we shouldn't be surprised that an athlete like Schilling seems mired in the past. He wouldn't be the first athlete to do so... that's why they call old memories "glory days."

your mark on the world. Nobody knows the name of the architect of the pyramids, for instance, and very few people can name an accomplishment of a politician born just a few decades ago. Many people would be hard pressed to name the presidents carved into Mt. Rushmore, and it'd be otherworldly to find someone who knows who Mr. Rushmore was. We keep score by putting names on streets (how many people in Chicago know that Cermak was an assassinated mayor?), airports (LaGuardia?

It is very difficult to leave

See SPORTS, Page 8

#MINERSTRONG

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Deadline: Monday, 4 p.m.  
Please print. Send form and payment (no cash) to:  
West Texas County Courier  
15344 Werling Ct.  
Horizon City, TX 79928

Contact Information:  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_

# Comix

# Your good health

*By Keith Roach, M.D.*

## OUT ON A LIMB

*By Gary Kopervas*

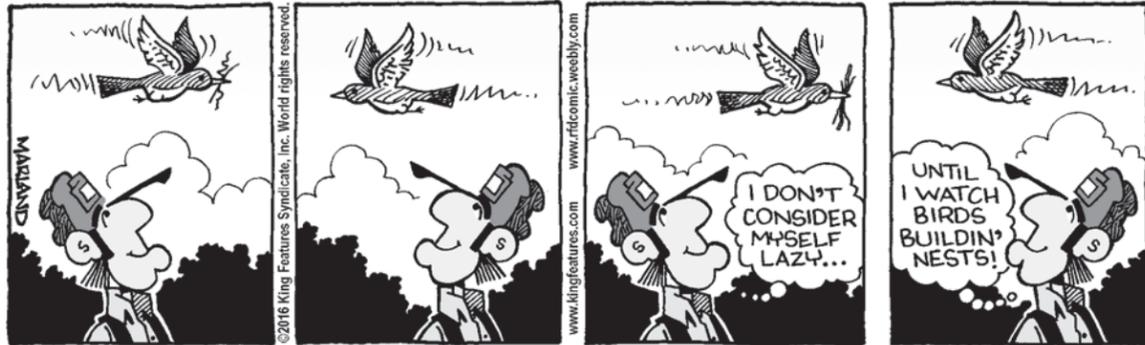
## AMBER WAVES

*By Dave T. Phipps*

## THE SPATS

*By Jeff Pickering*

## R.F.D.

*By Mike Marland*

**DEAR DR. ROACH:** You advised an 81-year-old farmer who was drinking an energy drink several times a week to "stick with coffee" in order to avoid the added sugar in the energy drink. What is your opinion of getting an equivalent amount of caffeine through over-the-counter caffeine pills instead of coffee? I am a 55-year-old woman, and except for being overweight, I am in excellent health. I exercise daily, sleep well at night and have no complaints whatsoever. I get about six or seven hours of sleep a night, and am a naturally early riser. I do not drink either tea or coffee (don't like the taste), but I have found that if I take one half of a 200-mg caffeine pill immediately on arising, it does wonders for my mood and productivity. On some days I take a second pill in the early afternoon, and rarely, a third in the evening, though never later than 6 p.m. Is there anything wrong with this? I've found that many people who drink several cups of coffee a day seem to look askance at me because I get my caffeine a pill. — A.C.

**Care Act does include this under preventive care for individuals 60 and over. Preventive care is covered at 100 percent for health plans that are not grandfathered. (Grandfathered health plans are plans that have been continued virtually unchanged since 2010. They are not required to comply with all aspects of ACA, so these plans might not provide this service.) You also may be interested in knowing that, in our area, the Department of Health clinic does offer the shingles vaccine for a fee of \$5 for individuals over the age of 50 who do not have it covered under a health plan. I am not aware if this is unique to our area, or if it is a widespread provision.**

Some people drink coffee for the caffeine; some people drink decaf to avoid the caffeine; most people like both the taste and the caffeine effect. You are unusual in only wanting the caffeine effect.

A 16-ounce cup of coffee at a large chain contains 330 mg of caffeine. I don't see anything wrong with taking caffeine pills the way you are. However, some people won't sleep well if taking as much as you are.

**DEAR DR. ROACH:** I read your column regarding the high cost of the shingles vaccine. I am an insurance agent who is often asked about coverage for the shingles vaccine. The Affordable

Thank you for writing. Others wrote to me that their Department of Health paid for most or all of the cost. Some said they could get the vaccine covered at a pharmacy but not at physician's offices.

Readers: Shingles questions are among the most frequently asked. The booklet on the shingles virus answers many of them. Obtain a copy by writing: Dr. Donohue — No. 1201W, 628 Virginia Drive, Orlando, FL 32803. 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.

*Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2016 North America Synd., Inc. All Rights Reserved.*

# Super Crossword

### TAKEN AS A HOLD

- 1 "Honor Thy Father" author Gay \_
- 7 Lesley of "60 Minutes"
- 12 Nasty online argument
- 20 Heist halters
- 21 "Well, golly!"
- 22 Black, chewy candy
- 23 Put something on one of the planets?
- 25 One present at an event
- 26 Deposit at a river's mouth
- 27 Graceland's city acquired by a buyer?
- 36 Cariou of "Applause"
- 39 Rookies
- 42 Hears about
- 46 "Big \_" (nickname of baseball's David Ortiz)
- 48 Rival of Sam's Club
- 53 In that case
- 54 Steroid user's physique?
- 58 Repair shop

### ACROSS

- 59 Routine task
- 60 Has no entity
- 61 Provide with an ability
- 62 Oahu gift
- 63 Some South Africans
- 66 Animal home
- 68 Actress Charlotte and explorer John
- 69 Green gem's chief constituent?
- 74 Algerian port
- 75 Plastic film measure
- 76 "\_ vincit amor"
- 77 Actor Scheider
- 78 Lacking in resonance
- 80 High tennis hits
- 82 Swindle
- 84 "Undercover Boss" airer
- 87 Comment to a baseballer from a fan who's studied his fly-catching technique?
- 91 Jai \_
- 92 Spirited session?
- 93 "Ac-cent-\_-ate the Positive" (1945 hit)
- 94 Bad way to finish a race
- 96 Major name in insurance
- 99 Not masc.
- 101 Haunting
- 102 Indy's 200
- 106 Six: Prefix

### DOWN

- 1 Price's place
- 2 Boxing great
- 3 Loo, for short
- 4 In advance of
- 5 Wee bit
- 6 Cosmetician
- 7 Took care of
- 8 Low tie score
- 9 Farmer's sci.
- 10 Ship steerer
- 11 Word before hosen
- 12 \_ Bird (notoriously hard game app)
- 13 More supple
- 14 Opera's start
- 15 Homer Simpson's favorite bar
- 16 Artist Max
- 17 Black \_ (spider type)

- 108 Ice cube?
- 112 Slightly feral?
- 116 Davis with a 1988 Oscar
- 117 Gratification
- 118 Precious metal one keeps for many years?
- 124 UPS cargo
- 125 Immature egg
- 126 See 121-Down
- 127 Most thin, as fabric
- 128 Affirmative responses
- 129 Eats into

- 18 Fast Amtrak service
- 19 Bulrushes
- 24 Tirana's land: Abbr.
- 28 Themes
- 29 Comic Hardy, briefly
- 30 Shoals
- 31 "Stop, mate!"
- 32 Rex Stout's Wolfe
- 33 Pt. of DOJ
- 38 No, in Fife
- 40 Fall mo.
- 41 Drink with a lizard logo
- 43 Major rift
- 44 Hugs, in text
- 45 Skirt ruffle
- 47 Penitentiary
- 49 Solar beam
- 50 Like some waves
- 51 Hip, with "in"
- 52 Lofty tributes
- 55 Light in signs
- 56 Captivated
- 57 Newsy note
- 59 "Meh" grade
- 62 Beatle John
- 64 U.N. division
- 65 Sleep activity
- 67 Poet Pablo
- 69 Tot's vehicle
- 70 Barbera's partner
- 71 Crop holder
- 72 Poodle name
- 73 Diviner's aid
- 74 Sitcom sot
- 79 Female youth gp.
- 81 Popular way to

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			
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127										128					129						

# MOORE TEXAS

by Roger Todd Moore

Texas circa the 1870's : The U.S. govt. openly sanctioned the wanton killing of the major food source of native Americans, the buffalo, arguing it would help "civilize" the Indians.



# Social Security Q&A

By Ray Vigil

**Q:** What is full retirement age?

**A:** Full retirement age is the age at which a person may first become entitled to full or unreduced retirement benefits. Your full retirement age depends on your date of birth. For people born before 1938, it's 65. For those born after 1959, it's 67. If your birthday falls between 1938 and 1959, your full retirement age is between 65 and 67. (The age for Medicare eligibility is 65, regardless of when you were born.) For more information, go to <http://www.socialsecurity.gov/planners/retire/retirechart.html>.

**Q:** My grandfather, who is receiving Supplemental Security Income (SSI), will be coming to live with me. Does he have to report the move to Social Security?

**A:** Yes. An SSI beneficiary must report any change in living arrangements within 10 days after the month the change occurs. If the change is not reported, your grandfather could receive an incorrect payment and have to pay it back, or he may not receive all the money due. Just as importantly, your grandfather needs to report the new address to Social Security to receive mail from us. You can report the change by mail or in person at any Social Security office or call Social Security's toll-free number at 1-800-772-1213 (TTY: 1-800-325-0778). You can get more information by reading the booklet Understanding SSI, at [www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi).

**Q:** I found out that my son entered incorrect information about my resources when he helped me complete my Application for Help with Medicare Prescription Drug Plan Costs. How can I get my application changed now to show the correct amount?

**A:** You can call 1-800-772-1213 and let us know. Or you can visit your local Social Security office (find it by using our office locator at [www.socialsecurity.gov/locator](http://www.socialsecurity.gov/locator)). Information on your application will be matched with data from other Federal agencies. If there is a discrepancy that requires verification, we will contact you.

For more information on any of the questions listed above, visit our website at [www.socialsecurity.gov](http://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		24
x		x		x	
	x		-		19
+		+		÷	
	+		+		17
21		25		16	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

2 3 4 5 6 7 8 8 9

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Answer Page 5

# Weekly SUDOKU

by Linda Thistle

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

◆◆◆ HOO BOY!

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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: X equals A

TSBKSNGE X UVYYNGE IANYU,  
N AYXBQ X TRVNFYJXG BSG  
NGIR X FASBFA XGQ MYVV

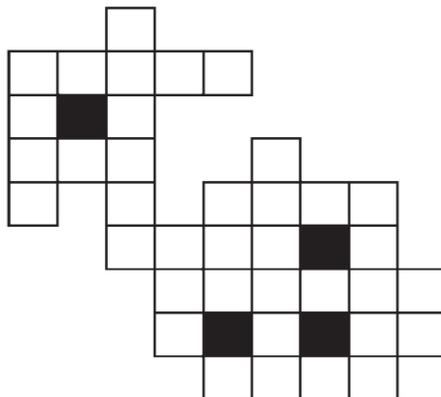
"KIRT AMJG!"

Answer Page 5

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- TOP
- ♥ LUNARE
- THYCA
- ♥ URTO
- NORTEC
- NUF
- LYNO
- ETFUL
- ROU
- HNFCER
- NOYOL
- ♥ TIFL



Answer Page 5

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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# Sports

From Page 6

Also a mayor.) and currency. Really the only other place we revisit and venerate anybody outside of a church is in our sports cathedrals and record books.

Curt Schilling was my favorite baseball analyst. Oftentimes he would predict the next pitch, and other times really get you into the mindset of a pitcher. That, however, wasn't enough for him. Somewhere along the way he decided to ridicule transgendered people, and he was fired for that. It doesn't take a brain surgeon to guess that transgendered people were not welcome in the bathrooms of his locker rooms growing up, and while I always espouse the concept of free speech, Schilling's case proves once again that free speech does in fact come with a cost.

Schilling had guts when he played, he bled on the mound, but being a baseball analyst simply was not enough for him. Clearly, he was never ready for the bloodthirsty crowd that simply didn't want to hear what he was saying anymore. I hope he gets another shot, but I won't be surprised if he again shoots himself in the foot. For some people, it's never enough.

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