

Sanchez featured by Archaeological Society **NEWSBRIEFS**

Good PR

The Public Relations Department the Socorro Independent in School District has earned 19 Star Awards from the Texas School Public Relations Association for publications, campaigns, photos, and videos produced during the 2014-2015 school year. The Public Relations Department was recognized for its outstanding work using various media and featuring many programs in Team SISD. The PR team won 2 Crystal Merit, 10 gold, 5 silver, 2 bronze awards, and two Best of Category designations for its SISD-TV News and Achieving Success as a Team – LIVE! programs. TSPRA's annual Star Awards provide recognition for the outstanding education communications and projects of PR professionals who are members of the state organization. Independent, impartial judges evaluate each work and project based on set criteria and they award Gold, Silver and Bronze Star Awards, as well as Best of Category, Crystal Commendations and the Platinum Award for an all-encompassing, yearlong communications project.

- Christina Flores-Jones

Targeting seniors

The U.S. Immigration and Customs Enforcement agency (ICE) warns seniors traveling abroad to beware of schemers who might trick them into smuggling drugs into the U.S., reports the Association of Mature American Seniors. The traffickers figure that customs officers are less likely to search baggage belonging to elderly travelers. ICE says that the bad guys entice them via social media and fraudulent telemarketers with offers of free travel and other perks. Special investigators said they saved one 97-year-old man from falling victim to the scam before he took off on what he thought would be a free trip abroad.

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY - History buffs, archaeologists, folklore collectors, and anyone else who likes to hear the stories of this region's colorful days of yore are invited to spend an afternoon with Irma Escontrias Sanchez as she recounts the myths and legends of her family's adventurous past.

Sanchez will be the guest speaker for the El Paso Archaeological Society's (EPAS) next program, which is scheduled for 2 p.m., Saturday, March 19, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The presentation is free and open to the public.

Sanchez is a descendant of Silverio Escontrias, who in 1898 purchased a ranch that was nestled in the desert lands surrounding the mountains that were formed by huge boulders and cavernous slopes. He bought the land from the Texas and Pacific Railway Company. The unique, massive piles of earth on his ranch land were referred to as Hueco Tanks, which is located about 30 miles east of downtown El Paso.

property signified the first documented purchase of such land. The Escontrias family members built an adobe ranch house, that was tucked away amid those Southwestern desert.

- Photo courtesy of Irma Escontrias Sanchez

A FAMILY PORTRAIT – Silverio Escontrias (center) was the family patriarch who raised cattle on a ranch that was situated in what is now Hueco Tanks State Park.

mountain boulders, and operated their cattle business for many years.

bridge between the Indian cultures and In those days, the acquisition of this state ownership. For Hueco, which is Spanish for hollow, Tanks was where rainwater collected and stored in the rocks, creating an oasis in the

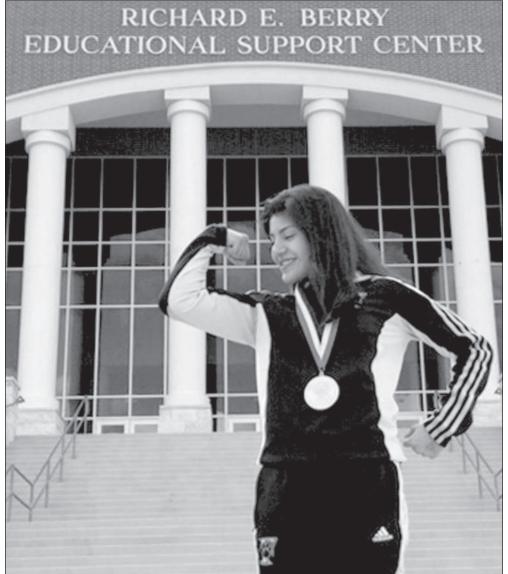
The Escontrias patriarch was a Texas Ranger and always got along well The ranch came to represent a unique with the Indians, according to family members. Ranching in such an isolated area gave raiding Indians an easy target, so Escontrias relied on his powers of communication to secure peace. The

See ESCOTRIAS, Page 5

Avila finishes sixth at State for Fabens HS in 5-A wrestling

By Denise Peña Special to the Courier

FABENS - Freshman Marlene Avila of Fabens High School made history at the



– John Grimaldi

Wanted

A Westside business is robbed at gunpoint by two men. The El Paso Police Department is asking for the public's help in find those responsible, through the Crime Stoppers. On the afternoon of Saturday, Jan. 30, 2016 two men walked in to the Mesa

See BRIEFS, Page 3

Live so that when death comes the mouners will outnumber the cheering section.

– Quips & Quotes

2016 5-A State Wrestling competition held February 19-20 at the Berry Center in Cypress, TX. The 110-pound weight class wrestler placed 6th in the tournament, making her the school's first female State Medalist.

Avila attributes her success to the support from her family. "My dad wakes me up at 5 a.m. each morning to lift tires," Avila said. "He's the reason I have made it this far. He motivated me enough to make varsity as a freshman, and now he has gotten me to the state level competition." It's been about 10 years since the last time a Fabens wrestler made an appearance at the State tournament and the first time since Head Coach Arrieta took over the team three years ago. "I think it shows that the kids from this town are hungry for success and are willing

> Photo courtesy Fabens ISD See AVILA, Page 3 NO LIGHT WEIGHT – Marlene Avila works out at 5 a.m. each morning to stay strong.

Finances By Nathaniel Sillin

Growing summer savings in your garden

Have you ever thought and vegetables at home? For cold months are when their about growing your own fruits experienced gardeners, the

Veterans Post By Freddy Groves

VA budget numbers just don't add up

The Department of Veterans technology. Affairs' proposed budget for 2017 is \$182 billion. homeless have come down, That's roughly broken down officials are asking for \$1.6 as follows: \$78 billion for billion for programs. discretionary spending, of which \$68 billion is for health veterans fast access to care in care, and \$103 billion for the civilian community, needs benefits such as compensation \$5 billion for in-house staff and pensions.

billion budget is \$12 billion confusing because Choice is for care in the community, \$1 billion for telehealth, \$515 million for women's health care, \$836 million for new health-care facilities and \$900 million for new cemeteries.

million for 300 employees for from the 2014 Choice Act. claims processing. (That comes to \$180,000 per employee.) And because it can take upward of as you've read down the five years for an appeal to reach completion, VA officials are requesting \$156 million for 922 want to take a sharp look at full-time employees. (That's the details, go online to www. \$169,000 per employee.)

Also buried in there is \$180 million for the electronic claims processing system and release at www.va.gov (search \$143 million for VCIP, the for news release 2746) and program that converts medical records to digital images. It also requires \$4.3 billion for cybersecurity and info (c)2016KingFeaturesSynd.,Inc.

Although the numbers of

The Choice Act, giving and \$10 billion for a temporary Somewhere in the \$182 Choice program. (Which is a done deal, not temporary.) In another place, the budget explains that they'll need \$1.4 billion and \$853 million to hire 9,700 medical staff for Choice. In yet another place it The budget includes \$54 mentions taking \$969 million

Confused yet?

If you've run these numbers column, you'll see that they don't really add up. And if you va.gov/budget and look for the FY2017 budget request. Then look at the official press compare the numbers.

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imaginations get fired up; seed catalogs seem to blow in with the arctic blast, accompanied by companion mailings from accessories gardening and equipment retailers. But where can amateurs start?

To maintain a garden as a store-bought food, it's important before buying anything. to understand the underlying costs bill without a little preparation, take in making it a success. knowledge and most important, trial and error.

(http://www.garden.org/) on in home- and communitybased gardens, but very few and shelving for indoor seed sets.

you dig in:

Harvest as much local drainage. gardening knowledge as you can. The word "local" is very important. Planning a homebased edible garden in a sunny West Coast backyard is very different than planting a series of clay pots on a Midwestern terrace. Start with a close look at your

substantial bucks on fancy tools, to lettuce that can be planted to a money-saving alternative. two. If you generally buy a lot year. Investing in home gardening of a particular vegetable, try

inexpensive as There are plenty of studies Generally, the cheapest way to know-how, knowledge and as grow plants is from seed you minimal initial investment as how much people are investing start growing indoors. Some people have special lights reliable guidelines on how much starting, but if you're planning This article is intended to provide money you can actually save by on only a few plants, it's best to general information and should gardening. That's because it's start modestly. Consult experts not be considered legal, tax or tough to generalize results based about the most effective and *financial advice*. It's always a on geography, climate and skill frugal way to start your desired good idea to consult a tax or plants from seed at home and financial advisor for specific Nevertheless, if you still want set a growing schedule that information on how certain to get your hands dirty, here are culminates in actual planting laws apply to your situation and some general steps to take before outdoor. Sometimes it's better about your individual financial to stick with a few borrowed situation.

or garage sale hand tools and recycled containers that will work just fine for seeding and

Keep learning as you go. When you start gardening, even if it's only a pot or two where you're growing from seed, start an annual garden journal that details what you've purchased (with prices), what's worked well and all questions and answers legitimate financial alternative to climate and growing conditions you've gathered along the way. You might even discover new Plant only what you'll eat. If plants you'd like to grow next involved. Some gardeners spend you want a salad garden, stick year. Re-reading your journal before you start your gardening equipment, gardening clothes, and harvested repeatedly in planning in winter is a great deluxe fertilizers or supplies, one season. Maybe you'll also way to shape your growing and which sounds counter-intuitive want to plant a tomato plant or cooking priorities for the coming

Bottom line: Homegrown requires frugal spending and a and grow that first. The more food usually tastes better for desire to learn - very few people you want to eat the food you're two reasons - it's fresher than wipe out their entire produce planting, the more interest you'll anything you can buy and you have the pride of growing it Keep your first effort as yourself. However, making an possible. economical home garden takes possible.

THE SECRET TO QUITTING FOR GOOD? NEVER QUIT ON YOURSELF.



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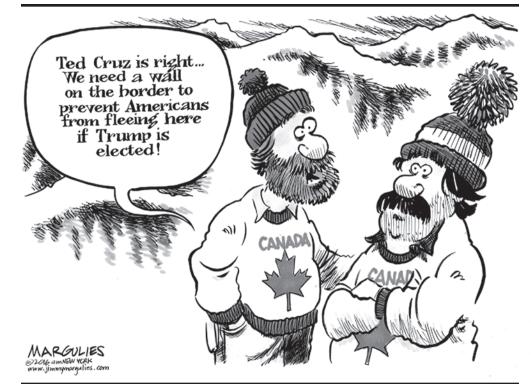
good on the 7th

for





OVER A BARREL ..



THE METRO AREA IS UNDER A SEVERE POTHOLE WATCH ... CONDITIONS ARE FAVORABLE FOR DANGEROUS FINALLY, A FORECAST THAT'S 100% ACCURATE POTHOLES !!

View from here By John Grimaldi

There's confusion on the left and right

"The Presidential Primary Campaigns have created an atmosphere of confusion on both the right and the left. The popularity of Socialist contender Bernie Sanders has certainly taken Liberal Hillary Clinton by surprise in the Democratic races. For Republicans, the search is on for the candidate who is the real Conservative," according to Dan Weber, president of the Association of Mature American Citizens.

AMAC doesn't endorse candidates but it does endorse the concept of Conservativism "and after eight years of an ultra-Liberal administration, the country appears to want to steer the ship of state to starboard, to set us on the right course." But it may not be so easy to tell who the real Conservatives in the 2016 field are, he says.

Robert Charles, a veteran of both the Ronald Reagan and George H.W. Bush administrations, recently published an essay on Townhall.com entitled How Should a *Conservative Vote?* in which he offered his views on how to sort out the Republican candidates.

Charles, who is a senior consultant to AMAC, believes that you can't go wrong by taking the advice of Russell Kirk whom, he says, is the Father of Modern Conservatism. In 1953, when the Conservative Movement in the U.S. was in its infancy, Kirk published his book, The Conservative Mind, which described the "existence of a coherent, connected tradition of conservative thinking, going back at least two hundred years," according to Lee Edwards, Ph.D., a prominent historian.

Based on Kirk's philosophy, Charles suggests that we ask ourselves these questions to determine whose ticket you'll be punching at the ballot box: "Are you thinking hard about what you are doing, not just feeling the satisfaction of slashing at what is despised? Are you thinking about who can work within our complex constitutional system, to thoughtfully change what we do not like? Are you thinking about who personifies prudence - not the mad dash to a seemingly simple answer? Are you a real conservative, drawing your convictions from faith and duty, patience and history? Or are you just another French Revolutionary, willing to take the boat over the falls, destroying what we all value in the process? In short, are you thinking about who may lead wisely, not just with passion?"

Weber says that his colleague's advice is sound, particularly in this year's primary campaigns marked by "bombast and name-calling" and little in the way of thoughtful positioning. As Charles put it in his article, "keep your eyes on long run consequences and not just temporary advantage or popularity." Why? Because "liberals and radicals... are imprudent. You will know their nature because they dash at their objectives without giving much heed to the risk of new abuses worse than the evils they hope to sweep away."

Briefs

From Page 1

Smoke Shop at 4300 N. Mesa. One of the men was armed with a handgun and immediately pointed the gun at the store employee and three customers inside the business. They demanded money from the store and one of the suspects went behind the counter to grab money from the cash register. They took an undisclosed amount of cash and fled the scene toward the back of the shopping center. The first suspect is described as a Hispanic male, in his late 20s, bald, approximately 5'8" in height, and weighing between 160-170 pounds. This suspect was wearing a blue bandana to cover his

face, a black hoodie, black sweat pants and black shoes. The second suspect is described as a Hispanic male, in his late teens, short, with a thin build, approximately 130 pounds. He was wearing a royal blue hoodie and blue jeans. Investigators are certain that someone knows the identity and whereabouts of these robbers. Anyone with information on the identity of the men involved in this robbery is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), online at www.crimestoppersofelpaso. org or you can send a text message by entering the key word "CRIME1" (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637).

Javier Sambrano

The DYNAST



Avila From Page 1

to put forward the effort to achieve it," Arrieta said. "Marlene is a prime example of what Fabens kids are capable of if they work hard and make good decisions in their life. I am so proud to be a part of this school district."

Some other honorable mentions include sophomore Precious Cadena who qualified as a State Alternate in the Wildcats.

138-pound weight class and sophomore Chris Muzio who, as a first-year wrestler, won the title of District Champion in the 152-pound weight class and placed 6th at the Regional tournament. Junior Adrian Sanchez won the District Championship title in the 220-pound weight class ending the season as a Regional Qualifier, while junior Alan Sanchez also qualified for Regionals in the 195-pound weight class.

The future looks bright for the

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Photo courtesy Fabens ISD

SCHOLARSHIPS – Fabens HS students are earning money for college through competition. They are, front row from left, Cesar Mendoza, teacher Erika Medrano and Rogelio Ponce. In the back row from left are teacher Lorena Salinas, Adan Hernandez, Cynthia Aguilar, Anahi Ruiz, Edgar Hernandez, Vanessa Herrera, Alfredo Valenzuela, Lorenzo Tovar, Daniel Muñoz and Armando Meza.

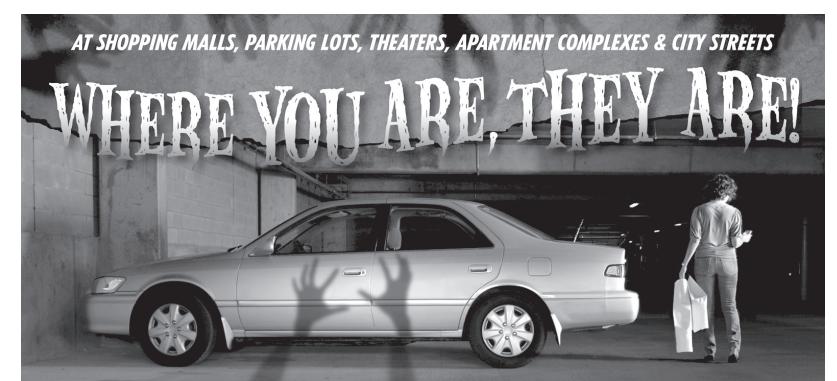
Fabens students compete for scholarships

By Denise Peña Special to the Courier

FABENS - Six students from Fabens High School were awarded a total of \$2,800 in scholarship money from the Academic Challenge held in Fort Stockton on Tuesday, Feb. 16, 2016. Three high schools attended the competition: Presidio, Fort Stockton and Fabens. Each school entered three teams of three students varying in academic ability. Each team had to received a group scholarship of \$800.

answer 60 multiple-choice questions in the four core subjects, math, science, social studies and English. The five teams with the highest scores are advancing to the state competition at Mary Hardin Baylor University in Belton, TX on April 24, 2016. The top three teams receive scholarship money.

Two teams from Fabens are advancing to state. Team U, consisting Texas Association of Community Schools following its annual of sophomore Armando Meza, junior Cynthia Aguilar and senior Rogelio Ponce, got 1st place and received a group scholarship of \$2,000. Team Q, consisting of sophomore Cesar Mendoza, junior Vanessa Herrera, and senior Edgar Hernandez got 3rd place and



STRANGE **BUT TRUE** By Samantha Weaver

• It was President Franklin Roosevelt who made the following sage observation: "Government by organized money is just as dangerous as government by organized mob."

• Are you a ceraunophiliac? If so, Central Florida, is the place to live. The area between Tampa Bay on the peninsula's west coast and Cape Canaveral on the east coast is known as Lightning Alley, and Florida is the lightning capital of the United States – an excellent home for anyone who has an extreme love of thunder and lightning.

 Singer Katy Perry reportedly has a cat named Kitty Purry.

• If you're an animal lover who's fond of Corgis - the Welsh dog known for its extremely short legs - you might want to take a look at the Munchkin cat. Only recognized as a separate breed in 1995, this cat is characterized by the shortness of its legs.

• When Edgar Allan Poe first started writing his most famous poem, "The Raven," he intended it to be short. Over the next decade, though, he kept adding to it, until it finally reached a length of 18 verses. The poem's publication in 1845 had a mixed critical reception; William Butler Yeats called it "insincere and vulgar" and said "its execution [is] a rhythmical trick," and Ralph Waldo Emerson said, "I see nothing in it." "The Raven" was wildly popular with the public, though, and Poe became - for a brief time – the most famous writer in America.

· Worried about snooping? You may be surprised by the results of a recent survey: It seems that 82 percent of men claim that they have never peeked into a date's medicine cabinet

YOU ARE BEING SHADOWED. But you're not the only one. Every year in Texas, car thieves steal close to 100,000 cars and trucks, and burglarize thousands more. Surprised? Don't be any longer. When you leave your vehicle, HIDE your things, LOCK your car, and TAKE your keys. Remember...YOU HOLD THE KEY.

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CryptoQuip Answer

TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

What would you call a fish who's always wary and guarded? Herring on the side of caution.

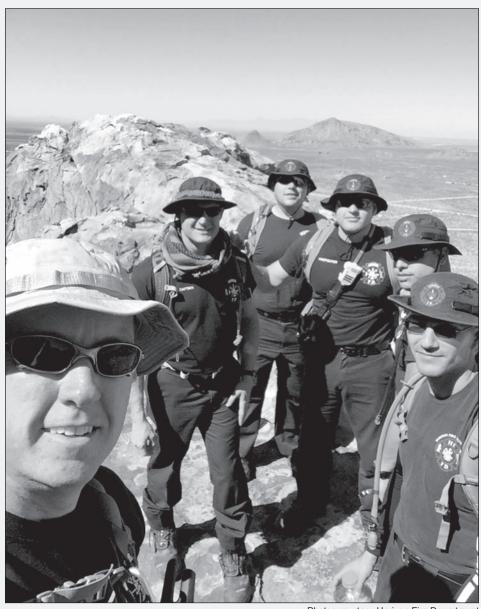
Thought for the Day: "He who does not bellow the truth when he knows the truth makes himself the accomplice of liars and forgers."

Charles Peguy

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Horizon Fire Department stays busy



- Photos courtesy Horizon Fire Department

TRAINING - On February 17 the Search and Rescue team of Horizon Fire Department spent some time at Hueco Tanks State Park. Team members were oriented to the mountainous terrain where wildlife, weather and unknown territory are factors that are often considered when rescuing someone. The team was guided by a State Park representative who educated the team on the topography and types of rescues that have occurred in the area. Team members, from left are Chief Kris Menendez, Capt. Daniel Ames, FF* Sergio Gonzalez, FST** Gilbert Ramirez, FF Bobby Bautista, and FST Ben Manriquez.

(*Firefighter; **Fire Supression Technician)

ON THE JOB - On the afternoon of February 20, Horizon firefighters quelled a blaze in house in Horizon City. Neighbors called about smoke coming from the air conditioning unit. When units arrived on scene they found heavy smoke and fire in the kitchen. The firefighters controled the fire in under 12 minutes. The cause of the fire is under investigation. FF Aaron Sandoval looks over the aftermath in the kitchen.



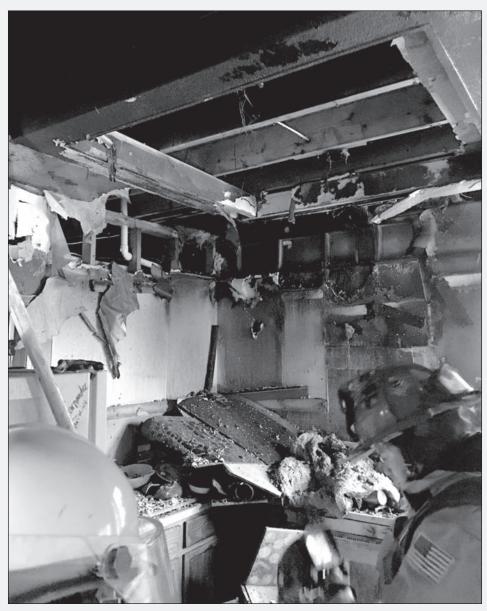




Photo by Alfredo Vasquez

OPEN TO THE PUBLIC – The Escontrias Ranch House was built around 1904 by Silverio Escontrias who owned the land from 1898 to 1956. It now serves as the interpretive center at Hueco Tanks State Park. A Hueco Tanks campground host and volunteer guide stands in front of the house.

Escontrias From Page 1

accessibility of water greatly outweighed the risk of raids.

operated the cattle ranch until 1956. The Escontrias family also had a farm in Socorro, Texas and donated land for the town's first school.

will share her family's experiences on their ranch and their rich legacy to this area through a PowerPoint presentation which will include an array of historic photographs.

of Silverio and Pilar Escontrias, will also share excerpts from her book, "The Escontrias Family Legacy: A Very Personal Journey". She stated that she hopes that this will inspire everyone to write the story of their own family and information about JRI visit its website at their own life story.

Sanchez, who was the first person in at El Paso (UTEP) with a Bachelor of Arias at nando79935@yahoo.com. For Science degree in Education and taught information about EPAS membership, for twenty-nine years before retiring. visit the EPAS website at http://epas. Among her personal achievements as an com/membership.htm.

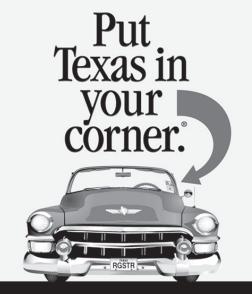
educator are Teacher of the Year awards during her stints at Valley View and Desert View middle schools in the Ysleta Independent School District, as well as several other teaching accolades.

The featured speaker is just another in a The Escontrias family owned and series of monthly presentations hosted by EPAS, which was founded in 1922 as a non-profit group. Membership is open to individuals and organizations interested in anthropology, archaeology and in the In her Saturday afternoon talk, Sanchez preservation of prehistoric and historic cultural resources.

Currently, EPAS members have been taking part in archaeological tours and volunteer field work organized by the non-profit Jornada Research Institute Sanchez, who is the granddaughter of Tularosa, New Mexico (JRI). JRI's mission is to study the archaeological, ethnohistoric, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West Texas and adjacent regions. For more http://jornadaresearchinstitute.com/.

For more information about Sanchez's her family to attain a college degree, upcoming presentation call (915) graduated from the University of Texas 449-9075 or send email to Fernando

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March 3, 2016

Golden State, Curry, are both good and entertaining

By Steve Escajeda Special to the Courier

With the Golden State Warriors getting closer and closer to breaking the Chicago Bulls record of 72 wins in an NBA season, talk has come up about how they would have done back in the day.

There's even been talk about the play of star guard Stephen Curry and whether he's just benefiting from rules changes.

First of all, there is absolutely no doubt that what Curry has done the last couple of years has been astounding. And a bunch of fun to watch.

There are times when he just stops and throws up a three-pointer without even appearing to aim at the basket. Which reminds me a lot of those video games that look so unrealistic but the ball goes through the hoop.

Many of the former NBA stars claim that Curry is the beneficiary of rules changes that allow him to virtually roam untouched anywhere on the court for an open shot.

to 90s players were holding and pushing opinion. and tugging on one another without a foul being called.

layup virtually untouched. A couple decades ago he would have limped to the free throw line after being hammered by a big guy or two. And he would have the "Showtime" Lakers and the Michael thought twice before trying that move Jordan-led Chicago Bulls teams are alagain.

That doesn't mean that Curry wouldn't be an amazing shooter, but there is some truth to what the older guys are saying. They know what they're talking about – they lived it.

It's like quarterbacks and wide receivers in the NFL today. Records are being set all over the place because defenders aren't allowed to touch a receiver going down the field and if you even cough near a quarterback you'll be flagged for roughing.

If you've seen any video of football twenty or thirty years ago, it was anything goes.

And you can't deny that from the 70s teams of all time. And everybody has an only because of any of those reasons.

Most people are aware that it's very hard to compare teams from different doing it. Today, Curry glides to the basket for a eras because there are so many factors to consider.

And which are the best of all time?

The Celtics teams of the 60s and 80s. ways the first to be named as the best.

Are the Warriors the best of all time? Too early to tell. Are they among the best of all time – absolutely.

You can't win as impressively as they have over the last two years and not be at least in the conversation.

But it'll take a couple more years of this kind of play to be seen as the best.

I have to disagree with former NBA superstar Oscar Robertson. This past week he said that the only reason Curry is thriving is the rule changes, bad defenses and bad coaching.

Again, I don't deny the rule changes There's also been a lot of talk compar- and bad defense. I don't know about the have more winning to do before that ing this Warriors' team to the best NBA bad coaching. But I do not agree that it's

What Curry can do on the court has never been done before, not the way he's

He just set the all-time record for 3-pointers in a season with about 25 games still left to go. And of course, the record he broke is his own, the one he set last year.

Remember the "Greatest Show on Turf" St. Louis Rams of a decade ago led by quarterback Kurt Warner? They were must-see TV for any football fan.

That's the way the Golden State Warriors are viewed today. Whether you love them or hate the, they are must-see TV.

As for all the comments trying to knock them and Curry down a peg or two, I say just sit back and enjoy the show. Then when it's all said and done, the results will speak for themselves.

The old-timers will try and defend their turf until it's obvious, even to them, that the argument makes no sense anymore.

But the Warriors, and Curry, still can happen.

A sporting view By Mark Vasto I will not watch you nae-nae

One day, during the Reagan administration, my father put to a big college," my great, on a college football game. The successful father, told me. quarterback was a hotshot by the name of Boomer. Boomer was any edict passed down by my tossingtouchdowns, cheerleaders parental guidance, I made them were flinging all about and the proud by attending just such stadium was going accordingly wild.

"That's why you want to go

Not one ever to quarrel with a school, attaining mediocre heights. And I remember my very

first football game as a member our keychains. of the student section.

of the game. Why? Because there was this one dude standing on a riser in plastic shades shaking his car keys, admonishing us through megaphone technology to go ahead and shake our own keys! That cheer, I am guessing, effective if we had, indeed, more than one solitary key and a flaccid, laminated dining card on

Then, as we made annoying I remember the first key play little fwappy flapping sounds with our key and card combo, we were offered this cheer: "Four and four is half of sixteen... all for [the team], do the lean, lean!" And then we all leaned to the right and then we leaned to the left. We did this for little apparent reason would have been made more or effect, because whatever we Harlem Shake. But come on, were doing wasn't helping the lighten up a bit. team we leaned for, unless our game plan was to get destroyed from your prestigious college by Florida State.

> nothing a little Winona Ryder a banshee in face paint, you do flick on the VHS couldn't cure. not have to keep claiming that Fast-forward to today, and it's you're No. 1. First of all, you're a whole new world. Student sections are all the rage, and

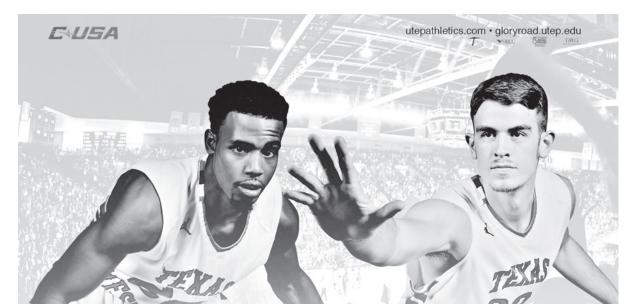
while that's kind of cool in

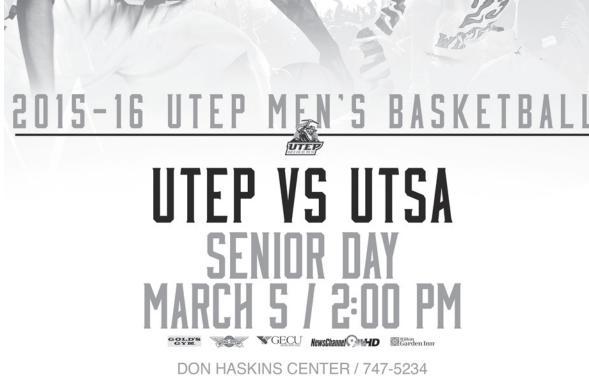
theory, in practice it often is not. We get it. You're young and enthusiastic. You need things to occupy your time 45 minutes before tipoff and 4.5 years before you occupy Wall Street. Nobody begrudged you that one week you all went viral and poured milk on your heads or did the

When ESPN does a remote home court four hours before But that was then, and it was tipoff and you're screaming like

See SPORTS, Page 8







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Comix



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 would like your urologist that something, youropiniononenlargedprostate. probably surgical, needs to be *My primary-care doctor sent* me for a blood test and said my PSA number was too high, then sent me to a urologist. He said my bladder is not emptying and that I am having urine retention in the bladder. After one week of medication (Rapaflo), I had a catheter inserted for another week. He measured the urine in the bladder, and it was 880 ml. Now he is suggesting surgery. Is *he going too fast? What are your* thoughts on the procedure and side effects? Will this correct the problem? – D.G.

a tube called the urethra, and in men, the urethra runs right through the middle of the for \$4.75 U.S./\$6 Canada with prostate. As men get older, the the recipient's printed name and prostate commonly enlarges, address. Please allow four weeks and this can cause resistance for delivery. to flow. The symptoms can range from mildly annoying to DEAR DR. ROACH: I have complete obstruction. Complete weaned off Zoloft, and I noticed obstruction is an emergency, a swelling of my fingers - I can't since the kidneys will fail within get my rings on. Do you think it a few days of being unable to is related? – E.P.drain urine at all.

But the obstruction does not need to be complete in order to antidepressant such as sertraline cause kidney damage. It's the (Zoloft) certainly can cause high pressure in the urethra, bladder and ureters (the tubes muscle aches, anxiety and that allow urine to flow from the kidneys to the bladder) that causes kidney damage. Placing a drug is suddenly stopped versus catheter allows the urine to drain at low pressure if the problem is in the urethra.

Normal bladder capacity is symptoms on stopping. between 300-400 ml. At 880 ml, you would experience very swelling as a result of stopping abnormal bladder and would be at high risk but I doubt it. Is it possible that for ongoing kidney damage. Thus, I completely agree with

done quickly.

It's not completely clear to me whether your inability to drain the bladder is due to obstruction from enlarged prostate, even though an elevated PSA suggests that this might be the case. It also is possible that there is something wrong with the nerves that go to or from the bladder. I suspect your urologist has done additional bladder tests to help sort this out.

The booklet on the prostate gland discusses enlargement as well as cancer. Readers can obtain a copy by writing: Dr. Roach – The bladder is drained via No. 1001W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash)

Discontinuing symptoms. Dizziness, fatigue, irritability are common. It happens more frequently if the tapered down over weeks. Paroxitine (Paxil) seems to have the highest incidence of

However, I haven't seen drainage sertraline. It may be related,

See HEALTH, Page 8

PERFECT PRESENTATION ACROSS Sag down 6 "Your Business" channel 11 Solo seen with Chewbacca 14 Snapsho

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Super Crossword

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37 Kobe cash 41 Florida birds 42 Driver's peg 44 Medusas' counterparts 45 At a boat's back 46 "It's hard to _ Trane" 47 GOP symbol 48 Fights noisily 49 Have title to 50 Bankbook ID 51 Put back on the roster 52 Certain organ part 53 Bygone bird 54 Long-eared leapers 59 Little city 61 Qualified By means of 62 64 Hang in there 65 Prized violin, for short 66 Fidel's friend Guevara 68 Pabst beer 69 "_-haw!" (rodeo cry) Of ill repute 71 72 Golfer Sandy 73 Film terrier

88 Waikiki wiggling 89 Accepts Send in troops, 90 e.g. 95 Holy place 96 Innuendo 97 Inceptions 99 Chase 100 Frozen or liquid things 101 "Joan of Arc" star Sobieski 102 Pungent 103 Dr. of radio 104 Winter coat feature 105 Hill helpers 106 Inside story 107 Singer Bono 108 Tantalize 109 Snead of golf 114 Frostv coat 117 "Sluna" stuff 118 _ steady basis 119 Wine, in Paris

Answer Page 4

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MOORE TEXAS

by Roger Todd Moore

Feb 28,1948 : A couple dozen cowgirls meet in San Angelo to form the Girls Rodeo Association.



by Linda Thistle **FIGURE!** GO

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: *

4

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9

★ Moderate ★★ Difficult * * * GO FIGURE!

4 14 1 2



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Social Security Q&A By Ray Vigil

Q: I plan to retire soon. When Member Dies, Apply Online for likelihood it will improve. Your will my monthly Social Security benefits paid?

A: Social Security benefits are www.socialsecurity.gov/pubs. paid each month. Generally, new retirees receive their benefits on Q: Can I get both Supplemental improve within a specific time, either the second (days 1-10), Security Income (SSI) and Social third (days 11-20), or fourth Security benefits based on my months after you started getting (days 21-31) Wednesday of each month, depending on the day in the month the retiree was A: Many people eligible for -If improvement in your medical born. If you receive benefits as Social a spouse, your benefit payment benefits also may be eligible will be reviewed about every date will be determined by your spouse's birth date. For a calendar showing actual payment the other, but you must meet expected – If your medical dates, see the Schedule of Social Security Benefit Payments at limits to qualify for SSI benefits. your case will be reviewed about www.socialsecurity.gov/pubs/ calendar.htm.

Q: I prefer reading by audio Be Able To Get Supplemental book. Does Social Security have Security Income (SSI) at www. audio publications?

A: Yes, we have many helpful *Q*: *I get Social Security because* publications you can listen to. of a disability. How often will my socialsecurity.gov/pubs. Some I'm still eligible? of the publications available include What You Can Do A: How often we review your 11111 Gateway West, Attn: Ray Online, How Social Security medical

Social Security Benefits, and award notice tells you when you Your Social Security Card and can expect your first review using *Number*. You can listen now at the following terminology:

disability?

Security for SSI. The disability decision three years. for one program is the same for • Medical improvement not additional resource and income condition is unlikely to improve, Learn all about SSI and whether once every five to seven years. or not you may qualify by For more information, visit reading the publication, You May socialsecurity.gov/pubs.

You can find them at www. case be reviewed to determine if

condition depends Can Help You When a Family on how severe it is and the

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: L equals W

LPHD NIRBY XIR NHBB H OTUP LPI'U HBLHXU LHAX HMY SRHAYKY? PKAATMS IM DPK UTYK IO NHRDTIM. Answer Page 4 © 2016 King Features Synd., Inc.



 Medical improvement expected - If your condition is expected to your first review will be six to 18 disability benefits.

• Medical improvement possible disability condition is possible, your case

www.socialsecurity.gov.

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, Vigil, El Paso, Texas 79935.

Sports From Page 6

not No. 1. Put your finger down. Secondly, you're freaking out as if you took the brown acid every time the camera cuts to you. It's high time (no pun) to reassess.

Can't you let up on the throttle a bit and just enjoy the game? Cheer like crazy, sure, but if you are cheering full force for six hours on a Sunday at a Catholic university, you've got to be either off-your-meds crazy or on crazy meds. You're at least suspect.

I'm tired just watching you whip, but watching you nae-nae, too? I'd rather watch the game.

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

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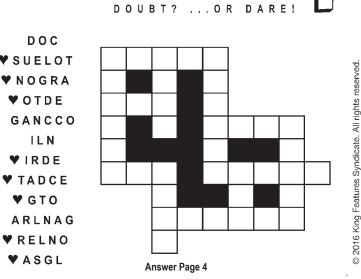
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: **

★ Moderate ★★ Challenging Answer Page 4 ★ ★ ★ HOO BOY!

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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 (V) letter string as each unscrambles into more than one word (ex. **V**RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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

Health From Page 7

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King Features

you are consuming more salt? That's the most common reason for increased fluid in the fingers over a short time.

I would see your doctor if it doesn't go away in a week or so.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions ToYourGoodHealth@med. to cornell.edu. (c) 2016 North America Synd., Inc. All Rights Reserved.