



NEWSBRIEFS

O'Rourke to speak

The Libertas Academy, an advanced academics program at Americas High School, is sponsoring a series of lectures by local and national leaders. Called “Inspiring Tomorrow’s Leaders,” the final guest speaker in the series will be U.S. Rep. Beto O’Rourke D-El Paso. He will speak in the Americas High School theater (12101 Pellicano Dr.) on Monday, May 11 at 9:30 a.m. The talks are aimed at exposing the students to individuals who relentlessly serve their communities through the fields of law, government, and public administration. The series shows students various leadership styles so that they may begin to form a higher sense of purpose, character, ethics, integrity, honesty, and, most importantly, love for community, said Eduardo Hinojos, a Libertas Academy teacher. Libertas Academy is designed to prepare students seeking post-secondary opportunities leading to career and college-readiness in all aspects of the judicial system, government and public administration.

—Christina Flores-Jones

A/V team wins silver

Montwood High School audio/video production team won a silver medal at the 2015 SkillsUSA State Leadership Conference in Corpus Christi. The audio/video production SkillsUSA chapter competed in the broadcast news production contest on the last weekend in March. The team is composed of four students: David Esparza, Samantha Gutierrez, Joshua Lopez, and Ramon Lopez. These four students prepared for an entire school year and were able to place first in the local competition held in February. In Corpus Christi, the team put everything they prepared for out on the table in order to earn the silver medal. Following the win, the students also received scholarships sponsored by Western Technical College in the amounts of \$4,612 to further their studies. These four students are all seniors and are proud to have finished off their high school years with an outstanding competition.

— Christina Flores-Jones

STAAR results

Approximately four-fifths of Canutillo

See BRIEFS, Page 3



— Photo by Alfredo Vasquez

GREEN THUMBS – Anthony High School Environment Science students learn how to build a keyhole garden. Above, from left, are seniors Jesus Alanis, Adrian Reyna, Armando Navarro, Monserrat Laurent, Teacher Fernando Viramontes, Pablo Viramontes, Armando Borrego, Armando Martinez, Robert Castaneda, Angel Amaya, and Chris Lizarde.

AHS students apply drought gardening technique

Keyhole gardens can both weather the drought and take a big bite out of the grocery bill

By Alfredo
Special to the Courier

ANTHONY – Anthony High School (AHS) science teacher Fernando Viramontes is introducing his students to a novel, efficient, and easy way to side-step the persist drought this region has been experiencing for the past few years when it comes to maintaining a vegetable

garden.

Because of the drought, gardeners have struggled to obtain sufficient water for their various crops. Scorching heat, poor topsoil, and elusive rainfall have contributed for brutal summers throughout the Southwest. The National Weather Service has declared the current drought as the most severe on record and warns that it is not expected to end any time soon.

Naturally, the lack of water predicament has spurred interest among environmentalists, survivalists, and farmers in finding alternative methods for growing produce in arid lands. One of the promising concepts is called keyhole gardening.

Viramontes said that he participated in a recent workshop where the keyhole garden

See GARDEN, Page 5



— Image courtesy of El Paso Museum of History

“O Pass of the North, Now the old giants are gone – We little men live where heroes once walked the inviolate Earth.” – Tom Lea

Museum celebrates Wall of Giants: Fort Bliss display

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso Museum of History will host a grand opening ceremony for the unveiling of the Sixth Wall of Giants: Fort Bliss display, from 4:30 to 8 p.m., Saturday, May 2. A variety of activities are planned for the downtown event. The museum is located at 510 N. Santa Fe Street.

Coordinating the Saturday evening

activities is the Circle of Giants committee. Members are Alex Ganem, Joe Gomez, Bernie Sargent, and Anthony Tomasheski.

To kick off the celebration, a military parade will start at the corner of Mesa and Main streets and proceed onto N. Oregon Street and head to Cleveland Square, which is located in front of the museum. Then, a special presentation will be held including the singing of the national anthem, delivering an invocation, and presenting the color guard and change of honors.

Guest speakers for the event will be: Oscar Leaser, mayor; Carl L. Robinson, city representative District 4; MG Stephen Twitty, commanding general 1st Armored Division and Fort Bliss; CSM Lance Lehr, command sergeant major 1st Armored Division and Fort Bliss; and Dr. Howard Daudistel, interim provost and vice president for academic affairs at the University of Texas at El Paso (UTEP).

After the speeches, a ribbon-cutting

See WALL, Page 4

We often show command of language when we say nothing.
— Quips & Quotes

Veterans Post

By Freddy Groves

Shenanigans at the VA

You have to wonder what some people are thinking when they try to put one over on the Department of Veterans Affairs.

Item: In Boston, a veterans service officer date stamped a stack of blank documents, which then allowed him to backdate claims he was processing. He managed to get all those forms backdated because the date-stamping machines weren't locked, as they're required to be.

Item: In Colorado, an employee high up the food chain circumvented hiring practices by creating a position especially for a former co-worker with whom she had a personal relationship... using that person's resume as the description for the new position. When asked to submit to an interview, the employee said no, under advice of counsel, and instead retired.

Item: A supervisor removed electronic controls that are used to process claims and told staff to "disregard Veterans

Benefits Administration policy when processing some claims." Out of 139 files checked, 100 had the controls removed. As a result, "some veterans may have continued to receive additional compensation for dependents that they were not entitled to receive."

Item (and it's a biggie): Seven years after the 2006 data breach, VA information security employees and contract workers still reacted with "indifference, little sense of urgency, or responsibility concerning a possible cyber threat incident" and allowed employees to work remotely and access the VA network on their personally owned equipment... from China and India! Further, when ordered to stop, the employees failed to try to determine if any of the VA data had been compromised.

And this, I fear, is only the tip of the iceberg.

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Finances

By Jason Alderman

A guide to travel insurance

A sudden storm, a missed connection or a family emergency can turn a hard-earned vacation or important business trip into a big disappointment. Travel insurance can save the day, but picking the right coverage requires research, cost comparison and above all, reading the fine print.

A quick online search can make it easy to identify and price highly rated travel insurance carriers. But personal circumstances and coverage should be examined thoroughly before any trip reservations are made.

First, travelers should evaluate their own life, home, auto and health insurance coverage. It is wise to call personal insurance agents to discuss the future trip and its accommodations and activities. The idea is to see where personal coverage ends and where additional travel insurance might be beneficial.

Some travelers, for example, might be surprised to know that their homeowners' policy actually offers liability coverage for out-of-state or foreign trips and their health insurance might offer full or partial evacuation insurance. Credit card companies may offer additional protection. List specific risks and circumstances surrounding the trip to discuss with insurers to determine whether additional travel coverage might be necessary.

For business trips, employees should repeat this process with their benefits or human resources departments. Employers that regularly do business in risky areas

where crime, geopolitical conflict or rough weather are common may have specific systems in place for these issues. But it is important to know how extensive an employer's protections might be to determine whether you'll need additional coverage.

Travel insurance covers these main risks: trip cancellation and/or trip interruption, baggage loss, medical and/or dental, pre-existing (medical) conditions and evacuation (medical or otherwise).

It is difficult to cite average premiums for trips because every trip and traveler is different. Coverage for short domestic trips with basic coverage for cancellation or lost baggage might cost some money; comprehensive coverage for a major world excursion may go well into the hundreds.

Travel companies like airlines and cruise lines sell various forms of trip insurance, but it might be wise to buy directly from an actual insurance company in the travel insurance business, better known as a "third-party" carrier. While travel insurance sold by travel companies might be adequate, they generally cannot match the quality of coverage or customer service that a full-time insurance provider can.


Before you buy travel coverage, it is particularly important to know what the policy's exclusion clause says. That section of the travel insurance policy indicates particular activities or circumstances that will prevent the payment of a claim.

Insurance companies respond to claims when customers file documents properly. Travelers who need to make a claim should have copies of receipts, ticketing and paperwork relevant to losses such as flight delays, lost luggage or any other potential loss indicated in the policy. If the claim is the result of a criminal act, policyholders should make sure they obtain and file copies of police, hotel or other relevant documentation safely.

Finally, it never hurts to visualize potential risks on an upcoming trip. Quick online searches make it easy for travelers to check on weather and potential conflicts at their destination. The U.S. State Department features its own global travel alert and warnings webpage (<http://travel.state.gov/content/passports/english/alertswarnings.html>) to prepare travelers for local crime, terrorist attacks or geopolitical conflict. The U.S. National Weather Service also features sites for long-term storm and hurricane prediction, though travel insurers will generally not issue coverage after a particular storm system is named.

Bottom line: Travel insurance can be a financial lifesaver. However, it's important to thoroughly evaluate such coverage in light of personal and business coverage you already have and, most of all, to read the fine print.

Jason Alderman directs Visa's financial education programs.



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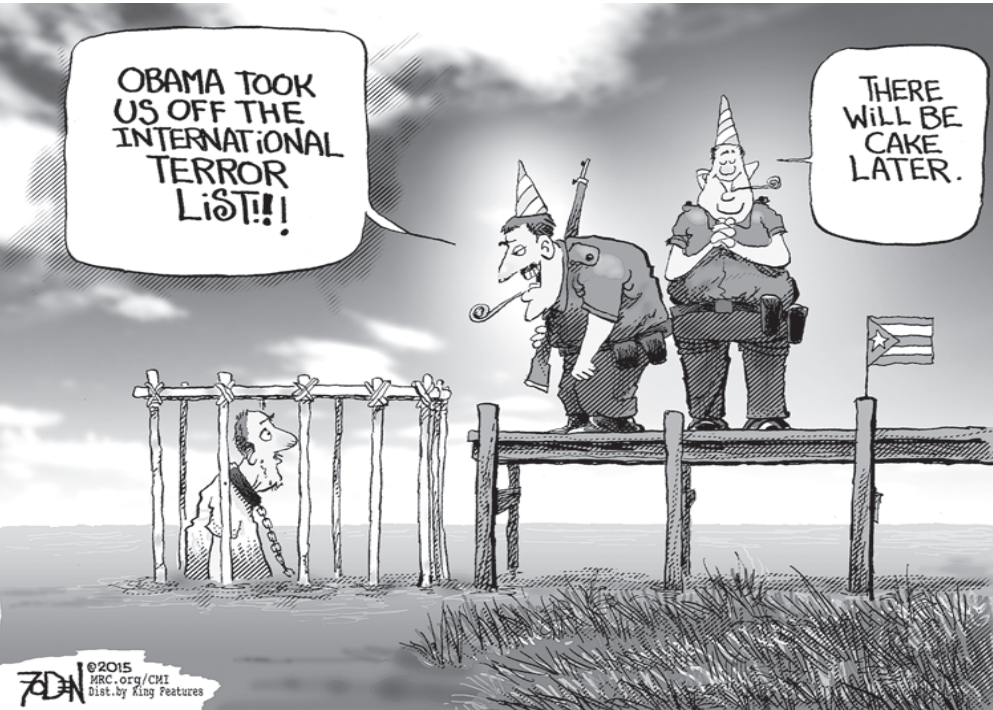
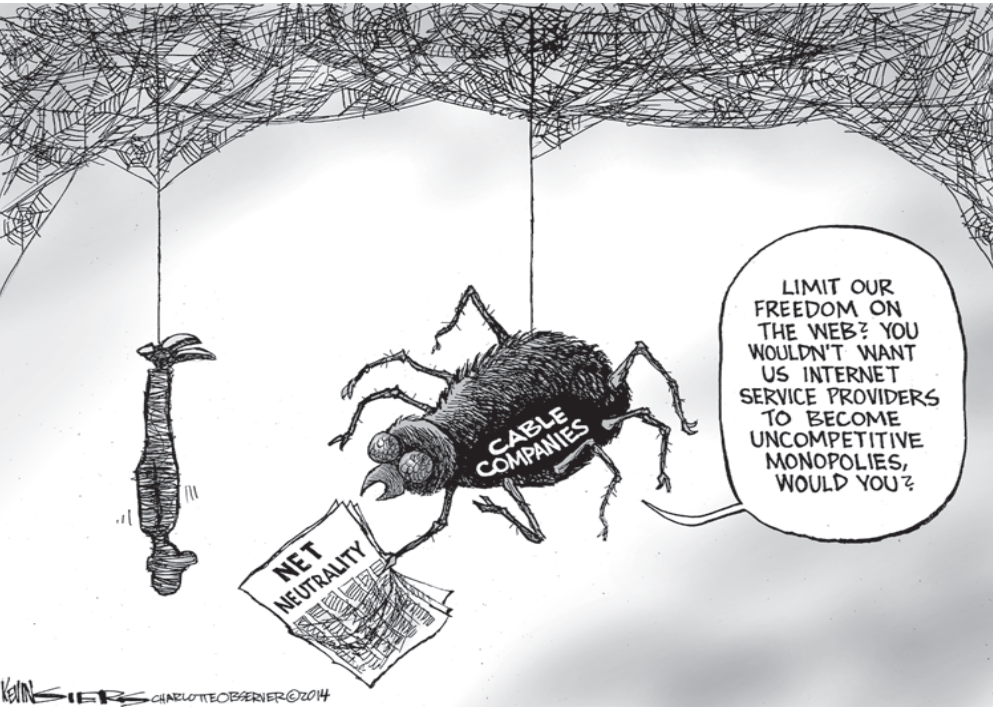


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Briefs

From Page 1

Independent School District (CISD) fifth and eighth graders successfully passed the State of Texas Assessments of Academic Readiness (STAAR) reading tests, according to preliminary results released last Thursday by the Texas Education Agency (TEA). The results reflect passing rates for the spring 2015 administration of STAAR in March. At CISD, 79 percent of fifth-grade students and 80 percent of eighth-grade students passed the STAAR reading test on their first attempt. The results below represent all fifth-grade students tested in STAAR English and Spanish combined and all eighth-grade students tested in STAAR English. CISD has performed above the state average for the past three years in 5th grade reading and at or above the state average in 8th grade for the past two years. Under state law, Texas students in grades 5 and 8 must pass the STAAR reading test to be promoted to the next grade. Those students who did not pass these exams have the opportunity to retake the tests in mid-May and will have a third opportunity in June. State law requires students who do not pass these tests to be retained in their current grade – unless a parent appeals the retention and a local, campus-based grade placement committee unanimously agrees to promote them. To review STAAR state-level reports for all grades, visit the Texas Education Agency website at <http://tea.texas.gov/staar/rpt/sum/>.

– Shane B. Griffith

Help needed

A man is seriously injured in a crash in Central El Paso as a result of a hit and run driver. Investigators of the El Paso Police Department are asking for your help in finding the hit and run driver through the Crime Stoppers, “Crime of the Week.” On the morning of Wednesday, March 11, 2015 at about 7:30 a.m., a man was on his way to work on I-10 West and was approaching the Trowbridge on ramp. As the man was driving, a car that entered the interstate at a high rate of speed cut across two lanes of traffic, and clipped the man’s truck. The impact caused the truck to spin, strike a concrete barrier and then veer back into traffic in the path of an 18-wheeler. The driver of the 18-wheeler was unable to avoid the crash and struck the pickup on the driver’s side. The man received various injuries and was taken to University Medical Center for treatment. The driver of the vehicle that caused the collision fled the scene and is only described as a black small car. Investigators are certain that someone knows who the driver involved in this hit and run is. Anyone with information on this case is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-

line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

– Shane B. Griffith

Tree care booklet

The Arbor Day Foundation is offering a handy tree-care booklet designed to help people plant and care for trees. Anyone can receive Conservation Trees, a user-friendly booklet featuring illustrations, colorful photos, and easily understood descriptions, by making a \$3 donation to the Foundation this month. “Conservation Trees is an ideal resource for tree planters,” said Matt Harris, chief executive of the Arbor Day Foundation. “Taking care of existing trees is just as critical as planting new ones, and proper care ensures communities are able to fully enjoy the diverse benefits of urban forestry.” The booklet provides details about the right way to plant and prune trees. It also includes tips on using shade trees and windbreaks to save on energy costs, attract songbirds, and create a living snow fence. To receive the Conservation Trees booklet, send a \$3 check along with your name and address to Conservation Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, or order online at arborday.org/conservationtrees.

– Anthony Marek

Aspirin use

More Americans are dosing themselves with baby aspirin than ever before, reports the Association of Mature American Citizens. One report showed that in the five years between 2005 and 2010 aspirin use rose by 57%. Another study revealed that more than half of individuals between the ages of 45 and 75 take a low-dose aspirin tablet each day. “There’s no doubt that aspirin use can have value for people who have experienced a first heart attack, stroke or angina,” according to pharmacotherapy specialist Craig Williams. He’s a professor at Oregon State University’s College of Pharmacy and the lead researcher of a study showing “that more and more people who have not experienced those events and are not technically considered at high risk by the FDA are also deciding to use aspirin, usually in consultation with their doctors.” But, according to the FDA, there’s no support for “the use of aspirin as a preventive medication by people who have not had a heart attack, stroke or cardiovascular problems, a use that is called ‘primary prevention.’” In such people, the benefit has not been established but risks – such as dangerous bleeding into the brain or stomach – are still present.”

– John Grimaldi

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– Photos courtesy Socorro ISD

MEDALS ALL AROUND – Eastlake High School’s winter guard show off their silver medal during WGI World Championships in Ohio.

Eastlake flag team earns silver at world competition

By Paula Diaz
Special to the Courier

The Eastlake High School Winter Guard earned world recognition when they won second place medal at the World Guard International Competition April 18 in Dayton, Ohio. They beat out 126 teams, including two from Thailand.

It was an amazing feat for the 21-member winter guard that has only been to national competition once before. The Falcons are



NICE HARDWARE – Director, Robert Gallegos and assistant director, David Gomez share the trophy the Eastlake High School Winter Guard won at the world competition.

one of only two El Paso area winter guards to make it that far. Americas High School did it in 2007 and placed seventh at this year’s competition.

“This was four years of hard work, dedication and commitment,” said Principal Gilbert Martinez. “This has definitely put Eastlake on the map. I am so proud of this group.”

Martinez, his staff, students and family members of the team greeted the winning group at 2 a.m. April 20 with banners, balloons and Eastlake’s drum line.

“It was a beautiful sight to see,” said Robert Gallegos, Eastlake’s Winter Guard director. “Everyone cried. It was an incredible welcome home party.”

The winter guard’s routine at the competition was called “End of the Ride.” They performed to the song “End of the World” by Matt Alber. The students wore maroon and dark blue costumes that were set in the 50’s era.

“We painted a roller coaster on the floor, which helped symbolized the trials of life and love,” Gallegos said. “The happy times, the hard times, but at the end of it, you can succeed if you put your heart and mind to your life and goals.”

These students honed their skills throughout the year and performed beautiful routines, Gallegos said. Eastlake has made their mark in the El Paso, regional and national arenas in a short amount of time.

Eastlake flag team member Miguel Esparza still can’t put his head around it.

“I just couldn’t believe it,” said Esparza, a senior. “I am still in shock. It hasn’t sunk in.”

The team spent two days of grueling,

eliminating competition that paid off. They were only a half point from collecting the gold medal. That honor went to Marvin Ridge High from North Carolina.

“After medaling, we laughed, we cried and tried to take in the moment,” Gallegos said. “It feels like we won the lottery, but we are proud and humbled that our students had such an amazing performance.”

Ivana Sierra, who has been in flags since her freshmen year, credits Gallegos for the accomplishment.

“He is an amazing director,” said Sierra, who graduates this year. “He is so good at knowing what we needed. I will never forget this.”

The show’s directors, designers and choreographers include Gallegos, David Gomez, Amanda Chavez, Ruth Prieto, Johnny Amos, James Smith, Tim Lee, and Ralphet Ocasio.

Wall

From Page 1

ceremony will be performed, followed by a reception with live music, finger foods, and a cash bar. Masters of ceremony for the event are Rebecca Whitaker and David Saucedo, co-chairs of the Circle of Giants committee.

Sponsors for the celebration include Freeport-McMoRan, Western Refining, U.S. Army, Hanlon marketing design, and the City of El Paso.

For more information and to RSVP, call (915) 351-3588 or send email to history.elpasotexas.gov

STRANGE BUT TRUE

By Samantha Weaver

- It was noted 20th-century British playwright Tom Stoppard who made the following sage observation: “It is better to be quotable than to be honest.”
- You’ve probably seen ventriloquists perform, but you may not realize that it’s a skill not limited to humans. The crested bellbird, which can be found in the wetlands of Australia and Venezuela, throws its voice in order to misdirect predators.
- Bibliophiles beware: Using a public library can carry hidden risks, as a 20-year-old woman in Wisconsin discovered when she checked out “White Oleander” and “Angels and Demons.” Heidi Dalibor never returned the books, and she didn’t respond to letters or phone calls requesting that she return the books and pay the overdue fine. Eventually, Dalibor was arrested by local police, who handcuffed and fingerprinted her, and she wasn’t released until her bail was paid.

• We’ve all heard the childhood tale of George Washington chopping down a cherry tree, then ‘fessing up because he could not tell a lie. Most history books don’t mention other aspects of his childhood, though; for instance, did you know that our first president, when he was 10 years old, was a champion wrestler and long jumper?

• If you were a member of the middle class in Victorian England, you might have spent an enjoyable afternoon with friends on a boat, searching for bizarre sea creatures. This popular pastime was known as “monster spotting.”

• Those who study such things say that the smallest vertebrate in the world is a type of carp: The Paedocypris progenetica grows to be less than half an inch long.

Thought for the Day: “A husband is what is left of the lover after the nerve has been extracted.”
— Helen Rowland

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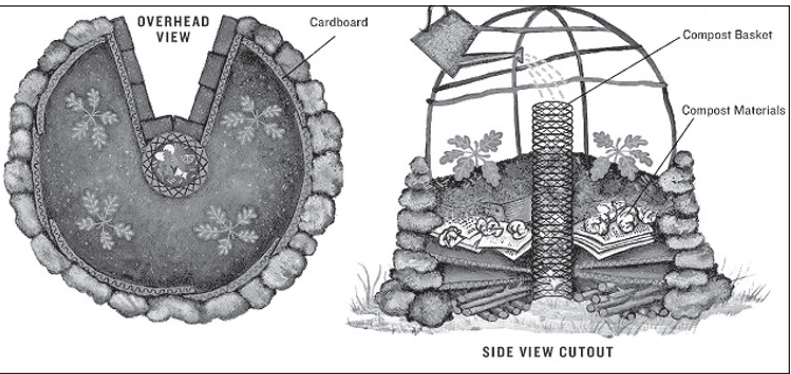
CryptoQuip Answer

The demolition workers must be a big hit with onlookers. They’re always bringing the house down.

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Directions to Rio Bosque Wetlands Park

From I-10: Take the Americas Ave. (Loop 375 South) exit (Exit 34B) and head southwest towards the Zaragoza Bridge. Cross North Loop Rd. (FM76) and take the onramp onto Loop 375. Stay in the right-hand lane of Loop 375 and exit immediately at Exit 47 for Alameda Ave., Socorro Rd. and Pan American Dr. Proceed across both Alameda Ave. and Socorro Rd. At Pan American Dr., turn left. After driving approximately 1.1 mile on Pan American, cross a bridge over the Playa Drain. At 1.5 miles, there is a second bridge, which crosses the Riverside Canal right before the gated entrance to the Jonathan Rogers and Roberto Bustamante water-treatment plants. To get to the park, cross the bridge, turn left onto the gravel levee road and proceed for about 0.75 miles. At the northeast corner of the park is the Tornillo Trailhead.



ADVANTAGES – Illustration shows Keyhole garden layout. Some of its benefits include: center compost basket supplies nutrients; mulching and moisture from center basket lessens water use; center basket saves steps in composting process; soil is warmer than traditional raised beds; short bed distance is easy to tend; recycled materials makes garden inexpensive; raised design removes threat of trampling; garden can be modified per owner’s needs (like child or handicap accessibility); garden requires small area (about 6-1/2 feet diameter); garden can be temporary or permanent; and garden can be an attractive feature to any area.

Garden

From Page 1

approach was demonstrated. He said that he liked the idea and decided to incorporate it into his environmental science class as a special project assignment.

As part of the environmental science course, the class looked at the current drought conditions throughout the world then focused on this region’s present water shortage situation, stated Viramontes, who has been a science teacher at AHS for 28 years and has taught the environmental science class for the past 10 years.

To demonstrate a practical way to address the lack of rain, Viramontes said that he discussed the keyhole garden design with the environmental science students, who are all seniors, and cajoled them into undertaking the construction of a keyhole garden on the high school campus.

The garden project was started at the beginning of April and should be completed by the first week in May. “It’s a good project to end the school year,” said senior Armando Borrego. “It’s an interesting earth-friendly activity. We have had to gather rocks, chicken wire, stepping stones, cardboard, manure, newspaper, and potting soil to build the garden,” he said.

“The class works as a team, because the garden is not just for us but for the whole school. I hope that the students after us learn from this project, and they in turn teach others about this way

of gardening,” Borrego added.

A keyhole garden is a raised bed, lasagna garden, composting, and recycling system all rolled into one, explained the science teacher. The raised bed has a center compost basket that distributes nutrients to the surrounding lasagna-style garden bed. A small pie-slice section of the bed is used for easy access to the center compost basket forming the keyhole design.

Kitchen and garden waste are added to the center basket. The soil bed layers are slightly sloped away from the center to aid water and “compost tea” distribution. As the materials decompose, soil, composting materials, and amendments are added to the bed in later growing seasons.

The design creates a garden that uses recycled materials, less water and maintenance, and can be made handicap-accessible. The gardens are the brainchild of humanitarian charities and missionaries for use in impoverished countries with poor soil, bad weather, and starving people, according to Viramontes.

In building the keyhole garden, the environmental science students learned that this project is easy to adapt at home and is inexpensive; the school’s new garden is coming out to less than \$30 in total expenses. Most of the materials were free, related Viramontes.

“By the end of the summer, we should have different kinds of herbs and vegetables growing in the high school’s first keyhole garden,” stated Viramontes.

Rio Bosque Wetlands gets treatment plant water

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Rio Bosque Wetlands Park will begin receiving recycled water during the growing season after enduring thirteen long, dry years without a consistent water source.

Government officials and nature lovers will gather at 7:45 a.m., Friday, May 1, to celebrate as park manager John Sproul opens the valve of a new pipeline

that will deliver recycled water from El Paso Water Utilities’ Roberto Bustamante Wastewater Treatment Plant to streams and ponds throughout the park.

The public is invited to attend this historic event that will take place at the park’s Tornillo Trailhead. Park officials said that the water will nourish native plants and animals at the 372-acre wetlands restoration project in El Paso County’s Lower Valley.

Talking about the long-anticipated event, Richard

Teschner, president of the Friends of the Rio Bosque, noted, “We’ve fought long and hard for a Bustamante-to-Bosque pipeline, and now it’s finally here!”

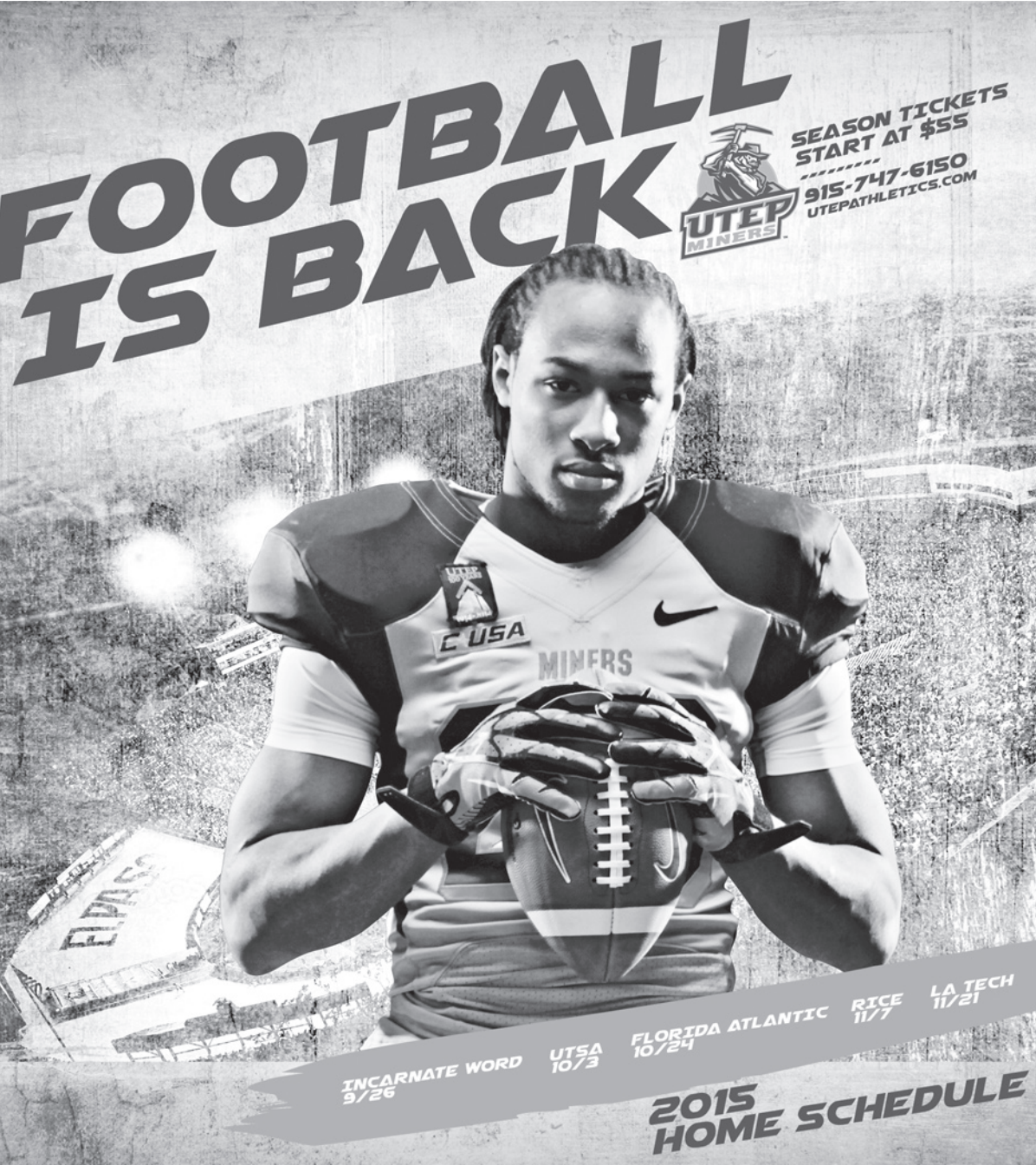
Sproul said, “This is a huge step forward and we will start seeing what a difference it makes almost immediately.” The park manager added that trees and other plants that have survived on a trickle of hand-delivered water will now take off and flourish.

For more information about the park, visit www.RioBosque.org.



– Photo by Alfredo Vasquez

Rio Bosque Wetlands Park’s Tornillo Trailhead sits along the canal’s levee bank road. Park officials stated that their goal at Rio Bosque is to recreate an approximation of the natural habitat that existed along the Rio Grande river valley before European settlement.



Men making big bucks playing kids’ games must behave too

By Steve Escajeda
Special to the Courier

The average sports fan is a special breed and stands apart from the average human being walking the streets.

The average sports fan can be described with words like rabid and emotional and dedicated and fickle and miserable and reactionary and cocky and self-deprecating and annoying and unconditional... among others.

Unfortunately, one of the others is “hypocrite.”

Like the healthy dude who complains about the government taking advantage of the little guy as he pulls into a handicap parking space, many sports fans look at their favorite teams and players with a complete lack of self-awareness.

Most Americans share the same opinion when it comes to thugs, thieves and criminals who break the law and prey on citizens who try to live life by the rules.

But most American sports fans change their tune emphatically whenever the perpetrator is a member of their sports team.

Like defense attorneys with their backs against the wall, it’s amazing how quickly fans can come up with the most ridiculous scenarios to rationalize their hero’s actions.

For instance, the first baseman that beat up his girlfriend is just misunderstood. Or the wide receiver with all those illegal weapons just felt insecure. Or the power forward caught going 110 mph with cocaine in the glove compartment just borrowed the car and was rushing home because he forgot to feed his puppy.

Let’s face it, sports fans would let their heroes “walk” for committing the same crimes they’d easily incarcerate the less athletic among us.

It happens all the time.

Take the Dallas Cowboys and the recently acquired Greg Hardy.

Hardy, the former Carolina Panther considered one of the best pass rushers in the NFL, was indicted by a judge of basically beating up his ex-girlfriend.

The ruling was reversed when the girlfriend failed to show up to testify.

Can anyone out there say “payoff”?

Anyway, after being forced to miss 15 games last season – with pay – Hardy was

given a 10-game suspension last week, without pay, by the NFL for breaking the league’s personal conduct policy.

That puts the Dallas Cowboys in a bit of a bind next season. Of course the Cowboys wouldn’t be in any bind at all if they had simply decided not to pick up Hardy and gone for another pass rusher with better character.

I forgot to mention that team owners and general managers can be just as bad as sports fans.

As far as sports hypocrites go, I must come clean and add myself to the mix.

When I heard that my team, the Cowboys, had picked up Hardy, I was kind of indifferent. But the more I heard about the charges being dropped and the girlfriend not showing up, I figured there was a possibility she had made up the whole thing to extort him.

Like I said, sports fans will look for any ridiculous defense to get their client off.

Then I read what actually happened to the girl.

It turns out it all started during an argument when Hardy ripped the necklace off his then girlfriend and threw it into the toilet. When she tried

to retrieve it he slammed the lid on her arm. He then proceeded to drag her from room to room by her hair. He choked her to the point that his finger marks were still visible around her neck when police arrived. She had visible bruises on her arms, shoulders, face, legs and back. Oh, and for good measure, he was in possession of 10 semi-automatic rifles and a shotgun.

Now how in the world can anyone read all that and still want this lousy human being representing their team?

I sure felt a little ashamed when I read all the details.

Winning is great. We all walk with more purpose after a victory and limp through the defeats.

But what good is winning if it comes at such a despicable cost?

Teams who take a chance on athletic thugs always say they are the “enlightened” ones who will rehabilitate him.

Truth be told, they don’t believe that for an instant – they’re just gambling that they get a year or two out of him before he blows up again.

Here’s another word for sports fans and franchises – “denial”.

A sporting view By Mark Vasto

Price is not right

Believe it or not, most reporters do not like confrontation. Be it a city beat reporter, restaurant critic or sports writer, most of the time reporters just want to do their job and go home just like everyone else.

Yes, there are people who lay in wait for the “big story” that will make their career, and there are times when the “news” tramples over peoples lives and leaves only smoldering remains as the news crews move on to the next story. Most of the time, however, the complaints you hear about “the media” are from people who are just frustrated

that they can’t control or manipulate the media. Reporters did not go to school to learn, say, the engineering that goes into the building of a dam. But they are trained to ask questions about it, and with experience they know when they’re not getting straight answers.

Sometimes reporters are asked if they can go “off the record.” This a gentleman’s agreement. Since most reporters will go to jail rather than give up a source, this is taken very serious. Other times the reporter gets a wagging index finger attached to a red-faced person saying, “Don’t go

putting this in your paper now!” which, of course, signals to the reporter that he or she will have a story for the paper.

And then there’s professional sports. Grown men, making millions of dollars playing little boys’ games. Putting the players aside for a moment – much has been written over the years about events like Reggie Jackson dissing Thurman Munson to a reporter (“the straw that stirs the drink”), Marshawn Lynch’s strategy to avoid getting fined for missing press conferences, and Allen Iverson’s repetitive use of the word “practice” when discussing practice – let’s focus on the guys that coach them for a moment.

A few weeks ago, soon-to-be-fired Cincinnati Reds manager Bryan Price launched into a

tirade for the ages, joining the pantheon of epic breakdowns by coaches who couldn’t handle the mean ol’ media asking questions and stuff. Barring an epic run to the World Series, which would seem unlikely given Price’s temperment, he can count on his 77 f-bomb tirade to reporters to be cherished for the ages, up there alongside the famous rants of Dennis Green, Jim Mora, Bobby Knight, Hal McRae and Mike Gundy.

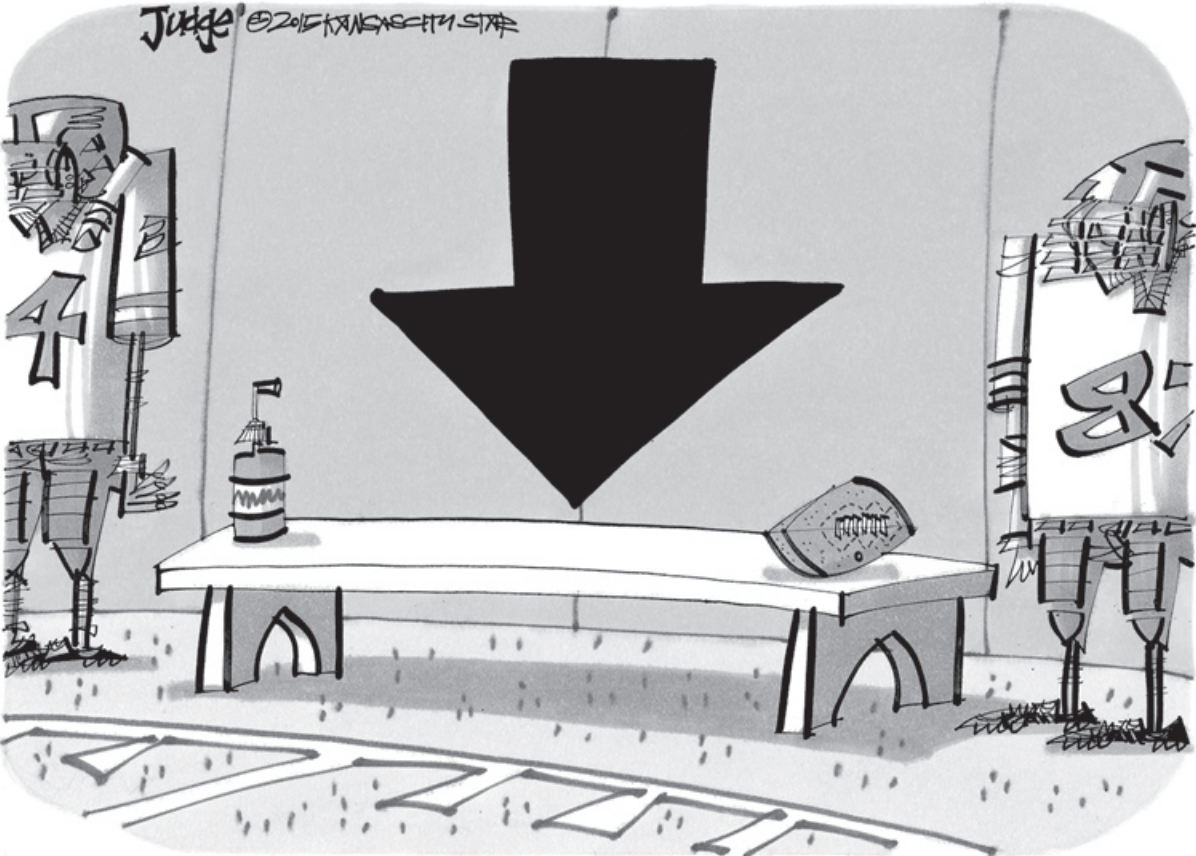
Big-time sports do bring a lot of big-time pressure, so I’m not entirely making light of the situation here. When you’re getting paid millions, or in the

case of a manager, hundreds of thousands of dollars, to participate in the league, you want to keep the money train rolling because the window of opportunity closes quick. But the question Price couldn’t handle wasn’t about the plight of the homeless or about Russian missile sites in Cuba... no, the crisis that Price couldn’t get right was about a catcher going on the disabled list that was reported by, you know, a baseball reporter.

Well, maybe Price will turn it around and he’ll get counseling or something. No matter how

See SPORTING, Page 8

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Your good healthBy Keith Roach, M.D.

OUT ON A LIMB

By Gary Kopervas



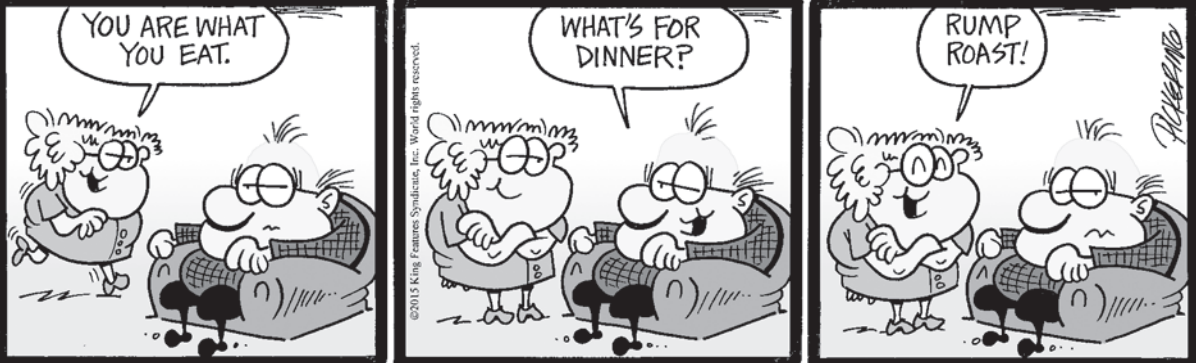
AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



DEAR DR. ROACH: I was a smoker for 65 years, and I got tired of my doctor and everyone else telling me the dangers of smoking. I tried e-cigarettes about two months ago, and I am hooked on them. At first I didn't like the taste, but now I have gotten used to it. There is a large amount of "smoke" from them, and it is darkening my teeth. What's your take on this new fad? – S.G.

doesn't understand how. – D.M.

There is no doubt that tobacco has caused vast amounts of suffering and death. The jury is out on the net effect of e-cigarettes, but here are my thoughts.

Although e-cigarettes are likely to be much less dangerous than regular cigarettes, there is no doubt in my mind that they are at least potentially harmful to health. On the good side, if they help you quit your smoking habit, they may have a benefit to you. You should use them to help you quit smoking, then ideally quit using them as well.

However, there is a bad side, and that is when nonsmokers start using them. Some users don't think of them as cigarettes at all, calling them "hookah pens," "vape pens" or other euphemisms. They are simply devices to provide nicotine and flavorings. You used the term "hooked on them," and they probably do have the potential for addiction.

DEAR DR. ROACH: Years ago, I was told that eating raw carrots and fresh spinach improves vision. If this is true, why am I afflicted with macular degeneration after having eaten these for a long time? I also have taken vitamins to preserve vision for 10 years. Do these have justification? – Anon.

Fresh vegetables with beta carotene and certain multivitamins and minerals have been shown to slow the effect of age-related macular degeneration. It may be that you would have gotten macular degeneration both sooner and more severely had you not had a healthy diet and taken vitamins. Unfortunately, we don't know of

DEAR DR. ROACH: Why is Lactaid effective? Since it is an enzyme, why isn't it denatured by stomach acid, then digested like other proteins? I know from experience that it works, but the biologist and chemist in me

See HEALTH, Page 8

Super Crossword

- JOB SCREENING ACROSS

1 Perceive

8 Wavering

16 Dies down

20 One of the Great Lakes

21 CD from Eminem or Jay-Z, say

22 Marshland

23 Start of a riddle

25 Teal, e.g.

26 Mineo of films

27 First-century emperor

28 Sufficient, in dialect

29 After-bath sprinkle

30 Zest

32 Riddle, part 2

38 Majestic

40 Inane

41 High-pH compound

42 Sticky, viscous stuff

45 Previously called

46 "... have to wait"

49 ESPN's Hersher

50 Riddle, part 3

55 They often elicit groans

56 "Suffice it _ ..."

57 Chinese zoo mammals

58 "Thou _ lady": King Lear

59 Hotel's kin

60 Young dog

61 Sews an edge around

65 Riddle, part 4

73 Tara of "American Pie"

74 Granola bit

75 "_ Man Answers" (1962 film)

76 Jazzy Anita

77 Irritated reply to "Are you awake?"

81 Devours, with "down"

83 Accept

84 Riddle, part 5

90 Gulf nation

91 Good diving score

92 Genetic letters

93 Flanders river

94 Ovum, e.g.

96 "There it is!"

98 Souases

102 End of the riddle

108 Al who drew Li'l Abner

109 Old Italian coins

110 Tie down, as a ship

111 Sheik, e.g.

113 Actress Carrere

114 Mark Twain's Huck

115 Riddle's answer

120 Poker cost

121 Ethereal quality

122 Relate (to)

123 Prayer opener

124 Northern parts of New York and New Jersey

125 Numbers used in sums

DOWN

1 Divining rod

2 Get some air

3 German military camp

4 Jaguar, e.g.

5 "_ Brockovich"

6 Gone up

7 _ Dame

8 Suffix with script

9 Round bread of India

10 Hot tub

11 In a docile way

12 1985 Kate Nelligan film

13 In re

14 "Dallas" actor Patrick

15 Singer Sumac

16 Begin, as a journey

17 _ ball (pool hall item)

18 "Fists of Fury" star

19 Get sight of

24 "_ the weather?"

29 Phone no.

31 Port of Japan

33 Actress Lisa

34 Poem of lamentation

35 "Hick" actor Baldwin

36 Hayek of Hollywood

37 Window ledge

39 Parking - _ left field

44 Tine

46 Repeated statement in Windows ads

47 Plating metal

48 Kind of PC monitor

50 Rage

51 _ nous

52 "There _ 'I' in team"

53 Musical piece

54 Racket-raising Arthur

55 Rover's foot

60 Fruit discard

62 Arcane

63 Annoyed with

64 Boa, for one

66 "Right, bro"

67 0% of the people

68 Biker's bike, colloquially

69 Largest city on Hawaii

70 "Get _ back!"

71 Abrades

72 Coloring substance

78 Dance great de Mille

79 Ovid's 1,051

80 Diarist Anaïs

81 Took the prize

82 Florida city

84 Breathe loudly

85 Bringing up the rear

86 Collides with

87 Not deserved

88 Trapped (on)

89 "Holiday" actor Ayres

95 Mao _tung

96 Romeo and Juliet's town

97 "It's _ state of affairs"

99 Lane of Broadway

100 Narcotic

101 Generates

103 Beatnik's "Got it!"

104 People on the move

105 Like a well-pitched inning

106 "Sing, Sing, Sing" drummer Gene

107 Totally filled

112 Longtime West Virginia senator Robert

114 _ Schwarz

115 Sorority letter

116 Humid

117 Suffix with colour

118 Ar-tee link

119 Honored Fr. woman
- Answer Page 4

1	2	3	4	5	6	7		8	9	10	11	12	13	14	15		16	17	18	19
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MOORE TEXAS

by Roger Todd Moore

Chappell Hill has a Scarecrow Festival that includes a best scarecrow outfit.



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!

	-		x		10
+		+		x	
	÷		+		8
x		÷		+	
	x		+		11
17		2		19	

1 2 3 5 6 7 8 9 9

Answer Page 4

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Social Security Q&A By Ray Vigil

Q: I applied for a Social Security card for my child at the hospital and the card came back with the first name misspelled. What should I do?

A: Go to your local Social Security office or card center to ask for a corrected card. We need to see at least two original documents proving your child's:

- U.S. citizenship; and
- Identity.

We also must see proof of your identity, as the parent. The documents you show us must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies. To find out more, go to www.socialsecurity.gov/ssnumber. There, you can learn what documents you need, fill out and print an application, and then bring or mail the information to us. You may also want to read the publication, *Social Security Numbers For Children*, available at www.socialsecurity.gov/pubs.

Q: Can children qualify for disability benefits?

A: There are two Social Security

disability programs that provide for disabled children. Under the Supplemental Security Income (SSI) program, a child from birth to age 18 may receive monthly payments based on disability or blindness if:

- The child has an impairment or combination of impairments that meets the definition of disability for children; and
 - The income and resources of the parents and the child are within the allowed limits.
- Under Social Security, a child who is age 18 or older may receive monthly benefits based on disability or blindness if:
- The child has an impairment or combination of impairments that meet the definition of disability for adults;
 - The disability began before age 22; and
 - The adult child's parent worked long enough to be insured under Social Security and is receiving retirement or disability benefits or is deceased.

Under both of these programs, the child must not be doing any substantial work. The child also must have a medical condition that has lasted or is expected to last for at least 12 months

or result in death. Learn more at www.socialsecurity.gov/applyfordisability.

Q: What is the earliest age that I can apply for my Social Security retirement benefits?

A: To apply for Social Security retirement benefits, you must be at least 61 years and 9 months of age and want your benefits to start in the next 3 months. You can begin receiving retirement benefits as early as age 62, but if you take benefits before your full retirement age, your benefits will be reduced permanently. If you'd like to test the waters and get an idea of what your benefit amounts would be at different retirement ages, visit our *Retirement Estimator* at www.socialsecurity.gov/estimator. If you're ready to apply for retirement, go to www.socialsecurity.gov/applyonline.

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

Sporting

From Page 6

many games he wins, you have to figure that the Reds can't have that sort of hair-trigger leadership in place for long. In the meantime, we can always remember the age-old adage: He who loses their cool first loses.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2015 King Features Synd., Inc.

Health

From Page 7

any preventive treatment – nor any treatment once the disease has been diagnosed – that is 100 percent effective.

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 P.O. Box 536475, Orlando, FL 32853-6475. (c) 2015 North America Synd., Inc. All Rights Reserved.

Archives: www.wtxcc.com

Weekly SUDOKU

by Linda Thistle

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

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: H equals E

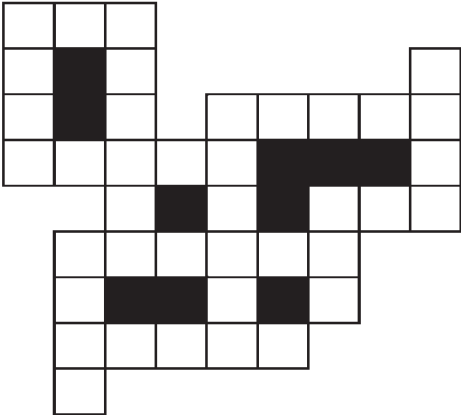
CQH OHRPGUCUPF BPLWHLM
RTMC IH Z IUD QUC BUCQ
PFGPPWHLM. CQHJ' LH ZGBZJM
ILUFDUFD CQH QPTMH OPBF.

Answer Page 4

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RYD
SHMUTY
PLYHM
SEAB
AIEMAN
♥BDA
♥RYTA
♥RAIAT
♥EYB
ENYOAM
♥HEEST
♥ULDA



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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