



NEWSBRIEFS

NWECHS students excel on PSAT

The path to college is not always an easy one, but students at Northwest Early College High School (NWECHS) in the Canutillo Independent School District are well ahead of state and national averages. NWECHS students averaged a total score of 1051 on the PSAT while the state mean was 970 and the nation averaged 1019 on the test. The Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) is a standardized test administered by the College Board. Approximately 3.5 million students take the PSAT/NMSQT each year. The scores from the PSAT/NMSQT are used to determine eligibility and qualification for the National Merit Scholarship Program. NWECHS Principal Tracy Speaker-Gerstheimer emphasized the importance of having their students college-ready. "We give a lot of attention and care to the preparation of our students for college," Speaker-Gerstheimer said. "Many in our community don't understand how to navigate the path to college. We are here to support the students with guidance, tutoring and give an SAT prep camp on Saturdays." Eighth graders from any district who are interested in attending Northwest Early College High School for the 2017-18 school year have until January 26, 2017 to apply for admission. Please visit nwechs.canutillo-isd.org for more information.

— Liza Rodriguez

A pot of gold

It happened curbside in New York City's Diamond District where retail and wholesale jewelers ply their trade. An armored car's doors were wide open and the security guard whose task was to keep an eye on the contents turned his back for just a moment. But it gave an opportunistic thief lingering on the sidewalk enough time to make off with an 86-pound bucket containing \$1.6 million worth of gold flakes. Despite the heft of his pot of gold, the robber was able to lose himself in the crowds of people on the busy street, reports the Association of Mature American Citizens. It was all caught on security cameras and police were able to make a tentative identification but were unable to track him down. The cops are on his trail,

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Prejudice is when someone weighs the facts with their thumb on the scales.

— Quips & Quotes



— Photo by Alfredo Vasquez

EMPTY CALORIES – Soft drinks manufacturers are facing criticism from health advocates who say that sodas fuel obesity and chronic diseases related to diet. A few major cities – like Berkeley and Oakland, California and Boulder, Colorado – recently imposed special taxes on sugary drinks. Other cities have also tried to impose the tax but have not succeeded, in large part, because of heavy lobbying from the beverage industry.

Consuming less sugar in the new year

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – With the start of a new year comes the opportunity to re-boot one's approach to meeting the challenges that await him or her in the coming months. Foremost on the minds of many individuals at the start of another

year is the resolve to live a healthier lifestyle, for without one's good health everything else becomes difficult to enjoy. This is why it is important that every individual make a conscientious decision to take responsibility for his or her health-related choices as this year begins.

Various steps can be taken to embrace this opportunity, but, without a doubt, one's physical well-being is firmly embedded

in what individuals eat and drink, because everything that they put into their mouths effects them in some way. Obviously, a person cannot change what is on his or her plate all at once; however, intelligent individuals can target at least one item that is detrimental to their health and try to change that.

For example, could too much sugar be deadly? The biggest study of its kind suggests the answer is yes, especially when it comes to fatal heart problems.

It doesn't take all that much extra sugar, hidden in many processed foods, to substantially raise the risk, the researchers found, and most Americans eat more than the safest amount.

Having a cinnamon roll with one's morning coffee, a super-sized sugary soda at lunch, and a scoop of ice cream after dinner would put any person in the highest risk category, according to the study. That means that the chance of dying prematurely from heart problems is nearly three times greater than for persons who eat only foods with little added sugar.

For someone who normally eats 2,000 calories daily, even consuming two 12-ounce cans of soda substantially increases the risk. For most American adults, sodas and other sugary drinks are the main source of added sugar.

Scientists aren't certain exactly how sugar may contribute to deadly heart problems, but it has been shown to increase blood pressure and levels of unhealthy cholesterol and triglycerides; and also may increase signs of inflammation linked with heart disease, according to the U.S. Centers of Disease Control and Prevention, which called the results sobering and said it's the first nationally



— Photo courtesy Fabens ISD

GOING ON THE ROAD – From left, Hannah Camarillo with advisor Olivia Jimenez and Vanessa Alvarado are heading to the State HOSA meet.

Fabens' ladies headed to State meet

By Denise Peña
Special to the Courier

FABENS – After the Texas Future Health Professionals (HOSA) online competition held on December 1 and 2, seven Fabens High School students are advancing to Area and State level competition. Advancing to State competition in Corpus Christi, TX on

April 14-16 are Hannah Camarillo, who competed in Medical Reading and Vanessa Herrera, who competed in Health Care Issues.

The five members advancing to Area 4 conference in Canyon, Texas on January 20-21 are Ayleen Gonzalez, competing in Home Health Aide; Andy Salazar and Efren Corona; competing

See FABENS, Page 2

See SUGAR, Page 3

Finances

By Nathaniel Sillin

Turning monetary gifts into teachable moments

Children and teenagers who received monetary gifts for the holidays are often excited to choose what to buy. While they should be allowed to spend some of the money or gift cards, as a parent, you could also use these windfall gains as an opportunity to teach and practice important personal finance lessons.

Here are a few ideas to start with, although you can alter the

message or subject matter to match your child’s experience and ability to understand the topic.

Create money goals together. Planning how your child will save or spend monetary gifts is a valuable skill and practice no matter their age. (If you don’t have a personal plan, this is a great opportunity to set an example by developing your financial path as well.)

You can start by drawing three columns – spending, saving and giving – and having them write a few goals for each. Explain the difference and importance of long- and short-term goals, and the value of having an emergency fund (for kids this could help pay for a car repair or bike tire).

Set priorities and discuss the big picture. Have them add up all they received and divide it into each column. Offer guidance to help them determine how much to put into saving and charity, taking the time to explain your reasoning.

They’ll likely find that there isn’t enough money to make a significant impact on all their goals and they’ll need to prioritize based on how important each goal is to them. Share your own experiences and how sometimes it’s better to save for a bigger and better purchase later. You could also have them calculate how expected earnings from allowance, working or upcoming holidays or birthdays could help them achieve their unrealized goals.

Decide where to store the savings. If they don’t already

have one, it might be a good time to open a bank account with your children. Go over the differences between a checking and savings account and how they can store the money they received and earn. Your kids can then decide how to split their funds between checking and savings based on their goals.

Gift cards can pose a challenge, particularly if they’re store-specific cards. Children who receive them can’t deposit them at the bank, and they should take this into account as they determine which priorities they can meet and which may need to wait.

However, there are online marketplaces where they can buy and sell gift cards. How much they’ll pay and receive depends on the marketplace and the store – an example of supply and demand in action.

Comparison shop before making a purchase. No doubt children are going to want to spend some of the money right away. It offers an excellent opportunity to discuss the importance of comparison shopping.

Comparing prices at various retailers can help them find a good deal, and they should also consider several alternative but similar purchases. Being able to figure out what best fits one’s needs, wants and budget is an important skill at any age.

Discuss the time value of money and importance of saving wisely. Older children might be ready to learn about the time value of money, the idea

that a dollar today is worth more than a dollar in the future.

You could discuss how inflation can decrease the purchasing power of money over time. Older children might be able to think of examples, and you can reinforce the point with images of old advertisements for 5 cent soda or gum.

The next step might be to discuss the importance of saving and investing and how compound interest could potentially offset or supersede the effects of inflation. Perhaps conclude by touching on opportunity costs, the trade-offs that come from every decision.

Bottom line: You can’t force behaviors, but you can use teaching moments to explain and practice valuable money management skills. The holidays are a great opportunity as many children receive gift cards or money, and these lessons can continue throughout the year. Try to reflect the skills and practices you’re teaching in your day to day life as well. Children can pick up on the non-verbal lessons you demonstrate as much as the explicit lessons you sit down and teach.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

Veterans Post

By Freddy Groves

Diagnosing PTSD, TBI

The Department of Veterans Affairs has come up with a new way to tell the difference between post-traumatic stress disorder (PTSD) and mild traumatic brain injury (TBI).

The difficulty with diagnosing one versus the other is that they both share some common symptoms, such as fatigue, memory loss, irritability, hypersensitivity and dizziness. A recent study used an electroencephalogram to measure the electrical activity in the brain. When researchers studied a large group of EEGs, patterns emerged – the activity was coming from different parts of the brain. While it doesn’t pinpoint the exact place in the brain, it does indicate an overall location.

TBI, for example, showed low-frequency waves in the prefrontal and right temporal regions of the brain. PTSD, on the other hand, showed decreased low-frequency waves in the right temporoparietal region. (Low frequency also is indicated in other disorders, such as Alzheimer’s disease.) By learning which area of the

brain is affected, doctors can diagnose more accurately. This is key, especially with mild TBI that’s been present a long time but hasn’t responded to treatment.

Researchers looked at the records of 147 veterans and servicemembers who’d been exposed to blasts. Of those, 115 had mild TBI, 40 had PTSD and 35 had both.

Despite the progress, this study isn’t the complete answer. Researchers need to analyze more large groups to further pinpoint the brain locations. Still, being able to make a more accurate diagnosis based on an EEG goes a long way toward getting it right the first time and being able to offer treatment that’s more likely to be accurate.

If you’d like to know more, read about the study at www.ncbi.nlm.nih.gov/pubmed/27238074, as well as www.research.va.gov/topics/ptsd.cfm and www.research.va.gov/topics/tbi.cfm.

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Homesteader
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Fabens

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in Medical Assisting; Jaqueline Gutierrez and Jacqueline Mena, competing in Medical Spelling. In addition, Jaylene Peña, Sergio Gallardo, Elizabeth Astorga and Aylin Herrera will compete in Medical Art Poster for a chance to advance to State.

“Fabens Future Health Professionals members have worked hard preparing for their competitive events and their sacrifice has successfully reaped many rewards,” HOSA sponsor Olivia Jimenez said. “I can confidently say that they will become our future health professionals, making Fabens HOSA, FHS and myself proud of their success.”

Notice of Public Hearing Tornillo Independent School District

Tornillo Independent School District will hold a public hearing to discuss the District’s 2015-2016 Texas Academic Performance Report (TAPR). The meeting will be held at 5:30 P.M. on Wednesday, January 18, 2017 in the Tornillo High School, 400 Oil Mill, Tornillo TX.

The public is invited to attend. For more information, call (915) 765-3000.

WTCC: 01-05-17

Here’s a Tip

By JoAnn Derson

• To keep the ends of shoelaces from fraying, just dip the end in a bottle of clear nail polish. Hold it up until it gets tacky, then shape it into a cylinder. It looks like the real thing and wears well.

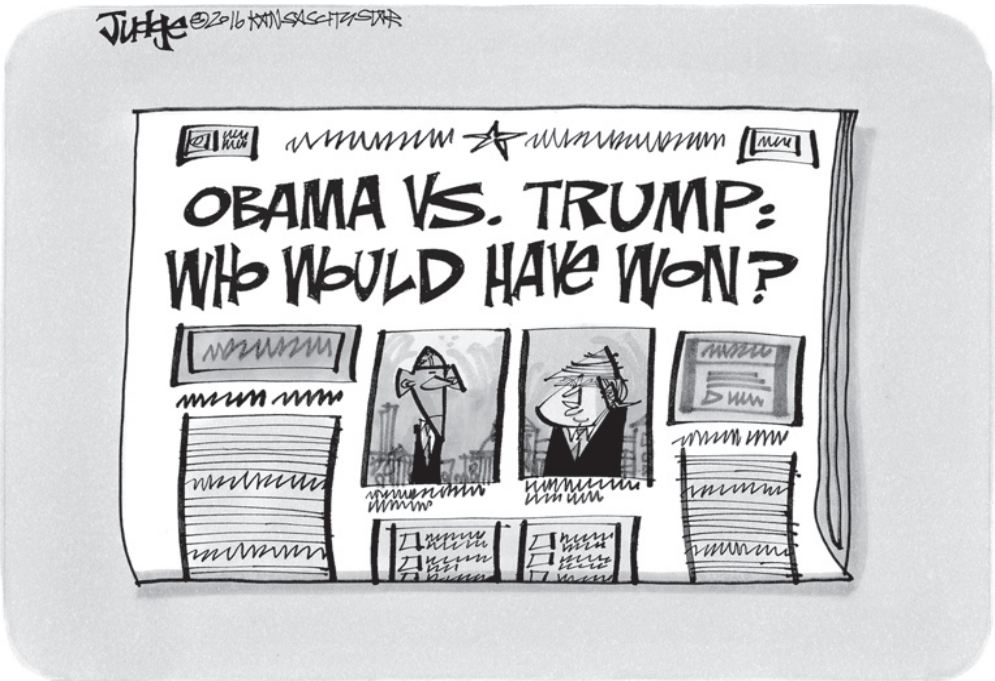
• Can’t remember where your spare keys are? Or how many loaners you have out there? It might be time to change the locks on your house. Experts say changing locks, installing a home security system, and using deadbolts and sliding glass door bars are the top ways to keep your home secure!

• Invest in a refillable water bottle that includes a water filter. It makes it so much easier to stay well-hydrated.

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View from here

By Dan Weber

‘Sore Loser Syndrome’ threatens to disrupt America’s political process

The political left suffers from ‘sore loser syndrome’ in the wake of the election of Donald Trump as the 45th President of the United States.

It’s not uncommon for depression to set in when the candidate of your choice loses an election, but the pathetic parade of despair on display among many of those who were sure that Hillary Clinton was destined to become president has reached new heights. The fact is, the anti-Trumpers are having temper tantrums.

Rather than expressing their dissent in a manner that shows them to be members of the peaceful, loyal opposition, on more and more occasions the anti-Trump protestors seem bent on disrupting America’s political. In particular, a number of radical socialists and progressives have been engaging in activities such as inciting violent demonstrations, voter intimidation in targeting Electoral College delegates, and facilitating voter fraud, which are clearly criminal and may indeed border on treason inasmuch as they are designed to disrupt our Constitutional processes. It has even been suggested that some of them are financially backed by sinister outside sources.

However, whether they are doing what they do wittingly or unwillingly is irrelevant because the future of our democracy is at stake.

When the much-maligned Richard Nixon lost the Presidential Election to John F. Kennedy by a narrow margin, he was urged to demand a recount of the vote. But he said: “Our country cannot afford the agony of a constitutional crisis and I damn well will not be a party to creating one just to become president or anything else.”

The situation has grown so threatening that individuals who might, otherwise, be inclined to join the chorus of opposition to Mr. Trump’s election, are slowly but surely urging acceptance.

As Juliet Pesner, a contributor to the Harvard Political Review, put it in a recent article entitled, *The Folly of Anti-Trump Protests*: “protests that reject the presidency itself and feature the burning of American flags raise the question-at what point are we threatening the very institutions upon which our democracy stands.”

When President-elect Trump takes office on January 20th, instead of a parade to celebrate the occasion a massive, potentially unruly protest is likely to greet the new President. In her Harvard Political review article, Ms. Pesner suggests that “tens of thousands” of protestors have already accepted online invitations to be there.

It will be a gathering of those afflicted with SLS, sore loser syndrome, and we can only hope that the leaders of the Democratic Party, including Hillary Clinton and President Obama, will intervene. It’s the only known treatment that might work on those suffering from the disease.

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.

Sugar

From Page 1

representative study to examine the issue.

Previous studies have linked diets high in sugar with increased risks for non-fatal heart problems and with obesity, which can also lead to heart trouble. But in the new study, obesity didn’t explain the link between sugary diets and death. That link was found even in normal-weight people who ate lots of added sugar.

“Too much sugar does not just make us fat; it can also make us sick,” stated one of the researchers from the University of California at San Francisco.

The researchers focused on sugar added to processed foods or drinks, or sprinkled in coffee or cereal. Even foods that don’t taste sweet have added sugar, including many brands of packaged bread, tomato sauce, and salad dressing.

Most health experts agreed that too much sugar isn’t healthy, but there is no universal consensus on how much is too much. U.S. government dietary guidelines issued in 2010 say “empty” calories including those from added sugars should account for no more than 15 percent of total daily calories.

The researchers had death data on almost 12,000 adults, including 831 who died from heart disease during a 15-year follow-up study. They took into account

other factors known to contribute to heart problems, including smoking, inactivity and excess weight, and still found risks for sugar. As sugar intake increased, risks climbed steeply.

Adults who got at least 25 percent of their calories from added sugar were almost three times more likely to die of heart problems than those who consumed the least – less than 10 percent.

For those who got more than 15 percent – or the equivalent of about two cans of sugary soda out of 2,000 calories daily – the risk was almost 20 percent higher than the safest level.

Sugar calories quickly add up: One teaspoon has about 16 calories; one 12-ounce can of non-diet soda contains about 9 teaspoons of sugar or about 140 calories; many cinnamon rolls have about 13 teaspoons of sugar; one scoop of chocolate ice cream has about 5 teaspoons of sugar.

Dr. Jonathan Purnell, a professor at Oregon Health & Science University’s Knight Cardiovascular Institute, stated that while the research doesn’t prove “sugar can cause you to die of a heart attack”, it adds to a growing body of circumstantial evidence suggesting that limiting sugar intake can lead to healthier, longer lives.

Subsequently people that reduce their intake of sugar by limiting or avoiding

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Fee Scale

Strange But True

By Samantha Weaver

It was Gen. Dwight D. Eisenhower, Supreme Commander of the Allied Forces in Europe during World War II and the 34th president of the United States, who made the following sage observation: “I would rather try to persuade a man to go along, because once I have persuaded him he will stick. If I scare him, he will stay just as long as he is scared, and then he is gone.”

The biggest polar bear ever recorded weighed a whopping 2,209 pounds – roughly the weight of 12 adult men.

Russian health authorities are very familiar with cold-weather injuries – and fatalities. For instance, every winter, about 100 Russians are killed by falling icicles.

Noon and midnight are the only times that have their own names. The origin of the term “midnight” is obvious, since it occurs in the middle of the night, but how did 12 p.m. come to be called noon? The word itself is derived from the Latin word “nono,” which means “nine.” Still doesn’t seem to make sense? Here’s how lexicographers trace the evolution of the word: If hours are counted from dawn – roughly 6 a.m. – instead of midnight, nine hours into the day would be 3 p.m., or midafternoon. Lacking accurate portable timepieces, ancient Romans used the term “nono” to refer to the midafternoon in a general sense. Over time, as the pronunciation of the word shifted to “noon,” the meaning of the word shifted to “midday.” Once society began to be run according to the accuracy of clocks, noon was pinpointed as 12 p.m.

Some police departments in Canada are known for giving out “positive tickets” – citations for doing something good in public.

Thought for the Day: “Few things are harder to put up with than a good example.”

– Mark Twain

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CryptoQuip Answer

A song written about somebody with a legal claim on his property could be titled “Lien On Me.”

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Briefs
From Page 1

however. They believe he made his way to Florida with the loot.


– John Grimaldi

Organs on demand

From the land down under comes news that in the not too distant future medical engineers may be able to produce custom made body parts on demand, reports the Association of Mature American Citizens. “Our vision for healthcare is that the biofabrication institute will pave the way for 3D printers to sit in operating theatres, ready to print tissue as needed, in our hospitals of the future,” according to Australia’s Minister for Health Cameron Dick. Dick said that the biofabrication institute will begin operations in the new year. The ultimate goal is to eliminate organ transplant lists by creating a way to produce patient-specific organs on demand that will not be rejected once implanted.

– John Grimaldi

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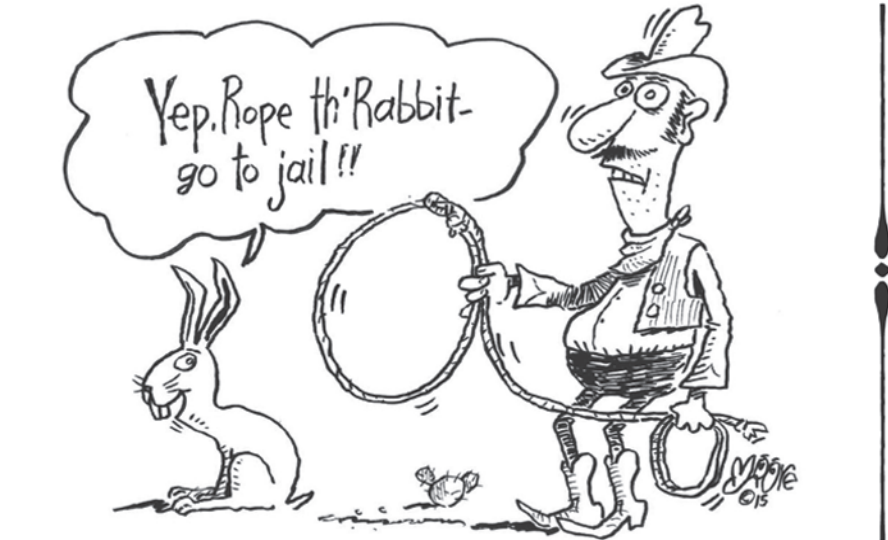
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5 1836: The Alamo falls.	6 1901: The bluebonnet is named the state flower.	7	8	9	10 1836: Sam Houston assumes command of the army at Gonzales.	11
12	13	14	15	16	17	18
19	20 1888: Governor Coke Stevenson is born in Mason County.	21	22	23	24 1883: The first cowboy strike in Texas begins in the Panhandle.	25 1843: Prisoners of Mier Expedition draw black and white beans from a pot; 17 who draw black beans are executed by the Mexicans.
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PUBLIC NOTICE

TEXAS COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM, 2017-2018

The Town of Anthony will hold a public hearing at 7:30 PM on January 9, 2017, at the Anthony Town Hall, regarding the submission of an application to the Texas Department of Agriculture for a grant from the Texas Community Development Block Grant (TxCDBG) Program. The purpose of the hearing is to allow residents an opportunity to discuss the citizen participation plan, the local housing and community development needs, the amount of TxCDBG funding available, all activities that are eligible for TxCDBG assistance, and the use of past TxCDBG funds. The town encourages its residents to participate in the development of this TxCDBG application and to make their views known at this public hearing.

Individuals unable to attend this meeting may submit their views and proposals to the Mayor at the Anthony Town Hall.

Individuals with disabilities who wish to attend this hearing should contact the Anthony Town Hall at least two days before the hearing, to arrange for assistance. Individuals who require auxiliary aids or services for attending the hearing should contact the Anthony Town Hall

at least two days before the hearing, so that appropriate arrangements can be made.

Para más información en español, se deben comunicar con el Alcalde Municipal al (956) 886-3944.

Martin Lerma Mayor

WTCC: 01-05-17

PUBLIC NOTICE

El Paso County Emergency Services District #1

Notice of Location

The El Paso County Emergency Services District #1 (Horizon Fire Department) is located at 14151 Nunda Ave., Horizon City, TX 79928. Phone (non-emergency): (915) 852-3204; EMERGENCY: 911; Fax: (915) 852-4236; Ambulance (county): (915) 779-2111.

Ron Larson Administrator

WTCC: 01-05-17

PUBLIC NOTICE

El Paso County Emergency Services District #2

Notice of Location

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Mariana Navarrete District Administrator

WTCC: 01-05-17

Passion, victories will put fans back in UTEP's house

By Steve Escajeda
Special to the Courier

The end of every year can sometimes bring with it a sort of sadness; a sudden finality to everything that made up what was 2016.

But the emergence of 2017 brings hope and a chance for better things to come; a kind of do-over, especially if you feel one is needed.

I guess it all depends on how you look at it. Everybody's circumstance is different. One person may want to keep things going as they are, while change can't come fast enough for someone else.

In sports, I guess the equivalent would be called momentum. Teams that have it don't want anything to mess with it. Teams that don't have it are looking for anything to buck the seemingly endless negative trend.

A program that can certainly relate to this scenario is UTEP athletics.

UTEP's three undeniable high profile sports are football and men's and women's basketball.

Track and field does very well too but

I dare to name one person on the track team.

These are the three sports, either via prestige or financial revenue, that help keep the other sports going.

And all three performed at let's say... unacceptable levels this past year. In fact, both losing basketball teams still have half a season to go in their current seasons.

In El Paso, as it is in most cities around the country, if a team is losing consistently – fans stay home.

And fans have stayed home in droves at UTEP football and men's basketball games this season.

I remember thinking to myself at UTEP football games, how disheartening it must be for the players to walk out onto the field just before kickoff to see about 10,000 fans in a stadium that seats 52,000.

It's amazing how big the Sun Bowl looks when it's empty.

The same thing can be said at basketball games with about 3,000-4,000 fans sitting in a 12,000-seat Don Haskins Center.

Oh, I know football announces 28,000 fans and basketball says there were 6,500 fans, but those of us who are there know that the numbers are inflated to include

season ticket holders who didn't bother to show up.

That's why instead of saying, "in front of 28,000 fans," they should say, "28,000 tickets were sold for this one."

Anyway, so what's the answer for a more prosperous 2017 UTEP sports year?

We all know the quick answer... winning.

Easier said than done, though.

Unfortunately, the football team performed the way UTEP football teams have performed for decades. At times they were competitive, at times uninspired, at times overwhelmed.

But in the past, 40,000 fans have flocked to the Sun Bowl if the team was at least highly motivated and exciting to watch.

After all, people are going to go out on Saturday night anyway and UTEP is competing for those dollars. So the Miners have to earn that loyalty.

Everyone knows that winning solves everything. But like Maximus asked in Gladiator, "Are you not entertained?"

Sometimes the promise of an entertaining evening, with a halftime show and some giveaways and a special appearance or two, might sway some fans

to attend.

But one of the biggest gripes I hear around the city is that UTEP does nothing to promote the program. Many believe the school relies on local media outlets to serve as their PR department.

Of course there are always the defeatists around the city who have called for UTEP to either dump sports altogether or maybe drop down to a lower lever of collegiate athletics.

They are also the ones who said bringing Triple-A baseball to the city would never work.

I don't remember both basketball teams being this bad at the same time in years. But this is just an anomaly and both teams will rebound (pardon the pun) in a year or two.

But in the meantime, the college keeps losing fan support and revenue – especially among young people.

At the current rate – if interest in UTEP athletics is down now – just wait a few years.

I'm not saying that UTEP isn't trying, but it would be nice to see them show as much passion for their sports programs as Mike Price did about a sign.

A sporting view By Mark Vasto

A year of stunners

Say what you will about 2016, but if you thought it was boring you have got to get your head checked.

It was a year of stunning achievements. Without question, the highlight being the Chicago Cubs finally winning a World Series, ending the Hack Wilson era. It was a year that saw LeBron James cement his all-time superstar legacy by bringing a championship back to Cleveland, a year that saw Peyton Manning leave on top.

The Golden State Warriors

did their best Seattle Mariners impression, setting the mark for the best regular season record, then not winning it all at the end. Villanova kept Philadelphia basketball front and center, taking the NCAA tournament. Alabama continues to roll in college football, and Penn State returned to the good graces of the game. The Pittsburgh Penguins only need one more for the thumb after winning their fourth Stanley Cup. Army beat Navy.

There were individual achievements. Jaromir Jagr

moved past Mark Messier for all-time points in the NHL. Andy Murray finally broke through to become the top-seeded player in men's tennis. Kobe Bryant put up 60 points in his final game. Angelique Kerber and Serena Williams dominated woman's tennis. Jimmie Johnson won his record-tying seventh NASCAR Sprint Cup title. Michael Phelps won his 23rd gold medal, Max Scherzer struck out 22 in a game, and Conor McGregor conquered the rest of the world. McGregor, who really helped propel the UFC to a higher ratings breakout after Rhonda Rousey's hiatus from the sport, might well be considered the sportsman of the year if it weren't for Joe Madden's deft

hand at managing the brilliant Theo Epstein Cubs.

There were some events more recognized as someone's loss than another's win: Jordan Spieth's collapse, allowing Danny Willet to add a green jacket to his wardrobe being the foremost example thereof. Tyson Fury, who acts like a loser, wobbled around the ring to beat Vladimir Klitschko for what used to be the well-respected heavyweight belt. Tom Brady, in one of the stupidest suspensions in NFL history, missed four games. (Way to market your stars, Goodell.)

And then there were those who

slipped this vale of tears. Giants like Ali, Arnie and Gordie are gone. Legends from the past century, their names will forever remain in the upper echelon of sporting statistics, men of exceeding valor both in their respective sports and away from the cheers of the crowd in gainful retirement. They will be missed, but this year, one of the greatest in recent sports history, will not be forgotten.

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

Sugar

From Page 3

sodas altogether are taking a good step toward healthier living. After all, a soda is nothing but sugar water. It's void of any nutritional value, and it leads to obesity and diabetes.

Furthermore, researchers discovered that drinking non-diet soda leads to dramatic increases in fat buildup around an individual's liver and skeletal muscles, both of which can contribute to insulin resistance and diabetes. Their study revealed that people who drank a regular soda every day for six months saw a 132 to 142 percent increase in liver fat, a 117 to 221 percent jump in skeletal fat, and about a 30 percent increase in both triglyceride blood fats and other organ fat. Their consumption also led to an 11 percent increase in cholesterol,

compared with the people who drank other beverages such as water or milk.

It's not surprising that drinking all the sugar in sodas would cause weight gain, but what is surprising is that even diet soda will pack on the pounds. Researchers from the University of Texas Health Science Center monitored 475 adults for 10 years, and found that those who drank diet soda had a 70 percent increase in waist circumference over the 10-year study, compared with those who didn't drink any soda.

Those who drank more than two diet sodas per day saw a 500 percent waist expansion. In a separate study that the same researchers conducted on mice suggested that it was the aspartame, which raised blood glucose levels, that caused the weight gain; when the liver encounters too much glucose, the excess is converted to body fat, according to the researchers.

Additionally, diet or regular, all colas contain phosphates, or phosphoric acid, a weak acid that gives colas their tangy flavor and improves their shelf life. Although it exists in many whole foods, such as meat, dairy, and nuts, too much phosphoric acid can lead to heart and kidney problems, muscle loss, and osteoporosis, and one study suggests it could trigger accelerated aging.

So, as 2017 begins and individuals are contemplating their new year's resolution, one aspect to seriously consider is to try to live a healthier lifestyle. And, they can start by reducing the amount of sugar in what they eat and drink.

People considering making changes to their lifestyles – including diet and exercise – should consult with their doctor beforehand. This article is not intended to be medical advice.

1973

44

Years

2017

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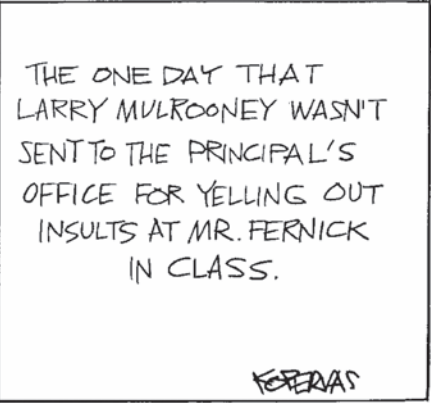
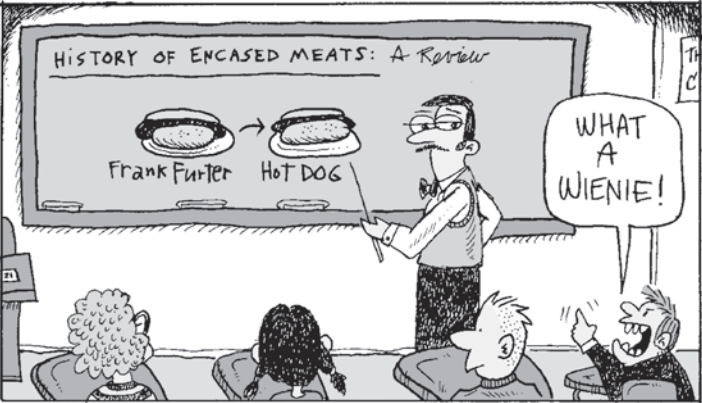
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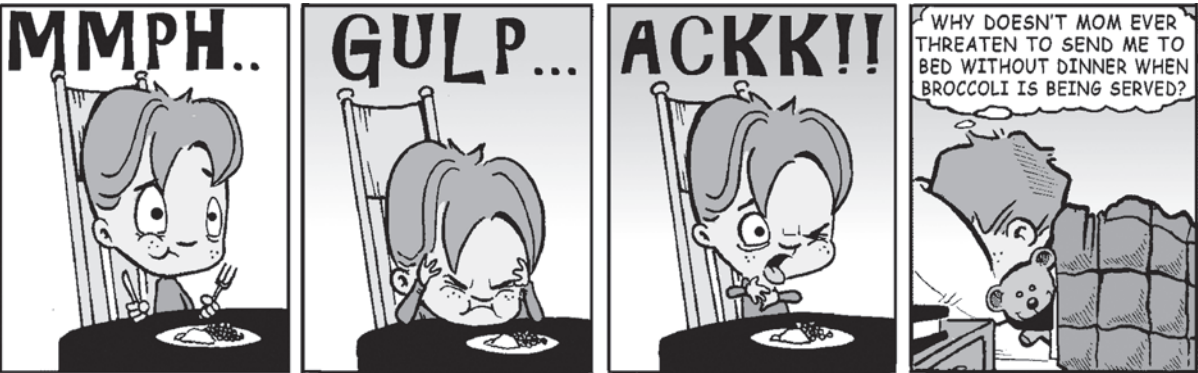
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: I am a 76-year-old woman with diabetes. My body, as I have been told, is bad with arthritis, for which I have been prescribed Celebrex. I have been taking it for a few months now, and am definitely moving around with a lot less pain. I recently watched a program that devoted the entire hour to Celebrex. It scared me out of my wits upon hearing the side effects of the medicine. I am asking your advice about whether to stop taking the Celebrex. – S.A.

All medicines have risks, and in order to decide whether you should keep taking the medicine, you need to really understand what the risks are and balance them against the benefits you feel in your ability to move around more easily. In the case of Celebrex, we have a pretty good idea of what the risks are. Like all related drugs (including ibuprofen and naproxen), celecoxib (Celebrex) can damage the kidneys, so it isn't recommended for people with kidney disease. There also can be allergic reactions, which may be related to allergies to sulfa drugs. A few people have had vision changes. However, the most concerning risk is heart disease – both heart attacks and heart failure. These risks definitely are increased among users of celecoxib. However, the absolute risk is small: There were about two extra cases of all heart events, including heart attack and heart failure, per thousand people taking 400 mg once daily, and six extra events in people taking 400 mg twice daily. Those risks probably are higher if you are at increased risk for heart disease (which you probably are, because of your diabetes), but it still means less than 1 percent of people per year. If the medicine

isn't helping, the risk certainly isn't worth it. However, only you can decide if the risk is worth the benefit. Drug companies get into big trouble when they try to hide the risks of their medications, and honesty demands that we admit that all drugs and supplements have risks. Only you can make that decision, but I think it's up to us as doctors to have a frank discussion, especially about medications intended to be taken long-term.

DEAR DR. ROACH: I am a 72-year-old female. My doctor told me four years ago that I would need a Pap test only every two years, which I have done. She told me recently that I would not need to have any more. My tests have always been negative. I am concerned, as I would rather be proactive and know early if I had cancer. What is your opinion, and what does the American Cancer Society say? – B.L.S.

All of the leading organizations, including the American Cancer Society, have recommended stopping screening at age 65 for women with no history of cancer and who have had adequate screening, meaning three negative Pap smears (or two negative combination Pap and HPV tests) in the past 10 years, with at least one in the past five years. The risk for cancer in this specific group is very low.

Dr. Roach regrets that he is unable to answer individual letters. To view and order health pamphlets, visit 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

- COMMON ENDINGS ACROSS**

 - 1 Apply, as a coating of powdered sugar
 - 7 Bay on the Mass./R.I. border
 - 13 Had a nosh
 - 20 Realm of Menelaus
 - 21 Oscar Mayer rival
 - 22 "Godfather of Fitness" Jack
 - 23 Cruel canards
 - 25 Wise about
 - 26 Argentina's Juan and Eva
 - 27 Make moola
 - 29 French telephone greeting
 - 30 Part of IOC: Abbr.
 - 33 Old glory
 - 38 Quick laugh
 - 40 Chichi
 - 41 Crusty treat
 - 42 Odd sort
 - 47 Sailor's diary
 - 48 Gas Booster brand
 - 51 Enzyme name ending
 - 52 Linz's river
 - 53 "_ luck" ("It didn't happen")
 - 56 _ anglais (English horn)
 - 57 Summer hours in Ohio
 - 61 Some concerto movements
- DOWN**

 - 1 1990s TV's "seaQuest _"
 - 2 News agcy. since 1958
 - 3 Bodily pouch
 - 4 Like some small batteries, for short
 - 5 Chief Little Thief, e.g.
 - 6 Pacific island republic
 - 7 Singer Nixon
 - 8 Depend on
 - 9 "Very interesting"
 - 10 Hugs, symbolically
 - 11 Least sullied
 - 12 Artificial
 - 13 Tilt, as italics
 - 14 Rural "uh-uh"
 - 15 Taking after
 - 16 Wine bottle
 - 17 Funeral ring
 - 18 _ Gay
 - 19 Clear up, as a windshield
 - 24 Male delivery
 - 28 Glimmer
 - 30 "_ deal!"
- this puzzle are

 - 117 More sullied
 - 118 Milk-curdling stuff in a calf's stomach
 - 119 Be creative
 - 120 Spire
 - 121 Titleholders
 - 122 Streisand of "Yentl"
- 31 NBA team

 - 32 1992 martial arts comedy
 - 34 Blundered
 - 35 Performed
 - 36 Periods in history
 - 37 Vision
 - 39 Closes with
 - 43 Hoods' rods
 - 44 Suffix with acetyl
 - 45 Prickly seed husk
 - 46 Arabic "son of"
 - 47 Six-term Indiana senator Richard
 - 48 Emit sparks
 - 49 Center fielder
 - Agee
 - 50 Beautifies
 - 53 Putin's veto
 - 54 Royal name in Norway
 - 55 In _ (as placed)
 - 58 "A Bell for _"
 - 59 Come about
 - 60 "... and _ a good-night"
 - 61 Bashed into
 - 62 Sedative
 - 66 Line winders
 - 67 Jai _
 - 68 Implores
 - 69 Like very dry champagne
 - 70 Holds tightly
 - 72 Pope's " _ to Abelard"
 - 73 Cain's sibling
 - 75 Part of R.I.
- 76 Crow

 - 77 Spot-on
 - 78 Tristan's title
 - 79 Brian of electronica
 - 84 Pot starter
 - 85 Low laborer
 - 88 Stir-fry tidbit
 - 89 Dined-upon decapod
 - 90 It may be left to an heir
 - 91 Critical hosp. setting
 - 92 Four, to Julio
 - 93 Shun
 - 95 Gives a bottle to
 - 96 Let enter
 - 97 Cuba _ (cocktail)
 - 98 Tedious task
 - 99 Actress Stevens
 - 100 Hops-drying kilns
 - 101 Tiny criticism
 - 102 Polite title in India
 - 107 Arp's art
 - 109 Tear apart
 - 110 Hair goop
 - 112 Motel's kin
 - 113 Certain dir.
 - 114 "Marvy!"
 - 115 Mailbox item: Abbr.
 - 116 Vote to pass

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TRUE TEXAS FACTS *by Roger T. Moore*
The fierce and huge Karankawa Indians are first reported by Spanish settlers in the late 1600s.



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!

	−		×		8
÷		÷		−	
	+		×		12
+		+		×	
	+		+		23
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1 2 4 5 5 6 7 8 9

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Answer Page 4

Weekly SUDOKU
by Linda Thistle

	6			9			7	
9					1			3
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
Answer Page 4 ♦♦♦ HOO BOY!

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Social Security Q&A By Ray Vigil

Get replacement Social Security tax forms online

It's that time of year again. Preparing for tax season can seem overwhelming. Some forms and paperwork might be difficult to track down. If you misplaced your Benefits Statement or haven't received it by the end of January, we've made it easy for you to go online to request a replacement with *my Social Security*.

An SSA-1099, also called a Benefit Statement, is a tax form Social Security mails each year in January to the more than 60 million people who receive Social Security benefits. It shows the total amount of benefits received from Social Security in the previous year so people know how much Social Security income to report to the IRS on their tax return.

For noncitizens that live outside of the United States and received or repaid Social Security benefits last year, we'll send form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

If you currently live in the United States and need a replacement form SSA-1099, we have a way for you to get a replacement quickly and easily. Go online and request a replacement form with a *my Social Security* account at www.socialsecurity.gov/myaccount. Online replacement forms are available beginning February 1, 2017.

Every working person in the U.S. should create a *my Social Security* account. The secure and personalized features of *my Social Security* are invaluable in securing a comfortable retirement – for today and tomorrow.

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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: **D** equals **B**

G R P M Y H N C J J A M G D P B J R P Z A D P L V
H C J K G O A Y G O U O G C Z P M K C R
W N P W A N J V U P B O L D A J C J O A L

“O C A M P M Z A.”

Answer Page 4
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FEAR KNOT
By: rj johnson
DOUBT? ... OR DARE!

MIS
WURCLE
LIVNY
RYVA
LEWVIS
LYA
♥IVLE
♥MELSI
MRI
EVEORM
VORCE
ENSA

Answer Page 4

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

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Moments in Time
The History Channel

- On Jan. 16, 1970, star centerfielder Curt Flood of the St. Louis Cardinals files suit to protest baseball's player reserve clause, which prevented players from moving to another team unless they were traded. The Supreme Court ruled against him in a 5-3 decision in 1972.
- On Jan. 17, 1893, on the Hawaiian Islands, American sugar planters under Sanford Ballard Dole overthrow the Hawaiian monarch and establish a new provincial government with Dole as president. The coup occurred with the knowledge of the U.S. minister to Hawaii, and 300 U.S. Marines were called, allegedly to protect American lives.
- On Jan. 18, 1990, District of Columbia Mayor Marion Barry is arrested and charged with drug possession and the use of crack cocaine. Barry was sentenced to six months in prison, but in 1994 was again elected mayor for an unprecedented fourth term.
- On Jan. 19, 1983, Klaus Barbie, the Nazi Gestapo chief of Lyons, France, during the German occupation, is arrested in Bolivia for his crimes against humanity four decades earlier. Barbie had sent thousands of French Jews and French Resistance members to their deaths in concentration camps.
- On Jan. 20, 1909, General Motors buys into Oakland Motor Car, which later becomes GM's Pontiac division. It was founded in 1907 in Pontiac, Michigan, by Edward Murphy, a manufacturer of horse-drawn carriages.
- On Jan. 21, 1950, in one of the most spectacular trials in U.S. history, former State Department official Alger Hiss is convicted of perjury in testimony about his involvement in a Soviet spy ring.
- On Jan. 22, 1779, famed Tory outlaw Claudius Smith meets his end on the gallows in Goshen, New York. Legend has it that Smith's skull was filled with mortar and included in the edifice of the Goshen Court House.

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