



NEWSBRIEFS

Schools closed

All El Paso County school districts and El Paso Community College will be closed Monday, May 30 in observance of Memorial Day.

Prestigious scholarship

Itzel Tejada has been awarded the Jack Kent Cooke Foundation Undergraduate Transfer Scholarship worth up to \$40,000 a year to complete a bachelor's degree at a four-year college or university. Tejada attends El Paso Community College. 75 community college students form a competitive nationwide pool this year. All of the Cooke Undergraduate Transfer Scholarships have financial need and strong records of academic achievement as shown by grades, leadership skills, awards, extraordinary service to others and perseverance in the face of adversity. Itzel Tejada said, "This is a tremendous honor. This opportunity will allow me to pursue my studies and to one day give back to the community who has provided so much support for me." The Cooke Foundation Undergraduate Transfer Scholarship is the largest private scholarship in the nation for students transferring from two-year community colleges to four-year institutions that award bachelor's degrees.

— Ismael De La Rosa

Growing old with grace and dignity

A New York Times opinion writer got off to a wrong start with senior citizens when he kicked off his column on aging with a litany of the afflictions we face as we grow older, reports the Association of Mature American Citizens. "You are milling in the anteroom of the aged," the author warned. Readers appeared to be largely offended. One letter to the editor said the essayist "sounds more like a Debbie Downer than a guru on aging. He seems to recognize few advantages to late

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The best employees work as hard for their employers as though they are self-employed.

— Quips & Quotes

County gets new chief administrator

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Betsy Keller is El Paso County's new chief administrator.

Commissioners Court recently selected her to fill the position that was left vacant in October when Steve Norwood was fired after only nine months on the job.

Commissioners voted unanimously in early May to name Keller their chief

administrator. The entry-level salary for the position is \$186,000 a year. Keller, 44, was competing for the job against Roberto Hernandez, the deputy county administrator of Broward County in Florida.

Keller has worked in El Paso County government offices for the past eight years – seven years as the county's human resources director, six months as assistant county chief administrator, and the past six months as interim chief administrator. She was appointed to her latest position in October when the Commissioners Court terminated Norwood's contract.

"I'm so honored that they have selected me as their first female chief administrator for the county," Keller stated publicly after hearing the good news. "The success of a leader is based on their team, so I feel this is a vote of confidence in the leadership team we have here at El Paso County," she added.

Keller, who is a native of Alamogordo, New Mexico, brings almost 20 years of experience in public service to the position. Currently, she oversees eight departments, and she is responsible for the day-to-day operations of the county.

Keller, a mother of four children, was

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— Photo courtesy El Paso County

READY TO DO THE JOB – New El Paso County Chief Administrator Betsy Keller, above, said that she knows Commissioners Court has big expectations of her and that there are a lot of things to do.

Students chosen for summer research projects

By Jim Heiney
Special to the Courier

EL PASO COUNTY – Nine El Paso

Community College (EPCC) students in the Science, Technology, Engineering and Mathematics (STEM) program have been chosen to be part of the Louis Stokes Alliance Minority Participation

Program (LSAMP). The program provides undergraduate students with the opportunity to conduct undergraduate

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— Photo courtesy El Paso Community College

SUMMER STUDIES – From left, Kimberly Ornelas, Hazael Hernandez, Itzel Tejada, Noe Calderon and Blake Mireles along with four other El Paso Community College students will spend this summer doing research through the Louis Stokes Alliance Minority Participation Program.

Finances By Nathaniel Sillin

Joining your friend's wedding party without going broke

If a close friend or family member is getting married it's an honor to be asked to join the wedding party. However, if your budget is tight because you're saving up for a financial goal, paying off bills or have had a recent financial reversal like the loss of a job, you might need to do some thinking before

you say yes. The average spend by bridesmaids and groomsmen can exceed \$1,000 for clothing, wedding and shower gifts, bachelorette or bachelor party expenses and other incidentals. Add any number of factors – more expensive dresses, a purchased tuxedo, an upscale gift registry, a destination wedding – and suddenly, the cost of standing up for a friend's wedding can rival a rent payment, or beyond.

It can be tough to refuse a friend who wants you to be in his or her wedding – planning, saving and bargaining can help you avoid having to turn them down. Here are some ideas to potentially lower the wedding party's costs on the key items:

Clothing. Men luck out a bit in the tuxedo rental department because group discounts are often available for wedding parties. (Note to guys: If you're not going to get at least four wearings out of a tux, you may want to forego buying one.) However, for women, the landscape can get trickier – you'll probably never wear that dress again. So maybe it's time for negotiation with the couple. If the dresses or suits don't have to be identical, you can consider second-hand shops and online resale sites that can save significant money. Second-hand

can be a big winner as well. **Gifts.** With more pre-wedding events going co-ed, men and women in wedding parties may be buying both shower and wedding gifts for the couple. How can you cut that cost? The attendants can split a bigger gift at a lower cost per person. If you're already investing a significant amount of money in the wedding, consider a more sentimental gift that won't cost as much but will still be meaningful. If you want an alternative option to the typical registry gift, think about contributing to the couple's honeymoon fund.

Travel. Start searching for discounts the minute you're asked to participate, particularly on air and hotel – waiting will likely impact your budget. If the wedding is out of town or if overnight stays become a necessity, driving or rooming with other attendants can be a good option. Food costs can be cut by packing food for the drive. If friends live near by the wedding destination, ask if you can stay with them. Stay close to the proceedings – after all, cabs and onsite rental car costs add up, so it's wise to minimize travel distances. One last tip – check all your travel options one last time before you head to the wedding. Check to see if there are any special deals, price changes or upgrades to your

travel or accommodations that you can take advantage of.

Pre-wedding celebrations. Bachelor and bachelorette parties are notorious for being over-the-top, but that doesn't mean you have to empty your savings to show the couple a good time. For safety and savings, consider locations with plenty of restaurants and bars close together so you can walk from place to place. Home-based parties can be a fun option, too.

After considering all these options, what if you still need to say no? Don't wait. Be early and be honest with your friend. And offer to help in any way you can.

Bottom line: Before you say "yes" to the dress, the tuxedo or the other list of expenses common to the wedding party, do some thinking about alternatives the couple might go for. The right amount of finesse and creativity can preserve your friendship and your budget.

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

Above and beyond?

Two Department of Veterans Affairs employees are in the running as finalists for the 2016 "Sammies." The Samuel J. Heyman Service to America medal goes to government employees as a show of appreciation for their work, specifically "breaking down barriers, overcoming huge challenges and getting results."

This year's crop of finalists includes a Homeland Security employee who worked to expose drug cartels. Other finalists worked to improve safety equipment for firefighters and police officers, promote the use of pollution-monitoring equipment and help halt the spread of avian flu. Another prevented the collapse of a dam. Yet another used crowd-sourcing, challenges and prizes as a means of solving national problems.

The VA's first employee finalist to be nominated (a director) "created two nationwide programs to help high-risk, high-need veterans receive the comprehensive medical care, housing assistance and social services they need." He oversees

programs at 62 VA medical facilities.

The second VA finalist (a deputy director who oversees 300 staffers) "reduced recidivism among veterans caught up in the criminal justice system and lowered their chances of becoming homeless by providing housing, job counseling and mental health and drug-treatment services."

Color me confused. Are their accomplishments – helping veterans – not the goals of the VA as a whole? Shouldn't every employee at the VA be working toward the same level of care for all veterans?

When it comes to handing out awards for going above and beyond, I'd much rather give my kudos to those at the bottom of the pile: those who are down in the trenches, working face-to-face with veterans who need care or housing or a leg up or a claim completed in a decent timeframe, or even those whistleblowers who bring attention to the many things that are wrong at the VA.

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Briefs

From Page 1

middle age, and to focus instead on the disadvantages." Another reader pointed out that "aging isn't just about losing capacities and about saving them with a new activity like tennis. It's also about accepting and deepening who you are and using what you have to continue to learn and grow." Yet another expressed her surprise that the author was only 63 years of age. "In 1996, when I was only two years younger than [the author] is now, I was just entering Peace Corps preservice training in Moldova. My husband

and fellow trainee was 70. We felt like teenagers."

— John Grimaldi

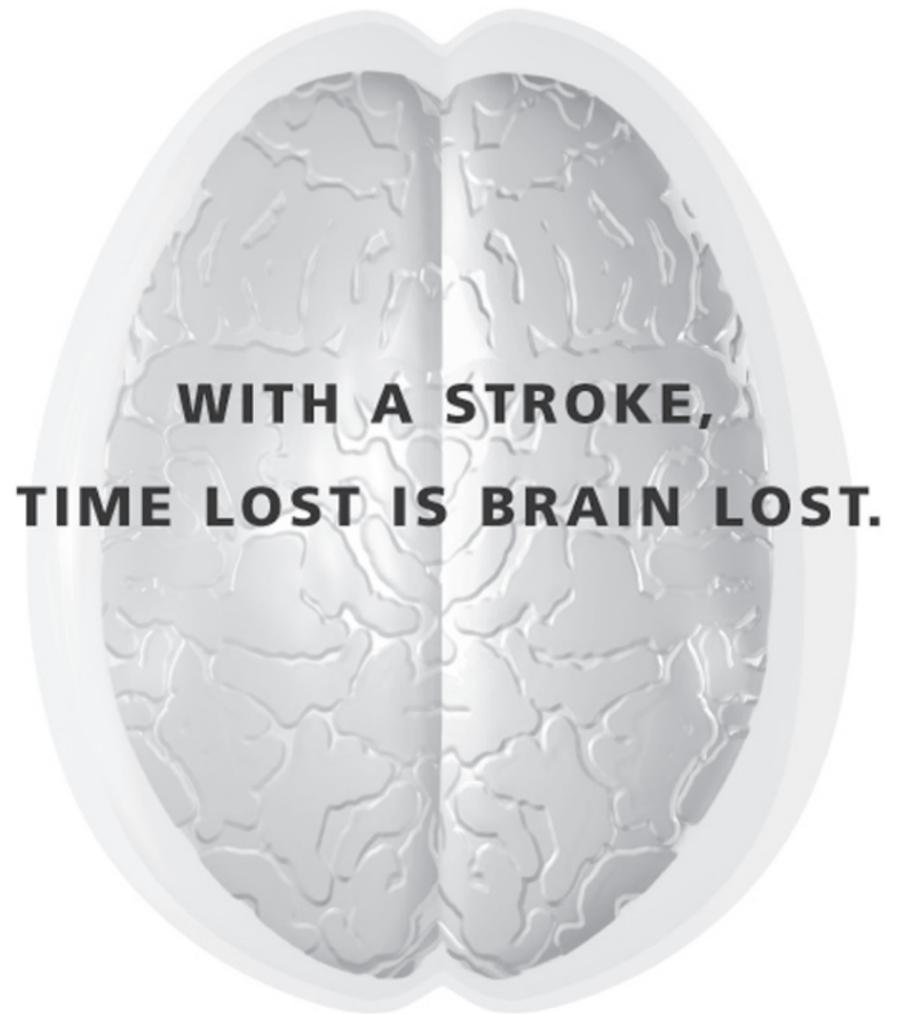
Centenarian sets new world record

Ida Keeling, the 100-year-old sprinter who set a new world's record for the hundred meter dash at the Penn Relays in Philadelphia recently, had advice for seniors as she accepted her trophy, according to the Association of Mature American Citizens. "Love yourself. Do what you have to do, not what you want to do. Eat for nutrition and not for taste. And exercise at least once a day." Keeling ran the 100 meters in 1 minute, 17.33 seconds.

— John Grimaldi

JOB FAIR - May 31, 2016

San Eli Supermercado wants to hire people for the following positions:
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State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com



STRANGE BUT TRUE
By Samantha Weaver

• It was early 20th-century Irish author Robert Wilson Lynd who made the following sage observation: "The belief in the possibility of a short decisive war appears to be one of the most ancient and dangerous of human illusions."

• If you find yourself with a dull pair of scissors, try this trick: Fold a piece of sandpaper in half, rough side out, and make repeated cuts until the blades are sharp again.

• In 1980, 16 Danish seamen issued a Mayday call and abandoned their sinking ship, leaping into the frigid waters of the North Sea. Despite the fact that the water of the North Sea is so cold that it can kill a person in half an hour, all 16 sailors, who all were wearing life jackets, survived three times that long, and all were alive when rescuers arrived 90 minutes later. The sailors were immediately taken below decks on the rescue ship, wrapped in blankets and given warm drinks. Seems like a happy ending, doesn't it? Nope. After reaching supposed safety, all 16 of the rescued sailors suddenly dropped dead.

• The word "infant" is derived from the Latin word "infans," which means "unable to speak."

• If you're a pet owner, you probably know that the epidemic of obesity is not limited to humans; many pets are overweight, too. You might be surprised to learn, though, that some pet owners choose to deal with the problem in a way that we usually associate only with people: liposuction. Yes, you can get cosmetic surgery for your pets.

• Those who study such things say that in Norway, there are 1,800 lakes that have no fish at all.

Thought for the Day: "I was a late bloomer. But anyone who blooms at all, ever, is very lucky."

– Sharon Olds

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If you have a family history of type 2 diabetes, you are at risk of the disease.

It's about small steps: Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

For free information about preventing type 2 diabetes, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.



www.YourDiabetesInfo.org

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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CryptoQuip Answer

When Andy of Mayberry used fabric to sew his own clothing item, I guess it was Taylor-made.

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County

From Page 1

25 years old when she started working for the clerk's office in Alamogordo. She said she still values her education and the experiences she gained working for the city of Alamogordo. Keller went on to earn a Bachelor of Science from Park University with majors in business management and human resources.

"The city (of Alamogordo) invested in me and it took me from being a single mom on welfare to here I am, sitting in this top administrator job (in El Paso)," Keller stated in a recent newspaper interview.

Keller performed several jobs while working for the New Mexico city. She went from being a secretary to occupying the city clerk's position and then the human resources director's job.

Keller moved to El Paso in 2008. She was hired by the county as the human resources director. She was then promoted to assistant county administrator by the previous county chief

Students

From Page 1

research during the summer through the Summer Research Academy (SRA).

LSAMP is National Science Foundation (NSF) funded and the mission is to increase the number of underrepresented minority students pursuing degrees in STEM careers. The alliance includes all the universities in the Texas system and two junior colleges: EPCC and Tyler College. This year there were a total of 200 applicants.

Itzel Tejada, Noe Calderon, Kimberly Ornelas, Josue Lujan, and Hazael Hernandez were selected to participate in the SRA at the University of Texas (UT) Austin, Blake Mireles was selected to participate in the SRA at UT Arlington and Carolina Jaquez, Claudia Garcia and Edwin Melendez were selected to participate in the SRA at UT

administrator.

As assistant county administrator, Keller said that she worked closely with the Commissioners Court in carrying out and helping commissioners organize their priorities. In a recent news report, Keller stated that she applied for the job because she wanted to continue the work her team is doing and the progress it's making. She stated that after Norwood left the county and she took charge of the office, she did not want to entrust the administration office to

somebody else. County Judge Veronica Escobar told reporters that Keller is going to be at the forefront of helping the commissioners court take on large projects and build a better community.

Escobar said that Commissioners Court intends to play a bigger role in the economic development of this region, and that Keller will play an important role in helping implement the economic development plan that was recently approved by County Commissioners. Keller also will help the county plan future transportation projects, she explained.

"It's just so much that we have to do to help Commissioners Court be able to make the most informed decisions possible; and, to make sure that while they are doing things dealing with strategy and policy, that we are delivering great customer service and are delivering services that meet the needs of our community."

— Betsy Keller

NOTICE OF PUBLIC MEETING TO DISCUSS PROPOSED TAX RATE

The San Elizario Independent School District will hold a public meeting at 5:30 p.m., Wednesday, June 8, 2016 in the SEISD Administrative Office, 1050 Chicken Ranch Rd., San Elizario, Texas.

The purpose of this meeting is to discuss the school district's tax rate that will be adopted. Public participation in the discussion is invited.

The school district has elected to adopt a tax rate before receiving the certified appraisal roll from the chief appraiser(s) of the appraisal district(s) and before adopting a budget. In accordance with Texas Tax Code, Section 26.05(g), the chief appraiser(s) of the appraisal district(s) in which the school district participates has (have) certified to the assessor for the school district an estimate of the taxable value of property in the school district as provided by the Texas Tax Code, Section 26.01(e). In accordance with the Texas Education Code, Section 44.004(j), following adoption of the tax rate, the school district will publish notice and hold another public meeting before the school district adopts a budget.

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$1.108900/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	
Approved by Local Voters	\$0.137400/\$100 (Proposed rate to pay bonded indebtedness)

Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, Tax Code)

	Preceding Tax Year	Current Tax Year
Total appraised value** of all property	\$ 248,238,876	\$ 276,634,969
Total appraised value** of new property***	\$ 10,103,484	\$ 10,199,461
Total taxable value**** of all property	\$ 193,380,055	\$ 214,484,056
Total taxable value**** of new property***	\$ 9,580,483	\$ 9,853,533

* All values identified are based on estimate(s) of taxable value received pursuant to Section 26.01(e), Tax Code.
 ** "Appraised value" is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.
 *** "New property" is defined by Section 26.012(17), Tax Code.
 **** "Taxable value" is defined by Section 1.04(10), Tax Code.

Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness* 27,905,000

* Outstanding principal.

Comparison of Proposed Rates with Last Year's Rates

	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year's Rate	\$ 1.108900	\$ 0.125800*	\$ 1.234700	\$ 625	\$ 8,921
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$ 1.183440	\$ 0.311460*	\$ 1.494900	\$ 730	\$ 8,949
Proposed Rate	\$ 1.108900	\$ 0.137400*	\$ 1.246300	\$ 669	\$ 8,922

*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both. The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year's Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$ 61,621	\$ 66,103
Average Taxable Value of Residences	\$ 35,576	\$ 38,593
Last Year's Rate Versus		
Proposed Rate per \$100 Value	\$ 1.234700	\$ 1.246300
Taxes Due on Average Residence	\$ 439.26	\$ 480.98
Increase (Decrease) in Taxes		\$ 41.72

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is 1.246300. This election will be automatically held if the district adopts a rate in excess of the rollback rate of 1.246300.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance(s)	\$ 13,125,625
Interest & Sinking Fund Balance(s)	\$ 1,657,656

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Montwood baseball team learning hard life lessons

By Steve Escajeda
Special to the Courier

It's great to be young but I think we can all be thankful for getting older.

I know us older folks aren't very happy with the things that age brings with it – like the expansion around the belly, and the wrinkles that seems to crop up everywhere, and the discoloration or total loss of the head of hair we once took for granted.

But there is one thing that we're all thankful the aging process brings to the table – it brings wisdom.

How else can we improve on our behavior unless we mess up the first time around.

All of us spent most of our youth doing things we'd never do today.

Why? Because we learn from our mistakes – we just hope that the initial mistakes aren't too catastrophic.

Young people think they know it all, just like I did at that age. Of course, with no frame of reference, they have no clue what's going on.

So they do things that may seem

irrational to us older guys, but we must always remember that this is their first time around.

How many of us get it right the first time around? No matter what it is.

There was some very disturbing news coming out of Montwood High School last week surrounding the baseball team.

Seems about seven of the upperclassmen decided to mark their territory by establishing their position in the pecking order on the team.

As most bullies do, they picked on younger guys, four sophomores.

They had just lost the first game of the area round playoffs to Midland Lee 3-2.

Some time after, the older players hazed the sophomores by whipping them with a leather whip.

I've got two questions: What year is this? And, who carries around a leather whip?

Thankfully, the younger players didn't keep the incident a secret and told their parents. Parents talked to school officials and the team forfeited the series and headed back to El Paso.

I feel very bad for the players who weren't involved following the forfeiture,

but I don't know how much of a team they would have had left to continue playing without the seven suspended players.

Anyway, in this day and age, it astonishes me that players are still dumb enough to consider any type of hazing as an acceptable behavior.

But the instigators do have one undeniable defense – their youth. They were young and dumb enough to consider it an option.

I'm positive that 10 years from now, with a decade of experience under their belt, they are going to look back on this and not even believe that they could have committed this offense – and be ashamed of it forever.

At least let's hope they all learn from it. There are the occasional morons who never seem to get over the evolutionary hump.

One very good thing is that the young players and their parents are not going to press charges against the older players.

There were no visible marks or welts on the younger players so the whipping didn't appear to be that violent.

But make no mistake – sometimes the mere humiliation can be enough to scar a

young person for life.

Fortunately, that doesn't seem to be the case here.

These seven bullies – and that's exactly what they were at the time – embarrassed their team, their school, their families and their city, with their cowardly actions.

And don't for a second doubt that there will be some idiots out there who will blame the sophomores for the team's forfeiture.

I played every sport imaginable when I was young and of course there's going to be the usual ribbing of the younger guys from the older guys. That happens in every phase of life. It's a rite of passage.

But when you talk about inflicting physical pain or undue humiliation on someone, there's absolutely no place for that anywhere in society.

Unless these guys have protruding foreheads and still walk on the sides of their feet, they should have known that this type of behavior isn't tolerated anymore.

If there is anything good that can come out of this, it's that they've learned some bitter lessons that will serve them well in their adult lives.

A sporting view By Mark Vasto

For the love of baseball

So my cousin – a good kid, lives in Vegas, keeps his nose clean – says to me, “You know... I'd like baseball a whole lot better if they only played, like, 16 games in a season. The season is just too long.”

I didn't want to break up the party (I think it was a Christmas dinner, we were watching the Knicks midday, if that's any clue), so I just threw out what I had immediately available to both refute and condemn his view on the national pastime.

“Well then,” I began, “In a 16-game season, how do you suppose a pitcher will put together a 20-win campaign? Who's going to get 100 RBI in a

season? Hit 60 homers?”

You see, in this “right now” world – where everyone has to have instant access to the goings-on of Arianna Grande at the doughnut shop, the latest bout of calamitous discourse from the presidential primaries, the latest late-night sketch – all shown on your little phone or tablet screen, maybe the subtle nuances of a 162-game schedule are lost.

Baseball puts it all out there, and they do it for nearly half a year. In no American professional sport can you find such a rich timeline full of individual stories, vividly reported on day after day, during three seasonal climatic changes (spring, summer and fall). It's the

only sport that translates as well, if not better, on radio as it does on TV. In fact, some of my finest memories were of listening to the Yankees on WABC while my friends and I played Wiffleball in between bouts of delivering pizzas in Red Bank, New Jersey. Years later, I remember listening to Vin Scully being broadcast on a beach at Key West. People hung on his every word.

When Derek Jeter retired, for my parents and grandparents, it was a very dramatic event. For nearly two decades, when they wanted to unwind at night, they would put on the Yankee game. No, they weren't always in rapt attention, but the game was always there. When he left, it was as if they had lost a friend or sent a cousin off to college. If you think about what even a decade of baseball amounts to... 16,000-plus evenings and days

of programming, it is almost mind-boggling.

The storylines only keep getting better and more diverse thanks to expansion. More fans are more engaged than ever before. And of course, baseball venerates its champions better than any other sport. The record books still routinely spit up names like Nap Lajoie, Tris Speaker, Hack Wilson, Maury Wills and Catfish Hunter. No other sport comes close in that regard. More people can name the lineup of the 1927 Yankees than their own current favorite team.

You can trace historical events – civil rights, world wars, 9/11 – through baseball.

You know what my cousin

said? That some delivery pizza company “really knew how to market to millennials” like him. Why? Because they offered a chocolate-chip cookie pizza. As if they are the first generation to find out that chocolate-chip cookies are a good thing. That attitude is enough to drive you batty if you think too hard about it, but thankfully you don't have to because, like a warm blanket, the baseball game is on... so just relax, why don't ya?

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



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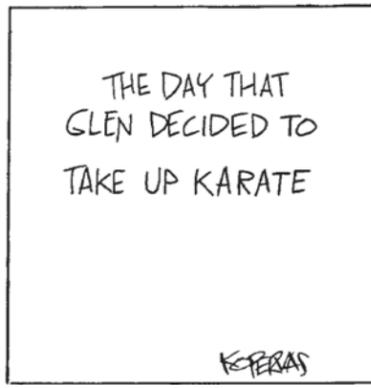
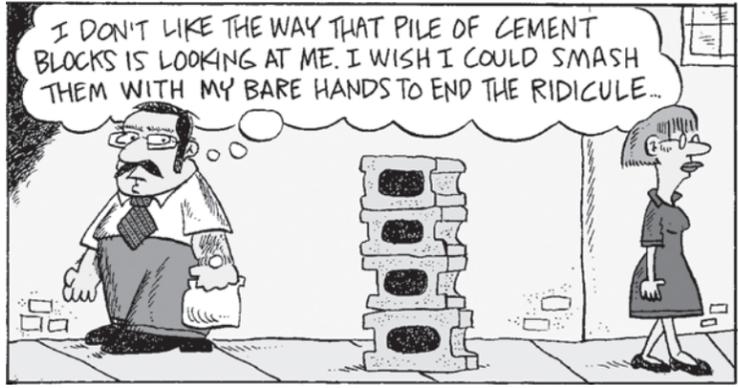
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Deadline: Monday, 4 p.m. Please print. Send form and payment (no cash) to: West Texas County Courier 15344 Werling Ct. Horizon City, TX 79928

Contact Information: Name: _____ Phone: _____

Comix

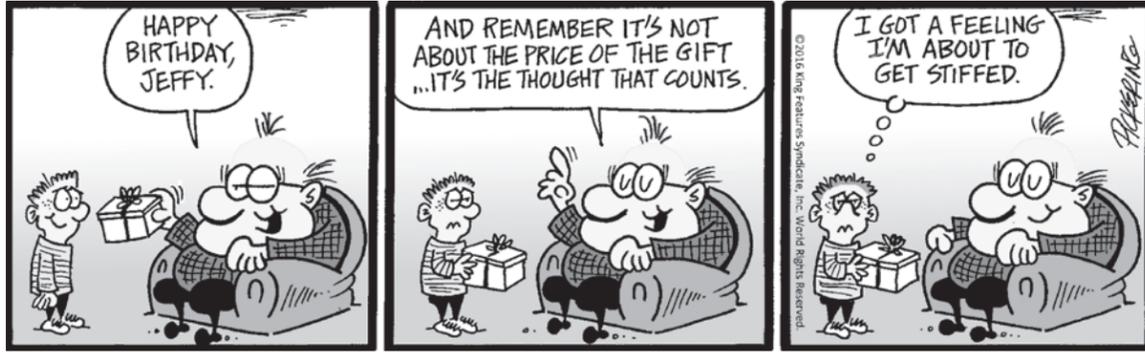
OUT ON A LIMB By Gary Kopervas



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 went to the emergency ward this weekend with severe chest pains and bloating. I was sure I was having a heart attack. After tests, a CT scan revealed I had pancreatitis (they mentioned a number 222 for some enzyme or something); also, my potassium was low and sodium was critically low, at 113. I am 62, 5 feet, 9 inches tall and weigh 210; I have Type 2 diabetes with an A1C of 6.7 and high blood pressure. I was discharged after four days with no restrictions other than to eat light and refrain from alcohol 100 percent for the rest of my life to avoid another occurrence. I had never heard of pancreatitis, and it was devastating news to me. I make wine, and have for years. I do not drink anything except wine, and the thought of never being able to drink again is very disturbing. Is there a possibility that I may be able to drink wine again in the future? The doctor's assessment seemed pretty harsh to me. — J.C.

If your doctor determined that the cause is alcohol, then I'm afraid I have to agree that no amount of alcohol is safe. Drinking even modest amounts of wine, even months or years later, could bring about pancreatitis again. In addition to the pain and suffering that go with an episode, the more episodes of acute pancreatitis you have, the more likely you are to develop chronic pancreatitis (with constant pain), pancreatic insufficiency (leading to inability to properly digest food) and worsen your diabetes.

DEAR DR. ROACH: My husband is 61, and has twice had to take a course of vitamin D, 50,000 units weekly. I don't understand why he isn't taking a daily dose. — L.D.

It is commonly recommended for physicians to treat very low levels of vitamin D with vitamin D-2 at the high dose of 50,000 units once weekly for six to eight weeks. However, I have seen many people who, like your husband, take the course of therapy and then don't take any daily vitamin D and just become deficient again. In most cases, I recommend vitamin D-3 at 800-1,000 units daily, then rechecking the level. Some people need even more, especially if there is poor absorption, such as after gastric bypass surgery or in people with celiac disease.

Acute pancreatitis is an inflammation of the pancreas, an organ that makes digestive enzymes and insulin. Acute pancreatitis can be very severe, even life-threatening on occasion. There are many causes, but the most common in North America are gallstones and alcohol. The diagnosis is made from the history and physical exam, and an elevated pancreas enzyme level, usually amylase or lipase. These often are elevated into the thousand range. A CT scan also can help confirm the diagnosis. Before concluding that alcohol is the cause of the pancreatitis, it's important to make sure there is nothing blocking the pancreatic and common bile duct, such as a stone or tumor. The CT scan is good, but if there is doubt, an endoscopy may need to be performed.

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

2-FOR-1 #1 HITS ACROSS

- 1 Battery variety, briefly
- 6 Yellow cheese
- 10 Vegan diet staple
- 14 Spotless
- 19 JPEG, e.g.
- 20 Aria star
- 21 Graph line
- 22 Call opener
- 23 Matriarch in Genesis
- 24 Alpaca's coat
- 25 Russo of Hollywood
- 26 Green area in a desert
- 27 Smitten lady from the U.S.? [1970/1980]
- 31 No, in Paisley
- 32 Counterpart of a frat
- 33 Santa _ (hot wind)
- 34 Desist
- 35 Order to a Nile reptile to upset a vessel? [1973/1974]
- 43 Overall fabric
- 44 Fork over
- 45 "Twilight" novelist Stephenie
- 46 Jackson 5 hairstyle
- 49 Response to "Are you sure?"
- 51 The, in Arles
- 52 Wide foot spec
- 54 Gp. issuing nine-digit IDs

- 55 Comment to a growing whale? [1974/1995]
- 60 Sporty car roof option
- 61 Pax _ (uneasy peace)
- 62 "Scat!"
- 63 "Stay _!"
- 64 Dem. rivals
- 65 Another high body temperature at bedtime? [1985/1978]
- 71 Kid's racer
- 73 Fluffy scarf
- 74 _ T (just so)
- 75 One-man-army guys
- 78 Purposes
- 79 My sweetie Dickinson returned? [1974/1992]
- 84 Luau paste
- 85 Top-secret U.S. org.
- 86 Canonized Mlle.
- 87 Mineo of Hollywood
- 88 Constellation with Vega
- 89 North of Iran-Contra
- 91 Swiss river to the Rhine
- 92 "The Waltons" actor Ralph
- 95 Very uncivilized lasses in Soho? [1988/1986]
- 103 "L_!" ("To life!")

- 104 Hunger
- 105 Ca++, e.g.
- 106 _ Lingus (Irish carrier)
- 108 Apply a wall coating in either of two opposite shades? [1966/1991]
- 113 Griddy Bart
- 115 Irrefutable
- 116 Witty Mort
- 117 Major artery
- 118 Big crowd
- 119 Boot securer
- 120 Genesis twin
- 121 U-Haul competitor
- 122 Gather
- 123 BPOE part
- 124 Animal lairs
- 125 Soothers

- 15 Stop bugging
- 16 Additionally
- 17 Old ring king
- 18 Refusals
- 28 Maine - (cat breed)
- 29 Damage
- 30 _di-dah
- 36 Scent releasers
- 37 Giant-screen film format
- 38 Available
- 39 Acting group
- 40 Long Island hamlet near Theodore Roosevelt's estate
- 41 Fable writer
- 42 Pitfalls
- 46 Scottish port
- 47 Egg _ yung
- 48 Gossipy network
- 50 Pymt. for a homeowner
- 51 #1 Beatles hit of 1970
- 52 Ample, in dialect
- 53 Town near Florida Gulf Coast University
- 56 WSW's opposite
- 57 Rio dances
- 58 One, in Bonn
- 59 Decide (to)
- 60 One quaking
- 66 "Game of Thrones" actress
- 67 Dusting cloth
- 68 _ few rounds
- 69 Montreal

- Canadiens, to fans
- 70 Big tank
- 71 "Wham!"
- 72 Garlicky mayonnaise
- 76 Bar code-scanning device: Abbr.
- 77 Reggae relative
- 80 "... ere _ Elba"
- 81 To be, in Marseilles
- 82 "How boring"
- 83 Iris relative
- 85 Ones added to the payroll
- 90 Security checkpoint items
- 91 Naval officer
- 93 Helper for Frankenstein
- 94 Light metal utensils
- 96 Holm of film
- 97 Pint-size
- 98 Wd. division
- 99 Ribbed
- 100 Put in a crate
- 101 Landed Scots
- 102 Lobby sofa
- 107 Fosters
- 108 Prefix with normal
- 109 Nip's partner
- 110 Comb users
- 111 Kubla _
- 112 Boxer Oscar de la
- 113 _ Na Na
- 114 NFLer Brady

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MOORE TEXAS

by Roger Todd Moore

May 23, 1541: Coronado was so happy to encounter friendly Indians in Texas that he ordered our first THANKSGIVING celebration... the natives came too!



GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns 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.

	÷		+		10
+		+		-	
	-		×		10
×		÷		×	
	+		×		15
11		2		9	

1 1 2 3 4 5 7 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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: Can I get a new Social Security number if someone has stolen my identity?

A: We don't routinely assign a new number to someone whose identity has been stolen. Only as a last resort should you consider requesting a new Social Security number. Changing your number may adversely affect your ability to interact with Federal and State agencies, employers, and others. This is because your financial, medical, employment and other records will be under your former Social Security number. We cannot guarantee that a new number will solve your problem. To learn more about your Social Security card and number, read our online publication *Your Social Security Number and Card* at www.socialsecurity.gov/pubs/.

A: It all depends on the amount of the inheritance. Inheritance money is considered income for the month he received it. You'll have to report the income and we will adjust his benefit for the month accordingly. If he keeps the money into the next month, it then becomes a part of his resources. To get SSI benefits, he is limited to \$2,000 in total resources, although there are exceptions. Call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and report the inheritance. We'll tell you how your brother's eligibility will be affected. 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.

Q: My brother has been completely disabled from birth. He gets Supplemental Security Income (SSI). Our grandfather died recently and left him a little money. Will this extra money stop his SSI benefits?

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: U equals S

ESIT GTCW JV LGWYIOOW DUIC

VGYOBF MJ UIE SBU JET

FKJMSBTZ BMIL, B ZDIUU BM

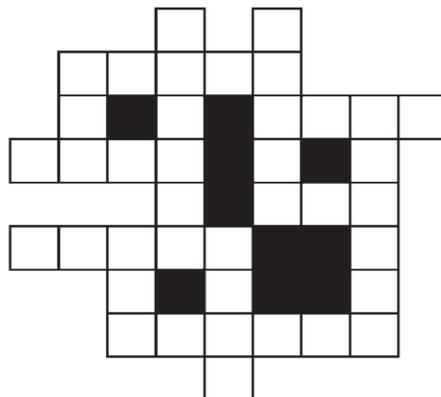
EGU MGWKJO-LGCI.

Answer Page 4

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- AWP
- MUIBER
- ROWME
- ♥ ABRE
- LIPMEW
- ♥ URB
- ♥ MALP
- BLOIM
- ♥ ELE
- ♥ BESDEA
- PLIEM
- ♥ DWEA



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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

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MOMENTS IN TIME

The History Channel

• On June 6, 1981, more than 500 passengers are killed when their train plunges into the Bagmati River in India. The rail accident was caused by a Hindu engineer who slammed on the brakes to avoid a cow, considered a sacred animal.

• On June 7, 1962, the banking institution Credit Suisse opens the first drive-through bank in Switzerland. The branch featured eight glass pavilions, seven outfitted for left-hand drive cars and one for right-hand drive vehicles.

• On June 8, 1948, a hand-built aluminum prototype labeled "No. 1" becomes the first vehicle to bear the name of Porsche. Dubbed the Type 356, the sports car used modified Volkswagen drivetrain components.

• On June 9, 1772, colonists, angered by the British Parliament's passing of the Townshend Acts restricting colonial trade, board the HMS Gaspee, an armed British customs schooner, and set it aflame. When British officials arrived to investigate the incident, they found no one willing to identify those involved.

• On June 10, 2002, Clint Messina and Rose Houk steal a Krispy Creme doughnut delivery truck and lead Louisiana police on a 15-mile chase, leaving a trail of doughnuts behind. As it involved cops and doughnuts, the incident kept late-night comedians busy for days.

• On June 11, 1509, King Henry VIII of England marries Catherine of Aragon, the first of his eventual six wives. When Catherine failed to produce a male heir, Henry divorced her against the will of the Roman Catholic Church, thus precipitating the Protestant Reformation in England.

• On June 12, 1924, the first Bush president, George Herbert Walker Bush, is born in Milton, Massachusetts. Bush served in the Navy during World War II and survived a harrowing ordeal when his torpedo bomber was shot down over the Pacific.

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