



## NEWSBRIEFS

### Insurance update

El Paso County ESD#1 (Horizon Fire Department) recently earned an I.S.O. (Insurance Services Office) classification of 2 effective November 1, 2016. I.S.O. sets Public Protection Classification (PPC) to all fire departments throughout the nation. Insurance companies use this information to set the fire portion of the insurance rates for homeowners. The rating brings a savings to property owners in the El Paso County ESD#1 on fire insurance. The *Courier's* first report on this said, "... this new classification means to homeowners is approximately a 35% savings on the Fire Portion of your homeowner's insurance rates beginning in October." The Department now says that the savings begin in November. They also note that the insurance companies will not change rates until the policy is up for renewal.

— Rick Shrum

### District break

Students and teachers in the Socorro Independent School District started fall intersession on Monday, Oct. 3, which goes through Friday, Oct. 14. The SISD District Service Center will remain open during this time. Students and teachers return to class on Monday, Oct. 17.

— Christy Flores-Jones

### FAFSA nights

From October 10 through November 17, from 4:30-7:00 p.m., financial aid experts will visit the computer labs of 52 area high schools to help students and parents complete a FAFSA and are available to answer questions. Participating students have the chance of receiving a \$1,000 scholarship. Students are encouraged to fill out their FAFSA application as soon as possible. The sooner students apply, submit completed applications and are awarded, the more quickly they are able to obtain their financial aid funding. El Paso Community College (EPCC) has partnered with The University of Texas at El Paso (UTEP), other area educational partners and the Greater El Paso Chamber of Commerce to help students and families afford college. Every year, billions of dollars are available in federal grants, work-study positions, and loans to

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*An expert can take something already you know and make it sound confusing.*

— Quips & Quotes

## Legislators study ways to improve school funding

By Alfredo Vasquez  
Special to the *Courier*

TEXAS – Although the Texas Supreme Court ruled recently that the state's current public school funding system is constitutional, the high court also cited the need for "transformational, top-to-bottom reforms" to ensure that all Texas school children have access to an equitable K-12 education.

The court's indictment on the funding system's shortcomings, spurred House Speaker Joe Straus this summer to order representatives to study the school finance structure and recommend reforms before the next legislative session.

Subsequently, the House Public Education and Appropriations committees held a joint hearing recently, which could be a sign that state leaders are taking seriously the opportunity to fix the complicated finance system. The two committees are expected to make some sort of school finance recommendation to the full Legislature when the 2017 session starts in January.

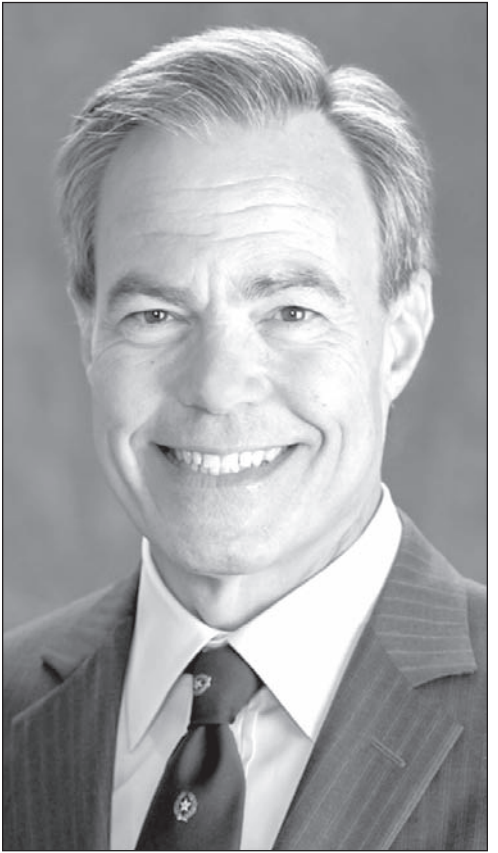
The crux of the funding problem, of course, lies on the amount of money

homeowners and businesses have to pay in property taxes to support public schools. One legislative watchdog group estimated that local property taxes generate about \$30 billion a year and pay for about half of the state's education-related expenses.

The current system has no shortage of critics, especially because property wealth varies from school district to school district. To help balance the variation, the existing process directs the state treasurer to skim revenues from rich regions and transfer them to those less well off.

However, so-called rich school districts want all of their property taxes to be used locally. Also, at issue is that as property values of modest-income home owners have increased, more school districts have become subject to recapture, which means that some of their local property tax dollars are sent back to the state and distributed to school districts with less property wealth, according to opponents of the current system.

A local example is Canutillo ISD, which is experiencing growth in homes and business development. The upper valley school district could be next to be added to the list of rich districts in the next



— Photo courtesy Jason Embery

**Texas State Rep. Joe Straus, a Republican from San Antonio, was first elected Speaker of the House of Representatives in 2009. The Speaker's main duties are to conduct meetings of the House, appoint committees, and enforce the Rules of the House.**

couple of years because the developments in the district are outpacing the student enrollment. This could result in CISD

See FUNDING, Page 2

## Estrada named National Hispanic Scholar

By Denise Peña  
Special to the *Courier*

FABENS – Fabens High School's Rodrigo Estrada has been named a National Hispanic Scholar by College Board after scoring in the top two and a half percent among Hispanic and Latino PSAT/NMSQT test-takers in our region

his junior year. In addition to achieving the minimum required selection index score, students must also be at least one-quarter Hispanic/Latino and earn a minimum cumulative GPA of 3.5 by the middle of their junior year. "He is a bright scholar who thrives at everything he puts his mind to," Principal Ruben Carrillo said. "He's really making us proud."

This award is just the latest of several

recognitions for the, now, senior. Just this month, Estrada also received a President's Volunteer Service Gold Award for earning a minimum of 250 hours of community services within a 12-month span. In addition, the American Red Cross National Youth Council has given him the Youth Spotlight Award for going above and beyond in assisting his local chapter.

In July 2016, the National Association of Secondary School Principals recognized Estrada with an American Citizenship Award for displaying an understanding and appreciation of civic responsibility and promoting citizenship throughout the school and local community. This same organization also awarded him with the President's Award for Educational Excellence merited by high performance on nationally recognized exams and outstanding academic achievements.

As part of the Socorro Municipal Teen Court, Estrada recently provided legal representation for juveniles who had committed Class C Misdemeanors or Traffic Offenses. He also served as judge for trial, underwent training with local attorneys and judges and provided peer mentoring to at-risk youth. "His desire is to empower his peers to be engaged and informed citizens," History teacher Danny Flores said. "He has a deep-rooted commitment to helping others."



— Photo courtesy Fabens ISD

**SMARTS – Senior Rodrigo Estrada was honored during the Fabens ISD September board meeting for his academic accomplishment.**

Finances

By Nathaniel Sillin

# How to tackle your grocery bill

Food shopping can quickly take over your budget despite your best intentions. Perhaps it’s due to impulse purchases, unplanned shopping trips, food going bad or a combination of all three. If you’re looking for ways to save money while enjoying nutritious and delicious meals, consider these money-saving tactics.

**Stick to your budget to save time and money.** Look at your food budget before making a trip to the store. If you don’t have one yet, figure out your overall budget including food costs with a simple budget worksheet. Knowing how much you want to spend and actually spent can help you make informed decisions.

Plan out the week’s meals with your budget in mind. If you make dishes that rely on the same staples, you can save money by using leftovers to create a new dish. But mix things up to avoid boredom.

Make your trip to the grocery store even easier with a shopping list. Sticking to a list can help limit food waste and make it easy to get in and out of the grocery store. If you share food shopping duties with a spouse or partner, you can avoid double purchases by using grocery apps that let you create and sync shopping lists.

**Stack different discounts and deals to rack up savings.** Once you enter the grocery store, it’s time to put your plan into action. Plan for the occasional indulgence and let yourself make impulse purchases occasionally, but try to stick to the list.

You can also often save money at grocery stores by joining the store’s loyalty program. Members

get exclusive discounts, and some programs offer additional savings at partner stores. Check your membership account online or with the app before checking out, as some programs have electronic coupons that you need to “clip” to get the savings.

One way to increase your grocery budget is to use one, or several, of the apps that give you cash back when you buy groceries. Sometimes you can even earn cash back on general purchases like a loaf of bread or a gallon of milk. Depending on the app and food, you may need to verify the purchase by scanning the barcode and sending a picture of your receipt.

The store you choose can also significantly impact how much you’ll spend.

**Strategically plan your shopping route.** Planning your grocery shopping after reviewing your local stores’ weekly sales and coupons can help you determine what to buy where. Also take the time to explore your neighborhood stores, as one grocer may frequently have high-quality yet inexpensive produce

while another might have a great butcher.

No matter where you shop, be mindful of how the store’s design can entice you to make purchases. The outside ring is often where you’ll find the fewest processed foods, however you might notice that you need to walk to the back of the store to grab milk or eggs. The store hopes you’ll be tempted by something you see along the way.

Sticking to your list, refraining from walking through an aisle unless you need to and remembering that the eye-level products aren’t necessarily the best bang for your buck can help you avoid these traps.

**Stick to inexpensive foods.** Consider choosing store-brand rather than name-brand products as they’re often cheaper, but not necessarily lower quality. You may also want to consider changing what you buy. Filet mignon can be delicious, but so can cheaper cuts of meat and there’s a lot of advice online for how to best prepare them. Staples, such as rice, beans and canned or frozen goods are also a low-cost way to supplement meals.

**Bottom line.** Buying food is a

necessity, but you don’t have to overspend to keep a well-stocked fridge and pantry. By planning your meals and grocery trips, using the money-saving tactics above and carefully choosing where you shop, you can save time and money – and cook up something delicious.

*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.*

## Funding

From Page 1

losing some of its local funds to the state, according to former CISD associate superintendent Annette Brigham.

Brigham said that a school district like CISD, although not a rich district by any means, could lose local funds because school financing is based on property taxes in Texas.

In initiating the push to find an equitable funding solution, Straus stated in a recent news release, “We can improve educational quality while also making our school finance system more efficient. Ignoring some of the problems in our current system will only make them worse. School finance reform never comes quickly or easily, which is why this work needs to continue sooner rather than later.”

Straus requested that members of the two legislative committees examine the impact of a soon-expiring provision that has allocated money to school districts to help offset mandated property tax cuts. He asked the committees to study “the use of local property taxes to fund public education and its effects on educational quality and on Texas taxpayers.” He also ordered the House to study the Cost of Education Index, a component of the school finance system, along with the debt load and facility needs of fast-growing school districts.

“It’s important that we keep local tax dollars in local districts as much as possible, while still ensuring that all students have access to quality public schools,” Straus stated. “Combined with those studies, the newly issued charges will allow the House to take a thorough look at school finance when the Legislature convenes in January 2017,” he added.

## PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The *West Texas County Courier* will publish two editions early. The October 20 and October 27, 2016 issues will go to press on Monday, October 10, 2016.

All material for these publications must be submitted to the *West Texas County Courier* no later than Thursday, October 6, 2016.

The *West Texas County Courier* office will close beginning Tuesday, October 11, 2016. The office will open again on Thursday, October 27, 2016.

## Veterans Post

By Freddy Groves

# VA spends big to speed disability exam claims

The Department of Veterans Affairs has just announced the awarding of \$6.8 billion in contracts to improve the Medical Disability Examination process and get veterans’ disability claims handed more quickly.

Let’s look at the five companies it chose:

- VetFed Resources, Inc., Virginia, a veteran-owned small business.
- Logistics Health, Inc., Wisconsin, has a national network of “medical, dental and behavioral health providers” that offer annual physical exams and periodic health assessments.
- Medical Support Los Angeles has dozens of clinics scattered around three states.
- QTC Medical Services, Inc., California, appears to have a full complement of medical associates in seven big-city locations and has done exams since 2000.
- Veterans Evaluation Services, Inc., Texas, is another veteran-owned company.

A thumbs-up to the VA for expanding services to get the disability claims handled faster.

However, anyone can build a website and say anything on it, as well as skew facts on

an application. One way to evaluate a company is to check the employer review sites on the Internet. You’ll find both positive and negative reviews anywhere you look, but the devil is always in the details. Sometimes employees make small comments that add up.

Another source of information is in patient complaints.

I wonder if anyone considered any of these sources of information when they were awarding contracts, or if they only stuck to the applications in front of them.

It’s also disturbing when two of the awardees file a protest with the Government Accountability Office against the others saying that the agency “misevaluated proposals, engaged in misleading discussions” and more in handing out the contracts. In wading through the very long decision documents, with the names of 28 attorneys at the top, it’s hard to see how all the legalese and finger pointing will translate into actual veteran care and medical disability evaluations.

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Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.


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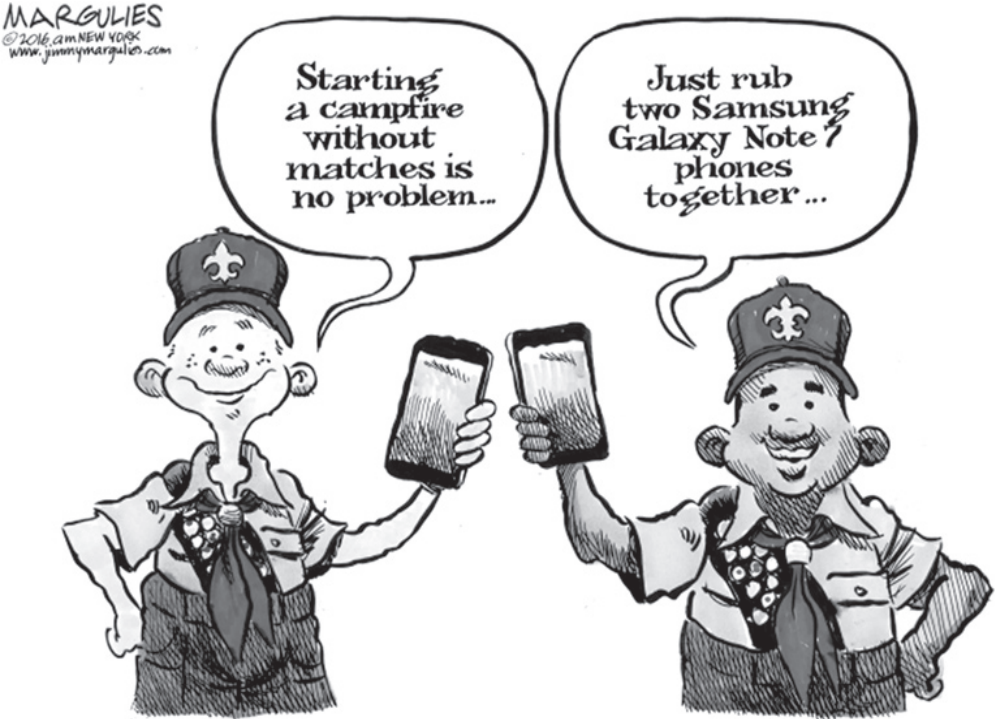
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## Oswalt services

Anita (Nita) Oswalt died on September 26, 2016 at age 64. She was with her husband, Joe; her daughter, Liz; and good friend Rosa Dominguez when the rare, rapidly spreading cancer she had took her life. A memorial service will be held Saturday, Oct. 8, at 10:30 a.m. at The First Baptist Church in Horizon City (17018 Darrington Rd.).

Most Horizon residents that had any business at Town Hall met her even if they didn't know her. Oswalt worked for the Town of Horizon City for 22 years with the courts and later as an Administrative Assistant for the Town. She kept a candy bowl filled for anyone that came to her desk.

Oswalt was born September 8, 1952 in Salina, Kansas. Her family later moved to Northeast Kansas near a community called Home, Kansas. She graduated from Marysville High in 1970. She worked with Joe on jobs for the National Trust for the Historic Preservation doing historical research, and stencils for historic churches, theaters, and hotels. They moved to El Paso in 1984.

Oswalt was known for her humor throughout her life. Even while she was ill she tried to make people laugh or smile. She always enjoyed answering the question, "Where are you from?" Her reply would be, "Why I live at home!"

Oswalt will be interred on November 5 in the family plot at the Antioch Cemetery in rural Marshall County Kansas on a tree-covered bluff overlooking a stream.



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# FAFSA NIGHTS 2016

Free Application for Federal Student Aid

## 2016 FINANCIAL AID HIGH SCHOOL WORKSHOPS

All sessions are from 4:30 p.m. to 7:00 p.m.

**October 10**

Franklin HS  
Eastwood HS  
Andress HS

**October 11**

Hanks HS  
Ysleta HS  
Bowie HS  
Faith Christian Academy

**October 12**

Parkland HS  
Loretto Academy  
Fabens HS  
Parkland HS

**October 13**

Canutillo HS  
Valle Verde Early College HS  
Northwest Early College HS  
Tornillo HS

**October 24**

Del Valle HS  
Horizon HS  
Coronado HS  
Harmony School of Inovation

**October 25**

Jefferson/Maxine Silva HS  
Transmountain Early College HS  
Cathedral HS  
El Dorado HS

**October 26**

Burges HS  
Mission Early College HS  
Clint Early College HS  
Immanuel Christian

**October 27**

Paso del Norte-West  
Montwood HS  
Socorro HS

**November 7**

Austin HS  
El Paso Academy West  
Harmony Science Academy

**November 9**

Eastlake HS  
Mountain View HS  
Radford HS

**November 10**

Clint HS  
Riverside HS  
San Elizario HS

**November 14**

Paso del Norte-East  
Ft. Hancock HS  
Davinci School Science & Arts

**November 15**

Americas HS  
Anthony HS  
Father Yermo HS

**November 16**

Premier HS  
El Paso HS  
Irvin HS

**November 17**

Bel Air HS  
Cotton Valley Early College HS  
Chapin HS

## The Daughters of the Republic of Texas to celebrate 125th anniversary

By Daniel Harvell  
*Special to the Courier*

TEXAS – The Daughters of the Republic of Texas (DRT) announces its 125th anniversary celebration, which will be held at the Lyndon B. Johnson National Historical Park in Johnson City on Saturday, November 5, 2016. The event will take place from 11 a.m. to 4 p.m., with the official program taking place from noon until 12:30.

The DRT is the oldest patriotic women’s organization in Texas and one of the oldest in the nation. In 1891, Betty Ballinger and Hally Bryan formulated plans for an association to be composed of women who were direct descendants of the men and women who established the Republic of Texas. Their ongoing mission has been to perpetuate the memory and spirit of those who achieved and maintained the independence of Texas.

“Through our volunteer efforts, the Daughters of the Republic of Texas have worked since 1891 to preserve and tell the story of Texas,” said Betty Edwards, M.D., president general of the Daughters of the Republic of Texas. “Traces of our dedication are found across the state, and we are dedicated to continuing our commitment to the grandest

of states.”

Edwards continued, “The story of Texas and the story of the Daughters of the Republic of Texas have been intertwined from the beginning. We exist so that the next generation will understand the struggles of early Texans for freedom and independence. We think it is more important now than ever that Texans – and the world – understand our rich history.”

Today the organization has grown to over 7,000 members. The DRT continues to play an important and significant role in propagating Texas history by maintaining tens of thousands of historical documents in the DRT Library Collection, helping to educate today’s students on the bygone eras of Texas, preserving various historical properties, operating the Republic of Texas Museum in Austin and much more.

The 125th anniversary festivities will include music by John Arthur Martinez, performances by the Pioneer Women, wine tasting from William Chris Winery and Hahne Estates Winery at the Texas Redback Saloon, a display on the history of the DRT, chuck wagon demonstrations, gifts for sale at the Austin Colony Mercantile/General Store, barbecue and Tex-Mex food options, period reenactors, children’s games, tours of the LBJ Ranch, and more.

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## TexasSure catches drivers without insurance.

For information about the Daughters of the Republic of Texas, visit <http://www.drinfo.org/>.

*The Daughters of the Republic of Texas (DRT) was founded in 1891 as an organization dedicated to perpetuating the memory of the founding families and soldiers of the Republic of Texas. The organization’s mission includes encouraging historical research into the earliest records of Texas, especially those relating to the Revolution of 1835 and the events that followed.*

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## CryptoQuip Answer

As a surgeon who’s very good removing marks left from wounds, folks like to say I’m a scar mechanic.

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Strange  
But True

By Samantha Weaver

- It was farmer and author Wendell Berry who made the following sage observation: “Do unto those downstream as you would have those upstream do unto you.”
- Those who study such things say that size does matter – at least to proboscis monkeys. It seems that among these primates, females show a significant preference for males with larger noses.
- If you’ve ever been to a major sporting event, or even watched one on TV, you’ve seen costumed characters representing schools and sports teams. However, unless you’ve been to Japan, you don’t understand mascots’ true potential. There, the mascot industrial complex is so large that in 2015, the Finance Ministry launched a campaign to reduce spending by cutting the number of unnecessary mascots in the country. According to one estimate, there are 10,000 mascots employed by the government alone. Some examples: Prince Pickles and Princess Parsley represent the Defense Ministry; Wakayama Prison is represented by Waka-P, a bright orange creature with a huge head; and Toilet-kun, who has a toilet-seat lid for a face, is the mascot for City of Yokohama’s waste recycling bureau.
- Have you ever wondered why the green room – the waiting area just offstage where actors stand-by before and after stage appearances – is green? Well, evidently it’s believed that the color green is soothing to eyes that have been exposed to the glare of stage lights.
- The game of billiards first appeared in the New World in St. Augustine, Florida, the oldest continuously occupied European settlement in the contiguous United States. It was in 1565 that Spanish explorers started playing the game here.
- Rabbits are well-known as magicians’ preferred animal when performing, but have you ever wondered why? It’s because rabbits tend to stay calm and quiet when handled rather than becoming agitated and noisy.

Thought for the Day:  
“Contentment is, after all, simply refined indolence.”  
– Thomas Chandler Haliburton

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View from here By John Grimaldi

Older Americans must lead the way to the voting booth

There was some distressing news from Gallup earlier last week. Voters will be staying home in droves this year, according to the polling organization.

Dan Weber, president of the Association of Mature American, says that it is not a good thing. “You’d think that with all of the hoopla surrounding the 2016 Presidential Elections, voters would be particularly energized this year. But Gallup says that its survey shows only 69% of the electorate say they will definitely exercise their right to vote come November. In fact, an astounding 72% of respondents in its poll say they really haven’t given much thought to the election.”

Weber warns that by not casting their ballots those non-voters are, in effect, opting for the candidates proposed by the “other party.” He says it also diminishes our respect for good government, undermines our representative democracy and makes us weaker as a nation. In addition, he adds, elections are meant to unify the country by allowing all eligible voters to have their say in who shall lead them and by not voting we create a deeper divide.

“This year, more Americans want a change in the direction our country has taken in recent years. They want to take back their ability to control their lives as our forebears did in the good old days when the Constitution was considered an inviolable document that made our democracy the envy of the world. Voter apathy is a threat to all of that.”

It has been reported that young Millennials and their immediate predecessors who were called Generation X constitute the largest voting bloc in the U.S., having taken over the spotlight from Baby Boomers. But the Gallup poll indicates that only 47% of younger voters say they will definitely get out and vote in 2016, down from 58% in 2012.

Thus, Weber says, older Americans can still lead the way by example and he is calling on the members of his influential senior advocacy organization to do all they can to invigorate the nation this November.

“AMAC was founded by

a membership determined to make a difference, activists who believe that all is not yet lost. We need to get out the vote. We need to urge our voting age family members and friends to prove that the graying of America, where 10,000 of us turn 65 years of age each day, is a good thing. Perhaps it will also show new voters how to exercise their most important right and their most profound responsibility. One thing’s for sure, it will also show the world that the U.S. is not in decline; that we are on the rise again.”


*The Association of Mature American Citizens (http://www.amac.us) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.*

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# Nobody is ‘overlooking’ Cowboys’ Dak Prescott now

By Steve Escajeda  
*Special to the Courier*

Every sports fan gets fired up for the big game. And for most fans any game their team plays is a big game.

But there’s nothing more intense for a sports fan than when their team takes on their dreaded rival.

Rivalries are yet another reason that make athletic competition compelling to everyone on this planet.

And though most rivalries are between teams and franchises, there are personal rivalries.

And because of personal rivalries, many times two players are linked together in the public’s eyes forever.

Whenever anyone thinks about former Boston Celtics great Bill Russell, the name and vision of Wilt Chamberlain inevitably comes to mind.

Sometimes it wasn’t that the two players had tough competitions with each other, it’s just that they were competing for who was the best in their sport.

Just like back in the day, you couldn’t mention Mickey Mantle’s name without mentioning Willie Mays as well.

But most of the time, it was the monumental battles between arch rivals like Larry Bird and Magic Johnson, Tom Brady and Peyton Manning, and maybe the greatest rivalry of all, Muhammad Ali and Joe Frazier.

Sometimes two players are tied together because of odd circumstances, like coming up to the pros together and always being compared to one another, like Mike Trout and Bryce Harper.

The same kind of thing was going to happen this year in the NFL. For months there was speculation over which quarterback was going to be taken first in the draft.

It was going to be either Carson Wentz or Jared Goff.

As it turned out, Goff was taken first and Wentz was taken second and a natural rivalry was born.

And just like everyone thought, a rivalry is being shaped. But there’s been a slight change.

The rivalry is definitely in the making, but it isn’t Goff everyone is comparing to Wentz... it’s Dallas Cowboys quarterback Dak Prescott.

Over the first three games of the season, the two rookie quarterbacks are a

combined 5-1 and neither has thrown and interception in six games.

Heck, New York Jets veteran quarterback Ryan Fitzpatrick threw six interceptions in his last start.

All the scouts and coaches saw this coming from Wentz. He was the guy who was probably the most NFL ready.

But no one expected Prescott, the fourth-round selection out of Mississippi State, to play at all.

And even though Tony Romo has had a tendency for getting hurt in recent years, the consensus was that the Cowboys would pick up a veteran to back him up and hopefully, Prescott would make the team as a third-stringer.

But it became evident from the very beginning that every other NFL team, including the Cowboys who were trying to draft other quarterbacks in the later rounds, made a huge mistake by not believing in Prescott.

With the other quarterbacks taken, Dallas kind of “settled” for Prescott.

Sometimes it’s better to be lucky than smart.

Both Prescott and Wentz have looked like seasoned veterans in their very early careers. The game doesn’t look too

speedy for them and neither one looks overwhelmed.

That’s been the problem for Goff, who was taken by the Los Angeles Rams. I still have to get used to saying that... “Los Angeles” Rams.

For Goff, the game is way too quick right now. The odds are that he’ll eventually catch up. But while Wentz and Prescott are grabbing all the headlines, he’s become the forgotten guy.

Of course, there’s a whole lot of the season still to be played and who knows whether each guy can keep up his stellar play.

Here’s another thought, what happens if Prescott continues to play exceptionally well and then Romo is cleared to play? Do the Cowboys put Romo back in as the starter or do they stick with the rookie?

That’s a tough one.

What isn’t tough is recognizing that if they continue doing what they’ve been doing, Wentz and Prescott will go through their careers as rivals.

Two rookies who arrived in the same season, who took the league by storm and developed a personal rivalry by playing each other twice a year.

I think this is also how Steve Jobs and Bill Gates started.

## A sporting view By Mark Vasto

### Long live the king

The 1960s era loved majesty. The Kennedy White House was dubbed “Camelot” by the press, Johnny Carson had started his 30-year reign on late-night television, and golf had its very own “king,” Arnold Palmer.

Palmer came from humble beginnings. Born in the steel town of Youngstown, Ohio, his family migrated to Latrobe, Pennsylvania. It was there, at the Latrobe Country Club, that he began his apprenticeship under the watchful guidance of his father, the club’s groundskeeper turned club pro. He did not immediately seize the crown, opting instead for a college golf scholarship at Wake Forest.

And he didn’t have to seize the crown, the advent of sports television programming coronated him right from the start. He was a lock for the role. Palmer was handsome, well dressed, athletic, humble yet friendly, instantly personable and giving of his time and attention with just about anyone he held court with. And he was golf’s first true modern-day type of superstar. He was the first golfer to sign with an international agent, the game’s first millionaire, the game’s most familiar face. In 1962, the year he won his third of four Masters, he graced more front-page magazine covers than Jim Beatty and Wilt Chamberlain, the guys

who broke the four-minute mile and scored 100 points in a basketball game, respectively. James Bond even name checks him in “Goldfinger.”

Palmer’s reign was undisputed between the years of 1960-63, when he won 29 tournaments. Though guys like Jack Nicklaus and Gary Player soon would take over the trophy cases, they never took away his mantle as the game’s most popular player, which lasted well into the next century.

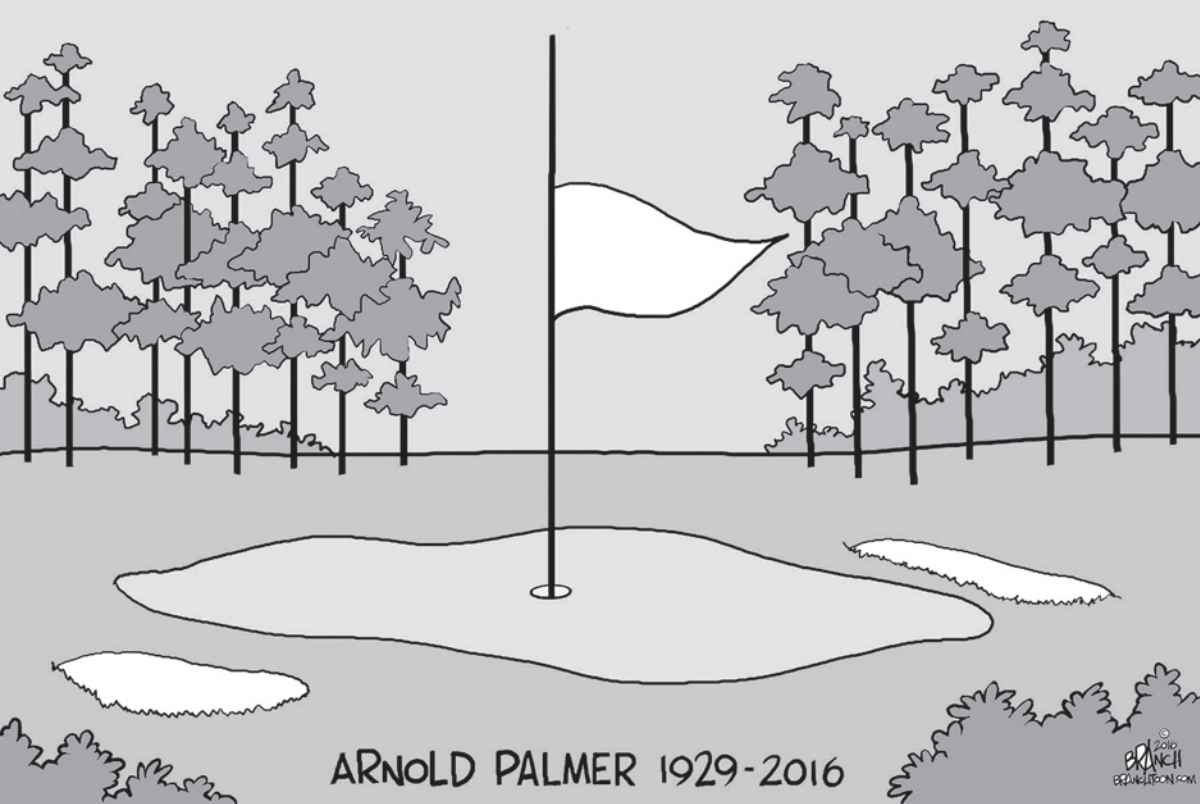
He was a king who had many clubs. He was a Freemason. He owned 10,000 golf clubs, but was known best for the Dyna-powered Fluid Field Wilson one-iron that he famously wielded, a club that most people leave out of their bags and their lives, for that matter. He bought his father’s club in Latrobe and designed 200 other golf courses of his own.

He was a king who had his own army. Throngs of fans, “Arnie’s Army,” traipsed after their hero, hole after hole. He was a man of the people. It has been said that he lost more than a few championships on the last hole by losing concentration after saying hello to an old friend in the gallery. And he was a benevolent king, signing his full name on autographs, lending his name to charities and benefits the world over. He has a delicious beverage named after him. No other golfer, no other athlete (unless you count Shirley Temple’s tap dancing as a sport),

has that honor. You go into a bar and try to order a Sam Snead or Ben Hogan, and see what you get in return.

Louis L’amour once said, “Because a man plays a king superbly well does not mean that he would make a good king.” Well, Arnold Palmer wasn’t a good king – he was a great king, and it’s very sad to see him go. Long live the king.

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



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Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



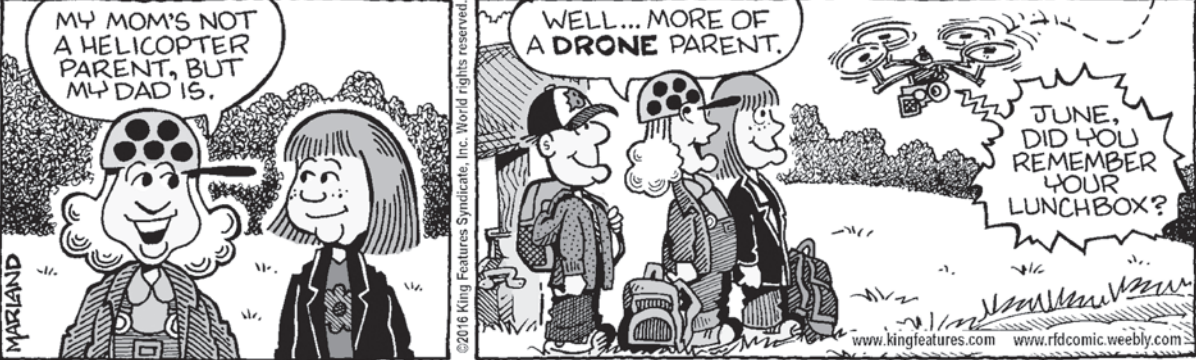
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

*DEAR DR. ROACH: I had my prostate removed for prostate cancer in 2009 at age 70. I waited until now to start taking testosterone to feel better, because I was feeling very listless, with no sex drive. My cancer surgeon and urologist approved, and they are monitoring me every 60 to 90 days. It is working very nicely. The injections are monthly. For many years I could not get to sleep, so for the past three years I have been using zolpidem 10 mg, and two months ago, I reduced it gradually to 5 mg. Is the testosterone responsible for my sleeping better, and can I gradually decrease the dose to stop it completely? Do you have any suggestions in addition, to help this effort? I am very physically active with aerobics and weights. – D.D.*

that the testosterone is helping you.

As far as zolpidem goes, I strongly believe that most people should use the least amount of sleeping medication possible. I think it would be a good idea to try to get off it completely. Zolpidem, like virtually all sleeping medications, increases risk of falls, as well as having other possible side effects.

*DEAR DR. ROACH: After an extreme case of vertigo, including vomiting and being taken to the emergency room, my unsteadiness remains. Over a week later, I need to use a walker to be safe. I am 79, and this happened once four years ago, but without the aftereffects. Any suggestions? – M.W.*

The major causes of vertigo, acute labyrinthitis and benign paroxysmal positional vertigo, often continue to produce attacks that tend to lessen in severity up to a month after the initial severe attack. A walker may be a useful precaution while recovering. If the problem persists, I strongly recommend a visit with a physical and/or occupational therapist for vestibular rehabilitation, which is physical therapy to restore balance. It also might be necessary to revisit your doctor to make sure of the original diagnosis.

The booklet on vertigo explains this disruptive condition in detail and outlines its treatment. Readers can order a copy by writing: Dr. Roach – No. 801W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money

First off, let me comment on taking testosterone with a history of prostate cancer. You probably do have an increased risk of prostate cancer recurrence due to testosterone treatment, but clearly your doctors and you have discussed it and they are watching you carefully. I have always believed that sometimes-risky treatments can be appropriate as long as you understand the risk, and it may be reasonable to take the testosterone given the symptoms you were having.

The effects of testosterone on sleep are variable. Sleep apnea (not breathing properly during sleep, often but not always related to being overweight) may get worse for some men taking testosterone. However, many men report an improvement in sleep quality, so it is possible

See HEALTH, Page 8

Super Crossword

- I WILL NOT BE A PART OF THIS! ACROSS

1 School, in Soissons

6 Paquin of "X-Men"

10 Mascara enhances it

14 Impertinent

19 Volcano emissions

20 Tackiness

22 Spanish for "milk"

23 Letter after phi, chi, psi

24 Person in a sit-in, say

25 Skin soothers

26 Period to remember

27 "The Matrix" star

29 \_ healthy pace

30 It made the Ciera, briefly

31 Being hauled to the station

32 Unit of binary digits

34 2004-12 Fox medical drama

36 St. \_ University (Philadelphia school)

38 Girders, often

42 Very easy

45 Zany

46 Beef cattle with back humps

47 Musical mix

51 Tony winner Hagen

52 Rubble of Bedrock

53 Upscale German ride

56 Dawn

57 Tic \_ (wee mint)

58 Correct, as text

59 Not exciting

60 Seizes

61 Summoned by invitation

62 Like grass at dawn, often

63 Quench

64 Old hi-fi format

65 Bigwig

66 " \_ you sleeping?"

67 National Mall's vicinity

68 Question

69 Tijuana wife

70 \_-Mart (retail titan)

71 Redford with many roles

72 Butcher knife

73 After a lengthy delay

75 "Heavens!"

78 "Yankeography" cable channel

83 Wife on "The Sopranos"

84 19th-century stage actress Charlotte

85 Zany

86 Property liquidations

94 Dawn's direction

95 Gene material

96 Span

97 "Say what?" sounds

98 Terre \_

100 Elec. flow in power supplies

101 Allan- \_ ("Robin Hood") minstrel

103 Stared at lecherously

104 Class writing assignment

105 ESPN baseball analyst Buster

106 Plants often extirpated

107 Spear

108 Pieta mother

109 Della of song

DOWN

1 "Do Ya" rock gp.

2 "C'est Moi" musical

3 Late

4 Celebrity chef

Emeril

5 That, to Juan

6 Attached

7 U.S.-Canada air-watch org.

8 0% of the group

9 Pianist Rubinstein

10 Hair removal tool

11 Fall flower

12 Singer Winwood

Show" intro

14 Ga. neighbor

15 Puts a new tag on

16 Subspecies adapted to a particular habitat

17 Sword cases

18 "... \_ my brother"

21 Prefix with 32-Across

27 Campfire spiritual song

28 Raided

30 Cries of insight

33 Suffix with shepherd

35 Glue brand

37 Don't budge

39 Superior to

40 People fighting los toros

41 They're between "Alt" keys

42 Faded, as an emotion

43 24 images per second, for most films

44 Goodbyes

47 Volcanic rock material

48 Greek coins

49 Sipped, say

50 Gray wolf

53 Siren sound

54 Constructor

55 Spelt, e.g.

59 Spill secrets

61 Long bicycle saddles

63 Actors Baio and Bakula

65 Taunting type

67 He created Whoville

69 Dark purple fruit

72 Fought against

74 Lineage

75 1970s label of Elton John

76 Gridiron gain

77 Bit of sand

79 Coax

80 Largest city in the Cornhusker St.

81 Grapples, in the sticks

82 Chess piece: Abbr.

87 "Be silent," musically

88 Ghana's largest city

89 Glove part

90 Wyatt of the Wild West

91 "Gitt!"

92 Corn pancake of Colombia

93 Solitary soul

98 " \_ so?"

99 Masthead VIPs

101 "Which is longer, \_ B?"

102 Body part that's a homophone of the vowel that is totally absent from this puzzle's answer

1	2	3	4	5		6	7	8	9		10	11	12	13		14	15	16	17	18
19							20			21						22				
23							24									25				
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85						86		87	88	89	90	91	92	93			94			
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98					99		100										101			102
103							104										105			
106							107					108					109			

# Moore Texas by Roger Moore Marshall has a Fire Ant festival with a fire ant “calling” contest.



## Social Security Q&A By Ray Vigil

### Discover your possibilities

Christopher Columbus might be one of the most famous explorers in America. He’s credited with discovering the New World, though Native Americans were here long before the Italian sailor.

Centuries later, there are new horizons to explore and you can do it from the comfort of your home or office. With Social Security, you can discover a new world of information and services at [www.socialsecurity.gov](http://www.socialsecurity.gov).

For example, you can apply online for Social Security retirement benefits. Not sure whether you’re ready for retirement? We can help you plot your course with our online benefit planners. Perhaps the most impressive of these planners is the online Retirement Estimator, which you can use to get quick and accurate estimates of your retirement benefits based on different scenarios. You also can apply online for disability benefits and even apply online for help to pay the costs of the Medicare prescription drug program at [www.socialsecurity.gov](http://www.socialsecurity.gov).

One of our most powerful tools is our website: *my Social Security*. Create your online account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount) and then you will always have quick and easy access to see and update your information. You can use *my Social Security* to get estimates of your retirement, disability, and survivors benefits; view your earnings record; and get estimates of the Social Security and Medicare taxes you have paid.

If you already receive Social Security benefits, you can use your account to get an instant benefit verification letter, check your benefit and payment information, and to change your address, phone number and direct deposit information. If you receive Medicare, you can get a replacement Medicare card using *my Social Security*. Whether you receive benefits or not, you may be able to apply for a replacement Social Security card in certain states, all online.

We have made exploring your bright future secure and easy at [www.socialsecurity.gov](http://www.socialsecurity.gov). Remember, we are with you through life’s journey. Social Security online tools will help you decide when to weigh anchor, and venture into the seas of retirement.

## Briefs

From Page 1

millions of students to help pay for college or technical school by making it possible and affordable. “The last reason not to consider pursuing a post-secondary education is thinking it is not affordable,” said EPCC Executive Director, Raul Lerma. “There are many financial aid programs available to assist with this and all it takes is completing a FAFSA to find out what you qualify for.” For a complete list of the days and which schools will be visited see page 4 of this paper or go to [www.elpaso.org/fafsanights](http://www.elpaso.org/fafsanights). For more information, contact Raul Lerma at 831-2565.

– Jim Heiney

## Overmedication

Many aging Americans have a drug problem and it is not of their own making, says the Association of Mature American Citizens. According to Kaiser Health News, “An increasing number of elderly patients nationwide are on multiple medications to treat chronic diseases, raising their chances of dangerous drug interactions and serious side effects. Often the drugs are prescribed by different specialists who don’t communicate with each other. If those patients are hospitalized, doctors making the rounds add to the list - and some of the drugs they prescribe may be unnecessary or unsuitable.” Exacerbating the problem is the fact that once a doctor prescribes a medication, there’s a tendency to continue taking for extended periods of time.

– John Grimaldi

## Health

From Page 7

order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2016 North America Synd., Inc. All Rights Reserved.

## 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.

	÷		+		16
×		×		–	
	×		–		18
–		+		×	
	+		+		17
13		12		15	

1 3 4 5 6 7 8 8 9

DIFFICULTY: ★★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

Answer Page 4

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## Weekly SUDOKU

by Linda Thistle

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

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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## 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: U equals S

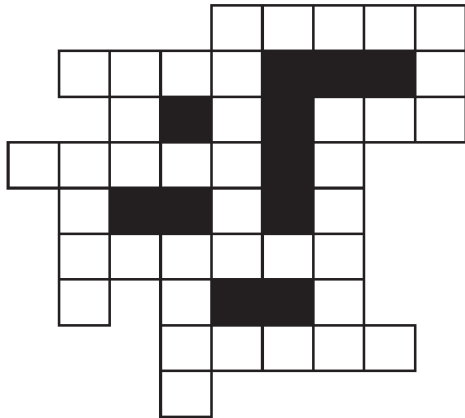
DU D UCBOAIM PFI’U HABX OIHK DY  
BAJIHWMO JDBLU SAGY GBIJ  
PICMKU, GISLU SWLA YI UDX W’J  
D URDB JARFDMWR.

Answer Page 4

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XOS  
PARLEM  
MASPS  
♥REIS  
♥SUESOR  
AXL  
♥OSBS  
XIPLE  
MXI  
BOYMER  
IMOXA  
♥MPUL



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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