

## NEWSBRIEFS

### New early college

The Socorro Independent School District Board of Trustees and SISD Superintendent Dr. José Espinoza approved the proposal to create another early college program for the 2017-2018 school year at the regular board meeting Oct. 18. Trailblazers Early College, the district's fourth early college program, will allow students the opportunity to earn an associate of arts degree or 60 college credit hours in a comprehensive high school setting. The school, which will operate at Americas High School, will welcome 125 students in its first class. Eighth-graders in the Americas feeder area may apply to the program. "We are proud to announce that Team SISD will soon open its fourth early college program," said SISD Superintendent Dr. José Espinoza. Inclusive of its early college high schools, SISD students earned 15,610 college credit hours saving families some \$6 million in college tuition in 2015-2016 alone. "As the proud principal of Americas High School, I'm elated to be selected as the next designated early college for SISD," said Principal Patricia Cuevas. "It illustrates the foundation of our district, which is one of endless opportunities." Team SISD, in partnership with El Paso Community College, already offers the most early college high school programs in the region. "Our goal is for all Team SISD high schools to have an early college program," said George Thomas, Career and Technical Education director. "Seven early college high school programs would make for 875 potential associate's degree earners each year."

— Christy Flores-Jones

### Sleepless in America

Here's something that might keep you up at nights: reports that as many as 20% of Americans suffer from anxiety disorder later in life. The Association of Mature American Citizens suggests that caregivers keep an eye out for symptoms such as loss of appetite and sleepless nights. If the signs are there, see a doctor who can recommend a course of treatment. The good news is that the majority of seniors live anxiety-free lives and that there are medications that can relieve symptoms in those that have the disorder.

— John Grimaldi

*Happy laughter and family voices in the home will more kids off the streets at night than the strictest curfew.*

— Quips & Quotes

## Anthony HS ranked as one of nation's top schools

By Daisy Arciniega  
Special to the Courier

ANTHONY, TX — Anthony High School is one of only four high schools in the El Paso region ranked as one of the top 500 high schools in the country by Newsweek. The national news magazine's list of the top high schools positioned Anthony High School at 66th out of a total approximately 27,000 public high schools in the United States.

This list known as, "Beating the Odds" categorizes schools across the country for what Newsweek says do "an excellent job of preparing their students for college while also overcoming the obstacles posed by students at an economic disadvantage."

"Beating the Odds" also takes into consideration the schools' SAT and ACT performance and participation rates, dual credit enrollment and performance, college acceptance rates, as well as advanced placement.

Anthony High School has not only met the requisitions above, but Principal Oscar Troncoso credits the collection of this award to a strong work ethic and focused determination by faculty, staff and students.

"Honestly, we don't set out to receive an award," he stated, "Those things are always nice surprises whenever we



— Photos courtesy San Elizario Genealogy and Historical Society

**OJT — Student leaders participate in the Anthony HS Student Council leadership class.**

are fortunate to get them, but we just work hard at creating the best learning environment possible," said Troncoso, who also serves as the middle school principal and Anthony ISD Assistant Superintendent.

Alberto Alaniz, who is currently the top ranked Senior in the class of 2017 agrees that working hard is the key.

"It's a great accomplishment, especially since we have a lot of hard working students. It wouldn't be possible without our teachers because of the extra hours that they put in for us," said Alaniz, a member of the football and basketball team, the Student Council Treasurer and Vice

President of the National Honor Society.

Although the school may not set out to get awards, they are no stranger to them. Anthony High School was also recognized by U.S. News and World Report in 2015, appointing them one of the "Best High Schools in the Country."

"Our main goal is for every student to demonstrate academic growth every single year so that when they leave our high school, we are giving them the best chance to experience post-secondary success," said Troncoso.

Dominique Rangel, English teacher and

See ANTHONY HS, Page 3

## San Eli holds parade this Saturday



The Veterans Committee of the San Elizario Genealogy and Historical Society, cordially area residents to attend the historic Town of San Elizario's 20th Annual Veterans Day Parade and Ceremony on Saturday, Nov. 5, 2016. Bring your families, neighbors, friends and cameras, and enjoy the day celebrating and honoring our veterans. There are many other attractions. Visit our Mission, the Portales Museum and Tourist Center, the Veterans Museum, the Veterans Memorial Brick Walk, the Old County Jail, and the world famous Art Galleries that make up the Art District. Everything is within walking distance. The parade will start at 9:00 a.m. at Thompson Rd. and Socorro Rd. It will travel east on Socorro Rd. to Main St. and Alarcon Rd., ending at Veterans Memorial Plaza in front of the San Elizario Mission.



— Photos courtesy San Elizario Genealogy and Historical Society

Ceremonies will continue at the Plaza at 10:30 a.m. Presentation of the Nation's Colors, playing of the National Anthem and the Pledge of Allegiance will be conducted. Special guests, dignitaries along with our 2016 San Elizario Grand Marshal, Patricia Cruz, will be introduced. A Candle Lighting, POW-MIA, and Flag Folding Ceremony will be observed. Five Veterans, Robert E. Lopez, Jonathan E. Mendez, Roberto Ramirez, Jesus Rey, Jr. and Marcos G. Sanchez — all with strong ties to San Eli — will be honored for their military service. For more information, contact Ray Borrego, Chair, San Elizario Veterans Committee, at 915-383-8529, or email: rayborrego99@msn.com. Visit our website at [www.sanelizariogenealogy.com](http://www.sanelizariogenealogy.com).

— Ray Borrego



Veterans Post

By Freddy Groves

Vets TV network

A former Marine has come up with a great idea: a veterans’ television network. He didn’t come by that idea the easy way; it took the suicide death of his pal to force him to realize that humor might be the only real way to combat the horrible statistics of veteran suicide.

Thus, he launched a Kickstarter program for a proposed television network called Veteran Television, or VetTV.

According to the three-minute video, VetTV intends to use “humor and camaraderie to bring veterans together to heal the mental wounds of war” using authentic humor, not the kind that Hollywood produces. Some of the proposed shows sound promising: Kill, Die, Laugh; A Grunt’s Life; The Veteran Mating Game; and Gods of War. It will show the good, the bad and the ugly of military life... but with humor. The creator says he’s aiming at the post-9/11 veteran, but from what I’ve seen so far, it speaks to all veterans.

The shows will be streamed to phone, tablet or computer once a week, like Hulu or Netflix. Subscribers will vote on the shows that will be seen next.

The venture needs \$250,000 to create four months of shows, with one new episode per week for each branch of the military. After the initial funding, the VetTV will be self-sustaining. Content will be for veterans, made by veterans. Subscriptions will cost only \$5 per month.

VetTV has already partnered with veteran-owned businesses and nonprofits to help with Kickstarter. At this writing, it has nearly 1,000 backers and \$80,000.

To view the three-minute info video, go to [bit.ly/2e8EGUi](http://bit.ly/2e8EGUi), and for more information, go to [veterantv.net](http://veterantv.net). Click on Kickstarter to view the fundraising campaign and decide if you can send a few dollars. After all, it’s for us.

(c)2016KingFeaturesSynd.,Inc.

Finances

By Nathaniel Sillin

Stay warm, save energy and lower your utility bill this winter

Do you turn the thermostat a notch higher or put on an extra sweater when it gets cold? It’s a common household debate as family members try to maintain a balance between comfort and savings during the winter. It’s also a debate you may be able to put to rest by investing in energy-saving maintenance and upgrades.

You can start with a home energy audit, an inspection that focuses on finding areas where your home wastes energy. Professional auditors can cost \$300 to \$800 depending on the type of audit, but you could consider tackling an audit and some of the changes yourself. Doing so could make your home more comfortable, lower your ecological footprint and save energy and money.

**See if you qualify for state-funded weatherization assistance.** Look into state-based financial assistance programs before going at it alone. Contact yourstate’sweatherizationagency to review eligibility guidelines, find a local service provider and start an application. If approved, you could receive a professional energy audit and improvements. On average, about \$4,000 worth of energy saving-related work was completed over one or two days for the 2015 program year.

If you can’t or don’t want to pay for a professional audit and don’t qualify for assistance, consider conducting a do-it-yourself (DIY) audit.

**A DIY energy audit can help you identify ways to save money and stay warm.** A thorough inspection of your home can uncover opportunities for improvement, and you be able to rent an infrared camera to help you spot trouble areas. Look over the DOE’s Office of Energy Efficiency and Renewable Energy’s guide to conducting a DIY home energy audit, and create a log of your findings as you go. Keep in mind, where you live can impact what fixes you want to focus on, the type and amount of insulation you’ll need and even your heating system.

**Typical trouble spots and simple solutions:** The following are common trouble spots and potential improvement you might want to make.

**Keep the cold outside air out.** The DOE estimates that you can save 5 to as much as 30 percent on your energy bill by just reducing drafts. Check for leaks around your doors, windows, plumbing, cabinets and other potential outlets. Also look for dirty spots on your wall, ceiling and floors as that could indicate air or moisture is getting in. Use foam sealant to fill in large gaps you find and caulking or weather stripping for smaller leaks. Covering drafty windows and doorways with storm windows or doors could also be a worthwhile investment.

**Consider adding more insulation.** The insulation in your walls and ceiling may not meet today’s recommendations. Reinsulating or supplementing what you have could help your home stay warm, or cool, and might not be as difficult as you imagine in easy-to-access attics or basements. However, you may want to check with a professional who can recommend what type of insulation to use and warn you of potential ventilation, fire or moisture hazards during and after installation.

**Regularly inspect your heating systems.** Heating systems can cost thousands of dollars to replace. While it may not be a DIY job, you may be able to prolong your system’s life by hiring a professional HVAC contractor to inspect and tune up your system before each winter. Some utilities also offer free in-home inspections of gas appliances. A job you can take on is checking the air filter and replacing it to the manufacturer’s specifications or when it looks dirty. You could also check for, and seal, holes, leaks and poor connections in the ducts.

Weigh the costs and benefits before investing your time or money in a winterization project. Some of the items on your checklist could be no-brainers, but others might require more thought.

**Bottom line:** A home energy audit can help you identify ways to improve your energy efficiency and make your home more comfortable. Whether you hire professionals, apply for government assistance or do it yourself, preparing before winter hits means you can enjoy a warm home without stressing over the energy bill.

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NOTICE OF PUBLIC MEETING

To Discuss Socorro Independent School District’s State Financial Accountability Rating

Socorro Independent School District will hold a public meeting at:

6:00 PM

November 15, 2016 in the Board Room

District Service Center

12440 Rojas Drive

EIPaso, Texas 79928

The purpose of this meeting is to discuss Socorro Independent School District’s rating on the state’s financial accountability system.

*The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.*

WTCC: 10/27/16 & 11/03/16

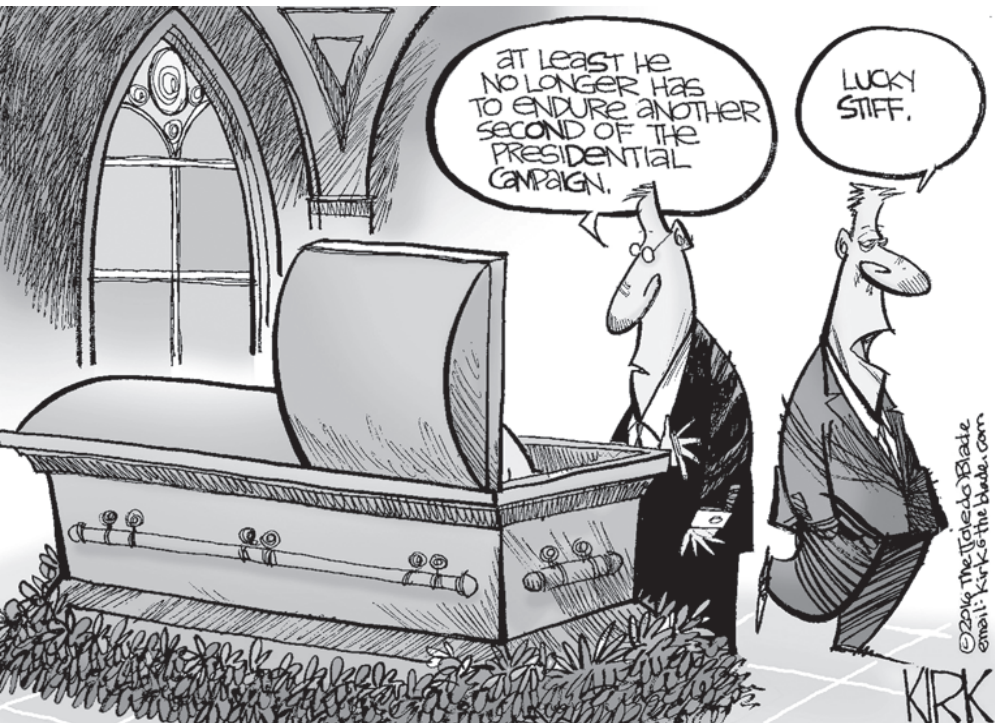
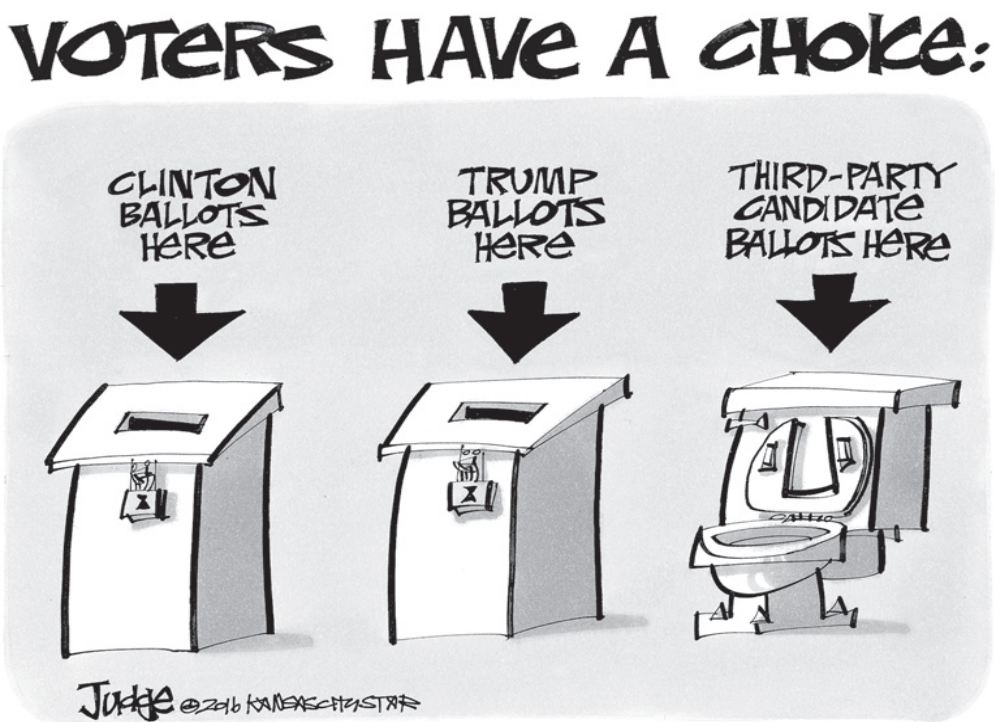
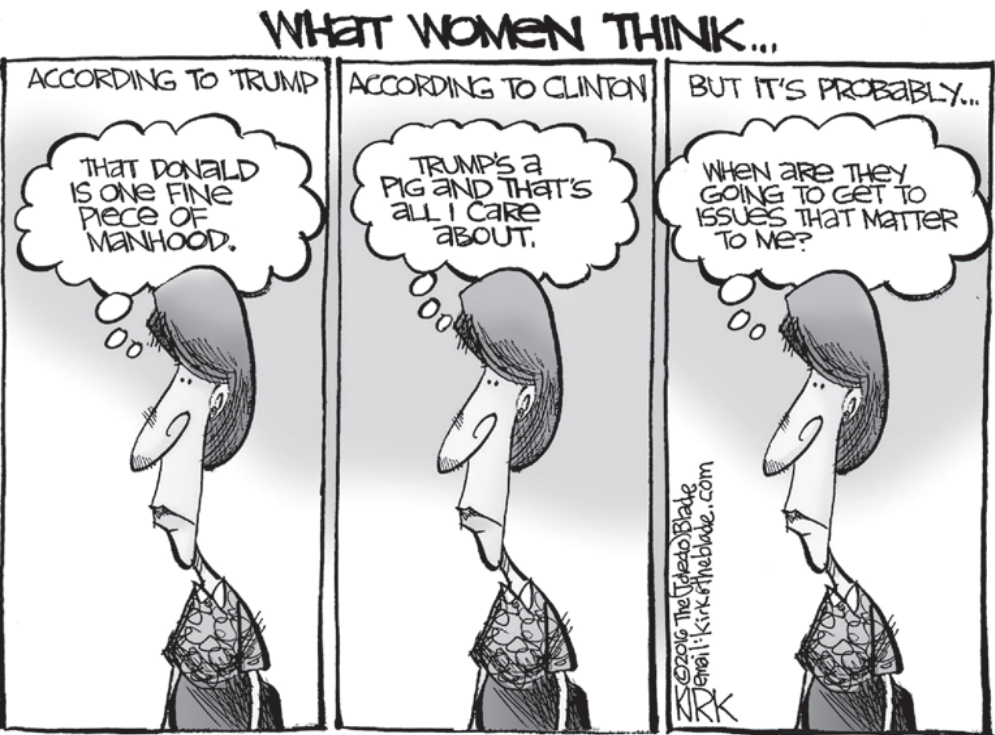
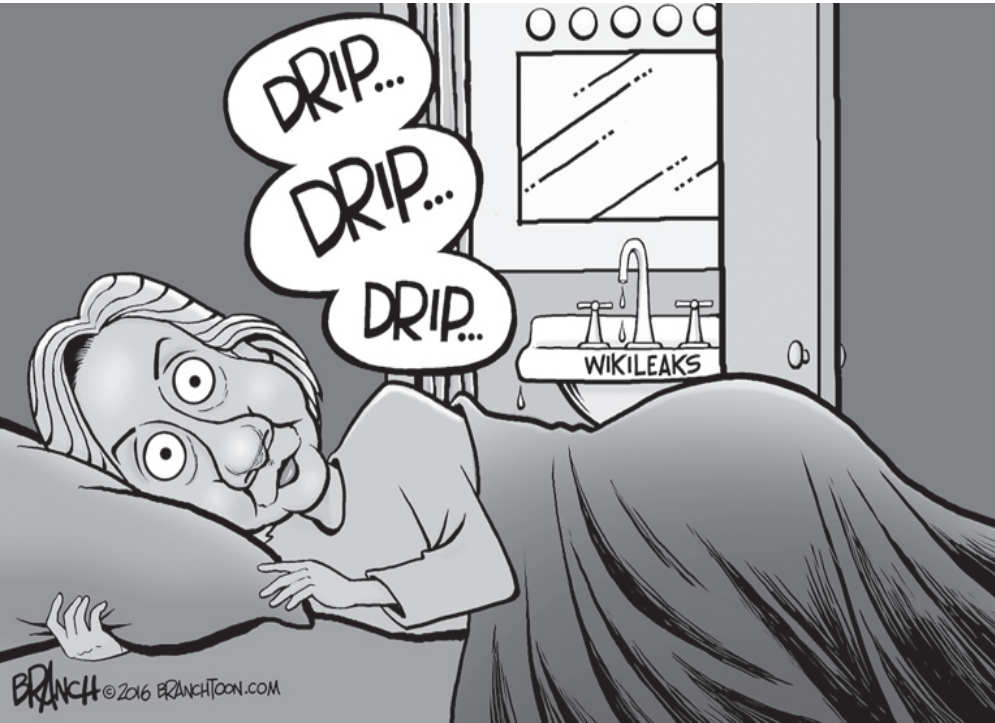
Notice of Public Meeting to Discuss Anthony Independent School District’s State Financial Accountability Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, November 16, 2016 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District’s rating on the State’s Financial Accountability Rating System.

WTCC: 10/27/16 and 11/03/16





View from here

By Pat Randleel

Clint ISD election could reshape board

Election Day is almost here. We the people of the United States have heard all kinds of election rhetoric from those seeking to represent us in Washington, D.C. Much of this rhetoric has discouraged many from voting at all. I want to remind all of us that there are plenty of local elections to be decided. In these elections, your vote, most assuredly, will count.

One such election is that which will determine which persons shall occupy three seats of a seven-member Clint ISD Board of Trustees. There are seven people running for the three seats. The top three vote getters of the seven will win the seats. Of the seven running, four reside in the Clint High School feeder pattern area, two reside in the Horizon High School feeder pattern area and one resides in the Mountain View High School feeder pattern area. The other four seats, which are not up for election now, are held by members who reside in the Clint High School feeder pattern area.

Adding members to the Board who do not reside in the Clint High School feeder pattern area would provide a Board that is more representative of the communities it serves. To make this representation happen voters should strongly consider the candidates who do not reside in the Clint High School feeder pattern area. These candidates are Jacqueline Michelle Butler [79838], Ivy Garcia [79928] and Claudia Angelica Perez [79928].

There are only a few days left to vote early before Election Day, November 8. Early sites in or close to the Clint ISD boundaries are:

- Oz Glaze Senior Center, 13969 Veny Webb St., Horizon City 79928;
- Clint ISD Early College Academy, 13100 Alameda Ave., Clint 79836; and
- El Paso County Sheriff’s Department, 3850 Justice Dr., El Paso 79938.

The sites will be open Monday, October 31, 2016 through Friday, November 4, 2016, 8:00 a.m. to 5:00 p.m.

*Publisher’s note: The Clint ISD Board of Trustees has been under pressure in recent years to move from all at-large seats to single-member districts. The two sides have taken the matter to court and, at least for now, the court has said there were procedural issues on the part of the single-member district proponents and the District could keep at-large seats. The other four candidates in this election – Mary Macias, Fred Martinez, Jennifer Ivey and Rodrigo Chavez – all live in zip code 79836 (Town of Clint). Single-member proponents believe there is too much power based in Clint. The at-large proponents believe anyone from anywhere in the District should feel free to run for any seat and that the voters could change the Board by simply voting for candidates from other parts of the District.*

The write stuff

**Editor:**

My daughter was 2½ years old when we participated in a cigarette butt clean up a few years ago at a local El Paso park. To think that 3 years ago she could still be exposed to secondhand smoke at a place where children are supposed to play, is appalling. Many thanks to El Paso City leaders, we now have protection from the emissions of a cigarette and other tobacco products to include electronic cigarettes.

Children living in surrounding municipalities (i.e., Village of Vinton, Anthony, Horizon City, Clint, San Elizario) should have that same protection when they go to parks and other public places. In the U.S., secondhand smoke kills about 53,000 nonsmokers per year, making it the third leading cause of preventable death. 53,000 people... that is more than all the populations combined for these municipalities.

Leaders from these municipalities should be thinking of their resident’s health and wellbeing. Clean air ordinances equal improved health.

Nora Hernandez  
El Paso

### Anthony HS

From Page 1

Assistant Principal at the middle and high school.

Principal Troncoso agrees with Garnica but extends credit to the other Anthony schools, central office and the surrounding community.

“Our elementary and middle school should also share in this honor because every grade level is critical. We have an awesome staff at the high school. Every year we all work to get better as educators. Our superintendent and central office staff are very supportive, and so is the community of Anthony. We love our kids and we work hard to improve their lives,” said Troncoso.

Valle Verde Early College High School (Ysleta ISD) was ranked 34th, Mission Early College High School (Socorro ISD) was ranked 58th, and Del Valle High School (Ysleta ISD) was ranked 157th.



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×		+		+	
5	−	1	×	6	24
−		×		×	
8	+	5	+	3	16
27		25		24	


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Election Day: November 8th


Early Voting: October 24th - November 4th

For a list of Early Voting stations and Election Day polling places, visit [epcountyvotes.com](http://epcountyvotes.com) or call (915) 546-2154.


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- ESTADO DE CUENTA DEL BANCO
- CHEQUE DEL GOBIERNO
- CHEQUE DE PAGO DE SUELDO
- DOCUMENTO GUBERNAMENTAL CON SU NOMBRE Y DIRECCIÓN (El original si lleva su fotografía)

Día de la Elección: 8 de Noviembre

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# The World Series saves baseball... for now

By Steve Escajeda  
Special to the Courier

Like a shot of adrenaline or a jolt from a defibrillator, Major League Baseball needed something to save it from certain death.

And it got it in the form of a couple of World Series participants who have played the role of loveable loser for decades.

Let’s face it, everybody feels a little empathy for that guy who keeps missing the boat.

For 108 years, the Chicago Cubs have had to sit and endure the sight of some other team jumping up and down in celebration of winning a championship.

For 68 years, the Cleveland Indians have had to do the same.

So the interest level, when these two teams advanced to professional baseball’s title series, was understandably through the roof.

The ratings have been impressive, the play on the field has been stellar and the chess match between the two managers has been intriguing.

But now what?

Just like the World Cup of soccer,

Americans get all hyped up for the event while it lasts and then forgets about it until it comes around again.

Baseball enjoyed resurgence in 2016 because of the Indians and the Cubbies, but does that mean that baseball has turned the corner. Does that mean that the popularity is here to stay?

If Major League Baseball believes that, then they’re really in trouble.

There are so many things still wrong with the game; it’s really beyond comprehension.

In the last few years the saying has gone from, “that’s so yesterday,” to “that’s so 20 minutes ago.”

Today’s young person lives in a world of instant information, instant dissemination, and instant gratification.

They don’t like to wait around. They can’t wait around. It isn’t in their DNA.

And unlike most other sports, baseball is three-and-a-half hours of waiting around.

A constant complaint about professional baseball is the slow pace of the game. And MLB has done absolutely nothing about it.

Oh, they’ve talked about eliminating the four wasted pitches during an intentional walk. They’ve talked about limiting the

number of times batters can step out of the box and pitchers and catchers stop to having conferences. They’ve even talked about installing a pitch clock.

But like the average politician – nothing has been done – except for a lot of talking.

Studies have shown that for every three-and-a-half to four-hour MLB game, only about 18 minutes is devoted to actual play on the field. The rest is waiting around and commercials.

When’s the last time you sat down and watched an entire baseball game on TV? Proves my point.

But it’s not just the slow pace of the games, it’s the rules.

The American League has the designated hitter and the National League does not.

How is this possible? How do you have two separate rules in the same organization?

If a game is played between an American League team and a National League team, like during the World Series, the rules change depending on what ballpark they’re playing in.

Just think about the logic of that. Mr. Spock would blow a gasket.

This is such an easy fix, have the guts

to expand the DH everywhere or get rid of it entirely.

Boom! Problem solved.

How about the strike zone? Not only is there really no defined strike zone in Major League Baseball, but the umpire can decide whatever he feels is a strike on a given night.

Baseball purists always say it’s up the batter to adjust to what the umpire is calling a strike, instead of establishing a never-changing zone that everyone can follow.

That’s like an NFL referee saying that usually you have to have two feet in bounds on a catch, but today I think I’ll allow just one foot.

In fact, baseball is usually slowed down by the constant arguing between either pitcher and umpire or batter and umpire, about what a strike is.

There’s no doubt that a lot of new young fans tuned in to the World Series to watch Chicago and Cleveland, but the magic trick is finding out how to keep them interested next year.

Baseball has got to start thinking about what century it’s in and act accordingly.

If not, before they know it, even that defibrillator won’t help.

## A sporting view By Mark Vasto

### For NFL, more means less

The NFL is under siege, and some industry analysts are pointing at the great American game’s sudden decline in TV ratings as proof. According to Nielson, the company most trusted to tell us about who is watching what and when, ratings this season are down somewhere between 10 percent and 15 percent, depending on the day you’re watching.

Is there any reason to worry? Of course not. The NFL is still the most-watched programming in these United States. During this decade, the NFL Sunday Night Football broadcast on NBC is the most-watched television series there is, averaging a little over 15 percent of all households watching TV. The lowest-rated games still dwarf the number of people watching anything else.

More than 200 million individual viewers have tuned in to watch a game over the past five years. That’s more than 60 percent of our entire country.

So broadcasters and advertising agencies can rest easy. Still, anytime any commodity’s value drops by 10 percent in the growth-obsessed American business model, there is an issue that needs to be addressed. A backup quarterback kneeling for the anthem is not causing 20 million people to tune out. Certainly the counter-programming of the election

debates factors into the decline, but it’s more likely a case of the NFL shooting itself in the foot, and that problem lays squarely at the feet of commissioner Roger Goodell and the team owners.

This is a league that delights in destroying their players. They will fine their biggest stars the equivalent of the manufacturer’s suggested retail price of a Buick for the crime of taking off their helmet or pressing a finger to their lips after scoring a touchdown. They’ll humiliate and suspend their biggest star, Tom Brady, and throw shade on the Patriots,


the watered-down league’s only perennial powerhouse, over the lack of air pressure.

But player concussions? No such thing – and don’t you dare try and prove it. Don’t want to stand for the pregame Francis Scott Key song? Fine... but you better make it to the post-Katie Perry halftime press conference or that’s another Buick you won’t be buying, buck-o. Gambling problem? No, it’s all just “fantasy” (but pay no attention to the Raiders moving to Vegas for \$750 million, that is, unless you pay taxes). Beat up your girlfriend, your wife or your kid? Here, take a multi-million dollar contract and report to camp or just skip the team flight to London. And everyone knows you can’t kill anybody if you’re the best player on defense.

Games used to be an event... they used to make really cool films about them, too. Now you can’t go a couple of hours without seeing a game because it’s on Thursday night, Sunday morning, Sunday afternoon, late Sunday afternoon, Sunday night and Monday night. The only break you get from the NFL is college football all day Saturday, and when the college season is over, the NFL will play on Saturday, too.

Less used to mean more for the NFL, but maybe that’s why the league has acted so confounded to learn that “more of” is leading to “less than.” Maybe there can be too much of a good thing after all.

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



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**Notice of Public Meeting**

**To Discuss Canutillo**

**Independent School District’s**

**State Financial Accountability**

**Rating (FIRST)**

The Canutillo Independent School District will hold a public meeting at 6:00 p.m., Monday, November 15, 2016 in the boardroom of the Canutillo ISD Administration Facility, 7965 Artcraft Road, El Paso, Texas.

The purpose of this meeting is to discuss Canutillo Independent School District’s rating on the state’s financial accountability system.

WTCC: 10/27/16 & 11/03/16

**Notice of Public Meeting**

**To Discuss San Elizario**

**Independent School District’s**

**State Financial Accountability**

**Rating (FIRST)**

The San Elizario Independent School District will hold a public hearing at 5:30 p.m., Wednesday, November 9, 2016 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

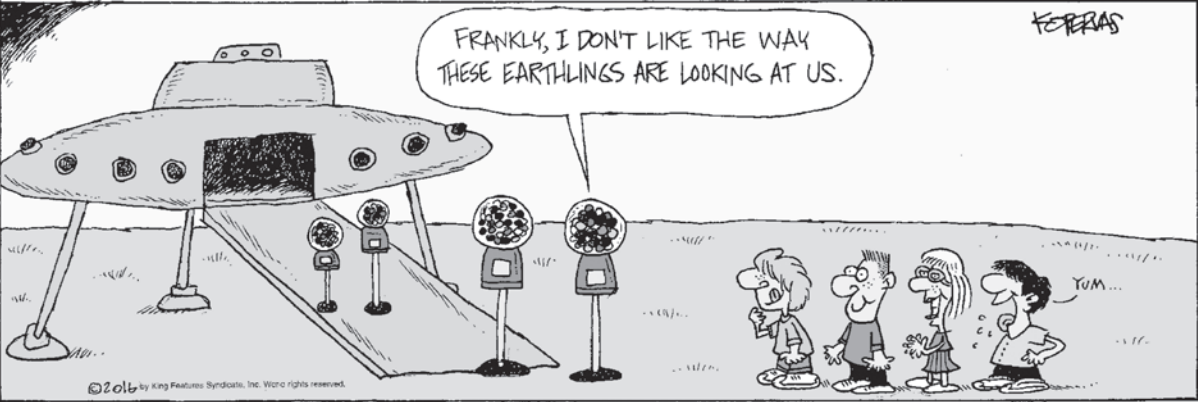
The purpose of this hearing is to discuss San Elizario Independent School District’s rating on the state’s financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees’ Meeting.

WTCC: 10/27/16 & 11/03/16



# Comix

## OUT ON A LIMBBy Gary Kopervas



## AMBER WAVESBy Dave T. Phipps



## THE SPATSBy Jeff Pickering



## R.F.D. By Mike Marland



# Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: I am a 68-year-old man, 5-feet-10-inches tall and weighing 223 pounds. Last January, my weight was up to 247, so I decided to diet and exercise in order to lose the excess. My goal is to get below 200. In a recent visit to my physician, I told him that I was losing weight by restricting my total calories to 1,700 per day on a seven-day running average (so I can go out to eat once in a while). I am trying to keep my fats below 30 percent on a seven-day calorie basis, and I am trying to keep total carbs to 50 percent or so. My physician told me that my diet plan was “old-school.” He said that I should eliminate all sugars and all grains. I should eat a couple of ounces of meat and/or eggs. And I should eat as many fruits and vegetables as I want without worrying about calories. In your opinion, should I follow his advice, or should I continue with what has been working for me? – J.B.

of real nutrition and don’t fill you up much (and may even make you hungrier later). I don’t think all grains need to be avoided: The fiber present in whole grains also improves satiety, and I recommend that all grains be whole grains. However, some people find that eliminating grain entirely helps them.

By all means, you can stick with what works for you. That being said, most people find that by adding a little healthy protein and fat, you can stick with your eating plan with less hunger or discomfort. Losing weight can make people feel a little uncomfortable. But I think you will find that the eating plan he outlined, while still keeping an eye on calories, will allow you to reach your weight goals and keep you on track while still feeling well.

DEAR DR. ROACH: Can you place plastics in the dishwasher? I have read that dangerous chemicals can be released from the plastic. – R.E.

Your physician is right that counting calories is “old-school.” However, if you can stay with it, it will work. If you expend more calories than you take in, you will lose weight. That is the energy balance equation, and there are no exceptions.

However, the issue isn’t so straightforward as you might think from that statement. Fat and protein make almost everybody feel more full and satisfied, comparing meals of the same calories, than a high-carbohydrate meal. Plain, fresh fruits and vegetables, absent of dips or sauces that load on the calories, are low in calories, in most cases, and can be eaten in relatively large amounts without slowing weight loss much.

I also agree with your physician that simple sugars and processed grains add calories without a lot

Most plastics are safe, but you should put only plastics labeled “dishwasher safe” in the dishwasher, and placing on the top rack reduces the heat the plastic is subjected to. Never reuse any plastic that has been partially melted by dishwasher or microwave.

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.

# Super Crossword

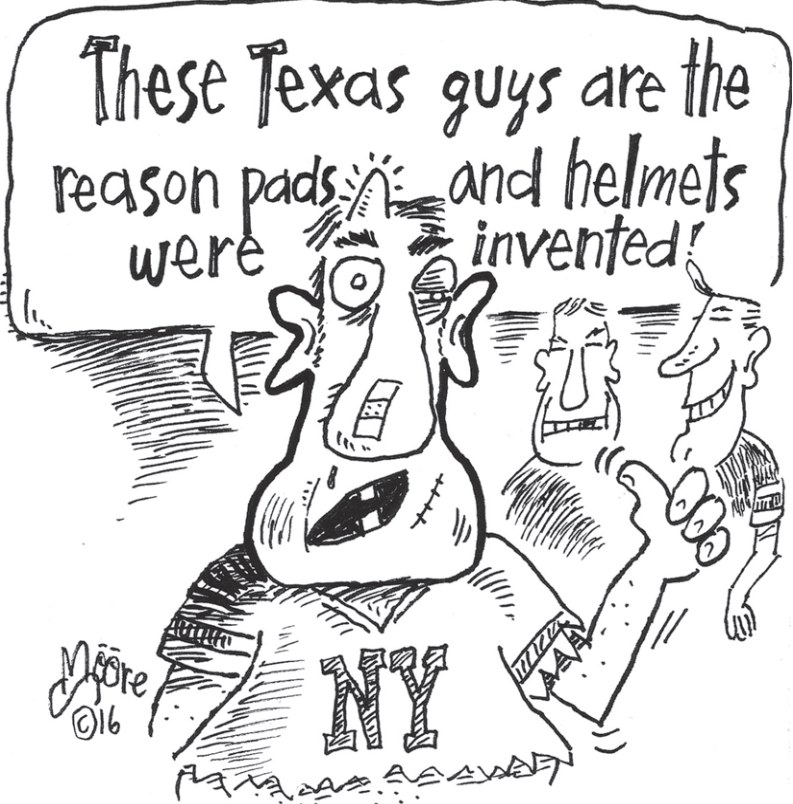
- BETWEEN THE EXTREMES ACROSS**  
1 Like humans  
7 Turn about  
13 Bundt holder  
20 Extreme folly  
21 86-Across in eastern Kansas  
22 Constructed in advance  
23 Site of many a yoga class  
25 Fiji's part of the world  
26 Like some braking systems  
27 Freezing cold  
29 One adding seasonings  
30 Gentle \_ lamb  
31 Mumbai, vis-a-vis India  
33 "Blow" co-star Johnny  
37 Bicolor whale  
39 Reprieve  
40 Clearasil competitor  
41 Selfishness  
43 Forget to include  
45 Papyrus plants, e.g.  
48 Bit attached to a cob  
50 Civil War prez  
52 Fictional Scarlett  
56 Pitch-perfect  
57 Science also known as bionomics
- 59 Fire on  
61 Comic actor Kevin  
63 What melts in a meltdown  
65 Lawyer's assignment  
68 Airport rental  
69 Stir in, say  
70 "Listen up!"  
71 Patella site  
72 Like the social class that includes managers  
75 Move beyond  
77 Prepared  
78 Razor brand  
80 Subs in offices  
84 Give a coif to  
85 Comic actress  
Charlotte  
86 San Rafael, vis-a-vis Marin  
88 Invest (with)  
91 Furnace fuel  
92 Different: Prefix  
93 Slap cuffs on  
96 Actor/singer Jerry  
99 Enchilada kin  
101 Gumbo, e.g.  
102 Proton's place  
106 Drillmaster's syllable  
108 Rent payer  
109 Hogs' pens  
110 Simple exercise to work the abs  
115 Coifs  
117 Card that's an apt alternate title for this puzzle
- 119 "Swing Time" co-star Fred  
120 Lifelessness  
121 Totally ripped  
122 Least sloppy  
123 Brook, e.g.  
124 Passed quickly
- DOWN**  
1 Notes following re  
2 Major Norse deity  
3 Film director Martin  
4 Literature Nobel list Morrison  
5 Fast Amtrak offering  
6 Enzyme-filled cell organelle  
7 U2's genre  
8 Flamenco dance cry  
9 Dance from Buenos Aires  
10 Take a stab at  
11 Louise's film sidekick  
12 More weird  
13 " \_ Sharkey" (old sitcom)  
14 Inverse trig function  
15 \_ cool head  
16 Online missives  
17 Mexico's \_ Villa  
18 Farewells, to Francois  
19 Close  
24 Wound result  
28 Producer for
- Eminem  
31 Began airing  
32 Runner-turned-baron Sebastian  
33 Erte's genre  
34 Designer von Furstenberg  
35 Bacon, e.g.  
36 Certain evergreen dropping  
38 Capital of New Hampshire  
42 Terrier type  
44 With 94-Down, restless  
46 Mail-slot spot  
47 Evaluations of resistance to sudden impact  
49 Adjusted, as floor tiles  
50 Up in years  
51 Win \_ hair  
53 Oodles  
54 One-in-a-million  
55 Suit to \_  
58 Mandate  
59 Climb aboard  
60 Oscar de la \_  
62 Vertex  
64 Count \_ (cereal brand)  
65 Snarly dogs  
66 Adopt- \_ (kennel program)  
67 Fix, as a dog  
69 Balm plant  
73 French for "nothing"  
74 Biotech material
- 75 Says "I told you so!"  
76 Eyelid woe  
79 Writer Umberto  
81 Satisfy  
82 Trim (down)  
83 Pack away  
85 Puzzle with pictures  
87 Ideas  
89 "ER" extras  
90 Samovar  
91 "The Swimmer" author John  
93 Detroit of "Guys and Dolls"  
94 See 44-Down  
95 "La Isla \_" (Madonna hit)  
97 Pretends to be  
98 Patron  
100 Master cook  
103 " \_/Sade" (1967 film)  
104 Not from a major studio  
105 "Please, I'd like to help"  
107 Before-surgery  
110 Potting soil  
111 Swiss river to the Rhine  
112 Made angry  
113 Ticket leftover  
114 Notice  
116 In position  
118 Vardalos of the screen

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						
26									27				28		29					
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48						49					50	51				52		53	54	55
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115							116		117			118								
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Moore Texasby Roger Moore

In 1916 the 2nd Texas Infantry football team beat the New York 7th Infantry 69-0.



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!

	+		×		22			
×		+		+				
	-		×		24			
-		×		×				
	+		+		16			
27		25		24				
1	2	3	4	5	5	6	7	8

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

Plan for retirement

It's your future

When most people begin their career, retirement is the farthest thing from their mind. Instead, they focus on trying to purchase a home, start a family, or perhaps save money for travel. Retirement seems so far away for many younger people that they delay putting aside money. However, it's very important to save for the future — if you want to enjoy it.

An employer-sponsored retirement plan or 401(k) can be a useful way to set aside funds for retirement, especially if your employer offers matching funds on what you invest. If you don't work for an employer that offers this type of plan, there are many other plans designed to help you save for retirement.

From solo 401(k)s to traditional and Roth IRAs, there are programs designed to fit a multitude of budgets. The earlier you start to save, the more funds you'll have ready for retirement.

In addition to traditional programs, the U.S. Department of the Treasury now offers a retirement savings option called *myRA*. There's no minimum to open the account, you can contribute what you can afford, and you can withdraw funds with ease. To learn more about *myRA*, visit [www.myra.gov](http://www.myra.gov).

And, as always, there is Social Security, which is funded by taxes you pay while you work. To get estimates of future benefits and check your earnings record for accuracy, you can create a *my Social Security* account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Prepare for your future and start saving – and planning – today!

For more information on the article above, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 11111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

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: Q equals F

PVF'M MON MV OVS J QJAM-QVVP

OZAMJTOJFM. NVT GLHUM

LGGZPLJMZBN AZM VQQ MUZ

STOHZO JBJOG.

Answer Page 4

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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

♥ EWO  
LOTTIE  
♥ PODET  
REWD  
GENNIS  
♥ WNO  
♥ ORTI  
DOWWI  
♥ OTD  
ELNTER  
♥ DEILT  
♥ ONWT


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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at [rbmamall.com](http://rbmamall.com)

Classified Ads

PUBLIC NOTICE

Administration

El Paso Collaborative for Community and Economic Development (EPC)

Invitation to Bid

El Paso Collaborative for Community and Economic Development (EPC) is an approved Contract Administrator for the Texas Department of Housing and Community Affairs for the HOME Program. Accordingly, EPC seeks to contract with a qualified contractor, registered to work in the State of Texas. EPC is accepting bids for residential construction of: 1 single family home located at 645 Delhi (Lot 18), Socorro, Texas 79927. Bidders MUST attend a Mandatory pre-bid site visit on Friday, November 11, 2016, from 10:00 – 11:00 a.m. at the property.

RFQ# 2016-11-18: Architectural Services

The Village of Vinton is applying for grant funds from the United States Department of Agriculture under its Community Facilities Program. Accordingly, the Village of Vinton is seeking to contract with a qualified individual or firm to provide an architectural feasibility study

To be considered, qualifications must be submitted prior to 4:00 PM on the 18th day of November, 2016. A complete request for qualifications, outlining services required by the locality, submission requirements, and evaluation criteria, has been prepared. Interested parties may obtain copies of this Request on the city's website: <http://www.vintontx.gov/office2.com> or by contacting:

Jannette Monreal  
Village of Vinton  
436 Vinton Road  
Vinton, TX 79821  
(915) 886-5104  
[jmonreal@vintontx.us](mailto:jmonreal@vintontx.us)

The locality 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 funding cycles. The locality reserves the right to reject any or all proposals

Equal Housing Opportunity

WTCC: 11-03-16

PUBLIC NOTICE VILLAGE OF VINTON, TX

Request for Qualifications

RFQ# 2016-10-20: Grant

WTCC: 11-03-16 11-10-16

The Village of Vinton is an Affirmative Action/Equal Opportunity Employer.

Madeleine Praino Mayor

Send us your event info and we'll put it in the Newsbriefs. [wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com)