



## NEWSBRIEFS

### Hospital gets \$15,000

El Paso Children's Hospital Foundation won third place and \$15,000 in the nationwide Credit Unions for Kids Vote for Miracles online contest. The recent three-week contest urged people to vote online for their favorite Children's Miracle Hospital. This is the second year in a row that El Paso children's hospital finishes third in the contest. Hurley Children's Hospital in Flint, Mich., placed first place and won the top prize of \$50,000 with more than 43,000 votes. Mercy Health Children's Hospital in Toledo, Ohio, won second place and \$20,000 with 37,494 votes. El Paso Children's Hospital had 24,622 votes. El Paso Children's Hospital Foundation officials stated that the \$15,000 prize would go to the Child Life Program.

— Alfredo Vasquez

### Growing old in America

It used to be that turning 100 years of age was a big deal. Not so anymore, says the Association of Mature American Citizens. Take Lucy Treccasse who turned 112 recently and celebrated her birthday with family and friends and a half bottle of beer. But, alas, she holds no records, as such. She's only the eighth oldest person in the U.S. In fact, the Centers for Disease Control says that there are more than 72,000 American centenarians today compared with a little more than 50,000 in the year 2000.

— John Grimaldi

### Elder abuse

With the share of U.S. adults aged 65 and older expected to more than double by year 2060 and nearly 96 percent of elder-abuse cases going unreported every year, the personal-finance website WalletHub conducted an in-depth analysis that identifies 2017's States with the Best Elder-Abuse Protections. To determine which

See BRIEFS, Page 4

*As a man gets older he suspects that nature is plotting against him for the benefit of doctors and lawyers.*

— Quips & Quotes



— Photo by Alfredo Vasquez

A large crowd of senior citizens attended the Rio Grande Area Agency on Aging 18th Annual Aging to Perfection expo that was held at the El Paso convention center in the fall. The attendees came to find answers to questions about public and private services, benefits, and support for older adults and family caregivers.

## An old perspective for a new year

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – With the advent of a new year, the notion of time makes its presence felt more prominently, especially for those experiencing old age.

“This year sure went by fast,” or “It’s hard to believe that a new year is starting already,” are just a couple of the cursory assertions that are expressed frequently this time of the year.

In particular, for those individuals who are in their advanced years, the passage of time is palpable because getting old is very real. It is as real and natural and sad and depressing as death.

However, when contemplating time’s fleeting moments, old age can also be seen as a gift because it is like a warning to an older adult that death is imminent. Old age is like a traffic sign along the highway of life notifying an elderly traveler that the end of the road is approaching. Consequently, these advanced years give a person the opportunity to ask introspectively, what is he or she going to do about getting old and eventually dying?

Forget the weight remedy, stress remedy, age remedy, pain remedy. What is needed is some illusion remedy. Better than trying to make a picnic out of old age is to face what it is, a challenge... an irreversible, incurable, colossal challenge- as colossal as disease and death.

That fact should be powerful motivation for an individual to get serious about trying to understand what these formidable challenges are and what a person can do about them. One should be asking, “Why do I have to get old? Why diseased? Why die?”

These are the real issues in life, and these are the questions to which a sentient being must ask him or herself. If individuals fail to seek answers to these questions, they may think they are living

life to the fullest; meanwhile, their inner spirits are running sadly close to empty.

It is no wonder that death consistently ranks among the top ten things people fear most, according to recent studies. Among the primary reasons for this fear of death are: death is unknown territory; do not know what to expect; and doubt about being held accountable for how one lived his or her life.

In considering the various types of human reactions to this natural fear, religious belief and/ or spirituality seem to provide the most comforting responses to the fear of death. Indeed, over the last 35 years there have been numerous academic studies on the correlation between the fear of death or death anxiety and religious or spiritual beliefs.

For instance, in a study conducted by R. D. Kahoe and R. F. Dunn in 1976, *The fear of death and religious attitudes and behavior*, and published in the Journal for the Scientific Study of Religion, they found that church-centered religiousness has more efficacy in allaying the fear of death as compared to other types of responses.

People, who are most firm in their faith and attend religious services or follow a spiritual practice regularly, are the least afraid of dying. People who hold a loose religious faith are the most anxious, and people with no faith are intermediate in their fear of death, according to Kahoe and Dunn’s study.

In another report completed in 2006, data showed that traditional, church-centered religiousness and de-institutionalized spiritual seeking are distinct and constructive ways of approaching fear of death in old age. The study, authored by P. Wink and entitled *Who is afraid of death? Religiousness, spirituality, and death anxiety in late adulthood*, surmised that both religiousness and self-seeking spirituality were related to positive psycho-social functioning.

Therefore, an earnest effort of soul

searching for knowledge about death – both in the religious and spirituality contexts – goes right to the heart of calming a person’s fear of the unknown.

Specifically, looking at both the physical and spiritual laws of the universe can help one gain a better understanding of this phenomenon; such as, in the physical world, Newton’s Third Law of Motion states that for every action there is an equal and opposite reaction, and the First Law of Thermodynamics (the Law of Conservation of Energy) stipulates that energy cannot be created or destroyed, but can change its form.

And in the spiritual realm, the Law of Karma refers to the totality of a living being’s actions and their related reactions in this and previous lives, all of which determine one’s future. The concept of karma is part of the world view of billions of people throughout the world. Also, many people in western cultures or with a Christian upbringing have incorporated the idea of karma as in the Judeo-Christian concept of reaping what you sow (Bible, Galatians 6:7).

Taken together – the assimilation of the physical laws, action/reaction/ conservation/mutation with the spiritual laws of karma (reap what you sow) – helps shed light on the interaction between energy, including all living entities, and the unknown territory of death.

Based upon such a combined application of these laws, it is reasonable to conclude that performing positive actions results in a good condition in one’s experience, whereas a negative action results in a bad effect. And, the consequences may be seen immediately or delayed until later in the future.

In a very practical sense, therefore, applying the physical and spiritual laws of the universe informs mankind that it is up to each individual as to what old age and death holds for him or her. For,

See AGING, Page 4







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After years and years of doing the same thing...



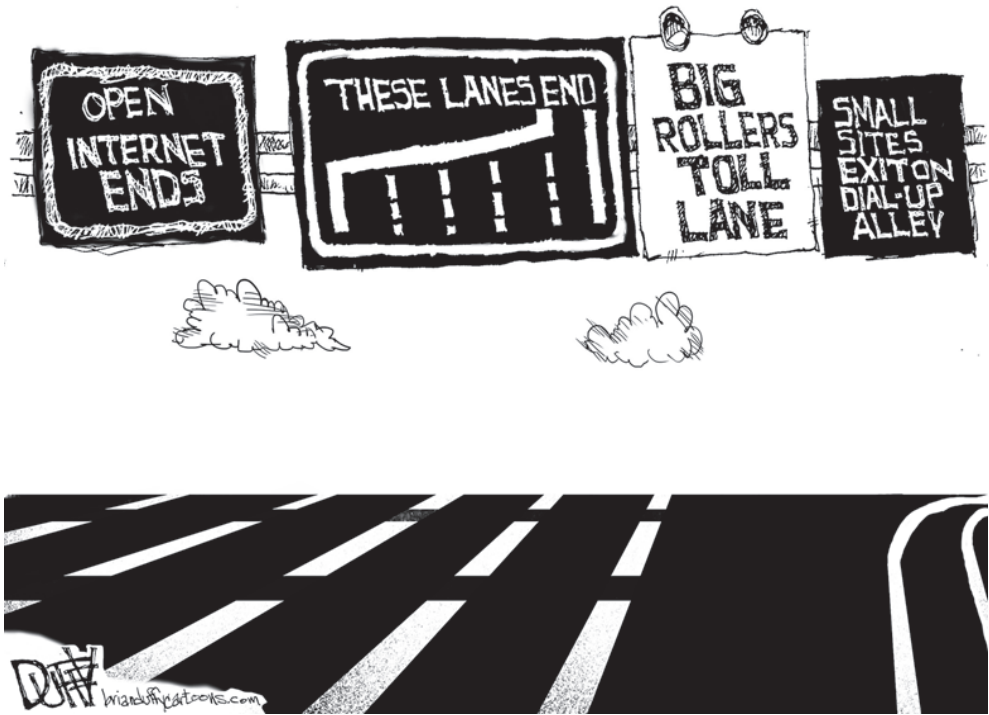
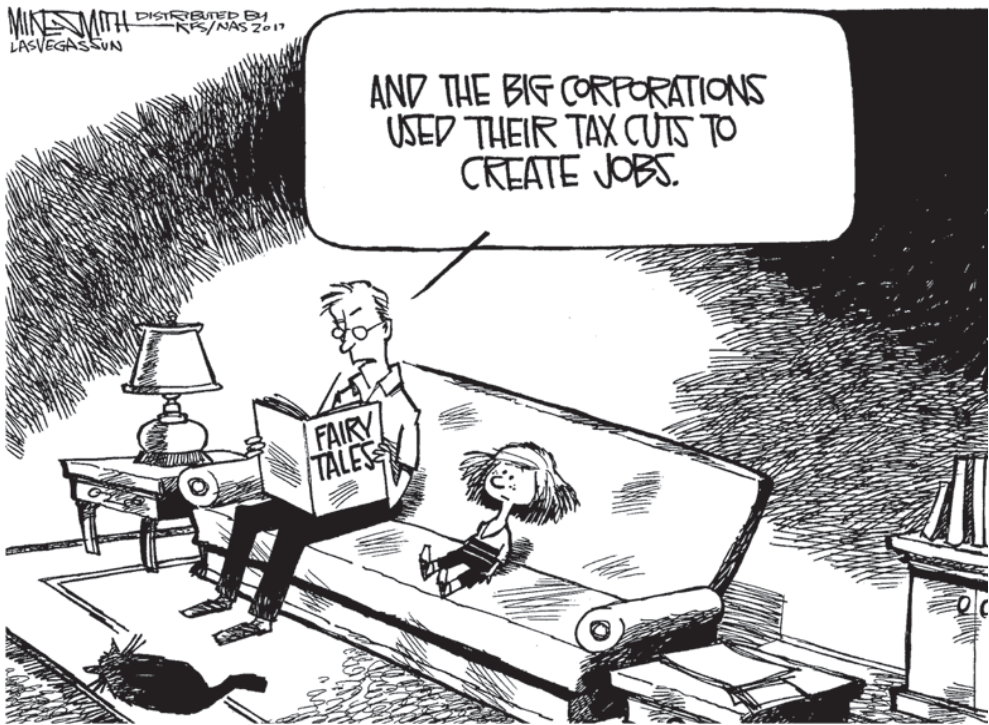
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Season's Greetings from Chuck and Nancy...



THE MERGER





### Town of Horizon City

In an effort to provide a safe, healthy and clean environment the Horizon City Code Enforcement Department asks that all residents please follow property maintenance requirements. Visit [www.horizoncity.org](http://www.horizoncity.org) for complete Ordinance requirements about the following topics and more:

- **Yards and Trees** – keep yards, including parkways and gutters, clear of weeds and debris; trees shall be trimmed to maintain proper clearance;
- **Stagnant Water** – items such as tires shall not be stored on properties in order to prevent mosquito growth; up to 5 tires may be brought to City Hall;
- **Outdoor Storage** – do not store indoor furniture/appliances outside;
- **Illegal Dumping** – violators will be prosecuted to the fullest extent of the law;
- **Vehicle Parking** – only allowed on approved parking surfaces; do not park on yards;
- **Garage Sales** – maximum of 4 per year with a permit; and
- **Signs** – illegally placed signs will be removed; contact City Hall for further clarification.

**Notice of Violation**

Individuals or property owners must comply with a Notice of Violation.

If the property is not brought into compliance, the City may request a court order that would give the City authorization to access the property and correct the violation; all associated costs will be billed to the property owner.

**Call 915-852-1046 with any questions and/or to report violations.**



### Briefs

From Page 1

states fight the hardest against elder abuse, WalletHub compared the 50 states and the District of Columbia across 11 key metrics. The data set ranges from share of elder-abuse, gross-neglect and exploitation complaints to presence of financial elder-abuse laws. Texas ranked 14th overall in *Elder-Abuse Protections*:

15th – Elder-Abuse, Gross-Neglect & Exploitation Complaints\*;  
21st – Number of Certified Volunteer Ombudsmen\*;  
23rd – Nursing-Homes Quality;  
1st – Nursing-Homes Quality; and  
1st – Nursing-Homes Quality.

\*Per resident aged 65+

Visit <https://wallethub.com/edu/states-with-best-elder-abuse-protection/28754/> for the full report.

– Diana Popa

### Commuting to work can be a hassle

When temperatures drop below freezing, drivers face the danger of skidding on icy roads. However, on a recent frigid morning in the U.K. recently, commuters discovered there was more to fear than the ice, reports the Association of Mature American Citizens. Police throughout England reported that the country’s car thieves were out in droves. In fact, car owners who popped indoors while their motors were running to de-ice their windshields were calling in to report car thefts at an alarming rate of one every five minutes. It is difficult, at best, to “hot wire” new cars; you need a key. As one wag put it: “to car thieves, frosty mornings are a Christmas gift.”

– John Grimaldi

### Aging

From Page 1

what happens to someone is not a matter of judgment but rather a continuation of one’s karma, even after death.

Subsequently, just as a young person plans during his or her life for the future by going to school, saving money, preparing for a family, so also these later years give a senior citizen the time to learn how to plan for a good life in old age and after.

### Notice of Public Meeting To Discuss Fabens Independent School District’s State Financial Accountability Rating (FIRST)

The Fabens Independent School District will hold a public hearing at 6:30 p.m., Wednesday, January 31, 2018 in the boardroom of the Fabens ISD Administration Building, 821 NE “G” Avenue, Fabens, Texas.

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

WTCC: 01/04/18 & 01/11/18

### Moments in Time

The History Channel

- On Jan. 15, 1936, Edsel Ford, the son of auto industry pioneer Henry Ford, forms a philanthropic organization called the Ford Foundation with a donation of \$25,000. The foundation was established in part as a legal way for the Ford family to avoid inheritance taxes.
- On Jan. 16, 1919, the 18th Amendment to the U.S. Constitution, prohibiting the sale of alcohol, is ratified and becomes the law. It failed to prevent the distribution of alcoholic beverages, however, and led to the rise of organized crime in America.
- On Jan. 17, 1953, a prototype Chevrolet Corvette sports car makes its debut at General Motors’ Motorama auto show. The Corvette was named for a fast type of naval warship.
- On Jan. 18, 1778, English explorer Captain James Cook becomes the first European to discover the Hawaiian Islands when he sails past the island of Oahu. Two days later, he landed at Waimea on the island of Kauai and named the island chain the Sandwich Islands, in honor of the earl of Sandwich.
- On Jan. 19, 1977, President Gerald Ford pardons Iva Toguri, one of the “Tokyo Rose” Japanese women who broadcast Axis propaganda over the radio to Allied troops during World War II. Toguri was a U.S. citizen who was trapped in Japan when war broke out.
- On Jan. 20, 1987, British negotiator Terry Waite is captured by Shiite Muslims in Beirut while attempting to win freedom for Western hostages. He was not released for more than four years.
- On Jan. 21, 1855, John Moses Browning, sometimes called the “father of modern firearms,” is born in Ogden, Utah. When he was 24 years old, Browning received his first patent, for a rifle that Winchester manufactured as its Single Shot Model 1885. The rifle is still made today.

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### CryptoQuip Answer

If a hunting cartoon guy were wild about chocolate candy, would he be named Elmer Fudge?

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# Strange But True

By Samantha Weaver

- The unknown soul who made the following sage observation must have been a keen observer of events: “A politician can appear to have his nose to the grindstone while straddling a fence and keeping both ears to the ground.”
- In the 17th century, a Frenchman opened a coffee shop in London and sold chocolate, newly imported from the Americas, for 10 to 15 shillings a pound. That may not sound like much until you learn that at the time, the going price of a pound gold was 20 to 30 shillings.
- Are you interested in pogonotrophy? If you’re a woman, the answer is probably no. The word, derived from the Greek word “pogon,” or “beard,” and the suffix “trophy,” or nourishment, refers to the growing of a beard.
- Most people realize that many places in the United States were once known by different names. Here’s a sampling: the Potomac River was originally called Conococheague Creek, Camp David was named Shangri-La, and the USA itself was once known as the United States of Congress Assembled.
- Good news for the not-so-neat among us: Making your bed could be bad for you. A study done in the United Kingdom at Kingston University showed that the linens of an unmade bed retain less moisture, therefore making them less attractive to dust mites.
- Evidently it’s not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

Thought for the Day: “The cult of individual personalities is always, in my view, unjustified. To be sure, nature distributes her gifts variously among her children. But there are plenty of the well-endowed ones too, thank God, and I am firmly convinced that most of them live quiet, unregarded lives.”  
— Albert Einstein

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# Counting down the top sports stories of 2017

By Steve Escajeda  
*Special to the Courier*

Well, 2018 is finally here and as always, most of us are thinking about resolutions and plans for the new year.

But before we start breaking our new-year promises, let’s take a last look at the top ten most influential sports stories of 2017.

**10** – Even though most Americans have been very slow to include soccer in their sports-watching schedule, they do manage to tune in during the World Cup.

But Americans won’t have the chance to root for the USA in 2018 because of the Red, White and Blue’s shocking loss to Trinidad and Tobago during qualifying.

**9** – Kevin Durant had a lot of success with Oklahoma City, but just couldn’t get past the Golden State Warriors in the playoffs.

So instead of accepting the challenge of trying to get better and knock off the Warriors, Durant decided to take the easy way out and join the enemy instead.

And whatever you think about his decision, it paid off as Durant and his new teammates won the 2017 NBA title.

**8** – Though this is still a developing story, 2017 saw a significant scandal hit the world of college basketball.

These sleazy allegations involved corrupt agents and shoe companies and coaches and illegal recruiting practices and dirty money and athletic directors and college boosters and athletes on the take.

The biggest name to fall so far is former Louisville head coach Rick Pitino. But 2018 could catch up to many others.

**7** – The Atlanta Falcons had the Super Bowl in their nest, up 28-3 at one time.

The Patriots looked old and slow and it appeared that a dynasty was coming to an end. But the veterans Brady and Belichick did it once again and rallied for an incredible 34-31 win.

**6** – It gets hot in the summer, cold in the winter and UConn always wins the women’s national championship, right?

Wrong!  
Mississippi State upset UConn in the final four, ending the Huskies 111-game winning streak.

Making the upset even more astounding was the fact that UConn beat Miss. St. a year earlier in the NCAA Tournament 98-38.

**5** – Some say it’s NFL collusion and some say he just doesn’t have it anymore. Whatever the reason, Colin Kaepernick was in the news quite a bit for a guy who spent zero minutes on the football field.

The former 49ers quarterback, who is now more famous for starting the “take a knee during the national anthem” movement than leading San Francisco to the Super Bowl, saw team after team pass him by whenever a quarterback opening came up.

**4** – The Alabama Crimson Tide is college football’s version of Goliath.

They seemed invisible when they went up 14-0 early and led 24-14 in the fourth quarter of the national title game, but it was quarterback Deshaun Watson’s heroics that led Clemson to a stunning 35-31 upset.

**3** – It wasn’t the prettiest thing in the world, in fact, it was downright ugly.

But the Conor McGregor-Floyd Mayweather Jr. fiasco – I mean fight – was indeed one of the biggest stories of the year.

One was over-the-hill and the other had no boxing skills, but together they conned a fair chunk of the world to buy the pay-

per-view rip-off.

**2** – NFL popularity appears to be taking a nosedive.

Whether it’s the kneeling, the concussions, ticket prices, officiating, rule changes, over-paid athletes or over-saturation of games, the once mighty NFL is taking a beating in the ratings.

**1** – By far, the best story of the year was the over-achieving Houston Astros, who put baseball back in the national spotlight.

America’s favorite little guy, Jose Altuve helped lead the Astros to a thrilling playoff series win over the Yankees, and then a historic World Series victory over the favored Dodgers.

The World Series was the first ever for the Astros, the same team that lost over 100 games in 2011, 2012 and 2013.

The timing of the win was significant, coming a couple months after Hurricane Harvey devastated the Houston area.

**As far as the local story of the year:** Keitha Adams, Sean Kugler, Tim Floyd and Bob Stull started 2017 on the UTEP payroll, but each decided to leave for one reason or another.

Wow, talk about starting new in 2018.

## A sporting view By Mark Vasto

### The flying wedge

As a student at Harvard University, a young Theodore Roosevelt championed “the vigorous life,” and the burgeoning sport of American football was something he clearly supported. When he became president, the game often figured in his

landmark speeches.

“In life, as in a football game, the principle to follow is: hit the line hard; don’t foul and don’t shirk, but hit the line hard!”

His mood changed a few years later, however, when his young son Theodore Roosevelt Jr. enrolled at Harvard and joined the football team. The annual Harvard-Yale game had become the nation’s top sporting event by this time, and football had become far more violent than the “masculine game” Roosevelt knew from his time in college. This was the era of the “flying wedge.”

A Harvard alumnus and war historian noted that the game’s strategy closely mirrored military maneuvers. Even though he never played a down of football, he designed the flying wedge – a play that mimicked the tactics of Napoleon’s army by concentrating a large number of men and pointing them like an arrow at the weakest part of the opponent’s line.

Harvard unveiled the play in 1892 against Yale, and people literally stood in awe when they saw the team take the formation. Shaped like a “V” with the ball carrier nestled inside, fans watched as most of the Harvard players linked arms and moved forward, completely obliterating the hapless Yale defender who stood in their way.

The play helped spark interest in the game. Parke Davis, an early sports writer, commented that the play energized fans. “Sensation runs through the stands at the novel play, which is the most organized and beautiful one ever seen upon a football field.”

Pundits estimated that a flying

wedge weighed more than a quarter-ton. Every resulting pileup from a play lent itself to anticipation: Was somebody crushed?

The answer, sadly, was often yes. In 1905 alone, the “flying wedge” play resulted in 22 deaths and an estimated 149 “serious” injuries. Newspapers printed body counts and took out full-page editorials calling for reform. Ever the hands-on president, Roosevelt called on the leading institutions to visit the White House. There, he used his “bully pulpit” to spur the creation of what is today called the National Collegiate


Association of Athletics (NCAA) – a body that began in the name of safety for college athletes.

The flying wedge was outlawed as a result, but the play does exist today in a reduced form. Returning teams are allowed to form a “wedge” for the kick returner, and defenders who take on the formation are called “wedge busters.” Look for it next time you watch a game, and marvel as nobody dies.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2017 King Features Synd., Inc.

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## Classified Ads

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**TOWN OF ANTHONY, TX**

**PUBLIC NOTICE**

**ORDINANCE NO. 2017-1023**

The purpose of this ordinance is to 1) improve and protect the public's health by eliminating smoking in public places and places of employment, and certain outdoor areas; 2) guarantee the right of nonsmokers to breath smoke-free air; and 3) recognize that the need to breath smoke-free air

shall have priority over the choice to smoke.

It shall be unlawful for an owner, manager or other person having control of an establishment regulated by this chapter to fail to comply with all of its provisions, except for violations noted in Subsection C of Section 18.18.120. It shall be unlawful for any person to smoke in any are where smoking is prohibited by the provisions of this chapter. Any person who violates ay provision of this chapter shall be guilty of an infraction,

punishable as follows:

1. Any person who violates any provision of this chapter shall be guilty of an infraction punishable by a fine not exceeding one hundred dollars;

2. Any person who violates any provision of this chapter receiving a fine under Subsection C.1. above, shall be guilty of an infraction punishable by a fine not to exceed two hundred dollars;

3. Any person who violates any provision of this chapter within one year of receiving a fine under Subsection C.2., shall be guilty of an infraction punishable by a fine not to exceed five hundred dollars.

This ordinance shall be published and shall take effect on 11th day of January, 2018.

Passed and approved the 23rd day of October, 2017.

*Mary Carter*  
Town Clerk

WTCC: 01-04-18

1973  
45  
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OUT ON A LIMBBy Gary Kopervas



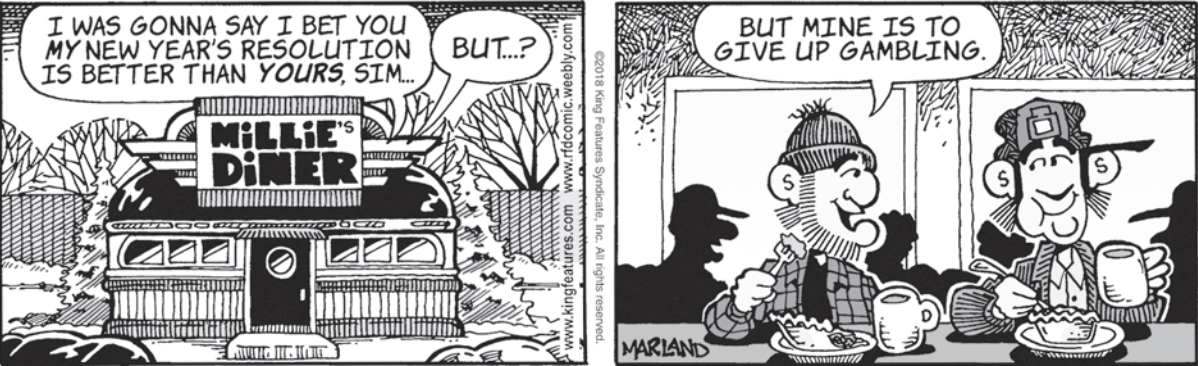
AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: I would like to know if you have ever heard of a person being allergic to psyllium fiber? My doctor suggested I take Metamucil for constipation, as opposed to stool softeners. However, when I took it, my face and eyes began to itch, I began to wheeze and I coughed until I vomited it up. My doctor stated he had never heard of anyone being allergic to it. As a side note, my husband has used Metamucil for years, and I have had a couple of episodes of wheezing and shortness of breath that could be attributed to inhaling some of the powder when he mixed it. – J.G.

I haven't seen any cases either, but it can happen, rarely – most often to people who have allergies to grasses or dust. It is possible that inhaling some of the powder started the allergy. I would be careful to stay away from the area where your husband is mixing his, as allergies sometimes worsen over time.

Unfortunately, you will have to find another source for fiber. Good dietary sources include wheat bran, prunes and prune juice. If you need a supplement, you may try methylcellulose (such as Citrucel), wheat dextrin (like Benefiber), and calcium polycarbophil (Fibercon). Be sure to get enough fluid, and start with a low dose and then slowly increase.

The booklet on constipation explains this common disorder and its treatments. Readers can order a copy by writing: Dr. Roach – No. 504W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$5 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: My father is 86 years old and in generally

good health. He has been falling for no apparent reason for the past three years. He has had MRIs and X-rays, been to neurologists and ENTs – no one has an explanation. He has walkers and an electric wheelchair, but there are times when he has to stand and/or walk a little. My parents' apartment looks like a war zone. Almost all of the furniture has been broken, not to mention the cuts and bruises on my dad. Is there anything you can think of that might cause this? – J.G.

If multiple doctors haven't helped with the benefit of a complete history, exam and labs, I'm not likely to. However, vitamin D supplements have been shown to improve strength and reduce falls in the large number of people who have low levels.

There are two ways to find out. You either can have the vitamin D level checked by a doctor, and use vitamin D if it is low; or, you can try a daily dose of vitamin D for a month or so and see if it helps. Most authorities recommend 400-800 IU daily. Personally, I have found that 1,000-2,000 IU often is needed. This dose is unlikely to do harm if taken for only a month trial, and may be necessary for those whose levels are deficient and have symptoms.

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) 2017 North America Synd., Inc. All Rights Reserved.

Super Crossword

SUMMING UP THE NEW YEAR ACROSS

- 1 \_ law (computer industry rule)
- 7 WWII prez
- 10 Argus-eyed
- 15 Turn sharply
- 19 Haul in
- 20 Mendacity
- 21 Nerve
- 22 Caucus state
- 23 Luau libation
- 24 Hearth waste
- 25 Slight residue
- 26 Again
- 27 \*Ad Council bloodhound
- 31 Et \_ (plus more)
- 32 Roly-poly
- 33 "I knew it!"
- 34 Good tidbit
- 38 Colleague of Trotsky
- 40 \*They don't have qwerty layouts
- 46 Pen's tip
- 48 String after Q
- 49 Have \_ of hope
- 50 Gp. for fillers and drillers
- 51 \*At a short distance
- 56 \*Metro section manager
- 59 Deadeye's skill
- 60 TCBY treats
- 61 Bloom holder

- 62 PC pictures
- 63 Fetus feeder
- 65 Kotter of TV
- 66 Juan's "this"
- 68 Henry VIII's third Catherine
- 69 \*Tool whose teeth rotate
- 72 Costello and Holtz
- 76 Baseballer
- Slaughter
- 78 Brogan part
- 79 Sloping
- 81 Bacon piece
- 84 Gone
- 85 Antsy feeling
- 86 Color tone
- 87 \*It may show acidity
- 90 \*Divorcee in 1991 news
- 92 Min. segment
- 93 Segment
- 94 Suffix with 114-Down
- 95 Chargers
- linebacker Manti \_
- 96 \*Yale, e.g.
- 102 Tips, as a cap
- 106 Chilling
- 107 Golfer Trevino
- 108 Batter
- 110 Taxi readout
- 111 What the double-digit Roman numerals at the starts of the answers to the starred clues add up to

- 118 Mud in a cup
- 121 Haikus, e.g.
- 122 22nd letter
- 123 Goopy camp treats
- 124 All tied up
- 125 Shul scroll
- 126 Be off
- 127 Unseat
- 128 Like paraffin
- 129 Lacking pity
- 130 Negatives
- 131 First phases

DOWN

- 1 Fox or ox
- 2 Prophesier
- 3 Derivation
- 4 Teaches new skills
- 5 Biblical twin
- 6 Rigidly formal
- 7 Thin-screen boob tube
- 8 Plate
- 9 Practice
- 10 Giant in train travel
- 11 Petty of film
- 12 Quiz's kin
- 13 Paella base
- 14 Ticked (off)
- 15 Pfizer drug
- 16 Many eras
- 17 She bleats
- 18 Bitingly cold
- 28 In thing
- 29 Chin-wag
- 30 Native Nebraskan
- 35 Sister of Clio
- 36 Rider, e.g.

- 37 Old rulers
- 39 Jenna Bush, to Jeb
- 41 NBA and NRA, e.g.
- 42 Crusty roll
- 43 Big name in Art Deco
- 44 "We did it!"
- 45 "See you"
- 47 Wild horse
- 51 Cartoonist Al
- 52 Oscar winner Kedrova
- 53 Sharif of "Funny Girl"
- 54 No voters
- 55 On or about
- 56 Coup group
- 57 Morse "E"
- 58 "That's what \_ service!"
- 61 One paid to park cars
- 64 Sweet filling
- 65 Event invitee
- 66 Sup at home
- 67 Try to hit, as a fly
- 70 Snow-pure
- 71 Epic story
- 73 Aloha Stadium site
- 74 "One," on a U.S. coin
- 75 Process unit
- 77 Coll. in Lower Manhattan
- 80 Filled up
- 81 Cow of ads

- 82 Kitchen filter
- 83 Burlesque dancer Lili
- 84 Llama locale
- 85 2004 Chevy debut
- 88 Mudbath site
- 89 "It" game
- 90 Feeling bliss
- 91 Vane locales
- 94 Freezes
- 97 Church chant
- 98 "Icky!"
- 99 Full of melting snow
- 100 Fiats
- 101 Spanish plural article
- 103 \_ Islands (Danish chain)
- 104 Least limited
- 105 Has a feeling
- 109 Botch
- 112 Goes (for)
- 113 Blow a horn
- 114 Saving sort
- 115 Arab nation
- 116 Drusilla divorced him
- 117 Marvel mutants
- 118 Shul-goer
- 119 Gardner of "The Bribe"
- 120 Nettle

Answer Page 4

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						30				
31							32				33						34		35	36	37
38							39				40						41				
							42				43						44				
							45				46						47				
							48				49						50				
51	52	53					54	55			56						57	58			
59							60				61						62				
63							64				65						66	67			
68							69				70						71				
							72				73						74	75			
							76	77			78						79				
81	82	83					84				85						86				
87							88	89			90						91				
92							93				94						95				
96							97	98			99						100	101			
							102				103						104	105			
106							107				108						109				
							110				111						112				
							113	114	115		116						117				
118	119	120					121				122						123				
124							125				126						127				
128							129				130						131				



**Moore Texas** by Roger T. Moore Jan.18,1892: Birthdate of rodeo star, Wild West Show performer and World Champion Trick Roper Chester Byers.The World's authority on fancy ropin' died in Ft. Worth in 1945.



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!

	-		x		16
+		÷		-	
	+		x		12
x		x		x	
	+		x		25
20		21		10	

1 1 2 3 5 6 7 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

1	4			5			9	
2			6	3		5		
		3			1		2	6
	7			8		6		9
		8	5		9		7	
9	6		1					2
	1	9		4			8	
		2			7	9		5
7			9		6	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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Veterans Post By Freddy Groves

Good for you and others

Have you broken your New Year’s resolutions yet? It’s not too late to try again. But this time, why not go with just two? One for you, and one for others.

Here are a few for you:

- Give the local American Legion or Veterans of Foreign Wars a try if you’re not a regular member. You’ll get out of it what you put in. Participate in the events and help with their goals, especially if they involve helping other veterans.

- Organize your paperwork so that when the time comes, your final wishes will be known. See a lawyer and make a will, then gather your military paperwork, and let someone know where it is. Include your DD-214.

- Ask questions to be sure you’re getting all the benefits you’re entitled to. Home loans, education and medical are just the tip of the iceberg.

And a few for others:

- Plan a visit to the closest Department of Veterans

Affairs hospital to see how you can help. Contact voluntary services and see what they need. If you’re not near a medical center, search online for “veterans helping veterans.”

- If you served during a war period, look into adding your story to the Veterans History Project. The stories of veterans are valuable (and so is yours) and can be told in many ways. Go online to [www.loc.gov/vets/](http://www.loc.gov/vets/) and see how how you can participate.

- Decide to be a monthly Secret Santa and anonymously send a grocery store gift card to a veteran you know is struggling, especially if there are kids in the family.

If it seems like some of the ideas above are a combination of good for you and good for others too, you’re right. Sometimes doing for others actually benefits us as well.

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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: F equals C

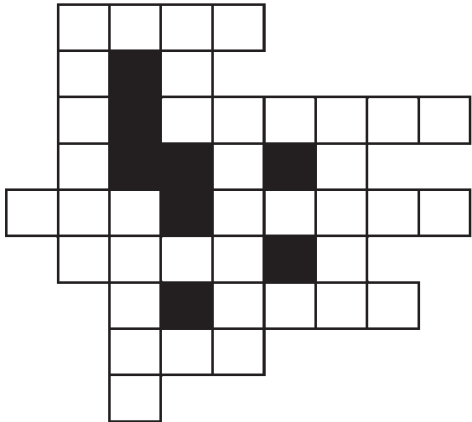
YV B TEMOYMP FBHORRM PEG  
CAHA CYSW BJREO FTRFRSBOA  
FBMWG, CRESW TA JA MBQAW  
ASQAH VEWPA?

Answer Page 4

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ASC  
CRIDEP  
♥ASPRE  
TINO  
♥PIRADE  
PFO  
TERS  
ECTFL  
ETP  
♥CRUIST  
SEETA  
FATD



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)

Here’s a Tip

By JoAnn Derson

- If you’re redecorating, take this tip into consideration: To make a space feel more modern, mix metal accents – for instance, brass hardware with stainless steel appliances! To make a room feel bigger, us a contrasting color on the trim wood to draw the eye up and down. Mirrors multiply light in any room, and open shelving is the ticket in a narrow space, rather than closed cabinets.

- “If you have little kids and are ordering pizza, ask them to double cut the slices. Kids like to have many slices, and it doesn’t really matter how big they are. This way, there’s less waste.”  
– T.Y. in New Hampshire

- Hair looking faded and dull? Try brewing a cup of chamomile tea! Let it cool and use it to rinse your hair post-shampoo. Don’t rinse out.

- “I buy a nice, but plain smelling lotion from the discount store because the price is great and it leaves my skin feeling soft. I dress it up with a few drops of perfume and essential oils. This saves me a ton of money, and I get it exactly how I like it!”  
– F.E. in Kentucky

- Keep a small microfiber cloth in the car. It’s super handy for wiping your eyeglasses off or the inside of your windshield if it gets foggy.

- “Ice-cube trays come in many colors and can be used to tame your junk drawers. Just think, a dozen tiny compartments to sort any items you need.”  
– W.A. in Mississippi

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