



NEWSBRIEFS

Easter service

The 41st Annual Community Easter Service will be held at 7:00 a.m. on Sunday, March 27. The location is the Oz Glaze Center at 13969 Veny Webb in Horizon City. The service is sponsored by the Kiwanis Club of Horizon City.

– Ann Miller

Child safety

A child safety information event will be held from 8:00 a.m. to noon on Saturday, April 2. The location is the Horizon Fire Station at 14151 Nunda Ave. in Horizon City. Participants will include the Horizon Fire Department, Horizon City Policy Department and Explorers, El Paso Public Health and Kiwanis High School Key Clubs from Americas, Eastlake, Mission Early College, and Eastlake high schools. Topics will include Fire Safety Information, Tobacco Exposed, Identification Kits, Child Safety Seat Inspections and Nutrition Matters. The event is sponsored by the Kiwanis Club of Horizon City.

– Ann Miller

‘Joy Slide’

If you are afraid of heights you’d be wise to take the stairs between the 70th floor bar and 69th floor Observation Deck of the U.S. Bank Tower in Los Angeles; the glass slide they’re erecting between floors might exacerbate your acrophobia, says the Association of Mature American Citizens. The 72-story building is undergoing a \$50 million renovation and the owners apparently decided to spice things up a bit by including the unique “joy slide” 1,000 feet in the air. Visitors will be able to fly through the air with the greatest of ease for a mere \$8 when the project is completed this summer.

– John Grimaldi

Head Start program

Young parents in the Socorro Independent School District, who are working to earn their high school diplomas, now may enroll their children in the new ESC19 Head Start program that will be offered at Options High School (12380 Pine Springs) for the 2016-2017 school year. Options High School is a non-traditional campus designed to serve

See BRIEFS, Page 4

Rumor is like a check – never endorse it until you’re sure it’s genuine.

– Quips & Quotes

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Tenth Annual Poppies Fest, staged every spring along the northeast foothills of the Franklin Mountains, promises to be one of the most important conservation events in the history of the El Paso region.

For, this year’s celebration will showcase the diligent efforts of various community supporters who have worked resolutely to persuade local, state, and national government leaders to push for declaring the Castner Range peaks and valleys as one of America’s national monuments.

With a national monument designation, Castner Range would enjoy the protection of different federal government programs and be eligible for funding to help preserve the Chihuahuan Desert landmark, according to Poppies Fest organizers.

The traditional poppies celebration will be held from 10 a.m. to 4 p.m., Saturday, April 2, at the El Paso Museum of Archaeology (4301 Transmountain Road).

“Everyone is welcome to come out and enjoy the beauty of the mountains and the poppies during this free educational family event,” said Rick LoBello, one of the event volunteers.

The day-long activities will feature a full program of nature walks, wildlife displays, educational exhibits, hands-on demonstrations, a children’s play center, musical entertainment, and food vendors. Also, Houdini the Harris Hawk, from the El Paso Zoo, is scheduled to make a guest appearance, at 11:00 a.m., that Saturday morning.

Special performances by Papaya Riot, Gila Dancers, Fire Dancers, a Ballet Foklorico group, and Danza De Palma from Anthony NM will be presented throughout the day, as well as nature tours and an exhibit of a live wolf from Albuquerque NM.

“This event celebrates the marvelous



– Photo courtesy of the Chihuahuan Desert Education Coalition (CDEC)

COLORFUL – When the rain and climate cooperate, Castner Range – the northeastern foothills of the Franklin Mountains – is known for the beautiful display of Mexican Poppies that carpet its desert slopes in the spring.

open space in northeast El Paso where we frequently enjoy a stunning spring display of our native Mexican gold poppies,” stated LoBello. “The festival is an opportunity to enjoy our beautiful outdoors while learning about what our mountains and desert have to offer,” he added.

For the fest’s opening ceremony (at approximately 11:30 a.m.), Congressman Beto O’Rourke will give the keynote address. The congressman introduced recently federal legislation that proposes that Castner Range be protected from commercial development and be preserved for future generations to enjoy by having it designated as a national monument.

According to event officials, O’Rourke plans to encourage all west Texas and southern New Mexico residents to take action by signing a letter that is addressed to President Barack Obama. The letter asks the president to designate Castner Mountain Range as a national monument.

Fest officials related that over 2,500 letters had been signed so far. They are urging all interested individuals to go online and sign the letter (which can printed) by going to the petition website, at <http://castnerrangenationalmonument.org>.

The April 2nd poppies fest is free and open to the public. Free parking for the event will be available at El Paso Community College (EPCC) Northeast Transmountain campus. A shuttle bus service will be provided for free (from 9:45 a.m. to 4:30 p.m.) to transport visitors from the EPCC parking lot to the fairgrounds.

The upcoming festivities will take place on the 15-acre grounds of the El Paso Museum of Archaeology, where the museum will also feature its Chihuahuan Desert Garden, which has on display a unique collection of more than 200 native plants.

For more information about the upcoming Tenth Annual Poppies Fest, call (915) 490-4697.



– Photo courtesy of the Franklin Mountain Wilderness Coalition (FMWC)

RICH HISTORY – Castner Range is a former Fort Bliss military artillery firing range. This mountain-side area is well known for its unique cultural, geological, and biological environment. The 7,081-acre range was used by the Army for artillery exercises from 1926-1966. Located at the Franklin Mountains State Park’s eastern boundary and south of Transmountain Road, the spacious site is currently closed to the public.

Finances

By Nathaniel Sillin

Keeping the peace between adult children in estate planning

When you die, will your kids fight over your money?

It's an important question that might be hard to answer now, but parents who devote themselves to estate planning with relevant updates over their lifetimes can potentially keep arguments between adult children to a minimum.

As of 2013, American retirees are the sixth most generous in the world when it comes to the amount of assets passed on to family, according to a survey by HSBC, the global British bank. The latest survey (<http://www.about.hsbc.com.au/news-and-media>) noted that 56 percent of American retirees planned to leave an inheritance with an average amount of \$176,814.

How you allocate your estate, no matter what the amount, requires planning and proper communication. Here are a few ways to start.

Know where you stand first. If you haven't updated your estate planning in the last 5-10 years, do so now to fully understand your complete financial picture. Like all personal finance issues, estate planning should be adjusted

when significant life changes happen or there is a major shift in assets, such as when a relative needs help. In short, your estate picture has to reflect current financial realities, so before you decide how to allocate your wealth either before or after you die, seek qualified financial, tax (<https://www.irs.gov/Businesses/Small-Businesses-&-Self-Employed/Estate-and-Gift-Taxes>) and estate advice.

Once you've determined distribution, confirm your plan. Managing money and family are usually parallel issues until the topic of estate planning arises. For some families, splitting money, property and possessions more or less equally among adult children is a smooth process. However, when it doesn't result in the fairest outcome for everyone involved, it can be trickier to navigate. Varying situations for each child might mean that an even split won't work. Once you are able to determine your assets, start thinking through how you can distribute them.

Re-affirm your executor and powers of attorney. Making

a will and designating various health, financial and business powers of attorney as applicable are the standard first steps in estate planning. Certain kinds of trusts might also be relevant. Generally it's good to have documents in place (<http://www.practicalmoneyskills.com/estateplanning>) early in life. As your children get older, it's a good idea to review those documents and designated leadership.

Start communicating. Hollywood has produced many a movie scene with family members sitting nervously in a lawyer's office waiting for the will to be read. Such moments make for great comedy or drama, but not great modern estate planning. Based on what you hope to leave your family, the state of your relationship with your adult children and whatever weigh-in you get from qualified advisors, it's usually better to communicate your plans to your children in advance in person and make sure your legal documents confirm exactly what you plan to do.

Bottom line: Could your current estate planning eventually

put your kids and other family members at odds? Don't wait – the time to update or start estate planning is right now.

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

All hands on deck

Per the Department of Veterans Affairs, a Blue Water Sailor seeking disability for Agent Orange exposure only has to approximate when and where he or she was, and the VA will do the rest, helpfully hunting up the ship's records for the veteran's claim. But this takes time, which a lot of ill veterans don't have. And you really can't expect the VA to put a rush on digging through archives.

The VA also throws up some silly roadblocks. For example, it has temporarily pulled the list of eligible ships off its website. There's a little note: "The list of U.S. Navy and Coast Guard ships associated with military service in Vietnam and possible exposure to Agent Orange is currently being updated."

However, all across the country, sailors are banding together and swapping ship information. There's a good chance that if just one sailor is approved for a certain ship in a certain location at a certain time, others on that ship will be as well.


Here's how you can help, even if you're not working on a claim. If you have any old logs, dig them out. If you kept a journal or made notes on a calendar and noted where you were and when, find it. If you're online, look around for Blue Water Sailor websites and share your ship location information. Find your ship's website and read the posts. Is anybody looking for specific locations and dates in order to complete a VA claim? If you don't have online skills, find someone who does. It's that important.

Go online to bluewaternavy.org and scroll to Update Logs. Click and look all around. See the NARA On-Line Deck Logs of Vietnam Era Ships spreadsheet. The National Archives and Records Administration has ships logs in archives as it gets them scanned, or call the NARA at 866-272-6272.

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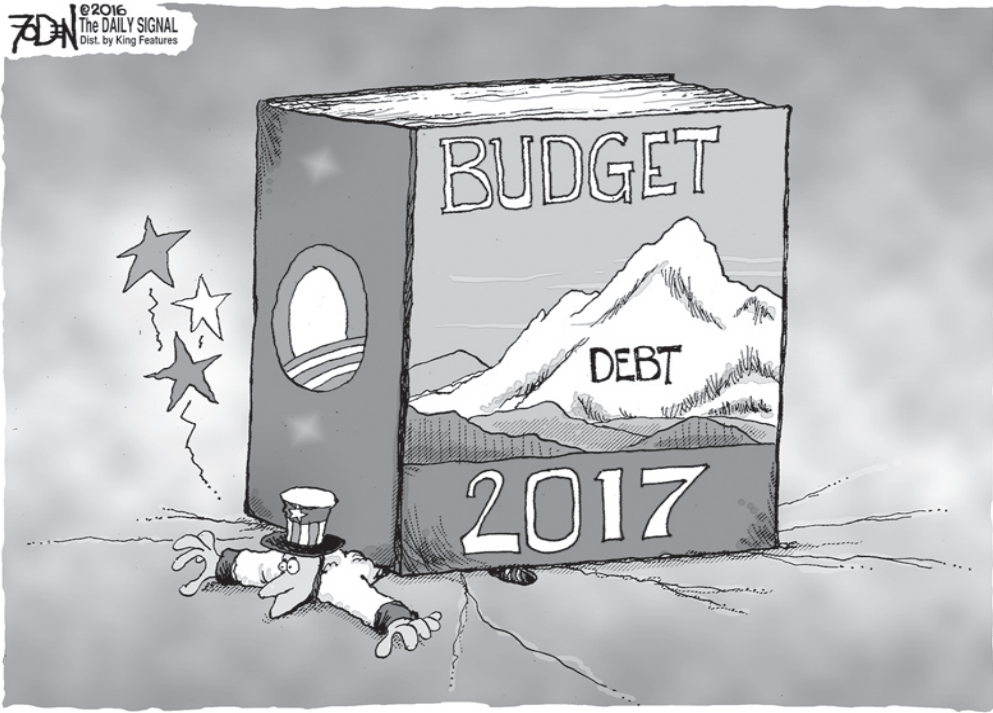
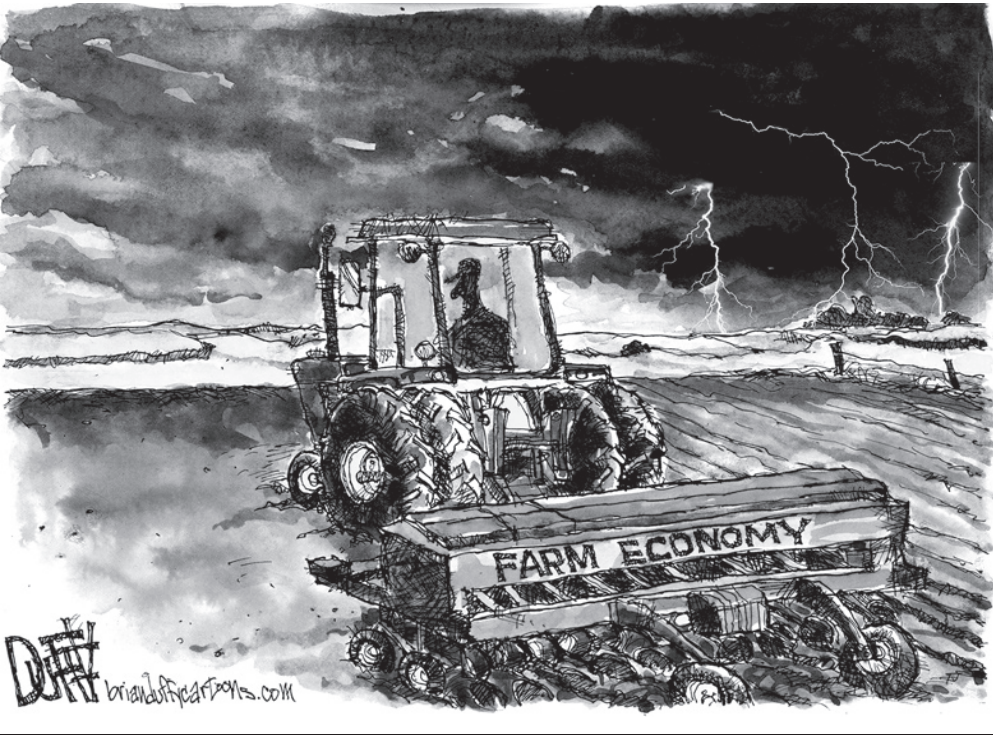
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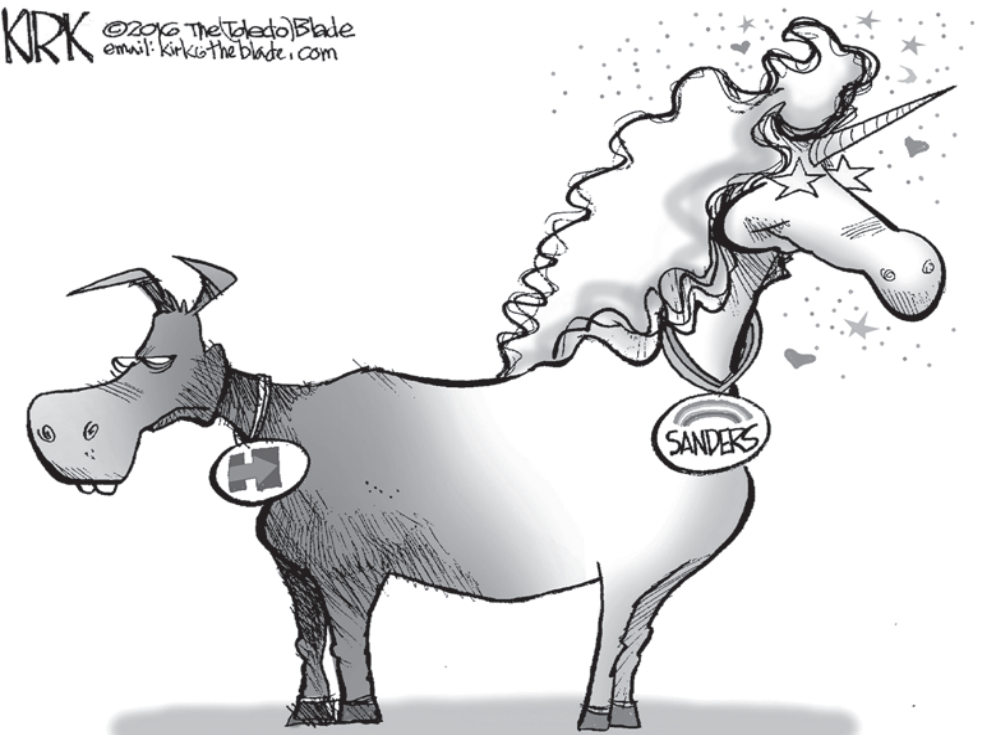
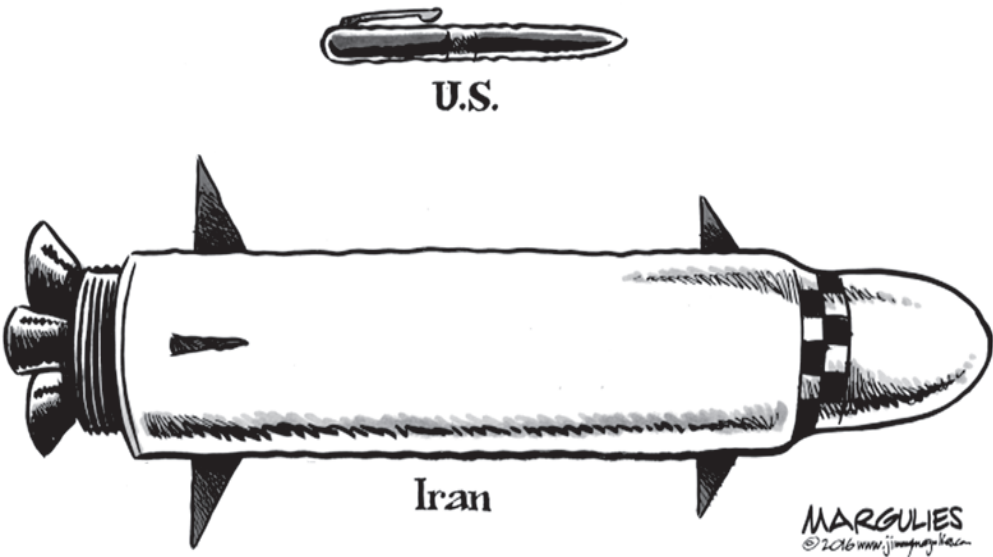
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View from here By Traci Bruckner, Center for Rural Affairs

Police morale is at a low point nationally

How would you like to go to work every day knowing that there is a real chance someone may try to kill you? That is what our nation’s brave police officers face each morning as they try to uphold the laws of our land, according to Dan Weber, president of the Association of Mature American Citizens.

“But instead of getting support from their local authorities and Federal agencies, they are being targeted as they attempt to do their duty. Now that constant criticism is beginning to have an effect on the men and women dressed in blue.”

Numerous reports from law enforcement authorities across the country say that a growing anti-police sentiment threatens the morale of cops on the beat. The newest study, by the New York Patrolmen’s Benevolent Association, shows that the vast majority of NYPD officers – 96% of them – feel that the lack of support for the work they do is taking its toll.

Weber called the situation intolerable. “These first responders put their lives on the line each and every day in order to keep our streets and neighborhoods safe; it’s time that we give them the support and respect they need. I am calling on the civilian authorities in cities big and small for an overt show of support. Residents can do their part as well by saying thanks once in a while to the cop on the corner.”

More than 6,000 officers took part in the survey conducted by the PBA, which issued a statement that reads in part: “The overall survey results show that members believe the relationship with the public and elected officials has worsened in the past few years, with a lack of support and respect for police officers the top reason cited. Members also expressed they personally feel ‘less safe’ while on duty and most agree that they are often reluctant to take police action for fear of lawsuits or complaints from the public.”

Weber described New York Mayor Bill De Blasio’s reaction to the poll as “dismissive and demeaning.” It reveals a deep-seated disdain that clouds his judgement and lends credence to the PBA’s study, he said.

De Blasio told reporters: “I don’t put a lot of stock in that survey. A lot of what I hear from the PBA is complaints.” PBA chief Pat Lynch quickly shot back saying “it’s not just a union leader on a soapbox on the steps of City Hall. It’s our members speaking.”

And, Weber said, it is not just the cops in New York who feel under siege. “The pressure has been on police officers in towns and cities throughout the country for some time now. Last May, officers attending Police Week here in Washington were interviewed by the Daily Caller and the stories they told were consistent with the NY PBA survey results. They told of how bottles and other objects were routinely thrown at patrol cars. One police officer said flatly that ‘morale is low because we don’t have the public’s backing.’”

Mayor De Blasio and other civic leaders in the U.S. need to “check their attitude” when it comes to the men and women who patrol our streets, Weber suggested. “There’s a disconnect that just doesn’t make sense. Cynics might jump to the conclusion that some elected officials are sucking up to the anti-cop segment of the population in order to curry favor and win votes. I would hope that is not the case; that our civilian leadership is smarter than that. We don’t need to make the thin blue line any thinner than it already is.”

NOW HERE’S A TIP

By JoAnn Derson

- In savory recipes (think cream-based soups) that call for heavy cream, try this amazing, healthy substitute from “Cooking Light”: Cook 1/2 cup brown rice in 2 cups chicken stock for 25 minutes. Remove from heat and let stand 5 minutes. Blend with 1 cup low-fat milk in a blender until smooth and creamy. A savings of over 700 calories and almost 90 grams of fat per cup!
- “Got leftover cake? Freeze it! At my daughter’s birthday party we had a really delicious cake, but almost half of it went uneaten. It seemed a shame to throw it away and too gluttonous to eat it all before it spoiled, so we decided to freeze it in slices. It froze perfectly, icing and all, and we were able to enjoy it several more times over the following month.” – Amy in Florida
- If your toilet is slow to flush but does not appear to be stopped up, check the water valves underneath the rim of the toilet. Clear any built-up mineral deposits with a straightened out paperclip. This allows the water to flush the bowl more effectively.
- Early spring is a great time for garden clean-up chores. Remove dead or damaged limbs on trees and shrubs. Remove suckers at the base of plants. Spruce up your garden beds to get them ready for annuals.
- “To make gluing easier when crafting, I pour an entire bottle of white school glue into a glass mason jar with lid. I use paintbrushes to do my paper crafts, as the glue spreads well with a brush. If I am unable to use a brush, I use a straw to capture glue and “drop” it on other projects. The straw makes it easier to get the glue into cracks or small spots as necessary. Just put a straw down in the glue, cover the open end with your finger, remove it from the jar and position the glue end of the straw where it needs to go, then remove your finger.” – J. in Maryland

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803.
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Road Masters, Quezada and Vinton recognized by KTB

Vinton – Keep Texas Beautiful (KTB) has announced the winners for the 2016 Keep Texas Beautiful Awards. This year the Ebby Halliday and Maurice Acers Business/Industry First Place Award went to Road Masters for their sound environmental

principles supporting the KTB mission. Lorena Quezada from El Paso Disposal was awarded third place for the Volunteer of the Year Award that recognizes extraordinary efforts and contributions to the betterment of the community.

Each year, KTB acknowledges deserving individuals, businesses, community groups, civic organizations, media, government entities and law enforcement officials for their commitment to an array of environmental issues, including litter prevention and community beautification, volunteerism, illegal dumping enforcement and education.

Road Masters IG, LLC is a family owned company in El Paso County. What started out as a tire service company in Vinton, Road Masters now operates a shredding facility. Road Masters transports tire shreds to other states and exports tire shreds for

reuse. In 2015, Road Masters received 1,054 passenger tires and 244 commercial tires through community cleanups, tire drop off days and the annual Bridgestone Tire “One Team, One Planet” event. Mr. Isaac Garcia joined the Keep Vinton Beautiful board for 2016. Road Masters was selected Keep Vinton Beautiful (KVB), Business of the Year for 2015.

Quezada’s involvement in KVB has helped to provide invaluable resources to the rural and unincorporated communities of El Paso County. Her assistance and participation in various cleanups and beautification events throughout the year

has empowered many of these disenfranchised communities to organize clean ups of their own, removing trash, debris and used tires illegally dumped creating a safer and healthier neighborhood. Her leadership among her peers in the solid waste industry have helped to create partnerships and by her example, has encouraged others in the industry to become involved in community environmental efforts. Her time and efforts in collaborating with KVB, the County of El Paso and Keep El Paso Beautiful has impacted the lives of families and children positively for many years to come.

This is the third year KVB placed second (2012, 2015) in cities population of up to 3,000 in the Governor’s Community Achievement Awards (GCAA.) The GCAA recognizes Texas communities with the best grassroots environmental programs in the state each year. Keep Vinton Beautiful has also received the Sustained Excellence Award for receiving a score of 90 or higher on the application from 2014-2016.

For information on programs and events, call 1-800-CLEAN-TX or visit www.ktb.org.
– Marina Ramirez

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SBA TOWERS IX, LLC

PUBLIC NOTICE

CELL TOWER PLACEMENT

SBA Towers IX, LLC, is proposing to build a 155-foot Monopole Communications Tower at the approx. vicinity of 13000 Emerald Pass Avenue, Horizon City, El Paso County, TX 79928. Public comments regarding potential effects from this site on historic properties may be submitted within 30 days from the date of this publication to: Trileaf Corp, Jacqueline Hulina, 1821 Walden

Office Square, Suite 510, Schaumburg, IL 60173; (630) 227-0202.

WTCC: 03-24-16

VILLAGE OF VINTON, TX

PUBLIC NOTICE

Request for Qualifications

The Village of Vinton, Texas, in accordance with Section 2254.004, Texas Government Code, is requesting qualifications for engineering services for a variety of projects the city may undertake and for services necessary for adhering to and enforcing the local ordinances and state laws

with respect to the following subject areas:

- Zoning, Subdivision and Development Plats;
- Streets, Stormwater; and
- Parks, Trails and other Recreational projects.

In order to be considered proposals must be submitted prior to 4:30 PM on the 14th day of April, 2016.

A complete request for proposals is available on our website: <http://www.vintontx.gov/office2.com>

The City Council may select 1 or more firms for services in specific areas based on qualifications. City

Council reserves the right to negotiate with any and all individuals or firms submitting proposals, in accordance with the Texas Professional Services Procurement Act and the Uniform Grant and Contract Management Standards Act, and may choose to retain services for three consecutive years. The locality reserves the right to reject any or all proposals.

The Village of Vinton, Texas is an Affirmative Action and Equal Opportunity Employer.

Madeleine Praino Mayor

WTCC: 03-24-16
03-31-16

Briefs

From Page 1

self-disciplined and strongly motivated students committed to furthering their education in a self-paced environment. The proximity of the new site will be an asset to young parents who are seeking to earn their high school diploma at Options High School. Team SISD is proud to partner with ESC19 to provide resources,

encouragement and guidance to both early education students and adult learners. To be eligible for the Head Start program, applicants must live in El Paso County, meet the age and federal income eligibility guidelines and have updated children’s immunization records. For enrollment information, contact ESC 19 at 790-4600 or Options High School at 937-1300.

– Christina Flores-Jones

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CryptoQuip

Answer

Because the jailer is responsible for just two prison sections, he’s sometimes called a man of few wards.

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STRANGE BUT TRUE

By Samantha Weaver

- It was early 20th-century English schoolmaster and lexicographer Henry Watson Fowler who made the following sage observation: “Display of superior knowledge is as great a vulgarity as display of superior wealth – greater, indeed, inasmuch as knowledge should tend more definitely than wealth towards discretion and good manners.”
- In 2007, a British woman named Susie Hewer completed a marathon in less than six hours – while knitting a scarf.
- Someday, Saturn might not be the only planet in our solar system that has rings. Those who study such things say that Mars’ gravitational pull on its largest moon, Phobos, could cause a catastrophic breakup, with the moon’s debris forming a ring around the planet – in 20 million to 40 million years.
- It’s been reported that before Japan came into contact with the West, people in that country did not kiss.
- When the mantis shrimp attacks its prey, the swing of its claw is so powerful that even if it misses, the resulting shock wave can be enough to stun or kill its prey.
- Coral snakes found in North America are relatively small, quite reclusive... and deadly. You’re unlikely to be bitten by one (due in part to the species’ extreme avoidance of confrontation, coral snakes account for less than 1 percent of all snakebites in the U.S.), but if you are, the snake’s neurotoxic venom can cause severe pain and death. However, snake-bite experts say that in some cases, a bite will result in no symptoms at all for 12 hours – at which point the victim dies from sudden respiratory failure.
- The most common pigment in the world is chlorophyll.

Thought for the Day: “Three grand essentials to happiness in this life are something to do, something to love, and something to hope for.”

– Joseph Addison

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MOMENTS IN TIME

The History Channel

- On April 4, 1975, childhood friends Bill Gates and Paul Allen found the computer software company Microsoft. In 1987, the 31-year-old Gates became the world’s youngest billionaire. Today, Microsoft is the world’s largest software maker.
- On April 5, 1614, Pocahontas, daughter of the chief of the Powhatan Indian confederacy, marries English tobacco planter John Rolfe in Jamestown, Virginia. Their marriage brought peace between the English colonists and the Powhatans.
- On April 6, 1776, the Continental Congress takes the first step toward American independence by announcing its decision to open all American ports to international trade with any part of the world not under British rule. It was the first act of independence by the Continental Congress.
- On April 7, 1954, President Dwight Eisenhower coins one of the most famous Cold War phrases when he suggests the fall of French Indochina to the communists could create a “domino” effect in Southeast Asia. He predicted that this would lead to the “loss of Indochina, of Burma, of Thailand, of the Peninsula, and Indonesia following.”
- On April 8, 1990, “Who killed Laura Palmer?” was the question on everyone’s lips when David Lynch’s surreal television drama “Twin Peaks” premiered on ABC. Shot in and around the logging town of Snoqualmie, Washington, “Twin Peaks” starred Kyle MacLachlan as relentlessly quirky FBI agent Dale Cooper.
- On April 9, 1865, at Appomattox, Virginia, Confederate Gen. Robert E. Lee surrenders his 28,000 troops to Union Gen. Ulysses S. Grant, effectively ending the Civil War. Forced to abandon the Confederate capital of Richmond, Lee had no other option.
- On April 10, 1879, Sandor Herz – the future John Hertz, the man behind what will one day be the world’s largest car-rental company – is born in present-day Slovakia. In 1923, Hertz bought a fleet of used Ford Model Ts and named the business Hertz Drive-Ur-Self Corporation.

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Take the First Step to a Heart-Healthy Life.

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Heart disease is the number one killer of men and women in America. But did you know that just 30 minutes a day of physical activity can improve your health and decrease your risk of heart disease? An easy way to work physical activity into your regular routine is to start walking. For every single hour of regular, vigorous exercise, you can add two hours to your life expectancy.

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

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American Heart Association
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THE BEST TIME TO LEARN THE SIGNS OF STROKE IS BEFORE YOU HAVE ONE. STROKES ARE THE NUMBER-THREE KILLER IN THIS COUNTRY, YET MANY PEOPLE DON'T EVEN KNOW WHAT THEY ARE. THEY DON'T KNOW THAT MORE OF THE BRAIN CAN BE SAVED IF A STROKE IS DETECTED AND TREATMENT IS RECEIVED IMMEDIATELY.

A STROKE ATTACKS THE BRAIN. THE BRAIN ALERTS YOUR BODY TO DANGER. SEE THE PROBLEM?

STROKES BEGIN WHEN A BLOOD VESSEL IN THE BRAIN BECOMES BLOCKED OR BURSTS. BLOOD FLOW IS CUT OFF. TISSUE IS STARVED FOR OXYGEN, AND PARTS OF THE BRAIN DIE. IF NOT TREATED QUICKLY, ABILITIES AND PRODUCTIVE LIFE CAN BE LOST. YOUR BRAIN IS YOUR MOST PRIZED POSSESSION. GUARD IT WITH YOUR LIFE.

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Learn more at StrokeAssociation.org or 1-888-4-STROKE.

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Remembering the Miner team that shocked everyone

By Steve Escajeda
Special to the Courier

Last Saturday marked the 50th anniversary of the Miners’ history NCAA basketball championship victory over Kentucky.

The 72-65 win back in 1966 has been immortalized by countless documentaries, reports and articles, enshrinement into the Hall of Fame and a feature film.

And though back then the game didn’t take on the national significance that it does now, the social ramifications of it will live on forever.

Usually, media members can highlight the teams that are going to challenge for a national title.

Before this season started they would know that North Carolina and Duke and Kansas and Virginia and Kentucky and Michigan State and Villanova and Maryland and Oklahoma would be contenders.

Heck, even I knew that.

But back in 1965, nobody had Texas Western (now UTEP) in their sights. I mean this was a team that truly came out

of nowhere.

Even today, with social media, many players around the country know absolutely nothing about UTEP or El Paso. Can you imagine what it was like 50 years ago?

Plus the Miners had no history to speak of in the tournament. They had what Don Haskins called his best team ever in 1963 (with Jim Barnes) but they bowed out of the tournament early.

It was depicted beautifully in the movie when Don Haskins’ character told a player he was recruiting that he was the coach of Texas Western, and the player looks back at him and asks “Western Union?”

That’s how “out of the loop” the school was at the time.

Anyway, the game featured the first-ever all-black starting lineup. What made everything even more socially significant is the fact that Kentucky, like much of the nation, had an all-white team.

The feeling at the time by those who looked at the world with a racial bias, was that black players didn’t have the discipline or the smarts to beat five white players.

That absurd notion was put to rest

forever when the Miners proved that black players didn’t only have the discipline and the smarts, but the courage to go through a season successfully in a country where they weren’t always accepted simply because their skin was a little darker.

Think about that for a second. You aren’t accepted into society because the pigment of your skin is of a different hue.

Nothing about what is within you like your heart, your brains, your feelings, your deeds, your character, your choices, your opinions or your accomplishments... just the color of the skin that surrounds the outside of your body.

And while the players were making history that day in College Park, Maryland, they’ve all stated that the idea was to win a game. Not to make a social statement.

But to many fans across the nation, white and black, this was a game that many hoped would either change things forever or maintain the status quo.

For the greater good of all humans in this country, it changed things forever.

And though things aren’t perfect by a long shot, many younger people today have no idea how things were for African

Americans back in the 50s and 60s.

Opportunities are there today for blacks and minorities in general, that weren’t available before. But sadly, things are not where they should be.

Prejudice still abounds in this country. And prejudice isn’t just a white problem. There are people of all colors and genders and faiths who don’t like the other person simply because they are different.

Countless times it has been proven that when a person is forced to spend time with an enemy or someone they thought they should despise, it turns out that they learn they have so much in common and look at life with the same values and fears and wishes.

And thus the hatred they’ve been told that have to feel toward one another, vanishes.

The hard part is getting them to agree to spend time together in the first place.

A basketball game 50 years ago did a lot to destroy a fabricated myth. And it makes us all feel better about race-relations when we think about that day.

But it’s the other 364 days a year that we should be recalling March 19, 1966.

A sporting view By Mark Vasto

In a pinch

There are those among us who start thinking about pitchers and catchers as soon as the last out is recorded at the end of the World Series. I used to be one of those people, but then life happens and

you’ve got other things to worry about. Besides, so many people don’t understand spring training.

I was listening the other day to a spring-training game between the Phillies and Yankees. At one

point, C.C. Sabathia faced Ryan Howard. One of the announcers remarked that this would have been a very compelling matchup a decade or so ago. The color announcer readily agreed. Another batter came to the plate, he too was a veteran guy.

“He’s just struggling to make the roster... he’s been willing to travel to far away games... it’s tough.”


“Yeah, it really is,” chimed the color announcer. “He almost wants to be cut now so he can maybe catch on with another team.”

Now do you see what I mean about baseball in spring? It’s not about hope springing eternal... it’s a pretty grim place. It’s a place where bright stars of yesterday go to flame out in front of smaller crowds, farther away from prying eyes, where it won’t hurt as much. It’s a place where power pitchers who got hurt try to practice pitching from another arm slot. It’s where old knock-the-ever-loving-crap-outta-the-ball sluggers of yore are told to


open up their stance and slap at the ball like Punch and Judy.

And there’s one guy down at the end of dugout, kneeling up onto the top step, eating seeds and watching more intently as the game goes on. Come the eighth or ninth inning, they’re expected to “look alive” and “hustle out there.” He’s all smiles because there is little pressure on him. Can he crack the outfield? Nope... high-paid free agents occupy every outfield and infield spot. There are plenty of catchers in the bullpen. But there’s a roster spot for him, even if there


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OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



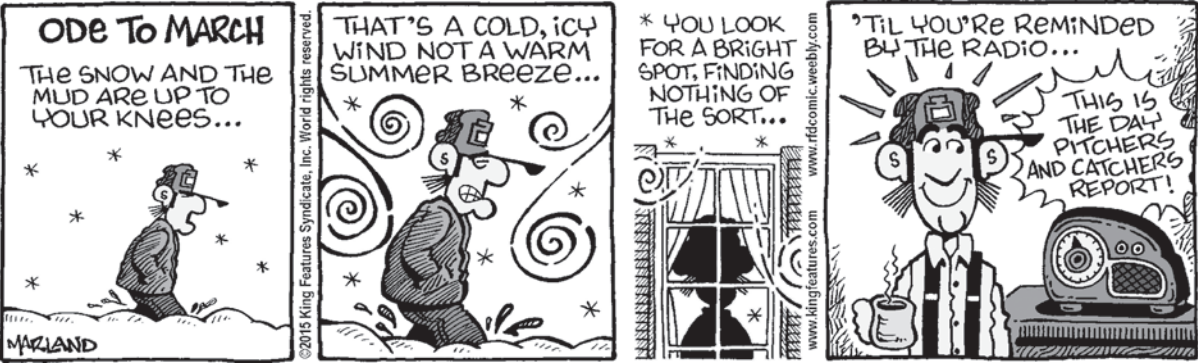
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: How legs, and I could not move my can I find the most successful, experienced kidney doctor? husband gave me two aspirin, Would I be better off with a which did not help the pain. doctor who has his or her own He then gave me an oxycodone 5 mg from our son, who was recovering from a badly broken practice, or one who works in a hospital? My kidney function arm. The oxycodone worked is at 32 percent, down from 44 after about an hour and a half, percent four years ago due to and I was able to get up and walk. My husband thought it hypertension. – J.A.

I often have tried to point out when a teaching hospital or special expertise is critical to having the best chance for a good outcome. For chronic kidney disease, the expertise of the kidney specialist is seldom at issue, because virtually all kidney doctors are very experienced and are expert at taking care of this condition. The main goal will be to slow down the decline of kidney function, but many people in your situation eventually will need dialysis.

In my opinion, what you want to look at carefully is the dialysis facility, which vary greatly in quality. I found a watchdog group with an interesting look at dialysis centers at <http://projects.propublica.org/dialysis/>. This uses Medicare data to evaluate hospitalization, infection and even mortality. It's not a perfect tool, but it gives you some information on which to base your decision. Find a doctor affiliated with the best dialysis facility around.

DEAR DR. ROACH: I am a generally healthy 81-year-old lady. I retired from teaching two years ago. I had a very strange situation about a month ago. I was sitting on the toilet and suddenly had pain in both my

feet, toes or any other parts. My legs, and I could not move my can I find the most successful, experienced kidney doctor? husband gave me two aspirin, Would I be better off with a which did not help the pain. doctor who has his or her own He then gave me an oxycodone 5 mg from our son, who was recovering from a badly broken practice, or one who works in a hospital? My kidney function arm. The oxycodone worked is at 32 percent, down from 44 after about an hour and a half, and I was able to get up and walk. My husband thought it was probably a leg cramp. I went to see my regular doctor the next day. He thought that I might have a blood clot in the leg and sent me to the hospital for more testing. After ultrasound testing, they did not find anything abnormal. I am now afraid to drive by myself or even to be at home alone. Do you have any idea what this might have been, or what I should do at this point?

Sudden onset of pain and weakness does not sound like a blood clot to me. It sounds like a neurological event, such as a pressed nerve (actually nerves, since it was both sides). It is possibly in the brain or the spinal cord, but that seems less likely. A leg cramp usually would not be on both sides and usually does not cause weakness.

I don't agree with you taking your son's oxycodone. It's a very powerful and dangerous narcotic. Five mg is a relatively small dose, but people can be very sensitive to narcotics, and deaths have occurred from people using a friend or family member's drugs.

If your symptoms don't occur again, I would suspect that this

See HEALTH, Page 8

Super Crossword

WHERE IN THE WORD?

ACROSS

1 NFL standoff

7 Treat kindly

15 Costumes

20 Like forests

21 Tangles

22 Be nuts over

23 RED

25 Entertainer Zsa Zsa

26 _Caps (candy)

27 Great Lakes' - Locks

28 First full mo. of autumn

29 Spurring (on)

30 ELLE

36 Russian ruler of yore

39 German car make

40 _ to say this, but...

41 SAGE

46 _Z (thoroughly)

47 Low-value wallet

51 Pop lover

52 Want badly

53 RAN

56 Luau bowful

57 In the second-best category

59 Insect-catching tool

60 Having some benefit

61 Filmmaker

Preminger

63 Critical hosp. area

64 Empire until '91

66 Places of learning, in French

67 PORT

72 Frosh's cap

74 Plane feature

75 "Not a word!"

76 Watch sound

79 Lou Grant

portrayer Ed

80 Agent's take

81 Malia and Sasha

84 Cap for a bagpiper

85 ACRE

89 Allan-_("Robin Hood" narrator)

90 " _ Little Teapot"

91 Chop _

92 Nimble deer

93 SEA

96 Fuzzy fabrics

98 One who has regrets

99 Sonny & Cher's " _ You Babe"

100 SLAT

108 Illusory

109 "... bug _ feature?"

110 Biceps' place

111 Actress Charlotte

114 Lab vial

115 HUM

121 Like a prebirth body position

122 One who

quarantines

123 Señor's nap

124 Account

125 "Cagney & Lacey" co-star

126 Peddled

DOWN

1 Shoemaking tools

2 Money to be paid back

3 Wacky

4 Chop-chop

5 Get more mileage from

6 " _ a Grecian Urn"

7 Honey maker

8 Objective

9 Abbr. stamped on a bad check

10 Suffix in some pasta names

11 Camp craft

12 Swedish king

13 Hang-up for an optometrist?

14 _ Kosh B'Gosh

15 Flock of geese

16 Old saw

17 Redbreast

18 Horse to be busted

19 Suit fabric

24 Turn bad

29 "Daniel" singer

30 _-Magnon

31 Relaxes

32 Corrodes, in a way

33 _ Mae Brown (psychic in "Ghost")

34 Pear-shaped fruits

35 "... could _ horse!"

36 Musical rate

37 Stuck-up type

38 Entry

42 U.S. media watchdog

43 Illinois city on the Mississippi

44 Some rescue ops

45 A long time in the past

47 Decide not to join in

48 Super-suspenseful

49 Author _ Stanley Gardner

50 Beatified Milles.

54 Smart-alecky

55 "Yowie!"

58 Interring individuals

62 Very testy

65 Amtrak stop: Abbr.

66 Surround with a saintly light

68 Suffix with zillion

69 "I _ lot to you"

70 Dancer Duncan

71 "Holy cow!"

72 Low voice

73 Favorite son of

Isaac

77 Wee role

78 Rival of Target

80 Have bad flu symptoms, say

82 Swiss city on the Rhine

83 Mo. in which autumn starts

86 What hungry wolves do

87 Ungulate feature

88 Actress Hatcher

94 Neighbor of Hung.

95 One, in Ulm

96 Feeble

97 Pulpit speech

100 Bits of wind

101 Coastal arm

102 Poetic Muse

103 Hotelier Ritz

104 Actor Clark

105 Present label

106 Like Dublin denizens

107 " _ vincit amor" ("Love conquers all")

111 Hazard

112 Poker post

113 "Holy cow!"

115 Collide with

116 Young fellow

117 LGA datum

118 Ty-D- _

119 Suffix with witch or trick

120 Unlike reruns

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124																126				

Answer Page 4

MOORE TEXAS

by Roger Todd Moore

Texas’ 1st and 3rd President was Sam Houston and Mirabeau Lamar was the 2nd President... they didn’t like each other.



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!

	-		×		7
×		+		-	
	+		-		8
-		÷		×	
	÷		+		8
3		3		5	

1 2 3 5 6 6 7 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

Answer Page 4

★★★ HOO BOY!

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Social Security Q&A By Ray Vigil

Q: Will my eligibility for the Extra Help with Medicare prescription drug plan costs be reviewed and, if so, how often?

A: If you get the Extra Help, Social Security may contact you to review your status. This reassessment will ensure you remain eligible for Extra Help and you are receiving all the benefits you deserve. Annually, usually at the end of August, we may send you a form to complete: *Social Security Administration Review of Your Eligibility for Extra Help*. You will have 30 days to complete and return this form. Any necessary adjustments to the Extra Help will be effective in January of the following year. Go to www.socialsecurity.gov/prescriptionhelp for more information.

Q: Do I automatically get Medicare benefits if I’m eligible for disability benefits?

A: After you have received Social Security disability benefits for 24 months, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first benefit payment. Sometimes you can get state Medicaid in the meantime. There are exceptions to this rule. People with amyotrophic lateral sclerosis (Lou Gehrig’s disease) and chronic renal disease may be able to get Medicare earlier, for example. For more information, visit 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, 11111 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: D equals S

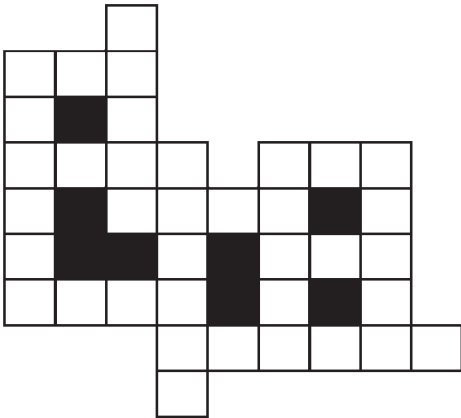
UTONADT YJT QNWPTK WD
KTDBMVDWUPT HMK QADY YCM
BKWDMV DTOYWMVD, JT’D
DMFTYWFTD ONPPTR N FNV MH
HTC CNKRD.

Answer Page 4

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PCO
SOTLED
DIPBE
HOCE
FAPBER
♥ UDB
♥ SELE
♥ HIFEC
♥ IPH
♥ DROSET
♥ RODEC
DEOB



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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Sports

From Page 6

are plenty of utility fielders and pinch hitters. Why? Because he’s fast and alert, knows how hard the outfielders throw and knows the signals. His only goal is to score a run.

This man is the pinch runner.

The New York Giants and St. Louis Cardinals of the 1920s and ‘30s used to carry a pinch runner on their rosters, and that’s all they ever did – pinch run. Some of the guys they used as pinch runners had long, accomplished careers in the minors, but it didn’t matter back then. You were just happy to get a job. Singers get paid to sing, other people write songs for them. That was the way it worked. In baseball, that translates to “the other guy hits, you run for him, you both a cash a check at the end of each week, and the hitter’s check is larger.” So this spring and all next season, let’s elevate the status of this long-misunderstood specialist. Last season, we honored the long reliever, the year before it was the infield shift that caught everyone’s eye, now the pinch runner’s time has come.

Let’s look alive out there and raise a toast to the guy who you call on when you’re in a real pinch. Here’s to the hustlers out there! God bless them all!

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

Health

From Page 7

was caused by too much pressure put on the nerves.

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.