



NEWSBRIEFS

Retired teachers insurance spikes

Many retired teachers who get health insurance and benefits through the Texas Retirement System of Texas have noticed a spike in premiums after more than a decade with minimal increases. The program serves about 270,000 retired Texans and their families. Recent reports indicate that at least 9,000 educators and their dependents have left the subsidized insurance plan known as Teacher Retirement System-Care. That departure rate is six times higher than recent years. The TRS-Care experienced a budget shortfall in 2017 and was set to run out of money this year but lawmakers made temporary fixes that totaled \$700 million. The shortfall was made up with adjustments to premiums and benefits to sustain the program, according to officials.

– Alfredo Vasquez

Munchies marketing

One of the well-known effects of marijuana usage is popularly called “the munchies” – a strong desire to snack. So, was it accidental that a young Girl Scout in San Diego managed to sell 300 boxes of Girl Scout cookies in the space of just six hours standing in front of a newly opened pot shop? The young entrepreneur broke no rules, says the Girl Scouts of San Diego. And, the state of California recently legalized the sale of recreational marijuana.

– John Grimaldi

Diverse cities

With immigration reform remaining one of the most prominent political issues, suggesting that the U.S. demographic landscape may soon change, the personal-finance website WalletHub today released its report on 2018’s Most & Least Ethnically Diverse Cities. To identify the most ethnically diverse places in America, WalletHub compared more than 500 of the largest U.S. cities across three key metrics, including ethnoracial diversity, linguistic diversity and birthplace diversity. El Paso was the 53rd most diverse city among large cities. Other Texas cities ranked:

- 10 – Houston;
- 14 – Arlington;

See BRIEFS, Page 2

The fact that you know what to say does not guarantee your right or obligation to say it.

– Quips & Quotes

Early voting starts for primary elections

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The upcoming political parties’ primary elections, to determine candidates who will run for all partisan offices in Texas, will be held Tuesday, March 6. Early voting began February 20 and will continue through Friday, March 2.

Should a primary runoff election be necessary, it will be held May 22, with early voting set for May 14-18. Voters may cast their ballot in the runoff election even if they didn’t vote in the main election. Also, individuals can vote in the general election, even if they do not vote in the primary.

The March primary election pits hundreds of candidates vying for public posts in statewide, congressional, and legislative offices, as well as some county offices. The winners in each party’s primaries get to compete in the general election, which is scheduled for November 6, with early voting slated for October 22 to November 2.

Texas has open primaries, which means that voters do not have to formally affiliate with a political party; however, an individual can only vote in one party and must sign an affidavit affirming that he or she will not vote in another party’s primary election.

This year’s elections in Texas include races for governor, lieutenant governor, attorney general, U.S. senator, U.S. representative,



state representative, county judge, county commissioners, a large number of judgeships, party chairs, and more.

To vote, a legal identification card is required- such as a Texas driver’s license, an ID card or license to carry handgun certificate; an election identification certificate; a military ID; an U.S. citizen certificate; or a passport.

If an individual cannot reasonably obtain any of the specified identification credentials, he or she may fill out a Reasonable Impediment Declaration (RID) form at the polling station and present a copy or original of the following documents: valid voter registration certificate, original birth certificate, current utility bill, bank statement, government check, paycheck, or government document with the person’s name and address.

For polling place locations and other information about this year’s elections, local voters are encouraged to visit the El Paso County Elections Department website at epcountyvotes.com or call (915) 546-2154.

Democrat Propositions

1. The Right to a 21st Century Education
2. Student Loan Debt
3. Right to Health Care
4. Right to Economic Security
5. National Jobs Program
6. Right to Clean Air, Safe Water and a Healthy Environment
7. Right to Dignity and Respect
8. Right to Housing
9. Right to Vote
10. Right to a Fair Criminal Justice System
11. Immigrant Rights
12. Right to Fair Taxation

Synopsis only.
See ballots for complete text.

SAMPLE BALLOT BOLETA DE MUESTRA		
REPUBLICAN PARTY PRIMARY ELECTION (ELECCIÓN PRIMARIA DEL PARTIDO REPUBLICANO) (CONADO DE) EL PASO COUNTY, TEXAS MARCH 6, 2018 (6 DE MARZO, 2018)		
"I AM A REPUBLICAN AND UNDERSTAND THAT I AM INELIGIBLE TO VOTE OR PARTICIPATE IN ANOTHER POLITICAL PARTY'S PRIMARY ELECTION OR CONVENTION DURING THIS VOTING YEAR." (YO SOY REPUBLICANO Y COMPREENDO SOY INELEGIBLE PARA VOTAR O PARTICIPAR EN LA ELECCIÓN PRIMARIA O LA CONVENCION DE ALGÚN OTRO PARTIDO POLÍTICO DURANTE ESTE AÑO ELECTORAL.)		
UNITED STATES SENATOR (SENADOR DE LOS ESTADOS UNIDOS)		
MARY MILLER	390	
STEFANO DE STEFANO	391	
TED CRUZ	392	
GERALDINE SAM	393	
BRUCE JACOBSON, JR.	394	
UNITED STATES REPRESENTATIVE, DISTRICT 16 (REPRESENTANTE DE LOS ESTADOS UNIDOS, DISTRITO NÚM. 16)		
ALJA GARCIA-URESTE	397	
RICK SEEBERGER	398	
GOVERNOR (GOBERNADOR)		
GREG ABBOTT	315	
BARBARA KRUEGER	316	
SECEDE KILOORE	317	
LIEUTENANT GOVERNOR (GOBERNADOR TENIENTE)		
DAN PATRICK	320	
SCOTT MILDRE	321	
ATTORNEY GENERAL (PROCURADOR GENERAL)		
KEN PAXTON	324	
COMPTROLLER OF PUBLIC ACCOUNTS (CONTORLADOR DE CUENTAS PÚBLICAS)		
GLENN HEGAR	327	

Republican Propositions

Synopsis only.
See ballots for complete text.

1. Replace Property Tax With Consumption Tax
2. Government Toll Roads Need Voter Approval
3. Secret Ballots for Speaker Nominee
4. Screening New Hires to Protect Jobs for Legal Workers
5. Families May Chose Schools for Children
6. Privacy and Safety for Women and Children in Public Spaces
7. Abolishment of Abortion
8. Make Voter Fraud a Felony
9. Demand Congress Repeal Obamacare
10. Slow the Growth of Property Taxes
11. Tax Dollars Not to be Used to Build Stadiums for Professional Sports Teams

SAMPLE BALLOT BOLETA DE MUESTRA		
DEMOCRATIC PARTY PRIMARY ELECTION (ELECCIÓN PRIMARIA DEL PARTIDO DEMOCRATICO) (CONADO DE) EL PASO COUNTY, TEXAS MARCH 6, 2018 (6 DE MARZO, 2018)		
"I AM A DEMOCRAT AND UNDERSTAND THAT I AM INELIGIBLE TO VOTE OR PARTICIPATE IN ANOTHER POLITICAL PARTY'S PRIMARY ELECTION OR CONVENTION DURING THIS VOTING YEAR." (YO SOY DEMOCRATA Y COMPREENDO SOY INELEGIBLE PARA VOTAR O PARTICIPAR EN LA ELECCIÓN PRIMARIA O LA CONVENCION DE ALGÚN OTRO PARTIDO POLÍTICO DURANTE ESTE AÑO ELECTORAL.)		
UNITED STATES SENATOR (SENADOR DE LOS ESTADOS UNIDOS)		
SEMA HERNANDEZ	5	
BETO ORDOÑE	6	
EDWARD KIMBROUGH	7	
UNITED STATES REPRESENTATIVE, DISTRICT 16 (REPRESENTANTE DE LOS ESTADOS UNIDOS, DISTRITO NÚM. 16)		
DORI FEINENBOCK	10	
VERONICA ESCOBAR	11	
NORMA CHAVEZ	12	
JOHN CARRILLO	13	
JEROME TILGHMAN	14	
ENRIQUE GARCIA	15	
GOVERNOR (GOBERNADOR)		
LUPE VALDEZ	25	
ADRIAN OCEGUEDA	26	
JEFFREY PAYNE	28	
JAMES JOLLY CLARK	29	
JOE MUMBACH	30	
GRADY YARBROUGH	31	
CEDRIC DAVIS SR.	32	
ANDREW WHITE	33	
TOM WAKELY	34	
LIEUTENANT GOVERNOR (GOBERNADOR TENIENTE)		
MICHAEL COOPER	37	
MIKE COLLIER	38	
ATTORNEY GENERAL (PROCURADOR GENERAL)		
JUSTIN NELSON	41	

RACES

STATE

- United States Senator
- United States Representative, District 23
- Governor
- Lieutenant Governor
- Attorney General
- Comptroller of Public Accounts
- Commissioner of the General Land Office
- Commissioner of Agriculture
- Railroad Commissioner
- Justice, Supreme Court, Place 2
- Justice, Supreme Court, Place 4
- Justice, Supreme Court, Place 6
- Presiding Judge, Court of Criminal Appeals
- Judge, Court of Criminal Appeals, Place 7
- Judge, Court of Criminal Appeals, Place 8
- States Representative, District 75
- States Representative, District 76
- States Representative, District 77
- States Representative, District 78
- States Representative, District 79
- Justice, 8th Court of Appeals District, Place 2
- Justice, 8th Court of Appeals District, Place 3
- District Judge, 120th Judicial District
- District Judge, 168th Judicial District
- District Judge, 171st Judicial District
- District Judge, 205th Judicial District
- District Judge, 210th Judicial District
- District Judge, 243rd Judicial District
- District Judge, 327th Judicial District

LOCAL

- County Judge
- Judge County Court at Law 1
- Judge County Court at Law 2
- Judge County Court at Law 3
- Judge County Court at Law 4
- Judge County Court at Law 5
- Judge County Court at Law 6
- Judge County Court at Law 7
- Judge, County Criminal Court 1
- Judge, County Criminal Court 2
- Judge, County Probate Court 1
- Judge, County Probate Court 2
- District Clerk
- County Clerk
- County Commissioner, Precinct No. 2
- County Commissioner, Precinct No. 4
- Justice of the Peace, Precinct No. 1
- Justice of the Peace, Precinct No. 2
- Justice of the Peace, Precinct No. 3
- Justice of the Peace, Precinct No. 4
- Justice of the Peace, Precinct No. 5
- Justice of the Peace, Precinct No. 6 Place 1
- Justice of the Peace, Precinct No. 6 Place 2
- Justice of the Peace, Precinct No. 7
- County Chairman
- Precinct Chairman, Precinct 5
- Precinct Chairman, Precinct 67

NOTE:

Not all of the races appear on the Democrat ballot or the Republican ballot. For a complete copy of the sample ballot (at left) for either party visit epcountyvotes.com and click on Current Election option. Scroll down to Sample Ballots and chose the appropriate ballot for your needs.

Briefs

From Page 1

- 15 – Dallas;
- 19 – Ft. Worth;
- 23 –Austin;

- 33 – San Antonio; and
 - 40 – Corpus Christi.
- Other stats:
- Oakland, CA, has the highest racial and ethnic diversity, which is four times higher than in Hialeah, FL, the city with the lowest.

- Hialeah, FL has the highest concentration of Hispanics or Latinos, at 96.26 percent.
- Laconia, NH has the highest concentration of whites, at 95.55 percent.
- Jackson, MS has the highest

concentration of blacks, at 80.84 percent.
Visit <https://wallethub.com/edu/cities-with-the-most-and-least-ethno-racial-and-linguistic-diversity/10264/> to view the full report.

– Diana Popa

EVEN TEXTERS
AND DRIVERS
HATE TEXTERS
AND DRIVERS.

STOPTEXTSSTOPWRECKS.ORG



Veterans Post By Freddy Groves

Are you missing out on these benefits?

I love it when crooks get caught. A Department of Veterans Affairs employee (former Air Force) in Maryland sent himself a pile of the cash he was in charge of, specifically \$21,000 of special payments disability money that he wired to his own account. Then he sent a former Air Force friend (who was in a financial bind) \$46,000 in hardship-benefits cash that she hadn't applied for. She then kicked back \$13,000 to him using Walmart money transfers.

Of course they got caught. Here are some of the many legitimate benefits for veterans in need:

- Medical care at VA facilities. This can either be free or low cost.
- Education. Go to college, get a vocational or technical degree, sign up for an apprenticeship, do work-study, take the SAT tests, be reimbursed for licenses and certifications, and much more.
- Counseling. Whether it's group, individual or for the family, the Vet Centers can help you. For PTSD, sexual assault, transitioning to civilian life or any other stressor, there's help.
- Aid and Attendance, also called Long-Term Care. These benefits cover assisted living, nursing homes and even money for a spouse (or family member) who acts as a caregiver. This benefit is for wartime veterans who qualify for a pension.
- Loan help to buy a home. Get a mortgage with no money down if you qualify, and help if you're turned down. The VA guarantees a portion of the loan, and protection under the Service Members Civil Relief Act.
- Small business loans. With your veteran-owned business you'll have the opportunity to bid on VA contracts.

There are other lesser-known benefits for veterans: Free tax preparation, GI Bill transfer of credits to a spouse or dependent, money for certification for vocational training programs and life insurance. Find the whole list at www.va.gov/opa/personal/index.asp.

(c)2018KingFeaturesSynd.,Inc.



PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

COPYRIGHT:
Entire contents © 2018 Homesteader News, Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc.

LETTERS TO THE EDITOR:
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.


AD DEADLINE:
Monday 4 p.m. for Thursday publication.

CLASSIFIED RATES
\$10 for 25 words, \$15 for 40 words. Ad must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

DISPLAY RATES:
Open rate — \$25 per column inch. Call for more information or to set an appointment. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

MAIL SUBSCRIPTIONS:
Minimum 50 issues for \$45. Delivery via 1st class mail.

MAIL:
15344 Werling Ct.
Horizon City, TX 79928



Phone: 852-3235

E-mail: wtxcc@wtxcc.com
Website: wtxcc.com

Publisher
Rick Shrum

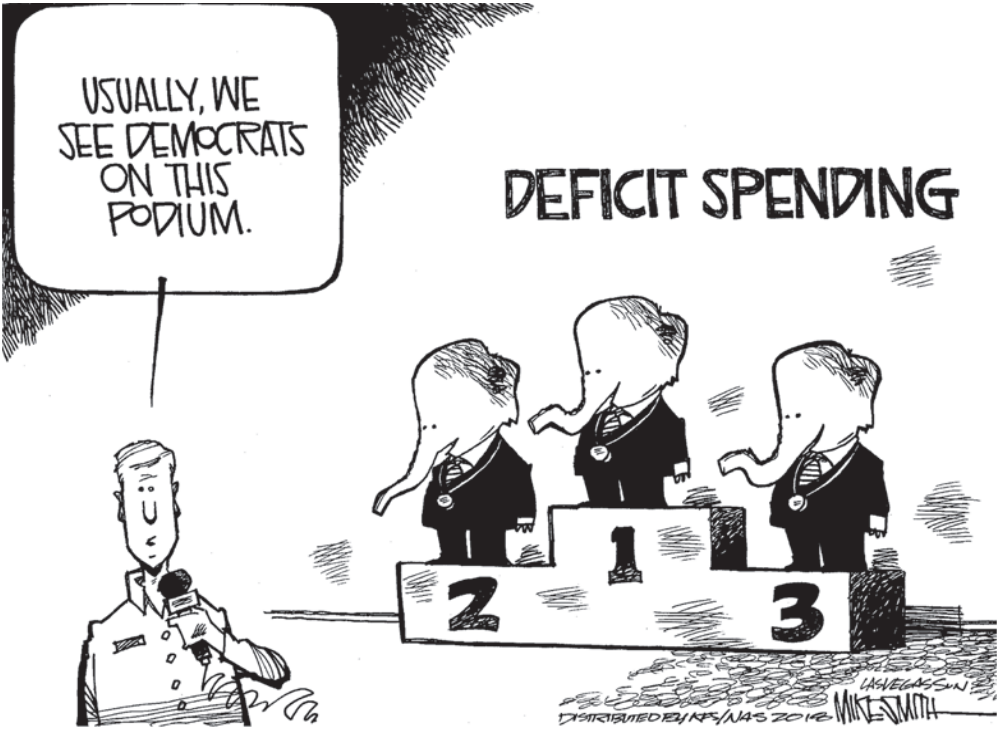
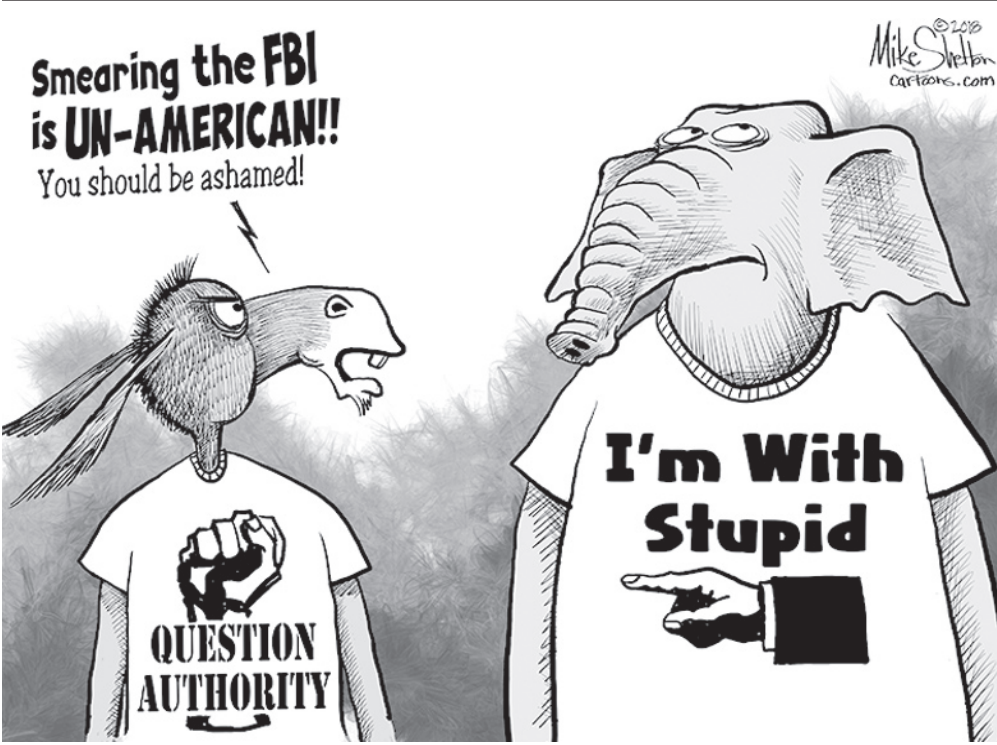
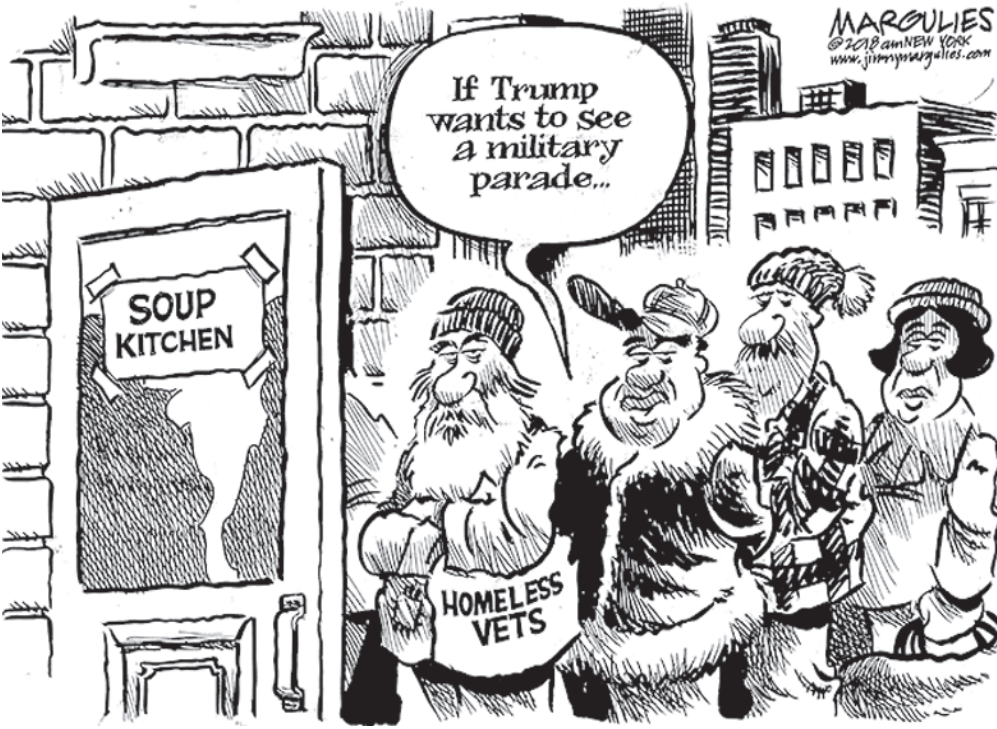
Contributors
Alfredo Vasquez
Steve Escajeda



Homesteader
Est. 1973
News, Inc.



Member Texas Community
Newspaper Association



View from here By

Give thought to the stress of retirement

Know what you are getting into and prepare

There’s more to consider than your financial wellbeing if you are planning early retirement. You need to give thought to the impact that the change in your daily routine when you retire can have on your physical and mental health, says senior advocate Dan Weber.

“There’s the idealized version of retirement. The one that has you on the golf course whenever you feel like it; the one that envisions a life of leisure and more time for yourself, away from the stress and strain of work. And then there is the reality, that retirement can be hazardous to your health unless you are prepared for the lifestyle changes that await you,” says Weber, president of the Association of Mature American Citizens.

Few people give thought to the stress of retirement. But it is something everyone needs to do, whether you work in an office, a store or in the field.

Researcher Patrick J. Skerrett suggests, in a Harvard Medical School report, that to properly prepare for retirement you need a social network, which in some cases may require you to make new friends. This is especially important if you are without a spouse and your social network consists mainly of co-workers, customers and clients.

It’s critical, too, that you remain physically and emotionally active. “If you’re a golfer, go ahead and keep playing. And, if not, you may want to take up the game or get involved with other hobbies and activities. It’s important to have a reason to get up in the morning, albeit somewhat later than you needed to when you had a job. In addition, it’s a good idea to exercise your brain by taking up creative activities such as art, writing or going to school to expand the scope of your knowledge. It will keep your mind active and provide your gray cells with the intellectual stimulation they need,” says Weber.

It’s noteworthy that those unprepared for retirement are more prone to physical illness. A Harvard study of 5,422 individuals showed that retirees were 40% more likely to have had a heart attack or stroke than those who keep working.

“Studies have shown that work can be good for your health and happiness and because of that more and more older Americans opt to stay on the job. It provides them with a sense of contentment. And, working makes them feel that they have purpose,” says Weber.

A survey conducted by Fidelity Investments and the Stanford Center on Longevity backs up Weber’s conclusion. It shows that “when asked why they are working in retirement, 61 percent of respondents indicated that they like what they do, and nearly half (48 percent) added that ‘feeling valued’ was an important reason to continue working in retirement.”

Says Weber, “remaining at work in a permanent or part time position as you get older, even if you don’t need the income, has become an acceptable alternative to the tradition of retirement. The point is that the key to growing old gracefully and successfully when you are no longer working is knowing what you will be getting yourself into and preparing yourself for a new lifestyle.”

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.

Put Texas in your corner.®



WHEN DO YOU RENEW?

Vehicle registration fees help Texas build and maintain highways, roads, and bridges. So Check the date, love your state® and Put Texas in your corner.® When you keep that registration sticker current, you're sticking up for all of us. Learn all about it at www.TxDMV.gov.



Texas Department of Motor Vehicles

HELPING TEXANS GO. HELPING TEXAS GROW.



Click It or Ticket.

Buckle up every rider for every trip.

State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com



Even in the back seat.

Strange But True

By Samantha Weaver

- It was English novelist Eric Arthur Blair – better known by his pen name, George Orwell – who made the following sage observation: “During times of universal deceit, telling the truth becomes a revolutionary act.”
- While his wife, Abigail, was ill, President John Adams stayed with her for seven months at their home in Boston – that’s the longest any president has been away from the capital.

Are you a cacographer? You may not be, but if you spend any time at all online you’ve certainly run across a few. A cacographer is someone who can’t quite grasp the rules of spelling.

This might be a good time for a reminder of an obscure New Orleans law: In that city, it is illegal to curse at a firefighter while he or she is engaged in official duties.

It was in 1943 that Thomas Watson, who was then the chairman of International Business Machines (better known now as IBM), made the following public statement: “I think there is a world market for maybe five computers.”

The English word “velvet” comes from a Latin term that means “shaggy hair.”

You might already know that actor Mel Gibson grew up in Australia, but you might not know how he ended up there. He was actually born in New York, where he lived with his parents. The Vietnam War was going on, though, and his parents were afraid Mel would be drafted. After winning on “Jeopardy,” they used the money to move to Australia.


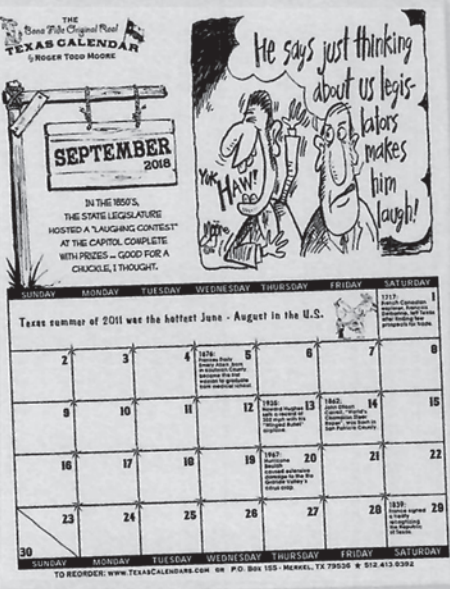
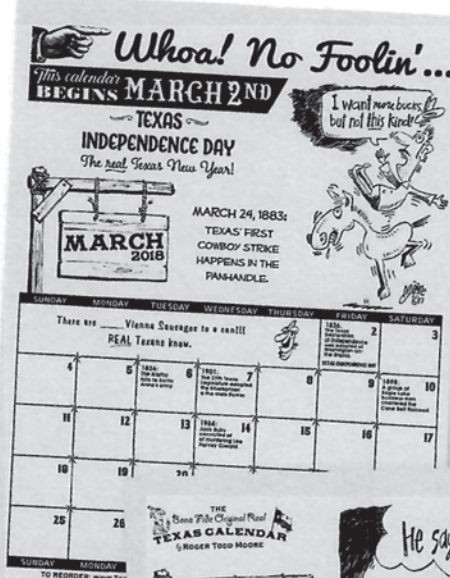
Thought for the Day: “The simplest questions are the most profound. Where were you born? Where is your home? Where are you going? What are you doing? Think about these once in a while and watch your answers change.”
– Richard Bach

(c) 2018 King Features Synd., Inc.

ROGER TODD MOORE & MORE

THE REAL TEXAS HISTORY CALENDAR HITS THE 20-YEAR MARK!

BEGINS MARCH 2ND!



The 2018/2019 Texas calendar is the 20th edition! We started in 1998 and we’ve spread lots of Texas all over the world in two decades. The new calendar is still full of Texas history cartoons and important (and whimsical) facts. Enjoy your calendar and learn more about Texas.


It still begins on March 2nd, Texas Independence Day, and the retail price \$8.95 and includes tax and shipping.

- 8½” x 11” monthly calendar pages
- 8½” x 14” back sheet with personalized “exposed” tab area 8½” x 3”

More questions??

Email me at rmandm@gmail.com or call (512) 413-0392

Or write Roger Todd Moore, P.O. Box 155, Merkel, TX 79536



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

R	I	D	E					
E		I						
B	A	L	E	E	N			
L						T	O	M
M	O	B				E		I
			O			R	O	D
		B	R	A	N			A
		N						I
		E	I	D	E	R		

W	A	L	P	S	S	T	E	T	H	I	C	A	L	A	S	P	S
I	C	E	M	A	K	E	R	D	R	A	C	H	M	A	P	O	R
S	E	V	E	R	E	C	O	N	D	I	T	I	O	N	S	P	L
K	R	I	S	T	I	P	E	I	R	I	T	Z	A	D	E		
L	P	G	A														
O	R	I	G	A	M	I											
F	I	R	E	C	O	N	T	A	I	N	M	E	N	T	A	N	G
T	O	D															
I	R	E	N	E													
E	T	R	E														
R	O	S	A	R	I	O											
S	T	A	S	T	O												
S	T	A	M	P													
U	R	G	E														
R	E	I	N	E	R												
N	A	T	U	R	E												
A	S	A															
M	U	T	T														
E	R	O	S														
S	E	R	E														

CryptoQuip Answer

When you’re near enough to run around in the raw, I reckon you’re within streaking distance.

2	÷	1	+	8	10
+		+		+	
1	×	4	×	7	28
×		×		+	
6	÷	3	+	9	11
18		15		24	

**Moments
in Time**

The History Channel

- On March 5, 1963, the Hula-Hoop, a hip-swiveling toy that became a huge fad across America, is patented by Arthur “Spud” Melin. The hoop was dubbed “Hula” after the hip-gyrating Hawaiian dance of the same name.
- On March 6, 1776, Major William Malcolm is ordered to dismantle the Sandy Hook lighthouse in New Jersey to prevent it from helping the British to reach New York City. The British were able to put the lighthouse back into service, but the Patriots brought out cannons to blow away the British equipment.
- On March 7, 1950, one week after British physicist Klaus Fuchs was sentenced to 14 years in prison for his role in passing information on the atomic bomb to the Russians, the Soviet Union issues a statement denying any knowledge of him or his activities. Fuchs’ arrest and conviction uncovered a network of spies.
- On March 8, 1993, the Music Television Network airs the first episode of the animated series “Beavis and Butthead,” which would become MTV’s highest-rated series to that point. Creator Mike Judge later created the Emmy-winning animated series “King of the Hill.”
- On March 9, 1781, the Siege of Pensacola begins as Spanish naval force of more than 40 ships and 3,500 men land at Santa Rosa Island in Florida. The flotilla survived a hurricane before beginning two months of constant artillery and cannon bombardment of British forts.
- On March 10, 1927, engineer Robert Kearns is born. Kearns patented a design for a type of windshield wiper and later won multi-million dollar judgments against Chrysler and Ford for using his concept without permission.
- On March 11, 1818, “Frankenstein; or, The Modern Prometheus,” by 21-year-old Mary Wollstonecraft Shelley, is published. In Shelley’s tale, a scientist animates a creature constructed from dismembered corpses.

(c) 2018 Hearst
Communications, Inc.
All Rights Reserved.

**Send Your
Newsbrief To:**
wtxcc@wtxcc.com

**It’s too late to
know if your child’s in
the right car seat
when you’re driving.
Fortunately, you’re
only reading.**



Car crashes are a leading killer of children 1 to 13. Is your child in the right car seat? Don’t think you know. Know you know.



safercar.gov/TheRightSeat

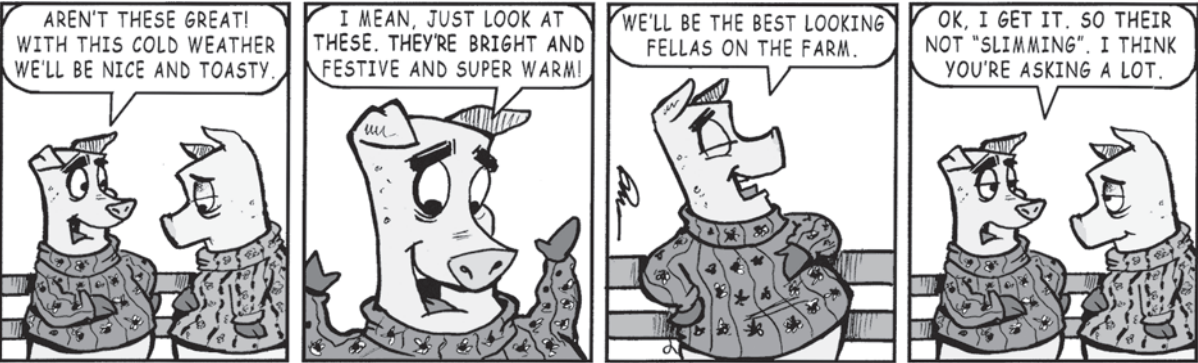
Comix

Your good healthBy Keith Roach, M.D.

OUT ON A LIMBBy Gary Kopervas



AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



DEAR DR. ROACH: The senior center in my community is kept at a temperature that I and many other seniors find too cool for our comfort. After two hours of playing Scrabble or watching a film, we feel chilled to the bone. We have complained many times to the management, with no change. Recently, I overheard an employee explain to a complainer that the center maintains the cool temperature to keep the germ count in the air down in order to promote a healthy environment. I know very warm temperatures can promote germ growth (anyone in Bacteriology 101 has seen it proven), but would raising the temperature from 72 F to 75 F have any bad effect on the air quality? – H.L.

In bacteriology, most of what we did was in incubators at 37 degrees Celsius (about 99 degrees F), an optimal growth temperature for most pathogenic bacteria in or on a growth medium. However, I was surprised to find that hotter temperatures, in general, tend to reduce both viruses and bacteria in the air. So there’s no validity to the employee’s claim.

The people controlling the temperature (the staff) probably are more comfortable at a cooler temperature than the seniors taking advantage of the senior center (there are many reasons for this). Your suggestion of 75 F seems a perfectly reasonable temperature to me, but maybe it’s worth finding out what most of the community wants.

will not issue maintenance medication prescriptions for longer than three months. My insurance company has sent me many emails asking me to have him write them for the year, and when I mention it to him, he just refuses. I have been seeing him for five years, and everything is just fine. All bloodwork numbers are excellent. He has just posted a sign in his office that no prescriptions will be refilled without an office visit, so I am not the only one subject to this policy. We like this doctor, but we think this practice is somewhat overbearing, if not unethical. I’d like my prescription to be for a year because we are retired and travel. In the past, more than once I have had to call my pharmacy and have refills sent to another address. This doctor will not respond to calls from a pharmacy for refills; only a visit will do. Is there anything that can be done other than changing doctors? – A.

I wouldn’t say that this practice is unethical. Physicians need to decide for themselves how comfortable they are in treating chronic conditions without seeing their patients for a prolonged period. His method ensures very regular follow-up, and he is likely to find changes to your condition more quickly than if he wrote yearly prescriptions.

On the other hand, many people don’t need such close follow-up, and it is significantly less convenient for many.

The bottom line is, no matter what his motivation for such a policy, those who find this

DEAR DR. ROACH: My doctor See HEALTH, Page 8

Super Crossword

- SECRET SCOUTING MISSIONS ACROSS**
- 1 _-Mart (retail giant)
- 4 Hushed "Hey!"
- 8 Part of PETA
- 15 Some snakes
- 19 Extra refrigerator convenience
- 21 Pre-euro Greek coin
- 22 Scrutinize, with "over"
- 23 Extremely bad weather, e.g.
- 25 Deep purple
- 26 Skating great Yamaguchi
- 27 Canton-born architect I.M.
- 28 Big cracker brand
- 30 Drink name suffix
- 31 Offering at a memorial service
- 37 Org. for Michelle Wie
- 40 '60s psychedelic
- 41 Nero's 1,006
- 42 Apply an oily liquid to
- 43 Folding art
- 46 It glances off the bat and counts as a strike
- 49 A while ago
- 50 Prevention of a blaze from spreading
- 53 Madden
- 54 "Dracula" director

- Browning
- 55 " _ doin'!" ("Forget it!")
- 56 Melt
- 58 Dunne of movies
- 60 Slow, tempo-wise
- 64 Not less than
- 69 To be, at the Louvre
- 70 Longtime tech ad slogan (and a hint to this puzzle's theme)
- 73 Essence
- 74 Actress Dawson
- 76 Hip-hop record label
- 77 " _ suggest that...?"
- 78 About
- 80 African land
- 83 Some vinyl records
- 84 Philately item
- 88 Clash between social groups
- 93 Beseech
- 94 Husky-toned
- 95 Ominous
- 96 "All of Me" director Carl
- 98 Little hotel
- 99 Notable time stretch
- 101 One writing briefs: Abbr.
- 102 Efforts to protect ecosystems, say
- 108 Simile middle
- 109 _ avis

- 110 Existential declaration
- 111 How very close games are won
- 115 Mixed breed
- 117 Calamitous effects
- 122 Love god
- 123 Deep green
- 124 Repeal
- 125 Desiccated
- 126 Late-night flights
- 127 Draws on
- 128 Here-there linkup
- DOWN**
- 1 Laundry detergent brand
- 2 Aspire PC maker
- 3 _ Strauss jeans
- 4 Trilogy start
- 5 Yarn bundle
- 6 Minute div.
- 7 Recurring themes
- 8 Murphy of "48 Hrs."
- 9 Prefix with glyceride
- 10 Toque, e.g.
- 11 Here, in Arles
- 12 C minor, say
- 13 Prenatal test, briefly
- 14 Track racer's windup
- 15 iPhone extra
- 16 Comforting in sorrow
- 17 Discretion
- 18 College term

- 20 Text or email
- 24 Dweeby sort
- 29 Buddhism school
- 32 Film director Eastwood
- 33 "Hurry up!"
- 34 Half of a zygote
- 35 Cairo's river
- 36 When morning ends
- 37 More exalted
- 38 In advance of
- 39 Bridge parts
- 44 Skin ailment
- 45 Dairy sound
- 46 Conclusion
- 47 Blowup stuff
- 48 " _ to Be You"
- 51 "Imagine _"
- 52 Helped
- 53 Saddlery tool
- 57 Supped
- 59 School lobby gp.
- 61 Many a PC image file
- 62 Bite, break or bruise
- 63 "August: _ County"
- 65 Mileage rating gp.
- 66 Send in via helicopter, maybe
- 67 Diamond-shaping method
- 68 Abounding in prickly plants
- 70 Grafton's " _ for Innocent"
- 71 Saw edge
- 72 Apple desktop

- 75 Hip-hop music
- 77 Stupid
- 79 " _ Day Will Come"
- 81 Jack Sprat's dietary rule
- 82 Genetic cell stuff
- 84 Family appellations
- 85 Value highly
- 86 Rabble-rouser
- 87 Diner list
- 89 Beef cut
- 90 Sunbathes
- 91 _ Reader
- 92 Tilting
- 94 One walking
- 97 Flub up
- 99 Gabor and Mendes
- 100 French composer Jean-Philippe _
- 103 Felon's deed
- 104 Competed in a regatta
- 105 Fruit coats
- 106 " _ hope so!"
- 107 Butter substitutes
- 112 Thom _
- 113 "Mr. Nobody" star Jared
- 114 River of Flanders
- 116 Mao _-tung
- 118 In advance of
- 119 Low coral reef
- 120 Bullring shout
- 121 Victims of NFL sacks

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				80			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		

Retirement

From Page 6

do it online! To apply for benefits, please go to www.socialsecurity.gov/applyforbenefits.

That said, age 65 should still factor in prominently as you prepare for retirement and a stable financial future, because that's when most American workers first become eligible for Medicare health insurance coverage.

To see if you've earned enough credits through work to qualify for Medicare at age 65, view your *Social Security Statement* online using your personal *my Social Security* account. Create or log on to your account at www.socialsecurity.gov/myaccount.

If you're already receiving Social Security benefits before age 65, we'll automatically enroll you in Medicare Part A (hospital insurance) and Medicare Part B (supplemental medical insurance)

effective the first day of the month you turn 65. Watch your mailbox a few months before your birthday for your Medicare card.

Otherwise, three months before your 65th birthday, you can apply for Medicare Parts A and B online at www.socialsecurity.gov/applyforbenefits.

Your Initial Enrollment Period for Medicare starts three months before your 65th birthday month and continues for three months after. To learn more about Medicare enrollment and coverage, please visit www.socialsecurity.gov/medicare. To learn more about Medicare coverage, visit www.medicare.gov.

Social Security is with you through life's journey, on your first birthday and the many more that follow. Learn how we help you and your family secure today and tomorrow through our financial benefits, information, and planning tools at www.socialsecurity.gov.

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: Y equals N

QEJY TFA'WJ YJRW JYFAUE
CF WAY RWFAYH PY CEJ WRQ,
P WJBLFY TFA'WJ QPCPY
OCWJRLPYU HPOCRYBJ.

Answer Page 4

©2018 King Features Synd., Inc.

 **AMERICAN LUNG ASSOCIATION**
of Texas

YOUR Gift
IS A WAY
TO CONQUER
LUNG DISEASE

Find out how you can help ...

www.texaslung.org

When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

1-800-LUNG-USA

**People know
Pueblo for its...**



Famous Hot Salsa?

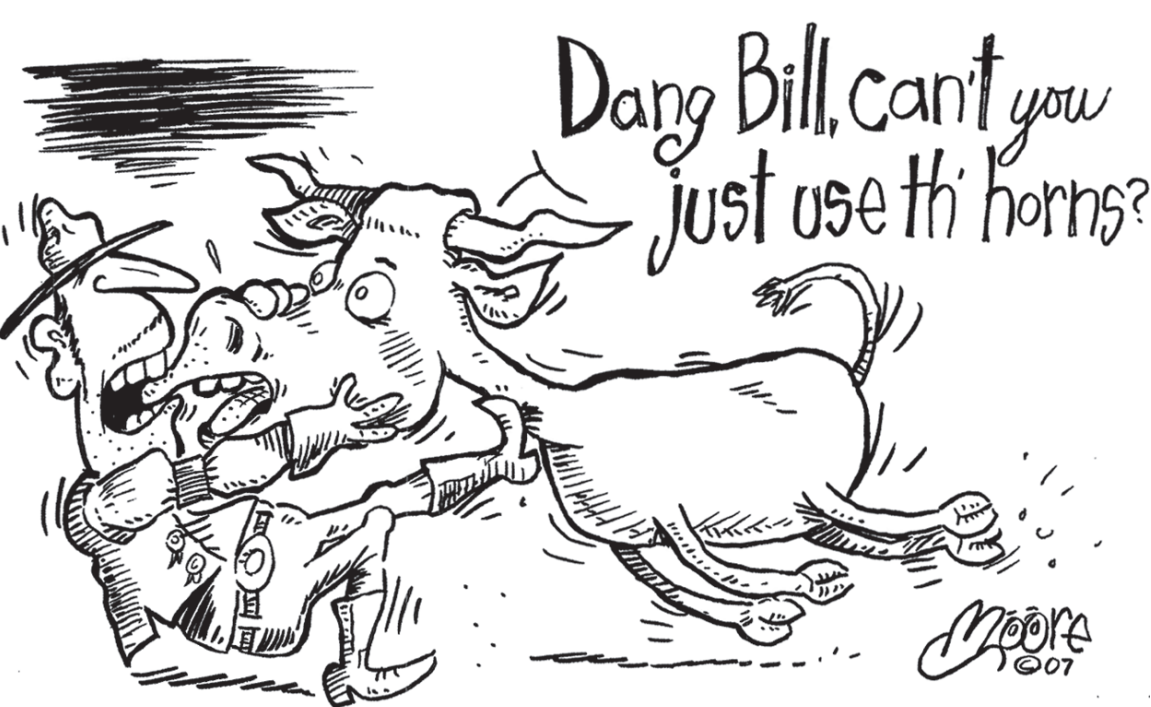
In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



Archives:
www.wtxcc.com

Moore Texas by Roger T. Moore

Famous black cowboy Bill Pickett from Taylor Texas invented "Bulldogging" ... with a twist... he bit the animal's upper lip to help subdue and upend his victim in record time.



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!

	÷		+		10
+		+		+	
	×		×		28
×		×		+	
	÷		+		11
18		15		24	

1 1 2 3 4 6 7 8 9

©2018 King Features Syndicate, Inc.

Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

© 2018 King Features Synd., Inc.

Here's a Tip

By JoAnn Derson

• "Frozen peas make the best quickie ice pack ever. They stay cold without being bulky and conform to just about any shape. You also can make a holder by doubling over a kitchen towel and stitching it up on the ends, leaving one end open. Stick your ice pack inside and apply directly to the skin. We have a bag of frozen peas that we drew a big "X" on, so we know that's the 'ice pack' peas!"
— R.M. in Oregon

• You may have heard that wax paper can make your kitchen and bathroom faucets shine, but did you know it can help your shower curtain slide back and forth smoothly too? Just wipe a sheet across the bar. This also can work in the closet for your rods there. Wax paper to the rescue!

• Include reminders in your planner or calendar for mundane chores like changing the air filter or treating pets for pests. As a reward, pair it with something fun, like a family game night or girls' night out!

• Rub a magnet along the shaft of your screwdriver to magnetize it and keep screws from dropping, which can be a real pain if you're working in a tight spot or up high on a ladder.

• "Here's a nifty trick for spots where you need a nail but there's no room for a hammer. If you can wedge a C-clamp in, hold it steady on the nail head and tighten to drive the nail into the board."
— L.W. in Oregon

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 King Features Synd., Inc.

Health

From Page 7

too much of an inconvenience probably would do better with a different provider.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 North America Synd., Inc. All Rights Reserved.