



NEWSBRIEFS

Art contest

El Dorado High School invites the El Paso, Juarez and Las Cruces community to participate in the school's art contest, *Metamorphosis: Trash to Treasure*, to raise awareness about environmental concerns. The contest, which is part of the It's Your World community art project, will allow participants to work with recycled material to make creative art. Winners will earn cash-value prizes, participate in a meet-and-greet with Chelsea Clinton, and have their artwork showcased at the International Museum of Art. Contest guidelines can be found in the It's Your World project website at www.tinyurl.com/j23deme and click on the Competition link. Artists may participate by submitting a photo of the artwork before midnight, March 31 to itsyourworldproject@gmail.com. Award winners will be announced during a reception at 1:30 p.m. April 23 at the International Museum of Art. For more information, contact Candie Printz by phone at 731-6271 or by e-mail at itsyourworldproject@gmail.com.

— Christy Flores-Jones

Free trees

The Arbor Day Foundation is making it easy for everyone to celebrate the arrival of spring by planting trees. Join the Arbor Day Foundation in March 2017 and receive 10 free white pine trees or 10 white flowering dogwood trees. "White pine trees or white flowering dogwoods will add beauty to your home throughout the year," said Matt Harris, chief executive of the Arbor Day Foundation. "Dogwoods are known for their showy spring flowers and red berries that attract songbirds during winter. White pine trees are fast-growing landscape trees that will break heavy winds, making them an ideal addition to any yard." The free trees are part of the nonprofit Foundation's Trees for America campaign. With planting instructions included, the trees will be shipped at the right time for planting, between March 1 and May 31. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Arbor Day Foundation members also receive a subscription to Arbor Day, the Foundation's bimonthly publication, and The Tree Book, which contains information about

See BRIEFS, Page 3

Modern automobiles have every convenience – except a button to lower the payments.

— Quips & Quotes

Beckett to speak on Native American tribes' in region

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – There's the Tiwa, Pueblo, Apache, Comanche, Shoshoni, Navaho, Kiowa, Yuman, and Hopi, among others, who were the Native American tribes that frequented this *El Paso del Norte* region more than four centuries ago. Some of them stayed for a while then moved on, others settled here. Archaeologists have been researching for decades as to where they came from and what brought them to this area?

One such archaeologist is Patrick Beckett, who will be El Paso Archaeological Society's (EPAS) featured guest speaker, at the group's next monthly meeting, which is scheduled for 2 p.m., Saturday, March 18, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The presentation is free and open to the public.

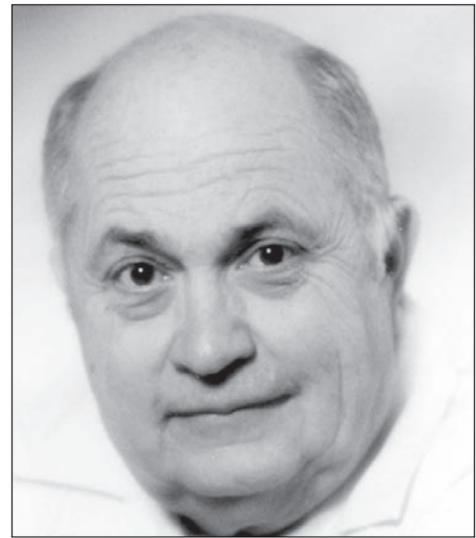
In his talk, titled "Proto-Historic Indian Populations in Southern New Mexico and West Texas", Beckett will illustrate how the Native Americans came together in this area before and after the arrival of

the Spanish *entradas*. The proto-historic time period refers to the late prehistoric and early historic period, right before and after the arrival of the Spanish in this region of the Southwest, according to the archaeologist.

Beckett is an archaeologist and an ethno-historian. Since 1973, he has been the director of COAS Publishing & Research, a digital archives research and publishing organization. He also founded the COAS books in 1984.

Beckett has written over 90 archaeological and historical articles, reports, and books and was the principal investigator for 209 archaeological projects. One of his books, titled "The Mansos", which he co-authored with Terry Corbett, was given the "Best Researched Book on the Border" award by the Southwest Border Regional Library Association in 1994.

EPAS's renowned presenter was also instrumental in initiating the Jornada Mogollon Archaeological Conference, which has been hosted in El Paso since 1979. The Twentieth Biennial Jornada Mogollon Conference is slated to be held October 13-14, at the El Paso Museum of Archaeology.



— Photo courtesy El Paso Archaeological Society

Archaeologist and ethno-historian Patrick H. Beckett will present his findings about how the different Native American tribes came to settle in the El Paso-Las Cruces region during El Paso Archaeological Society's next monthly meeting.

Beckett has worked for the Museum of New Mexico and for Eastern New Mexico University (ENMU). He has held positions on different advisory boards including the Archives and Records for the New Mexico Archaeological Council, the Human Systems Research center, and the New Mexico Spaceport Authority. He has also served as president of the Archaeological Society of New Mexico and of the El Camino Real de Tierra

See BECKETT, Page 5

Han reads to San Eli students

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – Students from the San Elizario Independent School District celebrated "Read Across America" last week and all of the elementary campuses joined the fun by decorating classrooms, hallways, and offices with Dr. Seuss characters. They also got to celebrate Seuss' birthday (March 2nd) by wearing something silly each day in his honor – from a crazy hat, to wild socks, to even a wacky, yellow mustache!

The purpose of "Read Across America" is to motivate children to pick up a book and read. Research has shown that kids who spend more time reading tend to do better in school. "This is one of the most popular events every year," said Nancy Jacquez, librarian for Alfonso Borrego Sr. Elementary School. "Reading can be a fun and imaginative activity for our students, which opens doors to all kinds of endless possibilities for them," she added.

Each day last week, students received a visit from several SEISD administrators and directors as well as local personalities,



— Photo courtesy San Elizario ISD

THE CLASSICS – EL Paso fighter Jennifer Han, seated foreground, stopped by Lorenzo G. Alarcon Elementary School to read Dr. Seuss' *The Cat In The Hat* to a group of 3rd- and 6th-graders.

all whom took the time out of their busy schedules to read the students. Among those guests was local boxer and Featherweight Champion, Jennifer Han, who stopped by Lorenzo G. Alarcon Elementary to read her favorite Seuss book.

"I am honored to be here reading to these wonderful students," said Han. "It is really enlightening to know that they are very much interested in literature at

this age. This is a great opportunity for them to be exposed to what the world has to offer."

Han was flattered to know that several of the young girls look up to her and want to be like her when they grow up. "Knowing that these girls see me as their role model is super heart-warming," said Han.

After reading to the students, Han stuck around for pictures and gave her autograph to her "little fans."

Finances By Nathaniel Sillin

Ways to save on online brokerage fees

If you've made it to a point in life where you're ready to start investing, or at least start thinking about investing, you may consider opening a brokerage account. But you're not alone if the thought of choosing a brokerage firm is foreign to you.

While brokers have helped individual investors buy and sell investments for decades, the relationship and services have changed over time. For instance, rather than calling their brokers, today many investors use a sleek online platform or mobile app to

place orders.

Fees associated with maintaining a brokerage account and investing have also changed. Whether you've been investing for years, or are just diving in, it's wise to occasionally compare brokerage firms' offerings and costs, including those listed below, and find the option that's right for you.

Trading-platform fees might not be necessary. A trading platform is downloadable software or an online app that you can use to make trades, view real-time quotes and news,

perform analysis and set up your trading strategies. While platform fees can cost hundreds of dollars a month, many high-quality options are completely free. Others are free as long as you meet minimum account balance requirements.

Trading fees are common, but prices vary. Brokerage trading fees can vary widely depending on the financial product and broker. Many online brokers charge a flat fee, typically somewhere between \$5 to \$10 per online trade for stocks or exchange-traded funds (ETFs).

Some brokers alternatively charge a fee per share, which could be a better option for day traders.

Making a trade over the phone or with the help of a broker rather than on your own online could incur an additional fee (sometimes between \$20 to \$50).

Mutual fund transaction fees may be higher than the cost of trading stocks, although some brokers have a list of no-transaction-fee funds. More advanced trading tactics, such as options, also may have additional

fees.

Higher trading fees don't necessarily indicate better service, but the fees could help the brokerage firm invest in its trading platform, customer service and research tools. Therefore, you'll want to compare each firm as a whole, not just the trading fees.

Avoid annual fees. Some brokers charge an annual fee, often around \$50 to \$75. You might be able to avoid the fee by maintaining a minimum balance in your account, or there are a number of brokerages that don't charge this fee regardless of your account balance.

Don't overthink account closure or transfer fees. It's common for a brokerage to charge \$50 to \$75 to close your account or transfer your holdings to a different brokerage. However, many brokerages will reimburse you when you open a new account with them.

Optional services are just that – optional. There are a few services, such as paper statements or premium research tools, that often cost money but are easy to opt in or out of based on your preferences.

How much could you save by choosing a low-fee brokerage? Unless you're an advanced investor, there are likely a variety of brokerages that can fulfill your needs. Review the fees you're paying at your current brokerage, or at a brokerage you're considering, and the competition's offering.

Paying \$5 versus \$10 per trade might not be significant for every investor. However, that's the difference between receiving \$95 or \$90 worth of stock when you invest \$100. Everything being equal, spending the extra \$5 means you take an immediate 5-percent loss, plus you miss out on potential gains.

Bottom line: Choosing a brokerage with low fees helps ensure that your money goes towards your investments rather than overhead expenses. Low-fee brokerages aren't necessarily worse either. Some still offer high-end services, advanced trading platforms and mobile apps that can satisfy the needs of most beginner or intermediate investors.

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.

NEW HOUSES

Self-Help Built Starting At:

\$69,000

Lower Valley Housing Corporation
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1973
44
Years
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WEST TEXAS COUNTY COURIER

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Veterans Post By Freddy Groves

Adaptive sports for disabled vets

Disabled veterans will get a chance again this year to compete in adaptive sports across the country. The Department of Veterans Affairs is taking applications for \$8 million grants that will support programs for disabled veterans and members of the Armed Forces.

Last year, grants helped fund 90 different programs, including coaching and technical assistance, recreation therapists, equipment, supplies and programs on the local level, as well as advanced adaptive sports and Paralympic programs at the regional and national levels. Grant applicants are expected to be colleges, parks and rec departments, Paralympic sports clubs and organizations, nonprofits, Veterans Service Organizations and more.

For disabled athletes who want to train and compete, this is a huge program. See www.va.gov/adaptivesports for more information. Click on Paralympic Sport Club Finder to locate ones in your area, or go to www.teamusa.org for full listings. Depending on where you live, you can join adaptive skiing, para-athlete

triathlons, sports for visually impaired, snow-shoeing, cycling, wheelchair basketball, archery, fly fishing, kayaking, disc golf, biathlon, tennis and many more.

Specific adaptive events during the year include:

- Valor Games – open to veterans with a VA disability rating for PTSD, amputation, traumatic brain injury and more.
- Golden Age games – open to veterans age 55 or older who get health care at the VA.
- Summer Sports Clinic, Sept. 17-22 in San Diego – take part in surfing, track and field, sailing, hand and tandem cycling. For those who were recently injured, daily therapy is part of the program.
- TEE Tournament, Sept. 11-15 in Iowa City, Iowa – develop skills in adaptive golf and bowling.

If you're disabled and think you won't get anything out of the sports programs, go online to www.va.gov/adaptivesports. Check out some of the videos of veterans in the programs. You might change your mind.

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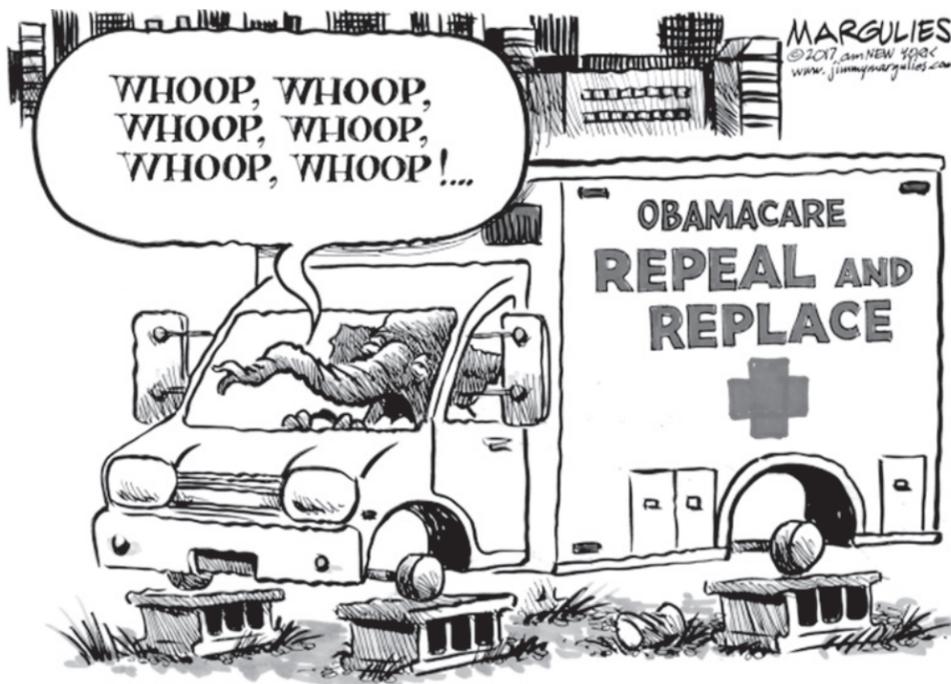
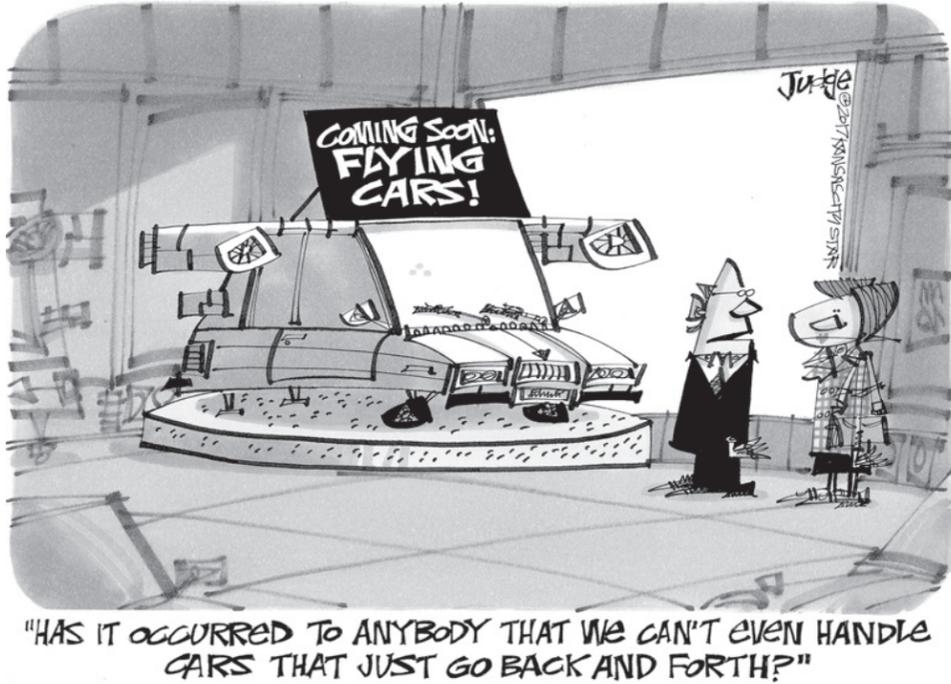
Click It or Ticket.

Even in the back seat.

Buckle up every rider for every trip.

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





View from here By

Seniors suffer consequences of Hollywood's portrayals

Hollywood's entertainment elite appears to be increasingly dismissive of America's aging population, according to a new study by Humana and the University of Southern California.

"I came across the research and then it hit me: perhaps all of their incessant whining over the election of President Donald Trump has roots in the vanity that oftentimes goes hand-in-hand with being a so-called star. The fact is that many of the movies produced in Tinseltown in recent years have indeed been increasingly disdainful of senior citizens. They seem to use scripts that present prejudicial stereotypes, wittingly or unwittingly promoting ageism. The Humana-USC researchers noted that many of the 60-plus characters in films these days are described with downright mean-spirited disdain and that can be dangerous," says Dan Weber, president of the Association of Mature American Citizens.

The research report, in fact, states that over the past several years six of the 14 films that featured a leading or supporting aging character contained "ageist comments." Examples of these comments include such hurtful words as "mentally feeble, sick old ladies" and "...just sit here and let Alzheimer's run its course." Thus, the researchers concluded that even critically acclaimed films misrepresent what it means to be a senior citizen.

One of the most prominent Trump-bashers in Hollywood is Meryl Streep who has not missed an opportunity to "whine" about him, notes Weber. In one of her tirades she implied that the President was a bully and said: "this instinct to humiliate, when it's modeled by someone in the public platform, by someone powerful, it filters down into everybody's life, 'cause it kind of gives permission for other people to do the same thing. Disrespect invites disrespect. Violence incites violence. And when the powerful use their position to bully others, we all lose."

Ironically, the Humana-USC research shows that Hollywood's "instinct to humiliate" the elderly in the movies has serious consequences, too, says Weber. "And I don't mean that it will reduce box-office revenues, which it should. I mean that it negatively impacts the lives of our senior citizens."

As Dr. Yolangel Hernandez Suarez, VP and chief medical officer at Humana, put it in commenting on the study: "Clearly, there's more work to be done before we can say precisely how inaccurate media portrayals impact self-image in seniors, from their sense of being valued to their sense of optimism, but what really concerns me as a physician is how a diminished sense of self-worth can, in turn, impact a senior's health. In our survey, we showed that aging Americans who report feeling more valued in society tend to have more healthy days. At Humana, we believe aging with optimism contributes to health, and that's why we're committed to reversing societal perceptions and promoting aging with optimism."

Weber says that he's amazed that those who work in the film business seem to think that old age is not something they also face. "Perhaps it has something to do with all those facelifts that are performed each year out there in LaLaLand. Boy do they have another think coming!"

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

tree planting and care. To become a member of the Foundation and receive the free trees, send a \$10 contribution to TEN FREE WHITE PINE or 10 FREE DOGWOOD TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by March 31, 2017. Or join online at arborday.org/march.

- Danny Cohn

Back to the future

You'll soon be able to travel through time and space if the Disney organization has its way, according to the Association of Mature American Citizens. Disney says it will open two Star Wars theme parks in California and Florida in two years. Visitors will

interact with androids and aliens and even take the controls of Han Solo's Millennium Falcon. But, you won't have to wait two years to have an otherworldly experience at a Disney park. The World of Avatar, based on the hit Sci-Fi movie, will open at its Animal Kingdom Park in Florida in May.

- John Grimaldi

He can't be stopped

Robert Marchand is out-cycling bikers half his age. He recently set a new record at a bicycling arena near Paris, logging some 14 miles in just one hour at the ripe old age of 105, says the Association of Mature American Citizens. Marchand's performance appears to debunk the notion that you can't improve your aerobic fitness after you turn 50.

- John Grimaldi

Send Your Brief To:
wtxcc@wtxcc.com

IT'S NOT TOO LATE TO PREVENT DIABETES



Take your first step today

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

I wish those angels would stop discussing that topic already. They're really harping on it!

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Ambriz named Librarian of the Year



– Photo courtesy El Paso Community College

The Border Regional Library Association (BRLA) has named Lorely Ambriz its Librarian of the Year for 2017. Ambriz is an El Paso Community College (EPCC) Assistant Professor of Library and Research Instruction as well as a Librarian at the EPCC Northwest campus Jenna Welch and Laura Bush Community Library. “Being selected as Librarian of the Year by peers means a lot, because they consider you an outstanding librarian making a difference in the field,” Lorely Ambriz said. “Being a faculty member at EPCC means giving my best to the students and the community I serve.” Ambriz is also a candidate for the Online Computer Library Center (OCLC) Global Council in the Americas Regional Council as a delegate representing the Academic and Community Colleges division. The election results will be publicized in April, 2017. EPCC supports high quality, professional development opportunities. All faculty and staff are encouraged to take personal responsibility to student success and engagement.

– Jim Heiney

Beckett

From Page 1

Adentro Trail Association (CARTA).

Beckett holds a Bachelor of Science degree in geography from New Mexico State University (NMSU) and a Master of Arts degree in anthropology from ENMU. He has received numerous awards; among them are: the title of Honorary Tiwa Indian awarded by Los Indios de Nuestra Senora de Guadalupe, Tortugas, New Mexico in 1981; the New Mexico Heritage Preservation award presented by the State of New Mexico in 1990; the Eugene Manlove Rhodes award: For Recognition of Past and Current Contributions to the History and Archaeology of

Southern New Mexico given during the Tularosa Basin Conference in 2009; and the Life Time Achievement Award in Archaeology awarded by the New Mexico Archaeological Council in 2010.

EPAS, founded in 1922, is a non-profit group. Membership is open to individuals and organizations interested in anthropology, archaeology and in the preservation of prehistoric and historic cultural resources. Membership information can be found on the EPAS website, at <http://epas.com/membership.htm>.

For more information about EPAS’s upcoming archaeological presentation or about the group, contact media consultant, Fernando Arias, call at 915-449-9075, or send email to nando79935@yahoo.com.

Strange But True

By Samantha Weaver

- It was award-winning American author Ann Patchett who made the following sage observation: “The question is whether or not you choose to disturb the world around you, or if you choose to let it go on as if you had never arrived.”

- As St. Patrick’s Day approaches, you might want to remember that the color originally associated with the Apostle of Ireland was blue, not green.

- In 1861, when a group of Unionist counties decided they didn’t want to be part of Virginia any more, West Virginia became the only state formed by breaking away from a Confederate state. That wasn’t the only attempt, however; a group of citizens in northern Alabama and eastern Tennessee wanted to band together and form a new state that would be allied with the Union. Unfortunately for this pro-Unionist faction, plans for the would-be state of Nickajack never came to fruition.

- Are you a coddiwompler? You are if you sometimes travel purposefully toward an as-yet-unknown destination.

- At the time of its completion in 1885, the Washington Monument, at 555 feet, was the tallest building in the world. The cornerstone had been laid on July 4, 1848, but insufficient funds and other interruptions repeatedly delayed the work. When the monument finally opened to the public in October 1888, visitors could take a 10-minute steam-powered elevator ride to the top. During the last 12 years of the 19th century, more than 1.5 million people visited.

- Hibernation doesn’t always happen in cold weather; warm-weather hibernation, known as estivation, is common among some species of lizards, turtles and snails.

Thought for the Day: “The radical novelty of modern science lies precisely in the rejection of the belief... that the forces which move the stars and atoms are contingent upon the preferences of the human heart.”

– Walter Lippmann

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Moments in Time

The History Channel

- On March 20, 1995, several packages of deadly sarin gas are set off by the Aum Shinrikyo cult in the Tokyo subway system, killing 12 people and injuring over 5,000. Sarin originally was developed in 1938 in Germany as a pesticide.

- On March 21, 1871, journalist Henry Morton Stanley begins his search through Africa for missing British explorer Dr. David Livingstone, who had been gone for six years. Reaching Lake Tanganyika, Stanley spotted a white man in the crowd and famously asked, “Dr. Livingstone, I presume?”

- On March 22, 1947, in response to fears about communism in the United States, President Harry Truman issues an executive decree establishing a sweeping loyalty investigation of federal employees. Loyalty boards were to be set up in every department and agency of the federal government.

- On March 23, 1839, the initials “O.K.” are first published, in The Boston Morning Post. Meant as an abbreviation for “oll korrekt,” a popular slang misspelling of “all correct,” its popularity exploded when it was picked up by politicians.

- On March 24, 1955, Tennessee Williams’ play “Cat on a Hot Tin Roof” opens in New York. The play would win Williams his second Pulitzer Prize, following “A Streetcar Named Desire” in 1947.

- On March 25, 1933, President Herbert Hoover accepts the newly commissioned USS Sequoia as the official presidential yacht. The Sequoia would go on to serve eight U.S. presidents. Previously, the Department of Commerce had used it as a decoy to catch Prohibition lawbreakers.

- On March 26, 1987, responding to a 911 call, police raid the Philadelphia home of Gary Heidnik and find a veritable torture chamber where three women were chained to a sewer pipe. Heidnik helped inspire the Buffalo Bill character in Thomas Harris’ “Silence of the Lambs.”

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MVP race too close to call

By Steve Escajeda
Special to the Courier

With just over a month to go in the NBA season there are still many questions left unanswered.

Of course the question of who will end up winning the league title is always up there. Teams like Golden State, Cleveland, San Antonio, Boston, Toronto, Houston and the Clippers all have legitimate chances to take it all.

Then let's face it, there are teams like Washington, Atlanta, Utah, Memphis and Oklahoma City who are having good seasons but have absolutely no chance of winning anything.

Naturally, like there is every season, some team will pull an upset in the playoffs, but who pulls it off is anybody's guess.

The one question that everybody seems to be asking is who will be the league's MVP?

Usually, by this time in the season, the MVP is pretty much locked up. And if there is any doubt it's usually between just two guys.

But this season has experts actually disagreeing with each other on who should win the trophy.

In one of the best seasons ever for individual achievement, there are no less than six players that have been mentioned at one time or another.

The frontrunners are Oklahoma City's Russell Westbrook, Houston's James Harden, Boston's Isaiah Thomas, San Antonio's Kawhi Leonard, Golden State's Kevin Durant and of course, Cleveland's LeBron James.

It's funny the one player not on this list is the winner of the last two MVP awards, Steph Curry.

Because of his recent injury the first player to probably fall off the list will be Durant, who will be out for at least four weeks.

Durant leads the best team in the league in scoring at 25.3 points per game, but being out of the spotlight for the remainder of the regular season can't help his chances.

And although he is richly deserving of the award for his play on both the offensive and defensive side of the court, Leonard won't win it because of his demeanor.

Kawhi Leonard is so quiet and unassuming that he often goes unnoticed. And he plays on the "quietest" best team in professional sports. The Spurs go through every season without fanfare or drama or controversy.

Isaiah Thomas, who is no relation to former Detroit Pistons' Hall of Famer Isiah Thomas, has exploded onto the scene this season for the Boston Celtics.

The 5-9 guard is second in the league in scoring and leads the NBA in fourth quarter scoring so you know he's clutch.

But Thomas is young and new to all this MVP talk, so he won't be seriously considered for the award until he puts together a second year like this one.

The undeniable best basketball player on the planet is LeBron James. He is one of the best who has ever lived and no one in their right mind denies that.

But because he does everything so effortlessly, his talents are often taken for granted.

King James can take over a game at any time and many believe when the playoffs come around he will lead the Cavs to their second consecutive title.

But the real race for the MVP will come down to two players, Westbrook and

Harden. This race right now is just too close to call.

Westbrook is trying to do something that has only been done once and was last done in 1962 when Oscar Robertson averaged a triple double (30.8 points, 12.5 rebounds and 11.4 assists).

Westbrook is averaging over 31 points, and over 10 rebounds and assists per game.

When you consider that Westbrook is going for history and that he plays every possession like it's the end of the world, his chances for winning are extremely high.

James Harden has always been known as a scorer but not much else. No passing and no defense has always kept him from any MVP talk.

But Harden has transformed himself this season and he leads the league in assists at over 11 per game. He's scoring just under 29 points and pulling down 8.0 rebounds.

Harden's Houston Rockets are having a much better season than Westbrook's Thunder, and that could be a deciding factor.

Either way, Westbrook or Harden, Harden or Westbrook, the NBA and its fans come away the real winners.

A sporting view By Mark Vasto

Welcome to the Rock

It really made no sense at all. How could one of the greatest left fielders of all-time, one of the great base stealers in history (first all-time in efficiency, fifth all-time base stealer) and a seven-time All-Star be ignored for two decades by the powers that be, those baseball writers who hold the keys to Cooperstown.

But there it was before me in the paper that mid-January morning... Raines had finally

been elected and I, who have written about Raines' merits ad nauseam in this column, was set free. The fact that the Baseball Writers' Association of America also took two of my other pro bono cases in Jeff Bagwell and Ivan Rodriguez made things only that much sweeter. Then I had another question: What took them so long?

Bagwell and Rodriguez were painted with the steroid scandal tar brush, and that was the sole reason why they had to wait for induction. Apparently, the unwritten rule for the BBWAA is that admitted or indicted steroid abusers (Barry Bonds, Mark McGwire, Sammy Sosa, Roger Clemens, Rafael Palmeiro, for instance) are to be banned; those who are suspected or gossiped about will have to wait a ballot or two to think about their sins

in what is baseball's version of purgatory. Now they are spotless, enshrined forever in upstate New York.

Raines, for historical reasons, will more than likely be remembered for two things: cocaine and collusion. The standout, superstar high-school athlete out of Sanford, Florida, flush with money for the first time in his life, decided to spend it on drugs... cocaine, specifically. During the infamous Pittsburgh drug trials in 1985, Raines copped to the fact that he played many games high on coke, did coke in the clubhouse during games and even developed his head-first slide in order to protect the eight ball he had in his back pocket.

The next year, he won the batting title, only the third switch hitter in history to do so. He led the league in on-base percentage (.413) and times on base (274). After that season, he was a free agent. The only clubs that showed any interest were... none of them. Instead of the sound of ch-ching, he got the sleepy melody

of crickets. Why? Because the owners of the league colluded together in order to keep salaries down.

Raines was re-signed to the Expos, missing out on the lucrative New York Yankee contract everyone thought he had coming his way. Can you imagine that? An outfield consisting of Tim Raines, Rickey Henderson and Dave Winfield? With Billy Martin managing Raines and Henderson to boot? That would have been a sight to see.

But Raines will be best remembered for being one of the premier players of not only his era, but all-time. Bill James

ranks him as the 40th greatest position player of all-time. The record books remember him, too. He's remembered for having an uncanny knack to win ballgames with grand slams and triples. One also could point to his victory over drugs and the sportsmanlike conduct he displayed during his career.

Tim Raines, the "Rock" before they're was a "Rock," welcome to the Hall of Fame.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2017 King Features Synd., Inc.

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Comix

OUT ON A LIMB By Gary Kopervas



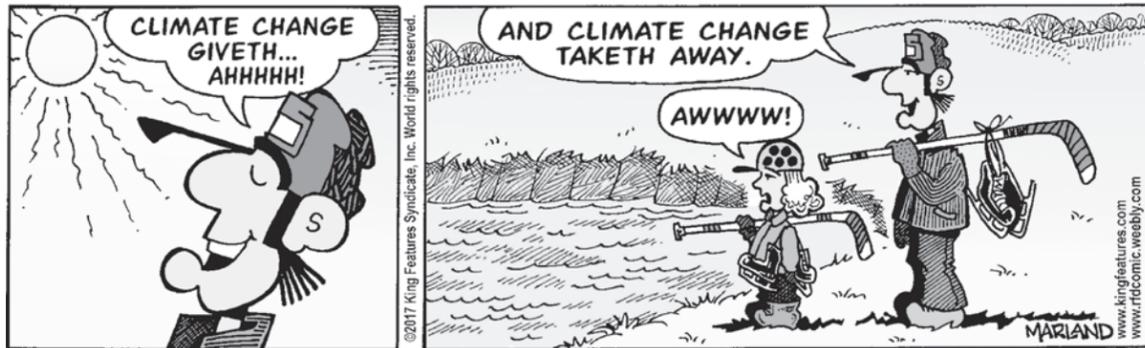
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I am 73 years old and lived on a boat in my 40s. Now, whenever I go to the dermatologist (two to three times each year), he “zaps” me about 20 times and burns off “cancer cells” or maybe “potential cancer cells.” Some of them have been cancer and were healed with MOHS procedure. While I am grateful for the care he gives me, I also sometimes feel that he zaps because each zap means more money. Can you please clarify this for me? – G.B.

proper function in many tissues, but it is critical for blood cell production and neurologic function. B-12 deficiency causes an unmistakable anemia (called megaloblastic anemia) and can cause neurologic and psychiatric disturbances even in some people with no anemia. The blood test for B-12 is quite reliable. The major cause of B-12 deficiency is an autoimmune disease that prevents the stomach from making intrinsic factor, which is necessary for efficient absorption of B-12.

I often get questions like this, where a patient has a concern that their doctor is performing unnecessary medical care for the purpose of enriching himself or herself. I always have trouble believing it, since I can't really imagine it, but I recently read about an oncologist pleading guilty to treating with chemotherapy people who didn't really have cancer, which shakes my faith in my profession (and colleagues).

B-12 can be absorbed orally by people with pernicious anemia by taking very high doses, such as 1 mg. This gives as good a replacement as injection. It was common 50 years ago to give B-12 injections as a “tonic.” However, it offers no advantages for people with normal B-12 levels beyond the placebo response. As I have noted many times, the placebo response can be very powerful, and 1 mg of B-12 orally is very safe.

Still, I truly believe that, in your case and probably more than 99 percent of the time, the doctor is being extra cautious to treat you for the sole purpose of reducing your likelihood of developing an invasive skin cancer later on.

DEAR DR. ROACH: I have heard that drinking water with your meal is bad for you. Is this true? And if so, why? I have a dry mouth due to cancer treatment and must have water with everything I eat. Is something bad going to happen to me? I am otherwise healthy. – R.G.

DEAR DR. ROACH: My mother lives in Florida. Her major discomfort is fatigue and no energy. I have asked her doctor to please give her a vitamin B-12 injection, even though her B-12, thyroid function, vitamin D and blood count are all in the normal range. Her doctor does not believe in B-12 injections. Do you think it might help? – J.L.

It's not true at all. Water is, generally speaking, the healthiest drink. It is possible to drink too much water, but it's very hard to do so unless you are taking medications that affect your kidneys or you have

Vitamin B-12 is necessary for

See HEALTH, Page 8

Super Crossword

- ACROSS**
- 1 British Derby town
 - 6 _ apso (terrier)
 - 11 Billy's bleat
 - 14 Time and _
 - 19 Name on a mower
 - 20 Greek letters
 - 21 Raised RRs
 - 22 Storybook elephant
 - 23 Cheer up the singer of "Galveston"?
 - 26 Cowboy rope
 - 27 "Aw, quit _ bellyachin'!"
 - 28 Frozen cubes
 - 29 Puck, for one
 - 30 Lack of law
 - 32 Rice fields whose workers love a frothy pastry filling?
 - 38 With a very sharp image, for short
 - 40 Ipanema site, briefly
 - 41 Drink in many a
 - 58-Across
 - 42 Corp. VIP
 - 43 Scottish boys testifying in court?
 - 49 Fr. woman with a halo
 - 52 "As I see it," to a texter
 - 53 "Science Guy" Bill
 - 54 Turkey Day tuber
 - 55 Artistic users of acid
 - 58 Pub barrel
 - 59 Farm fowls
 - 61 Food grinder
 - 65 "Zapped!" actor Willie
 - 66 GQ staffers
 - 67 Threw one's ordinary existence into confusion?
 - 71 Sky's color, in Salerno
 - 72 Luau guitar, for short
 - 73 Ocean filler
 - 74 Driver's 180
 - 75 Horse riders' activity in an Asian island country?
 - 81 Insult, hip-hop-style
 - 84 "_ a Grecian Urn"
 - 85 Actor Davis
 - 86 Rebuke to Brutus
 - 87 Rhea's kin
 - 88 Bill or Hillary
 - 90 Suffix with joy or humor
 - 93 Slim fish
 - 94 Big primate
 - 95 Slugger Griffey
 - 96 Officer in charge of soft packing material?
 - 102 Tycoon Onassis
 - 104 Two, to Jose
 - 105 Take it on the _ (escape)
 - 106 Woos
 - 107 NFL announcer John acting up?
 - 115 Typical
 - 116 Crude stuff
 - 117 Stud's place
 - 118 Pay a visit to
 - 121 Municipal
 - 122 Deliver a craze
 - 128 Up in the air
 - 129 Nero's "I love"
 - 130 Spirits in bottles
 - 131 _car (Avis service)
 - 132 Hopes to get
 - 133 "Fresh Air" airtube
 - 134 Artery-opening
 - 135 Letters of plurals
- DOWN**
- 1 All nerves
 - 2 Brazilian soccer hero
 - 3 Sniffers in rescue operations
 - 4 O'Hare airport code
 - 5 Army doc
 - 6 Tablecloths, e.g.
 - 7 Ad _ committee
 - 8 "I'm _ loss"
 - 9 Froot Loops toucan
 - 10 In line with
 - 11 Hybrid meat
 - 12 Completely
 - 13 Like _ in the face
 - 14 Wear away
 - 15 Beehive, e.g.
 - 16 Ancient calculators
 - 17 Machine shop tool
 - 18 Gets ragged
 - 24 Prefix with car or chic
 - 25 Make dim, as by tears
 - 31 Opposite of day, in Bonn
 - 33 Kooky
 - 34 Nation south of Braz.
 - 35 Super-small
 - 36 Opus finale
 - 37 Drop-line link
 - 38 "Looks great to me!"
 - 39 Called
 - 44 Aid for an asthmatic
 - 45 Looked at amorously
 - 46 Wire, e.g.
 - 47 Stone of film
 - 48 Word
 - 49 Interstate rig
 - 50 Not kosher
 - 51 Nero's "to be"
 - 56 Cruel Roman emperor
 - 57 Physically fit
 - 60 Aspersions
 - 62 Linear, for short
 - 63 Weigh down
 - 64 As _ (usually)
 - 68 Squeezes (out)
 - 69 Amaz of TV
 - 70 Her niece is Dorothy
 - 71 Weed _ (lawn care brand)
 - 75 Foot coverer
 - 76 Be inactive
 - 77 "No, Hans"
 - 78 Charlie Chaplin's last wife
 - 79 Era after era
 - 80 Agenda part
 - 81 Envy and lust
 - 82 Urge to act
 - 83 Plaintiffs
 - 89 In arrears
 - 91 Wrinkly citrus fruit
 - 92 Flip through
 - 97 34th prez
 - 98 Show respect (to)
 - 99 "Because _ so!"
 - 100 "Wow!," in an IM
 - 101 Not a one
 - 102 Going with the flow
 - 103 Strikes back, say
 - 107 Kind of parrot
 - 108 Teresa's city
 - 109 English county
 - 110 "Borstal Boy" author Brendan
 - 111 Many YouTube uploads
 - 112 Prove apt for
 - 113 Little battery
 - 114 Rapper with six Grammys
 - 119 Villa d'_
 - 120 Greek letters
 - 123 Rock blaster
 - 124 Pooch's doc
 - 125 Propyl ending
 - 126 _ Tin Tin
 - 127 Arles article

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TRUE TEXAS FACTS by Roger Moore March 5, 1938: Gene Howe, editor of the Amarillo Globe-News, comes up with National Mother-in-Law Day to appease his own mother-in-law.



Social Security Q&A By Ray Vigil

If you are receiving housing benefits, a trip to Social Security may not be necessary

Social Security is constantly evolving to make your life easier. If you are currently receiving benefits from the U.S. Department of Housing and Urban Development (HUD), and are reapplying for benefits, or are assisting someone with their application, a trip to the Social Security office is probably not necessary even if verification of Social Security benefits is needed.

Because of a data exchange established between Social Security and HUD, most people do not need to contact Social Security for a benefit verification letter. HUD administrators processing a Recertification Application for Housing Assistance can use their Enterprise Income Verification (EIV) System to verify Social Security and Supplemental Security Income benefits.

Public housing agencies, private owners, and management agents administering HUD rental assistance programs may get registration information about EIV by logging onto the following websites: go.usa.gov/x97mH or go.usa.gov/x97m6.

If you are a new applicant for housing assistance, you can provide your HUD administrator with your Social Security award letter, Cost of Living Adjustment (COLA) notice, SSA-1099, or other SSA benefit document you should have received at the beginning of the calendar year or when you began receiving benefits, whichever is later.

We created these data exchange agreements to help you get the support you need at the first point of contact, even if that's not with Social Security. If you do need to provide proof of Social Security benefits yourself, we have another way to save you a trip to Social Security. You can get an instant benefit verification letter with a personal my Social Security account at www.socialsecurity.gov/myaccount.

Here's a Tip

By JoAnn Derson

- "If you make your own pesto, try using pistachios instead of pine nuts. The result is amazing, and a slightly better nutritional profile, too."

- T.D. in New York

- To clean terra cotta pots for new plants, follow these steps: Use a plastic brush to remove large dirt chunks and stuck-on materials. Soak pots in a 25 percent vinegar solution for 20 minutes. Scrub with a plastic scrubber and rinse. If all deposits are gone, clean with soapy water and put out to dry. If not, resoak in vinegar. Happy planting!

- Keep baby occupied at the table with this parenting trick: Add a little poster paint or finger paint to a gallon size zipper-top baggie. Close tightly, removing all air from bag. Tape edges to the table with masking tape. Now Junior can make patterns in the paint, essentially mess-free painting.

- "Magazine holders, placed on their side, make an excellent and useful set of shelves in a traditional freezer. Who hasn't had the contents of their freezer tumble out because they removed something from the bottom of the pile? It's much easier with these 'shelves.'"

- V.R. in Georgia

- If you spill glitter, don't panic! Using a small hand broom, sweep up as much as you can. Then, bust out your lint roller. It will pick up those stubborn pieces that stick to floors. For anything that's left over? Try enjoying the sparkle!

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 King Features Synd., Inc.

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		15
x		+		+	
	÷		x		18
-		x		x	
	x		-		23
20		18		14	

1 2 3 4 4 5 7 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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: K equals S

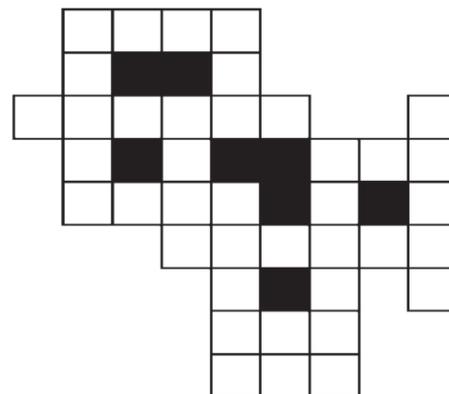
U GUKB SBMKL ZDHLFK GMTFQ
KSMV QUKETKKUDH SBZS SMVUE
ZFOLZQX. SBLX'OL OLZFFX BZOVUDH
MD US!

Answer Page 4

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- GBU
- BELTGI
- ♥EBTRU
- UROY
- GUSLED
- ♥UNG
- BUDM
- ♥DERGI
- ♥TRA
- ♥NATTLE
- LYDEA
- GRDU



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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Health

From Page 7

excess anti-diuretic hormone, an unusual medical condition. Keep drinking your water.

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) 2017 North America Synd., Inc. All Rights Reserved.