



## NEWSBRIEFS

### Academic report

The 2014–15 Texas Academic Performance Reports (TAPR) are now available on the Texas Education Agency website. A tremendous resource for parents, the TAPR provides a wide range of performance information for every public school and district in the state. The campus-level, district-level, regional, and statewide reports combine details of academic performance with financial reports and information about staff, programs, and demographics. TAPR is the successor to the Academic Excellence Indicator System (AEIS) report. To review the 2014–15 Texas Academic Performance Report, visit the Texas Education Agency website at <http://ritter.tea.state.tx.us/perfreport/tapr/2015/index.html>.

– Alfredo Vasquez

### Whistleblower fired

The Whistleblower Protection Program is charged by the Department of Labor with ensuring that workers who report incompetent practices within government agencies can do so without fear of retaliation, according to the Association of Mature American Citizens. But one whistleblower, who happens to work for the WPP, found out that it is not as cut and dried as that. He was fired for blowing the whistle on his agency for alleged shoddy, inept and potentially illegal handling of worker complaints. Darrell Whitman was an investigator for the protection program until he was fired after he made complaints against superiors in the agency. “I was going to report what I thought to be violations of law and policy. They were going to have to answer to those reports and they didn’t like that,” he told NBC news.

– John Grimaldi

### It seemed like a good idea at the time

A Missouri farmer went out into a field to torch a load of garbage. The fire got out of control, reports the Association of Mature American Citizens. And so, the quick thinking farmer got into his van and tried to put the fire out by running over it with his truck. It seemed like a good idea at the time, but for one thing: the vehicle’s tires caught fire sending flames up to a gas tank and a load of ammunition. The sound of bullets going off alerted a passing deputy sheriff who came to the rescue. Firefighters were called in and managed to put out the fire.

– John Grimaldi

*Simply be thankful.*

– Quips & Quotes

## Board of Education explores use of e-books in classrooms

By Alfredo Vasquez  
Special to the Courier

TEXAS – Most of today’s school districts throughout the state of Texas are providing more of a hybrid approach to the use of technology on their campuses. The majority of teachers use both digital materials along with printed textbooks in their classrooms.

But the day will soon come when printed textbooks will be a thing of the past, as they are gradually being replaced by e-books promoted by the major book publishers.

Electronic books, or e-books, are a book-length publication in digital form, consisting of text and images that are readable on computers or other electronic devices. Almost any sophisticated electronic device that features a controllable viewing screen, including computers, tablets and smartphones can be used to read e-books.

“Right now, teachers are using digital materials as instructional resources more than before to teach their content lessons, but it does not mean that each student is using a digital device in the classroom,” explained Annette Brigham, associate superintendent for Canutillo Independent School District.

Because of the funding limitations, providing each student in the district with a digital device is just not economically feasible, according to Brigham. However, “one thing for sure,” she said, “is that every school district should have the necessary infrastructure to support the new technology.”

The increase in e-book applications in schools spurred Texas superintendents,



– Photo courtesy SBOE

**Martha M. Dominguez represents the El Paso region (District 1) on the 15-member State Board of Education. SBOE regularly oversees an extensive instructional materials adoption process. The board creates an adoption cycle that calls for new materials in the foundation curriculum areas (English, math, science, social studies) every eight years. Adoption of new materials for subjects in the enrichment curriculum may extend beyond eight years.**

publishing company representatives, district textbook managers, open educational resources providers and technology experts to meet with members of the State Board of Education (SBOE) recently.

SBOE held a learning roundtable meeting in Austin to explore the increasing

use of digital textbooks and technology in the classroom and hear from state and national experts in the field, according to a recent Texas Education Agency (TEA) news release.

“We are in a transition time as more and more districts embrace the promise of digital education,” said Donna Baborich, chairperson of SBOE. “However, moving to digital content in the classroom brings a significant set of challenges, such as network connectivity and capacity in closing the digital divide; gaps in digital skills of staff, teachers and students; the complexity of the variety of devices and content; cost, support and obsolescence; and student security and privacy.”

The SBOE chairperson said that the meeting’s goal was to better understand where Texas schools’ instructional resources are today, and what Texas should be doing over the next five years to ensure all students and teachers have the best environment possible for learning.

Invited to present their ideas during the roundtable discussion were a variety of education and technology professionals including Brendan Desetti, director of education policy for the Software & Information Technology Association, who works with stakeholders to identify educational trends; Jay Diskey, executive director of the Association of American Publishers’ PreK-12 Learning Group, who directs the group’s advocacy, public policy development and operations; Lan Neugent, interim executive director of the State Educational Technology Directors Association, who has first-hand experience with online testing and statewide

See E-BOOKS, Page 5

## 2016 STEM+ Art competitions open for registration

By Joseph Sapien  
Special to the Courier

To increase awareness on the importance of Science, Technology, Engineering and Math (STEM) careers, Workforce Solutions Borderplex, the regions public employment agency, has launched five (STEM) competitions for high school students to compete in.

They are:

- 7th Annual STEM Challenge sponsored by The Hospitals of Providence;
- 3rd Annual VEX Robotics sponsored by EP STEM Foundation;
- 3rd Annual JAVA Coding Competition;
- 3rd Annual KODU Gaming Competition; and
- Inaugural STEMentorship Exhibit



Competition.

Go to [borderplexjobs.com/programs-and-services/stemtodownloadregistration](http://borderplexjobs.com/programs-and-services/stemtodownloadregistration) forms and rules for each competition. Students will compete for money and school recognition. Finalists will advance

to the STEM+Art Fiesta in El Paso, Texas on April 7th and 8th of 2016.

For more information please contact Joseph Sapien at (915) 887-2221 or by email at [joseph.sapien@borderplexjobs.com](mailto:joseph.sapien@borderplexjobs.com).



Finances

By Nathaniel Sillin

# Americans spend an annual average of \$2,746 on lunch

If you want to uncover new ways to save money, start by thinking about what you spend on lunch every day. A new Visa survey shows that American consumers are

spending nearly \$3,000 on midday meals each year. But don't lose your appetite – this is actually a great opportunity to budget and save.

Visa's 2015 survey, intended to call consumers' attention to opportunities to save and budget in their discretionary spending, reports that the average American consumer spends roughly \$53 a week or \$2,746 per year on lunch. For meals out, that's an average of \$20 per week or \$1,043 per year. Additionally, Americans eat lunch out an average of nearly twice a week and spend more than \$11 per outing compared with only \$6.30 a day preparing their own.

Who are the biggest spenders on average in the lunch-out crowd? The survey shows that men outspend women by a whopping 60 percent. Men pay an average of \$24.93 each week on meals out, while women dole out \$15.56 by comparison. As for the biggest spenders, the survey found that 1 percent of diners spend \$50 or more lunching out for an average of more than \$9,000 spent a year. Meanwhile, 32 percent of respondents reported they don't buy lunch out at all.

Additionally, students eat out most often and spend the most with a weekly average of \$27.47; retirees spend the least at \$13.92.

One worrisome number is that unemployed Americans purchase lunch out more than once a week on average, spending over \$15 weekly.

The most popular spot to eat lunch in America is at home, according to the Visa survey. Forty-two percent of American consumers report that they typically eat lunch at home. The second most popular location to eat lunch? Work. While 53 percent of office workers report they eat lunch at work, 26 percent say they do so right at their desks.

As for regional preference, Southerners lead the nation in frequency of lunches out and overall amount spent on lunch. The average southern resident spends \$1,240 a year on lunches out and an overall \$2,953 between lunches out and those made at home. Northeasterners came in second with highest amount spent on lunching out – \$1,001. Midwesterners followed at \$896 and Americans in the western states at \$866 spend on meals out.

To help Americans monitor their spending on the midday meal, Visa Inc. has developed a new free Lunch Tracker iOS app (<https://itunes.apple.com/us/app/lunch-tracker-1.0/id1049899081?mt=8>) that calculates monthly and annual

spend and helps you adjust your spending habits to save money. Users can take the 30-Day Challenge to start saving, learn cost-cutting tips and share photos of meals with family and friends.

Paying attention to lunchtime spending habits – whether making lunch at home or eating out – can greatly impact your annual finances. Though lunch is a healthy expense, at least some of the close to \$3,000 could be reallocated for other money-smart funds. For example, it could be a great start for an emergency fund, (<http://www.practicalmoneyskills.com/emergencyfund>) rent or mortgage, education funds or maybe an affordable holiday.

Bottom line: Small choices can have a big impact on your wallet. Adjusting and tracking your lunch spending habits can be a surprisingly large source of savings.

*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

## Operation Gratitude can't do it alone

In just one week recently, Operation Gratitude received requests for 11,124 packages to be sent out. There was no panic – its 322 volunteers went into action and got it done, and someone even managed to shoot a short video of their assembly line. The dilemma: It costs \$15 to mail each and every box.

While many items in the boxes are donated by corporations, the shipping costs are all on us, people who send a few dollars to help them get the care packages to those who need them. This year OpGrat's goal is to send out 150,000 packages.

Operation Gratitude started in 2003 as a kitchen-table project by one woman, Carolyn Blashek. Because it was a great idea, people and corporations stepped up to help. They now send care packages to Wounded Warriors in hospitals and transition units, veterans in Department of Veterans Affairs hospitals and group homes, caregivers, individually named service members overseas, Battalion

Buddies (the children of deployed military personnel), military and veteran families who are facing hardship, and new recruits. In 2013, it passed the 1 million care-packages mark.

If you're into the math, Operation Gratitude is a 501(c)(3) non-profit. Its financials are an open book (with auditor reports posted on the website), and it carries a 5-star rating from Guide Star charity watchdogs. Each care package contains donated goodies in the \$75-\$100 range.

Ready to open your wallet and help? You can donate online at [www.operationgratitude.com](http://www.operationgratitude.com) (look for the "Donate" button), or you can send a check to Operation Gratitude, P.O. Box 260257, Encino, CA 91426-0257.

If your group wants to help, the website has a long list of ways you can participate. Want to see the little video and lots of great pics? Check Twitter @OpGratitude.

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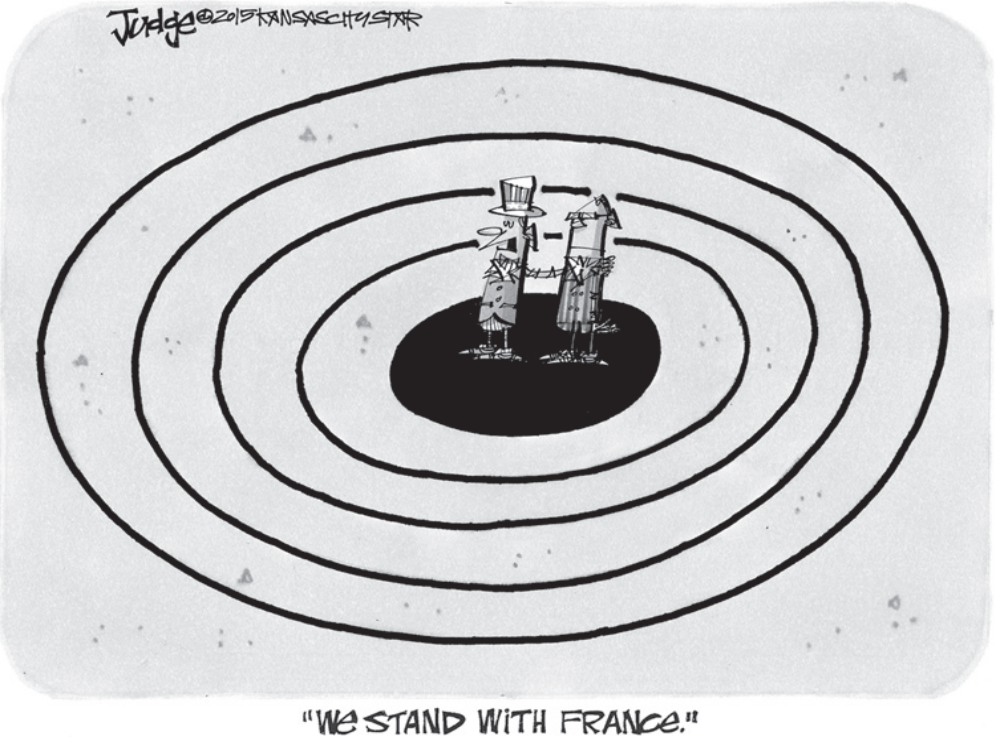
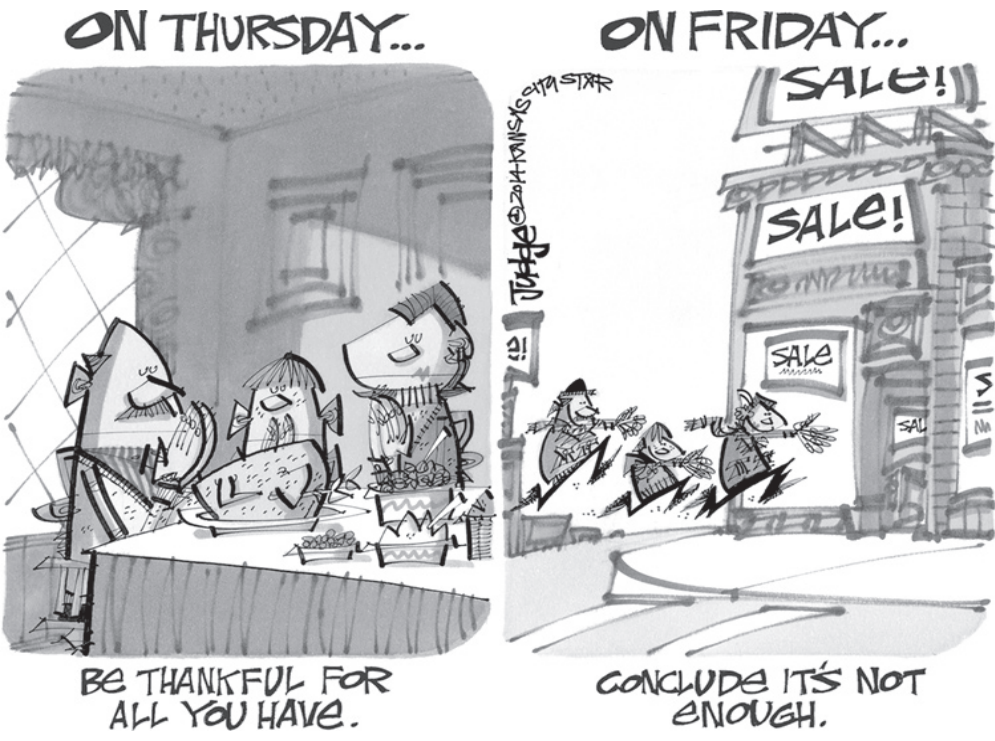




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Data Control Codes		10 General Fund	Capital Projects Fund	Other Funds	Total Governmental Funds
REVENUES:					
5700	Total Local and Intermediate Sources	\$ 2,487,272	\$ —	\$ 260,736	\$ 2,748,008
5800	State Program Revenues	33,517,626	—	853,249	34,370,875
5900	Federal Program Revenues	3,691,285	—	3,645,251	7,336,536
5020	Total Revenues	39,696,183	—	4,759,236	44,455,419
EXPENDITURES:					
Current:					
0011	Instruction	18,072,054	—	2,331,826	20,403,880
0012	Instructional Resources and Media Services	446,736	—	21,883	468,619
0013	Curriculum and Instructional Staff Development	161,451	—	1,056,974	1,218,425
0021	Instructional Leadership	861,716	—	132,224	993,940
0023	School Leadership	2,050,781	—	24,039	2,074,820
0031	Guidance, Counseling and Evaluation Services	1,130,783	—	19,752	1,150,535
0032	Social Work Services	159,895	—	—	159,895
0033	Health Services	446,524	—	83,264	529,788
0034	Student (Pupil) Transportation	1,335,890	—	—	1,335,890
0035	Food Services	3,019,196	—	184,222	3,203,418
0036	Extracurricular Activities	1,287,475	—	117,512	1,404,987
0041	General Administration	1,661,494	—	—	1,661,494
0051	Facilities Maintenance and Operations	4,379,368	—	80	4,379,448
0052	Security and Monitoring Services	824,028	—	—	824,028
0053	Data Processing Services	1,337,381	—	—	1,337,381
0061	Community Services	39,356	—	250,758	290,114
Debt Service:					
0071	Debt Service - Principal on Long Term Debt	1,582,499	—	612,000	2,194,499
0072	Debt Service - Interest on Long Term Debt	273,218	—	35,918	309,136
0073	Debt Service - Bond Issuance Cost and Fees	6,306	—	—	6,306
Capital Outlay:					
0081	Facilities Aquisition and Construction	57,845	1,251,283	—	1,309,128
Intergovernmental:					
0099	Other Intergovernmental Charges	27,299	—	—	27,299
6030	Total Expenditures	39,161,295	1,251,283	4,870,452	45,283,030
1100	Excess (Deficiency) of Revenues Over (Under) Expenditures	534,888	(1,251,283)	(111,216)	(827,611)
Other Financing Sources (Uses)					
8911	Transfers Out (Use)	(725,000)	—	—	(725,000)
1200	Net Change in Fund Balances	(190,112)	(1,251,283)	(111,216)	(1,552,611)
0100	Fund Balance – July 1 (Beginning)	15,550,668	—	234,190	15,784,858
3000	Fund Balance – June 30 (Ending)	\$ 15,360,556	\$ (1,251,283)	\$ 122,974	\$ 14,232,247

## The History Channel

- On Dec. 11, 1918, author Alexander Solzhenitsyn is born in the Caucasus Mountains in Russia. The publication of parts of “The Gulag Archipelago” in Paris in 1973 led to Solzhenitsyn’s arrest and exile in 1974.

- On Dec. 10, 1901, the first Nobel Prizes are awarded in Stockholm, Sweden, as Alfred Nobel, the Swedish inventor of dynamite, had directed in his will. It is believed that he did so out of moral regret over the increasingly lethal uses of his inventions in war.

- On Dec. 9, 1921, General Motors engineers discovered that leaded gas reduces “knock” in auto engines, eliminating the pinging sounds. Ethyl alcohol also worked, and it was cheap – however, anyone with an ordinary still could make it, which meant that GM could not patent it or profit from it.

- On Dec. 7, 1941, hundreds of Japanese warplanes attack the U.S. naval base at Pearl Harbor, Hawaii, killing more than 2,400 naval and military personnel. The U.S. declared war against Japan the following day.

- On Dec. 12, 1980, American oil tycoon Armand Hammer pays \$5 million at auction for a notebook containing writings by Leonardo da Vinci. In 1994, the book was sold to Bill Gates, founder of Microsoft, for \$30.8 million. Gates has since loaned the manuscript to a number of museums for public display.

- On Dec. 8, 1993, the North American Free Trade Agreement (NAFTA) was signed into law by President Bill Clinton. NAFTA eliminated all tariffs and trade restrictions between the U.S., Canada and Mexico.

• On Dec. 13, 2003, in Seattle, the iconic Hat 'n' Boots Tex Gas Station is hauled away for restoration. The 44-foot-wide Stetson hat had perched atop the filling station's office, while the 22-foot-tall cowboy boots had housed the men's and women's restrooms since 1955.

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If I pour salt all over myself and do a variety act, you could say I'm a seasoned performer.

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**STRANGE BUT TRUE**  
By Samantha Weaver

- It was Russian-born composer Igor Stravinsky who made the following sage observation: “Silence will save me from being wrong (and foolish), but it will also deprive me of the possibility of being right.”
- If you live in New Jersey, you pay eight times as much in real estate taxes as residents of Hawaii do.
- Given the popularity of both Legos and Star Wars, you probably won’t be surprised to learn that the first licensed, themed Lego set was an X-Wing fighter, released in 1999.
- Those who study such things say that wearing skinny jeans can cause varicose veins.
- In the 1930s, during the Bolshevik Revolution, a Communist patrol in Siberia came across an isolated fundamentalist Russian Orthodox settlement. Christians were persecuted in the Soviet Union, and one of the soldiers shot and killed a man working in the village. This prompted the man’s brother, Karp Lykov, to flee into the forest with his wife and two young children. A sad story, perhaps, but nothing unusual – until you find out that the Lykov family remained in complete isolation for 42 years. It wasn’t until 1978 that surveyors in a helicopter saw in a remote area a clearing that was obviously not of natural origin. Investigation revealed that Karp and his four children (his wife had died in 1961) were living in a crude log dwelling. They’d had no contact with the outside world since fleeing their village in 1936, and two of the children had never seen a human not related to them.
- A male lion can mate up to 50 times in one day.

Thought for the Day:  
“Language is the apparel in which your thoughts parade in public. Never clothe them in vulgar and shoddy attire.”  
– George W. Crane

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**E-books**

From Page 1

instructional technology resource teacher deployment.

Other presenters were: Anthony Swei, co-founder of EducationSuperHighway, who is on the forefront of leading the nationwide effort to provide network capacity and connectivity to allow digital learning for every K12 student; Chuck Weaver, chair of the Department of Psychology and Neuroscience at Baylor University, who is widely published on the topics of reading and education, memory and language, and the relationship between confidence and memory; and Jon Wilkins, managing director of the Federal Communications

Commission, who discussed the E-rate program which provides discounted telecommunications, internet access, and internal connections to eligible schools and libraries.

After the day-long discussion, an after-action report capturing all the recommendations from panelists was compiled with the intended purpose of sharing the information with state legislators and the governor and lieutenant governor.

State leaders are going to have to look at the funding formula currently in place for instructional materials and technology, if they want to get serious about this issue, according to Brigham. “Cost of books are exorbitant, and e-books are not any cheaper. Book publishers presently have us over a barrel,” she stated.



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# Every superstar - man or woman - can be beat

By Steve Escajeda  
Special to the Courier

One universal truth in life, as well as in the world of sports, is that nothing lasts forever.

Especially success.

Every successful venture eventually suffers a setback and either dies away or regroups.

Heck, even the dinosaurs eventually relinquished their spot as “big guy on the block” on this planet.

The biggest Hollywood stars have flops they have to defend, business tycoons sometimes have to explain why they had to lay off workers and star athletes have to answer reporters’ questions about their “off” night.

One such athlete who recently had one of those doses of reality was the unbeatable Rhonda Rousey, who took a monumental beating in her last fight.

Like Mike Tyson before her, the world was shocked to hear that Rousey had suffered a defeat when it looked as if she could even get hurt, let alone actually lose a fight.

But people shouldn’t be too surprised to find out that Rousey is actually human.

Except for a couple of great champions like Rocky Marciano and Floyd Mayweather, every champion has tasted defeat at one time or another.

When you think that Tyson and Mohammed Ali and Sugar Ray Leonard and Manny Pacquiao and Joe Frazier and George Foreman and Marvin Hagler and Roberto Duran all lost, it proves that even best who ever lived have gone down.

Of course what made Rousey so interesting was not the fact that was winning all her bouts. It was the fact that she was winning them in 30 seconds or less.

Like with Mike Tyson, many of her opponents were so intimidated that the fight was already over before it started.

But this time the intimidation factor didn’t work on Holly Holm – she dominated Rousey the way Rousey normally dominated her opponents.

Of course if people were paying attention, the scuffle the two fighters had during the weigh-in the day before was initiated by Holm, who didn’t back away one inch.

That display must have shaken Rousey

just a bit going into the fight.

Naturally, the prediction is that Rousey will take some time off, forcing reporters to bring up her name after a while.

Talk will surface about Rousey and the fact that she must have taken Holm lightly and came into the ring not as prepared as she could have been. The talk will surround a rematch between the two fighters that the fans will beg for.

The pay-per-view arrangements will be made and then both fighters will win because of all the money that will flow in.

Then of course once Rousey wins, that will set up the rubber match to determine who the best fighter really is and even more money will flow in.

In the fight word, this is a time-honored tradition that promoters have perfected for decades.

And why not, it works. Fans, as gullible as they are, will gladly dish out the money if it means a chance to get together with friends over a few beers to watch... anything.

But back to athletic competition.

What happened to Rousey last week in Australia shouldn’t surprise anyone. It

was just a matter of time. Too quickly we pronounce someone as the next unbeatable superstar when all they’ve done is beaten all their opponents to date.

It could be that she’s faced a bunch of pretty good fighters and then took on a real superstar.

Sports fans and pundits are always too quick to jump on the bandwagon and create a mythical star for the ages, in Rousey’s case, after just a few fights.

This should remind sports fans not to believe the manufactured hype.

But the truth is that fans will run blindly to the next star du jour and fumble all over themselves declaring him or her unbeatable.

Then they’ll be dumbfounded, again, when they go down to defeat.

What Rousey did do was get the entire world excited about female MMA. Let’s be honest, before she came around the sports was almost non-existent. But she put the sport on the map and other fighters will owe her a debt of gratitude.

But don’t feel sorry for her either. Rousey has made tons of money and tons more are still coming.

She’s just a little more human today.

## A sporting view By Mark Vasto

### Shades of Ali-Frazier

When Muhammad Ali was stripped of his title in 1967 for dodging the Vietnam War draft, he was, without question, the greatest fighter in the world. He had just dismantled Cleveland Williams, Ernie Terrell and Zora Folley – three fights that stand as

clinics, all of them must-sees for any fight fan.

But time has a way of wearing a man down. When Ali was cleared to fight again he had lost nearly four years of legs. His return to the ring saw him dismantle a bloodied Jerry Quarry, stopping

him with a vicious cut in just the third round. Waiting in the wings for Ali was the much-overlooked standing champion: Joe Frazier.

Ali was not yet the people’s champ. His draft dodging, combined with a brash, outspoken demeanor and views that many found unpatriotic, saw him vilified by press and fans alike. Still, he had never lost his belt in the ring and held a record of 31-0 by the spring of 1971.

Frazier, on the other hand, had none of the charisma or charm that Ali possessed, but he did have a hell of a left hook and was unbeaten at 26-0.

The two met in Madison Square Garden in March of that same year. The fight lasted 15 rounds and it went to the scorecards, but there was little doubt in the minds of the 20,455 in attendance who witnessed the spectacle that night: The great Ali lost. There was no doubt. Frazier floored him in the final round. “The Greatest” of all times was, after all, beatable.

In the world of mixed martial arts and in a world starved of

the kind of stardom that Ali, Frazier and their contemporaries supplied, Ronda Rousey was the most popular fighter in the world when she stepped into the ring in Australia on Nov. 14. She was to face another unbeaten woman, Holly Holm.

Like Frazier, Holm was overlooked. She had never lost a fight, but had been a boxing champion. She was attractive but not a “Hollywood” starlet – something Rousey was able to be in her spare time. Rousey, from Venice Beach, California, could be seen knocking out Turtle from

See SPORTS, Page 8

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**Moore Texas** by Roger Moore Nov 25,1850: Texas gave up parts of Colorado, Wyoming, New Mexico, and Oklahoma for just 10 million. It was called the Compromise of 1850.



GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★ ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	-		x		7
x		x		+	
	+		-		5
÷		-		÷	
	+		-		1
6		7		2	

2 3 4 5 6 7 8 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

	9		8					1
		7			6	5		
6			2	5			4	
		5	9			3		
8					7			4
	6	3		1			8	
		4			2	8		
	8			4		7	9	
2			3					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: Why is there a five-month waiting period for Social Security disability benefits?

A: The law states Social Security disability benefits can be paid only after you have been disabled continuously throughout a period of five full calendar months. Social Security disability benefits begin with the sixth full month after the date your disability began. You are not able to receive benefits for any month during the waiting period. Learn more at our website: [www.socialsecurity.gov/disability](http://www.socialsecurity.gov/disability).

Q: Can a noncitizen get Supplemental Security Income (SSI)?

A: The laws and regulations concerning noncitizens differ

for the Social Security and SSI programs. The Social Security administers both, even though they have different eligibility requirements. Some noncitizens do qualify for SSI. See *Supplemental Security Income (SSI) For Noncitizens* at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs) for more information.

Q: How do I schedule, reschedule, or cancel an appointment with Social Security?

A: For many things, you don't need an appointment to transact business with Social Security. For example, you don't need an appointment to file for benefits or appeal a disability decision. You can file for the following benefits online at [www.socialsecurity.gov](http://www.socialsecurity.gov):  
• Retirement;

• Medicare;  
• Spouses; and  
• Disability.

If you don't want to apply for benefits online, or if you need to speak to us for any other reason, you can schedule, reschedule, or cancel an appointment by calling us at 1-800-772-1213 (TTY 1-800-325-0778) between 7 a.m. to 7 p.m., Monday through Friday; or contacting your local Social Security office.

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

“Entourage,” tossing Michael Strahan to the ground in front of a giggling Kelly Ripa and sitting in on “The View.” Holm, meanwhile, kept her mouth shut and trained for the fight of her life.

Holm, an 800-point underdog

according to the odds makers in Vegas, stunned the world when she floored Rousey in 59 seconds into the second round at UFC 193. Like Frazier, Holm was a striker, and she managed to hit Rousey in the head with full power 29 times, many sustained by Rousey as she lay flat on her back, the clock ticking on her reign as champion.

The parallels between the two fights and the four fighters are striking. There must be a rematch. The world did not so much lose or gain a new champion that night in Australia... it merely punched its ticket for a possible Thrilla in Manilla, the kind of epic that hasn't been seen in a very, very long time.

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

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: V equals L

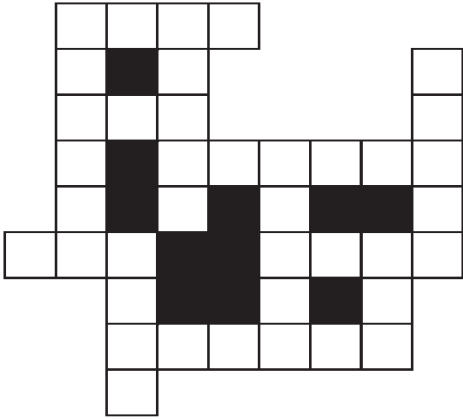
XH X YNGE DKVC KVV NOJE  
ILDJVB KTU UN K OKEXJCL KPC,  
LNG PNGVU DKL X'I K DJKDNTJU  
YJEHNEIJE.

Answer Page 4

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TEG  
ECTION  
♥ CATTI  
ADOT  
♥ NARIET  
♥ YEB  
HING  
♥ DEBAL  
♥ NTA  
HAYTAP  
♥ REGEN  
BUEC



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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Health

From Page 7

about a rotator cuff tear or inflammation, which you also might have acquired while doing your job. A careful exam usually can distinguish these. Occasionally, an MRI is required.

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.