



NEWSBRIEFS

Got your shot?

Before heading out for that exotic vacation this summer, elderly travelers need to do some homework, according to the Association of Mature American Citizens. For one thing, says AMAC, be sure to check whether you'll need a vaccine. The Centers for Disease Control has a destination page that tells you whether you will need to be inoculated. Click <http://wwwnc.cdc.gov/travel/destinations/> list to get a rundown of locations around the world where protection may be needed. We take it for granted that illnesses such as the mumps or measles, for example, are childhood memories in the U.S. But, they can be spread to older folks in some foreign countries. So, check to see that your destination is safe and get a shot if your doctor says you need one. Did you know that seniors are particularly vulnerable to tetanus? The majority of cases that are reported occur among those 65 and older.

— John Grimaldi

Trees

Forests across America are a prized natural resource, and anyone can help plant trees in these vital areas by joining the Arbor Day Foundation this month. Through the Replanting Our National Forests campaign, the Arbor Day Foundation will honor each new member who joins in July by planting 10 trees in forests that have been devastated by wildfires, insects, and disease. The cost for joining the Arbor Day Foundation is a \$10 donation. America's national forests face enormous challenges, including unprecedented wildfires that have left a backlog of more than 1 million acres in need of replanting. The Foundation has worked with the United States Forest Service for more than 25 years to plant trees in high-need forests. Our national forests provide habitat for wildlife, keep the air clean, and help ensure safe drinking water for more than 180 million Americans. "Keeping our forests healthy is vital to the health of people and the entire planet," said Matt Harris, chief executive of the Arbor Day Foundation. "By planting trees in our national forests, we will preserve precious natural resources and the benefits they provide for generations to come." To join the

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Freedom is indivisible. It is for all or for none

— Quips & Quotes

Chamizal celebrates 50th anniversary

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – When the Chamizal National Memorial Park (CNMP) was inaugurated in June 1966, it became one of the country's first urban park sites to be protected by the National Park Service (NPS).

In 1966, Congress established Chamizal National Memorial to commemorate the Chamizal Convention (treaty) of 1963. The Chamizal treaty ended a long-standing border dispute between the U.S. and Mexico.

The 1848 Treaty of Guadalupe-Hidalgo established the Rio Grande/Río Bravo as the international boundary between the U.S. and Mexico. However, rivers naturally move over time. In this case, the river gradually, and at times abruptly, moved south, which left Mexico with less land than the 1848 treaty established, according to an article on the NPS website.

The land disputes that arose because of the river movement caused tension between the U.S. and Mexico for more than 100 years. Finally, in 1963 U.S.



— Photo courtesy of National Park Service

MARKING THE BORDER – Chamizal National Memorial Park is celebrating its 50th anniversary this year.

President John F. Kennedy and Mexican President Adolfo Lopez Mateos met to discuss the Chamizal issue; and through diplomatic negotiations, they solved the matter with the signing of the Chamizal Treaty. As the park celebrates its fiftieth anniversary, NPS is asking the public

See CHAMIZAL, Page 5

EPCC has Veterans Resource Center

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) hosted a Grand Opening of its Veterans Resource Center, Friday, July 1. The Center is located at the Valle Verde campus, 919 Hunter, Student Services Center, room 139. On hand to join in the festivities were Texas State Representative, Joe Moody, EPCC Board of Trustees Chair, Art Fierro and EPCC President, Dr. William Serrata. The celebration included a College and Veteran Community Resource Fair.

One of the biggest challenges facing combat veterans is the social isolation they feel when they return from combat. Many veterans have difficulty adjusting to civilian life, much less adjusting to the academic rigor and social atmosphere of a college. Therefore, the new Center offers computers, a printer, and informal meeting areas for students to congregate, meet and talk candidly with other veteran students, coffee, water, microwave and TV.

The center, in its infancy, will eventually become a comprehensive one-stop-shop that provides individual case management to assist veterans with registering for classes, requesting benefits, applying for

See VETERANS, Page 5

Vinton moves forward with wastewater project

By Marina Ramirez
Special to the Courier

VINTON – The Village of Vinton has received the first allocation of funding from the Texas Water Development Board for the municipal wide wastewater system.

On March 8, of 2016, the TWDB approved assistance for Vinton in the amount of \$2,709,070 to complete the wastewater design that was begun in 2010. Vinton has completed the closing process for the funds and is now ready to proceed, once again, with the wastewater project that was abandoned in 2011.

"We are very excited that this step has been achieved. It marks, for us, the new future of Vinton. I would like to thank all of the present and past council members who supported this project before and especially during that unfortunate period," said Mayor Madeleine Praino.

Vinton had been awarded \$24 million in grant assistance for municipal wide water and wastewater in 2011. However, three previous council members rejected the funding at that time.

Ground breaking for the wastewater

See VINTON, Page 5



— Photo by Marina Ramirez

PROJECT PROCEEDS – Village of Vinton Mayor Madeleine Praino announces that the Village has received the first allocation of funding from the Texas Water Development Board for its municipal wide wastewater system.

Finances By Nathaniel Sillin

Five essential steps to financial independence

It's never a bad time to consider life, liberty and the pursuit of happiness but Independence Day offers us a special opportunity. For me, those concepts also have a great deal to do with financial independence. After all, the ability to take care of yourself and

your loved ones throughout life is a great source of happiness and a way to avoid stress and worry. And never forget that greater financial freedom isn't just good news for you – financially healthy households make us all stronger as a country.

So make a financial declaration of independence that you can celebrate year round. I've boiled it down to five essential steps:

1. Plan. The only way to build a strong financial future is to live below your means, essentially to spend less than you make. The earlier you can commit to that behavior and divert funds to regular savings and investing, you'll be in better financial shape for a lifetime. Budgeting (<http://pmsf1.us/1mW4IsG>) – the process of tracking income, subtracting expenses and directing the difference to essential financial goals is the way you'll afford retirement, college for your children and a range of other financial goals.

2. Protect. Why focus on protecting your money, even before you have much of it? Because protecting your money early on will keep new money where it can grow. The first task involves building an emergency fund that will hold three to six months of reserves to cover everyday expenses if you lose your job or have to shoulder a major expense or repair. An emergency fund will help keep you from having to borrow

in such a situation. The next step is insurance. Whether you purchased a home or you are renting a property, think about everything you own. How much would it cost to replace clothing, furniture, appliances and electronics? Did you also know that renter's insurance offers liability coverage of medical or legal expenses connected to your home? Your landlord's coverage is unlikely to cover any personal liability you incur in a structural emergency or accident and certainly won't cover you in case of theft. It's also important to buy quality auto, home, health, and when relevant to your circumstances, disability and life coverage. Insurance is about preventing a range of financial setbacks.

3. Learn. While you're building your emergency fund, become a voracious reader and listener on financial topics. If you have the time and resources, take classes on the three major financial behaviors – saving, spending and investing. Consider working with a qualified financial or tax expert to determine if what you're learning is right for your situation. Whether it's a house, a car, a continuation of your education or a family, start linking this knowledge with accomplishing actual financial goals.

4. Manage. Evaluate assets for growth and income – stocks, real estate and other assets

may fluctuate in value over time, but if they're producing dividends or income, that's a worthy counterbalance to market variations. Keep studying various asset classes of investments so you can build and adjust your portfolio as needed over time. Also, don't forget to study the tax ramifications of any investment you make – taxes are some of the most expensive costs we pay. However you choose to save, invest or spend, do so with the least cost possible. In life, small amounts add up – investment fees, shipping fees for goods you order online, even the extra bag you pay to check at the airport. Always question and try to avoid paying the "small" amounts that leave your wallet because they will add up over time.

5. Evaluate. Our lives don't stand still and neither should your financial planning. Anytime major events happen in your life – a new job, marriage, a baby, the death of spouse or partner – financial circumstances change. Always be ready to reevaluate your current savings, spending and investing behavior based on what's going on with your life.

One last item to consider when thinking about financial independence is giving. We still live in a country where many people struggle to find good jobs, raise families and afford homes. Realize that there

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Veterans Post By Freddy Groves

Catching the crooks

Thanks to the Office of the Inspector General, the U.S. Attorney General, the Department of Justice and others, those who try to steal from veterans or hurt them are eventually caught and sent to prison.

A fiduciary in Oregon was convicted of multiple counts of criminal mistreatment, aggravated theft, money laundering and tax evasion after she stole money from 26 disabled veterans. As a fiduciary, she was responsible for the management of the veterans' money. Instead she snagged checks meant for others and deposited them, and when a client died, she took all the remaining money. She even used \$30,000 belonging to one veteran to pay off court-ordered restitution after she defrauded two other clients. For this she was sentenced to only 48 months in prison.

In Maine, a UPS customer-service rep grabbed packages containing narcotic prescriptions that had been sent from the VA medical center in Togus, Maine. For this she could get up to three years in prison.

In Boston, a crook tried to cash in on the special benefits of the Service Disabled Veteran Owned Small Business Program by recruiting a disabled veteran to act as straw man on all the paperwork and pose as the owner. He managed to get over \$110 million in federal contracts.

But the worst by far was the male nurse in the VA medical center in Albany, N.Y. He was accused and found guilty of stealing painkillers from veterans on the hospice ward. Instead of administering the prescribed oxycodone hydrochloride (a serious painkiller), he gave them Haloperidol (aka Haldol), which is an anti-psychotic drug for mood disorders. To feed his own addiction, he replaced the painkillers in the syringes with the other medication, which gave the patients no relief from pain whatsoever. For his horrible crime, he was only given a prison sentence of 82 months. Not nearly enough, in my opinion.

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View from here By John Grimaldi

Surprise: The Affordable Care Act is now even less affordable

The slate needs to be wiped clean

There is not much you can be sure about when it comes to Obamacare except for the fact that premiums are bound to increase, much to the continuing dismay among those who actually believed it would be “affordable,” Dan Weber, president of the Association of Mature American Citizens, reports.

“So, it is not really going to be a November Surprise, as some have labeled it, when consumers seeking to enroll in the fall find out that a healthcare insurance policy will cost them at least 10% more, in many cases.”

According to the Kaiser Family Foundations, which keeps track of such things, premiums in some cases will increase 13%, 16% and 18% in Connecticut, Washington DC and New York State, and in Oregon, respectively.

It’s easy to blame the insurance companies for the ongoing premium increases, but Investor’s Business Daily says the Affordable Care Act, itself, is flawed.

In an editorial published just a few days ago, IBD wrote: “Last week Blue Cross Blue Shield of Minnesota made a stunning announcement that it was pulling out of the state’s individual insurance market altogether, after losing \$500 million. It might not be the last of the Blues to abandon Obamacare. Across the country Blue Cross affiliates are losing staggering amounts of money thanks to the law, and are putting in for premium hikes that would have been unimaginable before Obamacare. For example, Health Care Services Corp. [HCSC], which owns Blue Cross affiliates in Illinois, Montana, New Mexico, Oklahoma and Texas, lost \$1.5 billion on its Obamacare-compliant plans last year.”

It should be noted that, as a result, HCSC is seeking a 60% rate increase in Texas and nearly 50% more in Oklahoma.

Cynthia Cox, a Kaiser Foundation expert on the impact of the ACA on private insurers, acknowledged the problem, admitting that Obamacare isn’t exactly working out as intended. “I don’t know if we’re at a point where it’s completely worrisome, but I think it does raise some red flags in pointing out that insurance companies need to be able to make a profit or at least cover their costs.”

“We’ve concluded that the slate needs to be wiped clean. What we need is a comprehensive healthcare insurance system such as one proposed in Congress that includes the use of Health Savings Accounts (HSA), and puts the patient in charge of their health care,” Weber concluded.

AMAC has proposed the B.E.S.T. (Bipartisan Simple Easy Timely) plan to improve health care delivery and control costs. It includes Medicaid reform that would allow states to determine work requirements for recipients who are able to work and give states more control of the program. Check out the B.E.S.T. plan at www.amac.us.

The Association of Mature American Citizens (<http://www.amac.us>) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.

Briefs

From Page 1

Arbor Day Foundation and help plant trees in our national forests, send a \$10 membership contribution to Replanting Our National Forests, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410 or visit arborday.org/july.

– Danny Cohn

Wanted

Two men are suspected in a burglary and an aggravated robbery at an apartment complex in San Elizario. Investigators with the El Paso County Sheriff’s Office are asking for your help in finding these violent thieves through Crime Stoppers. On Wednesday, April 13 2016 two men went to the Presidio Palms Apartment Complex located at 12960 Alnor, in San Elizario. Around noon, the suspects forced open the door to an apartment and burglarized it. The men took more than \$1,000 in property, including a gaming console and other electronics. The men were seen by witnesses leaving the apartment with what appeared to be a diaper bag. At about 2:16 p.m. a resident was outside

his apartment when he was confronted by two men. One of the men placed a knife to the man’s stomach and demanded money. One of the suspects entered the victim’s apartment and took money from the man’s wallet. Both men fled the scene by jumping a rock wall next to the apartment complex. The suspects in these cases are described as males around 18 years of age, with a light complexion, dark short hair, 5’ 7” tall, and weigh about 120 pounds. One of the suspects was wearing a red shirt and blue jeans, and the other suspect was wearing a gray shirt with blue jeans. Witnesses also observed a third suspect standing by the rock wall that was wearing a black shirt and blue jeans. Anyone with information on this violent robbery and burglary is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

Staying healthy during summer vacation

By Dr. Marshall Dawer
Special to the Courier

Summer is here, and for many Texans that means trips to destinations domestic and abroad. An all-time record 231 million passengers are expected to fly U.S. airlines between June 1 and August 31, up from 210 million a year ago, according to Airlines for America. That includes 30.5 million travelers on international flights.

However, about 20 percent of people suffer some type of illness or injury while on vacation, the most common of which include food poisoning and car crashes. Before you hit the road or take to the skies, consider these tips to make sure your health, safety and wallet are covered while you're away:

Know Before You Go: Before traveling out of your home state or internationally, take time to review your health plan and understand what it covers. People traveling domestically should check if their health plan offers a national or local network of hospitals and health care providers, and confirm what level of coverage is available at out-of-network facilities. For people planning to travel overseas, it is important to contact their primary care doctor or travel medicine clinic to determine what pre-screenings or immunizations might be recommended or required, based on their health history and the countries they will visit. The Centers for Disease Control & Prevention (CDC) enables people to search a list of countries and determine what vaccines they

should consider.

Find Care Anywhere: Many health plans now offer telemedicine and mobile apps to support their customers' health needs. The Health4Me app, available to anyone free of charge on iPhone or Android devices, enables users to identify nearby health care providers, hospitals, pharmacies and urgent care facilities, as well as compare quality and cost information for common medical services. Some health plans offer mobile apps that enable members to access a digital ID card and connect with a registered nurse 24/7. For international trips, contact your global insurance carrier to find out about the availability of approved medical facilities at planned travel destinations.

Protection Abroad: People can help alleviate concerns about

quality of care and financial anxiety with international medical coverage. Global insurance companies can provide foreign-language translation, direct you to appropriate facilities or support evacuation to alternative facilities, and can work with local health care providers to coordinate and monitor care. Most domestic insurance won't cover prescriptions abroad, so for long vacations ask your care provider for enough medication to cover the duration of the trip (as well as check that specific medications are legal in the countries you are visiting). Some international health plans may include prescription drug coverage that enables people to fill prescriptions at local retail pharmacies.

Get Your Credit: Even with international coverage, consider carrying an extra credit card with a large limit to use for unanticipated medical expenses. Foreign hospitals will typically want upfront payment, rather than billing the health plan. Get clear and complete copies of all bills, medical records and discharge notes for reimbursement from your health plan. Some global health plans do provide direct payments to foreign hospitals and care providers, eliminating a potential inconvenience and providing peace of mind.

Be A Savvy Medicare Traveler: Original Medicare in nearly all cases applies to the United States only and does not extend overseas or across the border (other than in cases in the Northern U.S. where the nearest hospital is in Canada). Some Medicare Advantage and Medicare supplement plans offer worldwide emergency coverage for foreign travel, although some have restrictions and lifetime limits. Finally, it's important to account for the working condition of durable medical equipment needed for the trip, such as glucose monitors and insulin pumps, before departure.

Following these tips will help you focus on fun, friends and family during summer vacations, while helping alleviate stress from health care access or insurance issues during a medical emergency.

STRANGE BUT TRUE

By Samantha Weaver

- It was noted American poet and feminist Adrienne Rich who made the following sage observation: "Language is as real, as tangible, in our lives as streets, pipelines, telephone switchboards, microwaves, radioactivity, cloning laboratories, nuclear power stations."

- When you were growing up, did kids call each other "chicken" to insult each other's bravery? In all likelihood, the answer is yes. That word has been used since the 14th century to insult those considered to be cowardly.

- It was once against the law in some places – England, for example – for a man to marry his brother's widow. It was considered to be an incestuous relationship.

- On a per-capita basis, Canada is the most educated place in the world; more than half of the country's residents have earned at least one college degree.

- According to a study conducted by researchers at Emory University, heterosexual couples who spend more than \$20,000 on their wedding were three and a half times as likely to have shorter marriages than those who were more frugal. This principle extends to the ring, too; men who spent more than \$2,000 on an engagement ring were more likely to end up divorced.

- It takes about 70 hours to read the entire Bible aloud – even longer if you take breaks to sleep and eat (and shower, one would hope).

- Aside from being plant products, what do pinecones and pineapples have in common? You might be surprised. Not only do both have scales (which are obvious to see), but the scales share the same pattern: 13 rows spiraling one way, and eight rows spiraling the other way.

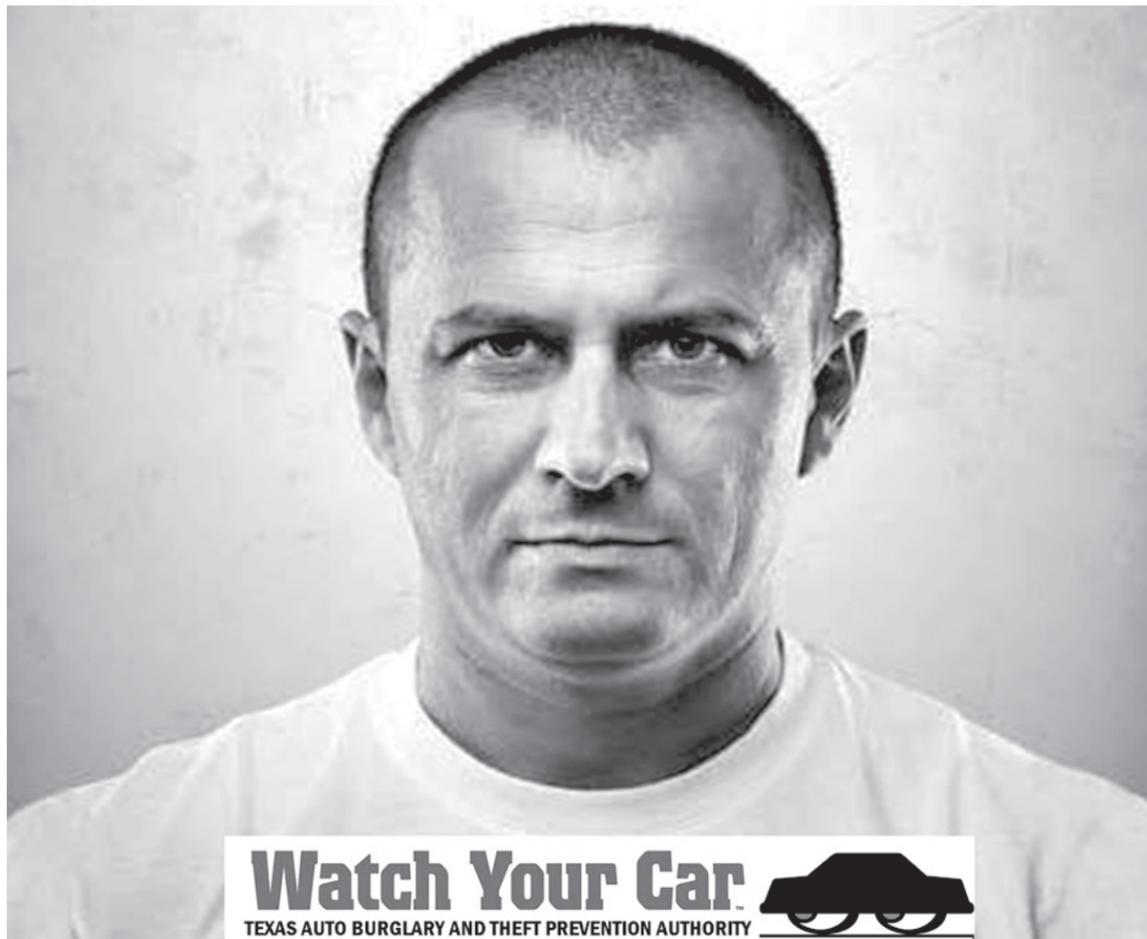
Thought for the Day: "If you don't turn your life into a story, you just become a part of someone else's story."

– Terry Pratchett

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Dr. Marshall Dawer is a medical director for UnitedHealthcare of Texas.

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CryptoQuip Answer

TV show in which producers must attempt to discover the most talented sailor: "Tar Search."

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— Photo courtesy of National Park Service

BRIDGING THE DIVIDE – The photo above was taken in 1963, when U.S. President Lyndon B. Johnson and Mexican President Adolfo Lopez Mateos came to the El Paso/ Juarez border to unveil the new boundary marker signaling the peaceful end of the Chamizal issue.

Chamizal

From Page 1

to become part of this national memorial’s unique history. Park officials want El Paso area residents – young and old – that have a personal story to relate about the Chamizal National Memorial, to participate in an oral history project by making an appointment to record their stories regarding the park.

Plans are to make these recordings available at listening stations that are located

throughout the Chamizal grounds.

According to park officials, area residents are also being asked to visit the park and to give them feedback on some of the park’s signature projects including planned exhibits, the newly remodeled museum theater, and the restoration of Carlos Flores’ “Nuestra Herencia” mural, among other projects.

“Our goal is for the memorial to become a place of healing by honoring the sacrifices of the many local residents who

personally paid the price for settling this historic international boundary dispute,” Park Superintendent F. Gus Sanchez said in a recent statement.

The Chamizal park is located adjacent to the International Bridge of the Americas, along the Rio Grande with Mexico’s counterpart across the river – a park that sprawls for hundreds of acres and is inhabited by thousands of trees.

For more information about the Chamizal National Memorial visit www.nps.gov/cham or call 532-7273.

Vinton

From Page 1

system is expected to begin in the summer of 2017 and will take approximately three years to complete the infrastructure for the entire municipality.

Vinton currently has an application pending award with the USDA for the first phase of the water system.

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— Photo courtesy El Paso Community College

CHECKING IT OUT – State Representative Joe Moody took a tour of the new facility.

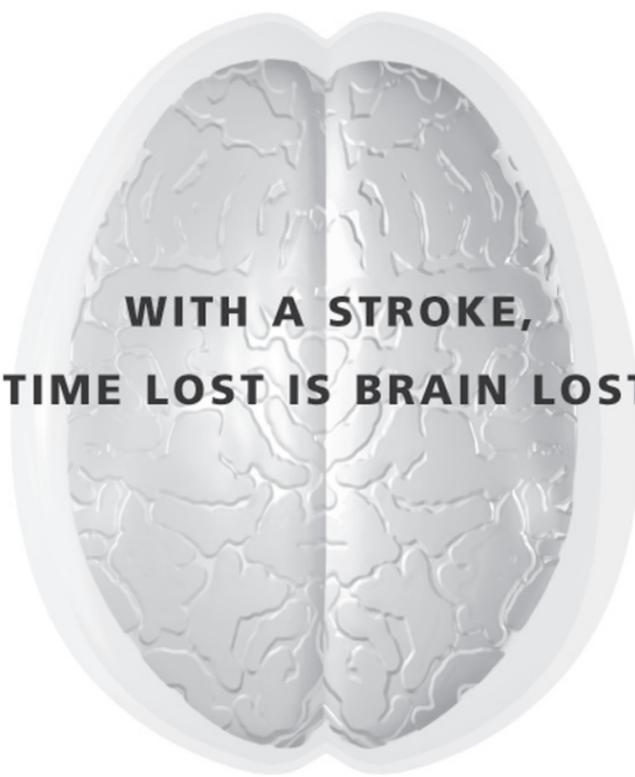
Veterans

From Page 1

VA work-study, community referrals, peer-to-peer support, book exchange program, workshops, coordination of Veteran Affairs services and

many other steps within their educational journey.

The goal is to embrace the veteran, military service member, and family members to ensure their success at EPCC. The Center will be open from 7:30 a.m. to 5:30 p.m., Monday through Friday.



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Ryan and Summitt: Two of life's great coaches die

By Steve Escajeda
Special to the Courier

One of the long-accepted teaching tools that is no longer in vogue is the whole idea of tough love.

At some point it was determined that young people today might have their self-esteem permanently damaged if they were introduced to some harsh honesty.

I don't know who made this determination. All I know is that I was never consulted. In fact, nobody I know was ever consulted.

What I do know is that anybody who used the "tough love" practice on me made an impression on my life.

There were many times in my youth that kind words and a reassuring pat on the back just weren't enough. It took some imaginative expletives and a kick in the butt to get my attention.

Thank goodness it did.

There used to be a lot of tough love shown to players by coaches when I was growing up. Nowadays many coaches say they've had to change their approaches

because today's players don't react well to strict discipline.

Last week two coaches, who were the very definitions of tough love, passed away.

It may be no accident that legendary former Tennessee women's basketball coach Pat Summitt and former NFL coach and defensive genius Buddy Ryan died on the same day.

Summit, 64, died from the affects of Alzheimer's and Ryan, 82, from cancer.

When there's any talk about some of the most hard-nosed, in-your-face, get-the-most-out-of-your-players coaches in sports history, these two names are certainly near the top.

Who can deny that Summitt single-handedly put the game of women's college basketball on the map? But she didn't do it with a smile and a warm embrace.

She did it with a scowl and a glaring stare that could keep you up at night.

Her toughness and demand for excellence gave her players the belief that they could achieve more than what was expected and even go beyond what they thought they could give.

She coached Tennessee to eight national

titles but even more impressive was her percentage of wins in the classroom. Of all the players who completed their eligibility under Summitt, 100 percent of them graduated.

Though she was extremely hard on them, player after player have come forth to express their love for the coach, who they all say brought out the best in them. And not just on the court, but in every facet of their lives.

As crotchety as they come, Buddy Ryan was known as the kind of coach who would make no secret of the fact that he was going to knock you to the ground and step right over you.

And then dared you to do something about it.

He was a tough guy and his players were tough guys. They became even tougher under his tutelage.

A lot of sports fans remember Ryan as the defensive mastermind behind the 1985 Super Bowl champion Chicago Bears, and being carried off the field after the game; a ritual usual reserved only for the head coach.

Ryan went on to become the head coach

of the Philadelphia Eagles and had plenty of success there.

But it was his tough guy attitude and demeanor that ingratiated him to the toughest guys on the team – his defense.

He not only expected them to give their all during the games, he wanted them to be so tough the he expected them to fight each other during practices.

And like Summitt, his players love him to this day.

It seems as though every guy and gal in prison or who has gone through a tough life always say the same thing, "I wish I had somebody in my life that would have been tough with me and steered me in the right direction."

Not only to get them to perform better on the field, but to perform better where it really counts – in the game of life.

There are still some tough coaches out there. But unfortunately, the term "player's coach" is used more and more to describe good guy coaches.

Another word to describe them is, "enablers."

A sporting view By Mark Vasto

In the words of Coach Pat

Einstein was a genius who had this theory about space and time. I'm not a physicist, nor am I a genius, but his theory of relativity said that there is a fabric that surrounds us in which things appear to move faster when you observe them standing still.

Whatever... all I know is that the legendary Tennessee Volunteer head coach, Pat Summitt, the winningest division I basketball coach of all time, had her own theory, and it went like this: "Here's how I'm going to beat you. I'm going to outwork

you. That's it. That's all there is to it."

Could there possibly be a better quote from a coach ever? All respect to Vince Lombardi and John Wooden, but this lady Vol didn't write three books, win 1,098 games, 8 national championships, a gold medal and participate in 22 Final Fours without picking up a few ideas.

She was famous for dressing down any male coach that dared

to ask her for advice about "coaching girls."

"Coach basketball," she would say.

And she said a whole lot more. To wit:

"Success is a project that is always under construction."

"If you don't admit a mistake and take responsibility for it, you're bound to make the mistake again."

"Attitude is a choice. Think positive thoughts daily. Believe in yourself."

"You can't always be the most talented person in the room, but you can be the most competitive."

"Offense sells tickets, defense

wins games and rebounding wins championships."

"If you don't want responsibility, don't sit in the big chair."

"It's what you learn after you know it all that counts the most."

"Silence is a form of communication. Sometimes less is more."

"No one feels strong when she examines her own weakness, but in facing weakness you learn how much there is in you."

"A champion is someone who is willing to be uncomfortable."

"Teamwork doesn't come

See SPORTS, Page 8

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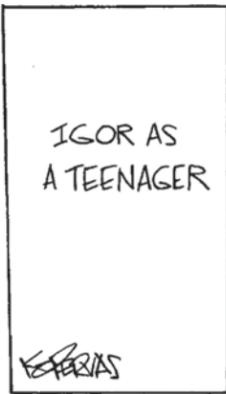
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Name: _____
Phone: _____

Comix

Your good health

By Keith Roach, M.D.

OUT ON A LIMB

By Gary Kopervas

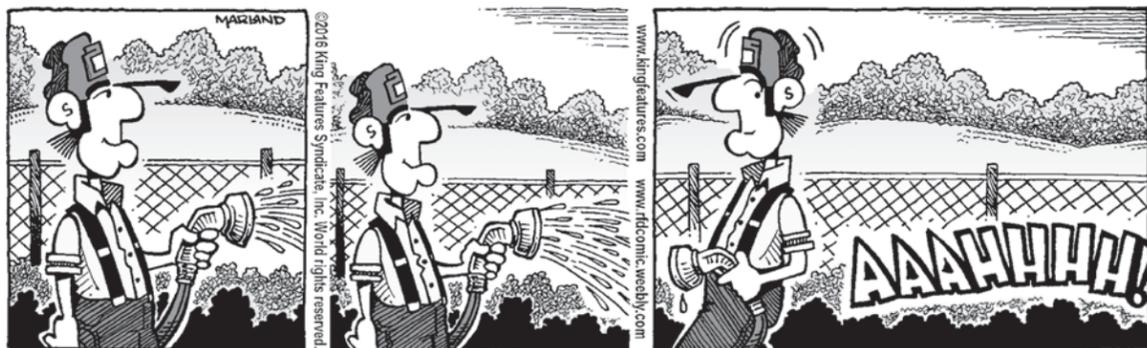
AMBER WAVES

By Dave T. Phipps

THE SPATS

By Jeff Pickering

R.F.D.

By Mike Marland

DEAR DR. ROACH: When I lost the vision in my eye in an accident, I had Charles Bonnet syndrome hallucinations. I am 80 years old, and I went completely blind in one eye. There were patterns that I saw whenever my eye was unfocused, which pretty much obscured everything. I saw complicated figures like very bright TV. I have read Oliver Sacks' explanation in his latest book, called "Hallucinations." What I viewed is exactly how he described CBS. Seven months later, I am still having hallucinations, but they are much subdued and not very interesting. I think it is gradually disappearing. What concerns me is that none of the hospital personnel knew of the syndrome. The best that was offered was that it was from a bladder infection, which I did not think I had. I imagine that there are a lot of old blind folks who think they are crazy, and there is no one to tell them otherwise. I had so many interesting visions, and since I knew it was not real, I rather enjoyed it. - L.R.

DEAR DR. ROACH: A dear friend of mine has been diagnosed with polymyalgia rheumatica and is being treated with prednisone. Can you give me any information about this illness? - G.O.

Polymyalgia rheumatica is a common illness, almost always found in people over 50. It causes pain and stiffness, especially in the arms and shoulders, and especially in the morning. It responds very well to low to moderate doses (10-20 mg) of prednisone. The prednisone is continued usually for one to two years. PMR often is associated with a more serious condition, temporal (or giant cell) arteritis. Any symptoms of vision loss need to be evaluated

I can't criticize the doctors at your hospital too much, since I had never heard about this type of hallucination before your letter. In fact, a brief survey of some colleagues, with hundreds of years' worth of clinical experience, showed me that many of us, unlike Dr. Sacks, had never heard of this syndrome, so I am glad to be able to bring it up.

Charles Bonnet syndrome, also called visual release

See HEALTH, Page 8

Super Crossword

- "WHAT AM I...?" ACROSS**
- 1 Indy 500 entrant's skill
 - 7 Students' workplace with mice
 - 12 Intensifies
 - 20 Oman locale
 - 21 Author Jong
 - 22 Most importantly
 - 23 * It flows through Metz
 - 25 When to start a match
 - 26 Upper limit, informally
 - 27 English lavs
 - 28 _noire
 - 29 T-Pain music
 - 30 BMOG part
 - 31 * Least populous state capital
 - 37 Right one's wrongs
 - 39 "Brother, can you spare _?"
 - 40 Grade of mediocrity
 - 41 * Nonviolent protests, e.g.
 - 47 Pier
 - 51 See 124-Down
 - 52 Revere
 - 53 Less chubby
 - 55 Opposite of "agin"
 - 56 Any acetate, chemically
 - 58 Caesar's 56
 - 60 * Manta, e.g.
 - 62 iDevice download
 - 65 Section of a long poem
 - 67 Gardner of "Mayerling"
 - 69 Reposeful
 - 70 Life partner?
 - 72 * London street known for tailoring
 - 76 Island east of Java
 - 77 Home of the Senators
 - 79 Friend, in Nice
 - 80 Blot out
 - 82 Jr. officer
 - 83 * "The Big Country" co-star
 - 86 Sharable PC file
 - 88 Lendl and Reitman
 - 90 "Xanadu" group, briefly
 - 91 Operate incorrectly
 - 93 As red as _
 - 95 "SOS" pop quartet
 - 99 City of old witch trials
 - 101 * Scholarly evaluations
 - 104 Desire
 - 106 Exposed the secret of
 - 107 Wastes time
 - 108 * Noted New Yorker feature
 - 116 Suffix with bass or solo
 - 117 Poem that uplifts
 - 118 April 1 trick
 - 119 Coffin cloth
 - 120 With 11-Down, hotel suite amenity
 - 121 Keep off a varsity
 - team for a year
 - 124 What can be found in the answers to this puzzle's eight starred clues?
 - 129 Blood body
 - 130 Abundant
 - 131 Some ducks
 - 132 "Everyday People" lead singer
 - 133 Lugged
 - 134 "You _ worry"
- DOWN**
- 1 Hit forcefully
 - 2 Like cedar
 - 3 Ladies' man
 - 4 Alpine goat
 - 5 Zero
 - 6 Last name in winemaking
 - 7 Also-ran Ross
 - 8 Feature of invigorating weather
 - 9 Actress Tyler or Ullmann
 - 10 Maven
 - 11 See 120-Across
 - 12 Avid
 - 13 Cable channel for hoops fans
 - 14 Household arts, briefly
 - 15 Rd. relative
 - 16 Fishtank accessory
 - 17 Egyptian Museum site
 - 18 Ziggy of jazz trumpet
 - 19 Rested up
 - 24 Almost forever
 - 28 Geoffrey of fashion
 - 30 PC rivals
 - 31 Crooner Torme
 - 32 Detroit dud
 - 33 Kindled
 - 34 Survivor's elated cry
 - 35 In a new draft
 - 36 "Doesn't thrill me"
 - 38 _-to-fiver
 - 42 Pro _ (in proportion)
 - 43 Shangri-las
 - 44 To a degree, informally
 - 45 Louse
 - 46 K.C.-to-Detroit dir.
 - 48 Common chalet shape
 - 49 Basis
 - 50 Hash house appliances
 - 54 Zsa Zsa's sis
 - 57 "Friends" co-star David
 - 59 Credible
 - 61 Luau offering
 - 62 Pueblo houses
 - 63 "Downtown" singer Clark
 - 64 Cop's beat
 - 66 Eggs, to Livy
 - 68 Be different?
 - 71 1960s chess master Mikhail
 - 73 Driving force
 - 74 Bay window
 - 75 Seesaw
 - 78 Prefix meaning "bird"
 - 81 Fill totally
 - 84 PC bailout key
 - 85 California's Big _
 - 87 Blow to the mug, to Brits
 - 89 Remarked
 - 92 Sitting Bull's tribe
 - 94 Habitual troublemaker
 - 96 Deemed true
 - 97 Low-budget cowboy flick
 - 98 Secy., say
 - 100 Sight seer
 - 102 Hairy cousin of Morticia
 - 103 Coq au _
 - 105 Ex _ (out of nothing)
 - 108 Combat unit
 - 109 Newbery-winning author Scott
 - 110 Date of the Allies' victory in WWII
 - 111 "El Cid" co-star Sophia
 - 112 Chai _
 - 113 Captured on a VCR, e.g.
 - 114 Land in eau
 - 115 Long-past
 - 120 Expansive
 - 122 Rd. relatives
 - 123 _ up (riled)
 - 124 With 51-Across, med. diagnostic
 - 125 Med. insurer
 - 126 Choose
 - 127 Falsification
 - 128 String past Q

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117									118					119						120		
121						122	123					124	125	126					127			128
129													130								131	
132																						134

Answer Page 4

Moore Texas by Roger Moore July 4, 1883:
The first rodeo ever was held in Pecos...one event,
Tag Team Bronc ridin', never caught on.



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		-		20
+		+		-	
	-		x		18
x		+		x	
	x		+		17
22		14			25

1 2 3 4 5 6 7 7 8

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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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Finances

From Page 2

should be a part of your budget that goes toward helping the less fortunate. GuideStar (<http://www.guidestar.org>), Charity Navigator (<http://www.charitynavigator.org/>), the Better Business Bureau (<http://www.give.org>) or the Foundation Center (<http://foundationcenter.org>) all offer detailed research on charitable organizations that you use to evaluate before you give.

Bottom line: You don't have to be wealthy to become financially independent. Be diligent with smart spending, detailed research and always prepare for emergencies. Soon, you'll be celebrating your own financial Independence Day.

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

Sports

From Page 6

naturally, it needs to be taught."

"Handle success like you handle failure. You can't always control what happens, but you can control how you handle it."

"Change equals self-improvement. Push yourself to places you haven't been."

In the end, the end came too soon for Pat Summitt, robbed of her brilliant mind, taken by that insidious disease named after Aloysius Alzheimer. She was only 64.

How can you fill such a great chasm? The fact is, you do not. You reflect on that loss, you remember what she stood for.

Pat Summitt had a pretty good way of summing up her final days, too.

"God doesn't take things to be cruel, he takes things away to make room for other things."

Amen. Time to rest, Pat. You certainly earned that right.

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

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: W equals T

WC ALUS RD SLRXL JYUBNXQYA
ENAW FWWQEJW WU BRAXUCQY
WLQ EUAW WFGQDWQB AFRGUY:

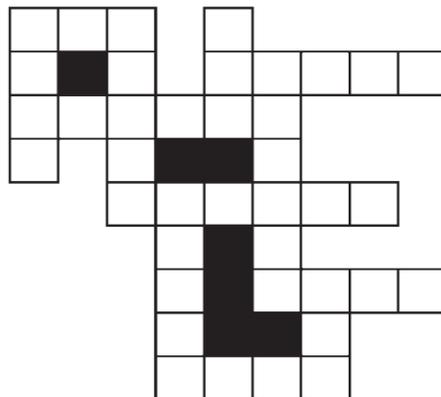
"WFY AQFYXL."

Answer Page 4

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- VEE
- MESNIA
- LAVIN
- URMD
- SATTLE
- OWV
- ♥ ILEV
- ♥ LIDEO
- ♥ MDA
- POWNU
- TAMLE
- WOME



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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Social Security Q&A

By Ray Vigil

Q: I was turned down for disability. Do I need a lawyer to appeal?

A: You're fully entitled to hire a lawyer if you wish to, but it is not necessary. In fact, you can file a Social Security appeal online without a lawyer. Our online appeal process is convenient and secure. Just go to www.socialsecurity.gov/disability/appeal. If you prefer, call us at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment to visit your local Social Security office to appeal.

Q: I'm applying for disability benefits. Do I automatically receive Medicare benefits if I'm approved for disability benefits?

A: You'll receive Medicare after you receive disability benefits for 24 months. When you become eligible for disability benefits, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first payment. Special rules apply to people with permanent kidney failure and those with "Lou Gehrig's Disease" (amyotrophic lateral sclerosis). Learn more about Social Security disability benefits by reading our publication, *Disability Benefits*, at www.socialsecurity.gov/pubs/10029.html.

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.

Health

From Page 7

immediately, since permanent blindness can result.

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.