



NEWSBRIEFS

TISD bond issue

Tornillo Independent School District (TISD) Board of Trustees will try to pass a \$10 million bond issue during the upcoming general election. School board members unanimously voted recently to go ahead with the referendum to place the bond issue on the May 7 election ballot. The board agreed that the funds were needed to pay for upgrades to the district's instructional and athletic facilities, including roofing, safety, and heating and cooling improvements. Information on how much the bond would raise homeowners' property tax rates is yet to be released by district officials. The current tax rate is \$1.30 per \$100 valuation. TISD voters last approved a bond in May 2005. TISD superintendent is Jeannie Meza-Chavez, who took office in April 2014.

— Alfredo Vasquez

Retirement home for college kids

Not so old college students have found a home — a retirement home — at Cleveland's Judson Manor, reports the Association of Mature American Citizens. The students from the Cleveland Institute of Music get free housing in exchange for free performances. The twenty-something year old students also get a life-lesson from the seventy-something year old retiree residents, according to NBC Correspondent John Yang. "The residents have developed such an affinity for the students they even consider them as part of their family, referring to them as grandchildren."

— John Grimaldi

For cat lovers

A nine-month old Norwegian Forest Cat named Clive went missing in the town of Toton, England for some 14 months. They found him recently holed up in a pet food warehouse none the worse for wear, although Clive's owner noticed that he did look kind of "porky," says the Association of Mature American Citizens.

— John Grimaldi

Visual Culture

El Paso Museum of History invites the public to view a special exhibit that depicts the civil rights struggles

See BRIEFS, Page 4

Some people speak from experience; others, from experience don't speak.
— Quips & Quotes



— Photo by Alfredo Vasquez

UNDEFEATED — Anthony High School Boys Varsity Basketball Team members are, front row, from left, David Wyrostek, Abel Ortiz, Brayan Au, Joe Belmontes, Andrew Guerrero. In the back row, from left, are Coach Lali Maldonado, Beto Alaniz, Fernando Reyes, Adrian Gomez, Assistant Coach Dale Bohannon. (Players Brandon Espinosa, Isaiah Montanez, and Guillermo Lemus were not present for the photo.) The team starts its post-season play on February 23.

Anthony HS goes into basketball playoffs undefeated

By Alfredo Vasquez
Special to the Courier

ANTHONY — Going undefeated: 20 and 0... Wow! Completing a regular high school basketball season without losing a game is a remarkable accomplishment, no matter what level of competition. And, the only team in El Paso County to pull it off this season is the boys varsity squad from Anthony High School in Anthony, Texas.

As the AHS players prepare for the playoffs, the whole community is enjoying the win streak ride. "We are all really proud of these student-athletes. We've watched them grow up," said Town of Anthony TX Mayor Martin Lerma (AHS Class of '95).

The AHS Wildcats enter the post-season contest as two-time champions in their District 2A division. Last year, they went into the playoffs after posting a 12 - 7 won/loss record. Their season ended in the first round with a hard-fought game against Hawley High School.

This year, there is an air of confidence among the players and coaches that has them feeling like they could advance deep into the UIL (University Interscholastic League) post-season tournament, which begins February 22.

AHS varsity basketball head coach Lali Maldonado, who is in his second year at the helm, said that his players are a well-tested team that beat not only

all of its division opponents during the regular season but also defeated some of this region's top programs in pre-season matchups including such high schools as El Paso, Cathedral, San Elizario, Lydia Patterson, Fabens, Clint, and Tornillo.

The Wildcats' surging confidence is founded on their defensive play, according to Maldonado. "We have a good nucleus of kids, and our starting five players are really good," he said. "We play a man-to-man defensive scheme the entire game," stated the coach, "a full-court press just about the entire game, sometimes we switch to a 1-2-2 matchup or a 1-3-1 trap, but it is almost always a man-to-man defense." Assisting Maldonado is coach Dale Bohannon, who also works with the boys junior varsity team.

AHS's starting lineup consists of guards Beto Alaniz, a 5'9" junior, who runs the team from his point position, and Abel Ortiz, a 5'8" sophomore, who is the key defensive player on the squad. At forward is Bryan Au, a 6'3" junior, who is averaging 26 points per game and is considered one of the best players in the county. The other forward is Andrew Guerrero, a 6' junior, who is the team's most consistent three-point shooter. Then, there's Fernando Reyes, a 6'4" sophomore, who plays center skillfully and has developed into a strong rebounder and shot blocker.

Coming off the bench are: Guillermo Lemus, a 6'4" senior; Isaiah Montanez,

a 5'7" junior; Brandon Espinos, 5'8" sophomore; David Wyrostek, 5'7" sophomore; Joe Belmontes, 5'8" sophomore; and Adrian Gomez, 6'3" sophomore.

Maldonado said that AHS is scheduled to start its playoff run against the fourth place team in District 5-2A, Tuesday, February 23, at a neutral site. At this point, the opponent had not been determined yet; however, the coach seemed to think that it might be Seagraves High School, which is located near Lubbock; and according to the Maldonado, AHS's first round game will probably be held in Pecos TX or Carlsbad NM.

AHS varsity boys will be going into this first playoff game on a big high after huge performances in their final two regular season home bouts, that saw them crush Van Horn High School 102 to 25 and destroy Fort Hancock High School 78 to 19. In the Van Horn game, Au scored 42 points. In the final game, he had 27 points and Alaniz scored 19 points.

Team leader Alaniz said, "If God allows it, we could go far in the playoffs. We are tough in moving the ball around on offense, and we can get into our opponent's face and stick with him on defense."

Au asserted, "Our strength is our defense, and that is what makes us a great offense. We have a lot of communication during

See BASKETBALL, Page 4

Finances

By Nathaniel Sillin

Keeping kids’ sports costs under control

Most parents put countless elementary and secondary miles on the car driving kids back and forth from various practices and games throughout all that driving and purchasing

of uniforms, equipment, lessons and various activity fees, the numbers are pretty eye-opening. A 2014 study by the Utah State University’s Families in Sport Lab (<http://www.usufamiliesinsportlab.com>) shows that the average annual family financial investment in youth sports came out to \$2,292.42, or 1.84 percent of that family’s gross annual income.

Other research done within the program indicates that many parents spend much more – some in excess of 10 percent of gross annual income.

Whether that figure sounds low or high depends on your child’s chosen sport and the number of years your child participates in it.

Whether your child’s interest in sports is temporary or a long-term commitment, it’s not only important to plan and budget what you’re spending but to find ways to save. Here are some steps to begin:

Link up with other parents. Whether it’s after-school or weekend soccer, hockey or baseball, your first source of intelligence is with parents who already have kids playing the sport. Discuss everything from the best program for your child overall to individual costs and fees associated with play – and don’t forget to ask them how they’ve kept their budget in line.

Schedule for the best discounts. Don’t miss any opportunities for sales on merchandise or discounts on

training and activity fees. Paying early on merchandise, sports camp or pre-season activity fees can save significant money over time. Above all, avoid late registration fees on all sports and activities.

Make sure your child’s health insurance is adequate. Depending on what sport your child plays, you may end up buying additional coverage beyond what your family health insurance allows. It takes virtually no time for a night or two in the hospital to run into tens of thousands of dollars, so take every step to make sure your child has the right coverage. Some health insurers may sell special sports coverage for minors, but if your child is playing an organized sport within a school system or league, they may have their own insurance requirements before they allow your child to play. There may be other coverage options as well –run those options by your qualified financial experts or fellow parents who are insuring their children against sports injuries.

Buy used. Whether it’s equipment or uniforms, see if there are safe options to buy used. Auction sites may provide some solutions while many communities known for particular sports may have used equipment stores that can cut your bills extensively. If your child isn’t destined for the pros, buying used makes a lot of sense – why buy full price if at some

point their interest wanes? **Buy multiple sizes and neutral colors and styles.** If you’ve got a growing child who is likely to maintain interest in a particular sport over several seasons, stock up on clothing in different sizes and go for neutral colors and styles that allow for gender-neutral hand-me-downs.

Negotiate shared transportation and group fees when possible. Again, in partnership with other parents or your school system, see if there are cheaper ways to travel, buy gear and find play and practice space. Always be on the lookout for cheaper options and set up a network either by email or social media where there’s a free flow of spending tips and discounts that might come in handy. As for lessons, try the classroom approach. If your child wants to improve in a sport, work with other parents to hire an instructor who will do group lessons that will assure a lower cost per family.

Bottom line: Even if your child doesn’t grow up with the natural skill of a Manning brother or a Williams sister, it’s possible to introducing them to youth athletics without ruining your family finances.

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

Choice needs fixes

The Choice program, large medical provider in designed to get quicker medical appointments for veterans at civilian doctors, is a big mess. Changes were made recently to driving distances, delayed appointments at a Department of Veterans Affairs facility, difficulty in reaching appointments due to physical condition, and more, to make it easier for veterans to get care.

But there is a snag: Health Net Federal Services.

Health Net was hired to make appointments. A veteran can’t just call the doctor to make an appointment and have the VA pay the bill. No, this intermediary will make the appointment – eventually. (In New England, there is only one person for the whole region to set up the provider network.)

Health Net must make the appointments within the allotted period, but that doesn’t always happen. Health Net is required to call the correct type of doctor that the veteran needs, which doesn’t always happen either.

Health Net processes the bills for the civilian medical providers – eventually. One

new England announced that not only was it owed a lot of money, but the burdens of being a Choice provider were just too much to deal with. Veterans are reporting that they’re receiving bills that should have been paid.

Help, or at least disclosure, might be coming soon in the form of a Government Accounting Office audit, requested by some members of Congress.

It seems that Congress can sometimes get things rolling, but only if it knows about the problem. This is a call for... phone calls. Emails. Letters. Contact your state’s two U.S. senators. Ask for the aide who handles veterans issues. Tell your story in summary form, hitting the highlights: Inability to get a medical appointment. Long telephone-wait times. Whatever the problem is, tell them. Go online to www.senate.gov and click Senators to find his or her contact information.

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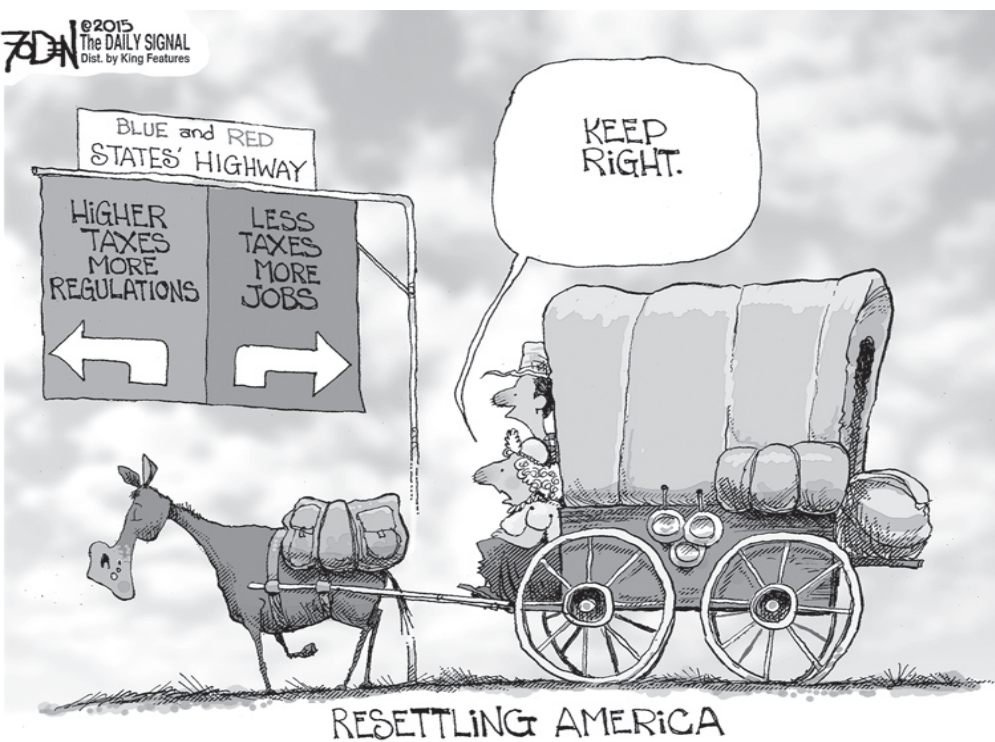
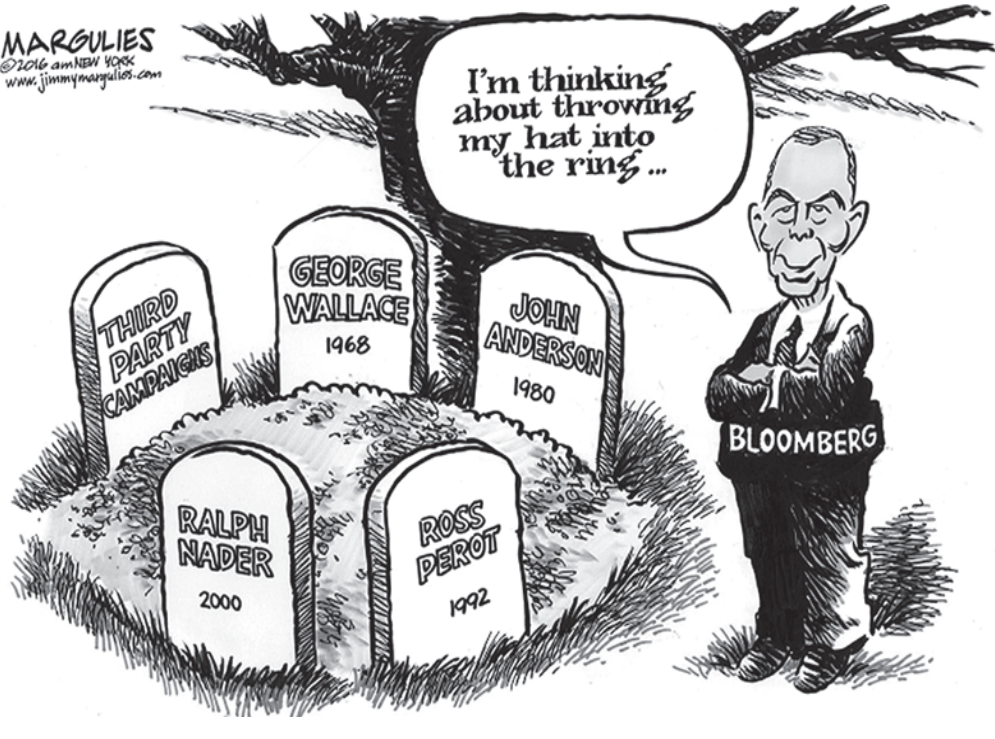
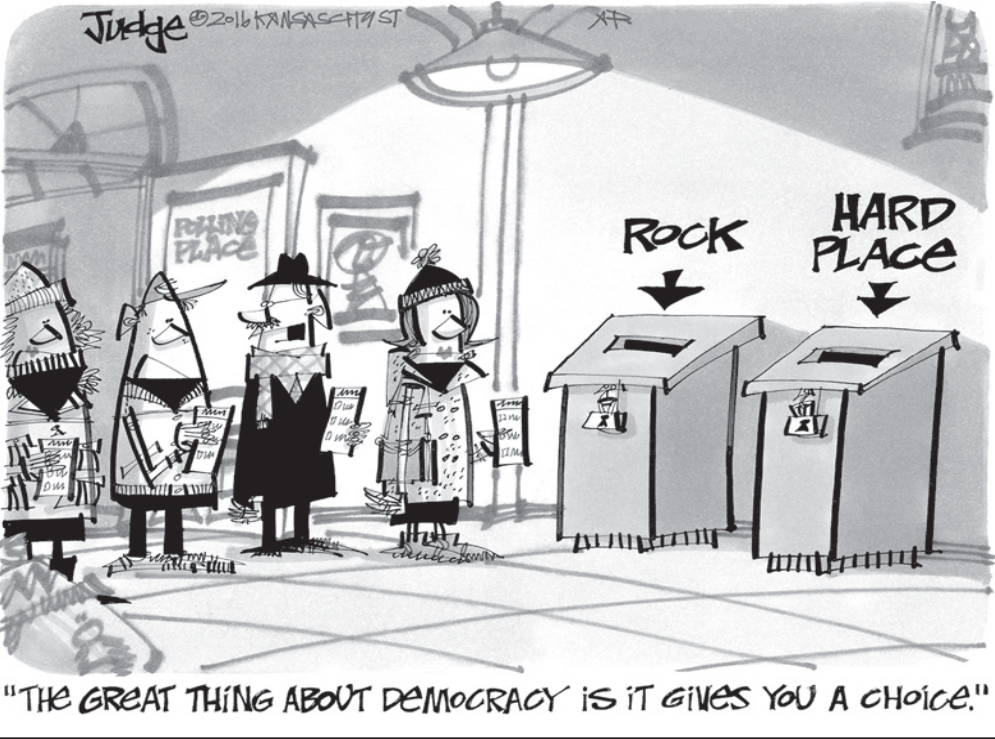
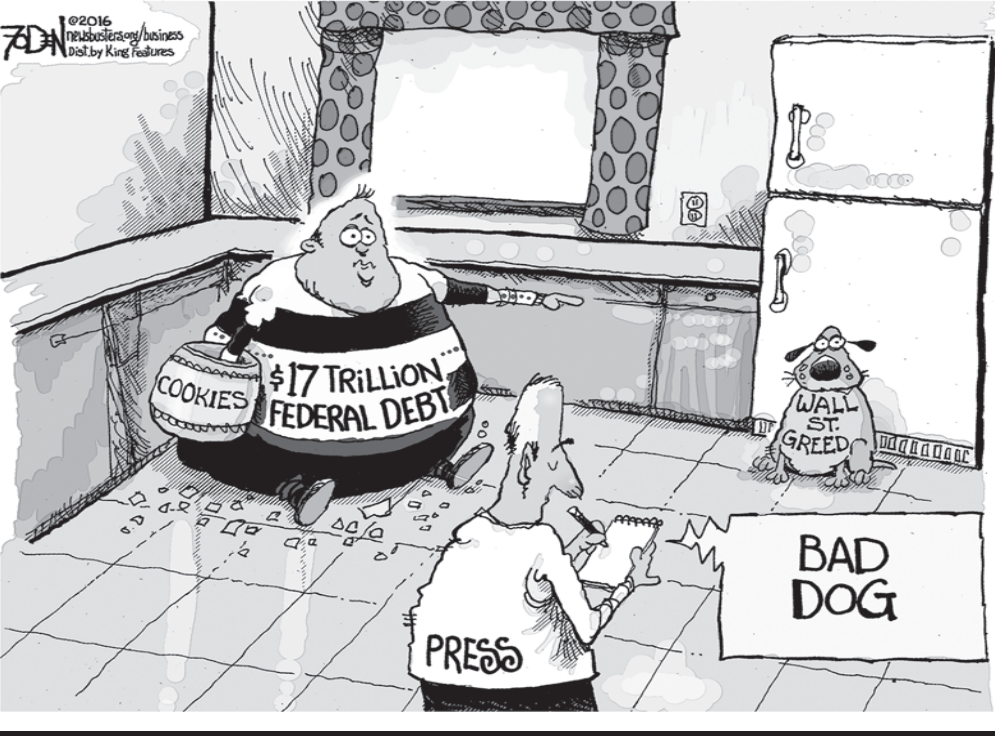
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View from here By John Grimaldi

Anti-cop attitudes that undermine safety

Super Bowl 50 caused quite a stir last Sunday, not because of the outcome but because of its half-time show. Many who saw the mid-game entertainment segment were up in arms over the not-so-subtle anti-police theme-so much so that it sparked a call for a massive protest next week at NFL headquarters in New York City, reports Dan Weber, president of the Association of Mature American Citizens.

“Former NYC Mayor Rudy Giuliani was among the first to condemn the performance by pop music star Beyoncé’ for her revue featuring an apparent salute to such groups as the Black Panther and Black Lives Matter movements. Both of these organizations have been consistently hostile to police and Giuliani took offense at the use of the Super Bowl to promote a troublingly biased political position,” according to Weber.

The AMAC chief said he was in total agreement with Giuliani’s description of the event as “outrageous.” For one thing, Beyoncé’s performance was “decidedly divisive” and likely to provoke more anti-cop sentiment.

As Giuliani put it: “What she should be doing in the African American community and in all communities is build up respect for police.”

Weber pointed out that arbitrarily using forums such as the Super Bowl to promote animosity toward law enforcement officers are doing themselves a disservice. “They are undermining their own safety because it leads to restrictions on the ability of the police to provide protection and because it puts the police on the defensive.”

Tactics such as “stop and frisk” that allowed police officers to do just that when they came across suspicious activity have been widely curtailed. “And the results don’t sit well with many concerned citizens, particularly victims of violent crime and their families,” Weber said.

“In New York City where the current Mayor Bill de Blasio shut down the practice when he took office, there was an outcry when a weekend crime spree left four people dead last Spring. One local resident told reporters, ‘with all these shootings, people getting killed, do it, but stop and frisk the guys you know from experience might have a gun.’ And, that’s what it’s all about, trusting lawmen to do the right thing.”

View from here By Bob Jackson

Where do the candidates stand on Social Security?

As Texans begin casting votes for the presidential election, it’s important to separate campaign rhetoric from the serious issues that impact our lives in the most profound ways.

One of these issues – largely ignored in the presidential debates so far – is how, if elected, the candidates plan to keep Social Security financially strong and viable for future generations.

The stakes are high. Absent any action, in less than 20 years, Social Security recipients will face a 25 percent cut in benefits. For many, this translates into a cut of up to \$10,000 per year. For those on a fixed income, it can be devastating.

Today, one in three older Texans relies on Social Security as their only source of income. For 60 percent of Texans age 65 and older, Social Security makes up 50 percent or more of their income. If it were not for this program, more than four out of every 10 Texans age 65 or older would live below the poverty line.

“It’s not a handout and it’s not an entitlement; it’s something for which we’ve worked all our lives,” AARP volunteer Gene Schneider of Austin tells us. He and his wife are among the lucky ones not totally dependent on Social Security for survival. But he adds, “If it were not available or if it were significantly diminished, we would feel the impact.”

But there’s so much more to Social Security. It impacts the lives of many Texans who are not retired. In fact, about four out of every 10 recipients are not retirees. Among these are widows and widowers, people with disabilities, children, and spouses.

And let’s not forget the considerable economic impact generated by the program. For every \$1 of Social Security received in Texas, \$2.12 is generated in economic output.

The longer our leaders take to fix Social Security, the harder it will be to find a solution and there’ll be less time for workers to prepare for the future. That’s why AARP is working this year across the country with volunteers and other residents to keep the heat on the candidates and push them to articulate clearly what they would do to protect Social Security. Our red-shirt clad volunteers can be seen at town hall meetings, airports and other places the candidates go.

All plans put forward by candidates are posted to – www.2016takeastand.org without AARP taking sides. While AARP positions haven’t changed, we want the focus to be on the candidates. The political reality is there won’t be progress on updating Social Security without presidential leadership.

Social Security has benefitted generations and resulted in arguably the most universally popular social program in our nation’s history. Texas has long-standing historical ties to Social Security. As a matter of fact, the first Social Security Administration local field office was opened in Austin on October 14, 1936. Today, there are more than 1,300 such offices around the country.

With 10,000 of us joining the ranks of the retired each day, it is important that we keep this program strong and in sync with how people live today. Any changes should be discussed as part of a broader conversation about how to help Americans prepare for a secure retirement.

“Social Security is an integral part of most people’s retirement,” says Houston-based AARP volunteer Mari Okabayashi, who has been following this national conversation

Fabens HS students surprised with scholarships



– Photo courtesy Fabens ISD

Principal Ruben Carrillo stood with, from left, Klarissa Meza, Bryana Garcia and Tais Perez-Ponce at a ceremony on February 9 when the three Fabens High School seniors were awarded University of Texas-El Paso (UTEP) Presidential Scholarships. UTEP recruiter Paul Perez was on hand to present the young women with the \$12,000 scholarships (paid over four years). The award was kept a secret from the students until it was presented in the school gym in front of the entire school. “I didn’t expect it,” Perez-Ponce said. “But, I had been nervous about how to pay for college. It’s so stressful wondering if there will be enough money to go. Getting the scholarship assured me that I’ll have the opportunity.” In order to qualify for the scholarship, incoming freshman meet two out of the following requirements: 1) minimum GPA of 96.0, 2) rank in top 3% of graduating class, or 3) a minimum 1220 score on the SAT or 27 on the ACT.

– Denise Peña

Operation Prom begins at Montwood HS

By Christina Flores-Jones
Special to the Courier

EL PASO COUNTY – Each year, establishing a giving tradition, Montwood High School Student Council has transformed the school cafeteria into the Prom Dress Shop where any teen girl can choose a free prom dress and accessories for the prom. This year the shop will open April 2 and the Council is asking for contributions of formal dresses and accessories for Operation Prom. Donations can be made at the school

from 8 a.m. to 3 p.m. Monday through Friday at Montwood High School (12000 Montwood Dr.). Through the years, the Rams’ project has become a huge success. It has received hundreds of donations and help from various stores along with other El Paso area high schools and churches. The Texas Association of Student Councils recognized Operation Prom in 2015 as one of the top 10 projects in the state. “We want to continue the tradition and are looking for anyone who can help,” said Jazmine Cuevas, a member of the Ram’s student council. “The important thing is to help those girls who need it.”

Canutillo ISD hosts second community meeting for Facilities Master Plan

By Shane B. Griffith
Special to the Courier

CANUTILLO – The Canutillo Independent School District invites all members of the greater Canutillo, Vinton, Westway and El Paso communities to participate in an engaging feedback session as part of the district’s comprehensive Facilities Master Plan. Known as “Community Dialogue #2”, the public will have the opportunity to learn about CISD’s future state of affairs and lend their voice on critically important decisions affecting the district’s buildings and programs. Professionals with Jacobs Engineering and DeJong-Richter, together with the Facilities Master Plan Steering Committee and CISD Administration, will lead the community dialogue session. Food and refreshments will be served.

The meeting takes place on Thursday, March 3, 2016 from 6-8 p.m. in the Canutillo High School Cafeteria (6675 South Desert Blvd.). Parking is available in the main Canutillo High School parking lot. To access the cafeteria, take a right upon entering the main entrance. Spanish translators will be available. “The Facilities Master Plan is a critically important initiative underway at CISD that will impact the long-term nature of our operations,” said Superintendent Dr. Pedro Galaviz. “In order for us to provide the highest quality education to our students, we need to inform and receive feedback from our community stakeholders to the greatest extent possible. I personally invite everyone to attend.” The Facilities Master Plan is a five-year planning document to grow strategically with CISD’s changing neighborhoods and meeting the needs of CISD’s students.

Basketball

From Page 1

the game, and we all play with heart.” Throughout the season, the community has shown its support by filling up the bleachers at home games and by sending a large contingent of fans to away games. “AHS is my high school, and the boys basketball team’s success means a lot to the town,” stated the Anthony mayor. “I have gone to every game this season,

and at least 50 of us supporters have gone to all of the away games,” said Lerma, “I enjoy watching them play because they play as a team. They don’t let anything distract them.” Plans are in the works to provide bus transportation for the fans to the first playoff game. Lerma said that team followers each usually pitch-in a nominal fee to rent a spirit bus from the district and that this game trip would be the same. For information about joining the spirit bus group, contact Lerma at (915) 472-3473.

Briefs

From Page 1

of the past century. The exhibit, which will be on display through Wednesday, March 16, is titled, *For All The World To See: Visual Culture and The Struggle for Civil Rights*. The free exhibit is designed to examine

the role that visual culture played in transforming the struggle for racial equality in America from the late 1940s to the mid-1970s. Visitors will be able to explore compelling and persuasive visual images that helped begin and drive the civil rights movement. For more information, visit the museum’s website at history.elpasotexas.gov.
– Alfredo Vasquez

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CryptoQuip Answer

If the Founding Fathers took daily brisk walks, I guess they would be called constitutionals.

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STRANGE
BUT TRUE

By Samantha Weaver

- It was an American mythologist Joseph Campbell who made the following sage observation: “The cave you fear to enter holds the treasure you seek.”
 - If you’re an aficionado of barbed wire, be sure to head to LaCrosse, Kansas, during the first weekend of May. Collectors gather there every year for the Antique Barbed Wire Swap and Sell Festival.
 - You might be surprised to learn that both men and women have an Adam’s apple; it’s more visible on men because men have larger larynxes and because women tend to have more fatty tissue in their necks.
 - You doubtless know of Alexander Hamilton, one of America’s Founding Fathers, as the nation’s first Secretary of the Treasury, and you’ve probably heard that he was fatally wounded in a duel with Vice President Aaron Burr. Most of his accomplishments are not common knowledge, though – and they deserve to be. Born into poverty on the Caribbean island of Nevis, the illegitimate son of a Scots merchant, Hamilton began work as a clerk at the age of 11. His employers were so impressed with his intelligence that they paid for him to attend school in America, where he became involved in revolutionary politics. He was a lieutenant colonel by the age of 20 and managed to marry into one of the most distinguished families in New York. In addition to writing most of the Federalist Papers, Hamilton founded the New York Post, the U.S. Coast Guard and the U.S. Mint.
 - Marie de Medici, queen of France in the early 17th century, once had a gown made that was embellished with more than 3,000 diamonds and 30,000 pearls.
- Thought for the Day: “He who is only just is cruel. Who on earth could live were all judged justly?”
- Lord Byron
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– Photo courtesy San Elizario ISD

TOP FOUR – San Elizario High School seniors, from left, Ricardo Rodriguez, Sofia Daniela Garcia, Alfredo De Santiago, and Vianey Delgado score \$56 thousand in University of Texas-El Paso scholarships.

San Eli HS seniors’ hard work rewarded with scholarships

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – Four San Elizario High School seniors received a huge surprise that they never saw coming. Alfredo De Santiago, Sofia Daniela Garcia, Vianey Delgado, and Ricardo Rodriguez were awarded with a UTEP scholarship, each one valued at a different amount. The combined total of the scholarships is a whopping \$56 thousand, which will certainly come in hand when paying for college.

These exemplary students not only received these scholarships because of their hard work and dedication, but also because they met the criteria needed in order to be eligible for a scholarship. “In order to be considered, students need to have a 96 GPA, be involved in school organizations, and they need to have acquired a certain amount of community service hours,” said Angelica Ramirez, San Elizario High School Counselor.

As part of the process, students must also fill out an online application through UTEP’s website and submit documentation such as SAT

scores, TSI scores, and transcripts before a specific deadline. Once everything has been turned in, UTEP reviews the information and notifies the counselors of who has met the requirements and has been selected to receive a college scholarship.

“We work very closely with the University of Texas at El Paso and once they let us know which students have been chosen, they send a representative down to the high school to present them with the scholarship in front of their peers and family members,” said Ramirez.

Alfredo De Santiago is ranked number one out of 234 seniors. His scholarship is \$32 thousand, which he plans to use to pay off his college tuition and textbooks. He wants to pursue a career in Civil Engineering and believes that this money will definitely help out. “I am very happy and blessed to receive this scholarship,” said De Santiago. “This is a big relief for me because now I know that I can go to college without having to worry about how to pay for school.”

These students are considered the top four seniors of the graduating class of 2016. Sofia Daniela Garcia, who is ranked number two and who plans to

study Biological Sciences in college, said that it was not easy to get to where she is at now. “In high school you are faced with a lot of distractions and obstacles but it is up to us to stay focused and continue on the right path,” she said. “Being awarded with this scholarship is a privilege and it also means that all my hard work paid off,” she added.

They are grateful for the constant support of their school counselors, teachers, and their families. With a scholarship already waiting for them, they are more than ready to start college later this year and becoming a UTEP Miner.

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Public Notice is hereby given by Adults and Youth United Development Association, INC of its intent to submit an application to the USDA Rural Development for the Housing Preservation Grant in accordance with 7 CFR Part 1944, Subpart N, for the purpose of rehabilitating eligible owner-occupied dwellings to very low and low households that meet income and property eligible authorized by the USDA Rural Development mission area. The proposed program Statement of Activities may be reviewed at AYUDA, INC, 1325 Beverly Ann Dr., San Elizario, TX 79849 from 8:00 a.m. to 5:00 p.m. Monday-Friday. Comments must be received no later than March 5, 2016 and submitted to Miguel A. Chacon-Program Coordinator to 1325 Beverly Ann Dr. San Elizario, TX 79849 or to mchaconn@hotmail.com.

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If MLB can’t enforce its PED strike count, then scrap it

By Steve Escajeda
Special to the Courier

There’s a lot to be said about perseverance; to keep on trying something over and over again until you get it right. There’s something to admire about someone who refuses to adhere to the status quo and continues forward when others say they should stop. It takes a different kind of athlete to go against the grain and do things his own way to help him become the very best that he can be. And that’s why New York Mets pitcher Jenrry Mejia is no longer in baseball. Mejia became the first player in Major League Baseball history to be banned for life for taking performance-enhancing drugs. It was Mejia’s third positive test result in the past year. His latest positive result was for boldenone, which athletes have used to increase muscle mass and once was popular for use with race horses. The first question I have is when did Mejia have the time to take all these drugs.

This was his third positive test result and the kid is only 26 years old. He must have been having them for breakfast or something. I kind of remember being 26 years old and I know that I wasn’t the smarting guy in the world at that time, but I think I would have recognized that I was just one strike away (pardon the pun) from losing my livelihood. Of course, Mejia has already expressed his wishes to be reinstated to MLB in a year, to commissioner Rob Manfred. Now we’re going to see how serious professional baseball is about its tough rules concerning PEDs. In the American justice system, it’s no secret that some people are punished to the maximum degree of the law while others, figuratively, get away with murder. Will MLB conduct themselves the same way? If a player can apply for reinstatement after being banned for life and then receive it, they might as well get rid of the rule because it has then been rendered useless. It is longer a deterrent. Even during Mejia’s explanation of the circumstances surrounding his test

results, the young pitcher sounded less than convincing. Mejia told Dominican sports journalist Hector Gomez in Spanish: “It is not like they say. I am sure that I did not use anything.” “I am sure?” Wouldn’t have it sounded better if he had said, “I did not.” Of course, after being caught two previous times over the last year, Mejia is kind of lacking in the “believability” department. Make no mistake about it – there are a ton of professional baseball players both in the majors and in the minors that will be following Mejia’s case very closely. If baseball stays tough, like they have against Pete Rose, and never lets Mejia back in, that will send a huge message to all the other drug takers out there. But as dumb as Mejia has been over the last year, it might be the New York Mets who steal the show. Mejia was originally given an 80-game suspension last April for a positive test for stanozolol, an anabolic steroid. Strike one. Then, just three months later, he was

suspended again, this time for 162 games for taking both stanozolol and boldenone. This “strike two” occurred while he was still serving his first suspension. The Mets, evidently unable to see a pattern forming, decided to give Mejia a contract in December for the upcoming 2016 season. When Mejia was handed his third and final suspension, he still had 99 games left on his second no-no. Even after the first two suspensions, in less than a year, he would have been scheduled to return to action in July and would have received a little less than a million bucks. How many of you would like to break major rules at your job, twice in a year, and be suspended for a few months and then be let back in for a little bit under \$1million? And with that opportunity, Mejia still couldn’t figure it out. Now let’s see whether Major League Baseball figures it out and sticks to its guns. The odds are that the league will cave in and fold like a cheap suitcase – filled with PEDs.

A sporting view By Mark Vasto

Dude, retire!

I’ll never forget the first time I met Peyton Manning. He was on the phone, and I had just snapped a photo of him in the most annoying way possible: I had my trusty Minolta set on the anti-redeye flash setting, the kind where the flash pops over

and over again until your subject gets annoyed and stops smiling. And I’ll never forget what he said to me: “Dude... what are you doing?” That’s the same day I learned that photographers can’t just walk up to the Colts’ sideline and stick

a camera in their quarterback’s face, even with the anti-redeye setting. What can I say? We were both rookies that season. I would later graduate to Kodak, Nikon and Cannon cameras, and Manning would go on to have a pretty decent career, too. The first time I really started paying attention to Manning’s career was during his tenure at Tennessee. It’s funny to hear people knock his arm-strength

now, because while he was in college, he was a straight-up gunslinger of a quarterback. I remember Steve Spurrier taunting him before big games. Nowadays, we all know not to overly criticize college players, ostensibly for the reason that they are kids and amateurs. Over the years, at Indianapolis and Denver, we’ve had the distinct pleasure of watching Manning all but dominate the league. He wasn’t invincible, as his two Super Bowl losses proclaim, but he was the best in the game. He holds every record that matters: wins (200), yards from scrimmage, touchdowns and MVPs. He was the funniest athlete ever to host

“Saturday Night Live”; he’s made “Omaha” the replacement term for “hike” in backyards across the country; and he gave the chicken parm sandwich its own, long-overdue jingle. That, right there, is worthy of considerable praise (and consideration for dinner tonight). After winning the Super Bowl, his gratuitous beername-dropping aside (no, he wasn’t paid to say that, but he does own a share of the brand’s beer distributorship in Louisiana, and one surmises he made his money back), his not stating the obvious... that he was retiring... was a class move.

See SPORTS, Page 8

USA

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2015-16 UTEP MEN'S BASKETBALL

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MOTOWN NIGHT!

FEB. 18 / 7:05 PM

UTEP VS LA TECH

NOCHE LATINA

FEB. 20 / 4:00 PM





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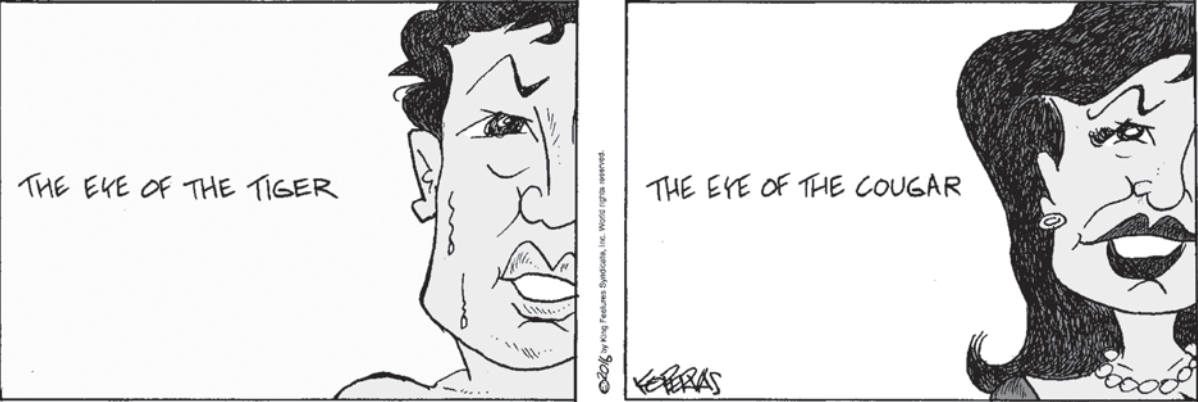
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OUT ON A LIMB

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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 diagnosed with essential tremor. Propranolol 10 mg has not helped. Sometimes I can write and eat with no shaking, but other times the shaking is so bad that the food falls off the fork or I cannot read my printing or writing. If I drink a beer, it seems to relax me enough that in five minutes I can write or eat quite normally nearly every time. I've been told that it doesn't appear to be Parkinson's. Any suggestions will be enormously appreciated. – J.N.

Essential tremor, sometimes called benign familial tremor, is common. Often, one has a family history of tremor. It is not Parkinson's disease; however, it isn't always "benign" in that, for some people, it can be disabling, preventing a person from not only writing, but, as in your case, activities of daily living such as eating.

Alcohol has long been known to reduce the tremor temporarily, but it must be taken cautiously, since regular use will diminish its effectiveness, requiring higher doses for effectiveness – and, as I have written many times, excess alcohol is a major cause of many medical problems. Occasional use with meals is reasonable.

Other effective treatments for essential tremor include anti-epilepsy medications such as primidone, gabapentin and topiramate. Unfortunately, all of these can have side effects, so they are best prescribed by an expert, such as a neurologist who specializes in movement disorders.

For serious essential tremor not responsive to medications, deep brain stimulation (via electrodes

placed surgically) is effective.

DEAR DR. ROACH: My mother was diagnosed with Alzheimer's disease in 2009, and she is taking Namenda and Aricept to help slow the advancement of the disease. I am writing because she complains of being cold all the time. She and my father keep the temperature in their house at 80 degrees, and my mother wears winter clothes, a coat and a blanket in the house. She sometimes sweats through the clothes, but we can't persuade her to remove any layers. The house is uncomfortably hot for anyone else, and yet she says she is cold. Her general practitioner has said that this is part of her disease. Is there anything else you have heard of that could explain this? – C.L.

I have seen a lot of people with dementia of all kinds, but I haven't personally seen this degree of intolerance to cold. Her doctor may have more experience than I do, but I didn't find much about it written in the medical literature. Every person is different, and it's possible this is just part of how the dementia is affecting her.

However, cold intolerance to this degree suggests some alternate possibilities. The most important and likely is low thyroid levels, which can also cause a condition that looks like dementia and would certainly make dementia worse. I bet her doctor has checked for it. If not done recently, she should have her thyroid level checked.

Other, less-common causes include Addison's disease

See HEALTH, Page 8

Super Crossword

NATIONAL REPLACEMENTS ACROSS

1 Flynn of old films

6 Hardly subtle

13 Census datum

16 Actor Belushi

19 Primed

20 Its capital is Bucharest

21 Install, as tile

22 Prefix with polar

23 Old directory-assistance request, in Belmopan?

26 Pan coverer

27 Vitamins, e.g.

28 "-hawl!" role

29 Ale barrels

30 Caesar of 1950s TV

31 Add an inducement, in Stockholm?

36 Rock band staple, in Doha?

42 Galaxy unit

43 Steelmaking places

44 Divided-skirt garment

46 Really anger

50 _ facto

51 In the vicinity

53 Early TV comic Louis

55 Contemptible

56 Alternative to GPS

58 Tart pie topping,

in Sanaa?

64 "Break _!" ("Do well!")

66 Duo quadrupled

67 Gets close to

68 Dependents expecting meals, in Budapest?

74 Mortise's counterpart

75 Full-speed, archaically

76 Place to live

77 Really tough puzzle, in Manama?

81 Like Bach's music

86 Paul's "Exodus" role

87 RR building

88 Less effectual

90 _ lang syne

91 Hip-hop artist

94 Bona fide

98 Radiate

99 Jai _

101 Hand over a duty, in Thimphu?

104 Beach Boys hit, in Kigali?

108 Will be now?

109 Locality

110 Lav, in Bath

111 Promise

117 Deli salmon

118 Orwell novel, in Port-au-Prince?

123 Sch. URL ender

124 Sporty truck, briefly

125 Norm

126 Ornamental ruffle

127 "You're right"

128 Actor Wass

129 Argue in too much detail

130 Long suit

DOWN

1 Land o' leprechauns

2 Bausch & Lomb brand

3 Balsa floater

4 Sign of rot

5 Greek harp

6 Chastain of players of old

6 Chastain of women's soccer

7 Pol Trent

8 Gallic pals

9 Lao-tzu's universal

10 Journalist Curry

11 Pen tip

12 _ kwon do

13 Vulcans, e.g.

14 Dictionary of geography

15 Needle hole

16 Kentucky Derby drink

17 _ Montoya ("The Princess Bride" swordsman)

18 Center

24 Israeli leader Golda

25 Soap stuff

29 Deborah of "The King and I"

31 La _ (Philadelphia university)

32 Intl. commerce group

33 Munch on

34 Richard Gere title role of 2000

35 Fictional Solo

36 Arabian ruler

37 Lead-in to suction

38 Snow queen in "Frozen"

39 Blockhead

40 300, to Livy

41 Pier

45 Tangle up

47 Pond flora

48 Melon, e.g.

49 Lea females

51 "Tra" follower

52 Producing an effect

54 So-far nonexistent

57 Carta lead-in

59 Everest, e.g.

60 Outer: Prefix

61 High degree

62 Conclude

63 Premaritally named

65 Duffel with workout gear, maybe

68 "You could _ pin drop"

69 Far from cool

70 "- any drop to drink"

71 Egyptian _

72 Grafton's "- _ for

Outlaw'

73 Sharif of film

74 Ski lift type

78 Manna eater

79 Donovan of "Clueless"

80 Speak wildly

82 Waikiki site

83 Cease

84 Arm bone

85 Early utopia

89 "I'm not impressed"

92 The old man

93 Samara-dropping tree

95 Green gp.

96 Indian bread

97 Amer. money

98 County officer

100 Pressed

102 Less difficult

103 Very dry, as champagne

104 Bill _ and His Comets

105 Whittle away

106 Infiniti rival

107 Adversity

111 Starbuck's captain

112 Pudding starch

113 '60s hairdo

114 Dark genre

115 Unorthodox sect

116 Stanley Gardner

118 Brazil _

119 Bistro check

120 Cain raiser

121 Slithery fish

122 Pro-gun gp.

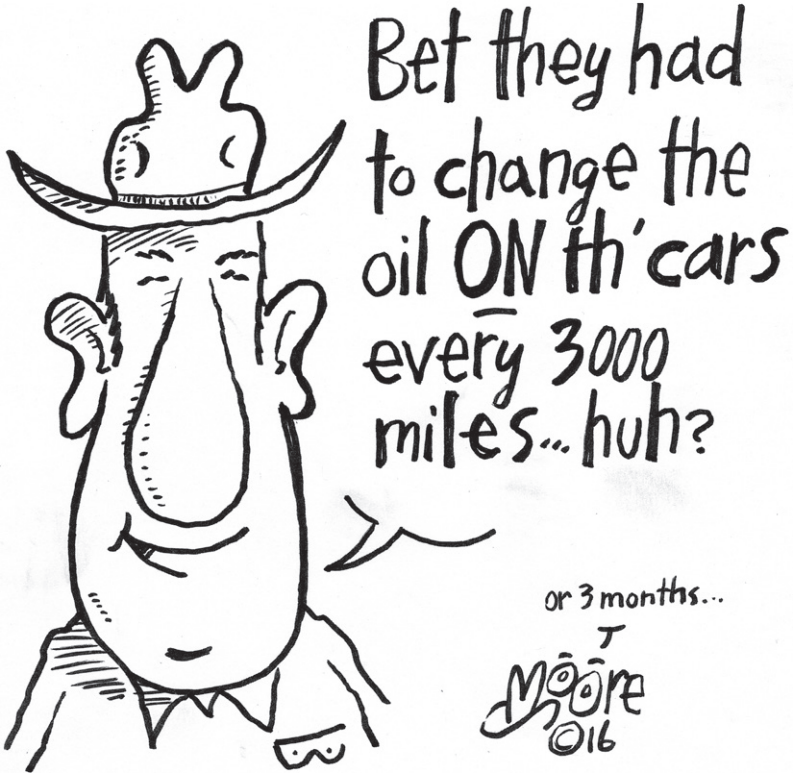
Answer Page 4

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MOORE TEXAS

by Roger Todd Moore

1895: Corsicana becomes the first town in the state to put oil on their streets to cut down the dust...everything has a down side.



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.

	+		÷		5
+		-		÷	
	+		÷		5
-		x		+	
	x		-		9
9		4		2	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 3 5 6 7 8 9

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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Social Security Q&A By Ray Vigil

Q: How are my retirement benefits calculated?

A: Your Social Security benefits are based on earnings averaged over your lifetime. Your actual earnings are first adjusted or “indexed” to account for changes in average wages since the year the earnings were received. Then we calculate your average monthly indexed earnings during the 35 years in which you earned the most. We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our *Retirement Estimator*, which offers estimates based on your Social Security earnings. You can find the *Retirement Estimator* at www.socialsecurity.gov/estimator.

Q: I can't seem to find my Social Security card. Do I need to get a replacement?

A: In most cases, knowing your Social Security number is enough. But, if you do apply for and receive a replacement card, don't carry that card with you. Keep it with your important papers. For more information about your Social Security card and number, and for information about how to apply for a replacement, visit www.socialsecurity.gov/ssnumber. If you believe you're the victim of identity theft, read our publication *Identity Theft and Your Social Security Number*, at www.socialsecurity.gov/pubs.

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

Archives: www.wtxcc.com

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.

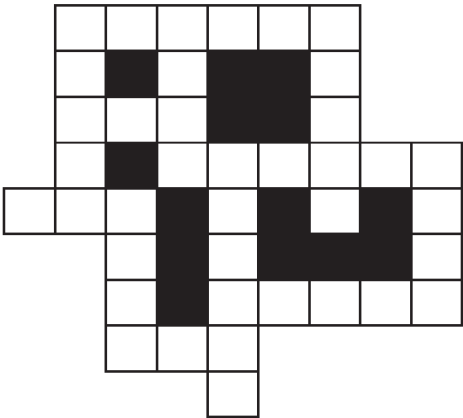
Clue: B equals E

SC ALB CHKEISEV CDALBTN
AHHG IDSFZ UTSNG ODFGN, S
VKBNN ALBZ OHKFI UB XDFFBI
XHENASAKASHEDFN.

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YER
MOLCAR
♥BERUL
♥ERTA
♥NATCLE
OBO
♥ORMO
MYDMU
TME
♥DRINEB
♥ARMOC
CBOL



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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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Candidates

From Page 3

for years. “For Boomers, especially, it’s an integral part of their retirement years.”

As the electoral focus shifts to Texas on March 1, it’ll be time to use the leverage we have as Texans to focus the attention of the candidates on the issues important to each of us. So, in those critical moments when you’re casting your primary election vote for president, be sure to consider where the candidates stand on Social Security. Your future financial security, and that of your loved ones, may one day depend on it.

Bob Jackson is state director of AARP Texas. AARP is a nonprofit, nonpartisan membership organization serving more than 2.2 million members in Texas.

Sports

From Page 6

In doing so (or by not doing so) he kept the focus, rightly, on his team’s victory.

Should Manning retire? Of course he should. He is playing the most violent game in the world (next to fighting and hurling). He has nothing left to prove, and he leaves as the world recognized as the best ever at his position. Granted, I would still pick Joe Montana to lead my team if my life depended on it, but I think Manning catches my drift.

You don’t get chances like this in life – to leave on top – you earn them. If he were to come back next year, rest assured, I’d break out the old Minolta. But this time I’d be the one asking what he was doing, *dude*.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2016 King Features Synd., Inc.

Health

From Page 7

(inability to make appropriate amounts of steroid hormones), iron deficiency, anemia from any cause and severe malnutrition.

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) 2016 North America Synd., Inc. All Rights Reserved.