

NEWSBRIEFS

Socorro ISD

The Socorro Independent School District Board of Trustees has been named the 2015 Region 19 School Board of Year. This is the second time the SISD Board has won the award, having won in 2012. "Greatness is the perfect word to describe the work and dedication of our 2015 Region 19 School Board for the Year," said SISD Superintendent of Schools José Espinoza. "All of our board members function as a united team with a shared vision. Their unity, hard work, integrity, and commitment to our students continue to inspire us all. This is a well-deserved honor." The SISD Board will represent Region 19 at the state level, where TASA will select five Texas Honor Boards. The 2015 Texas' Outstanding School Board will be chosen from those five honor boards. All regional and honor boards are recognized at the TASA/TASB Convention, which will take place in the fall. "After three years of working with our Board of Trustees, I remain humbled, honored, and extremely proud to be part of their team," Espinoza said.

— Christina Flores-Jones

Vendors sought

The San Elcario Catholic Church is holding its annual fiesta from Sept. 18-20, 2015. If you are interested in being a vendor, please contact Lillian at 851-6413 or 346-3535.

— Lillian Trujillo

Dogwood trees

Add color to your landscape year-round by joining the Arbor Day Foundation in August. Everyone who joins the nonprofit Arbor Day Foundation with a \$10 donation will receive 10 free white flowering dogwood trees through the Foundation's Trees for America campaign. The trees will be shipped postpaid between October 15 and December 10, depending on the right time for planting in each member's area. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Planting instructions are enclosed with each shipment of trees. "Dogwood trees will add color and beauty to your yard throughout the year, with their showy spring flowers, scarlet autumn foliage, and red berries that attract songbirds in the winter," said Matt

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No one is so full of wisdom that they have to use their mouth as a safety valve.

— Quips & Quotes

Green chile harvest season fires up

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – A genuine treat for El Paso County residents who enjoy fresh chile salsas and other chile dishes is the beginning of the green chile harvest this time of the year on the nearby farms in the Upper Valley. A process that lasts through October.

While some stores sell Mexican-grown green chile year-round, New Mexico-grown green chile should start hitting store shelves soon. And green-chile roasting machines will start appearing outside storefronts.

But a drive along scenic Highway 28 (the historic Don Juan de Onate trail) in Dona Ana County NM, beginning at the Texas state line in Canutillo, will take El Pasoans north through the rural communities of La Union, Berino, Chamberino, La Mesa, and San Miguel, where they will encounter roadside vegetable stands already selling the New Mexico chile and other fresh produce, very often at much lower prices than they would find at the big brand food markets.

Joel and Yolanda Tellez, of La Union, just opened their roadside produce stand last weekend. Their stand is in the front yard of their home which they bought about 18 years ago. Joel has been a farmer all of his life. He was born in La Union



— Photo by Alfredo Vasquez

STANDS OPEN – Some local grocery stores carry chile nearly year-round, but it originates from elsewhere, often Mexico. It's only around the start of August each year that chile grown in New Mexico becomes available. Above, from left, are Joel and Yolanda Tellez, and Maria Olivas. They opened their roadside chile/vegetable stand recently on their front lawn along Highway 28 in La Union NM.

and at one time farmed hundreds of acres of land.

Now, he said that he maintains about 7 acres from where he gets the different fruits and vegetables to sell at his stand. His wife and her sister, Maria Olivas, help run the roadside store which sells a

variety of other vegetables besides chile including different types of squash, onions, eggplant, watermelons, cantaloupe, okra, corn, and tomatoes.

But chile is his biggest seller. Joel

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Purple Heart Elementary dedicated

SISD begins school year

By Christina Flores-Jones
Special to the Courier

Purple Heart Elementary School (PHES), Socorro Independent School District's (SISD) newest school, held a ribbon cutting ceremony last Saturday, July 25, to officially the campus. Purple

Heart Elementary School is SISD's 47th school and has capacity for 800 students. It is a state-of-the-art facility, built to pursue Leadership in Energy and Environmental Design (LEED) certification. The unique design of the school will encourage collaborative and project-based learning, which will support the belief that "College Begins in Kindergarten." Instruction will focus on Collaboration, Creativity, Communication, and Critical thinking and

embrace the motto: "Heroes have Heart!"

PHES joined the District's other campuses in welcoming back more than 44,600 students on Tuesday, July 28. The District remains focused on providing a safe and supportive learning environment for all students as they earn a high-quality education that is preparing them for college, career and life.

"We are energized more than ever to work as a team to educate all students as if they are our very own children," said Dr. José Espinoza, Superintendent of Schools. "Our academic achievements last school year were very good, but we are focusing our sights on becoming great! Team SISD will continue to work hard and aim for 100 percent student success."

SISD is committed to its five strategic directions to meet the needs of all Team SISD stakeholders: 1) Safe and Supportive Learning Environment; 2) College and Career Readiness; 3) Highly Qualified, Effective Faculty and Staff; 4) Home, School, Community Partnerships; and 5) Accountability for All. The 2015-2016 school year brings new schools, programs and initiatives in Team SISD, which will keep the district on a pathway to success.

SISD is also dedicated to its top priority



— Photo courtesy Socorro ISD

CUTTING THE RIBBON – Parents, students, staff and administrators gathered on July 25 to dedicate Purple Heart Elementary School in The Socorro Independent School District. The new elementary school is located at 14400 GR Campuzano Dr.

See SISD, Page 5

Finances

By Nathaniel Sillin

10 ways to become financially independent

After the 2008 economic crisis, many people assumed they would never be able to reach true financial independence – the ability to live comfortably off one’s savings and investments with no debt whatsoever.

However, individuals willing to use their time horizon to plan and adjust their spending, savings and investment behaviors might just find financial independence is possible. Here are 10 ideas to get started.

1. Visualize first, then plan. Start by considering what your vision of financial independence actually looks like – and then get a reality check. Qualified financial experts can examine your current financial circumstances, listen to what financial independence means to you and help you craft a plan. The path to financial independence may be considerably different at age 20 than it is at age 50;

the more time you have to save and invest generally produces a better outcome. But at any age, start with a realistic picture of your options.

2. Budget. Budgeting (<http://www.practicalmoneyskills.com/budgeting/>) – the process of tracking income, subtracting expenses and deciding how to divert the difference to your goals each month – is the essential first task of personal finance. If you

haven’t learned to budget, you need to do so.

3. Spend less than you earn. It might be obvious, but it’s one of the most difficult financial behaviors to execute. Adhering to a lower standard of living and expenses will help you put more money into savings and investments sooner.

4. Build smarter safety

See FINANCES, Page 4

Veterans Post

By Freddy Groves

VA could suspend choice referrals

In letters to Congress, the Department of Veterans Affairs has asked that \$3 billion be diverted to other areas in the VA’s Care in the Community program. That money (originally \$10 billion spread out over three years) was specifically earmarked for Choice, which allows veterans who live more than 40 miles from a VA medical center to seek referrals to civilian care close to home.

If the \$3 billion isn’t forthcoming, says the VA, it might need start closing VA facilities in August and shut down community-care referrals until October. It blames, in part, the cost of treatment for hepatitis C. Shots for that can run to \$1,000 each, and many are needed over the course of treatment.

Inquiring minds want to know: Is there suddenly a massive outbreak of hepatitis among veterans? Did this happen overnight? Because if it didn’t, the VA is using the expense of treating it as an excuse for needing an infusion

of cash to keep operating. If hepatitis C is truly a growing problem, someone at the VA should have noticed the pattern before it reached this critical level.

At this writing, Congress is hesitant to give permission to use that money in other ways, especially given the VA’s other problems.

Meanwhile, a leaked statistical document from a former whistle blower shows that of 847,822 veterans who’ve applied for VA care over the years, as many as 238,657 passed away before getting it. Exactly when they died, however, isn’t known, as the VA says it has no way of deleting names. It accepts only certain forms of proof of death, and the ones you’d expect (Social Security notification, for example) aren’t accepted.

Meanwhile, the new VA facility being built in Denver is \$1 billion over budget.

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Anthony Independent School District Division of Career and Technical Education

Public Notification of Nondiscrimination in Career and Technical Education* Programs

- 1) The Anthony Independent School District offers career and technology education programs in business, human services including culinary arts and cosmetology, commercial arts, health, industrial programs including air conditioning, refrigeration and heating technology, electronics, computer and automotive professions. Admission to these programs is based on interest and aptitude, age appropriateness, and class space availability.
- 2) It is the policy of Anthony Independent School District not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973, as amended.
- 3) It is the policy of Anthony Independent School District not to discriminate on the basis of race, color, national origin, sex, handicap or age in its employment practices as required by title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 4) Anthony Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all career and technology programs.
- 5) For information about your rights or grievance procedures, contact Dr. Steven Saldivar, Superintendent, at 840 Sixth Street, Anthony Texas 79821, or call (915) 886-6500.

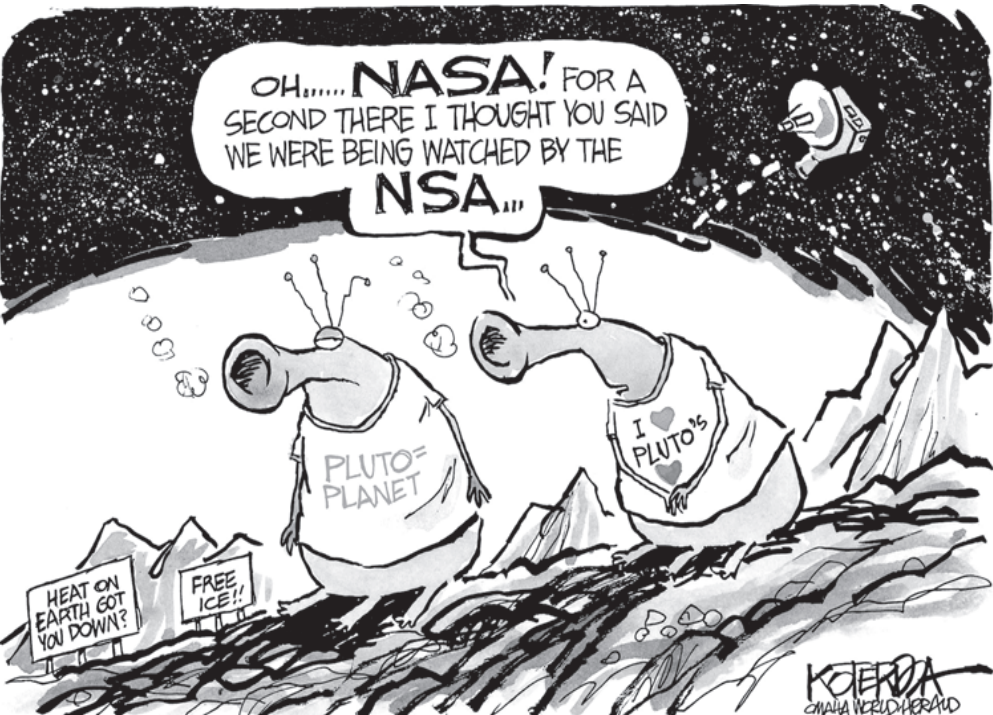
*These programs are called "Career and Technical Education" in Texas, but the applicable civil rights laws use the term "vocational."

El Distrito Escolar Independiente de Anthony Sección de Carreras y Educación Técnica

Notificación Publica de no Discriminación en Programas Vocacionales*

- 1) El Distrito Escolar Independiente de Anthony ofrece programas vocacionales en profesiones de: negocios, servicios humanos incluyeno artes culinarias y cosmetología, arte comercial, salud, industriales incluyeno tecnología del aire acondicionado, refrigeración y de calefacción, computación y profesiones automotrices. Para admisión a éstos programas se basa en edad apropiada, aptitud y habilidad.
- 2) Es norma del Distrito Escolar Independiente de Anthony no discriminar por motivos de raza, color, origen nacional, sexo, ó impedimento, en sus programas, servicios, ó actividades vocacionales, tal como lo requieren el Título VI del Acta de Derechos Civiles de 1964, según enmienda; Título IX de las Enmiendas Educativas de 1972, y la Sección 504 de la Acta de Rehabilitación de 1973, según enmienda.
- 3) Es norma del Distrito Escolar Independiente de Anthony no discriminar por motivos raza, color, origen nacional, sexo, impedimento ó edad en sus procedimientos de empleo, tal como requieren el Título VI del Acta de Derechos Civiles de 1964, según enmienda; Título IX de las Enmiendas Educativas de 1972, la Ley de Discriminación por Edad de 1975, según enmienda; y la Sección 504 de la Acta de Rehabilitación de 1973, según enmienda.
- 4) El Distrito Escolar Independiente de Anthony tomará las medidas necesarias para asegurar que la falta de habilidad en el uso de la lengua inglés no sea obstáculo para la admisión y participación en todos los programas de carrera y educación técnica.
- 5) Para más información sobre sus derechos ó procedimientos para quejas, comuníquese con el Dr. Steven Saldivar, Superintendente, a 840 Sixth Street, Anthony Texas 79821, ó llame al (915) 886-6500.

*En Texas los programas se llaman "carreras y educación técnica," pero las leyes de derechos civiles utilizan el término "vocacional."
WTCC: 07-30-15



San Elizario ISD holds summer registration

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – All San Elizario Independent School District schools will be holding summer registration during the month of August. Registration at Loya Primary School and all elementary grade levels is only for new students. Parents may contact their child’s home campus for more information on required documentation. Please review the following schedule to determine the dates and times for registration taking place at each school:

• **Borrego Elementary**
13300 Chicken Ranch Road
(915) 872-3910
August 4, 2015
8:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.

• **Alarcon Elementary School**
12501 Socorro Road
(915) 872-3930
August 5, 2015
8:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.

• **Sambrano Elementary School**
200 Herring Road
(915) 872-3950

August 5, 2015
8:00 a.m. - 12:00 p.m. and 1:00 p.m. - 3:00 p.m.

• **San Elizario High School**
13981 Socorro Road
(915) 872-3970
August 10-14, 2015
8:30 a.m. - 3:30 p.m.
Aug. 10, Monday – Seniors
Aug. 11, Tuesday – Juniors
Aug. 12, Wednesday – Sophomores
Aug. 13, Thursday – Freshman
Aug. 14, Friday – New students/late registration

• **Loya Primary School**
13705 Socorro Road
(915) 872-3940
August 11-13, 2015
8:30 a.m. - 11:30 a.m. and 1:00 p.m. - 4:30 p.m.

• **Garcia-Enriquez Middle School**
12280 Socorro Road
(915) 872-3960
August 11-13, 2015
8:30 a.m. - 3:30 p.m.
Aug. 11, Tuesday – 8th graders
Aug. 12, Wednesday – 7th graders
Aug. 13, Thursday – New students/late registration

Briefs

From Page 1

Harris, chief executive of the Arbor Day Foundation. New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care, and a subscription to Arbor Day, the Foundation’s bimonthly publication. To receive the free white flowering dogwood trees, send a \$10 membership contribution to: Ten Free Dogwoods, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by August 31, 2015, or join online at arborday.org/august.

– Woodrow Nelson

Zumba record

In case you missed it, the world Zumba record was broken in the Philippines last week – again, reports the Association of Mature American Citizens. It was done with nearly 13,000 fitness fanatics, all of them sporting bright yellow t-shirts, stylishly assembling on a street in the heart of Manila. The Guinness Book of World Records quickly memorialized the feat, acknowledging that the previous record held by some 8,232 Zumba dancers on the Philippine island of Cebu has been surpassed. In case you are not familiar with Zumba, it is a new fitness craze-an aerobic dance performed to the upbeat Latin music.

– John Grimaldi

Shooter wanted

Road rage leads to shots being fired in the parking lot of a Northeast El Paso business, and in another case on I-10 West. The same suspect is believed to be responsible for both shootings, and investigators from the El Paso Police Department, are asking for your help

in identifying this violent criminal, through Crime Stoppers. The first incident took place on Monday, May 25, 2015 at approximately 8:37 p.m. In this incident the victim was driving with her family, northbound on U.S. 54 and was exiting on Diana to go to the Sam’s Club located at 9498 Diana. The suspect at one point was tailgating the victim and followed the victim into the parking lot of the business. The suspect attempted to cut the victims off to stop their vehicle. The victims managed to go around the suspect’s vehicle, at which time the suspect fired a handgun at the victims. The second incident took place on Sunday, June 21, 2015 at 4:47 p.m. In this case, the victim was driving north on Loop 375 and merging on to I-10 West, and changed lanes to pass the suspect. As soon as the victim passed the suspect, he began to honk and yell at the victim. The suspect followed her on I-10 and reached for a handgun. The suspect began to fire the gun at the victim but the victim managed to slow down to avoid being struck. The suspect fled the scene at a high rate of speed on I-10 West. The suspect is described as a White or Hispanic male, thin build, in his 20s. In one of the cases he is described as having tattoos on both forearms. The vehicle is described as dark colored, 1990’s model sport car similar to a Ford Mustang. In both of these cases the victims were not injured and no related injuries were reported. Anyone with information on the identity of the shooter, 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).

– Javier Sambrano

Anthony Independent School District 2015-2016 Meal Policy

Anthony Independent School District serves breakfast and lunch every school day through the academic year 2015-2016. Meals are free of charge to all students enrolled in the district regardless of income under the universal free provision II program. In accordance with federal law and U.S. Department of Agriculture policy, Anthony ISD prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (in Spanish).

USDA is an equal opportunity provider and employer. For information about your rights or grievance procedures, contact Dr. Steven Saldivar, Superintendent, at 840 Sixth Street, Anthony, Texas 79821, or call (915) 886-6500.

El Distrito Escolar Independiente de Anthony Regla de Alimentos Año 2015-2016

El Distrito Escolar Independiente de Anthony ofrece durante todo el ciclo 2015-2016 a todos los estudiantes inscritos desayuno y comida gratis sin importar ingreso familiar bajo el programa universal de provision II. De acuerdo con la ley federal y la política del Departamento de Agricultura, Anthony ISD El Departamento de Agricultura de los Estados Unidos (por sus siglas en inglés “USDA”) prohíbe la discriminación contra sus clientes, empleados y solicitantes de empleo por raza, color, origen nacional, edad, discapacidad, sexo, identidad de género, religión, represalias y, según corresponda, convicciones políticas, estado civil, estado familiar o paternal, orientación sexual, o si los ingresos de una persona provienen en su totalidad o en parte de un programa de asistencia pública, o información genética protegida de empleo o de cualquier programa o actividad realizada o financiada por el Departamento. (No todos los criterios prohibidos se aplicarán a todos los programas y/o actividades laborales).

Si desea presentar una queja por discriminación del programa de Derechos Civiles, complete el USDA Program Discrimination Complaint Form (formulario de quejas por discriminación del programa del USDA), que puede encontrar en internet en http://www.ascr.usda.gov/complaint_filing_cust.html, o en cualquier oficina del USDA, o llame al (866) 632-9992 para solicitar el formulario. También puede escribir una carta con toda la información solicitada en el formulario. Envíenos su formulario de queja completo o carta por correo postal a U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, por fax al (202) 690-7442 o por correo electrónico a program.intake@usda.gov.

Las personas sordas, con dificultades auditivas, o con discapacidad del habla pueden contactar al USDA por medio del Federal Relay Service (Servicio federal de transmisión) al (800) 877-8339 o (800) 845-6136 (en español). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades.

Para más información de sus derechos y procedimiento de agravios, puede ponerse en contacto con el Dr. Steven Saldivar, Superintendente, 840 Sixth Street, Anthony, Texas 79821, ó llame al (915) 886-6500.

WTCC: 07-30-15

Finances

From Page 2

nets. Emergency funds and insurance are rarely discussed in combination. The traditional definition of an emergency fund is a separate account for cash that can be used instead of credit to repair a broken appliance or other expense that may run a few hundred dollars. However, many people keep insurance deductibles high to keep premiums low. Would you have enough cash on hand to cover an insurance deductible if you had a sudden claim? If not, build your deductible amounts into your emergency fund.

5. Eliminate debt. Though consumer debt levels have generally fallen since the 2008 financial crisis, the Federal Reserve Bank of New York reported in February that home, student loan, auto and credit card debt began creeping up again in 2014. Getting rid of revolving, non-housing debt (<http://www.practicalmoneyskills.com/costofcredit>) is one of the most effective ways to free up money for savings and investment.

6. Consider your career. Financial independence doesn’t require you to quit a career you love, but you really can’t get to financial independence without steady income to fuel savings and investments that will build over time. Speak with qualified advisors about your income, benefits and retirement picture first, and see if you might be able to expand your sources of work-related income, such as consulting part time. Also keep in mind that over the age of 50, the Internal Revenue Service allows you to make catch-up contributions (<http://www.irs.gov/Retirement-Plans/Plan-Participant-Employee-Retirement-Topics-IRA-Contribution-Limits>) to both 401(k) and IRA accounts.

7. Downsize. You’ll generally reach wealth financial goals faster if you can cut your overall living expenses. For some, that means selling your home and moving to a smaller one or to an area with lower living costs and taxes. You can also sell or donate property you don’t need and use those proceeds to extinguish debt or add to savings or investments.

8. Invest frugally. Become a student (<http://www.dol.gov/ebsa/publications/>

STRANGE BUT TRUE

By Samantha Weaver

• The average resident of North America consumes about 600 sodas every year.

• Another good reason to recycle: The energy saved by recycling one glass jar is enough to watch TV for three hours.

• There are many laws that have been passed during our nation’s history that make you think that some of our legislators have a bit too much time on their hands. For example, in Alaska it is illegal to look at a moose from an airplane; an Illinois law states that a car must be driven with the steering wheel; in West Virginia, you can be imprisoned for cooking sauerkraut or cabbage, due to the offensive odor; and a California law of 1925 made it illegal to wiggle while dancing.

• The same man who discovered the planet Uranus also invented contact lenses.

• A giraffe can use its tongue to clean its ears – not too difficult a task, I suppose, if your tongue is 21 inches long.

• Everyone has seen bonsai – those tiny trees that are pruned into aesthetically pleasing shapes. Many people don’t realize, though, that even trees that grow to be giants of the plant world, such as redwoods and giant sequoias, can be used to create these miniatures.

• The United States once issued a bill of currency that was worth 5 cents.

• The name of the popular Japanese dish teriyaki literally means “shiny and broiled.”

• There is only one bird that can swim but not fly: the penguin, of course.

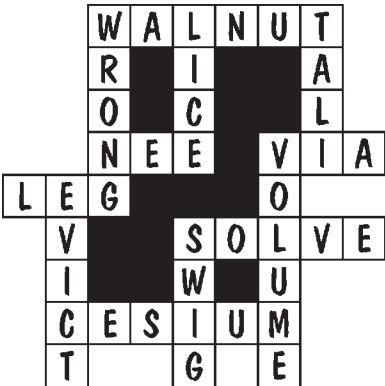
Thought for the Day: “A man has made great progress in cunning when he does not seem too clever to others.”
– La Bruyere

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CryptoQuip Answer

After I took the crisp
ginger cookie out of
the fridge, would you
say it was a cold snap?



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– Photo by Alfredo Vasquez

LOCALLY GROWN – New Mexico green chile, above, is sold as fresh, dehydrated or wet processed. The fresh market consists of numerous roadside stands and grocery stores, where vendors commonly roast the green chile for customers while they wait. Individuals take the roasted chile home for immediate consumption or to freeze for later use.

Chile

From Page 1

figures he will end up selling about 7,000 pounds from his yield this season. He said that he grows the most popular strands of chile – Big Jim, Sandia, Barker, 2X-3X, Yellow Hot (guerito), Hungarian Yellow, and Jalapeno. And, Joel said that he tries to grow some of the hottest chile available in the area because that is what his customers ask for.

“The majority of the chile crop should

be ready for picking the first week of August,” Joel said. “This year’s growing season seems to be better than other years. In general, the hot temperatures and the amount of rain have helped,” he stated.

In all, Dona Ana farmers harvested some 1,900 acres of chile last year – nearly 25 percent of the New Mexico crop, according to U.S. Department of Agriculture numbers. Luna County grew the most with 2,200 acres harvested – roughly 29 percent of the state crop. Some 3,800 acres of green chile were harvested in New Mexico in 2014, accounting for

49 percent of the state’s 7,700-acre chile crop, according to federal numbers. Red chile, which includes paprika, made up the other half.

Chile peppers have been cultivated in New Mexico’s Rio Grande Valley for four centuries. Considered the state’s signature crop, chile peppers are the basis of a very complex and differentiated industry that includes fresh, preserved and value-added products.

Chile peppers are direct-seeded in March and April, or transplants are started in greenhouses in February and planted in fields in April or May, depending on weather and other factors. Traditionally, green chiles are harvested beginning in late summer and continuing into the fall.

In the past, pods left to mature on the plant after the green harvest comprised the red chile crop. Today, the industry is highly segmented, and varieties have been developed specifically for green or red processing. The majority of red and paprika chiles produced are varieties specifically grown for that purpose.

Currently, green chile and jalapeños are just reaching their peak, a perfect time to find the freshest chile at the various produce stands dotting the Upper Valley roadway. The red chile harvest begins in late fall and continues into the winter months.

SISD

From Page 1

of maintaining safe and secure schools by following consistent security measures and protocols across the District. SISD has reinforced its state-of-the-art surveillance system by installing new cameras at all campuses across the district to ensure SISD Police Services has the best technology to continue its 24/7 surveillance of the district.

“I am confident that Team SISD will experience even more success this school year due to a strong work ethic and our strong, new initiatives to ensure every child realizes academic growth,” Espinoza said. “We will continue to educate and treat every student as if they are our own children. Doing this and working hand-in-hand with our community, Team SISD will ‘Achieve Success as a Team’.”

Purple Heart Elementary School is one of the last projects in Bond 2011, a \$297.4 million bond program that was overwhelmingly supported by SISD voters. The construction of PHES and all the other bond projects has been delivered on time and within budget, keeping true to the district’s bond motto of “Promises Made, Promises Kept.”

Anthony Independent School District Public Notice Of Non-Discrimination

It is the policy of the Anthony Independent School District to prohibit discrimination on the basis of race, color, national origin, gender or any person who has a disability in the admission or access to programs, delivery of services or employment.

The Anthony Independent School District is fully committed to meeting its responsibilities as specified by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; prohibiting sex discrimination, Section 504 of the Rehabilitation Act of 1973, as amended; the Age Discrimination Act of 1975, as amended; and the Americans with Disabilities Act (ADA).

Inquiries concerning your rights may be referred to Dr. Steven Saldivar, Superintendent, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

Notificacion Publica

Es la norma de conducta del Distrito escolar de Anthony prohibir la discriminación en base de raza, color, origen nacional, sexo ó deshabilidad en la admisión ó el acceso a programas, entrega de servicios ó empleo.

El distrito escolar de Anthony esta comprometido a cumplir con las responsabilidades especificadas por el Título VI del Acta de Derechos Civiles de 1964, como enmendado, el Título IX de la Enmienda de Educación de 1972, como enmendado, que prohíbe la discriminación sexual, la Sección 504 del Acta de Rehabilitación de 1973, como enmendado, la Ley de Discriminación por Edad de 1975 como enmendado, y el Acta de Americanos con Deshabilidades.

Para información tocanta a sus derechos comuniquese con el Dr. Steven Saldivar, Superintendente, 840 Sixth Street, Anthony Texas, 79821, (915) 886-6500.

WTCC: 07-30-15

Public Notice Anthony Independent School District

Special Needs Programs at Anthony ISD for the 2015-2016 School Year

Anthony Independent School District provides access to identification of children with suspected disabilities who reside within the district, beginning on the third birthday through the child’s twenty-first birthday. The student may be eligible for services, at no cost, under the Individuals with Disabilities Education Act.

Services are available to all eligible children who are identify with a disability who may be experiencing difficulties in one or more of the following areas: Physical Disability, Dear or Hard of Hearing, Visual Impairment, Deaf-Blind, Intellectual Disability, Emotional Disability, Learning Disability, Speech and/or Language Impairment, Autism, Other Health Impairment.

In compliance with the Family Educational Rights and Privacy Act of 1974, and Public Law 105-17, parents and adult students have the right to inspect educational records. District policies FL and FL-E provide for record access, confidentiality, and complaint procedures.

If you would like more information, or know of a child with disabilities who is not receiving educational services, please contact: Sandy Honts, Special Education Director, at (915) 886-6509

Noticia Pública Aviso de Programas de Necesidades Especiales en Anthony ISD para el Año 2015-2016

El distrito escolar independiente de Anthony prove acceso a la identificación de niños can incapacidades que viven dentro del distrito comenzando con el tercer cumpleaños hasta 21 años de edad. El estudiante puede seré legible para servicios, sin costo alguno bajo de Individuales con Incapacidades (IDEA).

Estos servicios son disponibles para todos los niños identificados con una incapacidad y que estén experimentando dificultades en una o más de las siguientes áreas: Incapacidad física, sordo o duro de oído, impedimento visual, incapacidad intelectual o emocional, incapacidad para aprender, impedimento de hable o lenguaje, autismo o cualquier otro impedimento de salud.

Conforme al Acto de Confidencia y de Derechos Educativos de la Familia de 1974 y Ley Publica 105-17, padres y alumnos adultos tienen el derecho de ver los archivos educativos. La Póliza del Distrito FL y FL-E provee acceso a archivos, confidencialidad, y proceso de reclamación.

Si usted desea más información o sabe de un niño/niña incapacitado que vive en el distrito escolar de Anthony que no está recibiendo servicios educativos, favor de comunicarse con: Sandy Honts, Directora de Educación Especial, (915) 886-6509.

WTCC: 07-30-15

NFL kicks off preseason with Hall of Fame Game

By Steve Escajeda
Special to the Courier

Like the famous holiday song goes, “... it’s the most wonderful time of the year.” I know, I know, it’s a little early for Christmas and holly and Santa and Rudolph. But I’m talking about the most wonderful time of the year for American sports fans.

NFL camps are opening all over the league this week and believe it or not, the first preseason game of the season is less than 10 days away.

Okay, you can get off your knees giving thanks for all that is good in the world.

But yes, the Minnesota Vikings and the Pittsburgh Steelers open things on Aug. 9 in the annual Hall of Fame game... or as I like to call it, the official start of the most wonderful time of the year.

The funny thing is that we start this season the same way we ended last season, wondering what, if anything, is going to happen with Tom Brady and his under-inflated balls?

I guess I could have worded that better.

But c’mon now! Why has it taken so

long for the league to get past this?

I know it’s Tom Brady and I know it’s Robert Kraft and I know it’s Bill Belichick and I know it’s the New England Patriots, but let’s make a decision. Football season is coming!

When we last left the NFL, Seattle coach Pete Carroll was busy making the worst play call of his coaching life.

This year one of the big questions is whether the Seahawks can recover and make it back to the big game.

Of course helping the Seahawks’ chances is the acquisition of All-Pro tight end Jimmy Graham from the Saints.

What hurts Seattle is that they play in the NFC West, what could be the best division in the league.

The Arizona Cardinals, St. Louis Rams and the San Francisco 49ers should give Seattle a run for its money. Though the speculation is that the 49ers could plummet with the loss of many key players and their coach Jim Harbaugh.

One of the other questions coming into the season concern the arm strength of Peyton Manning.

Manning, one of the best quarterbacks

to ever play the game, was hurt during the second half of the season a year ago and looked... dare I say... mortal.

The Denver Broncos are a solid team and a healthy Manning certainly makes them a title contender.

The Philadelphia Eagles will take on a whole new look with quarterback Sam Bradford and running back DeMarco Murray.

Of course they also have Tim Tebow and Mark Sanchez, a quarterback who can’t complete a pass and a quarterback who completes too many passes to his opponents.

How about the new guys on the block, Jameis Winston and Marcus Mariota and Melvin Gordon and Todd Gurley and Amari Cooper?

It’ll be interesting to see which one of these guys will be the first to emerge as a star.

Speaking of young guys, has the time in rehab done the trick for Johnny Manziel?

Will the addition of Frank Gore give the Indianapolis Colts enough of a running game to finally get to the Super Bowl?

How ‘bout them Cowboys? They lost

last season’s best running back, Demarco Murray and have replaced him with Darren McFadden. Most experts believe that McFadden will split the time at running back with Joseph Randle.

If McFadden can stay healthy and Randle can stay out of trouble, running behind that formidable offensive line should resemble what it was last year.

One of the weakest divisions in the league is the NFC South, with Carolina, Tampa Bay, New Orleans and Atlanta, which means it won’t take much for a team to advance to the playoffs.

Look for an 8-8 playoff team to come out of this division.

That leaves us with the Patriots and their chances for a repeat.

Of course playing in the woeful AFC East has been the best thing to happen to New England since Paul Revere.

They will definitely repeat as division winners, whether or not Brady misses any games. But don’t bet on them going much farther than that.

We won’t know the answers to these questions for a while but one thing we do know is that this is – sing it with me – “... the most wonderful time of the year!”

A sporting view By Mark Vasto

The name game

It seemed like a pretty simple idea at first: It’s the All-Star break, and while we’re all naming names, wouldn’t it be fun to pick out a 25-man roster of the all-time greatest baseball names?

I know what you’re thinking... me and my imaginary friends must be great at parties, and while that is so not true anymore, it wouldn’t have made a difference anyway because we never would have made it to any

party... we barely made it out of the Coolidge administration before we realized we had bitten off more of the big leagues than we could chew.

A few ground rules: no bathroom humor, no ethnic jokes. If the player had a nickname, he had to be known solely by that nickname to qualify. For instance, nobody referred to “Babe” Ruth as “George” Ruth. A good qualifier would be the

restaurant test. Could the player reserve a table at a restaurant with his moniker? If yes, put him on the team.

To make this even more difficult, we eliminated all of the cool baseball names and/or baseball specific names that we weren’t quite sure if they were cool or not... names like Honus, Ty, Cy, Nap and Tris, plus Babe Ruth, Mickey Mantle, Hack Wilson, Yogi Berra, Duke Snider. I’m gonna throw Rocky Colavito and Joe Pepitone in there for good measure, too. Those are the given few.

So, here’s what we came up with. We know we probably

missed your favorite, so feel free to send us your suggestion on Twitter @sportingview. We’ll make sure they get a table reserved in advance.

- Pitching staff: Catfish Hunter, Lil Stoner, Sloppy Thurston, Orval Overall, Red Ruffing, Goose Gossage, Urban Shocker, Squiz Pillion, Zip Zabel, Wimpy Quinn, Boof Bonser and Win Ballou.

Don’t let the alliteration or wacky iterations fool you ... this would be a pretty formidable staff. Catfish Hunter pitched a perfect game and won a Cy Young

See SPORTS, Page 8

Finances

From Page 4

undrstndgrtrmmt.html) of investment fees and commissions because they can cut significantly into your principal. Make a full evaluation of fees you are paying on every investment account you have and if you’re working with a licensed professional who sells you financial products, know what fees they’re charging for their investment and advisory services.

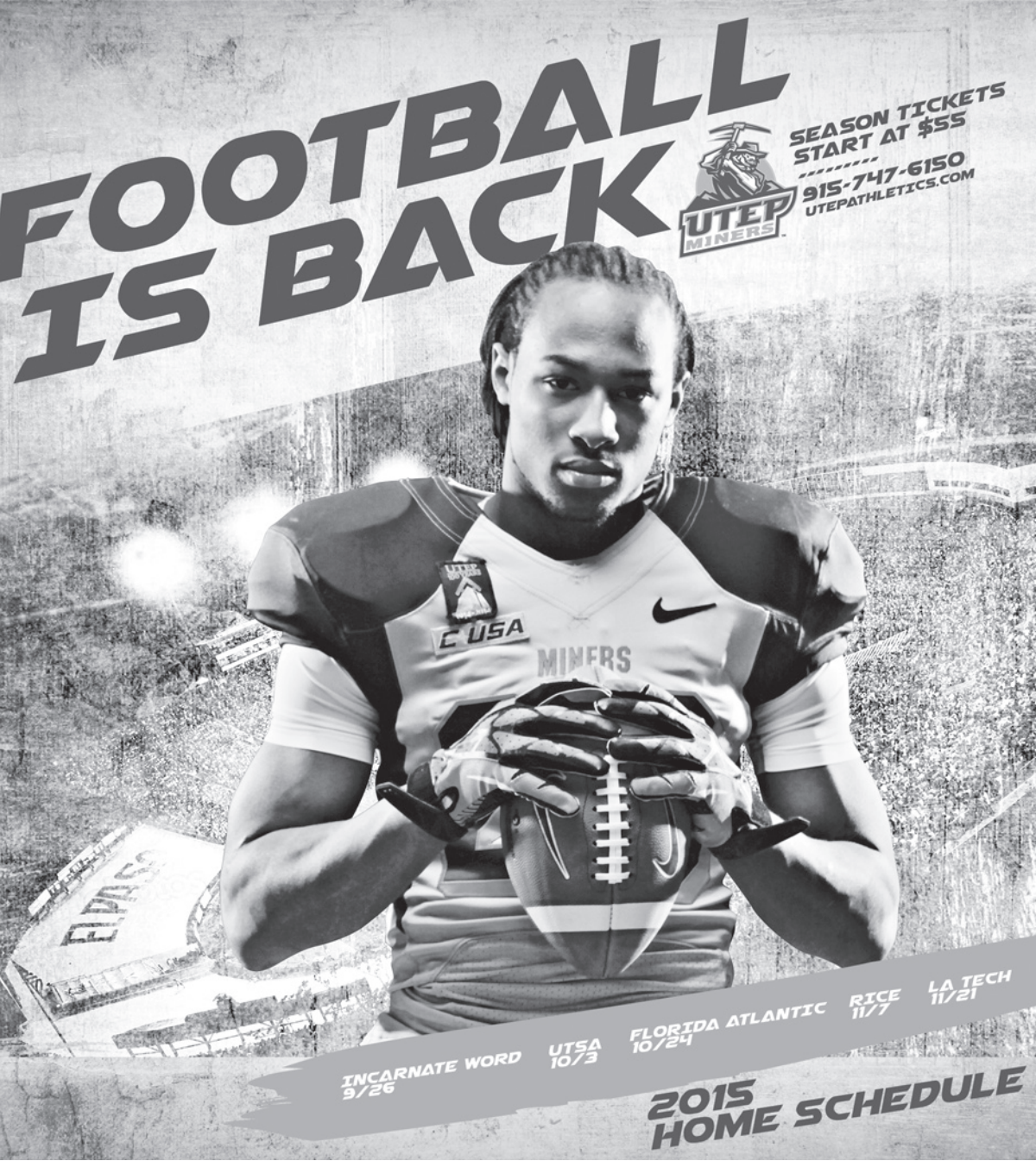
9. Buy assets that generate income. Stocks, real estate, collectibles or cash investments all have up and down markets. But do your homework and focus on investments bought at attractive prices that are likely to appreciate over time. Also, don’t forget to study the tax ramifications of any investment transaction you make.

10. Always know where

you are financially. Financial planning isn’t about making one set of financial decisions and assuming you’re set. Lives and situations change and your financial planning must be flexible enough to withstand both positive and negative changes without derailing your hopes for financial independence. If your forte is not investment, financial planning or tax matters, by all means bring in qualified experts to help. But financially independent people generally have their money issues at their fingertips not only for their own use, but for estate purposes as well.

Bottom line: Financial independence involves diligence and a bit of sacrifice, but even the smallest moves can yield big outcomes.

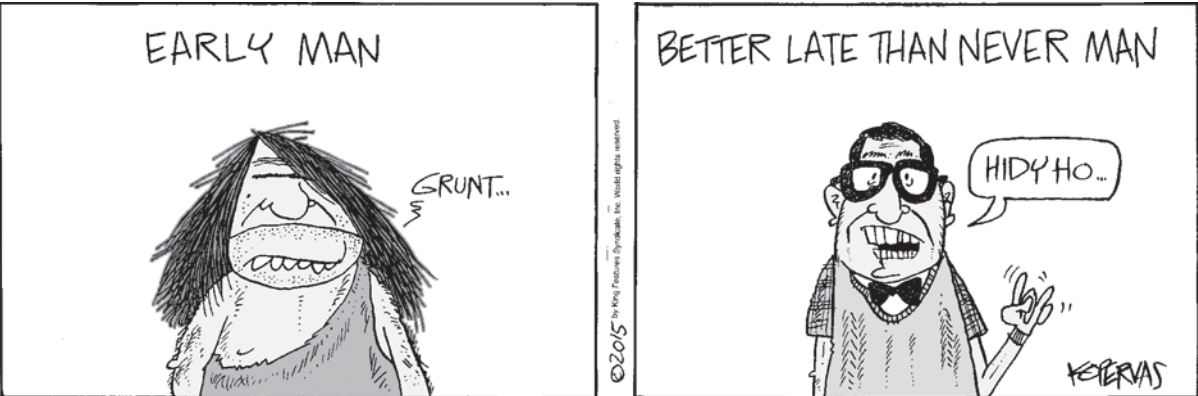
Nathaniel Sillin directs Visa’s financial education programs.



Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



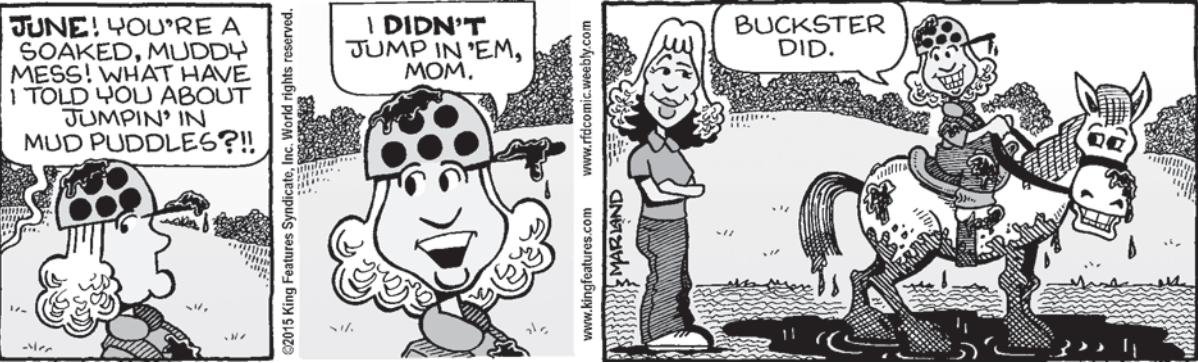
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: Please help me to understand what COPD means. – S.

“COPD” stands for “chronic obstructive pulmonary disease.” “Chronic” means that it is long lasting, and “obstructive” means the airflow in and out of the lungs is decreased. The three subtypes of COPD are chronic bronchitis, emphysema and chronic obstructive asthma. These conditions usually are progressive. COPD is the third leading cause of death in the U.S.

Chronic bronchitis is a chronic productive cough (specifically, lasting three months or more in two successive years). Smoking is far and away the leading cause of chronic bronchitis in the developed world, but home cooking fires are the cause in developing nations.

“Emphysema” means the destruction of the walls of the airways, causing abnormal, permanently enlarged air spaces. Smoking is again the leading cause of emphysema, but a genetic condition, alpha 1 antitrypsin deficiency, can bring about both emphysema and liver disease. People with this uncommon disorder sometimes mistakenly are assumed to be smokers.

Asthma is a common condition that is highly variable from person to person. Most people have reversible obstruction to the airway with exacerbations of asthma, but some people have a degree of obstruction all the time, and they are considered to have COPD.

COPD typically causes cough and shortness of breath, especially with activity. COPD

often has exacerbations, which may be associated with infections, that cause worsening of symptoms, frequently requiring treatment, including hospitalization. Treatment for COPD is to remove any known cause (usually smoking, even secondhandsmoke).Medicines to reduce inflammation (especially inhaled steroids) often are used, as are medicines to relax the muscles inside airways to relieve obstruction. In severe cases, oxygen is necessary. Lung surgery or transplantation is rarely used.

The booklet on COPD explains both emphysema and chronic bronchitis in detail. Readers can obtain a copy by writing: Dr. Roach – No. 601W, 628 Virginia Drive, Orlando, FL 32803. 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 4-6 weeks for delivery.

DEAR DR. ROACH: I have Parkinson’s disease. Although my medication is still working, it’s not as effective as it was. I have heard that this is the time to consider stem-cell treatment. Can you tell me if this is a good idea? – S.A.

Parkinson’s disease is caused by the loss of neurons (nerve calls) in a portion of the brain called the substantia nigra. Stem cells are early, unspecialized cells, capable of differentiating into any kind of cell. The theory with stem-cell treatment is that the stem cells will go into the affected part of the brain and take on the role of the damaged

See HEALTH, Page 8

Super Crossword

- “AM I BLUE?”

ACROSS

1 Freeway exit structure

8 Seasoned veteran

14 Spirits

20 More vicious

21 Meryl of film

22 Lapse, as a subscription

23 Thesaurus on one’s desk, say

25 Underwrite

26 “Lean _” (1989 hit)

27 Jeff Lynne’s band, briefly

28 Skirt relative

30 Filmmaker Burton

31 “Birds _ feather...”

33 Acquire a winter coat?

37 Pizza Hut alternative

39 Item on many a dressing table

43 Daze

44 Tito of mambo

45 Hotel Bible name

48 Jamaican sectarian

52 Actress lone

53 They spin in PCs

56 Rapacious mitts

59 For little cost

63 Have the gumption

64 Greek consonants

65 Irritate

69 American hwy.

number lead-in

71 Pacify

73 Worked over

74 Eight of their names are featured in this puzzle

76 Pub pastime

77 Wage makers

79 Abstract sculpture with no moving parts

80 “Amo, amas, I love _”

81 Ovid’s 107

82 Ovid’s “Lo!”

84 Madames of Madrid

86 Pretty large portion

89 Letters on a PC key

90 Be beside

94 Lauder of perfumery

95 Volcano WSW of Tokyo

99 Put in a box

101 Not punctual

104 Pasta-can man

107 Revolver in a pantry

112 Made into an alloy

113 Yokohama drama

114 “Cantorial” writer

Levin

115 Counterpart to digital

117 Rx writers

119 Rocket org.

122 Kind of tuna

124 Eric Carle kids’

book, with “The”

129 One skilled with a sickle

130 Actress Bynes

131 5,280 feet

132 “I do” locales

133 Hold high

134 Old West sheriff’s badge

DOWN

1 Eight, to Juan

2 Comical Drescher

3 Extra cash to play with

4 Give a new meaning to

5 Khan who married Rita Hayworth

6 Nothing more than

7 Tourney starter

8 Sugar suffix

9 Bit of mail: Abbr.

10 “Dr.” who raps

11 Composes

12 Summary

13 “Orfeo,” e.g.

14 Give a smile

15 Cause for a mistrial

16 Clip-_ (some ties)

17 WSW part

18 City of Italy

19 Blossom supporters

24 Converging points

29 Covert _

32 J.D. holder

34 Work unit

35 Spoon-bending

Geller

36 Like two peas in a _

38 How some court cases are won

39 #2 execs

40 Razor-billed bird

41 “So gross!”

42 Rule: Abbr.

46 Have meals delivered

47 Teacher’s gp.

49 Large desert

50 Coils

51 Weigh

54 “Sprechen Sie _?”

55 Merit badge holder

57 They clear the boards

58 Opp. of withdrawal

59 Surrender

60 Gift

61 All at sea

62 Native Arizonans

65 Nativity scene

66 Throws with force

67 Not moored

68 So as to be countable

70 Pipette, e.g.

72 Hi-tech appt. books

75 Arctic mass

78 _ room (play area)

83 Summa _ laude

85 _deucy

87 Always-agreeing

sort

88 “Original or crispy” chain

90 “MoMA” and “OPEC,” e.g.

91 Vice

92 Profit from

93 Driving peg

96 300-3,000 MHz range

97 _ d’esprit (witty bit)

98 Stipulations

100 Bread eaten with vindaloo

102 Some piano fixers

103 That, in Peru

105 “_ guest!”

106 Nonstandard stock buy

107 Fall zodiac sign

108 Sprite in “The Tempest”

109 Big name in restaurant guides

110 Pond slime

111 Averages

116 Faun, in part

118 _-Flush (bathroom brand)

120 1973 Toni Morrison novel

121 Ripening agent

123 Ecol. monitor

125 “A,” in Arles

126 B-F link

127 Easter fare

128 Vixen’s lair
- 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 | | 102 | 103 | | 104 | | | | 105 | 106 | | | | | | |
| 107 | 108 | 109 | | | | | | 110 | 111 | | 112 | | | | | 113 | | | | | |
| 114 | | | | | 115 | | | | | 116 | | | | 117 | | 118 | | 119 | | 120 | 121 |
| 122 | | | | 123 | | | | | | | 125 | 126 | 127 | | | 128 | | | | | |
| 129 | | | | | | | | 130 | | | | | | | 131 | | | | | | |
| 132 | | | | | | | | 133 | | | | | | | 134 | | | | | | |

Moore Texas by Roger Moore June 26, 1832: The Battle of Velasco begins . It was the first real battle between Mexico and the Texians. The Mexican army surrenders due to a LACK OF AMMUNITION.



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!

	÷		+		13
+		+		÷	
	-		×		8
÷		×		+	
	×		+		15
6		21		10	

1 2 3 5 6 7 8 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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've only been working for a few years, and I'm wondering how I earn Social Security benefits. What are credits and how many do I need to qualify for benefits?

A: We use your total yearly earnings to calculate your Social Security credits. "Credits" are the units we use to measure whether you qualify for Social Security benefits. The amount needed for a credit in 2015 is \$1,220. You can earn a maximum of four credits for any year. The amount needed to earn one credit increases automatically each year when average wages increase. You must earn a certain number of credits to qualify for Social Security benefits. The number of credits you need depends on your age when you apply and the type of benefit for which you are applying. No one needs more than 40 credits for any Social Security benefit. You can learn more about earning credits by reading *How You Earn Credits* at www.socialsecurity.gov/pubs.

Q: I was hurt on the job and can't work. How do I start my application for Social Security disability benefits?

A: If you have a disability that qualifies, you can apply online at www.socialsecurity.gov/applyfordisability. There are several advantages to applying online for disability benefits. You can start your disability claim immediately. There is no need to wait for an appointment. You can apply from the convenience of your home or on any computer. And, you avoid trips to a Social Security office, saving you time and money. You can use the online application to apply for benefits if you are age 18 or older, have a medical condition that has prevented you from working or is expected to prevent you from working for at least 12 months or result in death, and reside in the United States or one of its territories or commonwealths.

For more information on any of the questions listed above, visit 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: J equals O

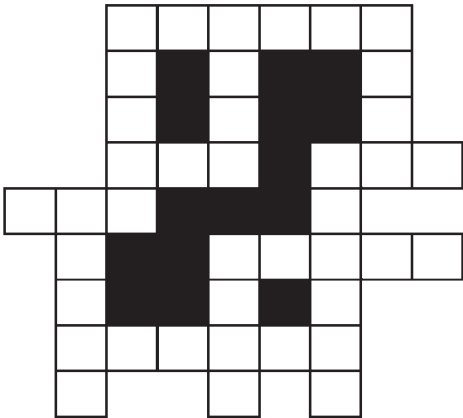
HSAVD Z AJJL AKV BDZXN
IZTIVD BJJLZV JFA JS AKV
SDZEIV, PJFYE CJF XHC ZA PHX
H BJYE XTHN?

Answer Page 4

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EEN
LEOVUM
♥VELOS
♥LAIT
♥SUEMIC
♥GLE
CLIE
♥ORGNW
IAV
LANTWU
♥VETIC
♥GWIS



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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

Classified Ads

FOR SALE

Sturdy old-fashioned ten piece dinette set. \$1,000 or best offer. See to appreciate. (915) 860-0164.

Sports

From Page 6

award. Urban Shocker was the last of the spitballers and a key part of the '27 Yankees. Lil Stoner was an avid iris grower! Zip Zabel was Zip Zabel, and that's really all you need to know about that.

• Depth chart: C – Buster Posey, 1b – Roxy Snipes, 2b – Jigger Statz, 3b – Pie Traynor, SS – Creepy Crespi, , OF – Chicken Hawks, OF – Ping Bodie, OF – Coco Crisp, OF – Minnie Minoso, OF – Homer Summa, IF – Shooty Babbit, IF – Stubby Clapp, and PR – Billy Batsch.

A lot of these guys could really hit. Ping Bodie was Babe Ruth's roommate and was a smack talker extraordinaire. Coco Crisp is a contemporary, and we know that kid can run and hit and kick. Minnie Minoso should be in the Hall of Fame. And Billy Batsch?

Well, we had a real problem with Billy Batsch. Bill was a made guy, a good fella... but that's a whole other story.

Mark Vasto is a veteran sports writer who lives in New Jersey. (c) 2015 King Features Synd., Inc.

Health

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or destroyed cells. Some early work has been promising.

In my view, the technology is not yet ready for widespread clinical use. I don't recommend it. There are many new medications for Parkinson's disease, and I have recommended non-pharmacologic therapy, including exercise, several times. I strongly recommend evaluation by an expert, preferably a neurologist experienced in Parkinson's disease.

A reader recently wrote to tell me that treatment of his vitamin D deficiency greatly relieved his Parkinson's symptoms.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive Orlando, FL 32803. (c) 2015 North America Synd., Inc. All Rights Reserved.