



NEWSBRIEFS

Games people play

By now, most of us have heard about the Pokémon GO craze that has swept the nation, especially among cell-phone-toting youngsters, but it is also now catching on among elderly rehab patients, according to the Association of Mature American Citizens. The mobile phone game requires users to hunt so-called monsters in a virtual environment and the task requires concentration and long walks. Jaclyn Batts, a registered occupational therapist at the DeBary Health and Rehabilitation Center in Florida, came up with the idea of Pokémon therapy. She calls it a great motivator and tool to facilitate occupational therapy. Batts' colleague Michele Turbin said "my first thought when I heard the idea was 'What a great story!' followed by 'But, are the patients actually using it?' The answer was a resounding 'Yes!' I saw happy people, who ordinarily would sometimes not want to go to therapy, learning a new skill and waiting their turn to play."

— John Grimaldi

Suicide prevention

The Suicide Prevention Presentation will be held on September 7 at 2:30 p.m. at the Women's Intercultural Center located at 303 Lincoln Street in Anthony, NM. The presentation is being held in observance of Suicide Prevention Month, we're reaching out to those affected by suicide, raising awareness and connecting people who are at-risk of suicide to treatment services. Presenter will be Maricela Jimenez from United Healthcare.

— Mary Carter

Working caregivers

Employers should appreciate the needs of workers who are taking care of kids and/or aging parents, according to the Association of Mature American Citizens. A recent survey conducted by the Web site, caring.com, shows that "the vast majority of working survey respondents (88%) said caregiving has had a major impact on their day jobs, reporting at least some work-related repercussions stemming from their caregiving responsibilities." Blogger Dayna Steele writes in the Huffington Post that "providing support and flexibility" for working caregivers can have a positive impact on a company's bottom line. It promotes improved productivity, Steele says.

— John Grimaldi

It is not the I.Q. but the I WILL that is important in education.

— Quips & Quotes

Ruiz works on playground equipment for Eagle project

By Don Woodyard
Special to the Courier

FABENS—In profiling three Eagle Scout candidates from Troop 513 in Fabens, there is a common thread, a continuity of purpose that ties them together.

That purpose is also one of caring – of leaving things better than how you found it. This is one of the guiding principles of the Boy Scouts of America.

Underscoring these principles is David Ruiz, the third Eagle candidate from the troop. For his Eagle Scout project, he chose to refurbish the playground equipment at Shalom Christian Church in Fabens.

He follows in the footsteps of Sebastian Truillo (cemetery cleanup) and Jorge Gutierrez, Jr. (building recycling bins).

Ruiz, 17, a senior at Cotton Valley Early College High School, says he got "many compliments" on his playground equipment makeover. It took about 46 hours over a three-day period. Three other Scouts, along with his father, George, and Scoutmaster Curt Noland, carefully sanded off the grime, rough spots and rust before repainting the tall swing set, climbing bars and slide



— Photo by Curt Noland

GRINDING IT OUT – From left are Jorge Ruiz, David's dad; David Ruiz, the project leader; Carlos Ruiz and Jorge Gutierrez, Jr., another Eagle Scout candidate. They spent several days refurbishing playground equipment at Shalom Christian Church in Fabens.

Two particular highlights come to mind for David as he looks back on his time in Scouting which started in 2013. One was the satisfaction of completing a grueling 20-mile hike with other members of the troop. The second was earning his senior patrol leader patch and the

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Rotary Club, First Tee host golf classic

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The First Tee of Greater El Paso and the Rotary Club of West El Paso are reaching out to local area golf enthusiasts of all levels – be they players or sponsors – to help make this year's fall classic a successful tournament.

The First Tee Desert Classic, a premier golfing event for all levels of golfers, will begin at 9 a.m., Saturday, September 24 at the General George V. Underwood Jr. Golf Complex- Sunrise Course.

"We are looking for all types of sponsors – minor and major ones – and all levels of players to help us make this event a successful annual affair," stated Kristi Albers, one of the First Tee tournament's coordinators. "We want everyone to join us and have a good time playing this wonderful game of golf," she added.

The First Tee is a national non-profit youth organization that supports programs that teach life skills and core values through the game of golf, according to its website. The First Tee was established by the World Golf Foundation in 1997, and



— Photo courtesy of Rick LoBello

TEE IT UP – The public is invited to participate in the First Tee Desert Classic. The tournament is designed for golfers of all skill levels. Tee-off is scheduled for 9 a.m., Saturday, Sept. 24 at the General George V. Underwood Jr. Golf Complex on the Sunrise Course.

the First Tee of Greater El Paso became the 207th official chapter when it was formed in April of 2008.

The Rotary Club of West El Paso was established in 1962, and its members have been actively involved in the El Paso community from the very beginning. Since its inception, the westside club has donated over \$150,000 to various community projects and has been actively involved in promoting quality of life and youth initiatives throughout El Paso and Southern New Mexico, according to Rick LoBello, a Rotary Club of West El Paso member.

The upcoming golf classic will provide

each player with one round of tournament play, a forecaddie, free range balls, a hole-in-one contest, and an opportunity to win valuable prizes. Also, breakfast and lunch will be available during the tournament.

The format for the golf play will consist of a four-person coed scramble. Cost for an individual will be \$175 and for a team will be \$700.

Tournament officials stated that proceeds from the fundraiser will benefit the First Tee of Greater El Paso along with the community projects sponsored

See GOLF, Page 8

Finances By Nathaniel Sillin

Back-to-school planning for returning students

Could a mid- to late-career return to college make sense for you?

It's essential to evaluate whether this is a financially risky move. In recent years, older Americans have been

heading back to school part-time and during evenings in greater numbers than students of typical college age. According to the National Center for Education Statistics, enrollees 25 years of age and older account for 40

percent of all undergraduate and graduate students – by 2020, that number will rise to 43 percent.

Statistics proliferate on how much more valuable undergraduate college degrees are than high school diplomas alone – a recent Pew Research Analysis study reported that college graduates aged 25-32 and working full-time earn about \$17,500 more a year than employed adults in that age group with only a high school diploma. It's an indication why college is a fairly clear sell for younger people.

However, for people over 40, there are no similarly clear-cut rewards. That's why it's particularly important to do extensive due diligence before returning to college or any other training program. That's doubly

true if you can't afford tuition out-of-pocket.

Here are considerations to make before making a mid- or late-career return to the classroom:

A degree doesn't mean a job. That may seem obvious given the recent hiring fortunes of younger, first-time college grads. However, even though some job indicators are looking up for older workers, it doesn't mean past experience and a high-quality degree or certificate program will immediately lead to employment or better pay or for how long. Start with a thorough examination of working conditions and hiring forecasts (<http://www.bls.gov/oes/>) in your chosen field. If it's a complete career change, add face-to-face

networking and observation of the job in action, if possible. Most of all, it's important to know whether employers in that specific field really are interested in hiring older workers and have a record of doing so.

Fully evaluate your finances. As risky as student debt levels are now – the average student is borrowing around \$30,000 – spending money on school when you're older is a much riskier proposition than when you're young. Consider that late-life tuition is money that won't go to retirement, a child's tuition, an older relative's needs, consumer debt or financial emergencies. In other words, it's an investment that really has to pay off. Also keep in mind that student debt cannot be discharged in bankruptcy. This is why it is important to seek qualified financial and tax advice before committing to spending savings or taking out student loans to return to school.

Determine how long you really plan to work. A 2013 Gallup poll indicated that three in four U.S. workers plan to work past the conventional retirement age of 65, but no one really knows how long they'll be able to work given health and other factors. Will you be able to recoup the cost of training based on the number of years you hope to work?

Find the most affordable training possible. If a field is friendly to new workers your age, what will you have to invest in training to get the right job? Will it require a masters-level degree or a training certificate that makes you a specialist in a specific skill? Will some employers accept free or low-cost online courses being offered by known colleges and universities? The American Association of Community Colleges' Plus 50 Initiative is a useful resource for lower-cost training options at community colleges throughout the country. Also check with your chosen industry's leading trade associations to see what certificate training is most popular within the field and what it costs.

Bottom line: Education is beneficial at any age, but mid-to-late career workers should evaluate their finances and thoroughly investigate degree programs before going back to school.

Tornillo Independent School District PUBLIC NOTICE

The Tornillo Independent School District Special Education Department will be destroying confidential student information on special education students who have graduated, moved or were dismissed in 2008. Parents of these students may come to the Special Education Department located at 19200 Cobb Avenue in Tornillo on Monday through Friday from 8 a.m. to 5:00 p.m. to claim their child's file. The remaining files will be destroyed as per state directives 30 days from the date of this notice. If you have any questions, please call (915) 765-3040.

AVISO

El Departamento de Educación Especial del Distrito Escolar de Tornillo va a destruir los archivos confidenciales de estudiantes que estaban en el programa de educación especial que han graduado, se han movido, o fueron despedidos en el año escolar de 2008. Los padres de estos estudiantes pueden venir a la oficina del Departamento de Educación Especial del Distrito Escolar de Tornillo en 19200 Cobb Avenue, de lunes a viernes de 8:00-5:00 de la tarde a recoger los archivos de sus hijos. Los archivos que no sean recogidos van a ser destruidos como manda el estado en 30 días después de este aviso. Si tienen preguntas, llamen al teléfono (915) 765-3040.

WTCC: 09-01-16

Veterans Post By Freddy Groves

VA expands program for Service Dogs

The Department of Veterans Affairs has long provided veterinary care for the guide and service dogs of veterans who can benefit from having a dog, but now an additional category will be explored in a pilot program. Approved veterans whose mobility is limited by mental-health disorders will be able to get veterinary care for their animals if the program proves successful.

The Service Dog Benefits Pilot will allow an additional 100 veterans to get veterinary care for their dogs. That care includes all the things a normal household pet would get: immunizations, dental care, screenings, preventive care, wellness and sick-animal visits, screenings, emergency care, prescriptions and any treatment that helps the dog do its job for the veteran. Specific food, if the dog is on a special diet, and all the gear (such as harness, backpack) also is provided.

Until now, only veterans having hearing, visual or mobility impairment that is determined to be helped by having a dog have had veterinary care provided.

While guide dogs are specially trained to assist those who have vision impairments by avoiding obstacles, service dogs are trained to do a variety of specific tasks so the veteran can live independently. That might include helping vets with hearing loss and physical impairments.

Other facts:

- Veterans who are matched up with a dog are expected to spend time training, and travel costs can be prohibitive. In that case, the VA provides financial support for training time and travel.
- After the veteran is approved for the program, only dogs obtained from accredited Assistance Dogs International or International Guide Dog Federation facilities are approved.

To learn more, go to www.prosthetics.va.gov/ServiceAndGuideDogs.asp. Scroll to the bottom of the page and you'll find the Frequently Asked Questions, as well as the Fact Sheet on Guide and Service Dogs.

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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.

Mission Early College High School named top school in 'Newsweek'

By Christy Flores-Jones
Special to the Courier

college-ready and college-bound. The school was credited for its high focus on college readiness efforts, a 100 percent graduation rate and college bound score, with a 72.7 poverty index rate.

EL PASO COUNTY – Mission Early College High School was named a top high school in America, according to Newsweek's 2016 "Beating the Odds" list, recently.

MECHS ranked No. 58 out of 500 schools identified by the publication for preparing students for college, while overcoming obstacles posed by students at an economic disadvantage. The campus was up 133 rankings from its 191st standing in 2014.

"I'm very happy for the students, parents and the staff," said Jason Long, MECHS principal. "They work so hard every day. It's nice to see their hard work acknowledged in a national publication. I'm also humbled by the fact that I am a part of this amazing school."

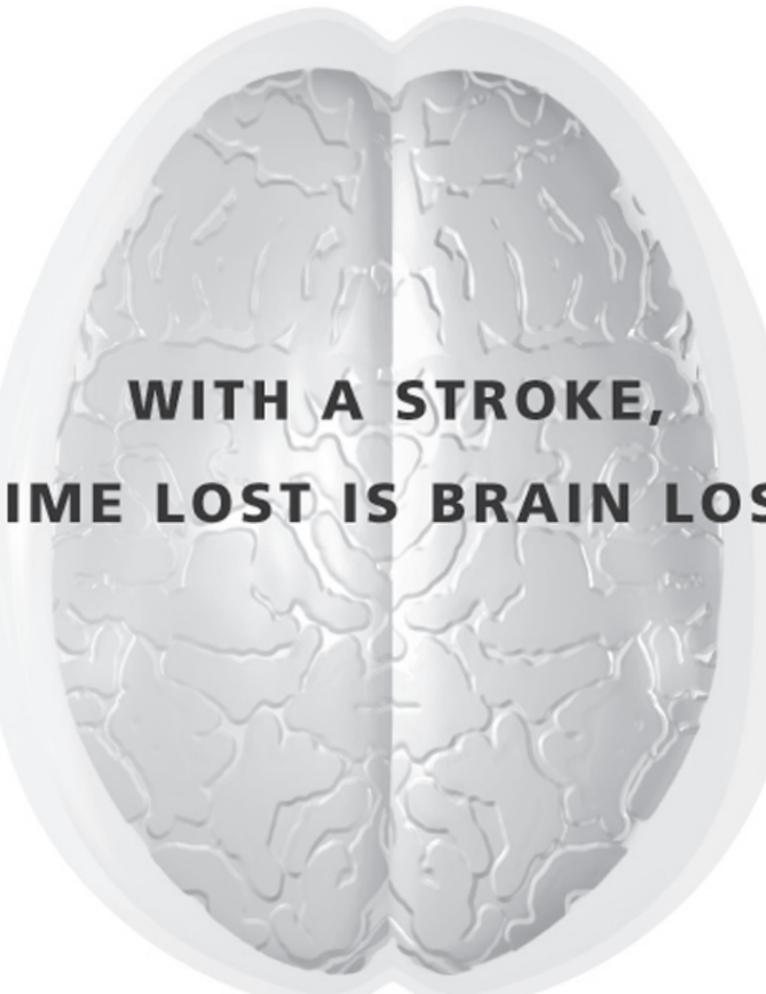
The school rankings were based on the college readiness indicators and achievements such as the number of counselors, college acceptance and enrollment, SAT and ACT participation and performance, dual enrollments, as well as student performance in AP, and IB courses. The research was based on data from the federal database of the National Center for Education (NCES).

"It took focused and dedicated students, parents and staff to achieve this goal," Long said. "SISD students and campuses can successfully compete with any students in the country, no matter what the circumstances."

The Newsweek report showed MECHS students are graduating from high school

aims to be among the top ten schools in the magazine's next rankings in 2018.





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— Photo by Curt Noland

David Ruiz with his badges.

Scout

From Page 1

leadership skills he learned from the experience.

In order to achieve his long-held goal of being an Eagle, David had to make a difficult choice along the way. A sports enthusiast, he had to give up soccer because it interfered with attending Scout meetings.

“David made the right choice,” his scoutmaster added.

In his Letter of Ambition he has his future planned out.

First, he plans a career in the military where his leadership skills will be useful. Looking even further ahead, he plans a second career in law enforcement with the U.S. Marshal’s Service.

“I want to enlist because I love my country. I want to protect it from all foreign and domestic enemies.”

David also speaks about his religious obligations in his Letter of Ambition.

“I take God very seriously. I was raised a Christian, and I plan to follow God’s word until the day I die,” he says with conviction. My family and I will

follow the Lord and protect the land he has given us.”

He also speaks with conviction about Scouting.

“I strongly believe in the Scouting program. My children will join the program, and I will be part of their troop. I will always bear the Scout Oath in my heart, and I will teach to my children so that they can be faithful to God, our Country and to help people,” he concludes.

Publisher’s Note: This is the fourth in a series of stories about Boy Scout Troop 513 and three of its youth who are on the verge of becoming Eagle Scouts. Next week: The man behind the boys.

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The *West Texas County Courier* will publish two editions early. The October 20 and October 27, 2016 issues will go to press on Monday, October 10, 2016.

All material for these publications must be submitted to the *West Texas County Courier* no later than Thursday, October 6, 2016.

The *West Texas County Courier* office will close beginning Thursday, October 13, 2016. The office will open again on Monday, October 31, 2016.

Lower Valley Water District Notice of Public Hearing on Tax Rate

The LOWER VALLEY WATER DISTRICT will hold a public hearing on a proposed tax rate for the tax year 2016 on Thursday, September 15, 2016, at 6:00 p.m., at 1557 FM 1110, Clint, Texas 79836. Your individual taxes may increase or decrease, depending on the change in taxable value of your property in relation to the change in the taxable value of all other property and the tax rate that is adopted.

FOR the proposal: **David Armstrong, Henry Trujillo, Rodrigo Chavez and Gerald Grijalva**

AGAINST the proposal: **NONE**

PRESENT and not voting: **NONE**

ABSENT: **Rosalinda Vigil**

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
Total tax rate (per \$100 value)	\$0.193292/\$100	\$0.189467/\$100
	Adopted	Proposed
Difference in rates per \$100 of value	– \$0.003825/\$100	
Percentage increase / decrease in rates (+/–)	– 1.98%	
Average appraised value	\$ 74,563	\$ 76,258
General exemptions available (excluding senior citizen’s or disabled person’s exemptions)	\$ 0	\$ 0
Average taxable value	\$ 74,563	\$ 76,258
Tax on average residence homestead	\$ 144.12	\$ 144.48
Annual increase / decrease in taxes if proposed tax rate is adopted (+/–)	+ \$ 0.36	
and percentage of increase (+/–)	+ 25%	

NOTICE OF TAXPAYERS’ RIGHT TO ROLLBACK ELECTION

If taxes on the average residence homestead increase by more than eight percent, the qualified voters of the water district by petition may require that an election be held to determine whether to reduce the operation and maintenance tax rate to the rollback tax rate under Section 49.236(d), Water Code.

Notice of Tax Revenue Increase

The **EL PASO COUNTY EMERGENCY SERVICES DISTRICT #2** conducted public hearings on August 18, 2016 and August 25, 2016 on a proposal to increase the total tax revenues of the **EL PASO COUNTY EMERGENCY SERVICES DISTRICT #2** from the properties on the tax roll in the preceding year by 8.56 percent.

The total tax revenue proposed to be raised last year at last year’s tax rate of \$0.095081 for each \$100 of taxable value was \$2,805,597.

The total tax revenue proposed to be raised this year at the proposed tax rate of \$0.100000 for each \$100 of taxable value, excluding tax revenue to be raised from new property added to the tax roll this year, is \$2,960,596.

The total tax revenue proposed to be raised this year at the proposed tax rate of \$0.100000 for each \$100 of taxable value, including tax revenue to be raised from new property added to the tax roll this year, is \$3,055,468.

The **EL PASO COUNTY EMERGENCY SERVICES DISTRICT #2** is scheduled to vote on the tax rate that will result in that tax increase at a public meeting to be held on August 29, 2016 at El Paso County ESD #2 Board Room, 100 S. San Elizario Rd., Ste. N, Clint, Texas 79836 at 6:00 PM.

The **EL PASO COUNTY EMERGENCY SERVICES DISTRICT #2** proposes to use the increase in total tax revenue for the purpose of balancing the fiscal year 2017 budget.

Prescott, Elliott make Romo's injury easier on Cowboy fans

By Steve Escajeda
Special to the Courier

Ever notice that when you go through a situation the second time around – it's not as bad.

Your first child, you guide every single step they take and go way beyond the norm to keep them safe. The second child you pretty much allow to venture out on their own.

The first time you dive in the pool you stand at the edge for 15 minutes thinking about it, considering all that can go wrong. The next time – you jump in without a care in the world.

That has to be how Dallas Cowboys fans were feeling last Thursday night when they witnessed Tony Romo in the all-too-familiar fetal position on the turf grimacing in pain.

Last year, fans knew the season was over when Romo suffered a broken collar bone. And to prove it, the Cowboys were 1-11 without him and 3-1 with him.

Every Cowboys fan knows, whether they love him or hate him, that Dallas can

only go as far as Romo can take them.

But when Romo went down – doing his best folded accordion imitation against Seattle – things seemed different.

Don't get me wrong, the Cowboys need a healthy Romo if they are going to compete in the NFC East. But thanks to the emergence of Dak Prescott, the idea of Romo being out isn't as catastrophic as it was a year ago.

Prescott, who wasn't drafted until the fourth round had another strong effort against the Seahawks' first-stringers, going 17-of-23 for 116 yards and a touchdown.

So far this preseason, Prescott is 39-out-of-50 (78%) for 454 yards, and has thrown five touchdown passes with no interceptions. Oh, and by the way, he's also run for two touchdowns.

So while Dallas fans while holding their collective breath when Romo was rolling around on the ground, there had to be a number of them who were intrigued by the thought of Prescott taking over.

Now before we hail Prescott as the new-and-improved amalgam of Marino,

Montana and Manning, let's keep in mind that this is still the preseason and these games mean absolutely nothing.

But the fact remains that Prescott has taken almost all of his snaps with the Cowboys' first-stringers against the opponents' first string.

And the poise, decision-making and arm strength he's shown has been as impressive as any seasoned veteran.

And of course it doesn't hurt to have the best offensive line in pro football in front of him to allow him the time to prove his worth.

Cowboys fans also got their first glimpse of running back Ezekiel Elliott last week.

It took the rookie about three carries to show off the kind of talent that will make things easier for the quarterback, whether it's Romo or Prescott.

Elliott ran with speed and power and wasn't afraid to take on the tough Seattle defenders head-on and then talk to them about it.

But too many of those head-on blows may catch up to him eventually so he might be advised to avoid some of those encounters.

To be totally honest, whatever a spring chicken is, Romo is not one of them. The long-time Cowboys quarterback is 36 years old now and like the rest of us who are getting older, life's hard knocks take a little longer to recover from.

Though he feels like he has a couple more good years in him, Romo will have to face some pretty tough decisions soon.

With all the back problems he's had, he might have to start considering his life after football. We've all seen the heard the horror stories from guys that stayed in the sport way too long.

At one time, the thought of losing Romo sent Dallas fans, and I'm sure Dallas coaches, into a frenzied panic. But the thought of seeing another number in the shotgun formation doesn't seem as far-fetched as it once did.

There's little doubt that Prescott is the guy who will take over for the crafty veteran, just like Romo did when he took over for Drew Bledsoe.

Now that fans have seen several helpings of Dak Prescott, the frightening thought of losing Romo doesn't seem quite as scary.

A sporting view By Mark Vasto

The simple Olympics

If there was one consistent takeaway for America from these past Olympics it is that: 1) we have the best athletes (and sport outfitters) in the world, and 2) yeah, we're more than just a little bit insane.

I know where you think I'm going with this... that I'm going to bring up the Ryan Lochte "situation." I am, of course, but only for a brief moment.

Ryan Lochte is a dunce.

Now, before you say it's not

nice to name call, let me also call out Usain Bolt. He is great. Also let me state that Michael Phelps is a freak of nature and broke records that had stood since ancient Greece. Carmelo Anthony has won three gold medals, and Coach K has lost only one game ever in Olympic play. That's incredible. You want name calling? Just how many kids are going to be named Simone after these

Olympics?

Yep, America won the eagle's share of the gold, and pretty much lapped the competition. For Russia, this was a particularly humiliating Olympics. It's one thing to implement state-sponsored cheating, it's an entire other thing to get completely nailed for it, too.

The Olympics are actually great places to call names. Everyone knows that there is a tradition at the end of the games to proclaim them as "the best ever," even if it didn't happen in Atlanta or Rio, I think. In Atlanta, we received an "attaboy" sentiment, and I believe Rio was simply told they were "magnificent." Whether or

not that was a good thing is for Rio to figure out.

One thing we have figured out is the art of storytelling. Every Olympics, the pre-match bios get more and more "Million Dollar Baby." Just once I would like the story of an Olympian to be boring and with no compelling backstory at all. It would really be something to see a b-roll of some kid who simply grew up in Middletown, Wherever, and carried a C or B average through high school, but one day found out he was really fast... or a really good shot... and by accident, he tried out for

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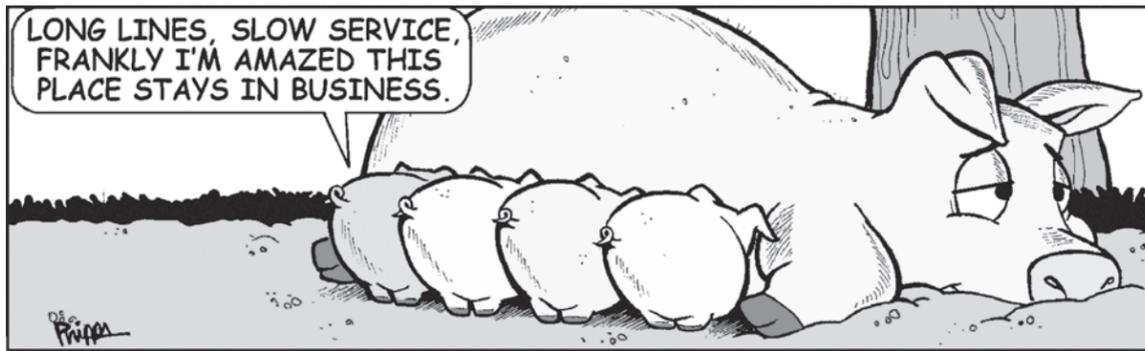
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OUT ON A LIMB By Gary Kopervas



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: My pharmacy recommends that I switch to the generic to save a lot of money on each refill, as it's exactly the same as the brand name. My neurologist is adamantly against this and says that generics vary too much and may not be effective. Who is right? I am paying the much higher amount for the brand name Keppra out of pocket. Also, I only had a couple of seizures years ago – at some point, can't I wean off the meds? I think my seizures were a one-time event. – N.R.B.

Cancer. Breastfeeding is one, and it's so good for the baby that we might forget that it has long-term advantages for moms, but add reducing the mother's breast cancer risk to the list. The second is dietary phytoestrogens, compounds such as soy isoflavones and lignans, which are found in soybeans and other legumes. This data is most clear among Asian women. Finally, regular physical exercise reduces breast cancer risk, especially for women after menopause.

Generics are required to have the same amount of the exact medication as the brand name. Some clinicians feel that some generic medications are absorbed differently from the brand name, and that very small variations in dosage are important. I won't tell you to ignore your neurologist's advice, but most people stay just as well-controlled on generic levetiracetam as on brand name Keppra.

Other dietary factors, such as a diet high in fruits and vegetables and low in meat and saturated fat, may reduce risk of breast cancer, but this isn't proven. Studies are ongoing to examine whether vitamin D or omega 3 fatty acids may reduce risk, as suggested in previous studies.

For high-risk women, consider chemoprophylaxis with a SERM or aromatase inhibitor, and also a more-intensive screening program.

As far as discontinuing seizure medicine, really, only your neurologist can answer that. It depends on your seizure history, and the results of your EEG and possibly your brain MRI. Most neurologists will consider stopping the medication after one or more years with no seizures, in most cases.

Readers: Women today have the best chance ever of overcoming breast cancer. To learn more, order the booklet Breast Cancer: Detection and Treatment by writing Dr. Donohue – No. 1101W, 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 4-6 weeks for delivery.

DEAR DR. ROACH: You have written about screening for breast cancer, but are there any ways to prevent breast cancer in the first place? – T.C.

DEAR DR. ROACH: I heard that tuna fish contains a lot of mercury, so intake should be limited. I like solid white albacore tuna. I eat

There are three behaviors that are well-accepted to reduce the risk of breast

See HEALTH, Page 8

Super Crossword

- TIME FOR A FRESH START ACROSS**
- 1 Keys that get "tickled"
 - 8 Mysteries
 - 15 Longtime Volkswagen model
 - 20 Port near Naples
 - 21 Allay
 - 22 Brand of deodorant
 - 23 SkyDome national anthem
 - 24 Harley-Davidson product
 - 26 TV's Sajak
 - 27 Meditation sounds
 - 29 With 64-Across, Japan's place
 - 30 A teacher prepares it
 - 31 Also called
 - 38 Nero's 111
 - 39 Political analyst
 - Myers
 - 40 Devilish look
 - 41 Black-and-white bird
 - 44 Optical storage format for burning data
 - 46 Put_ (pranks)
 - 47 Ranch jaunt
 - 49 "Socrate"
 - composer Erik
 - 52 Black-and-white bird
 - 54 With 112-Down, backbeat instruments
 - 56 Billionaire Bill
 - 57 Marking the start

- of, as a 133-Across
- 60 Homer epic
- 62 Mani offerer
- 63 Hydroxyl-containing compound
- 64 See 29-Across
- 66 Less jagged
- 70 Cuts down
- 72 Film set at Faber College
- 76 Life-or-death
- 77 Shoe part
- 79 County south of Niagara
- 80 _Pet
- 82 Org. backing guns
- 83 Like films, restaurants and bonds
- 86 Key of Chopin's "Raindrop" prelude
- 89 Less abundant
- 92 Suspicious
- 94 Bump hard
- 95 Choir song
- 96 #1 Beatles hit of 1964
- 98 Unbroken
- 100 Whaler, e.g.
- 102 Non-rush-hour, say
- 103 Pilot
- 105 Some Japanese cartoons
- 109 Uncle, in Rio
- 110 Pampering treatment
- 114 Carport's kin
- 117 Meal crumb
- 118 Sked guess
- 119 Demier_ (very latest fashion)

- 120 Bed for eggs
- Benedict
- 125 49ers' home, for short
- 128 Fast Amtrak train
- 129 Creator of Tigger and Eeyore
- 130 Chemical salt in spinach and parsley
- 131 Epoxy, e.g.
- 132 How some things are chiseled
- 133 An apt one is spelled out by combining the first two letters of nine Across answers in this puzzle
- DOWN**
- 1 14-legged crustacean
 - 2 Move out of
 - 3 Kansas city
 - 4 Stimp's pal
 - 5 Gershwin the lyricist
 - 6 Granted
 - 7 "Me too"
 - 8 Bolt down
 - 9 Sydney's state: Abbr.
 - 10 Patricia T. O'Conner's "Woe_"
 - 11 Really go after
 - 12 Showy parrot
 - 13 Corporal on "F Troop"
 - 14 Sch. term
 - 15 Actress Fonda
 - 16 Bits of work
 - 17 Alternative to

- Wheat Thins
- 18 Compound in pottery glazes
- 19 Compounds paired with thymines in DNA
- 25 Nobody_ (mine alone)
- 28 Sizzling bacon sound
- 32 Munsters' boy
- 33 Worship
- 34 Japanese mushroom
- 35 Author Kesey
- 36 Fed Eliot
- 37 After, to Gigi
- 42 Israeli desert region
- 43 Got silver, as hair
- 45 Was too long, as a sentence
- 47 Was given no choice
- 48 Suffix with direct
- 49 Fish-on-rice dish
- 50 Trembly tree
- 51 Mellows out
- 53 _ fruit (tangelo kin)
- 55 Munched
- 58 Not fitting
- 59 Less distant
- 61 "The way I..."
- 65 Frazier fighter
- 67 Black-clad mercenary
- 68 Actor Flynn
- 69 Update the arsenal of
- 71 Hollywood's Meryl
- 73 Dogfight
- 74 "Mighty Bruins" sch.

- 75 Frauds
- 78 Old Yankee Combs
- 81 Stepping (up)
- 84 Analogous
- 85 Hollywood's Stiller
- 87 Middle Corleone brother
- 88 Meat jelly
- 89 Wear for mob quellers
- 90 Promise to marry
- 91 Beats into shape again
- 93 Part of BYO
- 97 Lots in life
- 99 Nothing at all
- 101 Paleolithic tool
- 103 Trim up, say
- 104 Adam and _
- 106 Gordon of "Oklahoma!"
- 107 Typo list
- 108 One fishing with a net
- 111 "_ is an island..."
- 112 See 54-Across
- 113 "Challenge accepted!"
- 115 "_ Ask of You"
- 116 Composer_ Carlo Menotti
- 121 "Bali_"
- 122 Mel's Diner waitress
- 123 Orbitz listing
- 124 Born, to Gigi
- 126 Rural denial
- 127 Go by jet

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			
20								21						22							
23								24					25								
26					27		28			29				30							
31			32	33				34	35	36			37				38				
39							40						41		42	43					
					44		45		46			47	48								
49	50	51				52	53			54	55				56						
57						58			59		60				61						
62					63				64	65					66		67	68	69		
70				71		72			73				74	75			76				
77					78				79				80			81		82			
							83		84	85			86	87				88			
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114					115	116			117					118							119
120									121			122	123	124		125		126	127		
128									129												130
131										132											133

TRUE TEXAS FACTS by Roger Moore Sept. 2, 1862, New Confederate conscription law includes all males 18-45.



Social Security

From Page 4

vehicles, and other investments.

You can view our disability starter kit at www.socialsecurity.gov/disability/disability_starter_kits.htm.

Remember, we are there when you might be faced with one of the hardest obstacles of your life. Social Security helps secure today and tomorrow with critical benefits for people with severe disabilities, not just during retirement. Learn more at www.socialsecurity.gov.

Q: I was wounded while on military service overseas. What are the benefits for wounded warriors, and how can I apply?

A: Through the Wounded Warrior program, Social Security expedites processing of disability claims of current military service members or veterans disabled while on active duty on or after October 1, 2001. Also, service members and veterans who have a Veterans Administration compensation rating of 100% Permanent and Total (P&T) may receive expedited processing of applications for Social Security disability benefits. Keep in mind, this expedited process applies to only the application process. To be eligible for benefits, you must meet Social Security's strict definition of "disability," which means:

- You must be unable to do substantial work because of your medical condition(s); and
- Your medical condition(s) must have lasted, or be expected to last, at least one year or to result in death.
- You can apply online at www.socialsecurity.gov/applyfordisability or call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778). You can find more information for veterans at www.socialsecurity.gov/people/veterans.

For more information on any of the information above, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213.

Golf

From Page 1

by the Rotary Club of West El Paso. This year's event is also being dedicated to the memory of Jonathan Rogers, a former mayor of the City of El Paso.

For more information on how to sign up to play or to be a tournament sponsor, contact coordinators Albers, at 915-252-6511 or Carol Lewis, at 915-544-5205. Interested individuals may also visit the tournament website at firstteedesertclassic.com.

Sports

From Page 6

the games and came in seventh. We never hear those stories.

Of course, it also wouldn't hurt if the press would stop with all the "displaced resident" stories. Look, we get it ... the powers that be aren't going to bulldoze the mansions owned by the richest people in the ritziest part of the city to build a stadium that will be useless in two weeks' time. Is anyone shocked to learn of this? Every year, the reporters write about government spending on infrastructure, how pollution is atrocious, how everyone that dips a toe in the water will contract syphilis, and come dusk, will be eaten alive by head-shrinking mosquitos.

Sometimes you just have to let the simple ideas win out. We were watching people, athletes, run and jump and play games for their country, and that simple thrill should be enough for us all.

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

Health

From Page 7

one 4-ounce can per week. How much is safe? - P.W.K.

Albacore has relatively high amounts of mercury, and the recommendation by the Environmental Protection Agency is to limit consumption to three 6-ounce portions per month for women, and three 8-ounce servings for men. You are well within the safe limit. Canned light tuna and canned salmon have much less mercury.

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

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.

	+		+		8
+		x		÷	
	÷		-		1
÷		+		+	
	-		x		7
2		8		9	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 3 4 5 6 7 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: D equals F

NEEVNOGIU XIVIHOZOMQ ZISOIZ

NWMCX EIVIWSOXOIZ' SIU SNZKIZ:

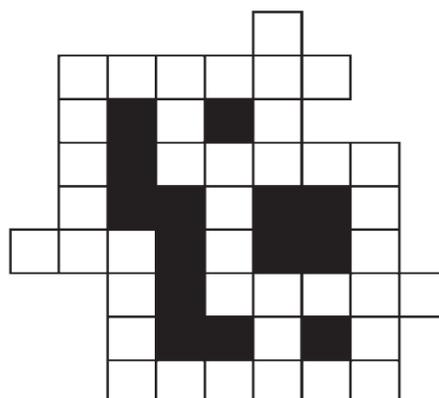
"KOHIZ MD XKI SOEK NQU DNGMCZ."

Answer Page 4

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- AHM
- ♥ RENISH
- ♥ RHEEW
- ♥ TSNE
- TARYAS
- ERI
- ♥ TWEH
- ♥ TESIM
- ♥ EWN
- MYTLIR
- ♥ TAYME
- ♥ ERYE



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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