

## NEWSBRIEFS

### Health art

The *Art for your Health* student art exhibit, which can be seen at the medical center's Founder's Hall, is a collaborative between Socorro ISD (SISD) and Sierra Providence East. "SISD has many artistic, creative and incredibly talented students," said Superintendent Dr. José Espinoza. "This collaboration lets our students showcase their impressive works of art to the SISD community." The student art works displayed are best of show pieces from SISD's previous annual spring art show. The winners are in the following categories: Painting, Drawing, Design, Printmaking, Sculpture, Mixed Media, Computer Graphics and Photography and Craft. More than 1,700 pieces were turned in the spring show. The 120 Best of Show pieces were selected by separate judging and now can be seen at the medical center.

— Christina Flores-Jones

### Literary fiesta

El Paso Community College (EPCC) will hold the 6th Annual Literary Fiesta on Saturday, November 22 at the EPCC Administrative Services Center, 9050 Viscount, Building A. The Literary Fiesta will celebrate writers from El Paso and other nearby areas. There will also be a Mercado with book, food, and craft booths as well as a children's corner with free books for the kids.

The schedule is:

- 1:00 - 2:30 p.m. – Participate in a Discussion with Alicia Gaspar de Alba LGBT in Literature
- 3:00 - 4:00 p.m. – Decipher the writing process and hear a reading from "Make it/Take It" with Rus Bradburd
- 4:15 - 5:30 p.m. – Discover Children's Theatre with Kids 'n' Co

Wrapping up the event at 5:45 p.m., there will be an Awards Dinner celebrating Alicia Gaspar de Alba, and Tumblewords. Admission to

See BRIEFS, Page 5



— Photo by Alfredo Vasquez

**CULTURE DIVERSITY** – Known as a Lhakhang, above, this special building is part of the University of Texas at El Paso's (UTEP) campus transformation. The 1917 decision to make Bhutanese fortresses the inspiration for UTEP's architecture has served as a platform for a dynamic cultural exchange between the Himalayan Kingdom of Bhutan and UTEP. In 2008, the Kingdom of Bhutan presented this Lhakhang as a gift to the people of the United States and entrusted to UTEP's care.

## UTEP campus has gift from Kingdom of Bhutan

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – A new Centennial Plaza is transforming the heart of the University of Texas at El Paso (UTEP) campus into a large open area that resembles plazas found across the Paso del Norte region and Mexico, a place where residents congregate and share different stories, foods, drinks, wares, and ideas.

UTEP officials are planning such an

atmosphere for their students and staff with a plaza that has groves of native mesquite trees lining the walkways and shading a paseo that will feature a beautiful, hand-carved, hand-painted Lhakhang (House of God), a gift from the Kingdom of Bhutan to the people of the United States and entrusted to UTEP's care.

The gift is a replica of the Lhakhang that was built by the government of Bhutan for the 2008 Smithsonian Folk Life Festival in Washington, D.C., according to Cindy Villa,

See UTEP, Page 5

## San Elizario ISD names principals

By Cynthia P. Marentes  
*Special to the Courier*

SAN ELIZARIO – The school year was already in full swing when the two newest additions to the San Elizario Independent School District (ISD) administrative team came on board. Adriana Gaona was named assistant principal for Alarcon Elementary School in September while Teresa Wilks was selected as the new principal for Sambrano Elementary School in October.

Adriana Gaona comes from neighboring Clint ISD where she served 12 years as an educator beginning her professional career as a pre-kindergarten through 3rd grade teacher. She also served as a Title I reading teacher, literacy leader, and curriculum coach prior to joining San Elizario ISD. Gaona stated that she was thankful to be selected as the assistant principal at Alarcon Elementary School and hopes to make a fruitful and lasting impact for students.

"I want to be a positive change agent especially for students, providing them a better future through a quality education that provides basic educational fundamentals that will be their stepping stones to acquire future success," Gaona stated.

According to Gaona, her initial contributions will be focused on promoting a safe learning environment that allows room for students to reach high academic achievement.

She earned her bachelor's degree in early childhood and bilingual education as well as her master's in educational administration from the University of Texas at El Paso (UTEP). She is the proud mom of 12-year old Ataly and also has four dogs in her household. Although Gaona considers herself a life long learner and avid reader

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## Clint ISDboard challenges appeals court ruling

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – Rather than respond to parents' calls for single-member district representation and equal campus funding allocations, Clint Independent School District (CISD) Board of Trustees decided instead to

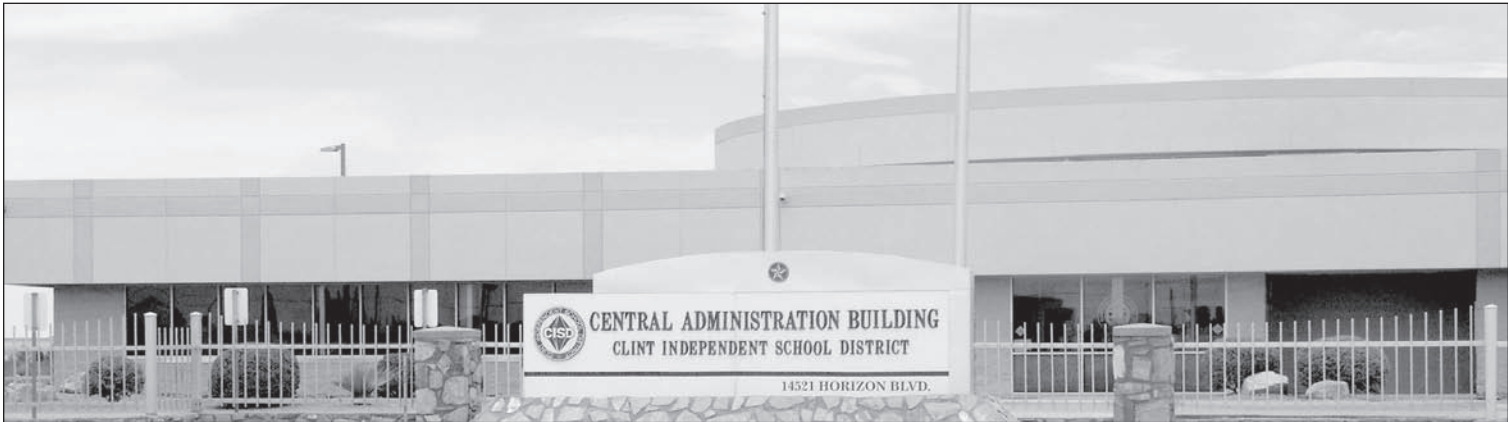
ask the state's highest court to throw out a lawsuit that alleges the district does not fund its schools equally.

CISD attorney Juan Cruz told reporters recently that the board made the decision to file the appeal to the Texas Supreme Court during its meeting Oct. 16. The Supreme Court will now determine whether the lawsuit against CISD will move forward; a process

that could take months.

The original complaint was filed in 2012 by the Paso del Norte Civil Rights Project and parents Sonia Herrera Marquez, Claudia Garcia and Alicia Gomez. It alleges students at Clint High School get substantially more funding than the district's two other high

See CLINT ISD, Page 2



— Photo by Alfredo Vasquez

**COME TO MEETING** – Clint ISD school board holds monthly public meetings at the district's administrative headquarters, above, which is located in Horizon City. As for the on-going lawsuit, CISD board members argue that the requested remedies sought by the plaintiffs are non-monetary in nature and that they have not won their case on the merits because the district does comply with equity funding for all of its campuses.

*If you're going to pull decisions out of a hat, be sure you're wearing the right hat.*

— Quips & Quotes



Veterans Post

By Freddy Groves

# Camp LeJeune water claims have time limit

Those who lived at Camp LeJeune during its toxic water heyday (from 1957 to 1987) drank water contaminated with dry-cleaning fluids that seeped into a well from a dry cleaners that was only 900 feet from the water supply and solvent from a leaking fuel tank farm.

Babies were born with twice the average number of birth defects. There have been kidney, bladder, ovarian, cervical, lung, prostate and breast cancers among veterans and dependents. Add in non-Hodgkin lymphoma, leukemia and liver disease. Some of these illnesses surfaced fairly quickly, but getting attention from the VA was difficult when it was claimed there was nothing wrong with the water. And there was no help for dependents.

Families and individuals sued for damages. But not every illness surfaced quickly enough to be tied in to the Camp LeJeune water lawsuits because of the Statute of Repose. In an attempt to get them some help, the North Carolina legislature tried to undo its Statute

of Repose, which had limited filing of lawsuits to ten years, to allow families to file beyond that time limit. Finally, after a string of lawsuits and appeals, a federal court objected to North Carolina’s new legislation attempts. Claims older than ten years are now dead.

Starting a few years ago, veterans were one by one able to convince VA doctors that they were made ill by the Camp Lejeune water. In 2012 a law was passed to cover the health costs (after any other insurance pays first) of dependents that were made sick by the water. Only now, two years later, are they getting around to actually doing that, and it’s limited to a list of illnesses and costs incurred only since March 26, 2013.

*Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to [columnreply2@gmail.com](mailto:columnreply2@gmail.com). (c) 2014 King Features Synd., Inc.*



View from here

By Trey Apffel

# Honor the bravery, heritage and tradition of America’s heroes

Our nation is founded on the principles of law and is proud of the military tradition it continues through the men and women who gallantly serve us. Every day, they put their lives on the line and fight with valor, tenacity, and loyalty to preserve the freedoms that we are accustomed to.

Yet, through their many sacrifices, these honorable members of our Armed Forces face many challenges. On a single night last year, researchers counted nearly 58,000 homeless veterans across our nation, including almost 4,000 in Texas. Veterans also face a lack of affordable housing options, suffer symptoms of post-traumatic stress disorder, and experience difficulty with legal issues pertaining to disability benefits, corrections of military records, and compensation and pension claims.

Sensing that need, then-State Bar President Terry Tottenham of Austin, a retired Marine, helped launch Texas Lawyers for Texas Veterans, a program to develop and assist with pro bono legal clinics throughout the state for military veterans who otherwise cannot afford or lack access to the legal services they need. Since the project’s launch four years ago, approximately 4,000 volunteer attorneys have assisted more than 13,000 veterans through local bar associations’ legal clinics, addressing issues such as bankruptcy, housing, employment, wills and estate planning, and landlord-tenant disputes. In Texas, more than 55 local bar associations host weekly, monthly, bimonthly, or annual legal advice clinics for veterans, and the State Bar has shared the program with attorney organizations and pro bono groups in 25 other states.

Last year, the Texas Young Lawyers Association, part of the State Bar of Texas, produced two informative pamphlets – Resources for Veterans Seeking Help and Resources for Lawyers Assisting Veterans—and distributed them to more than 13,000 veterans and nearly 3,400 lawyers. To reach veterans in rural areas, the association hosted two free legal advice clinics in Gillespie and Van Zandt counties, where members of the TYLA Board of Directors offered legal counsel and informational guides and drafted medical and financial

powers of attorney to more than 30 veterans.

In May, the Texas Access to Justice Commission raised more than \$351,000 through its annual Champions of Justice Gala to help provide civil legal services to veterans with limited incomes. The State Bar of Texas paid expenses at the event to make sure every penny of the proceeds went to help veterans get the legal help they need.

Also, as part of the Library of Congress Veterans History Project, the State Bar is joining with the Texas Court Reporters Association and local bar associations to record veterans’ oral histories. To date, the partnership has resulted in more than 200 interviews with veterans in Austin, Brownsville, Corpus Christi, Dallas, Edinburg, Fort Worth, Hillsboro, Houston, Rockwall, and San Antonio.

Attorneys play a crucial role in helping our veterans as they provide the legal assistance they need. Attorneys are always welcome to get involved in a legal clinic in their community. For a complete listing of upcoming legal clinics and other resources, visit [texasbar.com/veterans](http://texasbar.com/veterans).


In 1919, President Woodrow Wilson declared Nov. 11 the first Armistice Day, commemorating the agreement between the Allied Nations and Germany that brought an end to fighting in World War I. Armistice Day became a legal holiday in 1938, and since 1954 we have known it as Veterans Day.

John F. Kennedy once said, “As we express our gratitude, we must never forget the highest appreciation is not to utter words, but to live by them.” As we celebrate Veterans Day this year, let us honor the bravery, heritage, and tradition of America’s heroes – the men and women who tirelessly risked their lives for our freedoms. We owe it to them to make a huge impact in their lives as they justly have in ours.

*Trey Apffel is president of the State Bar of Texas and the founder and owner of Apffel Law Firm in League City. He may be reached via email at [statebarpresident@texasbar.com](mailto:statebarpresident@texasbar.com).*

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## Clint ISD

From Page 1

schools despite both having more low-income students and children enrolled in bilingual education programs.

The lawsuit was initially dismissed by District Court Judge Kathleen Olivares in February 2013. Olivares ruled parents had not exhausted administrative remedies to their complaints and decided the court did not have jurisdiction.

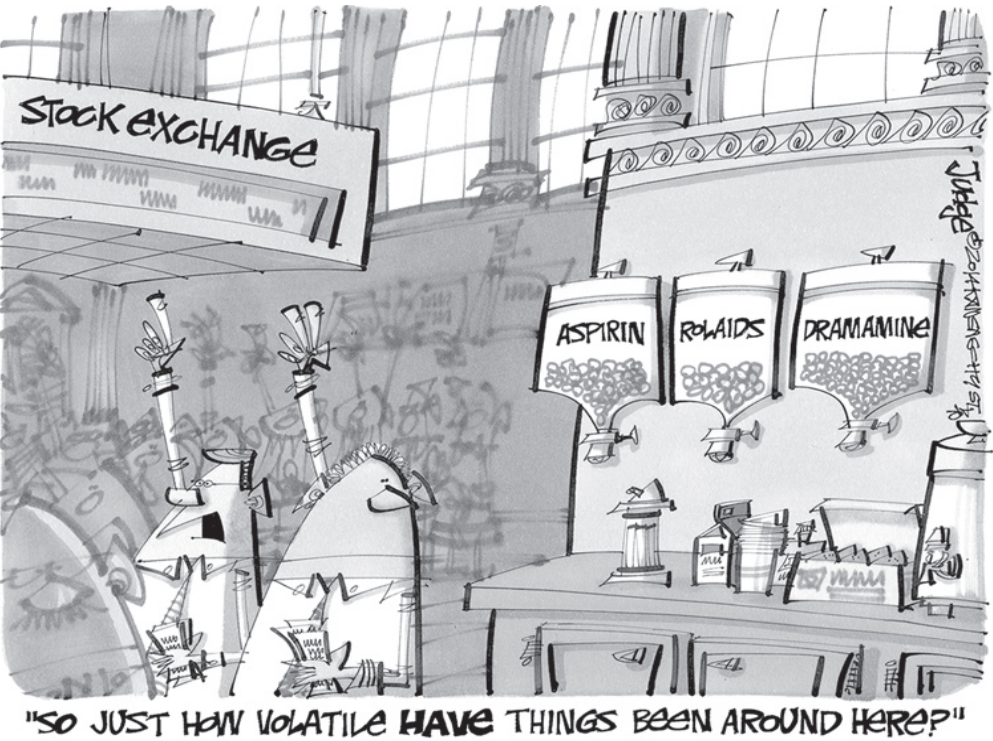
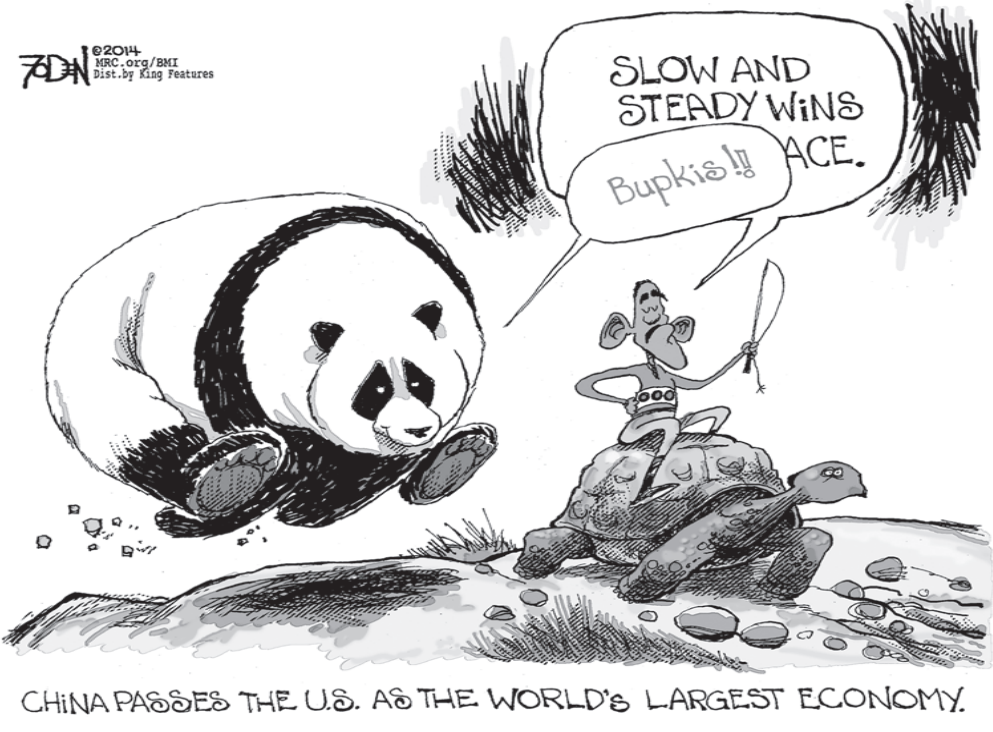
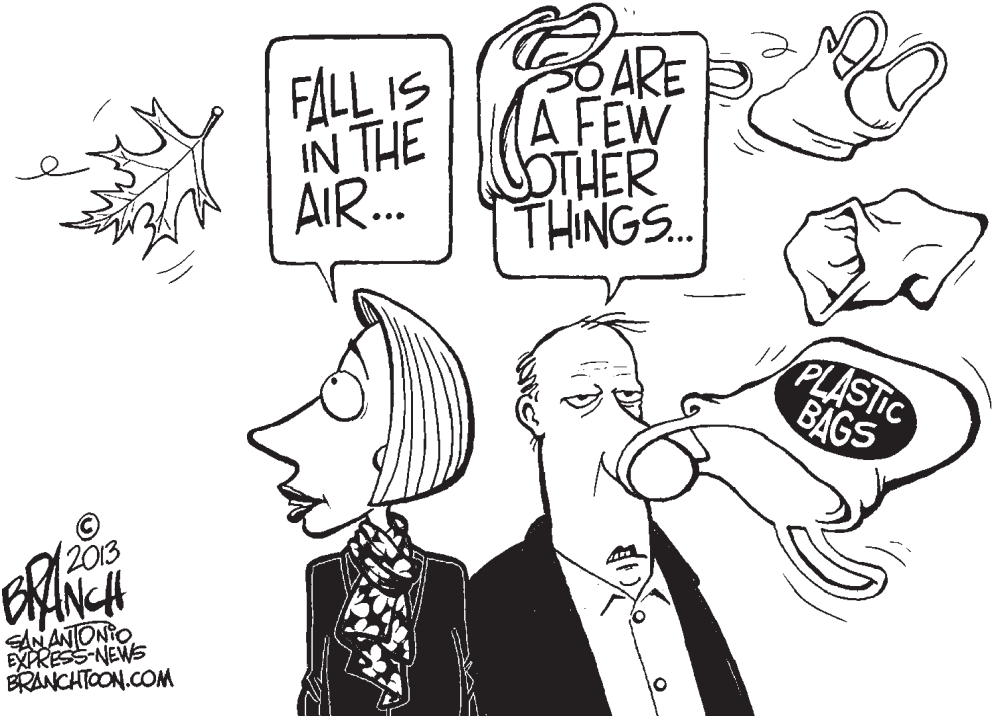
In September, however, the Eighth District Court of Appeals reversed that decision and sent the lawsuit back to the lower court for review.

The lawsuit was filed after the district repeatedly rejected calls from Paso del Norte Civil Rights Project, parents and the El Paso Interreligious Sponsoring Organization to try to resolve the underlying governance issue that has created the alleged funding disparities.

CISD school board members are elected on an at-large basis, and the vast majority of election winners have come from Clint, currently six of the seven school board members live in Clint. Residents from other areas of the district, such as Montana Vista and Horizon City, rarely get elected. Having single member district representation would help alleviate the present imbalance in funding among school campuses, the plaintiffs contend.

Jed Untereker, legal director for the Paso del Norte Civil Rights Project, said the district’s decision to appeal the Eighth District Court’s ruling will only prolong a resolution.





Finances By Jason Alderman

Seven ways to cut holiday expenses

When it comes to holiday spending, waiting in store lines all night and jostling for discounts will mean very little if you don't have a budget that shapes your finances year-round. With the average U.S. household spending \$600-\$700 in 2014 for the holidays, putting that money together shouldn't be a game of chance. Here are some tips to get it right:

- 1. Before you make a list, plan.** How's your debt? Do you have an emergency fund or any savings put aside? Start the holiday season by getting a handle on what you owe and what you're spending day-to-day. Then plan a holiday budget ([www.practicalmoneyskills.com/YourHolidayBudget](http://www.practicalmoneyskills.com/YourHolidayBudget)) as early as possible that allows you to spend wisely.
- 2. See what spending is really necessary.** It's tough to cut young kids off a gift list, so turn to the adults. If your finances are limited, it's worth asking adult friends and family members if they'd consider a gift swap or forego gifts altogether. They might actually think it's a good idea.
- 3. Attack your everyday expenses.** Want to afford the holidays? Consider evaluating some expensive habits. Try reducing the amount you are spending on expensive nights out. Cook at home and bring your lunch to work. Use public transportation. Compare and cut your auto and home insurance premiums. Turn down the thermostat, dump magazine subscriptions, gym memberships and any other budget item you're not using. You'll find that savings build quickly.
- 4. Browse before you buy.** Assuming you've made a tight gift list, create a gift budget ([www.practicalmoneyskills.com/YourGiftLog](http://www.practicalmoneyskills.com/YourGiftLog)) tracking precisely what you're willing to pay for every item. For must-have, non-negotiable gifts, you may have to pounce before Thanksgiving Day and Black Friday and Monday for both price and selection.

Also, don't forget to budget for holiday entertainment ([www.practicalmoneyskills.com/EntertainmentPlanner](http://www.practicalmoneyskills.com/EntertainmentPlanner)). It's a potentially huge cost. Plan ahead and don't waver.

**5. Create your own Holiday Club.** Online savings and money market accounts can allow you to set aside your holiday budget in small amounts throughout the year and they'll pay better rates than the last few banks offering Holiday Club savings accounts.

**6. Watch gas and shipping.** Smart shoppers weigh the value of store trips versus online shopping. They also keep an eagle eye for advertised online and shipping discounts. Sign up for special deals and coupons, consolidate in-person trips to stores and make sure you review return policies at online and bricks-and-mortar stores before you buy. Paying return fees or missing a window to return a gift entirely can cost big money.

**7. Keep good records.** Whether you track your finances on paper or on a computer, develop a system that allows you to match your holiday list to what you spend every year. Good recordkeeping not only allows you to track the numbers, but also prevents you from duplicating gifts or overspending year to year. And it's always a good idea to keep a list of what you get from others to make sure you're thanking people appropriately.

Finally, consider whether it's worth making new holiday traditions that go beyond gift giving. Some families consider contributing throughout the year to a joint vacation or reunion fund to bring everyone together. You might also consider the needs of aging or needy relatives who need assistance with chores, transportation or pet care. The holidays are what you make them.

Jason Alderman directs Visa's financial education programs.

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# San Eli

From Page 1

she also makes time to pursue her love of horseback riding.

It is no surprise to learn that one of the first things Teresa Wilks hopes to accomplish, as new principal at Sambrano Elementary School is to create a family environment at the campus. In fact Wilks took a personal day to visit Sambrano Elementary School even though her official first day of work would not start for another week and has already provided her cell phone number to all teachers and staff so they can contact her whenever they want.

“I want to work on improving



Adriana Gaona



Teresa Wilks

student discipline and providing support so that instruction is top quality. A well-managed classroom allows for interaction and high student engagement,” Wilks said.

Wilks has worked in the field of education since 1998 and last school year was honored as the Texas Elementary Principals and Supervisors Association (TEPSA) Region 19 Assistant Principal of the Year. She most recently served as assistant principal at Loma Terrace Elementary School in Ysleta ISD for eight years. It was at Loma Terrace where Wilks saw her career as an educator bloom since she started volunteering at the campus when her children attended school there.

From room mother, teacher, assistant principal and now principal, Wilks states that whatever position she holds she wants to leave the same legacy that is centered on two priorities: taking the time to listen and to truly care.

Wilks earned her bachelor’s in education and master’s in instruction and curriculum at UTEP. She received her principal certification at Sul Ross State University. Wilks has been happily married to Frank who is a detention officer with the El Paso County Sheriff’s Office. Together the Wilkes raised two daughters Ashley who is studying to become a nurse and Amber Villanueva who is a teacher. Wilks is also the grandmother of 2-year old Lily who is the daughter of Amber and Arturo Villanueva and is also very excited to be welcoming a second grandbaby in May.

Gaona and Wilks joined longtime



– Photo by Alfredo Vasquez

Although the Rio Grande River is seemingly tame most of the year and is but a small stream during the winter as shown in the photo above, most of the land along its banks is considered to be in a flood zone, according to Federal Emergency Management Agency (FEMA) officials.

## Revised FEMA flood zone map available online

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – The Federal Emergency Management Agency (FEMA) recently published its revisions to El Paso’s flood hazard map that is used by insurance companies to set premiums for flood insurance.

According to FEMA officials, the public had from mid-September through Wednesday, October 29, to submit any objections or recommendations, and if no major concerns were reported by then,

the agency’s flood hazard map is scheduled to go into effect November 28.

The federal agency provided a copy of the revised map to the city engineer’s office for inspection, and Mathew McElroy, director of the city’s Development Department (which includes the flood plain manager’s office) told reporters recently that his staff was still reviewing the map’s revisions.

Additionally, FEMA’s website has an online tool that El Paso County area residents can use to see if their homes are in a flood hazard zone area. The online feature allows

property owners to search by address or coordinates. The FEMA map information exchange is available at [http://www.floodmaps.fema.gov/fhm/fmx\\_main.html](http://www.floodmaps.fema.gov/fhm/fmx_main.html). The general FEMA map portal is at <http://msc.fema.gov/portal>.

For more information about the FEMA map, contact Luis Rodriguez, Chief, Engineering Management Branch, Federal Insurance and Mitigation Administration, FEMA, by mail, at 500 C Street SW., Washington, DC 20472. Individuals may also call him at (202) 646-4064 or send email to [Luis.Rodriguez3@fema.dhs.gov](mailto:Luis.Rodriguez3@fema.dhs.gov).

the Literary Fiesta is free and open to the public. The event is sponsored by the EPCC Office of the President, Salute to the Arts, and PaPaGaYo Literary Center.

– Jim Heiney

### Not-so-stupid pet stories

Affectionate pets can help us reduce our levels of stress and, in some cases, can actually lower blood pressure, according to the Association of Mature American Citizens (AMAC). So, when Nancy Cowen checked herself into a nursing home in England not long ago, she was distressed that she had to leave her cat with neighbors. But not for long. Cleo the cat missed Nancy, too, and ran away from her foster home intent on finding her mistress. And, find her the cat did just a few weeks later. The eight-year-old feline trekked some 16 miles to the nursing home, despite the fact that she had never been there. And then there is the story of Nigel, the parrot, whose British accent was comforting to his Torrance, CA owner, Darren Chick, until the parrot went missing in 2010. Four years later, Nigel was reunited with Mr. Chick, thanks to an implanted microchip. It was a happy, if not puzzling reunion. AMAC reports that Nigel no longer spoke the Queen’s English; instead the bird was gabbing in Spanish.

– John Grimaldi

## ‘Blue Light’ special

It’s the stuff of SciFi: a drug that lies dormant in your body until you turn on the lights. In fact, according to the Association of Mature American Citizens, researchers have been experimenting with the elusive process since the 19th Century. But it is only recently that they’ve been able to master the science. Scientists from the Imperial College London and Munich’s Ludwig-Maximilians University published

their findings in the journal, Nature Communications. They reported that they have adapted a drug for the treatment of type 2 Diabetes so that it becomes active in a patient only when it’s targeted by blue LED light.

Dr. David Hodson, from Imperial College London, told the Medical News Today that: “In principle, this type of therapy may allow better control over blood sugar

levels because it can be switched on for a short time when required after a meal. It should also reduce complications by targeting drug activity to where it’s needed in the pancreas.”

– John Grimaldi

## Classified Ads

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### UTEP

From Page 1

vice president for business affairs at UTEP.

The Centennial Plaza will be home of the Lhakhang that was donated by the Royal Government of Bhutan in 2008 for re-construction on the UTEP campus, where it will serve as a centerpiece of the plaza. It’s expected to open in the spring of 2015 as part of the university’s centennial celebration.

In Bhutan, there is a Lhakhang in every village so people can pray, university officials related. The Lhakhang at UTEP, however, will not have a religious meaning, but rather will be a cultural center for

people to expand their global perspective, officials stated.

Bhutanese architect Karma Wangchuk, who oversaw the structure’s reconstruction at UTEP, stated in a recent news report that the temple depicts the story of Buddha in 12 colorful panels on the interior walls and also has a lot of dragons because Bhutan is called the Land of the Thunder Dragon.

The special building, along with the many Bhutanese tapestries, woodcarvings, and other artifacts on display throughout the UTEP campus in addition to the two recent performances of Opera Bhutan to commemorate UTEP’s centennial celebration, are all indicative of the strong bond between the Kingdom of Bhutan and the university.

San Elizario ISD educator Veronica Brashear, who was named assistant principal at Borrego Elementary

School in the summer, as the most recent administrative appointments at three different campuses.



# Hey El Paso - support your local football team

By Steve Escajeda  
Special to the Courier

All of the ingredients were there for a joyous evening.

UTEP was coming off of consecutive Conference USA victories over Old Dominion and UT San Antonio and an overall winning record. And the win over UTSA was a 34-0 shutout, their first shutout of any team since 2005.

It was the day after Halloween; the kind of brisk cool evening that reminds you of football.

All the talk surrounding the Miners had to do with the realistic chances of qualifying and possibly playing in a bowl game at the end of the regular season.

Of course all these positive developments came after the Miners had been blown out by Kansas State and Louisiana Tech.

It’s good to see that the Miners haven’t given up on the season even if their fan base has.

A very disheartening sight was the lack of fans at the Sun Bowl for last weekend’s UTEP

game against Southern Mississippi.

It never fails, and yet it always surprises me. El Pasoans moan and grown about how there’s no way their going to support a loser.

They validate their lack of interest by saying, “why should I support a losing program?” Or, “I’ll go to the games when they start winning.”

The Miners are on a winning streak and the fans stayed at home last Saturday.

The attendance was announced at 24,673 (which is pretty embarrassing for a stadium that seats 52,000) but it was pathetically clear that no more than about 16,000 were in the stands.

I couldn’t help but wonder what was going on in the minds of the players as they ran onto the field before the game.

Looking into the stands and seeing a bunch of empty seats can’t be encouraging to a young man competing for the school and its city.

What else was going on last Saturday? The Dallas Cowboys weren’t playing. The El Paso Chihuahuas season has been over for weeks. Pitbull won’t be in town until January.

So why didn’t fans make the effort to go see

their college football team?

All El Pasoans know that there is a significant part of the local population that just refuses to jump on board for anything that may be considered positive or progressive.

After 50 years of perennial losing you would think that local football fans would jump at the chance at watching a winning team do its thing.

Coach Kugler has done an amazing job, after struggling through a dismal 2-10 record in his first season a year ago, of getting his new players (and the old ones) to buy into his tough style of play.

And who would have thought that the Miners’ defense would ultimately become the strength of team? UTEP’s defense has been known as one of the very worst in the nation on a regular basis.

Everyone knows that defense wins championships and though no one is certainly saying that the Miners are a championship team, but they are certainly starting in the right place and the future is looking bright for the football program.

Why El Pasoans wouldn’t want to get in

line and enjoy that is beyond me.

The Miners have four games left in the season and only need to win one to become bowl eligible.

UTEP has two games on the road, at Western Kentucky (3-5) and at Rice (5-3). They have two games left in the Sun Bowl, against North Texas (2-6) and Middle Tennessee (5-4).

This team could realistically finish with a winning 7-5 record if they split their last four. They could finish as good as 9-3.

There is no reason there shouldn’t be at least 40,000 fans in the stands at UTEP’s last two home games.

During the holiday season a bunch of family members come visit El Paso. Here’s a thought – take them to a UTEP football game. I mean really... how many times can they go to Chico’s Tacos and a movie?

These young men from out-of-town took a chance in coming to a school with a losing football tradition. They came with the dream of having a chance to play and turn things around.

The least El Pasoans can do is go out to the Sun Bowl and support them.

## A sporting view By Mark Vasto

# No means no, duh

Hey Colt McCoy! You just won the biggest game of your life on Monday Night Football as fans, your family and all of the Texas alums that lovingly nurtured you during your epic college career looked on! Tell the fans at home what you plan on doing now!

With ESPN set up for the interview about to be simulcast all over the Americas, and already on live feed to the domestic audience,

Colt answers...

We’ll never know. Why? Because Tony Wyllie, the Washington football team’s vice president of communications, stiff armed the would-be reporter and ushered McCoy off the field as if he was heading to an arraignment. All that was missing was Ferguson-like paramilitary teams forming human barricades and firing sonic cannons.

“No! No! No! We gotta go! We

gotta go!” Wyllie commanded, as if the last helicopter was awaiting them on the roof. And as the reporters continued to try and interview the suddenly belittled and befuddled quarterback being shunted off the field like a kindergartner from the parking lot by his parents on a snow day, the same guy who only moments ago loomed large as a winning field general, they only got more static from Wyllie, the Maryland hall monitor.

“No means no!” cried Wyllie, and that was the end of yet another day in the life of the most ridiculous franchise in sports. (Apologies to the Jets.)

You would think that the Washington franchise would appreciate a good story from inside of the stadium that night, the same stadium that saw its usual share of protesters outside, native Americans who rightly detest the slur the team uses as its nickname. It was only a year ago that team owner Dan Snyder, easily the most detested owner in professional sports today, vowed to “NEVER” change the name.

He may not personally change the name, and I’m not a soothsayer or fortune teller by any means, but you don’t need to be a wizard or consult Madame Marie on this one: The team will change its name. What’s really sad about the whole thing is that they have a ready-made, near perfect nickname awaiting them, one that actually does honor the people they are offending. Let’s see,

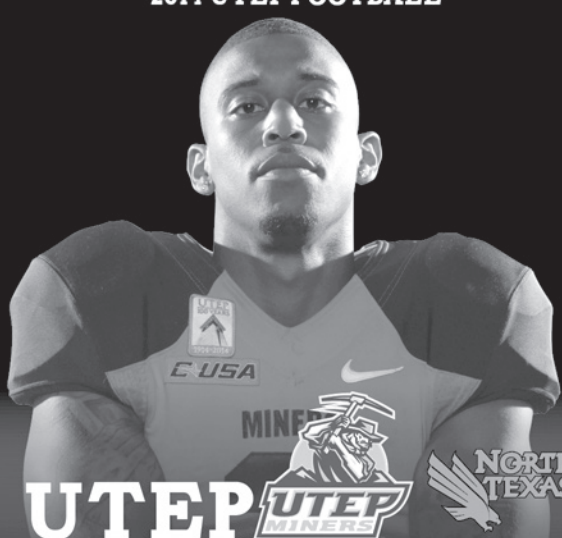
the Washington Bullets changed their name to the Wizards, there are the Washington Capitols, the Washington Nationals. Hey, umm... just spitballing here, but how about the Washington Americans? Bet that would sell a few jerseys? Duh, Dan. Duh.

Oh, and where was Colt’s undisclosed location? Colt was taken into the locker room so he could hear head coach Jay Gruden’s victory speech. No doubt Colt was then given the game ball, a playful noogie, and then the entire team piled into the coaches’ station wagons and went down to the local Dairy Queen for blizzards and Dilly Bars, still in their cleats and uniforms.



After all, it’s only a game.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2014 King Features Synd., Inc.

2014 UTEP FOOTBALL






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Comix

OUT ON A LIMB By Gary Kopervas



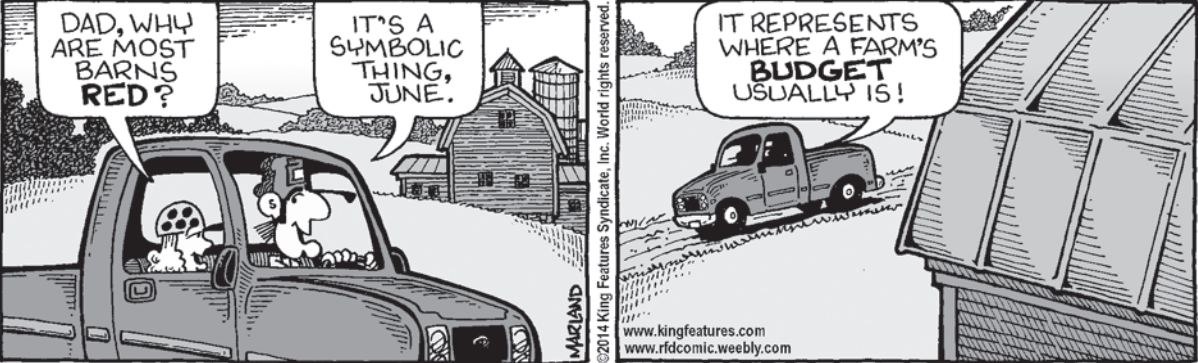
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: My 21-year-old son is a college athlete, a sprinter, but he has had recurrent high systolic blood pressure readings since he was a senior in high school. He's generally easygoing and not stressed. Doctors always attribute the elevated results to "white-coat syndrome," since he is otherwise in excellent health and doesn't drink, smoke or use drugs. The last reading was 142/78, when he checked it at a drugstore monitor. He's never had any reason to be nervous in a doctor's office, and the initial high reading was with the same pediatrician he'd been seeing all his life. Once, a nurse had him rest quietly for a few minutes and rechecked the reading; it was lower, but still high. He just finished four months of rigorous basic training with the Army with no problems (his high reading on his physical was put down to nervousness), and he may now be anxious no matter where or when the reading is taken, but I'm worried that something else may be going on. Is there something we should have checked? – K.C.

The real question is whether your son has "white coat" hypertension, or just hypertension. The best way of answering this is with a 24-hour blood-pressure monitor, which checks the blood pressure every 15-30 minutes while awake, and less frequently at night. If those readings are mostly in the normal range, we could conclude that he has reactive, or white-coat, hypertension.

However, it is possible that he has hypertension. Healthy young people sometimes get hypertension, and he may be able to get his blood pressure down without medication, through salt reduction and relaxation techniques. But if he needs them, there are medications that will not affect his athletic abilities.

I sometimes order an echocardiogram to look for

changes in the heart that go along with high blood pressure. However, the elevated blood pressure readings are only of a few years' duration, so he might not have these yet. I think the 24-hour BP monitor is the way to go.

High blood pressure is one of the most common ailments for the general population. The booklet on it describes what it does and how it's treated. Readers can order a copy by writing: Dr. Roach – No. 104W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: Is there much difference between D.O. degrees and doctor of medicine degrees? I just noticed that my PCP has a "D.O." after his name, and nothing else. – B.B.

A.D.O. is a doctor of osteopathy, someone who went to an osteopathic medical school. D.O. physicians are licensed to practice medicine and surgery in all U.S. states; in Canada, licensing varies by province. The training of an osteopathic physician is similar to that of a doctor with the M.D. degree, but osteopathic physicians obtain training in osteopathic manipulative medicine.

It has been my experience that D.O. physicians are very similar to M.D. physicians, in most respects.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to P.O. Box 536475, Orlando, FL 32853-6475. (c) 2014 North America Synd., Inc. All Rights Reserved.

Super Crossword

FREEDOM OF THE SEAS

- ACROSS
- 1 River to the Baltic
- 5 Lost tourist's aid
- 8 Get \_ of (reach)
- 13 Grant
- 19 Playful sprite
- 20 Bullring cheer
- 21 Brownish tint
- 22 Camelot king
- 23 "There is \_!"
- 24 Start of a riddle
- 27 Riddle, part 2
- 29 Isle of exile for Napoleon
- 30 Stakes
- 31 It's larger than giga-
- 32 Old fruit soda brand
- 34 "I'm freezing!"
- 36 Ex-soldier
- 37 Musical gift
- 38 Start of a pirate's chant
- 42 Docs treating tonsillitis
- 45 Defiant sorts
- 47 Riddle, part 3
- 52 "At Last" singer \_ James
- 53 Raise, as a house
- 54 Nero's 62
- 55 South \_
- (75-Down's country)
- 59 Turn outward
- 61 Riddle, part 4

- 64 Johann Pachelbel's "\_ in D"
- 66 "Just a moment"
- 67 Limo-riding type
- 68 Alpha-\_ acid
- 71 Paid to play cards
- 73 Cat warnings
- 76 Chicken \_ king
- 77 How matching items are often sold
- 80 "\_ Mio" (Pavarotti favorite)
- 82 Riddle, part 5
- 87 Ne'er-do-well
- 91 Polynesian island group
- 92 Pupil setting
- 93 Baseball great Hank
- 95 Forearm part
- 96 End of the riddle
- 100 Trix or Kix
- 103 Un-PC suffix
- 104 Laura or Bruce of film
- 105 Start for eminent
- 106 Actress and comic Gasteyer
- 107 Twist the truth
- 109 Deer kin
- 112 "\_-daisy!"
- 114 "Would \_ to You?" (1985 pop song)
- 116 Enlarge
- 119 Start of the riddle's answer
- 124 End of the riddle's answer

- 127 Oppositionist
- 128 Spotted wildcat
- 129 Cook on a grill
- 130 Bexley beer
- 131 News nugget
- 132 Car varieties
- 133 Feels like
- 134 Silent "yes"
- 135 Divining aids

- DOWN
- 1 Pendant gem
- 2 High-tech viewing medium
- 3 Acquit
- 4 Winona of "Heathers"
- 5 Not stereo
- 6 Balm plant
- 7 Cathedral seats
- 8 "For want of \_ the horse was lost"
- 9 Irreligious
- 10 Choose (to)
- 11 \_ Brite
- 12 Novelist Roald
- 13 Brand of rum
- 14 Show fallibility
- 15 Ticket part
- 16 Steal things gp.
- 17 Dismissal from a position
- 18 Pulls with a violent twist
- 25 Country music channel
- 26 Subside
- 28 "It rained all night

- the \_ left... "
- 33 Slope
- 35 Poolroom accessories
- 37 Sword sort
- 39 With 122-Down, like a Cyclops
- 40 Marx who kept mum
- 41 Keats' "\_ Melancholy"
- 43 Sent a cell message to
- 44 Zuricher, e.g.
- 46 Greek letters after pis
- 48 Sleep: Prefix
- 49 Passé TV hookup
- 50 Pub. defender, e.g.
- 51 Bee's home
- 56 Gives gas
- 57 Novelist Wiesel
- 58 Viper types
- 60 \_ chi
- 62 \_ voce (very softly)
- 63 Say again
- 65 Scholastic sports gp.
- 68 Ordinances
- 69 Ice skater Kulik
- 70 Date source
- 71 Lend a hand
- 72 Web location
- 74 Ailing
- 75 See 55-Across
- 78 Short play

- 79 High nest
- 80 Used a scull
- 81 Harriet Beecher \_
- 83 Rob of "The West Wing"
- 84 Agra's Taj \_
- 85 Mas' mates
- 86 \_ Jacinto
- 88 Puts on seductively
- 89 Converted to code
- 90 Comical Martha
- 94 "Morning Edition" ailer
- 97 Detrains, say
- 98 1962 hit for the Exciters
- 99 Difficult task
- 100 Turks and \_ Islands
- 101 Intertwine
- 102 Complained bitterly
- 108 Bard's "before"
- 110 Boat spines
- 111 Pig pad
- 113 Rocker Liz
- 115 Jazzy Fitzgerald
- 117 Sky spheres
- 118 Used to be
- 120 Fed. agent
- 121 Saintry ring
- 122 See 39-Down
- 123 Virtual citizens in a video game
- 125 Had a victory
- 126 Tip of a boot

Answer Page 4

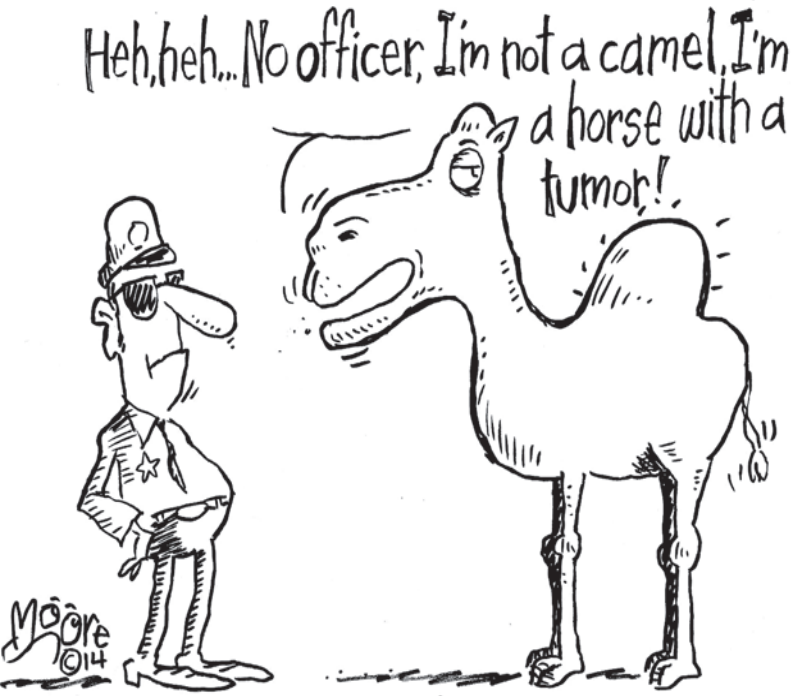
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MOORE TEXAS

by Roger Todd Moore

Having a “loose” camel is against the law in Galveston.



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.

DIFFICULTY: ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	÷		+		2
−		×		+	
	−		×		9
×		−		÷	
	+		×		26
15		13		5	

1 2 3 4 5 7 7 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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  
★★★ HOO BOY!

Answer Page 4

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Social Security Q&A By Ray Vigil

Q: Why is there a five-month waiting period for Social Security disability benefits?

A: Social Security provides only long-term disability, so we can only pay benefits after you have been disabled continuously for a period of five full calendar months. Social Security disability benefits begin with the sixth full month after the date your disability began. You are not entitled to benefits for any month during the waiting period. Learn more at our website: [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

Q: I want to apply for Supplemental Security Income (SSI), but I don't know whether I qualify since I own my own home. Can I still get SSI?

A: Yes, it is possible for you to qualify for SSI even if you own your own home. To be eligible for SSI, you cannot own more than \$2,000 in resources for an individual and \$3,000 for a couple. However, we do not count the house you live in as a resource. Of course, if you are disabled, you must file an application and wait for a medical decision on your claim, unless you are over the age of 65. There are other requirements you must meet as well. Learn more by reading *You May Be Able To Get SSI*, available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

to provide if I'd like to apply online for Social Security retirement benefits?

A: Whether you apply for retirement benefits online, by phone or in an office, we suggest that you have the following information at hand when you do it – it will make completing the application easier for you.

- Your birthdate, place of birth and Social Security number;
- Your bank account number and your bank's routing number, for direct deposit;
- The amount of money you earned last year and this year. If you are applying for benefits in the months of September through December, you may also need to provide an estimate of what you expect to earn next year if you plan to continue working;
- The name and address of your employer(s) for this year and last year;
- The beginning and ending dates of any active military service you had prior to 1968; and
- The name, Social Security number and date of birth of your current and any former spouses.

Depending on your situation, you may need to provide additional documentation with your application. We'll give you instructions on how to mail or bring it to us. To get started, visit our *Retirement Planner* at [www.socialsecurity.gov/retire2](http://www.socialsecurity.gov/retire2).

Q: What type of information will I need For more information on any of

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 T

PBIL DEBZK D FZOHG EZK

DMDVGOIL ADVKTFZDCA KTDK

TOK D EOL PTBXXOIL HAIKAV:

“GDMM PTBBC ZX.”

Answer Page 4

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FEAR KNOT

By: rj johnson

CONQUER THE WHIRLED

PDI

♥ MERBLU

OGTAL

DOGL

EDUTIL

♥ GMU

♥ ERPA

NESDP

♥ BTU

NOLBED

DIBEM

REGB


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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the questions listed above, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

STRANGE BUT TRUE

By Samantha Weaver

- It was noted American architect Frank Lloyd Wright who made the following sage observation: “The truth is more important than the facts.”
- You might be surprised to learn that the Ford Mustang, an icon of American automobiles, was originally named the Torino.
- If you live in Arkansas, you can reflect on the fact that your state is home to the only diamond mine in North America.
- Popular Science magazine once dipped its toes into predictions – and got it all wrong. In 1898, it published an article stating, “The energy necessary to propel [an airplane] would be many times greater than that required to drive a train of cars at the same speed; hence as a means of rapid transit, flying could not begin to compete with the railroad.” The magazine can be forgiven its lack of foresight, though, considering the fact that the first powered airplane flight didn't even occur until five years later.
- Tofu has the distinction of being the most hated food in America.
- Method, a company that makes eco-friendly home-cleaning products, has at their headquarters a brainstorming room whose walls, floor and ceiling are completely covered in live, growing grass. The purpose? To bring the outdoors in, and to “keep Method weird.”
- Those who study such things say that a \$1 million lottery prize is actually worth about \$468,000, once taxes and fees are deducted.
- The next time you're visiting Great Britain and someone offers you a dish called powsowdy, you might want to politely decline. Unless you're an adventurous eater, a broth made from sheep's heads probably won't appeal.

Thought for the Day: “If you haven't got anything nice to say about anybody, come sit next to me.”

– Alice Roosevelt Longworth

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