NEWSBRIEFS

Play ball
El Paso Community College (EPCC) opens its baseball and softball season on January 27th. The men’s Tejanos baseball team is in their 22nd season and the women’s Tejanas softball team is in their 21st season. Both are members of the Western Junior College Athletic Conference (WJCAC) of the National Junior College Athletic Association (NJCAA) and the teams play their home games at the EPCC Valle Verde campus, 919 Hunter. The Tejanos begins their season at home against Scottsdale Community College on January 27th under the leadership of head coach Gabriel Saucedo who is in his 2nd season at EPCC. The Tejanas begins their season on the road in Henderson, Nevada at the College of Southern Nevada Kickoff Classic on January 27th. Their first home game is February 3rd against Seward County Community College. The Tejanas’ head coach is Kathryn Gutierrez who is in her 8th season at EPCC. The season can be found at www.epcc.edu/athletics. Tickets for the games can be purchased at the box office and are $3.00 for those under 18 and $5.00 for all others. EPCC students, faculty and staff with a valid ID are free. For more information on EPCC Athletics, contact Dana Eisenga, Coordinator, Athletic Information Program, at (915) 831-2275.

-- Jim Heiney

SISD job fair
Socorro ISD (SISD) is looking for Bilingual/ESL, and Special Education certified teachers for all grade levels. Qualified applicants are invited to SISD’s Teacher Job Fair. In order to qualify, you must either have a Bilingual/ESL or Special Education certification. Special Education teachers should have a generalist or content-specific certification in addition to their certification in special education. Interested applicants for other positions, such as teachers, police officers, bus drivers, bus monitors, security guards, and sub nurses, are also invited to attend the job fair. Applicants should bring their resume and be prepared for the interview.

See BRIEFS, Page 6

Digging for facts is much better mental exercise than jumping to conclusions.
— Quips & Quotes

Paisano-Doniphan connection nears completion

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – As part of the Border West Express project, the Paisano Drive connection to Doniphan Drive in west El Paso County is scheduled to finally be ready for motorists to use by March. This will make it the first time Paisano continues directly to Doniphan. Adjacent to the Paisano-Doniphan project is the work being done to connect Paisano to Interstate-10. This connection is where the Go 10 project and the Border West Express (Loop 375) will come together, according to Texas Department of Transportation officials.

The Go 10 project, which is an extension of I-10, and the Border West Expressway, the final piece of Loop 375, will be connected at Sunland Park Drive, according to highway officials. TXDOT reported that both projects represent more than $600 million of state roadway funding.

The Go 10 project, which extends from Executive Center to North Mesa Street, is moving along on schedule, TXDOT said. See CONNECTION, Page 5

Fabens’ wrestlers grapple for medals

By Denise Peña
Special to the Courier

FABENS – The Fabens High School wrestling team had a great showing in two Amarillo area tournaments held over January 13 and 14. The boys placed 6th out of 19 teams at the Hereford Rumble. Senior Alan Sanchez was named Tournament champion in the 182 weight class. Senior Adrian Sanchez took a silver medal in the 220 weight class.

Meanwhile, the girls went undefeated on the first day of the Lady Longhorn Classic in Caprock, TX. Marlene Avila, a sophomore, won her match against the current State champion in the 110 weight class and brought home a bronze medal. Overall, Fabens outperformed many El Paso area schools. “It’s great to see these small-town kids come out on top over 5A and 6A teams,” Head Coach Sam Arrieta said. “I love seeing them realize that hard work pays off.”

Photo courtesy Fabens ISD

GET BACK HERE – Fabens’ Marlene Avila keeps her opponent from leaving the mat.

-- Photo by Alfredo Vasquez

MAKING PROGRESS – The construction site, above, is where Paisano Drive will connect to Interstate-10. This connection is where the Go 10 project and the Border West Express (Loop 375) will come together, according to Texas Department of Transportation officials.
How long would it take you to earn an extra $1,000? Contrary to what span and internet ads tell us, after taking taxes and deductions into account, it’s not an easy task. But you might be able to save over a thousand dollars with a little work. The key is to decrease or eliminate unnecessary recurring expenses.

You can use the savings to build up an emergency fund or invest them for important long-term goals, such as college or retirement. Additionally, a savings safety cushion can help keep an unexpected setback from ballooning into a financial crisis, such as a broken down car or the loss of a job leading to debt.

First, identify savings opportunities. You may want to start by connecting your bank and credit card accounts to budgeting software, or upload previous months’ statements and categorize purchases. You’ll get a quick snapshot of your finances, which can help you identify savings opportunities and get a sense of how much money is on the line.

Cancel services and regularly negotiate rates – save over $100 a month. “Cord cutting” is a popular and simple way to save money. Rather than pay for cable or satellite TV, you might choose to cancel your service and opt for lower-cost entertainment options.

If you don’t want to eliminate services entirely, you could try to negotiate rates with your cable or internet providers. A successful call could lower your bill by $20 a month or more, saving you a couple hundred dollars a year. A few tips: ask for the cancellation department and request the business match a competitor’s lower price or give you the current promotional rate. Don’t be afraid to try again if you’re not successful – it can take several attempts to connect with a representative who will work with you.

Avoid bank fees – save over $10 a month. Occasionally paying to withdraw money from an ATM or paying fees for a lower balance checking account might not seem like a big deal, but the money adds up. Two ATM fees and a checking-account fee could cost you over $10.

Some accounts waive fees as long as you maintain a minimum balance, and there often isn’t an ATM fee for withdrawing money from an in-network ATM or getting cash back when making a purchase. There are also checking accounts that refund ATM fees at the end of each month, eliminating other charges and disadvantages to any account, read the terms of your checking and saving account agreements to understand when, and why, you may need to pay a fee.

Shop for insurance discounts – you might be able to save over 20 percent on your premiums each month. Use online comparison tools to quickly and easily get quotes on auto, renters, homeowners and other types of insurance. Compare the rates, coverage and insurance companies to see if switching makes sense for you.

Ask your agent about potential savings if you decide to stick with your current insurer. You might be eligible for discounts you aren’t receiving because the information on file doesn’t reflect your current situation. If not, there are usually discounts for simple purchases, such as a fire extinguisher for your home or an anti-theft device for your car.

Buy products that save you for themselves – save hundreds each year. Sometimes you need to spend money to save money. Buying a coffee maker for your home is the clichéA example, but that doesn’t mean it’s without merit. Purchasing a water pitcher with a filter rather than bottled water can also lead to immediate savings.

Other purchases are long-term investments. It might take months to break even after buying LED bulbs or upgrading your appliances to energy-efficient models, but after that you could save money on your utility bill each month.

Bottom line. Start your savings effort as soon as possible and you can build your emergency fund, a safety net that can help you avoid stressing about potential financial setbacks. Lowering your monthly credit bill will lead to almost instant savings, while making an investment in energy-efficient appliances will pay off after months or years.

Add it all up and in the end you can find that just a bit of effort leads to over $1,000 in annual savings. It’s a great start.
What if sick people lose their ObamaCare?

As Republicans contemplate repealing the Affordable Care Act (ACA or “ObamaCare”) – seriously, not just as a political gesture – alarms are sounding about millions of individuals losing coverage.

So soon we have forgotten about the millions who lost coverage they had had for years because ObamaCare outlawed it.

ObamaCare resulted in perhaps five times as many losers as winners – even counting just those who ended up with more expensive or less desirable coverage. If you count the taxpayers, the tally of losers is much higher. But with government largesse, the losers – the ones who have their earnings taken away – are “forgotten men.”

Anyone who has government-funded benefits taken away, on the other hand, becomes a victim.

The best poster children are cancer victims. They face a premature, particularly nasty death. Who would deny someone’s mother or 4-year-old daughter the chance of a cure, even if the chemotherapy costs more than $100,000?

ObamaCare would. Exchange plans have excluded the best cancer hospitals from their narrow networks. Medicaid would. It might call the treatment “experimental” or “not cost-effective.” Medicare would, possibly just because the patient is “too old” or “too young.” Unless the particular victim can be featured in a PR campaign to “save ObamaCare,” she might be “better off with the pain pill,” as President Obama put it.

And let’s not forget how the FDA has driven the costs of drug approval sky-high, suppresses therapies that have no prospect of turning billion-dollar profits, and protects manufacturers against competition when the drug is about to go off patent. The anti-leukemia drug Gleevec, for example, cost $26,000 per year in 2001, a price called “high but fair,” considering the cost of research and the need for profits. It is $146,000 a year today, but the introduction of cheaper generics in the U.S. is being delayed.

Why can such prices be sustained? Because third parties sometimes pay them. One ObamaCare plan reportedly pays $10,488 per month for Gleevec, from a pharmacy which it apparently has an arrangement, although it might be available from Walgreen’s for $4,400, and from other pharmacies for still less. What would the hapless patient do if her Exchange plan went out of business (maybe because Republicans took away its subsidies or maybe because it just failed)? One option would be to go to India and buy a year’s supply of a generic version of Gleevec for $400. (The cost of manufacture is $159.) In fact, the manufacturer might well give her the drug to buff up its image. But drug companies really love the third-party payment schemes, just like big hospitals do.

Do the designers of ACA – which would be more aptly named the Unaffordable Care Act – really care about cancer patients? Such patients may be useful props for lobbying, but they don’t help achieve the reformers’ stated goal of maximizing “population health.”

Prolonging the lives of sick people reduces the average health score. Money spent on Gleevec is diverted from reducing disparities, achieving “quality” quotas, and paying for the information technology and administrators to “document” all that (and sell the data).

The current “healthcare delivery” system, including entitlement programs (e.g. Medicare and Medicaid), is about the redistribution of wealth and the control of medical care, which enables control of the population. The idea of comprehensive third-party payment for all medical care (all that is allowed) destroys medicine – the care of the sick – while placing unsustainable burdens on the economy.

The people who are terrified about losing their ObamaCare “coverage” are the very ones at greatest risk of losing their lives if ObamaCare is perpetuated.

Real reform would put patients back at the center and demote insurance companies to their proper function of reimbursing subscribers for the costs of unexpected catastrophes. Costs would plummet, and innovation would soar.

While the free market is building much better facilities, some patients will be caught in the transition. But we should be concerned about their actual care, not their coverage. They can be helped in many ways, without destroying arrangements that work for the 99 percent. Perhaps a dollar-for-dollar tax credit for those helping to pay for their treatment?

What if we said that those who like their government medicine can keep it? Just let the rest of us go.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She is the author of Your Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fourth editions of Sapira’s Art and Science of Bedside Diagnosis. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

Archives: www.wtxcc.com
### Clint Independent School District

#### Statement of Revenues, Expenditures and Changes in Fund Balance

#### Governmental Funds

<table>
<thead>
<tr>
<th>Data Control Codes</th>
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<td>Current:</td>
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<td>0034   Health Services</td>
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<td>0081   Facilities Acquisition and Construction Intergovernmental</td>
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<td>5,166,590</td>
<td>(3,822,417)</td>
<td>(5,430,238)</td>
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**OTHER FINANCING SOURCES (USES):**

- 7901 Refunding Bonds Issued
- 7913 Capital Leases
- 7916 Premium or Discount on Issuance of Bonds
- 7917 Capital Outlay
- 7920 Excess (Deficiency) of Revenues Over (Under) Expenditures
- 7930 Total Other Financing Sources (Uses)
- 8000 Total Other Financing Sources
- 8100 Net Change in Fund Balances
- 8110 Fund Balance — September 1 (Beginning)
- 8100 Fund Balance — August 31 (Ending)

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<td>8050</td>
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Strange But True
By Samantha Weaver

• It was 20th-century American theoretical physicist Richard Feynman who made the following sage observation: “It doesn’t matter how beautiful your theory is, it doesn’t matter how smart you are. If it doesn’t agree with experiment, it’s wrong.”

• Historians report that Alexander the Great – best known for his conquests throughout Asia and North Africa, which helped to create one of the ancient world’s largest empires before he turned 30 – had a hard-and-fast rule for his soldiers: no beards. Alexander didn’t want to give their enemies anything to grab onto during battle.

• If you’re sending a letter to Ireland, don’t worry if the address you have on file is missing the postal code; in that country the only address that use them are in the capital, Dublin.

• In 2002, researchers conducted a study to determine how consumers’ decisions are influenced by seemingly minor changes in appearance. They presented car-buyers with a variety of webpages; everything on the pages was the same – the vehicles presented, the information provided, prices, etc. – except for the background. One group got a green background with a pattern of pennies on it, and one group got a red background with a pattern of pennies. As it turns out, the background did, indeed, influence behavior. Consumers in the green-background group spent more time looking at information about cost, while those in the red-background group spent more time looking at details about safety features.

• In Ireland, to ensure good luck on a child’s birthday, it was once the tradition to hold the child by the feet and bump his or her head on the floor once for each of the child’s years.

Thought for the Day: “God is a comedian playing to an audience too afraid to laugh.” – Voltaire

ATTACHMENT

CLOSE TO OPENING – Cement work continues on Paisano Drive in El Paso County’s west side. Texas Department of Transportation announced recently that a direct connection between Paisano and Doniphan streets will open soon. The west side portion of the Paisano Drive highway has been closed in both directions between Sunland Park Drive and Executive Center Boulevard since last June.

Connection
From Page 1

officials reported. The project will consist of the construction of a gateway in both directions, additional lanes to I-10, and the reconfiguration of ramps and overpasses at Resler, Sunland Park, and Mesa interchanges, they stated.

Construction crews are currently working on the new Resler direct-connect overpass, which will also encompass work on the Sunland Park and Mesa bridges, TXDOT officials stated. Most of the new bridges will be constructed before taking the current ones down, they said. TXDOT expects to finish the Go 10 project sometime in 2019.

Meanwhile, plans for the final stages of the Border West Expressway include a four-lane road with a controlled access toll facility from Racetrack Drive to Loop 375 near Santa Fe Street, officials related. The road will run about 5.6 miles. It will also create multi-ramp interchanges connecting Executive Center Boulevard and Spur 1966 and an interchange connecting Loop 375 with Paisano Drive and Delta Street, officials explained.

Jennifer Wright, a spokeswoman for TXDOT in El Paso, stated that drivers can expect road closures due to the two major projects on the west side of the county. She added that closures in that area had not been scheduled yet, but that they would happen throughout the coming year.

New members elected to Canutillo ISD Board of Trustees

By Liza M. Rodriguez
Special to the Courier

CANUTILLO – Two new members were elected to the Canutillo ISD Board of Trustees and sworn in at the regular board meeting Thursday, November 17, 2016, by the Hon. Gonzalo Garcia, a Canutillo High School graduate and State District Judge for the 210th District Court.

Trustees Annette R. Brigham and Blanca Trout are serving their first four-year term on the Board.

They replace Leticia Gonzalez and Adrian Medina, who did not seek re-election.

Brigham recently retired as associate superintendent from Canutillo ISD in 2016 after serving this district for more than 28 years. Throughout those years, Brigham served as a high school teacher, technology director, career education director, and principal at Bill Childress Elementary and Alderete Middle School. Her knowledge in education leadership and student care will be an asset to the Board, said Canutillo ISD Superintendent Rita Ramos.

People know
Pueblo for its...

Famous Hot Salsa?

Annette R. Brigham

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.

Annette R. Brigham

Blanca Trout

San Elizario Independent School District
Public Notice of Meeting

San Elizario 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 4:00 P.M. on Wednesday, February 8, 2017 in the San Elizario ISD Central Office Board Room, 1050 Chicken Ranch Rd., San Elizario, Texas, 79849.

The public is invited to attend. For more information, call (915) 872-3939, x3568.

Junta Pública

Distrito escolar independiente de San Elizario celebrará una audiencia pública para discutir el informe de rendimiento académico 2015-2016 Texas del distrito (TAPR). La reunión se celebrará a las 4:00 p.m. el miércoles, 8 de febrero de 2017 en la sala de juntas de San Elizario ISD, 1050 Chicken Ranch Rd., San Elizario, Texas, 79849.

El público está invitado a asistir. Para obtener más información, llame al (915) 872-3939, x3568.
¡Silencio Brown!

By Mark Vasto

Truly, I don’t believe that so-called bulletin board material matters much anymore. To wit, let’s take the recent nonsense between the Pittsburgh Steelers and the New England Patriots. Pittsburgh head coach Mike Tomlin was recorded by his best player, Antonio Brown, calling the Patriots a name that was down in 2016, but those and many other reasons were suggested.

The one entity everyone agrees did not have anything to do with the decline was the Dallas Cowboys.

On the contrary, the Cowboys were the one team that brought the ratings back from the dead. Of the top six most-watched NFL games this season, the Cowboys were in five of them.

The one fundamental truth about “America’s Team” is that half of the country loves them and the other half hates them. But everybody watches them.

And that’s a win-win for NFL executives, who have to be a little concerned about the dip in the TV viewing numbers.

And the best thing of all for the NFL is that it appears the Cowboys will be viable for the next decade. Dallas was 13-3 in the regular season before dropping a devastating last-second 34-31 decision to the red-hot Aaron Rodgers and the Green Bay Packers in the playoffs.

But that loss was totally predictable. Ask any Cowboys’ fan how confident they were before that game. Believe me, they weren’t.

The formula is almost always the same. Young team comes out of nowhere to win its division and make the playoffs, pulling off a few surprising regular-season upsets. Fans start jumping on the bandwagon and talk begins about the possibility of the dream season culminating in tickertape, champagne and the hoisting of the championship trophy.

Then, reality sets in when the wide-eyed youngsters run onto the big stage and develop a sudden case of stage fright. They fumble around each other, they lose concentration, they make unwise tackles, they get totally lost in the moment and they ultimately lose the game.

But instead of looking at the season as a failure, they look only at the positives because they were expected to accomplish anything anyway.

And that’s where the Dallas Cowboys are. They know they are set at quarterback, running back, receiver and offensive line well into the 20’s. The only problem is that they are set at one linebacker spot on defense—and that’s it.

Except for the stellar play of Sean Lee, no other Cowboys defender could be counted on to make a big play when it mattered… not one.

So it’s expected that the Cowboys are going to start building a defense through the draft, much the same way they built one of the best offenses in the league.

The main ingredient needed to slow down a red-hot quarterback is a pass rush. And the Cowboys were able to squeeze through many games this season without one.

But as everyone saw in the Packers’ game, the playoffs are a different animal. Another place the Cowboys will certainly need to improve is at the top. They have two of the best coordinators in the game with Rod Marinelli (defense) and Scott Linehan (offense).

So, how coach Jason Garrett still needs to prove he’s up to the task. Garrett is very good at chest-bumping or butt-slapping guys as they run off the field after a big play, but he’s not quite as conserving timeouts or personnel substation or clock management at the end of games.

If Garrett continues to grow as a leader and the team adds some surly guys on defense, then the Cowboys will certainly be the favorites to win it all next season and for years to come.

And that is fantastic news for all Dallas Cowboys fans—and all NFL executives.

On the other hand, if the team continues to get totally lost in the moment and they develop a sudden case of stage fright, the bandwagon will eventually lose its momentum as the Cowboys over the next decade, to say the least.

The one fundamental truth about “America’s Team” is that half of the country loves them and the other half hates them. But everybody watches them.

And that’s a win-win for NFL executives, who have to be a little concerned about the dip in the TV viewing numbers.

And the best thing of all for the NFL is that it appears the Cowboys will be viable for the next decade. Dallas was 13-3 in the regular season before dropping a devastating last-second 34-31 decision to the red-hot Aaron Rodgers and the Green Bay Packers in the playoffs.

But that loss was totally predictable. Ask any Cowboys’ fan how confident they were before that game. Believe me, they weren’t.

The formula is almost always the same. Young team comes out of nowhere to win its division and make the playoffs, pulling off a few surprising regular-season upsets. Fans start jumping on the bandwagon and talk begins about the possibility of the dream season culminating in tickertape, champagne and the hoisting of the championship trophy.

Then, reality sets in when the wide-eyed youngsters run onto the big stage and develop a sudden case of stage fright. They fumble around each other, they lose concentration, they make unwise tackles, they get totally lost in the moment and they ultimately lose the game.

But instead of looking at the season as a failure, they look only at the positives because they were expected to accomplish anything anyway.

And that’s where the Dallas Cowboys are. They know they are set at quarterback, running back, receiver and offensive line well into the 20’s. The only problem is that they are set at one linebacker spot on defense—and that’s it.

Except for the stellar play of Sean Lee, no other Cowboys defender could be counted on to make a big play when it mattered… not one.

So it’s expected that the Cowboys are going to start building a defense through the draft, much the same way they built one of the best offenses in the league.

The main ingredient needed to slow down a red-hot quarterback is a pass rush. And the Cowboys were able to squeeze through many games this season without one.

But as everyone saw in the Packers’ game, the playoffs are a different animal. Another place the Cowboys will certainly need to improve is at the top. They have two of the best coordinators in the game with Rod Marinelli (defense) and Scott Linehan (offense).

So, how coach Jason Garrett still needs to prove he’s up to the task. Garrett is very good at chest-bumping or butt-slapping guys as they run off the field after a big play, but he’s not quite as conserving timeouts or personnel substation or clock management at the end of games.

If Garrett continues to grow as a leader and the team adds some surly guys on defense, then the Cowboys will certainly be the favorites to win it all next season and for years to come.

And that is fantastic news for all Dallas Cowboys fans—and all NFL executives.
DEAR DR. ROACH: I went to an ENT doctor in January complaining of muffled hearing and a loud, high-pitched noise in my left ear. He gave me a hearing test, and it showed 50 percent loss. I had an MRI and hearing test, and it showed 50 percent loss. I had an MRI and was told that I have an acoustic neuroma on my left side. This has caused me to go 50 percent deaf in my ear. The ENT doctor wants me to wait six months and see if it grows more, which I don’t want to do because I feel it should be taken out while it is small. The choices I have are to watch and wait; to have traditional surgery; or to have surgery with gamma knife or cyber knife. I would really like to just get this done and have it taken out before it causes more problems, like affecting my facial nerve, balance nerve or if it gets too close to my brain stem. I also am worried that I may go completely deaf. I am getting a second opinion next month from a neurosurgeon.

What are your thoughts on all of this? – B.D.

An acoustic neuroma, also called a vestibular schwannoma, is a type of non-cancerous tumor on the eighth cranial nerve, which is responsible for hearing and balance.

These tumors usually are treated, although some authorities recommend a watch-and-wait approach if they aren’t bothering the patient, if the patient is a poor candidate for surgery or if the patient is otherwise reluctant. None of these seems to apply to you, so I would recommend proceeding with the second opinion, the neurosurgeon, whom I think is likely to recommend treatment. Progressive hearing loss is a clear indication that treatment likely would be beneficial sooner rather than later.

All the treatments you mentioned are reasonable. Cyber knife and gamma knife are ways of delivering radiation to the tumor. Since any of these can
College
From Page 6

Fall and put their scholarships to use.

“I am grateful to receive this scholarship because college is really expensive now a days, no matter where you attend,” said Garcia. “I have worked really hard and made a lot of sacrifices throughout my four years of high school. My dedication and perseverance have put me in this point of my life and I am very proud of myself.”

The students’ families, friends, and coaches were invited to be part of the ceremony and got to say a few words to them. “I am proud of their accomplishments and feel very confident about these young men because I know they are going to perform at the level that they are expected to in college,” said Cesar Morales, SEHS Boys Cross Country Coach.

“These boys are incredibly intelligent and mature. They are going to do great things in life and they are going to represent SEHS and the San Elizario community in the most positive way. As a coach and teacher, this is one of the main goals that we have – hoping that our students achieve all of their academic expectations so that they may be offered scholarship opportunities such as this one.”

Erick Arambula and Ulises Cardoza will attend South Plains College in Levelland, Texas and Miguel Garcia will attend West Texas A&M in Canyon, Texas.

Here’s a Tip
By JoAnn Derson

• If you have a linoleum floor and get scuff marks a lot, try this trick from the pros: Take a regular tennis ball and cut a small “X” into one side. Push the top of your broom through the “X.” Now, when you are sweeping, you can turn your broom over and just lightly rub the scuff mark away with the tennis ball. It’s simple.

• Experts say the best way to get your dose of daily exercise is to roll right out of bed to it. Leave a pair of sneakers at your bedside instead of slippers, and wake up to a 30-minute session of walking.

• “I love to cook, but it’s just me most nights. Did you know that you can separate items in a large casserole dish by creating a thin “log” of wadded up aluminum foil, then covering the whole dish with foil. It basically creates two (or more) sections in a glass baking dish. This way I can bake a nice piece of fish and roast veggies or whatever, all in the same dish.” – J.K. in Pennsylvania

• “Add a little baking powder to your mashed potatoes when mixing. It makes them extra fluffy. My mom is famous for her mashed potatoes, and this is her secret!” – R.E. in Maine

• And here’s a tip you can enjoy with those fluffy mashed potatoes, courtesy of V.V. in Illinois: “Add two nice dashes of soy sauce to your gravy for instant greatness.”

• Label bags, baskets and boxes in your closets for better organization. When you create a dedicated place for something by labeling it, you are mentally more able to remember where to put something when it needs to be put away.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 King Features Synd., Inc.

Go Figure!

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

Answer Page 4

Weekly Sudoku
by Linda Thistle

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

Answer Page 4

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: Z equals R

NVRC E FRZQBC NBJMX ZJMR BTRZ E QHOCHDHGECP FEZP BD ECGHRCP DZECGR, XHXR VR VETR E MBP BD OEQJM?

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Fear Knot

By: rj johnson

Doubt? ... or Dare?

MUR DERG

☆ RASEN

☆ EPMO

☆ VEIRIE

☆ LGAR

WALRE

IMOD

☆ MED

☆ NEMERI

☆ LIGLR

☆ RIGD

Unscramble these twelve letter strings to form each into an ordinary word (ex HAGNE becomes CHANGE ). Prepare to use only ONE word from any manual ( ▼ ) letter string as each unscrambles into more than one word (ex ▼ RARE becomes HATER or EARTH in HEART ). Fill each string’s word either across or down to knot all twelve strings together. Winners: 30 Fear Knot puzzles $3.99 • Six Volumes • Order at rbanmamall.com

Health
From Page 7

achieve the goal of preventing the tumor’s growth and any worsening of symptoms, the choice should be left to the expert.

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.rbanmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803 (c) 2017 North America Synd., Inc. All Rights Reserved.