

NEWSBRIEFS

Rodriguez elected to state board

Armando Rodriguez, a member of the Canutillo Independent School District (CISD) Board of Trustees, has been elected to the Board of Directors of the Texas Association of School Boards (TASB) for Region 19, Position B. In a letter dated August 25, 2015, Fay Beaulieu, Chair of the TASB Nominations Committee and Immediate Past President, notified CISD of Rodriguez's election after he received endorsements from seven of the 12 Region 19 school districts. He will succeed Marty Reyes, retired Trustee of the Ysleta Independent School District, and will serve a three-year term beginning in October. Rodriguez will then join Dori Fenenbock on the TASB Board of Directors, who is the Region 19, Position A representative and President of the EPISD Board of Trustees. The TASB Board of Directors is a 44-member body made up of school board members representing every region of the state and is charged with carrying out the policies established by the Delegate Assembly of the Association. The individual Director is expected to attend four meetings of the Board each year with one of the meetings being at the same time as the annual state convention. In addition, Directors serve on a standing committee that meets on an as-needed basis normally in conjunction with a Board meeting.

— Shane B. Griffith

Wanted

A man has robbed at least three convenience stores at knife-point, in three days. Investigators from the El Paso are asking for your help in identifying this armed robber through the Crime Stoppers, "Crime of the Week." The string of robberies is believed to have started, on the night of Sunday, Oct. 11, 2015 in El Paso's Mission Valley. At 11:21 p.m., the suspect walked into the Seven Eleven Store located at 9370 North Loop. The suspect asked to use a restroom and then grabbed a can of Budlight beer. The suspect went to the counter as if he was paying for the item, and then pulled out a knife and threatened the clerk. The suspect demanded money and fled the scene

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Extavance is buying whatever is of no earthly value to your life.

— Quips & Quotes



— Photo by Alfredo Vasquez

REBORN – In 1886, a hotel named the St. George occupied the space where a new hotel with the same name has been constructed. The new hotel was built on top of an existing one-story structure. The original St. George Hotel operated until 1929, when it was torn down and replaced by the building on which the new hotel is now built.

New Marfa hotel slated to open at year's end

By Alfredo Vasquez
Special to the Courier

MARFA – The quiet, out-of-the-way community of Marfa, Texas – about 200 miles east of El Paso County – is steadily becoming a haven for weekend fun seekers from cities throughout the country. Any given weekend, young, urban hipsters and adventurous retirees converge on the usually calm streets to enjoy the town's numerous art galleries and frequent concerts and festivals held throughout the year.

The once, thriving ranching community is slowly transforming into a must-experience destination for individuals seeking refuge from their hectic, stressful city life. So, it seems practical that someone would see the need for more sleeping accommodations for these weary travelers. And someone did.

Tim Crowley, an attorney and businessman who moved to Marfa in 1996, saw the rise in tourists' visiting his adopted hometown and decided to transform his property on South Highland Avenue and El Paso Street into the Hotel Saint George.

Crowley, who also sits on the board of directors of the local public radio station and is a former Chinati Foundation board president, told reporters recently that his decision to build a new hotel was partly fueled by one of two options a growing Marfa faces: either accommodate a new hotel built by a local resident or accept one built by a chain. He stated that he felt that a locally-owned hotel would better suit the tranquil town than an out-of-town franchise.

The property, that is now the new Hotel

Saint George, housed the Marfa Book Company, Marfa Public Radio, Tienda M, Lannan Foundation office, and local and federal ranch conservation agency offices. The displaced entities have all

either relocated or will relocate in the near future. The bookstore is scheduled to return to the first floor of the hotel, in the

See HOTEL, Page 5



— Photo courtesy Clint ISD

ROLLING FOR A CAUSE – Clint ISD Secondary Curriculum and Instruction team – The Gutter Gang – took home the Team Spirit Award from the *Strikes for Scholars Bowling Tournament* on October 10. The event raised \$2,000 for scholarships for two graduating seniors to the college or university of their choice. The Superintendent's Scholarship Fund has raised over \$85 thousand for scholarships since being established in 2010. The team members are, from left in back row, Jose Ramirez, Bill Swanson and Domingo Jauregui with Superintendent Juan Martinez. The ladies are Ivette Hinojos, left, and Angelica Gallego.

Clint ISD raises money for scholarships

By Ytzel A. Arruñada
Special to the Courier

EL PASO COUNTY – Employees and community members in the Clint Independent School District spent an

afternoon knocking down bowling pins, throwing strikes, to raise money for graduating seniors.

25 five-member teams participated in the Strikes for Scholars Bowling

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Finances

By Nathaniel Sillin

Top 5 money fears and how to tackle them

Are you worried about your financial situation? For the eighth consecutive year, the American Psychological Association (APA) identified money as the number one stress trigger, with 72 percent of Americans reporting stress about

money and nearly 1 in 5 saying they had skipped or considered skipping going to the doctor due to financial concerns. As for relationships, almost one third of adults with partners reported that money is “a major source of conflict.” The following are common money stresses, and tips to tackling them.

You’re just one paycheck away from financial disaster. The Corporation for Enterprise Development’ recent Assets & Opportunity Scorecard reported that over 40 percent of American households are “liquid asset poor,” meaning that they have less than three months of savings to help them absorb a financial shock like a lost job, medical emergency or other unforeseen financial expense.

Tip: Build an emergency fund. After learning how to budget (<http://www.practicalmoneyskills.com/budgeting>), building an emergency fund (<http://www.practicalmoneyskills.com/emergencycalc>) is the next essential step in financial planning. Saving and investing for other goals are equally important, but they should follow the creation and annual review of a healthy emergency fund.

You’re lost financially. A 2014 survey by economists from George Washington University and The Wharton School of

the University of Pennsylvania states that only 30 percent of Americans could accurately answer three basic personal finance questions dealing with savings and investment returns. Respondents from other major developed countries – including Germany, the Netherlands, Japan and Australia – scored roughly the same. It’s a global problem.

Tip: Identify your biggest financial problems. Does every dime you make go toward paying bills? No savings or investments? No emergency fund? Once you’ve identified your main money blind spots, get help. Reach out to a trusted friend or relative with good money habits or a qualified financial advisor who can help you see where you stand, establish realistic goals and restart your financial education.

You’ll never catch up. Bankrate.com’s March Financial Security Index said that nearly half of Americans aren’t saving enough for emergencies or retirement. Only a quarter of middle-class households earning between \$50,000 and \$75,000 were savings champs, putting away more than 15 percent of their income.

Tip: Forget the past and begin today. Start by figuring out where you stand financially. Then address your expenses and whether there’s an opportunity to boost your income so you can

make up for lost time. **Your money troubles are putting your closest relationships in jeopardy.** Money issues affect all relationships, but couples can be hit the hardest by money secrecy or so-called “financial infidelity.”

Tip: Face the music. Get qualified advice, quantify the extent of the problem, make a plan and share the details face-to-face with loved ones or business partners who need to know. Assume you won’t be able to control their response, so focus on solving the problem and vow to end your secretive behavior for good.

You can’t face financial paperwork. When you can’t face bills, statements and other financial calls or communications, it generally reflects financial uncertainty in some form.

Tip: Get help. Pull the information together and get help if you need to. Put payments and other financial decisions on a paper or digital calendar with reminders to act.

Bottom line: Fear about money issues can affect your health and relationships. Diffuse that stress through education, assistance and positive action to improve your financial future outlook.

Nathaniel Sillin directs Visa’s financial education programs.

Veterans Post

By Freddy Groves

Act would hold VA’s feet to the fire

Here’s a real heartbreaker: Some 300,000 veterans have died before their claims at the Department of Veterans Affairs were even finished. The records were in a batch of 866,879 pending files, although it couldn’t be determined if the veterans were seeking health care. More than 6 million records were found classified as locked, for no apparent reason. Of those locked records, over 770,000 were found to be veterans who had applied for care, but because of the locked status, it couldn’t be determined whether they got care. Many of the records had been filed as pending more than five years ago. One veteran’s record had been pending for 14 years, another for 9 years. At least 10,000 applications were dumped, without a reason being determined or documented. It’s a nightmare. What we need is the VA Accountability Act of 2015. This bill, passed in the House of Representatives in July, would give some teeth to the

ability of the VA to remove or demote employees “based on performance or misconduct, and for other purposes.” The White House is against it, and even issued a threat to veto the legislation if it lands on the president’s desk. (One of the problems stated by the White House policy memo was that it would take away rights to appeal. However, the bill itself says that an employee will have the right to appeal.) The Act also would give increased protection to whistleblowers and employees who speak up about wrongdoing. In too many cases, good employees at the VA (they’re in the majority) fail to say anything because of retribution or the threat that they’ll be fired, and they’re stuck working for bad managers who hold axes over their heads. Here’s another grim factoid: govtrack.us gives the Act only a 15 percent chance of being enacted.

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



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

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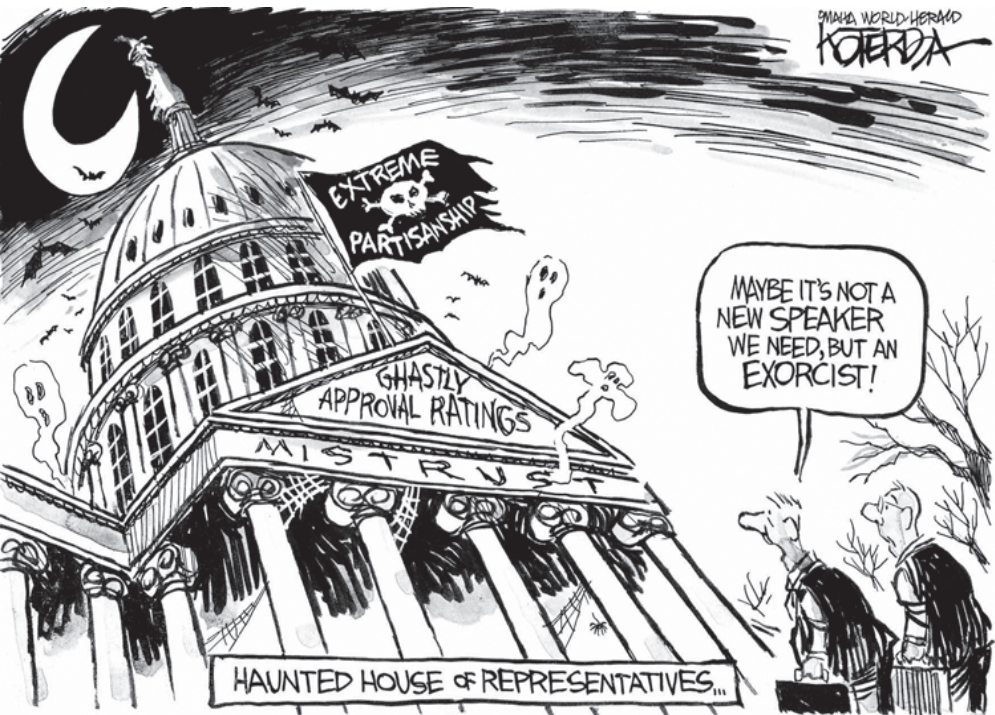
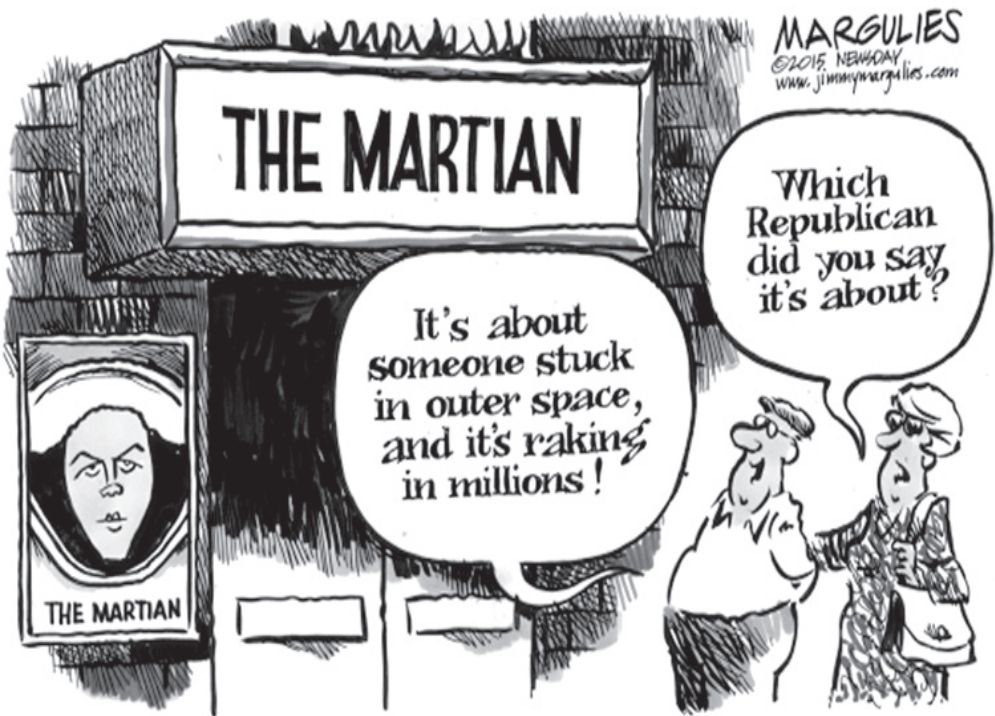
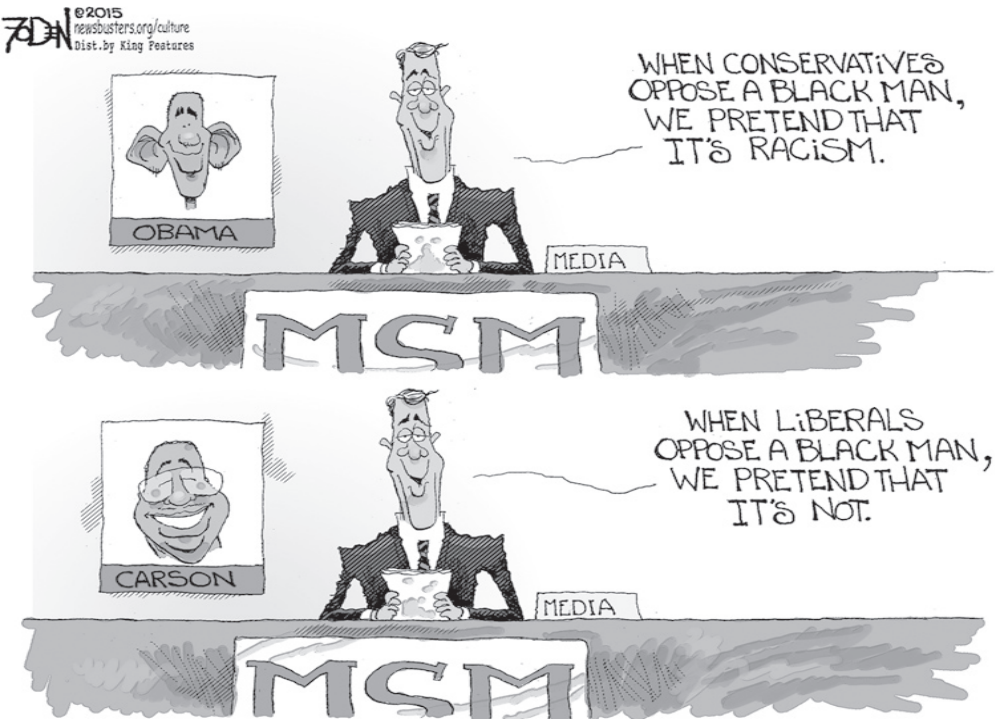
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American Heart Association
Learn and Live

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Socorro ISD schools offer variety of fall, winter festivals

By Christina Flores-Jones
Special to the Courier

- Sierra Vista Fall Festival**
The elementary, located at 1501 Bob Hope, will have its annual shopping and holiday extravaganza from 4 to 7 p.m. Oct. 23. Information: 937-8100
- SSG Manuel R. Puentes Middle School Fall Festival**
The event will be from 5 to 8 p.m. Oct. 23 at 3216 Tim Foster. The community is invited! Information: Laura Reyes at 937-9200.
- Chester Jordan Harvest Fest 2015**
The festival will be from 5 to 8 p.m. Oct. 30 at 13995 Jason Crandall Dr. It will include a haunted house, game booths, foodbooths, vendorbooths, entertainment, and much more. Information: (915) 937-8810.
- James P. Butler Fall Festival**
The James P. Butler Fall Festival will be from 4:30 to 7:30 p.m. Oct. 30 at the school, 14251 Ralph Seitsinger. The festival will include games, food, music and a haunted house. Information: (915) 937-8905.
- Lujan-Chavez Fall Festival**
This year's event will have a Zombie Run, haunted house, costume contest, hayrides, food trucks, games and entertainment. It will be from 4:30 to 7:30 p.m. Oct. 30 at 2200 Sun Country Road. Information: 937-8700.
- H. D. Hilley Elementary School Annual Fall Festival**
The festival will be from 4 to 7 p.m. Oct. 30 at the school, 693 N. Rio Vista Road. Come celebrate with an afternoon of games, prizes, music, delicious food and much more! This event is open to the public. Bring your friends and family. Vender spaces/ tables are available for \$20. For more information, please contact Mrs. Rachael Rios at (915) 937-8473 or email rrios06@sisd.net.
- Purple Heart Fall Festival**
Purple Heart Elementary will have its first fall festival on Oct. 30 from 4:30 to 6:30 p.m. at the school, 14400 GR Campuzano Dr. Join our HEROIC staff for spooky activities and games, fabulous food, and much more. Vendor spaces are available for \$25. For information, please contact Deb Luevanos at blueva02@sisd.net or 938-2212.
- Americas High School Halloween Blazer Bash**
The event, scheduled from 3 to 6 p.m. Oct. 31, will be in the front parking lot of the school, 12101 Pellicano Dr. Designed to raise awareness for the school's safe driving campaign, the event will include a car show, speakers from MADD, music, trick or treating provided by Americas High School clubs and organizations, a costume contest, and food provided by local food trucks. A blood drive with United Blood Services also will be included. Americas is located at 12101 Pellicano Dr. Information: 937-2824 or lvarel03@sisd.net.
- Montwood Middle School's Fall Festival**
The event will feature entertainment, food, games and music. It will be from 5 to 8 p.m. Nov. 6 at the school.
- Loma Verde Fall Festival**
The Loma Verde Fall Festival will be from 4:30 to 7:30 p.m. Nov. 13 at the school, 12150 Ted Houghton. The festival will include fun, family games, food and great events such as a cake walk, football toss, Loteria and Loma Verde's Famous Salsa Contest. Information: Terry Garcia at 937-8630 or mgarci08@sisd.net.
- Americas High School's Christmas Fair**
The 20th annual event, called "A Hollywood Christmas," will be from 5:30 – 9:30 p.m. Dec. 4. The school is seeking vendors and entertainment. Information: Lorraine Varela at 937-2824 or lvarel03@sisd.net.
- Montwood High School's Holiday Winter Fair**
It will feature various craft and food vendors and performers. It will be from 9 a.m. to 3 p.m. Dec. 5. Information: dkish@sisd.net or jbuenon04@sisd.net.

Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

Recognizing the signs of stroke and acting fast may make a difference between life and death. Call 9-1-1 immediately if you experience one or more of these signs: sudden weakness especially on one side of the body; trouble speaking or understanding; dizziness, loss of balance; trouble seeing in one or both eyes; and severe headache with no known cause. New treatments can help reduce damage to the brain

but only in the first few hours after symptoms begin. Every minute counts.

To learn more about stroke, call the American Heart Association at 1-800-AHA-USA1 or visit us online at www.americanheart.org/tx

American Heart Association
Fighting Heart Disease and Stroke

9-1-1
HEART ATTACK & STROKE
Read the signs. / Raise a flag.

STRANGE BUT TRUE

By Samantha Weaver

- It was noted 20th-century American poet Hart Crane who made the following sage observation: "One must be drenched in words, literally soaked in them, to have the right ones form themselves into the proper patterns at the right moment."
- You might be surprised to learn that people have been using carbon paper to make copies since way back in 1806.
- You probably know Edgar Rice Burroughs as the American author of the Tarzan novels, among many other adventure and science-fiction works. You may find it hard to picture him as a journalist flying on bombing runs in the Pacific theater – especially at the age of 66. Burroughs was the oldest war correspondent of World War II.
- If you're planning to get into the business of dealing in building materials in Tennessee, you might want to note that in that state it is illegal to sell a hollow log.
- Collective nouns are fascinating. For instance, if you see a group of bullfinches, you can call it a bellowing; a group of flies is a business, a cloud or a swarm. You have a pitying of turtledoves and a hover of trout. A group of tigers can be an ambush or a streak; while a group of snails can be called a rout, a walk or an escargatoire.
- Those who study such things say that, on a per-capita basis, Canadians eat more doughnuts and more Kraft Mac and Cheese than citizens of any other country.
- Before he became famous as an author of horror, suspense and sci-fi, Stephen King worked as a high-school janitor.

Thought for the Day: "Be not too hasty to trust or admire the teachers of morality; they discourse like angels but they live like men."

— Samuel Johnson

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Scholarships

From Page 1

Tournament on Saturday, Oct. 10. The event, held at Oasis Lanes, was the first annual bowling tournament for the district.

“The success of the Strikes for Scholars Bowling Tournament will allow us to continue supporting our students as they prepare to enter college,” said Public Relations Director and event organizer Laura Cade.

The event raised enough funds to award two seniors a \$1,000 scholarship to the college or university of their choice. Since established in 2010, the Superintendent’s Scholarship Fund has raised over \$85 thousand dollars for scholarships.

Opening ceremonies included Mountain View High School JROTC and Horizon High School Choir with the presentation of colors, singing of the National Anthem and recitation of pledges.

The 1st place award went to the Pain Killers from the Eastside Rehabilitation and Pain Clinic in El Paso with a score of 592. The University of Texas at El Paso Student Affairs Team came in at 2nd place with a top score of 590. The Pin Pals from Horizon Middle School finished third with a high score of 556.

Awards did not only go to teams with proficient bowling skills, the team with the best theme uniform was also recognized. The Secondary Curriculum and Instruction team, The Gutter Gang, took home the Team Spirit Award.

“Strikes for Scholars was a great opportunity to strengthen bonds and collegiality with coworkers for a good cause; raising money for our students in Clint ISD,” said Secondary Science Coordinator Angelica Gallego.

The next Strikes for Scholars Bowling Tournament is planned for October 2016.

Briefs

From Page 1

with an undisclosed amount of cash. The following day on Monday Oct. 12, 2015 the same suspect went to a Seven Eleven store located at 6100 Trowbridge. At 9:40 p.m., the suspect in a similar way entered the store, asked to use the restroom and then grabbed beer and walked over to the counter. Once the clerk was at the counter he pulled out a knife and demanded money. The last robbery was on Tuesday, Oct.13, 2015 at 10:30 p.m., at the Circle K located at 10744 Vista Del Sol on El Paso’s eastside. The suspect used the restroom and went to the counter, but this time asked for cigarettes and then pulled out a knife demanding money from the store. The suspect is described as a Hispanic male, Spanish speaking, approximately 5’ 8” tall, about 190 pounds, has tattoos on the right arm, and a mole on the right side of his face. In the last robbery he was wearing a brown t-shirt with a picture of a Pug on it, kaki color cargo shorts, white Nike tennis shoes, and a white baseball cap with a logo. The subject also has a beard. Anyone with information on the identity of this armed robber is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano



– Photo by Alfredo Vasquez

ADDITION – A shade structure area that will serve as a public-private space with new bathrooms and additional hotel parking is being built across the street from the new St. George Hotel.

Hotel

From Page 1

space once occupied by the radio station.

The new four-story building will include a restaurant and bar on the first floor, and about 55 hotel rooms on the new three floors. Hotel officials declined to disclose the price tag for the new hotel.

Rates for the Hotel Saint George have not yet been set, but according to a news report Crowley said that he doesn’t anticipate those rates to be “any different than those charged by any of the other Marfa hotels.” He added that the new hotel and associated activities will create about 50 full-time jobs.

Currently in Marfa there are four hotel/motel locations and more that 40 bed and breakfast and vacation rental homes. The Hotel Paisano has 41 rooms. The Thunderbird Hotel offers 24 rooms, the Riata Inn motel has 20 rooms, and El Cosmico has 19 guest structures and grounds for personal camping tents. Additionally, there are about three or four-dozen Airbnb and VRBO vacation rental homes throughout the quaint West Texas town, according to a

recent news report.

Rates at Hotel Paisano begin at \$99 a night and go up to \$299 a night, depending on the unit and time of year. Rates at the Thunderbird Hotel begin at \$140 and run up to \$210, based on unit and period of the week.

Crowley stated in the local news report that he spent a considerable amount of time and energy in planning the new hotel’s location and size because he did want the structure to dominate downtown Marfa, but rather conform to the area.

“I think it’s actually going to anchor the south side of downtown very nicely,” Crowley stated, “as opposed to a Hampton Inn on the outside of town.”

Houston architect Carlos Jimenez, along with the Dallas-based architecture firm HKS Inc., designed the hotel. Plans are to have the Austin-based La Corsha Hospitality Group manage the hotel and restaurant. Jordan Foster Construction is the company doing the work on the project.

Also being built across the street from the hotel is a shade structure area that will serve as a public-private space with new bathrooms. Additional hotel parking will be located on that piece of property as well.

As a result of the proposed new hotel jobs created, the city has applied for a grant from the Texas Department of Agriculture’s Capital Fund, which provides infrastructure development grants to rural communities that create or retain permanent jobs.

The city has applied for \$750,000 from the state, which will be used to pave El Paso Street from Highland Avenue to Russell Street, and add sidewalks on the north side of El Paso Street stretching from Highland Avenue to Dean Street. The funds will be used additionally for new water, sewer, and gas lines along El Paso Street.

In order to apply for the grant, Crowley had to guarantee the jobs. Under the resolution agreement, adopted unanimously by council members, the city is not required to repay infrastructure funds from the award if the jobs are not created, rather, Crowley would have to reimburse the state.

“This is really a windfall for the city for improvements, but it’s all based on Mr. Crowley’s efforts in his project and the employment he’ll bring to the city,” city administrator James Mustard stated publicly.

The new Hotel Saint George is expected to be open by January.

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UTEP’s football season is rocky as basketball starts

By Steve Escajeda
Special to the Courier

Have you ever been really disappointed by a bad birthday gift?

You know when you’re anticipating something great but at the end of the day – it never comes.

That must be the way many UTEP football fans feel now that the Miners are in the middle of a lost season.

After last year’s winning season and bowl game appearance, there was nowhere to go but up, so thought the fans who make their way to the Sun Bowl.

Last season’s Miners didn’t always play flawless football, but they always showed up and played hard to the very last play.

Last week against Florida International, the Miners’ effort wasn’t there from the very first play.

At 2-4, it’s hard to believe that the season is already lost, but if body language means anything, the UTEP football team has already begun to mail it in.

But sometimes one team’s misfortune is another team’s reward.

As it has been, in the middle of the football season for many decades at UTEP, fans will jump ship and dive into basketball.

While the fans cross their fingers and hope the football teams can be competitive from year to year, they know the basketball team will always contend for a conference title.

And the new-look UTEP basketball Miners will take the court in front of the fans for the first time this Saturday at the annual Orange and White game.

This year’s team unveiling will take place at 1:30 at the Don Haskins Center.

The Orange and White game will not only pit half of the team against the other half, but players will compete in a dunk and a 3-point shooting contest.

But most of all it will give fans a chance to see all the new faces that will dawn the orange and blue this season.

And with the loss of veterans Julian Washburn, Cedrick Lang, Vince Hunter and C.J. Cooper, this will be a completely new Miner squad.

Let’s put it this way, the player on the team with the most experience coming

back is Hooper Vint.

This scenario isn’t new to coach Tim Floyd, who seems to be rebuilding his program every couple of years or so.

Anyway, the Miners have no less than eight freshmen on this year’s squad. Throw in a couple sophomores and it’s rather evident that these guys get carded everywhere they go.

But several publications rated this year’s recruiting class as one of the best in the nation.

And with an influx of youth always comes an eagerness to please, a boatload of enthusiasm, and the cockiness of not knowing what they don’t know.

In other words, these guys are going to feel like they can compete with anyone. And maybe it’s a good thing that unlike recent seasons, the UTEP pre-conference schedule is a very weak one and it should give the young guys a chance to acclimate to major college competition.

Some of the guys fans will see for the first time are Dominic Artis, Tedric Johnson, Brodricks Jones, Josh McSwiggan, Lee Moore, Christian Romine, Paul Thomas, Trey Touchet and Ivan Venegas.

A few guys that have had some playing time that are returning from red shirt seasons or injury are Tevin Caldwell, Jake Flaggert and Terry Winn.

The other players who are retuning include Omega Harris, Earvin Morris, Victor Mbachu and Vint.

Seven-foot-center Matt Wills will also return in limited action due to an injury.

Like unwrapping a present on Christmas morning, the UTEP fans are hoping this group of young Miners will prove to be a keeper.

There’s no doubt there’ll be some growing pains and there could be a smattering of new gray hairs on the top of Floyd’s head when it’s all said and done.

But if past years are any indication of what is to come, Miner basketball should provide fans with plenty of thrills and spills this season.

And unlike football, there’s an excellent chance the Miners will be in the C-USA hunt till the very end.

The anticipation level is always high for UTEP basketball and these young guys will probably stumble through plenty of ups and downs in the early going.

But they will not be disappointing.

A sporting view By Mark Vasto

Bizarro world

It’s Tuesday, and everything starts. I think I know to be right in the world is wrong.

The Broncos are 5-0 but all Denver fans think Peyton Manning is a bad quarterback. “His numbers are slipping,” they cry, but for the past three seasons he has been 19-1 through five

In South Carolina, Manning’s old nemesis, the ball coach named Steve Spurrier, has resigned. Faced with his first losing season since he coached the professional football team from Washington, Spurrier just decides to bail. It’s not something that should

have taken anyone by surprise. Spurrier has been slipping of late. What kind of coach tells people during the off-season that he plans on coaching another “two to three years”? The kind of coach who isn’t interested in his recruits, that’s who. Who would want to play for Spurrier when by their senior or junior year he’s off to go fishing? The ones who got suckered into seeing him leave them as a freshman, that’s who.

Playboy will stop featuring pictures of fully nude women.

A woman gets sassy with Donald Trump, complaining that she expects to be paid a fair wage for doing the same work a man gets paid for. Turns out she’s an UNPAID intern for Jeb Bush.

Jennifer Lawrence announced that she doesn’t want to be likable, while Rhianna sits for an interview with some lady getting drunk during lunch. She says she fell in love with her and then writes about how she Googles female anatomy post-childbirth, and I wonder why I read any of the story.

A woman named Jennifer Connell is the worst woman

in the world today, suing her 12-year-old nephew for an “exuberant hug” that broke her wrist one afternoon in Westport, Connecticut.

The Jets have the second-best defense in the NFL. Saying the word “best” and Jets in the same sentence is hard to fathom, but the numbers don’t lie.

Tom Brady’s “guru” doctor is found to not be a doctor at all. How does that happen? That’s almost as bad as Hillary with the e-mails. In the same way you would think that the president’s staffers would have noticed that they all had .gov email accounts,

See SPORTS, Page 8

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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.

DR. ROACH WRITES: I can’t clear mucus properly), but wrote recently about loss of for the many, many diseases eyebrow hair. One reader wrote treated with prednisone. in to tell me that in her case, a Long-term use of high-dose prednisone (and similar magnesium supplement solved prednisone (and similar her problem entirely. I did find steroids, such as cortisone that magnesium deficiency can and methylprednisolone, or cause hair loss, so it may be Medrol) can cause diabetes in worth a try. susceptible individuals, and it raises blood pressure, weakens bones, increases hunger and causes weight gain in most, causes thinning and other skin problems and, in high doses, causes confusion or psychosis. It is indeed a dangerous drug.

DEAR DR. ROACH: I am an However, as bad as it is, 80-year-old woman who always it sometimes is so effective had excellent health until at improving the disease it’s about four years ago, when I was diagnosed as having treating that the benefit is worth bronchiectasis. Since then, I the risk of all these side effects. have had to use an albuterol There are some conditions where the prednisone has to solution, plus an Airway Vest, in periodic daily treatments to be permanent, although we are finding more and more alternatives to reduce or replace the prednisone. A few weeks ago, my doctor The body makes its own prescribed 10 mg of prednisone steroid, cortisone, at the daily daily in addition, and the results equivalent of roughly 5 mg of have been amazing. Instead of prednisone. At that dose or less, five to six inhaler treatments the risks of prednisone are much each 24 hours, I need only two less than at the high dose of 40 or three, and (the best result) mg, 60 mg or greater used for I can sleep through the night! inflammatory and autoimmune diseases. Previously, I woke every three If you have to stay on this dose, it sounds like the to four hours nightly for a treatment with the inhaler and benefit outweighs the risk. afterward. My prednisone One alternative you haven’t dosage has been reduced to 5 mentioned is steroid inhalers. mg daily, and although I know For asthma and sometimes for bronchiectasis, steroid inhalers, it is a (possibly dangerous) which use far more potent corticosteroid, I dread the steroids than prednisone, can have as good a benefit. They are the prospect of going back to poorly absorbed, and as such have little or no systemic side the days of arranging my life effects, like raising blood sugar and blood pressure. If you are around the use of the albuterol inhalers, as well as feeling so much less able to enjoy what life I have left. What would be the result of continuing a minimal dosage of prednisone (5 mg or less per day)? What alternatives do I have? – C.B.

This is a good question, not just for bronchiectasis (a scarring condition of the airways, so they

See HEALTH, Page 8

Super Crossword

- SCRAMBLING SPORTS TEAMS ACROSS**

1 Mascara messes

7 Cover girl Cheryl

12 100%

20 React to with loud laughter

21 Exasperate

22 Stirring to action

23 Northern Spanish city

24 Puerto _ (San Juan native)

25 Omaha locale

26 Football team whose members wear stiff bracelets?

29 Graceful shade tree

30 Saloon cask

31 Biz bigwigs

32 "Fraid not"

33 A triad

35 "M*A*S*H" actor Jamie

36 Baseball team whose members love barbecues?

40 Authorized

43 Spill-fighting gp.

45 Tryouts

46 Lab medium

47 Nonessential _ acids

49 Bond novelist Fleming

50 Eggs in a lab

53 Basketball team
- whose members have pet macaws?

58 Country music's Tritt

61 British music co.

62 Rani's dress

63 Yearn (for)

64 Loan sharks

65 Loathsome

67 Long ribbons

70 Strong suit fabric

71 Augment

73 Kind of sax

74 Affirmative votes

76 "_ boom bahl!"

77 Stuff in sand or quartz

78 Football team whose members collect perfume bottles?

81 Verbalize

82 La -, Bolivia

84 Oft-dunked treat

85 Hodgepodge

86 Suspenseful sleuth story

91 Popular fashion inits.

92 Storm-finding system

93 Basketball team whose members are always summarizing things?

97 "Jurassic Park" dino

99 Healer

100 Tony winner

Neuwirth
- 101 Fit to be -

102 Mani-pedi offerer

105 Long, long _

106 Baseball team whose members attend lots of bashes?

112 2010 World Series MVP Edgar

114 Milk spokescow

115 Des _ (Iowa's capital)

116 Infallible

117 Train base

118 Free oneself

119 Italicizes, e.g.

120 A-, C+, or F

121 Cease and _
- DOWN**

1 Jarring blow

2 Film

3 Hoops great

Patrick

4 Baldwin with two Emmys

5 Extreme

6 Fruit-pitting device

7 "_ Theme" ("Gone With the Wind" tune)

8 _ for the long run

9 Los Angeles district

10 Be busy with

11 Neural gap

12 Orange drink

13 City SSW of Moscow

14 Not meant -

15 Writer Zora Neale _
- 16 Spanish "that"

17 Stingy ones

18 Short sock

19 Annual event run by ESPN

27 An absence of regret

28 Keeps after taxes

34 Is sick with

35 Casino game

36 Mandlikova of tennis

37 Elevator name

38 Gun owners' org.

39 Shrimps

40 Unpunctuality

41 Narcissism

42 In a gaudy manner

44 Larklike bird

47 "It comes - price"

48 Creator of Big Brother

50 Spoke too highly of

51 Richmond locale

52 Property appraisal pro

54 Lance Bass' boy band

55 Rodeo lasso

56 Donny or Marie

57 Part of BTW

59 Baseball's Tony La _

60 "People _ talking"

64 Valuable hint

66 Mai _

68 Slum rodent
- 69 "_ Hope" (bygone soap opera)

72 Dinner fowl

75 Flight stat

78 Côte d'_

79 _ -R-Us

80 Soft-soap

83 Toothpaste box inits.

86 Golfer Michelle

87 _ Bazaar (magazine)

88 Birds' bills

89 Arctic chunk

90 Set up in rows and columns

92 Suitor's flower

93 Flying son of Daedalus

94 Ted of rock

95 One buzzing

96 Old Iran

98 Juiced

101 "_ things happen"

102 Peninsula of the Mideast

103 Little chirps

104 Advantage

107 Spring bloom

108 Fork feature

109 Makes "it"

110 Adorn richly

111 Quirky habits

113 Uno, due, _

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112				113							114					115					
116											117					118					
119											120					121					

Texas is home to the Western Pygmy Rattlesnake that is only 18 inches full grown .



Answer Page 4

★ ★ ★ HOO BOY!

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Unscramble these twelve letter strings to form each into an ordinary word (ex. **HAGNEC** becomes **CHANGE**). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ **RATHE** becomes **HATER** or **EARTH** or **HEART**). Fit each string's word either across or down to knot all twelve strings together.

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Next you'll tell me that the Cubs will beat the Cardinals to advance to the NL Championship Series. On second thought, don't. I've heard enough for one day.

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) 2015 North America Synd., Inc. All Rights Reserved.