



NEWSBRIEFS

Presidential planes

The first president to have his own dedicated aircraft was Franklin Roosevelt, says the Association of Mature American Citizens. He used it only twice and it was not called Air Force One way back then. It had the nickname, Sacred Cow. Harry Truman called his plane Independence after his hometown of Independence, MO. President Eisenhower continued using Independence but added a pair of Lockheed Super Constellations to the presidential fleet. He called them Columbine One and Two. It wasn't until 1962 that the official designation, Air Force One, was established for the aircraft whose principal passengers are U.S. presidents. But, the first American president to take to the skies was Theodore Roosevelt on October 11, 1910, reports AMAC. Granted, Teddy was out of office at the time. It happened 18 months after he left office at an airstrip in Kinloch, a small town in Missouri.

— John Grimaldi

Veterans' fiesta

San Elizario will be holding its First Annual Fiesta in appreciation of and for veterans. The Veterans Committee of the San Elizario Genealogy and Historical Society, a nonprofit organization 501 c (3), is sponsoring the fiesta. The fiesta will be on Fri. and Sat., June 12 and 13 from 5 p.m. to midnight; and Sun., June 14 from 1 p.m. to 11 p.m. The fiesta will take place in historic San Elizario at the Veterans Memorial Plaza (the plazita in front of the church). The public is invited to come and enjoy the weekend with great live music, entertainment, food and beverages. Make time to visit our three museums (Los Portales, the Veterans Museum and the Old Jail), the Art Galleries, the Veterans Memorial Brick Walk, the Presidio Chapel, all within walking distance from each other. Bring your families, friends and neighbors, and your cameras. Support all veterans for their service and sacrifices. Call (915) 383-8529 for additional information. The website is www.sanelizariogenealogy.com.

— Ray Borrego

Food for thought

Eighty-one year old Clarence Blackmon was hospitalized for

See BRIEFS, Page 8

Patience, forbearance and understanding are companions to contentment.

— Quips & Quotes



A PLACE WITH MEANING – For two centuries, Hispanic and Native American pilgrims have made spiritual journeys to El Santuario de Chimayo and often carry along photos of sick relatives and requests for miracles. A pilgrim from Las Cruces, NM years ago left a note in the shrine advising: “If you are a stranger, If you are weary from the struggles in life, Whether you have a handicap, Whether you have a broken heart, Follow the long mountain road, Find a home in Chimayo...”

Chimayo is tourist attraction, shrine

By Alfredo Vasquez
Special to the Courier

months come hankerings for family is just a five-hour drive north of El Paso. getaways, for at least a weekend, to places Tucked away in the jagged Sangre de that can help recharge one's energy for Cristo Mountains is the Santuario de facing the challenges of everyday life.

NEW MEXICO – With the summer A quaint but inspiring site to consider

See CHIMAYO, Page 5

Socorro ISD names top teachers at annual gala

By Christina Flores-Jones
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District celebrated 45 Campus Teachers of the Year at the district's 2015 Teacher of the Year Gala on May 16 at Grace Gardens.

The top two Teachers of the Year were named at the annual event. Cosme Damian Perez, from Mission Ridge Elementary School, was named the 2015 SISD Elementary Teacher of the Year. Benjamin Corral, from Americas High School, was named the 2015 SISD Secondary Teacher of the Year.

Perez is a physical education coach and has been a teacher for five years. Corral is a ninth-grade biology teacher and has been teaching for 14 years. The

district elementary and secondary winners will represent SISD in the Region 19 2016 Teacher of Year competition in August.

More than 1,000 people attended the event, including teachers, principals, family members and other SISD staff. Each school's Campus Teacher of the Year was recognized at the gala, including those who were selected as Elite 8 finalists.

“All of our teachers are winners! Every year, you beat the odds and prepare our students to soar to the top of the charts in academic performance and enable them to graduate ready for college and beyond,” said Superintendent José Espinoza. “Thanks to the tremendous efforts of our amazing teachers, the Socorro Independent School District is on a journey to greatness!”

KVIA morning show anchor Stephanie Valle was the master of ceremonies for the gala.



— Photos courtesy Socorro ISD

TOYS – Cosme Damian Perez, left, and Benjamin Corral were named Socorro ISD's Teachers of the Year for 2015 on May 16.

Finances

By Jason Alderman

Clean desk, finances: Five steps to streamline money management

If your financial life is confined to boxes, file cabinets and various piles of statements and receipts that only you can navigate, it might be time for a little de-cluttering.

Software- and Internet-driven advancements (<http://guides.wsj.com/personal-finance/managing-your-money/how-to-choose-and-use-financial-software/>) in money management

not only provide paperless alternatives to planning and tracking savings, spending and investments, they make finances easier to handle in an emergency. If you're thinking about resetting your recordkeeping, here are some steps to get started.

or index to find the following quickly:

- Contact information for doctors as well as financial and tax advisors;
- Locations for all essential estate documents including your will, your health and financial powers of attorney and any letters of instruction you have written to accompany these documents;
- All ownership documents for real estate, autos and other major assets;
- Usernames and passwords for Internet-accessible financial accounts as well as personal websites and social media (http://www.practicalmoneyskills.com/personalfinance/experts/practicalmoneymatters/columns_2012/0706_socialMedia.php) if such items need to eventually be updated or removed;
- Contact information and statement access for all savings, investment and debt accounts, particularly joint accounts that will be used to pay bills;
- An up-to-date list of monthly bills that need to be paid on time; and
- All insurance information including health, home, auto, disability and business policies.

vehicle titles and insurance policies; multiple copies of birth and death certificates; marriage licenses and divorce decrees; deeds and title documents.

- **Shred:** With identity theft on the rise, it is generally better to shred financial documents before they go in the garbage. After recording all transactions, immediately shred the store and ATM receipts and credit card statements. After a year, shred monthly bank account statements unless you or a family member are close to qualifying for state Medicaid benefits. States generally require applicants to save bank and investment statements for anywhere from three to five years to qualify.

Veterans Post

By Freddy Groves

Filing despite the obstacles

It used to be that a veteran could literally put a name and phone number on a piece of paper, write a line or two about wanting to file a claim, and the Department of Veterans Affairs would be responsible for getting in touch to help fill out a form. The start date began when that first correspondence was received, and the veteran had a year to finish sending the information.

Now back-of-the-envelope filing is no more. As of March 2015, claims must follow a set of new requirements and be on specific forms to be considered.

As a result, a second lawsuit has been filed against the VA. Disabled American Veterans and Veterans of Foreign Wars have added their voice to a suit filed earlier by the American Legion, Vietnam Veterans of America, AMVETS and the National Veterans Legal Services Program.

Their objection: Veterans who can't access the online forms or who cannot fill them out not only lose benefits, but lose the start date on the claim.

Best advice: Find someone to help you go online and start a file, either a VSO, your grandchild, the chaplain at your American Legion Post or your attorney's secretary. You'll then have a year to complete the information. Online, look for Form 21-0966, which is your Intent to File. Fill it out and send to your regional benefits office. Then you'll need Form 21-526EZ, the form for officially filing your claim.

If that's impossible right now, call the VA at 1-800-827-1000 and say that you intend to file. They'll have to take your initial info over the phone. You then have a year to follow up.

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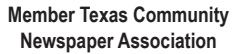
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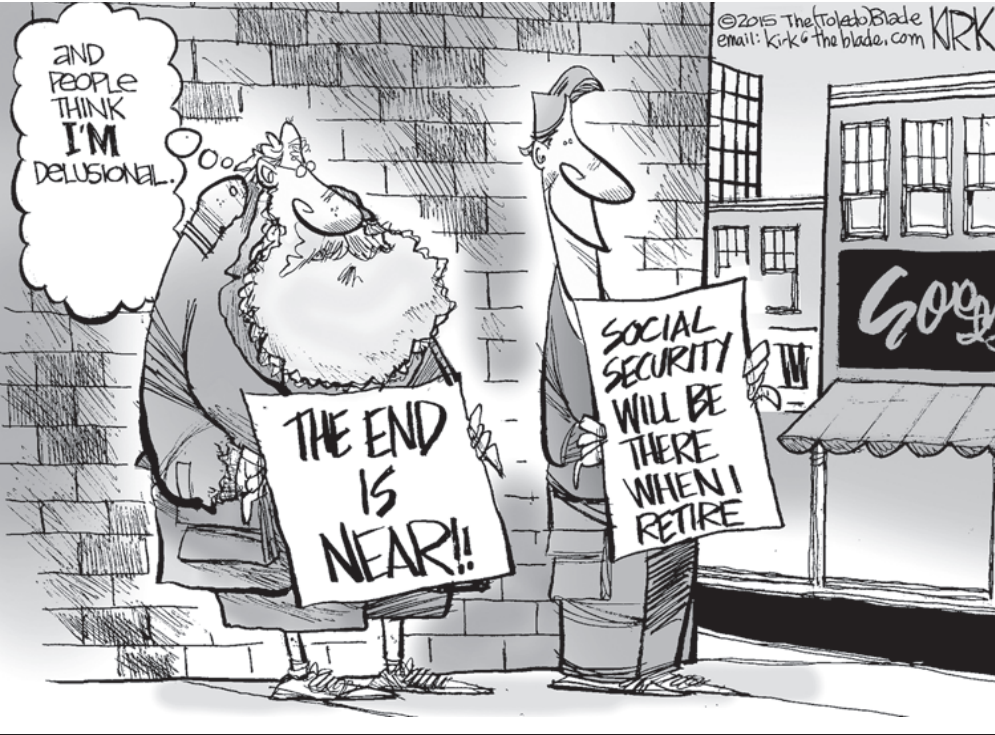
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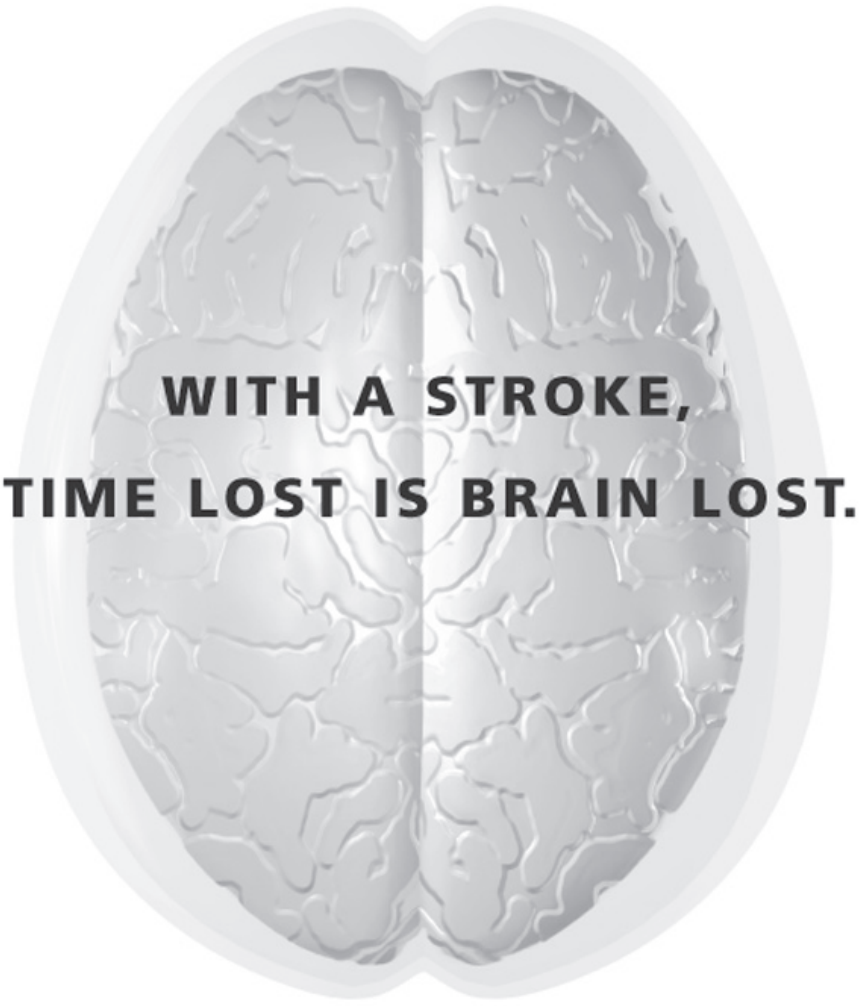
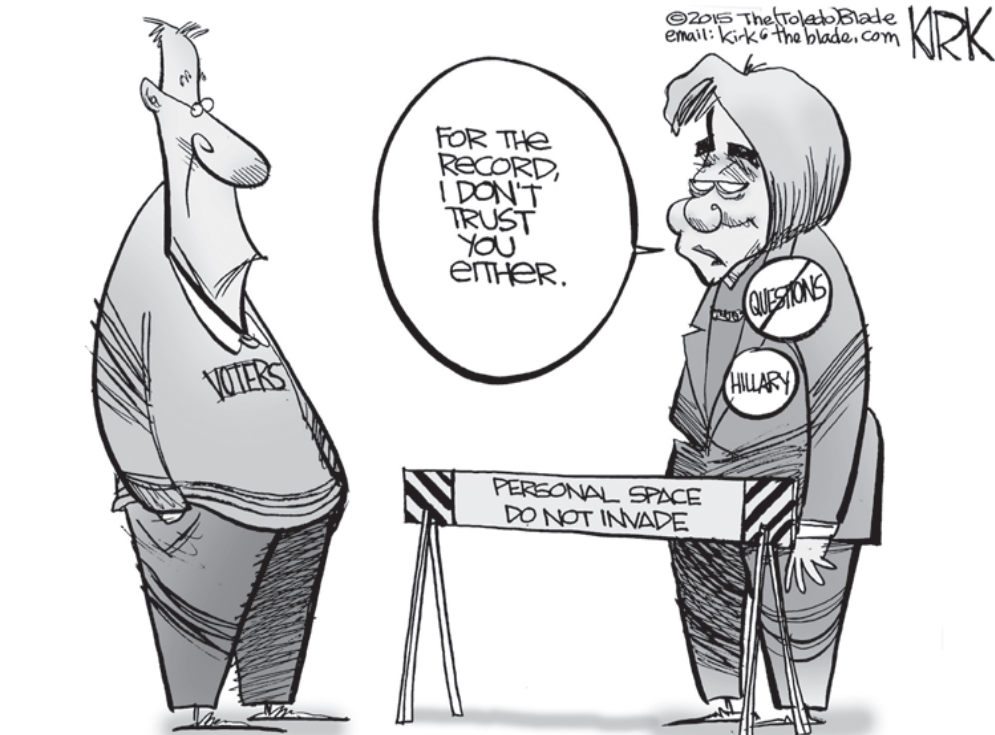
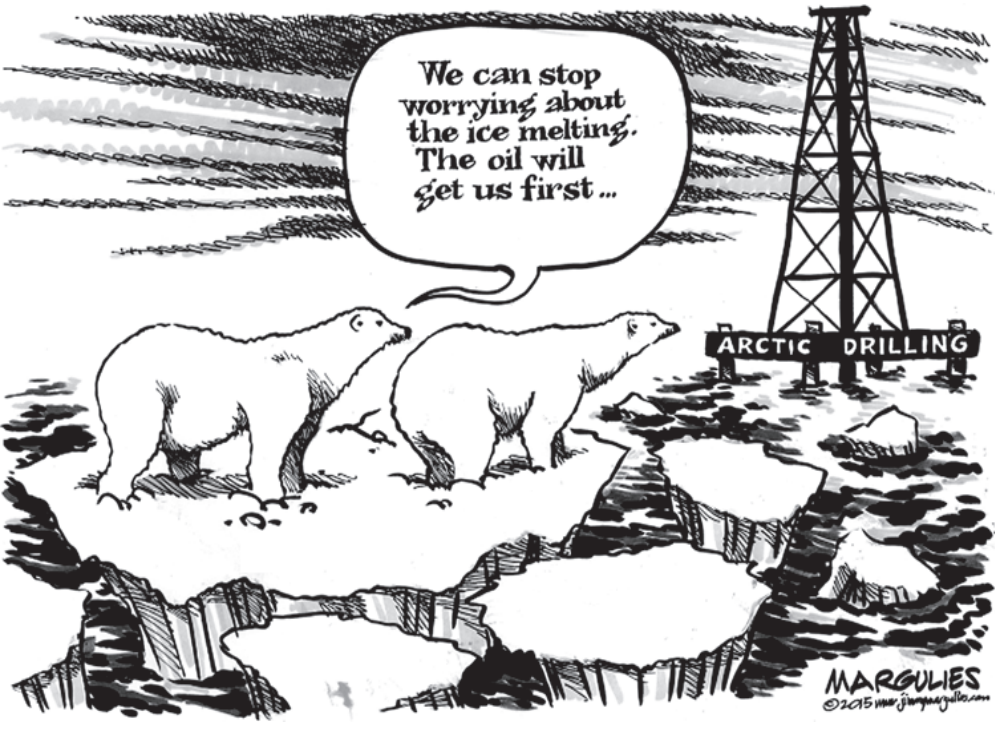
Clínica Guadalupeana gets funding



– Photo courtesy Project Vida

The U.S. Department of Health & Human Services/Health Resources & Services Administration (HRSA) recently awarded Project Vida over \$440,000 to re-furbish and re-open Clínica Guadalupeana in far east El Paso County. The Cincinnati-based Sisters of Charity established Clínica Guadalupeana in 1995 to serve families in the Agua Dulce colonia outside Horizon City. The clinic closed in 2010 due to financial pressures of providing uncompensated care. As a major provider of health care in underserved areas of the City of El Paso, East El Paso County and Hudspeth County, Project Vida applied for HRSA funds to re-open Clínica Guadalupeana to provide access to primary and preventive care in the Agua Dulce neighborhood. The HRSA funds will allow Project Vida to re-furbish and staff the Clínica Guadalupeana facility. A ribbon-cutting ceremony will be held in several months when the clinic is ready to receive patients. Project Vida currently operates clinics in the City of El Paso's Chamizal, northeast and central areas; in the Sparks and Montana Vista colonias of far east El Paso County; and in Fort Hancock, Dell City and Sierra Blanca in Hudspeth County.

– Joyce Davidoff



If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.



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EPCC kids college registration open

By Javier Sánchez
Special to the Courier

Soon, thousands of students will be on summer vacation. Many will have plans to keep their bodies and brains sharp by attending summer sports camps or academic enrichment programs.

The El Paso Community College Children’s College will be ready to offer these and other programs for your vacationing children.

EPCC offers many programs ranging from Adventures in Reading, Math Master, Graphic Design for Kids and LEGO Mindstorms to Dog Obedience,

Martial Arts, Dance and Music to Sports Camps.

While LEGO Mindstorms, Video Maker Games and Fashion Designing will challenge your children’s minds and creativity, guitar, piano, violin, vocal and dancing lessons will tickle their musical side. EPCC will also offer golf, basketball, gymnastic, tennis, volleyball and fitness camps.

Registration is open now. Walk-in registration deadline is June 10. Summer schedules are available now at any EPCC campus.

For registration and other information, please call Melissa Sanchez at 831-2089 or 831-2851 or online at www.epcc.edu/CatalIselectedog/Pages/default.aspx.

Chimayo

From Page 1

Chimayo, perhaps one of New Mexico’s most picturesque and most photographed adobe churches.

Most people, however, don’t just visit for the quaint appearance or quiet atmosphere; they go there for the miracles.

The Chimayo chapel is home to individuals in need of healing, be it spiritual, physical, emotional, or mental; for the shrine is known to possess holy sand, which believers say can help cure illness.

Chimayo is a National Historic Landmark and some 300,000 people are estimated to visit each year. The shrine is a time capsule of reverent pilgrims’ notes and prayers, homemade crosses, votive candles, and crutches left behind.

For two centuries, Hispanic and Native American pilgrims have made spiritual journeys to El Santuario de Chimayo and often carry along photos of sick relatives and requests for miracles.

Next door to the Chimayo chapel is another shrine called Santo Nino de Atocha, built in 1856. Here parents of sick children, especially infants, leave toys, clothing, photos and notes seeking miracles in curing autism and other rare conditions.

Native Americans came to this place on the Rio Santa Cruz to soak their ailing bodies in the healing mineral waters long before the arrival of the Spaniards. Local legend tells that in 1813, on the evening of Good Friday, Don Bernardo Abeyta had a vision that led him to discover the Crucifix de Nuestro Señor de Esquipulas, the “Black Christ of Guatemala,” buried in the bank of the river.

Through a series of mysterious events, villagers believed El Señor de Esquipulas could not be removed from the site and that Don Bernardo Abeyta was spared from death by the deity. By 1816 local families built a

wood framed adobe chapel over the sacred site. Faithful pilgrims have come to the chapel ever since seeking remedies and cures from “Our Lord of Esquipulas” and the healing powers of El Posito, the sacred earth from beneath El Santuario, where the Crucifix was discovered.

El Santuario de Chimayo is often referred to as the “Our Lady of America”. The crucifix still resides on the chapel altar, but for some reason its curative powers have been overshadowed by El Posito, the “sacred sand pit” from which it sprang, which gapes unevenly behind the main altar.

Also in proximity to the site is a restaurant, a burrito stand (Leona’s de Chimayo), and gift shop that sells everything from souvenir T-shirts to refrigerator magnets. No miracle sand-in-a-bag, but the gift store sells empty “Blessed Dirt” petri dishes that you can fill up with sand from the shrine.

A welcome center provides visitors to each important station – the Chapel, the Madonna Gardens, Our Lady of Sorrows Monument, the Prayer Portal, and more. A new sculpture, the Three Cultures Monument, depicts the meeting of a Native American, a white cowboy, and a Hispanic vaquero under a benevolent figure of the Virgin Mary.

Though the back roads to the shrine were not paved until the 1970s, modern pilgrims follow much the same routes that have been traversed over the barren land for nearly 200 years.

On U.S. Highway 84/285, travelers to the chapel now pass by Indian casinos and crosses on the side of the busy six-lane highway. Visitors still come from towns along the historic Camino Real – Santa Fe, Socorro, Las Cruces, El Paso, and from towns farther along the old route reaching deep into Mexico.

So, this summer consider making your weekend getaways an inspirational one and visit this unique place of solace.

NOTICE OF PUBLIC MEETING TO DISCUSS PROPOSED TAX RATE

The San Elizario Independent School District will hold a public meeting at 5:30 p.m., Wednesday, June 3, 2015 in the SEISD Administrative Office, 1050 Chicken Ranch Rd., San Elizario, Texas.

The purpose of this meeting is to discuss the school district’s tax rate that will be adopted. Public participation in the discussion is invited.

The school district has elected to adopt a tax rate before receiving the certified appraisal roll from the chief appraiser(s) of the appraisal district(s) and before adopting a budget. In accordance with Texas Tax Code, Section 26.05(g), the chief appraiser(s) of the appraisal district(s) in which the school district participates has (have) certified to the assessor for the school district an estimate of the taxable value of property in the school district as provided by the Texas Tax Code, Section 26.01(e). In accordance with the Texas Education Code, Section 44.004(j), following adoption of the tax rate, the school district will publish notice and hold another public meeting before the school district adopts a budget.

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$1.108900/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	
Approved by Local Voters	\$0.125800/\$100 (Proposed rate to pay bonded indebtedness)

Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, Tax Code)		
	Preceding Tax Year	Current Tax Year
Total appraised value** of all property	\$ 241,017,943	\$ 248,228,369
Total appraised value** of new property***	\$ 17,528,856	\$ 10,208,973
Total taxable value**** of all property	\$ 203,956,293	\$ 210,135,312
Total taxable value**** of new property***	\$ 17,158,491	\$ 9,796,672
* All values identified are based on estimate(s) of taxable value received pursuant to Section 26.01(e), Tax Code. ** “Appraised value” is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code. *** “New property” is defined by Section 26.012(17), Tax Code. **** “Taxable value” is defined by Section 1.04(10), Tax Code.		

Bonded Indebtedness
Total amount of outstanding and unpaid bonded indebtedness* \$630,000
* Outstanding principal.

Comparison of Proposed Rates with Last Year’s Rates					
	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year’s Rate	\$ 1.108900	\$ 0.051800*	\$ 1.160700	\$ 565	\$ 8,688
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$ 1.244090	\$ 0.048650*	\$ 1.292750	\$ 536	\$ 8,977
Proposed Rate	\$ 1.108900	\$ 0.125800*	\$ 1.234700	\$ 636	\$ 8,909
*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both. The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.					

Comparison of Proposed Levy with Last Year’s Levy on Average Residence		
	Last Year	This Year
Average Market Value of Residences	\$ 60,619	\$ 61,999
Average Taxable Value of Residences	\$ 44,840	\$ 45,945
Last Year’s Rate Versus		
Proposed Rate per \$100 Value	\$ 1.160700	\$ 1.234700
Taxes Due on Average Residence	\$ 520.46	\$ 567.28
Increase (Decrease) in Taxes		\$ 46.83

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is 1.234700. This election will be automatically held if the district adopts a rate in excess of the rollback rate of 1.234700.

Fund Balances	
The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:	
Maintenance and Operations Fund Balance(s)	\$ 14,659,952
Interest & Sinking Fund Balance(s)	\$ 66,365

Yepremian made the highlight reel on and off the field

By Steve Escajeda
Special to the Courier

All professional sports franchises are littered with phenomenal athletes who do phenomenal things on the court, ice or field.

We all have memories of that incredible catch or that amazing run or that clutch hit or that game-winning basket.

The finesse, power and agility of some of these athletes almost defy belief.

And once in a while you have those moments of unbelievable athletic achievement occurring in the biggest moments of the biggest games.

It’s no secret that many of the members of the 1972 Miami Dolphins raise a drink in celebration once the final unbeaten team loses every year.

Why? Because those Dolphins are the only team in NFL Super Bowl history to finish the season undefeated. They went 17-0 and knocked off the Washington Redskins in Super Bowl VII.

Some teams have come pretty close to matching Miami’s achievement, but no dice.

Anyway, going back to gifted athletes rising to the occasion in the most important games, Super Bowl VII had none of that.

In fact, it may be the most boring Super Bowl ever played.

Let’s put it this way, the most memorable play in that game was made by the most non-athletic person on the field, who committed such a monumental blunder that it has been replayed about 177-bazillion times since.

Garo Yepremian, the kicker for the Dolphins was very good at what he did. He was one of the very best kickers in the league.

But he may have been the most non-traditional player ever to make an NFL roster.

The guy stood 5-foot-8 and he weighed 175 pounds and he was from Cyprus. Not exactly your average first-round draft choice material.

But again, once that football was snapped and placed on the ground, Yepremian was almost automatic.

Unfortunately, his athletic prowess ended there... abruptly.

With the Dolphins already up 14-0 in the fourth quarter, Yepremian attempted

a field goal that would basically put the game out of reach.

His kick was blocked and that’s when the fireworks started. Yepremian picked up the blocked ball and started to run with it at a speed that turtles and snails would make fun of.

With defenders barreling down on him, Garo did the worst thing he could think of – he tried to throw the ball.

Like a new-born calf after a few drinks, Yepremian rumbled, bumbled and stumbled his way to the right a few steps and tried to throw the ball but it slipped out of his hand. He tried to catch it but all he did was knock it up further into the air.

Washington’s Mike Bass caught the ball out of the sky and returned it for the Redskins’ only touchdown of the game.

Fortunately for the Dolphins, they were able to hang on for a 14-7 win and the unbeaten season.

And good or bad, Garo Yepremian’s name will live on forever for that play that has provided laughs to countless sports fans over the last 40 years.

Yepremian died of cancer last week at the age of 70.

Hearing about his death brought back great memories of that time. I was about 12 years old back then and ate, drank and slept sports. Now I just write about them.

I remember that I was really impressed by the way he handled the whole embarrassing episode. He kind of shrugged his shoulders and admitted he was a kicker and not a football player – if you know what I mean.

Of course that play was a lot easier to swallow because the Dolphins won. If they had lost he would have been in Bill Buckner, Chris Webber, Scott Norwood and Pete Carroll territory.

Yepremian spent his recent years working at his foundation, which raised money to fight brain cancer.

Ironically, it’s brain cancer that took Yepremian’s life.

He may not have been one of those gifted athletes we all pay too much money to watch, but he made it a lot farther than most athletes ever will.

And even though he lacked the agility and grace we’ve come to expect from our athletes on the field – it was his grace off the field that made him an all-star.

A sporting view By Mark Vasto

It’s never over

If Yogi Berra had a “career year,” it was all of them. He loved his childhood, loved his career, loves his retirement. People love him and he loves people. Not bad for a guy from “The Hill” in St. Louis who once signed on to catch a ball and swing a bat for the Yankees for \$500.

He’s a man so simple, he’s complex. His real name is Lawrence, but the players called him “Yogi” because he used to sit with his arms and legs crossed while he waited to bat, like a

yogi, they thought, showing pretty remarkable cultural range for ballplayers, actually.

His numbers can’t be quantified, they’re baffling as they are great, but don’t take my word for it. Baseball statistician Bill James has proclaimed him the greatest catcher to ever play the game, and since I can never figure out all of his kooky algorithms, I’ll take his word for it. I do know this: In 15 seasons, he was elected to 18 All-Star games. See? Baffling.

One year he didn’t make an error behind the plate. Another year he had more home runs than strikeouts. He never struck out more than 35 times in a season, and he never had more strikeouts than RBIs. One day in the minor leagues, he batted in a total of 23 runs in two games (it was a doubleheader). In his first game for the Yankees, he hit a home run. His rookie year he was almost voted the league’s MVP. He hit the first pinch-hit home run in World Series history. He is famously seen jumping into the arms of Don Larson after catching his perfect game in the World Series, and famously seen jumping all over an umpire after Jackie Robinson stole home with him behind the plate. He has 13 World Series championship rings.

It’s been said that a lot of the things Yogi said, he didn’t say. One of the famous lines, “It ain’t over ‘till it’s over” was not uttered by Yogi as a Yankee, as many believe. He said that as the manager of the New York Mets, whom he managed during the early 70s, guiding their improbable run to the 1972 World Series.

Yogi started as a manager for the Yankees during the early 1960s, and he was fired when he had an altercation of some sort with a player over a harmonica. In the 80s, he was shafted by George Steinbrenner in the most ugly way imaginable, after only 16 games, after receiving George’s “word” that he wouldn’t be fired.

But a lot of time has passed, and it only seems like yesterday

that Yogi was bouncing around the field, coaching Jorge Posada during spring training in his 70s. He’s just turned 90, and most everyone of his era, and his beloved wife, Carmine, have moved on to the big ball orchard in the sky. Still, Yogi can be found on the sideline during special occasions, hat off, as the names of the dearly departed flash on the screen, saying what everyone couldn’t say more or less perfectly:

“I hope I never see my name up there.”

We three, Yogi.

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

Classified Ads

LEGALS

TOWN OF ANTHONY, TX

PUBLIC NOTICE

TxCDBG CONTRACT NO. 713009

The Town of Anthony will conduct a public hearing to review the performance and to obtain citizens comments on its completed Texas Community DevelopmentBlock Grant Program – Community Development Fund TxCDBG Contract No. 713009 Street Improvements Project. The public hearing will be held at 6:00 P.M. on Tuesday, May 26, 2015 at the City Hall Council Room located at 401 Wildcat Drive in Anthony, Texas. Persons with disabilities who may require auxiliary aids or services to attend this meeting should contact the Office of the Town Clerk at (915) 886-3944 at least two days before the meeting to make arrangements. Este aviso se puede encontrar en inglés y en español en la sala municipal.

Martin Lerma Mayor

WTCC: 05-21-15

VILLAGE OF VINTON, TX

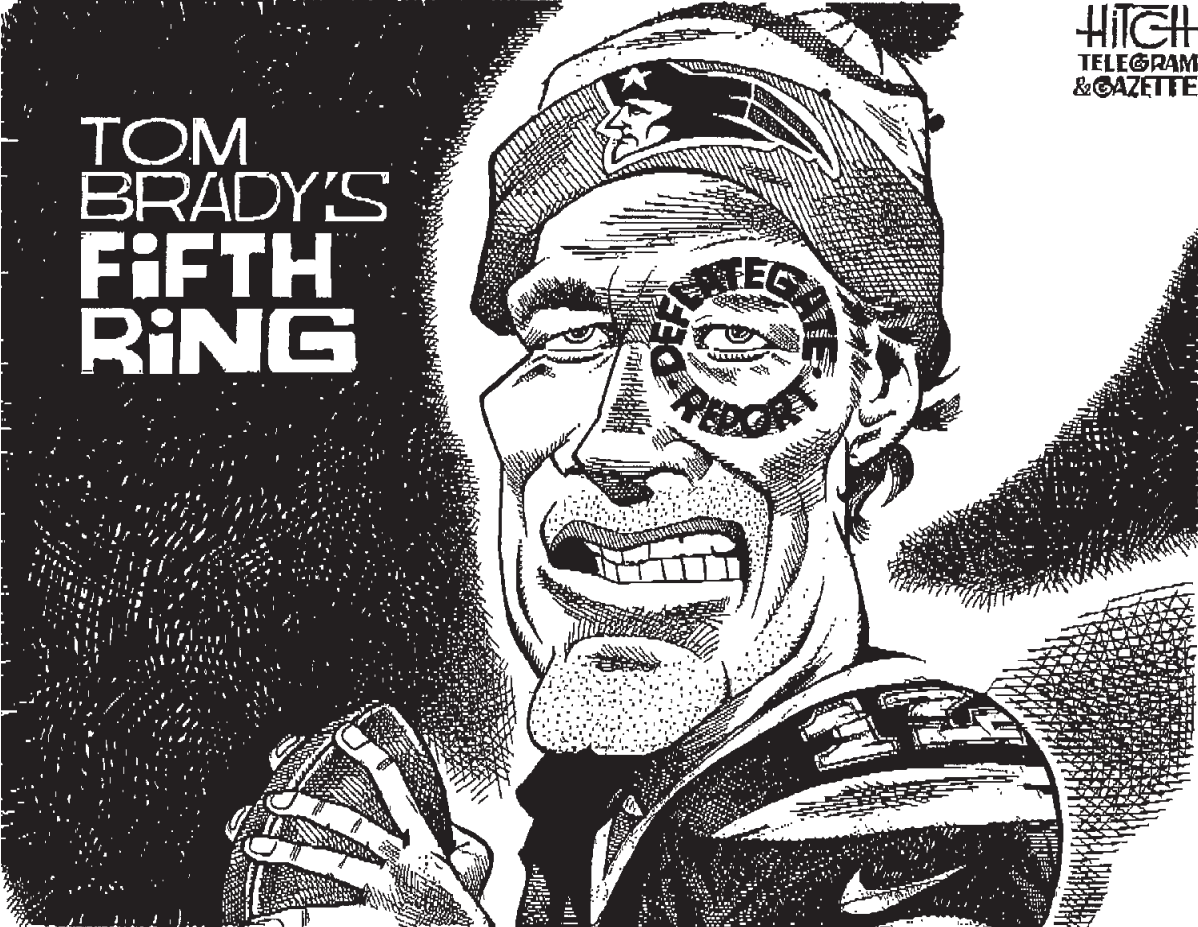
PUBLIC NOTICE

Request for Proposals for Landscape Maintenance Services

The Village of Vinton is seeking proposals for Landscape Maintenance Services. The work to be performed under the contract shall consist of providing all supervision, labor, supplies, equipment, and performing all landscape maintenance work required per the bid specifications. The full Request for Proposal can viewed at www.vintontx.gov/office2.com under the “Opportunities” page. Proposals will be accepted at Vinton City Hall, 436 E. Vinton Rd., Vinton, Texas, 79821, until 3:00 pm on June 5, 2015.

The Village of Vinton, Texas is an Affirmative Action and Equal Opportunity Employer.

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By Gary Kopervas



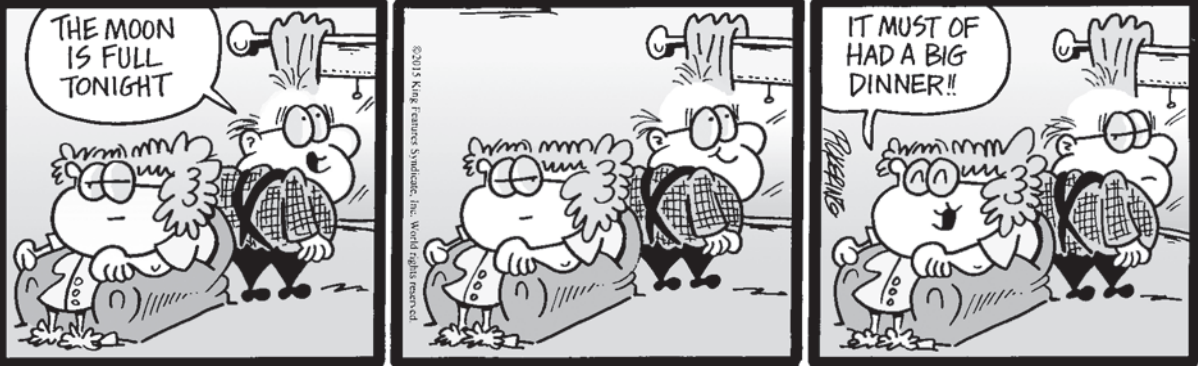
AMBER WAVES

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 husband had a severe case of shingles in October 2013. He still has pain. He was given Lyrica. Sometimes it helps, but his memory is affected. I'm leery about giving it to him. I've been giving him ibuprofen, which helps sometimes. Can you give me any advice? – R.C.

Many medicines are used to treat post-herpetic neuralgia, the pain that often follows shingles. This pain can be very severe and tends to be more prolonged the older you are.

Pregabalin (Lyrica) is an effective medication for many people, but changes in memory certainly could be a side effect. I would be leery of giving it, too. There are several other classes of medication he can try. If his doctor is uncomfortable trying something else, a neurologist or pain specialist can help. Sometimes, small doses of several medications work better than higher doses of just one.

Giving the shingles vaccine does not help once you have post-herpetic neuralgia, but it can prevent many cases, and most people who could benefit from the vaccine haven't had it. Shingles questions are among the most frequently asked. The booklet on the shingles virus answers many of them. Readers can obtain a copy by writing: Dr. Donohue – No. 1201W, 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: I have been using MSG on my food as a flavor enhancement about all

of my life. Some of my health-conscious friends say that using MSG is like putting "rat poison" on your food. I respond by saying putting salt on your food is worse than putting MSG on it. Does MSG deserve its bad reputation? – K.T.

Some people have a sensitivity to monosodium glutamate, an amino acid normally present in food that is used as a flavor enhancer. Symptoms can include headache, muscle aches, nausea and other symptoms. It is particularly well-absorbed in liquid form, such as soups, especially those in Asian restaurants.

If you don't have a sensitivity to MSG, it is a very safe food additive. It does have some sodium, but in the usual amounts used, does not deserve its reputation.

DEAR DR. ROACH: You mentioned a treatment for ureter cancer called BCG. I would appreciate more information on this treatment. – M.T.

The ureters are the tubes that carry urine from the kidney to the bladder. They are lined with the same kinds of cells as the bladder itself. So, ureteral cancer acts in many ways like bladder cancer. Often, multiple cancers are diagnosed at the same time. Surgery is the standard treatment for ureteral cancer, and the only way for a cure. Bacille Calmette-Guerin (BCG) is a weakened tuberculosis bacteria that is used for some cases of bladder and ureteral carcinoma-in-situ, an early, non-invasive form of precancer. It can be very

See HEALTH, Page 8

Super Crossword

SELF DESCRIPTIONS

ACROSS

- 1 Completed
- 4 Tea leaf readers, e.g.
- 9 Title for Macbeth
- 14 Places to pitch tents
- 19 Transgress
- 20 Bow go-with
- 21 Dignity
- 22 Largest city in Nebraska
- 23 Arthur of TV
- 24 White of TV
- 25 Writer Dillard
- 26 Prohibited acts
- 27 Gougiers charge them
- 30 Warrants
- 31 Sioux division
- 32 Just OK
- 33 Papa Doc's country
- 35 First-aid flora
- 36 No-see-ums
- 38 Symptom of mumps
- 41 Tumult
- 44 Air safety gp.
- 45 1492, e.g.
- 46 Pesto ingredient
- 51 Portable enplaning bridge
- 56 _ Banos, California
- 57 All tangled up
- 58 Friable soil

- 61 _ degree or another
- 62 Arthur of tennis
- 64 Home of Iowa State
- 65 Organisms of a region
- 66 Chew the scenery
- 67 Hand-softened "superfood" dish
- 71 "1492" director
- Ridley
- 73 Pierces
- 74 Condé _
- 75 Cyberjunk
- 78 More ticked
- 79 A Great Lake
- 80 Turns back to 000
- 82 Sci-fi hoverer
- 83 Like paradise
- 85 Result of dropping a bushel, maybe
- 88 Plant "pet"
- 91 45s' relatives
- 92 Flimsy pancakes
- 93 What a great ad campaign leads to
- 99 Plant pest
- 101 Grimm nasty
- 102 Pan-fry
- 103 Lane of song
- 105 Gymnast
- Comaneci
- 109 Encore-eliciting cries
- 111 What many shards are
- 114 Handle the party

- food
- 115 Lake _ Vista, Florida
- 116 George who played Sulu
- 117 Suffix with neat
- 118 Love to bits
- 119 Scourges
- 120 Sister of Fred Astaire
- 121 Blasting aid
- 122 Car rollers, in London
- 123 Actor Gable
- 124 Jewish ritual meal
- 125 Something associated with the first words of this puzzle's seven longest answers

DOWN

- 1 Credit's opposite
- 2 2011 hurricane
- 3 Air current
- 4 Safari sites
- 5 Part of QED
- 6 "Marty" star
- Borgnine
- 7 Sonata parts
- 8 Exchanges
- 9 Hot cuisine
- 10 Bigwig
- 11 Heat to prevent stress
- 12 In a racket-filled way
- 13 Prior to, in poems

- 14 Pylon shape
- 15 Indifferent to ethics
- 16 Capital of the Philippines
- 17 Light particle
- 18 Wised off to
- 28 Corporate symbols
- 29 Nun's beads
- 30 Rapper Nicki
- 34 Driving range peg
- 37 Concert sites
- 39 _-Mart
- 40 Sister of Hansel
- 41 Sch. near Beverly Hills
- 42 Experts
- 43 Mount with presidents' heads
- 44 Bone of the lower chest
- 47 Bring harm to
- 48 Mendel of genetics
- 49 Skater Kulik
- 50 Fonz's quality
- 52 "Traffic" actor
- Milian
- 53 Fiber for newsprint
- 54 Wee colonist
- 55 "_-haw!"
- 59 "Relax, GI!"
- 60 Assembled as one body
- 63 All gone, as dinner

- 65 Bible divs.
- 68 Not lax at all
- 69 Elk's kin
- 70 Fasten
- 71 Reno-to-Riverside dir.
- 72 Chowder fish
- 76 For _ (not gratis)
- 77 Peat source
- 80 Tries to shred
- 81 More elastic
- 84 Fischer's skill
- 86 Suffix with glob or duct
- 87 Apt rhyme for "treadle"
- 89 Lupino of film
- 90 Like always
- 93 Lynx variety
- 94 "Hellcats" actress
- Gail
- 95 Expert talker
- 96 Intense
- 97 Goddess with an owl
- 98 Less fat
- 99 Chafe
- 100 Snuck a look
- 104 Test models
- 106 "Purgatorio" poet
- 107 "Of Thee _"
- 108 Invite to join at
- 110 Mined finds
- 112 Duty
- 113 Editor's strike-out
- 115 Telly giant

Answer Page 4

1	2	3		4	5	6	7	8		9	10	11	12	13		14	15	16	17	18
19				20						21						22				
23				24						25						26				
27				28						29					30					
31							32				33			34			35			
				36		37				38	39					40				
41	42	43						44					45							
46							47	48			49	50			51		52	53	54	55
56					57						58		59	60		61				
62				63		64				65						66				
				67		68				69					70					
71	72						73					74				75		76	77	
78							79				80					81		82		
83						84			85	86						87				
					88		89	90		91					92					
93	94	95	96						97	98			99	100						
101																				
109					110			111			112				113					
114							115					116						117		
118								119					120					121		
122								123					124						125	

MOORE TEXAS

by Roger Todd Moore

The Cisco chief of police was once held captive for some time by a crook brandishing a stick of jerky in a napkin...



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		14
+		x		-	
	÷		+		6
x		+		x	
	x		+		17
22		10		15	

1 2 3 4 4 5 6 7 8

Answer Page 4

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Social Security Q&A By Ray Vigil

Q: Are Supplemental Security Income (SSI) benefits subject to federal income tax?

A: No. SSI payments are not subject to federal taxes. If you get SSI, you will not receive an annual form SSA-1099. However, your Social Security benefits may be subject to income tax. Learn more at www.socialsecurity.gov.

Q: Does Social Security provide special services or information for people who are blind or visually impaired?

A: Yes. Social Security offers a number of services and products specifically designed for people who are blind or visually impaired. If you are blind or visually impaired, you can choose to receive notices and other information from Social Security in ways that may be more convenient for you. To find out more about this service, go to our page, If You Are Blind Or Visually Impaired – Your Choices For Receiving Information from Social Security, at www.socialsecurity.gov/notices.

Or call our toll-free number for more information at 1-800-772-1213, from 7 a.m. to 7 p.m., Monday through Friday, or call or visit your local Social Security office and ask us to read it to you. Many of our publications, such as brochures and fact sheets, are available in Braille, audio cassette tapes, compact discs, or in enlarged print. Our publication, If You Are Blind Or Have Low Vision – How We Can Help, and other publications in alternative formats can be obtained by calling, toll-free, 1-800-772-121 (TTY 1-800-325-0778). For more information, see our page Public Information Materials in Alternative Media at www.socialsecurity.gov/pubs/alt-pubs.html.

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

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 Y

PCC QI BK ADX PJG BPRMGJR
PM MEG VJPIM QI VJQVEGMDXW.
KQS BDWEM VPCC SR P
VCQRG-AXDM IPBDCK.

Answer Page 4

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Briefs

From Page 1

prostate cancer. Doctors treated him for several months in the hospital. But when the Fayetteville, NC veteran, who lived alone, was returned to his home, he found that his cupboard was bare, according to the Association of Mature American Citizens. What happened next was a Frank Capra moment. The director of all those heart-warming 40s flicks would have had a heyday with this plot. Not knowing where to turn, the lonely old man picked up the phone and called 911. “Whatever you can do to help. I can’t do anything. I can’t go anywhere. I can’t get out of my damn chair,” he told the operator. “What I need is someone to get me to the grocery store... I need to eat something.” It wasn’t a typical 911 call for help, but that didn’t stop the operator and local police and the 911 operator, herself, from responding to the emergency. They immediately delivered the food Blackmon needed and then proceeded to conduct a personal fundraiser to ensure he would stay well fed. A good cop will do that, you know.

– John Grimaldi

Finances

From Page 2

reports throughout the year to monitor potential information breaches. Bottom line: Build a financial recordkeeping system that not only saves you time and money but helps you reach financial goals faster.

Jason Alderman directs Visa’s financial education programs.

Health

From Page 7

effective, but is not intended to be a curative treatment for invasive cancer. I mentioned it for a 90-year-old man who didn’t want surgery.

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.

Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

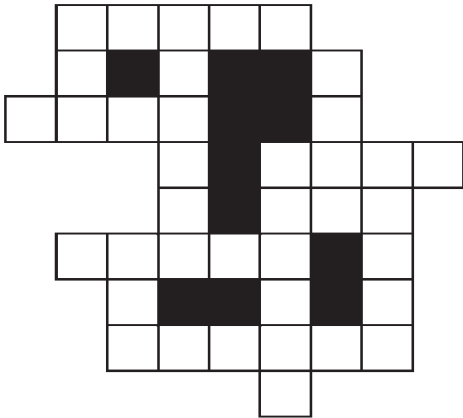
Answer Page 4

★★★ HOO BOY!

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KIS
FUN EAS
♥ LEIST
SKAM
AURMEN
♥ TAF
♥ ELSI
♥ KRAFE
♥ MRA
PEKAMU
PTUSM
♥ ELFA



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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