

## NEWSBRIEFS

### Fernandez account

On Thursday, November 5, 2015, Diego Fernandez, an 8th grade student at Canutillo Middle School, was tragically killed in a multi-vehicle accident at I-10 and Redd Road in West El Paso. A beloved son, brother, friend and student, Diego will be missed by all. In honor of Diego and his accomplishments as an AP student and key member of the CMS Soccer Team, the CMS community held a memorial service to celebrate his life. To assist the Fernandez Family with the unexpected and significant medical and funeral expenses, Diego's aunt, Patty Phelps, has set up a GoFundMe account to collect financial donations. The account is available online at [www.gofundme.com/diegofernandez](http://www.gofundme.com/diegofernandez).

— Shane B. Griffith

### Clint ISD meetings

Students, parents and community members are invited to Clint ISD Community Open House meetings to learn about district resources. The meeting dates are:

- Monday, Nov. 16 at Horizon High School, 14651 Horizon Blvd. (79928);
- Tuesday, Nov. 17 at East Montana Middle School, 3490 Ascension (79938); and
- Wednesday, Nov. 18 at Clint High School, 13890 Alameda (79836).

The event is free and open to the community. There will be door prizes and parents can enjoy a variety of student performances.

— Ytzel Arruñada

### SISD app

The Socorro Independent School District has a new, free mobile app to keep everyone in Team SISD updated on the latest news, announcements and school events with ease and convenience. The app is available for Apple and Android products. Find it in the App Store or the Google Play Store. Search for "Socorro ISD." Using the app is a great way to instantly connect with SISD and the school your child attends. Find top stories, district and school notifications, school events, lunch menus, calendar items, a directory, and much more. You can also customize the app to follow your child's school and keep updated on the latest at that campus. Plus, you can connect

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Love flows out for others.

— Quips & Quotes



— Photos by Alfredo Vasquez

**GIDDY UP** – About 50 vaqueros and their dapper horses participate in the parade to show their appreciation to all veterans.

## Historic town pays tribute to veterans

By Alfredo Vasquez  
Special to the Courier

SAN ELIZARIO – American pride and patriotism permeated the historic City of San Elizario, TX when the high school marching bands, pretty cheerleaders, stoic soldiers, popular dignitaries, steady horsemen, classic cars, and a contingent of veterans paraded down main street to the town plaza in front of the archaic mission chapel for a special ceremony in observance of Veterans Day.

The San Eli event, held last Saturday (Nov. 7), was in advance of the official day of observance which is November 11 and was the nineteenth consecutive year that the lower valley community has hosted the celebration. This year's activities were coordinated by members of the San Elizario Veterans Committee and San Elizario Genealogy & Historical Society.

"Given the fact that San Elizario is one of the oldest settlements in America and was founded as a military post, it is most appropriate that we host this significant observance," said Maya Sanchez, Mayor of the City of San Elizario. "It is always an honor to pay tribute to our veterans. I really look forward to this event every year," she stated.

Veterans Day is an official annual federal holiday that honors individuals (veterans) who served in the U.S. Armed Forces. It coincides with other holidays including Armistice Day and Remembrance Day, which are celebrated in other parts of the world to mark the anniversary of the end of World War I. The U.S. originally observed Armistice Day; it then evolved into the current Veterans Day holiday in 1954.

Saturday's affair on a sunny, warm morning began with the parade, that was

viewed by hundreds of people, then was followed by a nearly two-hour ceremony under the plaza's gazebo. Ray Borrego, chairperson of the San Elizario Veterans Committee, served as master of ceremony. Chaplain LTC Sun Macupa gave the invocation.

A candle-lighting presentation was performed by Luz Estrada, U.S. Navy Vietnam era veteran, assisted by Isabel Soto-Alvidrez, Mike Norman Borrego,

Abraham Jose Grijalva, and Jose Antonio Maese. Patriotic musical selections were performed by the San Elizario Eagle High School Band under the direction of Cristina Barajas.

Guest speakers included Eric Montes, U.S. Navy veteran; Will Hurd, U.S. congressman; Mary Gonzalez, state representative; Vince Perez, El Paso

See VETERANS, Page 4



**WAVING THE FLAG** – The parade featured a float full of veterans.



**MARCHING IN UNISON** – High school ROTC cadets exude pride while they participate in the Veterans Day parade.



Finances

By Nathaniel Sillin

# Your year-end financial checklist

It will begin soon enough – all those “beat the rush!” ads for holiday shopping, activities and events. Right now, you have a great opportunity to beat the rush to organize your year-end finances and make some smart moves for the New Year.

Consider the following tasks for your year-end financial to-do list.

**Total up your year-to-date spending.** Whether you organize by computer or on paper, make

sure your tracking system for spending, saving and investment is up to date. This way, you can make sure you are on budget for the year and ready with data for tax time. Once you are finished, determine your net worth – what you own less what you owe – and get an early idea of what you need to change next year.

**Check in with your planner or tax professional.** Late December is a busy time for financial professionals. Take a minute to see if they can review your numbers and make suggestions on year-end financial activities and new moves you should make in 2016.

Make sure you’ve reviewed all your credit reports for the year. You are entitled to one free copy (<https://www.annualcreditreport.com>) of each of your three major credit reports from TransUnion, Equifax and Experian. It’s generally wise to schedule delivery of each at different points in the year to catch errors or irregularities.

**Check and rebalance your portfolio.** With the dramatic market swings this past year, be sure to check if your retirement and other investments are still on track with your investment goals. Get qualified help if necessary to see if the assets you own still fit your needs. And if you need to do any tax selling by the end of the year, now is the time to start thinking about it.

**Check your insurance**

**coverage.** If you buy your own home, auto, life or other insurance policies, contact two or three agents representing highly rated (<http://www.ambest.com>) insurers to review the adequacy and pricing of your coverage. If you have made any structural changes or improvements to your home, make sure those actions are reflected in your homeowners insurance. Such work may boost your home’s replacement value. Also, if you’ve had a major life or financial event like a new baby or the purchase of a new home it’s time to make sure all your coverage is sufficient.

**Update your W-2, benefits and estate plan if necessary.** While you’re updating your insurance and investment needs for big life events related to family, property or marital status, see if your tax withholding and employee health coverage and investments need review. Get qualified help to make this assessment if you are not sure.

**Empty out your flexible spending accounts.** If you have a Flexible Spending Account for health care or other qualifying expenses, it’s time to submit outstanding claims from the doctor, dentist or optometrist. Remember you can only transfer \$500 in your remaining balance over to the next year. Make any appointments or medical purchases you need to now and get the paperwork in fast.

**Do a last-minute tax review.** If you work alone or with a tax

professional, review your annual income, investment and spending data to see if there’s anything you can do in the final weeks of the year to save on taxes. If tax-deductible donations to qualified charities and nonprofits are recommended, consult sites such as GuideStar (<http://www.guidestar.org>), CharityWatch (<https://www.charitywatch.org/home>) and Charity Navigator (<http://www.charitynavigator.org>) to evaluate your choices so you know your contribution is being well spent.

**Save time and cut back on waste with online bill pay and deposits.** Automatic online bill pay means you won’t have to waste time writing checks or risk late payment fees. Scheduling bill payment through your checking and savings accounts can save time and money, while setting up regular electronic deposits to savings and investment accounts can also help you save money before you are tempted to spend it.

**Bottom line:** Doing a last-minute review of your finances can potentially save money and help you save, spend and invest smarter in the coming year.

*This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.*

Veterans Post

By Freddy Groves

## Unsettling testimony

Witnesses recently testified before the Senate Committee on Veterans’ Affairs about the problems veterans experience trying to access mental-health services through the Department of Veterans Affairs.

Witness A was a Naval Academy graduate with a certificate from Stanford Graduate School of Business, a Marine Corps intelligence and special-ops officer, with two combat deployments in Afghanistan. He receives health care through the VA.

Witness A said it took over a year to get access to the VA’s health care. Once in, he asked for a mental-health consult for mild symptoms. It took more than a month to get an appointment. The physician dispensed pills, and within two weeks those initial mild symptoms became much worse. He stopped taking the pills and felt better, but it was over a month before he could get another exam. The doctor offered to prescribe another kind of pill. Witness A asked to

try cognitive therapy, but the VA doesn’t provide that kind of care... only pills.

In his next attempt to get care, he kept leaving messages in an attempt to get an appointment, but no one ever responded to his calls. Now the VA is threatening to cut his benefits for missing appointments... appointments that had never been made because he couldn’t get a human on the line.

If you want to read the rest of the testimonies, go online to [www.veterans.senate.gov](http://www.veterans.senate.gov). Click “Hearings” and scroll to the one dated Oct. 28 – VA Mental Health: Ensuring Access to Care.

On the same day as the hearing, the Government Accountability Office released a report claiming that the VA’s calculations of mental-health wait times are not the times that veterans actually wait. To read the full report, go online to [www.gao.gov/products/GAO-16-170T](http://www.gao.gov/products/GAO-16-170T).

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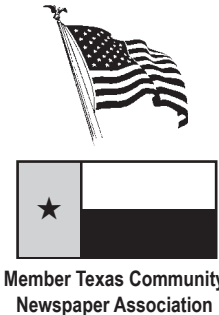
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## the write stuff

Dear Editor:

As a daily commuter, student and mother, I would like express my opinion on responsible driving in El Paso County.

In 2013, I was rear ended by a driver who claimed “was not paying attention” due to attending to a text message. I see drivers calling, texting, taking pictures on their cellphones while driving, constantly. We need to pay attention to the road

and leave our cellphones aside.

Just last week, a middle school student lost his life as a result of a car accident and I’m sure it must be a devastating experience for his parents. Young lives, such as 18-year-old early college student who also died in a car crash a couple of weeks ago, have left mourning families and promising futures.

According to the Texas Transportation Code, a cellphone

may not be used while driving, unless the car is not in motion. Nowadays, vehicles have the capability to connect wirelessly to the car’s speaker system. I hope readers of the West Texas County Courier newspaper realize the importance of our lives and drive responsibly. Please drive now and talk or text later.

Ada Salazar  
Student, BSW  
New Mexico State University

If you’re not covered, you’ll be discovered.

An estimated 1 in every 5 vehicles on our Texas roads has no automobile insurance, but that’s about to change. • TexasSure Vehicle Insurance Verification matches vehicle registration information to insurance policy data to immediately tell law enforcement officers and tax assessor-collectors who’s driving without insurance. • So, if you’re not covered, better get insured! • To learn more, visit: [www.TexasSure.com](http://www.TexasSure.com)

TexasSure catches drivers without insurance.





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## Briefs

From Page 1

to student academic information to keep track of your child’s progress in school with grades, class schedules, assignments, absences, and access to email teachers. Team SISD’s mobile app is an excellent resource for all SISD parents and anybody who wants to stay connected with the school district. It’s Team SISD’s newest tool to strengthen home, school and community partnerships, and another way to provide support and resources for 100 percent student success. Take advantage of the mobile app for streamlined communication with Team SISD. It’s perfect for parents who want to stay involved; a great way to keep up with daily activities such as homework, meetings and school events; and a great tool to have in case of emergencies or breaking news. Trainings open to all parents, employees and community members are being offered to learn how to use the app. Visit <http://www.sisd.net/Page/44815>.

– Christina Flores-Jones

## Crime doesn’t pay

A smash-and-grab thief in Florida broke into a liquor store, made off with a machine that dispenses lottery tickets and found a winning ticket, reports the Association of Mature American Citizens. He apparently felt lucky enough that he boldly returned to the scene of the crime later the same

day and tried to claim his payout. But, as we all know, crime doesn’t pay. He was arrested on the spot

– John Grimaldi

## Wanted

A business in Clint, Texas is burglarized by two individuals and investigators from the El Paso County Sheriff’s Office are asking for the public’s assistance in identifying those involved through the Crime Stopper’s. Early morning on Saturday, Aug. 8, 2015 two men managed to force their way into a Seven Eleven store located at 12901 Alameda. At 3 a.m. the suspects were inside the store and attempted to pry open an ATM inside of the store, but were unsuccessful. The men did locate money used for the cash registers and fled the scene with a small, undisclosed amount of cash. Both suspects in this case were wearing black hooded jackets and black pants. They were also covering their mouths and noses with a scarf. One of the suspects had a black backpack with him. Anyone with any information on the identity of those involved in this burglary, is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org) or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

WHAT TOOK YOU A LIFETIME  
TO LEARN CAN BE LOST IN MINUTES.

WITH A STROKE, TIME LOST IS BRAIN LOST.

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

Learn more at [StrokeAssociation.org](http://StrokeAssociation.org) or 1-888-4-STROKE.



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# Canutillo students win top award at FFA convention

By Shane B. Griffith  
Special to the Courier

CANUTILLO – Two Canutillo High School students earned first place awards last week during the 88th 2015 National FFA Agriscience Fair in Louisville. Sophomores Max Coppenbarger and Patrick Guerrero are now National Winners in the Power, Structural and Technical Systems Division III.

“We are very excited to represent Canutillo in the national FFA competition and to earn a national award in what we hope will be our future career field,” said Mr. Guerrero by phone. “We worked hard to get here, but it’s all worth it thanks to the support of our family, the high school administration, and especially our Agri-Science teacher, Mr. Ron Gil.”

The two students advanced to the national FFA competition after earning first place awards earlier this summer during the 87th Texas FFA State Convention in Corpus Christi. Their award-winning entry consisted of a 10-page research paper with categorical evidence entitled, “Get the Most Bang for Your Buck.” The research tested four brands of impact wrenches in terms of their ease to disassemble, maintain, reassemble and perform after being dropped from a gooseneck trailer at a height of 3-feet, 5-inches. Their objective research discovered that the ACDelco impact wrench gives consumers the most value, as it performed better than the other brands even though it was not the most expensive product.

“These young men truly represent what it means to be an Eagle,” said Teresa Clapsaddle, Principal of Canutillo High School. “Experiences like



– Photo courtesy Canutillo ISD

**BRINGING HOME HARDWARE** – Canutillo High School students Patrick Guerrero (center) and Max Coppenbarger (right), proudly stand with their first place awards together with Ag-Science teacher Ron Gil (left) at the 2015 National FFA Convention & Expo on October 30, 2015, in Louisville.

the FFA competition enable our students to put their knowledge to the test, gain valuable future career insight and have a chance to travel the world.”

## Veterans

From Page 1

County commissioner; Maya Sanchez, San Elizario mayor; Nelida Lozoya, Stars 4 Our Troops representative; and Melanie Martinez, the parade’s grand marshal.

Martinez, a longtime resident of San Elizario, served ten years in the U. S. Army. She attained a rank of first lieutenant while in

military service. She returned to her hometown to teach at a local elementary school for 13 years. Now she is an instructional coach for the Socorro Independent School District.

“I am extremely honored. I feel so privileged to participate in this event year after year, especially this year,” Martinez said. “I am very proud to get to deliver a Veterans Day message on behalf of so many veterans from San Elizario and El Paso,” she said.

The grand marshal added that her son, 26, is a disabled veteran, her father is an army veteran, and her grandfather was a World War II veteran.

Participating in this year’s parade were: school districts from San Elizario, Clint, Socorro, and Fabens; San Elizario High School NJROTC; San Elizario Eagle High School Band; Constables Javier Garcia and Manuel Lopez; San Elizario Fire Department; City of San

Elizario; El Paso County; LTC Miguel Torres, Texas Army National Guard; Darrell Mond, EPVRA; Gilbert Guillen, G&G Productions; Veterans Service Organizations; classic car and motorcycle clubs; Warrior Transition Battalion, Fort Bliss; local law enforcement agencies; U.S. Border Patrol and Immigration and Customs Enforcement agencies; Woodmen Life, Lodge 3887; and Black Tie Sanitation.

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CryptoQuip  
Answer

An overhanging roof edge fell down and caused much damage. It was the eave of destruction.

## STRANGE BUT TRUE

By Samantha Weaver

- It was 20th-century American journalist Walter Lippmann who made the following sage observation: “Our conscience is not the vessel of eternal verities. It grows with our social life, and a new social condition means a radical change in conscience.”
- According to a recent analysis of data from the online music streaming service Spotify and artist popularity data from a website called The Echo Nest, Americans tend to stop listening to new music at the age of 33.
- John Tyler, born March 29, 1790, was the 10th president of the United States. He was married twice and had a total of 15 children. These children, collectively, were witness to a surprisingly large swath of American history. The oldest, Mary Tyler Jones, was born in 1815, the year that saw the end of the War of 1812; the youngest, Pearl Tyler Ellis, survived until 1947, two years after the end of World War II. President Tyler even has two grandsons who are still alive today.
- You might be surprised to learn that it costs the U.S. government nearly 2 cents to mint a single penny.

Unless you’ve been to Crater Lake National Park in Oregon, it’s difficult to believe just how blue the water of that lake appears. In fact, there was a time when the rich blues made the professionals at Kodak believe the photos to be overdeveloped, and the pictures would be returned at no charge.

Those who study such things say that if you were (for reasons unspecified) to eat the liver of a polar bear, you’d die. The amount of vitamin A stored in that organ constitutes a fatal dose for humans.

Thought for the Day: “You never know what you’ll want to write until it starts writing itself in your head.”  
– Jill Ker Conway

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– Photo courtesy Fabens ISD

# Getting ready to compete

FABENS – On Saturday October 24, Fabens High School HOSA (Health Occupation Students of America) hosted the first ever Area 4 West members’ conference. HOSA is a national organization recognized by the U.S. Department of Education and the Health Science Education. The conference allowed HOSA members and advisors from this area to get together and rally in preparation for HOSA Area, State and National Competitions.

“This conference benefits the HOSA members tremendously by motivating them into becoming better HOSA members, better students and better individuals,” said Dr. Olivia Jimenez, HOSA advisor. “It allows them to acquire leadership skills and learn more about the health professions.” Members felt the conference was a huge success and look forward to hosting another again. “It was really cool. I was glad to be able to attend, because I got to learn so much,” junior Efren Corona said. “The speakers explained everything really well, I hope that we can host another conference in the near future.”

– Cesar Mendoza



Rodrigo Estrada – Photo courtesy Fabens ISD

# Estrada is AP Scholar

By Denise Peña  
Special to the Courier

FABENS – Rodrigo Estrada, a junior at Fabens High School, has been designated an AP Scholar with Distinction by the College Board for his academic performance on six AP exams. This honor is granted to students who receive an average score of at least 3.5 on all AP exams take

and scores of 3 or higher on five or more of these exams. Estrada achieved a perfect score for U.S History and Human Geography and commended scores in Psychology, Biology, Spanish and Chemistry.

According to College Board, in 2015, over 4.5 million exams were taken by more than 2.5 million students at over 19,000 high schools. The AP Program offers 37 courses in a wide variety

of subject areas. More than 3,600 colleges and universities annually receive AP Exam scores. Most four-year colleges in the United States provide credit and/or advanced placement for qualifying scores. Estrada’s scores have earned him college credit in each of the subjects he’s tested on. “It is truly a fulfilling and astounding experience to know that I am a part of only 3% of high school students who receive this accolade.” Estrada said. “My goal this year is to receive the AP National Scholar Award.”

## Notice of Public Meeting To Discuss Canutillo Independent School District’s State Financial Accountability Rating (FIRST)

The Canutillo Independent School District will hold a public meeting at 6:00 p.m., Monday, November 16, 2015 in the boardroom of the Canutillo ISD Administration Facility, 7965 Artcraft Road, El Paso, Texas.

The purpose of this meeting is to discuss Canutillo Independent School District’s rating on the state’s financial accountability system.

WTCC: 11/12/15

## Take the First Step to a Heart-Healthy Life.

### Start! Walking. Start! Something.

Heart disease is the number one killer of men and women in America. But did you know that just 30 minutes a day of physical activity can improve your health and decrease your risk of heart disease?

An easy way to work physical activity into your regular routine is to start walking. For every single hour of regular, vigorous exercise, you can add two hours to your life expectancy.

It’s easy to Start! whether you’re by yourself or with friends, family and co-workers. You’ll all feel a difference and live longer, heart-healthier lives.

Join the movement.

[heart.org/start](http://heart.org/start)

start!

American Heart Association  
Learn and Live

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# Age finally catches up with several legends

By Steve Escajeda  
Special to the Courier

I’m sure every fans sports fan has heard every reference about father time and his reign over every athlete whose ever tried on a pair of sneakers or a helmet or a pair of shorts or a sip of Gatorade.

“Father Time is undefeated,” the saying goes; and though it may take him a little longer to get to some guys than others – he eventually gets to all of them.

And it doesn’t matter how successful the athlete’s career has been. The only fair thing about Father Time is that he doesn’t discriminate – he treats all of his victims equally.

Sports fans are in the middle of witnessing three examples of Father Time’s work. And though it may appear cruel, all three of these guys must have known (at least in the back of their minds) that this day would eventually come.

Before he made his appearance, the game of golf had grown stale and interest was waning.

But the enthusiasm, charisma and

brilliance that Tiger Woods brought to game made golf relevant again. His play brought fans to the sport that had never considered golf in the past.

The vast majority of golf experts and enthusiasts consider Tiger to be the best golfer the game has ever seen. He may not ever catch Jack Nicklaus’ 18 majors, but everything else he’s accomplished seems to put him over the top.

So what Woods has gone through the last couple of years has been painful to watch to say the least. It used to be that when he missed the cut, it made news. Now there’s actual surprise when he makes the cut.

It isn’t the fact that Tiger isn’t winning tournaments anymore, it’s the fact that he isn’t even coming close.

Woods, who will turn 40 on Dec. 30, is looking more and more like a golfer who is past his prime. Whether it’s his disappointing play or the increased injuries that come with advanced age – Tiger looks like he’s in the clutches of you know who.

Peyton Manning may be the best pure passer the game of football has ever

known.

He came out of Tennessee as the best quarterback in college in 1998 and hasn’t disappointed since becoming a pro.

Manning has set, or is about to set, almost every passing record in the NFL.

And it seemed that he was getting better as he was getting older. But at the age of 39, Manning is finally looking like an old quarterback.

The Denver Broncos may be having a stellar season but – and I never thought I would say this – it’s because of their defense.

Peyton has always been among the leaders in touchdown passes without fail. But this season while Tom Brady and Carson Palmer led the league with 20, Manning only has seven – and 11 interceptions.

There’s no doubt that Manning has lost arm strength and can no longer fire the ball to a receiver before the defender can get there.

Just like with Tiger, it’s difficult to watch Peyton struggle off the field on fourth down after he’s been unable to pass the Broncos down the field like

he used to.

It’s rather evident his incredible career may be at an end after this season.

For 20 years, the Los Angeles Lakers have been able to count on Kobe Bryant to lead them to win after win on their way to another successful season.

But those days have been gone for a while.

Kobe, who is now 37, is definitely showing the signs of an athlete who stayed on too long.

Bryant, who is accustomed to averaging nearly 30 points a game, is averaging 16 this season and is only hitting 32 percent of his shots.

He is two steps slower than he used to be and has been relegated to shooting jump shots instead of driving to the basket like he used to do with ease.

It’s not easy watching a true warrior try to do what he used to, and fail miserably.

For Tiger, Peyton and Kobe, fame will follow them wherever they go for the rest of their lives.

But as good as they were... they... like all those before them, were no match for Father Time.

## A sporting view By Mark Vasto

### The Royal We

The question was met with a wince of pain that quickly metamorphosed into a look of utter disbelief and disdain.

“Now why on Earth would we ever want to do that?” was the reply.

It wasn’t the first time my ol’ pardner, the late, great

Bill Grigsby, the Kansas City announcer best known for being the longtime voice of the Chiefs and one of the first announcers of the Super Bowl, shot me down. At the time we collaborated on a community newspaper in Kansas City, and I had the swell idea to start a “Royals Review” column

to augment our sports section.

“Kid,” he said to me, “I paid my dues covering bad baseball when I called the Kansas City A’s for Charlie O’Finley, and I wouldn’t even take the time to [pee] on that [man’s] grave.”

“Why not, Bill?” I asked.

This time he shot me a look of annoyance.

“Because the line is always too damn long!”

Good ol’ Grigs... I set ‘em up and he’d knock ‘em down. Fine,

I said, I’d cover the lousy games myself.

But then the Royals hired Ned Yost. He had flamed out as a catcher in the big leagues, but I knew him as the bullpen coach for the dynastic Braves of the ’90s. He was mistreated badly in Milwaukee, and now he had a second chance.

Yost was almost universally panned from the start for the way he handled the pitching staff. He stayed the course. He made players change positions. Alex Gordon, who looked like a pretty good third baseman, would learn to play left field from scratch. Again, he was panned. And then, whether it was his idea or not,

the Royals shook George Brett awake from his front-office desk and made him the team’s interim batting coach.

Ask the Royals core players – Moustakas, Gordon, Hosmer, Cain – what it meant to have a living legend and a guy who knew nothing but how to compete to win all the time on the bench, on road trips, on flights, presumably in bars, with them during his short reign.

Then they called these anti-moneyball Royals and their coach stupid for their style of play. Duh? Didn’t they know they were not supposed to be

See SPORTS, Page 8



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Comix

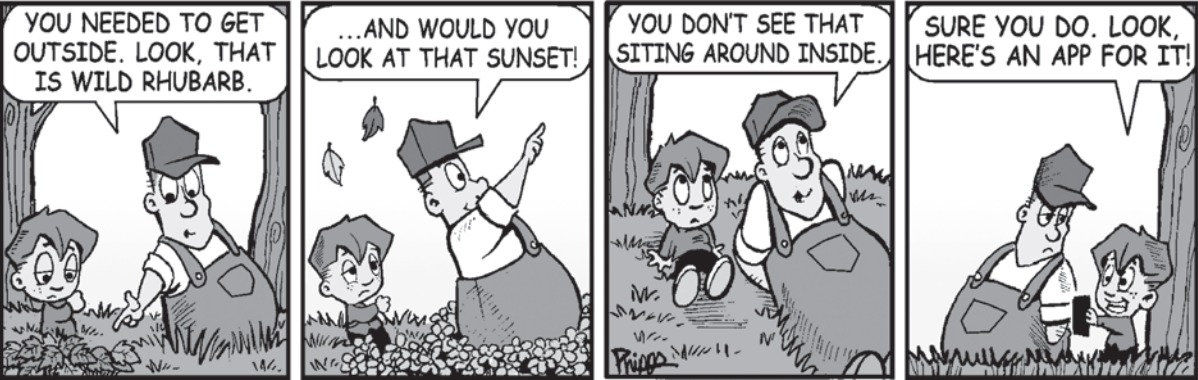
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: I have been having weird spells for about six months. They occur only occasionally and last a couple of days and nights. They awaken me out of sleep and are a little frightening. It starts with a burning sensation on the right side of my nose. I feel as if I have to remember something, and a wave of warmth floods over my upper torso, down to my arms. I feel my heart fluttering, and am a little sick to my stomach. I also have funny sensations in my right ear. It lasts a few seconds, and I just have to ride it out. When it's over, I feel weak for a while. I saw a neurologist, who mentioned that it might be anxiety, which made me mad – being awakened out of a sound sleep doesn't seem to me that I am anxious, as I have no trouble sleeping! He wanted to put me on a medication with a lot of side effects, such as dizziness and hallucinations. I do not want to be on medication, but I also don't want to have a grand mal seizure. He could not tell me if I could have one or not. I only want affirmation that I am not crazy! – L.G.

You aren't crazy. Your neurologist may be right – this can be related to anxiety – but I wouldn't jump to that diagnosis without considering a few things first. A warm sensation over different parts of your body should make your doctor think of conditions like carcinoid syndrome and pheochromocytoma. These are tumors that secrete hormone-like substances that can cause odd feelings, such as flushing

or warmth, in different parts of the body. They can be screened for with simple urine and blood tests. I agree with you that being awakened with this sensation makes anxiety or panic attack less likely. It does not sound like a seizure disorder to me. Sometimes, people notice sensations that defy medical explanation. In that case, we generally just try to make sure it isn't something that doesn't threaten life or health and help people minimize and live with the symptoms.

DEARDR.ROACH:Ihavetotake levothyroxine in order to obtain an acceptable TSH number. I have read that some doctors are stating that there is a relationship between hypothyroidism and gluten intolerance, possibly even celiac disease. Is this proven to the point that a patient should alter his or her diet and give up the basic foods of bread and cereal? – R.K.

People with celiac disease have a much higher risk of autoimmune thyroid disease (especially Hashimoto's, the most common cause of low thyroid) than expected, to the point where everyone with celiac disease should have a blood test to look at thyroid levels. Celiac disease, or intolerance of gluten in general, may have few or subtle symptoms, and it might be worthwhile to consider testing for celiac disease in people with autoimmune thyroid disease. However, I would not recommend a drastic change in diet for people with

See HEALTH, Page 8

Super Crossword

- BIRD WATCHING ACROSS

1 Singer Bocelli

7 Almond-flavored liqueurs

16 Backyard building

20 Talking amorously

21 Picked up while hitchhiking, say

22 Island off Scotland

23 1969 Liza Minnelli film

25 Scrawny

26 Locality

27 \_TASS (news agency)

28 Nation whose capital is Abuja

30 1975 Robert Redford film

37 Highway hauler

38 Málaga Mrs.

39 Boozehound

40 "C\_ \_la vie!"

43 Actress Sofer

45 Cake coating

47 Asia's largest desert

51 1997 Helena Bonham Carter film

57 Con's place

58 Like an angel's head

59 Grammy nominee Zadora

60 Iraq neighbor

61 Bugling animal

62 Foil's heavier cousin

63 Common jazz chords

66 Suffix with hotel or front

67 Gore and Franken

68 Cong. member

69 2001 Josh Hartnett film

73 Columnist Hentoff

74 "Sands of \_jima"

75 Tore on foot

76 Dined at a diner

77 Meat-stamping org.

78 Baden article

79 Bar assoc. members

82 Roman 700

83 Conan of TV

85 Hood's pistol

86 1976 Michael Caine film

90 Lead-in for "while"

92 Avant-garde composer Erik

93 Rock's Jethro \_

94 Hectic hosp. areas

95 Clumsy ox

98 Cuts again, as a plank

101 Alternative to Alpo

103 1970 Barbra Streisand film

110 Rules about legal wrongs

111 Bites from puppies

112 Tennis champion Arthur

114 1977 Scott Turow

book

115 1941 Humphrey Bogart film

122 Purplish brown

123 Schedule

124 City in west Texas

125 Former Brit. Airways jets

126 Saclike larval stage of some flatworms

127 Scatter and drive away

DOWN

1 Drama units

2 Rare kind of ball game

3 Performs, biblically

4 Choir platforms

5 Strep treater: Abbr.

6 Era

7 Heartburn

8 Neighbors of Thais

9 Disinclined (to)

10 \_ room (place for air hockey)

11 \_ de cologne

12 "Toddlers & Tiaras" airt

13 " \_ ToK" (2009 #1 hit for Ke\$ha)

14 \_ mind (in agreement)

15 Unemotional sorts

16 Feature of the word "sign"

17 Stash away

18 Film composer

19 Senegal's capital

24 In a cab, say

29 Slimy stuff

31 Hair-raising

32 Correct, as a manuscript

33 Taking care of the issue

34 Actress Nina

35 Makes an effort

36 Within reach

40 Rock singer

41 Melissa

42 Some form-shifting garments

44 Meat-stock jelly

46 "Le Père \_" (Balzac novel)

48 Area next to the sea

49 Love song singer

50 Places to dip quill pens

52 Calamity

53 Sty noise

54 Jazz pianist Earl \_ Hines

55 Outlook

56 Make money

63 City on the Loire

64 Bowler, e.g.

65 Krona earner

69 Impish tyke

70 Narrow strip of wood

71 Former Big Apple mayor Ed

72 Gold coin of yore

77 Tea holder

80 Ache (for)

81 Totally full

83 Earthen pots

84 Like mild weather

87 Basic point

88 Jacob's wife

89 Genève's country

91 Flute sounds

96 Belt piercer

97 Rascal \_ (country group)

99 Elapsed

100 Hucksters' pitches

102 Bald people have visible ones

103 Alternatives to sunroofs

104 Baseball's Wagner

105 Assemble

106 Smart as \_

107 Ruffled

108 Music industry gp.

109 "For \_ interested..."

113 Chemical compound

116 Punk music offshoot

117 Sea, to Yves

118 \_-Z

119 Fond du \_

120 Nourished

121 \_ Baba
- Answer Page 4
- |     |     |     |   |    |    |    |     |   |    |    |    |     |    |     |    |    |     |     |     |     |
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| 110 |     |     |   |    |    |    |     |   |    |    |    | 111 |    |     |    |    |     | 112 |     | 113 |
| 114 |     |     |   |    |    |    |     |   |    |    |    |     |    |     |    |    | 120 | 121 |     |     |
| 122 |     |     |   |    |    |    |     |   |    |    |    |     |    |     |    |    | 124 |     |     |     |
| 125 |     |     |   |    |    |    |     |   |    |    |    |     |    |     |    |    | 127 |     |     |     |



# MOORE TEXAS

by Roger Todd Moore

Coach Bib Falk, of the Texas Longhorn baseball team, was given over 400 cigars when he retired in 1967... a cigar for every victory!



## 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
+		-		+	
	÷		×		10
÷		÷		÷	
	×		+		8
3		1		6	

1 2 2 3 4 5 6 7 8

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Answer Page 4

# Weekly SUDOKU

by Linda Thistle

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

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: My neighbor said he applied for Social Security retirement benefits online. Can you really apply for retirement without traveling to an office?*

A: Yes, you can! And, what's more exciting, it's the easiest, fastest, and most convenient way to apply for retirement benefits. Our secure website makes it simple, allowing you to apply for retirement benefits in as little as 15 minutes. You can get started now at [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

*Q: Do I have to give my Social Security number whenever I'm asked?*

A: Giving your Social Security number is voluntary. If requested, you should ask why the person asking needs your Social Security number, how it will be used, what law requires

you to give your number, and what the consequences are if you refuse. The answers to these questions can help you decide whether to give your Social Security number. However, the decision is yours. Keep in mind that requestors might not provide you their services if you refuse to provide your Social Security number. For more information, visit [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs) to read or print our publication, *Your Social Security Number And Card*.

*Supplemental Security Income (SSI)? I'm thinking about applying based on my disability.*

A: To be eligible to receive SSI benefits, you must be disabled, blind, or age 65 or older and have limited income and resources. Income is money you receive such as wages, Social Security benefits, and pensions. Income

also includes the value of such things as food and shelter you receive from others. Resources are things you own such as real estate, bank accounts, cash, stocks, and bonds. You may be able to get SSI if your resources are worth no more than \$2,000. A couple may be able to get SSI if they have resources worth no more than \$3,000. Learn more by reading our publication, *Supplemental Security Income (SSI)*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

*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

aggressive at the plate anymore? That they shouldn't be swinging

all the time? That fans wanted on-base percentages and walks? That stealing bases often hurt teams more than they helped? Swinging at the first pitch? No bonafide home-run hitters?

## 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: M equals O

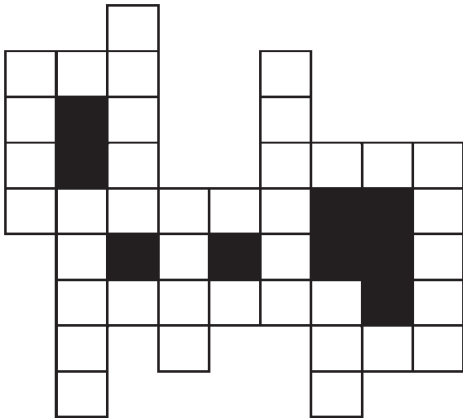
TI MHWJNTIZSIZ JMMQ WEZW  
QWAA EMVI TIE YTPDWE GPYN  
ETGTZW. SO VTD ONW WTHW MQ  
EWDOJPTYOSMI.

Answer Page 4

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LEL  
DUTPIN  
♥TAXLE  
LEPT  
♥RIDPOT  
TLE  
♥ILNA  
LEND  
LXU  
♥AIDELT  
♥RHOTE  
TILN



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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Sacrilege!

Challenging hitters with relievers who were always rested and available because Yost was too stubborn to deviate from his plan to use one pitcher for his one designated inning and telling him to throw 1,000-mph fastballs straight down the pipe to challenge the other team's hitters to put the ball in play due to his superior defensive team? Hummm... on second thought, that sort of made sense, didn't it?

Well Grigs, ol' pardner, we may never got to see these games together but in the long run, it turned out more than just a little bit OK for those that stuck by this franchise, that is, the Royal We. Congratulations, Kansas City. You're a helluva town.

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

## Health

From Page 7

thyroid disease if there are no 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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive Orlando, FL 32803. (c) 2015 North America Synd., Inc. All Rights Reserved.*

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