



## NEWSBRIEFS

### Tire collections

Keep Vinton Beautiful in conjunction with the Village of Vinton will be hosting two tire collection events in order to help reduce the impact of pollution that causes flooding. On Saturday, June 13 residents of Vinton and surrounding communities – Westway, Canutillo, Anthony and El Paso – will have the opportunity to properly dispose of any passenger tires in their possession by dropping them off at the Village of Vinton Public Works Yard between 8:00 a.m. to 2:00 p.m. On June 20 Keep Vinton Beautiful will be meeting at the Village of Vinton City Hall at 9:00 a.m. in order to collect commercial tires from illegal dumpsites. This event is also open to Vinton and its surrounding communities. If you or your organization would like to volunteer for either event, please contact the Keep Vinton Beautiful office at 886-5104. The Village of Vinton sits on five 100-year flood zones and due to illegal dumping, Vinton endures additional and unnecessary flooding.

– Marina Ramirez

### The ‘silver tsunami’

America’s aging population may wind up being a job-creating event, says the Association of Mature American Citizens. U.S. citizens are turning age 65 at an enormous rate – 10,000 a day. And, the rapid growth of that segment of the population is expected to continue for many years to come. Professor Joanne Spetz of the University of California’s Institute for Health Policy Studies calls it a “silver tsunami” and warns of a potential shortage of long-term healthcare workers. “Simply managing the activities of daily living often requires ongoing care from a combination of licensed and unlicensed health workers. We believe that the demand for these workers will increase significantly in the coming years. Health policy decision-makers need tools and strategies to ensure that the U.S. has an adequate workforce to meet our long-term care needs,” she says.

– John Grimaldi

### Pity the poor mouse

Nearly 4,500 patents have been issued for new and improved mousetraps

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*It’s better to teach children the roots of labor than to hand them the fruits of yours.*

— Quips & Quotes



– Photo by Alfredo Vasquez

**TAKING SHAPE** – The new William Beaumont Army Medical Center, designed by HDR Inc. (a Nebraska-based architecture, engineering, consulting, and construction firm) can be seen taking shape from Loop 375 near Spur 601, as shown in the photo above. According to HDR’s project page, sustainable features in the design include “alternative energy, bike racks, construction waste management, daylighting and views, geothermal energy, heat island reduction strategies, LEED registered, light pollution reduction, local/regional materials, recycling, and renewable energy on-site.”

## New Army medical center steadily takes shape

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – Like a summer shrub sprouting in the hot West Texas sand dunes, the seven-story medical facility that will soon replace the existing William Beaumont Army Medical Center (WBAMC) is steadily taking shape in the sprawling Fort Bliss desert landscape.

The new medical center, located on a 270-acre site near the intersection of Loop 375 and Spur 601 (Liberty Freeway), is on the eastern edge of Fort Bliss, close to the

city’s Butterfield Trail golf course. The new hospital will replace the 41-year-old Beaumont hospital in Northeast El Paso.

The medical complex is expected to be completed by the end of 2016 and will be able to support the more than 90,000 soldiers, family members, and retirees who call the rapidly growing Fort Bliss area their home.

Clark McCarthy Healthcare Partners II, which is a partnership between Clark Construction Group of Bethesda, MD and McCarthy Building Companies of St. Louis MO, was awarded the construction project and is working with the U.S. Army

Corp of Engineers and local subcontractors on the \$966-million complex.

According to construction plans, the new WBAMC will consist of a main hospital, inpatient and outpatient clinics, administrative building, research building, central utility plant, two access control points and surface parking.

The hospital will be comprised of 135 beds, 10 operating rooms, and will have 30 specialty clinics including the women’s health services, behavioral health, physical and occupational therapy,

See HOSPITAL, Page 5

## San Eli students breaking graduation rate records

By Cynthia P. Marentes  
*Special to the Courier*

SAN ELIZARIO – For the past seven years the San Elizario Independent

School District (SEISD) has shown a yearly increase in its four-year graduation rate, and if the recent number of graduates from the Class of 2015 is any indication, the District also stands to set a new record. At the beginning of June, SEISD received

early reports showing that the Class of 2014 achieved a 92 percent on-time graduation rate as well as a 92 percent rate of students graduating under the

See SAN ELI, Page 5



– Photo courtesy San Elizario ISD

**GREAT GPAS** – San Elizario ISD’s top ten are part of an ongoing increase in graduation rates for the school district. They are, from left, Jaime Armenta, Carlos Ortega, Stephanie Rodriguez, Alejandra Murphy, Bianca Moreno, Stephanie Reyes, Jennifer Alvarez, Marlyn Orozco, Alondra Navarrete-Holguin and Vianey Rueda.



Finances

By Jason Alderman

# Money management for the ‘boomerang’ household

Due to recent economic realities, multi-generational living has been on the rise for many families.

A 2014 Pew Research Center analysis (<http://www.pewsocialtrends.org/2014/07/17/in-post-recession-era-young-adults-drive-continuing-rise-in-multi-generational-living/>) showed that a record 57 million Americans, equal to a little over 18 percent of the U.S. population, lived in multi-generational family households in 2012 – double the number in 1980. The major driver was young adults aged 25-34. According to Pew, nearly 24 percent of these older millennials lived in multi-generational households, increased from nearly 19 percent in 2007 and 11 percent in 1980.

It’s possible the “boomerang” family trend will remain in place for some time to come. For homeowner parents who may also be juggling the “sandwich” responsibilities of caring for older relatives, paying attention to the financial and behavioral details of taking in family is critical. Here are some suggestions to consider:

**Your finances come first.** Operating a full house means higher utility and food costs and additional wear and tear on the property. Taking in family also shouldn’t derail a parent’s career goals or retirement planning,

nor should it diminish other necessary financial objectives like maximizing savings or eliminating debt. That’s why dual- or single parent households might begin with a complete financial assessment before welcoming kids or elders back home. A discussion with qualified financial and tax advisors might be worthwhile to determine how much expense you can take on. For arrangements that go beyond free lodging to direct cash support of family members, gift tax issues should be explored.

**Make a real agreement.** A home is stability and therefore something of significant value. That is why it is appropriate to consider rent or request in-kind services in exchange for room and board. Young adults – particularly those who were fully under parental support in college – need to learn this important lesson even if they are moving home to save money to pay off loans, to buy a car or put a down payment on a home. Ask trusted advisors about what makes sense in your situation. If you decide to accept rent, know there are potential tax issues (<http://www.irs.gov/taxtopics/tc415.html>) based on the structure, timeframe and expenses related to such an agreement. Legal paperwork may be required, but there also may be rental expenses you can deduct.

**Establish timelines.** In the real world, financial arrangements are rarely open-ended. Depending on the financial, tax and legal advice you receive as well as local tenant law and personal preferences, you may be signing an official lease for your family member’s stay with a specific timeline of months or years. Whatever the requirements, make sure you have an effective framework that sets specific financial and behavioral rules you want met.

**Start with a family meeting.** Before moving trucks arrive, family members should meet for a discussion about the impending move. Start by letting your child or family member talk through why they want to move in, whether they have financial goals tied to the living arrangement and how long they plan to stay. Share the structure you envision, including the payment details you would consider. No matter how agreement is struck, it should begin with a full discussion of needs, preferences, financial terms, and most of all, ways to make the arrangement successful and smooth. Once the move happens, regular conversations should continue about the living arrangement. After all, boomerang families have unique, ongoing financial issues that will require discussion.

**Prepare to track expenses.** Once agreed, retrofit your household budget to keep track of higher food, utility and related expenses for cost-sharing and potential tax purposes. Having people you love living with you will hopefully have many rewards that go beyond simple dollars, but always know what the arrangement is costing you.

**Bottom line:** Opening your home to returning family members is a real financial commitment. Think through money, tax and household issues before you say yes.

Jason Alderman directs Visa’s financial education programs.

Veterans Post

By Freddy Groves

## AO appeal denied

A U.S. District Court has dismissed a lawsuit filed by a Blue Water veteran who appealed his denial of benefits after he claimed exposure to Agent Orange while on a ship off the coast of Vietnam.

Veterans who had boots on the ground in Vietnam have a presumption of AO exposure if they come down with certain illnesses. They were either there or they weren’t. Blue Water veterans served on ships off the coast, and they have a tough time proving exposure.

Consider where AO went: To the ground to defoliate, into the waterways, into the bays... and onto anything pulled out of the water such as anchors, the water spray itself, wash down of planes on carrier decks, and more.

In 2011, the Institute of Medicine’s study of Agent Orange illness among Blue Water veterans determined that there were a number of possible routes of exposure.

Its 2012 update said that there is no reason to exclude water-based veterans from benefits.

Non-Hodgkin’s Lymphoma IS, however, on the approved Agent Orange Blue Water list. Color me confused. If one disease can be traced back to offshore exposure and be listed as a presumptive disease, why not the others?

See [www.publichealth.va.gov](http://www.publichealth.va.gov) for lists of ships in Vietnam. Go to [bluewaternavy.org](http://bluewaternavy.org) for reports on the water in Da Nang harbor, AO on the carriers and more. See the Update Logs.

If you do an online search for the appeal, look for United States Court of Appeals for Veterans Claims ruling on GRAY v McDONALD (No. 13.3339). Don’t miss the dissection of the terms brown water, blue water and the various types of water.

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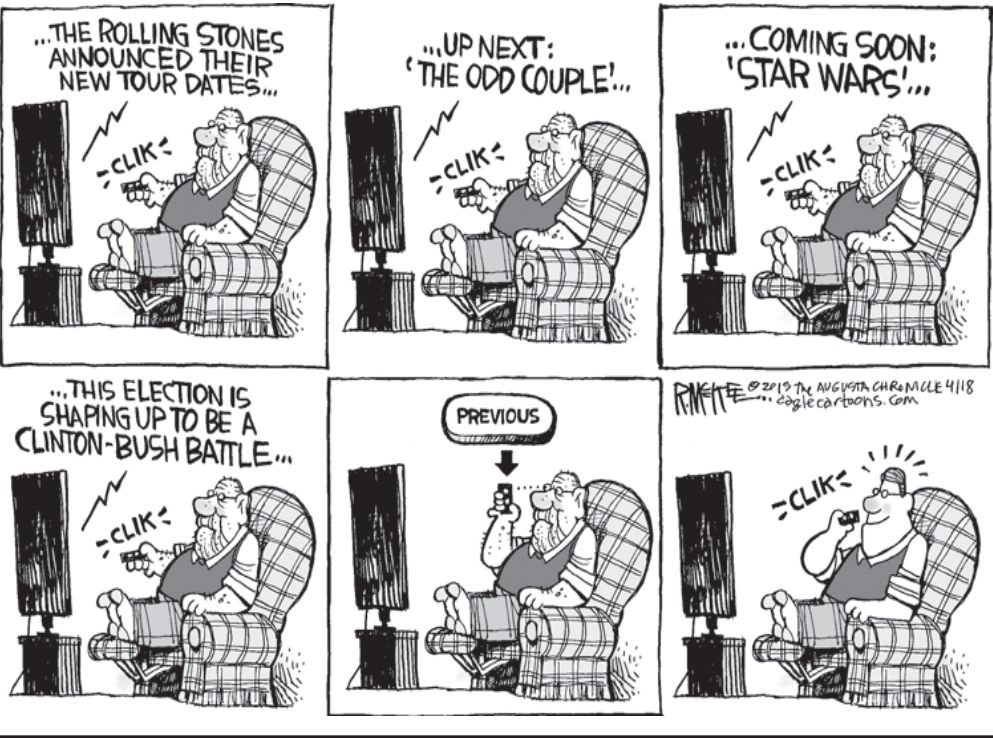
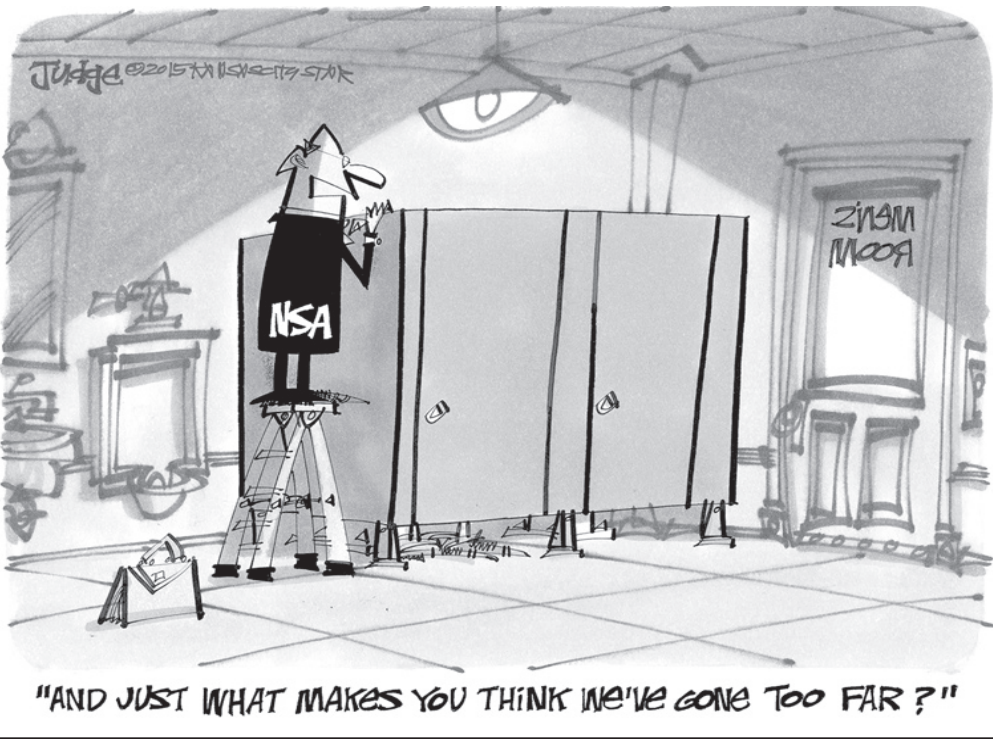
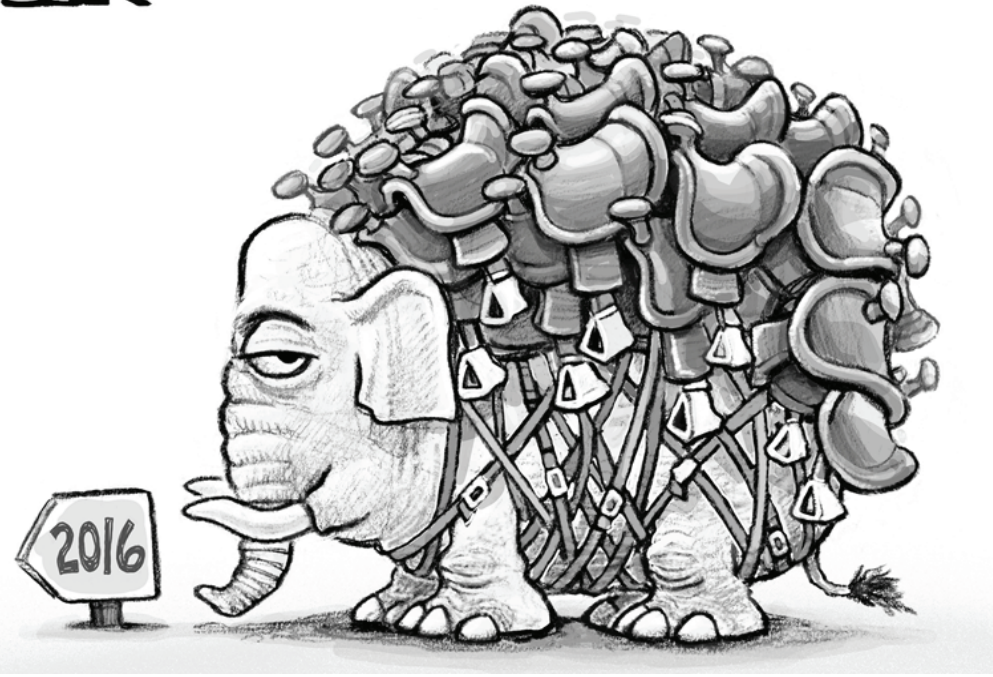
  
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Rick Shrum  
**Contributors**  
Alfredo Vasquez  
Don Woodyard  
Steve Escajeda

  
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## View from here By John Grimaldi

# President Obama challenges Supreme Court’s review of Obamacare subsidies

The Obamacare fan club is out in force, led by their cheerleader-in-chief, President Obama, himself. They are making a last ditch effort to influence the decision of the Supreme Court, which will issue a verdict soon on whether insurance subsidies are permissible to those who signed up on Federal exchanges.

“If the court rules against Federal subsidies, the result could deal a death blow to the controversial healthcare law. Without the subsidies the plan simply cannot work” Dan Weber, president of the Association of Mature American Citizens explained.

Reportedly, only Pennsylvania and Delaware are building strategies to cope with the fallout of a negative court decision. Subsidized residents of the thirty-five other states that opted not to create their own insurance exchanges when Obamacare became a reality in 2013 are likely to lose their coverage, although Congress can pass a law to continue coverage until a suitable plan is available to replace it.

Weber said President Obama’s remark that the Supreme Court case is actually an exercise in determining the propriety of a “twisted interpretation” of the law bordered on the “contemptuous.” In effect, he said, the president was challenging the court’s right to review a critical element of the law as it is written.

“There’s no doubt that a negative ruling could cause upheavals for many of those who are currently covered by the Affordable Care Act. But, when Obamacare became the law, millions of people also lost their coverage or had it replaced. It continues to create considerable hardship for the country on many levels. Not the least of these hardships has been soaring premiums, which this year are particularly onerous.”

Had lawmakers ignored Nancy Pelosi’s advice to pass the measure without reading it first, perhaps someone would have spotted the passage that specifies subsidies for coverage must be provided through state exchanges, Weber said. “It underscores the shoddy way in which the Affordable Care Act was foist upon us. It’s time to scrap Obamacare and start over again to create a healthcare law that is fair and equitable and that won’t bankrupt the country.”

It was MIT economist Jonathan Gruber, who helped draft the law, who stated last year that the words under scrutiny by the Justices were deliberately phrased as they were so as to incentivize states to create their own Obamacare insurance exchanges. The admission came in a speech in which Gruber stated clearly that: “What’s important to remember politically about this is if you’re a state and you don’t set up an exchange, that means your citizens don’t get their tax credits-but your citizens still pay the taxes that support this bill.”

Weber said that “harping” on the past won’t help anyone at this time. He said “if the court votes for the status quo, it will be business as usual. If the Justices vote to disallow subsidies awarded by the Federal exchanges, it gives us a second chance to fix healthcare. Congress will then be able to craft a healthcare law that will let people actually keep their doctors, protect their religious freedom and make healthcare insurance more accessible, instead of a law that creates inequities and inefficiencies.”

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**By Samantha Weaver**

- Teach children not to play in vehicles and make sure to place the keys out of reach when not being used.

– Albert Schweitzer

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# Fair focuses on Hispanic-owned businesses

*¡Si Se Puede! conference offers Spanish-speaking community tools to start a successful business*

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – Small business owners and business assistance organizations are invited to a special small business fair that is designed to provide information on expanding their enterprises. The event will be presented in Spanish and is free to the public.

¡Si Se Puede! – the Spanish-language small business conference – will be held from 8:30 a.m. to 12:30 p.m., Saturday, July 11, at the Anthony Municipal Building (820 Highway 478) in Anthony, New Mexico.

Participants will have the opportunity to meet with top business leaders in the Spanish-language community, learn how to maximize their company’s visibility, and gain exposure in front of the fastest-growing segment of the region’s business community, according to Raul Gonzalez, Regional Services coordinator for the Rio Grande Council of Governments’ (RGCG) West Texas Economic Development District.

“The conference is a premier occasion for up-and-coming Spanish-language entrepreneurs

to take their business to the next level, because attendees will network with industry leaders and attend workshops and seminars to equip them with the tools needed to increase their revenue stream in this economy,” Gonzalez stated.

“The mission of this conference is to facilitate a professional setting that allows Spanish-language business owners (and potential business owners) to expand their networks and develop business opportunities,” Gonzalez explained

“Far too often, language and cultural barriers prevent entrepreneurs from taking the next step in starting or expanding their business. This conference aims to let the community know that they are not alone in their quest to further their small business and that there are organizations that are here to help,” the RGCG official added.

The conference is organized in collaboration with the Mexican Consulate-El Paso and local government agencies including the City of Anthony NM, SBDC New Mexico, the Arrowhead Center, NM Senators Tom Udall and Martin Heinrich’s office, and the Rio Grande Council of Governments.

For more information and to reserve a free table or exhibit space, contact Gonzalez at (915) 533-0998 ext. 137 or send email to raulg@riocog.org.

## Hospital

From Page 1

gastroenterology, oncology, hematology, general surgery, family medicine, vascular surgery, and plastic surgery.

The complex will also include a full array of imaging services, inpatient and outpatient pharmacy, laboratory, patient administration, logistics, dining facility, and limited retail.

Project officials noted that the facility will embrace the principles of sustainable and evidence-based design, energy conservation, and green construction while offering cutting-edge, patient-centered care.

“This facility is expected to set a new bar in patient care and employee satisfaction- perhaps like no other hospital in the world- thanks to a partnership between the military and a team of creative designers from HDR, an award-winning global architectural firm,” an official report stated.

“Together, they are melding the best strategies in hospital construction and patient care: Evidence-Based Design (EBD), Leadership in Energy and Environmental Design guidelines (LEED), and the military’s new gold standard for medical facilities- World Class Design,” the report stated.

Barbara A. Dellinger, an HDR vice president, said in a recent news report that the new hospital, a cluster of six major structures linked by healing gardens and a labyrinth, will push boundaries in almost every way. “Everything about these new buildings involves a change in practice,” stated Dellinger, an expert in EBD (a theory that emphasizes the importance of using credible data to influence the design process). “People think EBD is related to just buildings,” Dellinger related. “It does begin with the building, but the building allows the entire culture to change so that care can be delivered in a patient-focused way.”

“This is a huge cultural change for the military,” Dellinger explained. “‘Austere but adequate’ is a quote the military used in the past. World-Class Design has changed that since it is now well established that the design can substantially affect the efficiency and effectiveness of making correct and timely diagnoses; the ease and accuracy of administering appropriate care; the attitude and morale of patients, visitors and staff; the culture of the organization, and an environment that promotes the healing process.”

Dellinger added that the overarching goal is to provide a safe, calm environment in which people can heal.

“It’s absolutely exciting; the new WBAMC is going to have a lot of firsts,” stated Major Bryan Walrath, a program manager for the U.S. Army Health Facility Planning Agency and the project overseer. She said that the new hospital will go a long way to support the unprecedented growth at Fort Bliss.

## San Eli

From Page 1

Recommended or Distinguished Achievement Plan. These initial figures coupled with a low dropout rate demonstrate that SEISD has established an effective standard of guiding students through all grade levels to successfully exit as graduates.

“We are graduating more than nine out of ten students on time, showing that this indicator of cumulative success in our school district has improved greatly in the last several years. Not only do we have a larger percentage of students graduating each year, but also a higher rate of students qualifying for scholarships both academically and athletically,” Adam Starke, SEISD Research and Evaluation Administrator, said.

Starke, who is responsible for assessment and accountability in SEISD, added that since 2007 the District has increased its graduation rate and significantly decreased its dropout rate in grades 7 through 12 each year. These two outcomes have been made possible as a result of increased outreach efforts and an emphasis on a more efficient understanding of data throughout the District.

“SEISD employs strategies to analyze data with the intent of becoming more prescriptive in addressing individual student needs. By proceeding in this manner, we are able to tailor

and target remediation for students so they can obtain their credits and pass their required assessments in order to graduate,” Starke said.

Despite changes in the standardized testing process in Texas throughout the years, Starke believes that SEISD has been able to maintain a solid record of improving graduation rates by continuing to foster a stronger focus on students’ individual academic situations in the classroom, encouraging students to pass assessments on their first attempt, and increasing remediation efforts.

“In the end it comes down to the data and attempting to keep as many students on track for graduation as possible. The results these numbers indicate is that more of our students are prepared for college than ever before,” Starke concluded.

It is predicted, according to Starke’s calculations, that the recently graduated San Elizario HS (SEHS) class of 2015 will reach a 96 percent graduation rate. If that rate holds, not only will it be the highest percentage ever for SEHS but it also ranks among the highest graduation rates in comparison with other El Paso County schools that are demographically similar and is competitive with other high schools that do not share the same demographics. SEHS is considered a semi-rural school with the majority of its 1,000 students coming from Hispanic and economically disadvantaged households.

Official results will be finalized by the Texas Education Agency in early August 2015.

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**Briefs**

From Page 1

since U.S. Patent Laws were enacted in 1790. But no one has ever been able to top the simplicity and efficiency of the Victor - the classic mouse trap invented by John Mast and patented in 1903. Nonetheless, according to the Association of Mature American Citizens, it hasn’t stopped would-be entrepreneurs from trying. It is estimated that the Patent Office still receives patent applications for new mousetraps at a rate of more than one a day. Most of those who apply are denied, but as many as 40 new patents are issued each year. Ralph Waldo Emerson may have started the craze when he wrote in 1912 that one who makes “a better mousetrap than his neighbor, though he build his house in the woods, the world will make a beaten path to his door.”

– John Grimaldi

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# Women athletes increasingly join the bad boys club

By Steve Escajeda  
Special to the Courier

In case you didn’t know, and judging by the lack of fan interest around the country, you didn’t know the FIFA Women’s World Cup is going on right now in Canada.

As always, countries from all over the planet are battling on the soccer field.

Wouldn’t it be nice if they were only battling on the soccer field?

Anyway, just like the vast majority of Americans, I’m not a soccer fan by any means. But I do keep up with soccer during the World Cup.

It’s the same with figure skating, curling, downhill skiing, fencing, synchronized swimming, Greco-Roman wrestling and the luge. I’m not a fan at all, but I’ll check them out during the Olympics.

Of course we here in America are hoping that the USA can take this year’s World Cup.

The women are made up of many of the same players who have come so close to winning the last two tournaments.

The most well known player on the team by far is goalkeeper Hope Solo.

Why is she the most well known?

First of all, let’s face it – she’s got a cool name. She’s the “goalie” for starters and she is extremely attractive.

When you put all those attributes together, it’s hard not to be noticed.

Unfortunately there’s something else that keeps her in the limelight – her rap sheet.

When Solo isn’t on the field swatting away potential goals, she’s spent entirely too much time in front of a judge trying to swat away allegations of violent behavior.

And because of the numerous domestic violence incidents, many have questioned her participation in these games.

Solo has reportedly had physical confrontations with family members as well as her husband, former NFL tight end Jerramy Stevens. Stevens is also well known to authorities for his numerous arrests.

There have also been allegations that Solo had a scuffle with police after one arrest.

Are all these allegations true? Who knows? But whenever there is this much smoke surrounding one person – the fire isn’t far behind.

So the big problem many in the media have brought up is the fairness of allowing Solo to compete in this tournament and represent her country.

The assertion is that if she were a man, not only would she not be competing, she’d be suspended and awaiting trial.

In the wake of the Ray Rice girlfriend-punching video and the string of other NFL players who prove their manhood by beating up women, there is a hypersensitivity for any hint of domestic violence.

So if that’s the case, why aren’t the advocates falling all over themselves in her case?

I thought we had reached a place of equality between men and women.

Don’t get me wrong, any male athlete who abuses a woman should be prosecuted and have the privilege of participating in professional sports taken away.

You or I would lose our jobs if we were convicted of assaulting anyone.

And it obviously shouldn’t matter if you are a man or women, young or old, rich or poor. The act of assaulting another person is a crime – period.

But Hope Solo is considered the best

female goalie in the world. It goes to show that female athletes get away with as much as their male counterparts.

There are just way more male athletes out there. And yes, men are wired much differently than most females in that many of them settle disputes with their fists instead of words and wisdom.

When asked about the situation Solo was in, former USA women’s coach Pia Sundhage called Solo “a piece of work” and said that “things always happen around her.”

There’s a saying that describes some people as “bringing the party with them.” And there are some people who bring “trouble” with them.

The real danger here is the longer that Solo and the unit around her are allowed to get away with these episodes – something catastrophic is inevitable. And as always, because we turned the other way, it’ll be too late by then.

In the wake of the WNBA’s Brittney Griner-Glory Johnson domestic violence arrests, a sad trend has begun of female athletes acting like moronic male athletes.

Sometimes equality isn’t good.

## A sporting view By Mark Vasto

### Shift happens

The next time you see David Ortiz or Ryan Howard lose what would have been a sure base hit had there not been a concentration of seven guys with gloves milling about in the spot the ball went, know that what

you are seeing is nothing new. Credit a guy they called “Old Shufflefoot” for the defensive shift, one time called “the Boudreau shift” after the creator, or “the Ted Williams shift,” the guy it was invented for. The story

goes that Lou Boudreau, the player-manager of the Cleveland Indians, decided to employ the shift during the second game of a doubleheader with the Red Sox.

Williams, despite his reputation and self-assertion of being the greatest hitter of all time, was a one-trick pony at the plate in that he was a dead-pull hitter. The game previous he had pulled three homers to beat the Indians by a run, and Boudreau, who was

considered one of the best hitters in the game, decided it might be a good ploy. Williams had an ego and nobody thought he would drop a bunt to the vacated field to his left.

It’s interesting that Boudreau’s name should come up. He is a bit of a trivia answer. He was the last American League player-manager, and unlike Pete Rose, the last player-manager, he successfully guided Cleveland to its last championship and won a batting title and MVP to boot. He integrated the AL by starting Larry Doby, and did something way cool by signing Satchel Paige for a pennant chase. Along

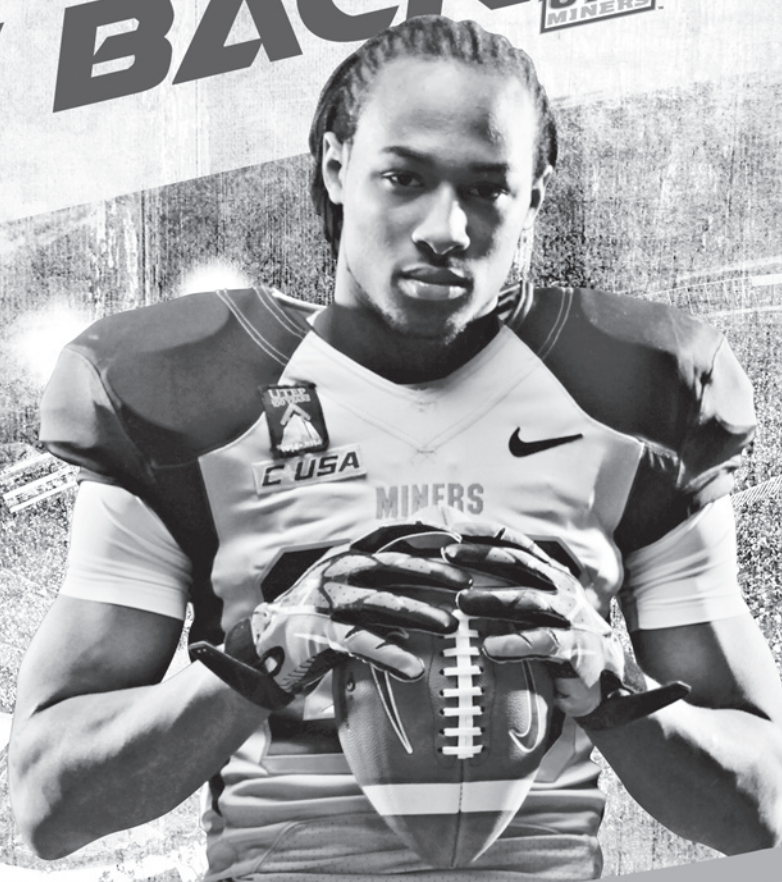
the way he handled the scorching grounder – bare-handing it at face level after a bad hop, no less – that ended Joe DiMaggio’s 56-game hitting streak.

Even though the infield shift was used a time or two in the old days, there are few anecdotes pointing to the fact that it was used to the degree it is today, which, anecdotally speaking, is a lot. A lot, lot. Like, every game, a lot.

Ty Cobb called Williams “stupid” for not bunting against the shift like he would. Today, former hitting stars like Don

See SPORTS, Page 8

FOOTBALL IS BACK



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33	34	35	36
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Comix

Your good healthBy Keith Roach, M.D.

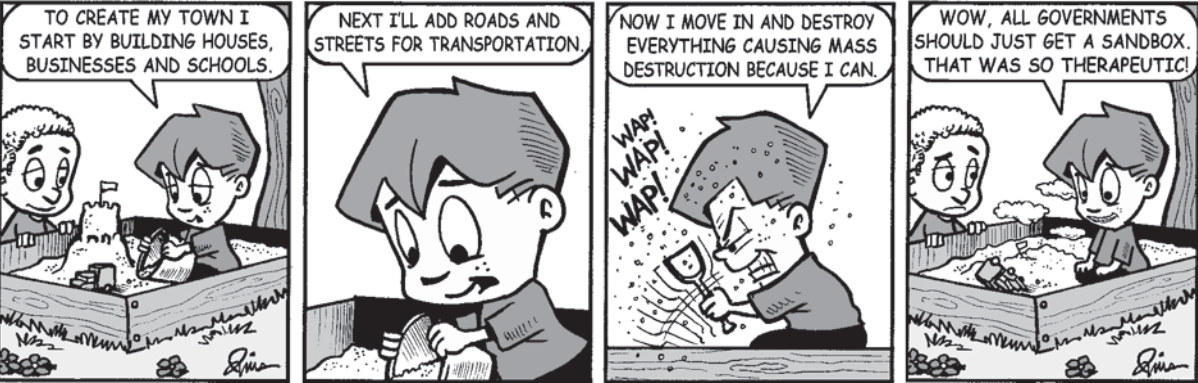
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



DEAR DR. ROACH: I am extraordinarily careful about the quality of medical information available on the Internet. I strongly recommend starting with Medline Plus ([www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus)), which references trusted sources for information.

DEAR DR. ROACH: I am an 82-year-old male who exercises regularly for strength, cardiovascular fitness, agility and flexibility. I prefer stair-climbing workouts ranging from about 20 to 115 flights of stairs. I would like your opinion on this type of exercise. I have what appears to be some moderate knee arthritis and have heard that stair climbing can be harmful to the knees. I do not experience knee pain while climbing stairs. – D.K.

Osteoarthritis used to be called “degenerative” or “wear and tear” arthritis, both of which suggest that you could be damaging your knees from exercise. However, this doesn’t seem to be true. Exercise turns out to be one of the most important treatments of osteoarthritis, and one that shows a significant improvement in function and quality of life, far better than the medications many people take. Most people should start slow and build up, but you are exercising at quite an intense level. I offer you congratulations and don’t recommend stopping.

Honey has been used since ancient times for wound healing, and modern science confirms it is an effective way of treating superficial burns and ulcers. It has been shown to have antibacterial properties, as well as antimicrobial properties, and is a potentially useful treatment for many burns and ulcers. I have found that few of my colleagues are aware of this.

I have two concerns to pass along with your story. First, honey may not be appropriate for all types of diabetic sores. Honey has been used for superficial and slightly deeper ulcers, which we call stage 2 and 3. The evidence for honey in a stage 4 ulcer is less clear.

Also, one needs to be

The arthritis booklet discusses osteoarthritis, rheumatoid rthritis, and lupus. Readers can order a copy by writing: Dr. Roach – No. 301W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for

See HEALTH, Page 8

Super Crossword

VOWEL LANGUAGE

ACROSS

- 1 Painter of limp watches  
5 By the day, as payment  
12 “It doesn’t matter”  
20 Moran of “Happy Days”  
21 The tiniest bit  
22 Hot pepper  
23 Group of wolves decide which hockey disk to use?  
25 Brought upon oneself  
26 USNA frosh  
27 “\_ Miz”  
28 Bring in  
30 Moniker, in Marseilles  
31 Mervyn of film  
33 Misplaced the most recent catalog?  
38 Sun circlers  
41 Braga of film  
42 Nervous \_  
43 Notice folks quarreling about a skewer?  
45 Kind of latte  
47 Sportswriter Pasquarelli  
48 Name of 12 popes  
49 Folksy denial  
50 Parisian “to be”  
51 Actor Robert De \_  
52 Six-legged scurrier  
53 Gift add-ons  
55 Farm structure is

- built in Switzerland’s capital?  
59 Liam of “Neill”  
61 Raises up  
63 Yemen’s largest city  
64 \_ time (never)  
66 Give a big speech  
67 Baseball Hall of Famer Waite \_  
69 Preside  
71 Students  
74 To no avail  
78 Put a clump of tree-trunk greenery in disarray?  
80 Bath powder  
82 Philosopher Lao-\_  
83 Optic layer  
84 Throw easily  
85 Paddle’s kin  
86 Stuff in ale  
87 Rev.’s talk  
88 City on I-80  
89 Group working on a jackdaw’s gullet?  
94 Slate clearer  
96 Miller rival  
97 Optometrist  
98 Knock out a pier-dwelling mallard?  
101 “- good you let him know”: Hamlet  
102 “My country, \_ ...”  
103 Lock fastener  
104 Plant seeds  
105 Shuts noisily  
109 Preserve  
112 Exited the elevator to the high-ceilinged SoHo flat?

- 116 How keyless music is written  
117 Quito locale  
118 Like \_ of sunshine  
119 Little jaunt on a little horse  
120 Cyclone  
121 Where Coca-Cola is “KO”
- DOWN
- 1 Johnny of “Ed Wood”  
2 Central Asia’s \_ Sea  
3 Pooch pests  
4 Rorschach test features  
5 Luau chow  
6 Hemming in  
7 Type in anew  
8 See 95-Down  
9 Bettor’s note  
10 Series-ending abbr.  
11 Succeeds  
12 Spin around  
13 \_Barbera  
14 “The Middle” network  
15 Poked fun at  
16 Register  
17 Indiana county whose name is a red color  
18 Afore  
19 Gun, in slang  
24 Parts of hammers  
29 \_ good clip  
32 Ice-T’s style  
33 Hack

- 34 \_ roll (lucky)  
35 Deriding look  
36 \_ Nevada  
37 Partner of a mortise  
38 Hearing aier  
39 Share a view  
40 Artery  
41 Minneapolis-to-Dallas dir.  
44 Hit with a zapping gun  
45 The Beatles’ “Let \_”  
46 Collision  
50 Register for  
51 Hoops cable channel  
53 Pole carving  
54 Advice giver  
55 Yankee Yogi  
56 Bob \_ restaurants  
57 Per-unit costs  
58 “Bye Bye Bye” boy band  
60 Rumba’s kin  
62 Garden soils  
65 Johnny who cried “Come on down!”  
68 OPEC fuel  
69 Idolize  
70 Keystroke or mouse click  
72 Canadian gas brand  
73 Detached, in mus.  
75 Old game console  
76 Lanai and Skye, say  
77 Product label wds.

- 78 Ruminated  
79 County in New Mexico  
81 Tree once associated with bow welders  
85 Pained cries  
86 “Dirty Sexy Money” actress Zoe  
88 Symbol atop the Kremlin  
89 Pair of poetic lines  
90 Mythical bird  
91 Mork’s planet  
92 Pitching whiz  
93 Sausage, in Stuttgart  
95 With 8-Down, swims without a suit  
96 They made LPs passé  
99 Kid  
100 West with 21 Grammys  
101 \_ lie (fibbed)  
104 Funny Laurel  
106 Gossamer  
107 Degs. for playwrights  
108 Eye malady  
109 GPS drawing  
110 From \_ B  
111 Ring legend  
113 Prefix with law or tourist  
114 Cat coat  
115 Swing to and \_

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116										117							118			
119										120							121			



MOORE TEXAS

by Roger Todd Moore

June 14,1875 : Jefferson Davis , former President of the Confederacy , is offered the Presidency of Texas A&M. He declines...



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!

		×		+		15
×			÷		+	
	×			-		17
+		×			×	
	×		÷			15
11		10			20	

1 2 3 4 5 5 6 7 8

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

Answer Page 4

★★★ HOO BOY!

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Social Security Q&A By Ray Vigil

Q: I need to make changes to my Medicare prescription drug coverage. When can I do that?

A: Open season for Medicare Part D prescription drug coverage runs from October 15 to December 7. The Medicare Part D prescription drug program is available to all Medicare beneficiaries. Joining a Medicare prescription drug plan is voluntary and participants pay an additional monthly premium. If you are considering changing your plan, you might want to revisit the Application for Extra Help with Medicare Prescription Drug Plan Costs. If you have limited resources and income, you may also be eligible for Extra Help to pay monthly premiums, annual deductibles, and prescription co-payments. Extra Help is estimated to be worth about \$4,000 per year. To find out more, visit [www.socialsecurity.gov/prescriptionhelp](http://www.socialsecurity.gov/prescriptionhelp). For more information about the Medicare prescription drug program itself, visit [www.medicare.gov](http://www.medicare.gov) or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048). Speaking of medical benefits, the open enrollment period for qualified health plans under the Affordable Care Act is November

15 to February 15. Learn more at [www.healthcare.gov](http://www.healthcare.gov).

Q: Can I conduct my Social Security business online in the event of a hurricane or other disaster that keeps me from visiting an office?

A: Yes, you can conduct most of your business with Social Security online at [www.socialsecurity.gov](http://www.socialsecurity.gov), where you'll find a wealth of information and services. For example, you can create or access your own my Social Security account, apply online for Social Security benefits or Medicare, and check the status of your pending application. If you're already receiving Social Security benefits, you can change your address, phone number, or your direct deposit information, get a replacement Medicare card, or get an instant proof of income letter. You also can get your Social Security Statement online. Your Statement lets you check and verify your earnings record and see estimates of your future benefits. You also can find out if your local office is open at [www.socialsecurity.gov/emergency](http://www.socialsecurity.gov/emergency). That site lists any office closings and delays. Also, make sure

you receive your benefits electronically. While the mail can be disrupted during severe weather or other emergencies, electronic payments arrive in your account on time, all the time, no matter what. Go to [www.socialsecurity.gov/deposit](http://www.socialsecurity.gov/deposit) to sign up or get more information

For more information on any of 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.

Sports

From Page 6

Mattingly are urging players to learn how to hit to all fields. In a recent op-ed, Hall of Famer Mike Schmidt pointed out that for many players, it's too late to change. This is ironic because, in the AL at least, the designated hitter rule has finally done what it was marketed to do in the first place, namely extend the careers of aging stars. Alex Rodriguez and Ortiz fit that bill perfectly.

But defenders of the shift argue that it's something that will work itself out. Personally, I don't want to see Mark Texeira or Ryan Howard bunt and run every game, and I don't want to explain to my kid why the third baseman is guarding the line – at first base.

This is silly. The game only had one flaw, and it was fixed when they instituted the infield fly rule. We say that runners have to remain in the base paths, fielders should field their positions. Enough of this shift.

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

Health

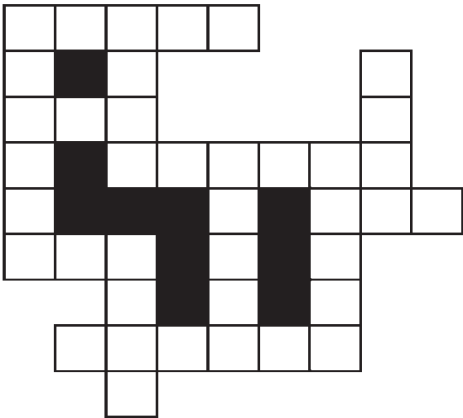
From Page 7

\$4.75 U.S./\$6 Canada. with the recipient's printed name and address. Please allow four weeks for delivery.

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) 2015 North America Synd., Inc. All Rights Reserved.



- GER
- ♥ LEWDDA
- ♥ DOENS
- ♥ RODO
- GECNAH
- WHE
- ADOG
- OWEHL
- ♥ OAG
- NEWNOR
- ♥ GADEC
- EIWN



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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