

NEWSBRIEFS

CHS 1967 reunion

Members of the Canutillo High School Class of 1967 announced recently that they would hold their 50th anniversary class reunion from 6:00 to 11:00 p.m., Saturday, July 29, at the Sunland Park Casino Signature Show Room. Doors will open at 5:30 p.m., and dinner will be served at 6:30 p.m. The reunion is also designed to be a fundraiser to support scholarships for CHS seniors. The Saturday affair is being held in conjunction with the Canutillo Sun-Up Optimist Club. “The Canutillo Class of 1967 will be celebrating its 50th reunion, and we have joined forces with the Canutillo Sun-Up Optimist Club to raise funds for scholarships,” stated Teddy Martinez, one of the reunion organizers. Reunion planners stated that a donation of \$30 per person will help defray event costs and will provide revenue for the scholarship fund. Providing musical entertainment will be Little Mike and the Blue Kings. For more information about the upcoming reunion, contact Martinez at (915) 503-3067; Danny Morales at (915) 203-7124; or Bill Dominik at (915) 877-3319.

— Alfredo Vasquez

Life is tough; tag is too rough

We all remember playing tag at least once or twice in our youth, but kids attending an elementary school in California may be deprived of that memory when they grow up, according to the Association of Mature American Citizens. The Gold Ridge Elementary in the city of Folsom has banned the game because while life may be tough, tag is much too rough for the youngsters in its charge.

— John Grimaldi

Stuntmen

A couple of cowboys went shopping in a Walmart store in Houston recently. The pair sauntered through the aisles on horseback and while some shoppers found it funny, many others were not amused, according to the Association of Mature American Citizens. The store’s management issued a statement, calling the incident “a reckless stunt.”

— John Grimaldi

People might not mind Uncle Sam’s tax bite so much if he didn’t come back for dessert.

— Quips & Quotes



— Photo courtesy White Sands Missile Range Public Affairs

NO STROLL IN THE PARK – The Bataan Memorial Death March Marathon at White Sands Missile Range has been held annually since 1990. Over 7,000 walkers and runners participated in this year’s full marathon that was held Sunday, March 19. Covering paved road and sandy trails, it is regarded by Marathon Guide as one of the top 30 marathons in the U.S. Above, center, retired U.S. Army Col. Ben Skardon, 99, was the oldest participant and the only survivor of the real Bataan Death March who walked in the event. Skardon – aided by 64 members of “Ben’s Brigade” – covered eight and a half miles of New Mexico desert in up to 90 degree heat. The flag was strategically deployed to provide shade for Skardon.

Remembering soldiers’ sacrifices 75 years later

By Alfredo Vasquez
Special to the Courier

To pay homage to the brave men who endured the Bataan Death March in the Philippines in April 1942, the El Paso Archaeological Society’s (EPAS) will host a special presentation by Mike Bilbo, a history buff who spent years researching through military archives for information about the original death march episode during World War II (WWII, 1939-45), especially about the New Mexico National Guard’s 200th Coast Artillery unit’s involvement.

Bilbo will talk about the historic Bataan Death March and about the annual memorial marathon at White Sands Missile Range that commemorates these soldiers’ sacrifices, at EPAS’s next monthly gathering, which is scheduled for 2 p.m., Saturday, April 15, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The event is free and open to the public.

WWII chronicles report that after the April 9, 1942 United States surrender of the Bataan Peninsula on the main Philippine island of Luzon to the Japanese during WWII, approximately 75,000 Filipino and American troops on Bataan were forced to make an arduous 65-mile march to prison camps. That grueling trek became known as the Bataan Death March.

The marchers made their way in intense heat and were subjected to harsh treatment by Japanese guards. The exact figures are unknown, but it is believed that thousands of troops died because of the brutality of their captors, who starved and beat the marchers, and bayoneted men too weak to walk.

Among those on this death march were more than 1,800 members of the New Mexico National Guard’s 200th Coast Artillery, of which only 987 survived. All survivors were taken to prisoner-of-war camps, where thousands more died from disease, mistreatment, and starvation.

Using a PowerPoint presentation, Bilbo will share the past and current history regarding the 200th Coast Artillery, New Mexico National Guard through recently-found photos of the 200th regimen training in the Tularosa NM area and at Fort Bliss TX. The photos were discovered at the New Mexico National Guard Museum (Bataan Museum) in Santa Fe.

Bilbo will also share information about the memorial death march marathon which has been held every spring since 1990 in the high desert terrain of White Sands Missile Range. This year’s marathon was held Sunday, March 19, and attracted over 7,000 participants.

Bilbo stated that he has walked the Bataan Memorial Death March marathon for the past ten years, and that every time he travels the 26.2-mile marathon, he is

reminded that the Bataan Death March was a horrific experience for a large number of young American soldiers. “Just before they deployed to the Philippines, the very same men- memorialized by the annual marathon event- trained for eight months at Fort Bliss,” he stated.

Bilbo recently retired from the Fort Stanton-Snowy River Cave National Conservation Area, a unit of the Roswell Field Office, Bureau of Land Management. He is a volunteer docent at Fort Stanton Historic Site, which is located between Lincoln and Capitan, New Mexico, and he is a member of the Fort Stanton Garrison (a living history group). He stated that he has had ties to El Paso since arriving at Fort Bliss as an Army brat in 1957 and later graduating from Andress High School.

Having joined in 1973, Bilbo served in the U. S. Army Infantry, 3rd Armored Cavalry Regiment at Fort Bliss and later was an Army reservist in various combat arms and transportation training units. In 1987, he received a B.S. degree in Park Administration from Texas Tech University. In the late 1980s, he was a boating officer with New Mexico State Parks. Since 1991, he worked as an outdoor recreation planner/cave specialist with the U.S. Dept. of Interior, Bureau of Land Management until his retirement in 2016.

As a member of the El Paso Museum of Archaeology, Bilbo has authored about 30 published papers, mostly on rock art research, including a rock art recognition

Finances

By Nathaniel Sillin

Practical financial planning for parents-to-be

Planning for a baby is exciting and sometimes a little frightening for expectant parents, especially first-time parents. The months will fly by and soon you'll be at home embarking on an adventure along with the newest member of your family. Welcome to the excitement, exhaustion, fascination, bewilderment and love that is parenthood.

Along with the joy and fulfillment that a new baby brings, you'll have new financial responsibilities. Some costs are unavoidable, while others may largely depend on your discretion. Sticking to a financial plan could help you provide wonderful opportunities and experiences for your child while keeping your family's costs under control.

Preparing for the cost of birth. Paying down debt, creating a new budget, building an emergency fund, setting up automated personal finance software and reviewing the beneficiaries on your accounts could all be on your pre-birth checklist. You might not have the time or energy for these tasks once you're a parent.

You'll also want to review your health insurance policy and get a clear understanding of your coverage during prenatal care, labor and delivery. Affordable Care Act (Obamacare) and Medicaid plans always cover pregnancy and birth, but copays, coinsurance, deductibles and maximum out-of-pocket amounts can vary. You might not be covered at all if you have a grandfathered plan.

You can change to a new Marketplace plan, and add your child, after the birth as you'll be eligible for a Special Enrollment Period.

Saving money during the first few years. As you adjust to life as a new parent – sleepless nights, bath times and diapers galore – you'll likely be tempted by a wide range of childcare products. Some are necessary, but there are many ways to save on everyday infant purchases.

Ask at the hospital, research online and check with pediatricians for free childcare samples. They may not last long, but having a stockpile of various sample-size products can come in handy. Also ask about a free breast pump, which you may have a right to with an ACA healthcare plan.

Consumables, such as formula, diapers and wipes, can be bought in bulk at warehouse stores or shipped to you via a subscription from an online retailer. Either option could provide long-term savings compared to buying as you go.

Discuss childcare options. Some families need the income from two working parents, others can choose to stay at their job or become a full-time parent.

Weighing the pros and cons of leaving work can be difficult as you'll want to consider a variety of ancillary costs and benefits. In the end, the decision may not be entirely financial. You could value extra parent-child time over a second income, even if it means living with a tighter budget. But even if you're unsure of daycare, you may want to sign-up for local centers' waitlists now because it can take years to get a spot.

Plan for the worst-case scenario. As a parent, you're responsible for the wellbeing of your child. Now may be the time to prepare or revise a will and consider appointing a guardian. Also, if you don't have life insurance, this is a good time to start shopping for a policy. If something happens to you, life insurance can help provide financial support for your child in the coming years.

Whole or permanent life insurance policies will cover you for as long as you pay your premium while term life insurance covers you for a specific period, such as 10 or 20 years. Premiums on term policies may be lower than on whole life insurance, and this could be the better option if you're only looking for coverage while you support your child.

Bottom line: A new child will bring great joy to your family, and when wants or needs arise, you will want your finances to be in order. Whether you're early in the planning process or already expecting, it's never too early to prepare for the cost of raising a child. After all, a new addition to your family is the best gift and the start of an amazing adventure.

AnthonyIndependentSchoolDistrict Notice of Public Hearing

Anthony Independent School District will hold a public hearing to discuss the District's 2015-2016 Annual Accountability Report as part of the regular monthly School Board meeting, which is scheduled for 6:30 p.m., Wednesday, April 19, 2017 at the Anthony ISD Board Room, 813 Sixth Street, Anthony, TX.

The public is invited to attend. The report will also be available for review after the hearing at all Anthony ISD campuses, central office, and the district website.

For more information, call 886-6506.

Junta Publica DistritoEscolarIndependiente deAnthony

El Distrito Escolar Independiente de Anthony llevará a cabo una audiencia pública para discutir el Informe Anual Reporte de Responsabilidad del Distrito 2015-2016 como parte de la reunión mensual de la Mesa Directiva de la Escuela, la cual está programada para las 6:30 pm el miércoles, 19 de abril de 2017 en la sala de juntas de la Mesa Directiva en la calle 813 Sixth Street, Anthony, TX.

Todos los individuos interesados están invitados a asistir. El reporte estará disponible después de la reunión en todas las escuelas del distrito, en el edificio de las oficinas administrativas, e internet del distrito.

Para mas información, favor de llamar al 886-6506.
WTCC: 04-06-17

Veterans Post

By Freddy Groves

Appeal backlog growing

The Government Accountability Office recently issued a report to Congress about the Department of Veterans Affairs disability-claims appeal backlog.

The stats are grim. In 2015, more than 427,000 veterans had appeals pending and had waited for over three years. Of those, 81,000 veterans had waited five years. By 2026 veterans might have to wait an average of 8.5 years to have their appeals resolved.

During the audit, the VA noted three problem areas:

1) The VA said staff resources could not keep pace with the number of appeals, and it needs more people. The board approved a hiring surge in 2017. The GAO, however, discovered that the VA has not addressed training or space problems surrounding that hiring. VA then said that the 2017 hiring won't be enough and they want more people in 2018.

2) The VA blamed the process itself – a veteran can send in new evidence at any point, delaying the whole appeal. Also when the VA sends out denials of initial claims, it's not clear how to file an appeal or what paperwork is required. Veterans appeal without the correct documentation, adding to the backlog.

3) The VA says it needs new computers, but didn't indicate how and when they'd begin using a new system, which, the GAO says, means they have no idea how and when the new computers would work with a new appeals process.

Do you see the pattern here? If you need to file an appeal, get help from an appeal representative. Go online and search for information about how to file an appeal, and read everything you can. Remember that the VA has a statutory duty to help you find your records, but you have to be specific about doctors, dates and places of treatment.

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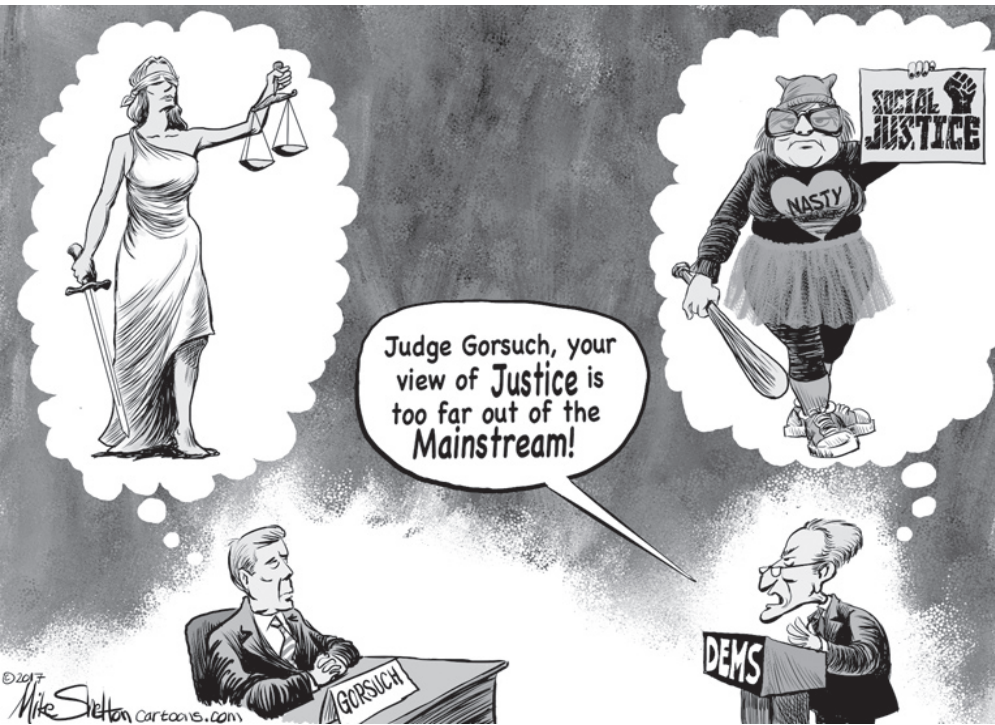
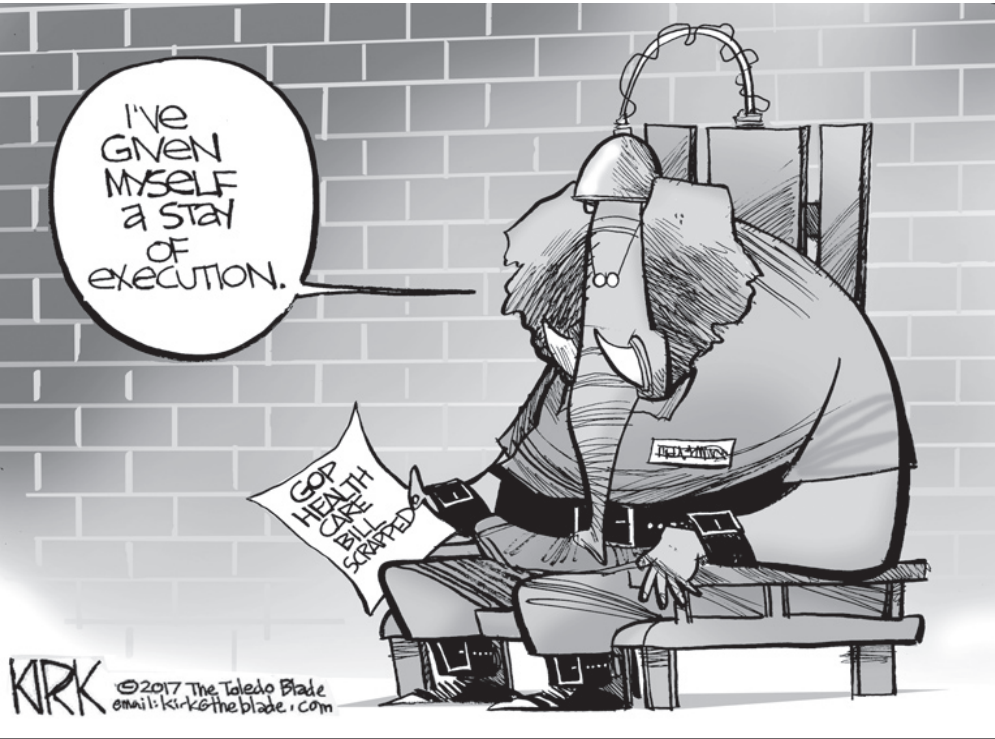
Soldiers

From Page 1

chapter on cave conservation techniques in a 2006 book published by the National Speleological Society (NSS).

Bilbo's upcoming presentation is one in a series of lectures hosted by EPAS as part of its monthly meetings. EPAS, founded in 1922, is a non-profit group. Membership is open to individuals and organizations interested in anthropology, archaeology and in the preservation of prehistoric and historic cultural resources. Membership information can be found on the EPAS website <http://epas.com/membership.htm>.

For information about EPAS or about its next meeting, contact media specialist Fernando Arias, at (915) 449-9075, or send email to: nando79935@yahoo.com.



View from here

By John Grimaldi

Sanctuary cities do not have a mandate to protect criminal illegals

“The last time I looked, aiding and abetting a criminal in the commission of a crime is, itself, a crime and the perpetrator is usually charged, arrested and held. So, why are Mayors DeBlasio of New York City, Eric Garcetti of Los Angeles and their colleagues in so-called sanctuary cities across the nation not behind bars? They should be arrested for being accessories in the crimes committed by illegal immigrants under their protection?” That is the question on Dan Weber’s mind.

Weber is president of the Association of Mature American Citizens, the largest conservative watchdog organization for seniors. He says the protection of illegal immigrants who have committed crimes is “indeed a crime and a preposterous stretch, even for leftist ideologues such as DeBlasio and Garcetti. A Harvard-Harris poll conducted just last month showed that 80% of the country oppose sanctuary cities. Obviously, there is bipartisan support for President Trump’s efforts to protect American citizens from illegal immigrants who could do them harm. Why? Because the mayhem these criminals cause has become an almost daily occurrence. Some pretty dastardly crimes have been committed by miscreant illegals that sanctuary cities and sanctuary states protect.”

Weber was referring to the arrest of an illegal charged with sexually attacking his girlfriend’s two-year-old daughter. He also stabbed a woman outside of a local bar and then stabbed his girlfriend when she confronted him about the sexual abuse of her daughter.

“The man in this case, Tommy Alvarado-Ventura, is from El Salvador and has been deported four times for entering the country illegally. He keeps coming back like a bad penny. The incident occurred just two weeks ago in Nassau County in New York, State which established itself as a sanctuary state. The Police Commissioner of Nassau County, Thomas Krumpert, told reporters that it was ‘probably the most heinous criminal act I’ve ever seen.’ But, it is probably even more of a criminal act on the part of some elected officials that they are willing to sacrifice the safety of law abiding residents in order to provide a safe haven for villains like Tommy Alvarado-Ventura.”

That vicious attack was no isolated

incident, Weber notes. He points to the pending case in Rockville, MD where two illegals from Guatemala who are 17- and 18-years-old are set to stand trial charged with raping a 14-year-old girl in a high school bathroom. That arrest came as the city of Rockville was about to vote on whether to become a sanctuary city. And, he says, Google the topic and you’ll find numerous such crimes that have been committed in every corner of the country.

“It is interesting to note that against this backdrop the Department of Homeland Security says that in a period of one week recently there were more than 200 instances of local authorities refusing requests to detain illegal immigrant criminals. The madness must end lest the United States gains a reputation for being a safe haven for all manner of criminals. If illegals from south of the border can set up their criminal enterprises in America so readily, what is stopping illegal ISIS terrorists from entering the country to wreak havoc? The poem at the base of the Statue of Liberty reads ‘Give me your tired, your poor, your huddled masses yearning to breathe free.’ The invitation does not include malicious rapists and murderers. Whether you voted for Mr. Trump or not it is sheer insanity to oppose him on the issue of whether cities and states should cooperate with Immigration and Customs Enforcement authorities,” says Weber.

He adds that illegals also have a significant negative impact on our economy and cites a report issued by the Federation for American Immigration Reform claiming that undocumented aliens cost U.S. taxpayers some \$100 billion a year. Weber points out that senior citizens bear the brunt of that cost. “Every dollar a sanctuary city or state spends on protecting illegals is a dollar that is not available to support services for the elderly.”

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.


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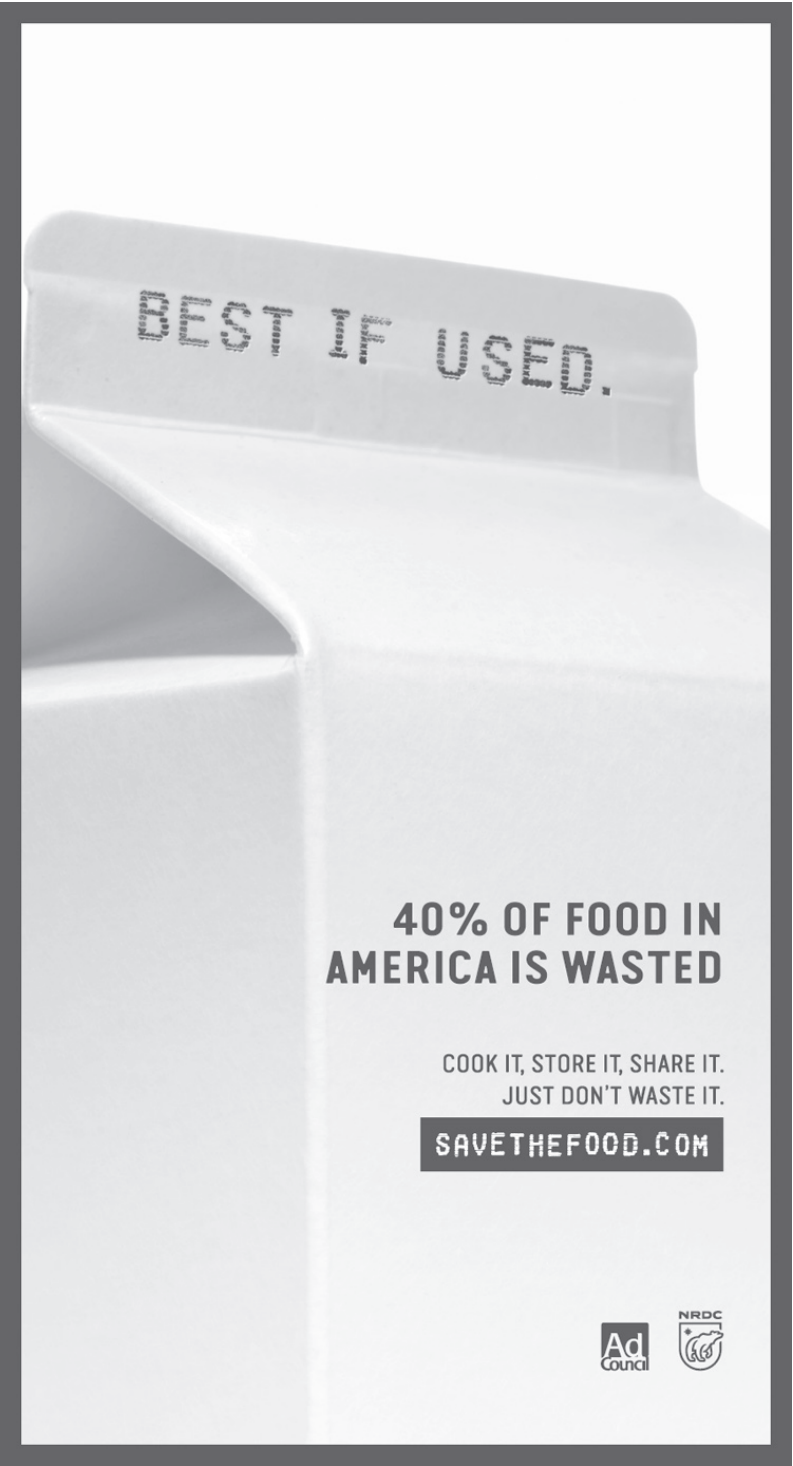
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Moments in Time

The History Channel

- On April 17, 1964, the Ford Mustang is officially unveiled by Henry Ford II at the World’s Fair in Flushing Meadows, New York. The new car debuted in Ford showrooms on the same day, and almost 22,000 Mustangs were immediately snapped up by buyers.
- On April 18, 1906, an earthquake estimated at close to 8.0 on the Richter scale strikes San Francisco, toppling buildings, igniting fires and breaking water mains. An estimated 3,000 people died and 30,000 buildings were destroyed.
- On April 19, 1775, the American Revolution begins when 700 British troops march into Lexington to find 77 armed Minutemen waiting for them on the town’s common green. Suddenly, the “shot heard around the world” was fired. Eight Americans lay dead or dying and 10 others were wounded.
- On April 20, 1841, Edgar Allen Poe’s story “The Murders in the Rue Morgue” first appears in Graham’s Lady’s and Gentleman’s Magazine. The tale, widely considered to be the first detective story, describes the extraordinary “analytical power” used by Monsieur C. Auguste Dupin to solve a series of murders in Paris.
- On April 21, 1865, a train carrying the coffin of assassinated President Abraham Lincoln leaves Washington, D.C. on its way to Springfield, Illinois, where he would be buried on May 4. The train traveled through 180 cities and seven states, stopping at each town for a ceremony.
- On April 22, 1945, Adolf Hitler, learning from one of his generals that no German defense was offered to the Russian assault at nearby Eberswalde, admits to all in his underground bunker that the war is lost. He committed suicide a week later.
- On April 23, 1987, the Chrysler Corporation purchases Nuova Automobili F. Lamborghini, the Italy-based maker of high-priced, high-performance cars, for a reported \$25 million.

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PUBLIC NOTICE

TOWN OF ANTHONY, TEXAS

FAIR HOUSING STATEMENT

The Town of Anthony hereby declares its support of fair housing practices. It is hereby declared to be the policy of the locality to bring about, through fair, orderly, and lawful procedures, the opportunity of each person to obtain housing without regard to race, color, creed, religion, sex, national origin, physical or mental handicap, marital status, parenthood , or age.

It is further declared that such policy is established upon the recognition of the inalienable rights of each individual to obtain housing and further, that denial of such rights is detrimental to the health, safety, and welfare of the inhabitants of the locality and constitutes an unjust denial or deprivation of such inalienable rights which is within the power and the proper responsibility of government to prevent.

The locality has a Fair Housing Policy that may be examined and copied by interested groups or individuals during office hours. The month of April has been proclaimed “Fair Housing Month”; copies of the official proclamation are available at the Anthony Town Hall between the hours of 8:30 A .M. and 4:30 P.M., Monday through Friday.

POLICY STATEMENT ESTABLISHING NONDISCRIMINATION BASED ON HANDICAPPED CONDITIONS

The Town of Anthony announces that it has adopted a policy of nondiscrimination based on handicapped conditions concerning access, participation, and benefit of programs and activities operated or conducted by the locality. This policy is in compliance with the requirements of Section 504 of the Rehabilitation Act of 1973, as amended in 24 CFR, Part 8, “Non-discrimination Based on Handicap in Federally-Assisted Programs and Activities of HUD,” dated June 2, 1988. Interested individuals or groups may obtain copies of this policy statement by calling Mayor Martin Lerma, who has been assigned to coordinate compliance with this policy and may be contacted by telephone at (915) 886-3944.

POLICY STATEMENT ON PROHIBITING THE USE OF EXCESSIVE FORCE BY LAW ENFORCEMENT AGENCIES

The Town of Anthony announces that it has adopted a policy prohibiting the use of excessive force by law enforcement personnel within its jurisdiction against an individual engaged in non-violent civil rights demonstrations. This policy is in compliance with Section 519 of Public Law 101-44, 1990, U.S. Department of Housing and Urban Development Appropriations Act. Copies of this policy statement may be obtained upon request by telephone at (915) 886-3944.

COMPLAINT AND GRIEVANCE PROCEDURES

In order to comply with the requirements of the Texas Community Development Block Grant Program (TxCDBG) and of 10 T.A.C. Section 178.1 and Section 178.2, the locality has citizen complaint procedures intended to provide a timely written response to all complaints made against its proposed or completed TxCDBG efforts.

Responses to complaints will be made within no more than ten (10) working days. A copy of the complaint procedures can be obtained upon request by telephone at (915) 886-3944. The established complaint procedures are an element of the local Citizen Participation Plan, and meet the requirements of USHUD Section 504 (24 CFR) concerning nondiscrimination based on handicapped conditions.

EQUAL OPPORTUNITY / AFFIRMATIVE ACTION STATEMENT

The Town of Anthony is an Equal Opportunity and Affirmative Action Employer and does not discriminate on the basis of color, race, national origin, sex, religion, age or disability, in employment or in the provision of services.

LIMITED ENGLISH PROFICIENCY POLICY

The locality has adopted a Limited English Proficiency Plan and Policy, and supports the requirements therein.

Copies of this entire Public Notice, in English and in Spanish, are available upon request at the Anthony Town Hall. Copias de este “Public Notice” aviso entero, en ingles y en espanol, se pueden conseguir en la Oficina Municipal de Anthony.

Martin Lerma
Mayor, Anthony, TX

West Texas County Courier
April 6, 2017

Downtown baseball: Chihuahuas begin their fourth season

By Steve Escajeda
Special to the Courier

Everybody gets nostalgic once in a while.

We take the time to think of the good old days when things were a little simpler; when things were a little less sophisticated and a lot less digitized.

We think back at a time when kids played outside, and the doctor met you at your house, milk was delivered to your door, and recollections of long-gone grandparents all seem to come in black and white.

But along with those memories come some pretty outdated ideas.

Ideas like never questioning authority and if your government told you something, it is the absolute truth.

How about the idea that we could never reach the moon?

Then there was the belief that women couldn't do any of a thousand things they regularly do today.

All those beliefs seem nearly unbelievable today, but that was the norm back then.

Hey, I've got one more.

How about that ridiculous notion that building a baseball field in the middle of downtown El Paso, with no parking, for a Triple-A baseball team whose ticket and food prices were too high, would never work.

Yeah, I know, it seems so nonsensical that people could be that shortsighted but they actually were convinced the idea never had a chance.

I'll bet when you were young kids, some of your parents told you tales of people even protesting and picketing and shouting down officials at city council meetings to try and stop this horrible idea from becoming a reality.

Okay, okay, this just happened four years ago, but doesn't it seem like ancient history that the city was going through all this madness.

And yet, instead of sitting on the bench and watching others play the game like it had over the better part of 40 years, El Paso actually developed the nerve to pick up a bat and take its place at the batter's box.

When taking any chance there's always the possibility of striking out. But there's also the chance of doing exactly what El

Paso did – hit a home run.

The El Paso Chihuahuas will begin their fourth season this Thursday night at home against Las Vegas.

This is on the heels of winning the Pacific Coast League championship in just their third year of existence.

In its first three years, the team that many locals said the city couldn't afford to support, has ranked fourth and third and third in the 16-team league attendance figures.

Already over 1.6 million fans have made their way through the Chihuahuas' turnstiles. Hmm, I guess parking really wasn't that big of an issue and the ticket prices weren't unbearable after all.

And for anyone who's ever been to a game, knows that the lines are so long that you'll have to wait about 20 minutes to get something to eat. I guess the prices aren't that ridiculous after all.

Very quickly, the El Paso Chihuahuas have made themselves the thing to do and enjoy over the summer. El Pasoans now have a quality product they can take their visiting relatives to without having to apologize for it.

Let's face it, it feels good to be to puff

out your chest a little bit and brag about your city.

And to be honest, there aren't a whole lot of options we offer in that department. But the whole idea is that the Chihuahuas were going to be the catalyst of things to come.

That is, of course, until the current city administration was put in charge of building a multi-purpose state-of-the-art arena. Wow, talk about taking giant strides back in time to the way things used to be around here.

But I digress, the Chihuahuas are even more popular now than when they started. And that's because everyone involved with the franchise has one thing in common – they're never satisfied.

They're constantly thinking of ways to make things better.

It's like they've taken the old Jim Paul and Paul Stelzin way of doing things and just digitized it a little more.

El Paso is eagerly getting ready for tons of first pitches and fireworks nights and renditions of take me out to the ballgame.

You know, just like we did in the good old days.

A sporting view By Mark Vasto

Vegas on ice

Looks like when you bring \$750 million to the table, having a professional football team in Las Vegas doesn't look like such a bad bet anymore, does it now?

Since Vegas' inception as America's gambling mecca, professional sports has eschewed the town, ostensibly because they didn't want to be hit with the gambling tar brush. And it wasn't without good reason – in those days, the people taking bets weren't math nerds working for corporate, capeesh? Not that gambling hasn't always been pervasive in sports in any city anyway... it's just that putting your sport in Vegas would be like locking yourself in a cage with a

mama grizzly after she just saw you kick her cub through the uprights. (She bet the under.)

On March 27, the great city of Oakland got kicked in its rotten teeth yet again by the Davis family, those leather jacket-wearing sadists who love nothing more than to bring pain to the NFL's most passionate, cosplaying fanbase. Unable (read: unwilling) to hash out a deal with Oakland that made sense to both parties, the Raiders were able to secure the extra money in various ways (that don't really matter for the purposes of this story) in order to make the move. In the words of my great journalist friend Nadia Pflaum at

the Ogden Standard: "Moving is expensive, yo!" The upshot is, the Raiders have a new stadium on the way, Las Vegas will have an NFL team and Oakland will plan ahead for 2030, when New Orleans and Jacksonville will need new stadia (Tampa Bay will too, but I doubt they'll pull up stakes).

But breakups are never easy. Oakland fans are left cursing themselves for having fallen for it again. From the first Reagan administration to the Clinton administration, the Raiders were rotten in Los Angeles. Then they came back. Now they're leaving... two years from now. With a season-ticket waiting list. Awwwkward.

It get's weirder. The vote to allow the Raiders to move was supposedly heavily lobbied for by both Davis and Dallas Cowboys owner Jerry Jones. Davis is, by

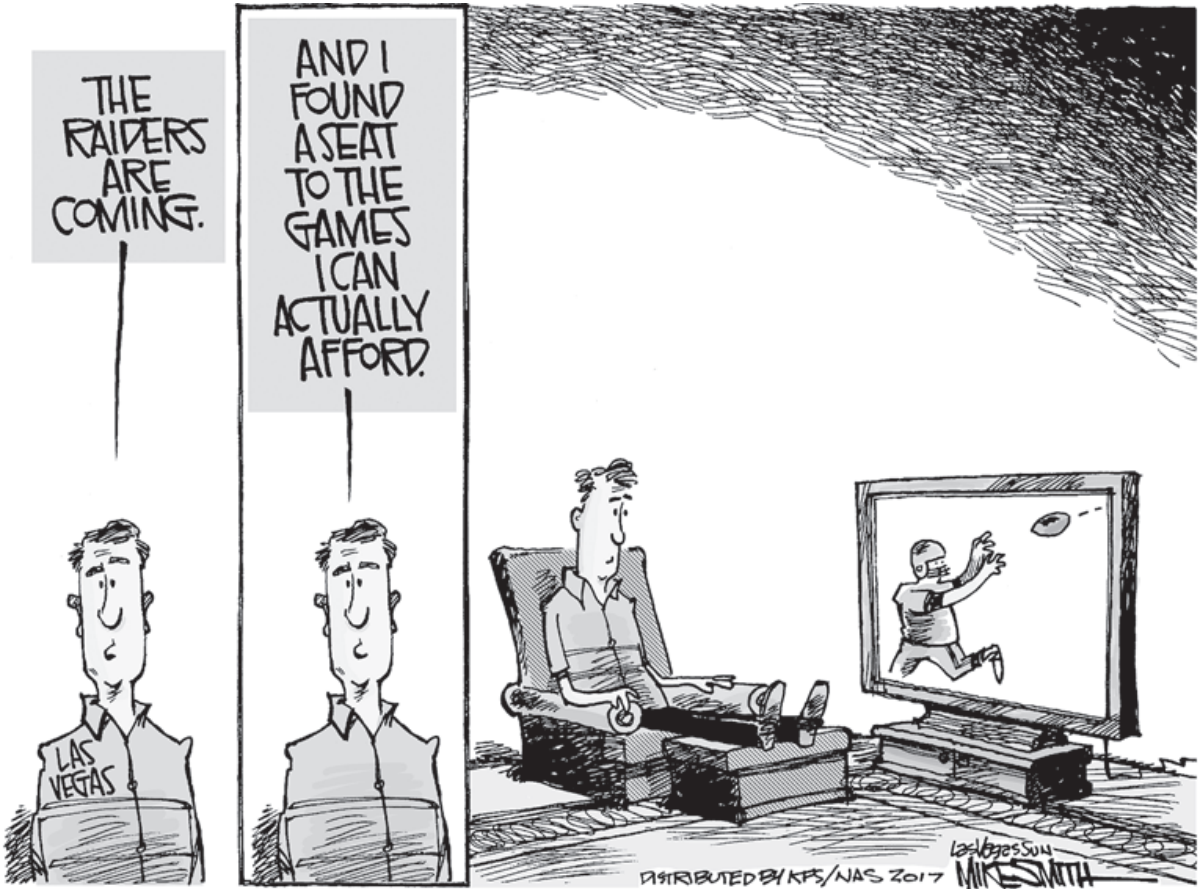
all bank accounts, considered to be the poorest of the rich, and he could not pass up the deal of a brand-new, municipally funded stadium. Jones, who pushed hard for the San Diego and St. Louis to Los Angeles deals, has vested interests in new stadiums everywhere: His entertainment services company Legends handles the luxury box contracts. He's happy, the league is happy. San Diego lost the Chargers, but it can be calmed with soccer. St. Louis is a baseball town.

Since Vegas went corporate, it's been one of the safest towns to host a sports team. The question will come down to fan base. It's a resort town, service-

industry heavy and there's a high unemployment rate and a relatively small population for a NFL city... less than half the size of Oakland's metro area. The NHL will break the ice, so to speak, and I see no reason why they shouldn't enjoy the same rapturous success that met the Atlanta Thrashers.

But Mark Davis and the Raiders will stick around as long as someone is dealing. That's a bet you can always count on.

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



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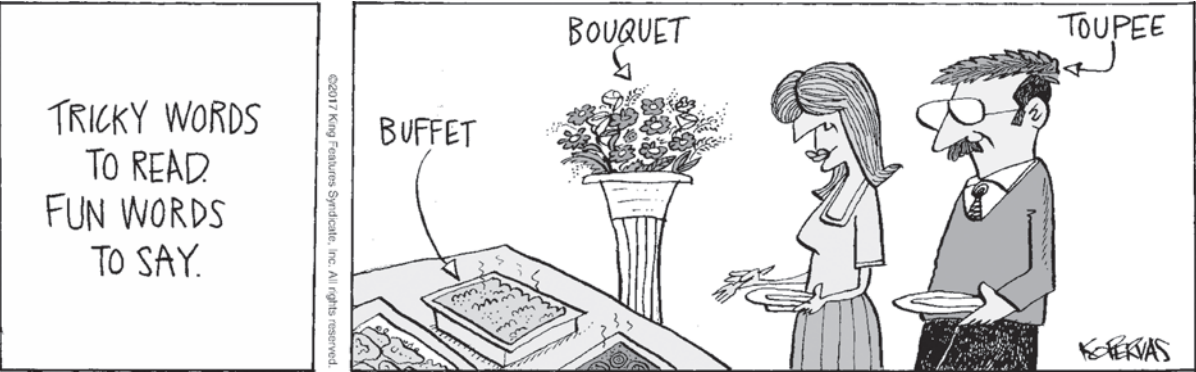
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OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



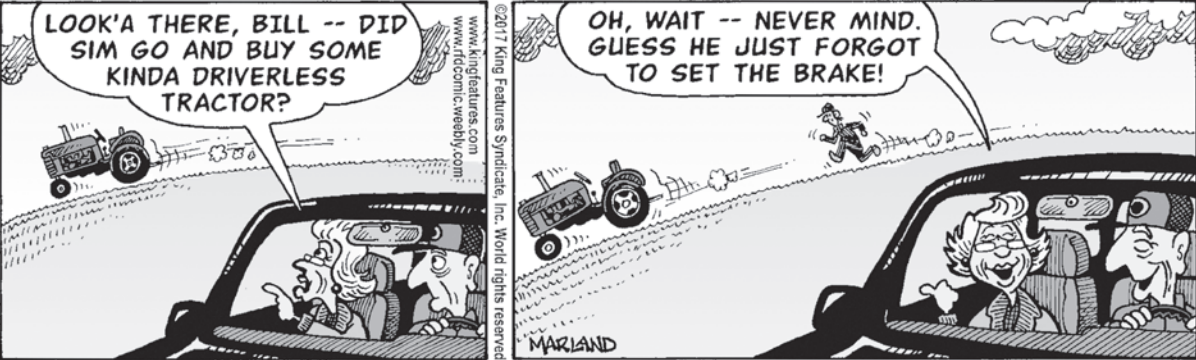
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: After being on Paxil for about 15 years, it wasn't working anymore. My doctor decreased my dose, and I slowly started Viibryd. The first week I felt great. When I increased the dose of Viibryd, I began feeling sick. I had a bad headache, anxiety and couldn't sleep, and my muscles began jerking. I went to the doctor, and she had me stop immediately, prescribed Deplin for seven days, and said that I'd had serotonin syndrome. When I looked it up, I found it can be fatal if the SSRI is not stopped. I was off all SSRIs for about 10 days but started feeling unconfident and fragile, so I began taking 25 mg of Paxil CR. My doctor seemed concerned that the serotonin syndrome could return, and advised me to take Deplin along with the Paxil. How common is this syndrome? I am weaning myself off the Paxil, but what if I need an antidepressant? – M.M.

Serotonin syndrome is more common than often is suspected. It is an abnormality of brain chemistry caused most often by medications, especially selective serotonin reuptake inhibitors (SSRIs), like paroxetine (Paxil) and vilazodone (Viibryd). You had many symptoms of serotonin syndrome. Serotonin syndrome may consist of mood changes such as anxiety and restlessness, but a person may develop confusion and disorientation. Abnormalities of the muscles, such as rigidity and the uncontrollable jerking you mention, are very common. Finally, sweating, high body temperature, vomiting and diarrhea also may be part of the syndrome.

Treatment is stopping the medication that caused the symptoms. Many experienced practitioners will use the same or similar medications that caused the serotonin syndrome at a lower dose if it is the only effective treatment, but this requires expertise and careful monitoring. Deplin, a brand of methylfolate, is a B-type vitamin that can make SSRIs work better. It's not associated with serotonin syndrome, as far as I have been able to find.

DEAR DR. ROACH: A diagnosis of "Cameron erosions of the esophagus" was made after my gastroscopy. I was not able to find that term at nlm.nih.gov/medlineplus. Have you ever heard of this? – A.M.

To be honest, no. However, I did look it up, and found that Cameron erosions are found only in people with a hiatal hernia. A hiatal hernia isn't like an umbilical or groin hernia; in a hiatal hernia, the stomach goes upward into the chest through the diaphragm, the sheet of muscle that separates your chest from your abdomen. It is our primary muscle for breathing. There normally is a hole in the diaphragm (the hiatus), but in a hiatal hernia, the structures that hold the stomach in place weaken and allow it to go into the chest. The part of the stomach inside the chest is prone to bleeding, and the areas that bleed can be seen by the endoscope and are called Cameron erosions, or ulcers.

Small hiatal hernias usually can be managed with medication as

See HEALTH, Page 8

Super Crossword

SPLITTING THE LAND ACROSS

1 Bullfights

9 Taft or Tell

16 Artistic work

20 Natural balm

21 Pundit Huffington

22 One of four on a diamond

23 Lightning rod inventor

25 Partly open

26 Yoko who married John

27 Chant syllables

28 One paying dues: Abbr.

29 Photo, e.g.

30 Pop or jazz, in Germany

33 Throw with force

35 Biblical "verily"

37 Like much deep-dish pizza

40 Arctic slab

41 Pretty _ picture

42 Roadwork marker

43 Morales of "Rapa Nui"

44 Name a price of

46 Shaming cluck

48 Gleeful laugh

50 Remotely

57 Old TV's " _ Na Na"

58 Zee preceder

59 City just west of Sparks

60 Former coin of Italy

61 The norm

64 Orem's place

66 _ Marcus (high-end retailer)

69 Male and female

70 Org. for cavity fixers

71 Korea, e.g. (or any of eight lands split literally in this puzzle)

74 Horace work

75 Numbers on clothing tags

77 Apprehend

78 Sub in a deli

79 Motion "yes"

80 First-time driver, often

81 SI mass unit

82 Apt., e.g.

84 Manet works

86 Old Brooke Shields sitcom

90 "Good goin', kid!"

94 Egg opener?

95 R-V link

96 With 8-Down and 113-Across, big Baja resort

98 City east of Wichita

99 Peculiar

102 AFB truant

105 Earthworm

108 Verdant spot in an urban area

111 Hits hard

112 An inert gas

113 See 96-Across

114 Archaic verb suffix

115 Stifle legally

116 Back-to-sch. day

117 Kuwaiti VIP

118 Social networks or video games

125 Uncourteous

126 Virgin Mary's mother: Abbr.

127 Groups of spreadsheet figures

128 Went hastily

129 Kitchen scourers

130 Kind of

DOWN

1 Jitney cousin

2 Cry at 1-Across

3 Actor Palillo

4 Ones crying "Hallelujah!"

5 Daughter of Donald Trump

6 Test version

7 Onassis' nickname

8 See 96-Across

9 In a kind way

10 Investments for later yrs.

11 Hoopster Jeremy

12 Leo Delibes opera

13 Covered with foliage

14 Creature

15 Dude

16 First lady Michelle

17 _ party (sleeper)

18 Applications

19 Tennis great Williams

24 Beef up

29 That is, to Livy

30 Livy's 1,300

31 "This looks very bad"

32 Relating to China: Prefix

33 Wash (down)

34 Uncle Sam's land

35 Rural assent to a lady

36 "That's a lie"

38 Italian ice creams

39 China's _tzu

45 Merited fate

47 Frilly veggie

49 Sounds upon impact

51 Zellweger of the screen

52 Video game losses

53 Navel variety

54 Watergate president

55 Belief system

56 Simplified

58 Having rapid rotation

61 Histories

62 "Goodbye"

63 Tore down

65 Be of help to

67 Pub. staffers

68 IV part

69 Sty noise

72 Smeltery residue

73 One elocuting

76 Within: Prefix

81 Is sure about

83 Spellbind

85 Like Keelung residents

87 Dale riding Buttermilk

88 _ Reader (quarterly digest)

89 Anna of fashion

90 Basics

91 Audacious

92 Roll topping

93 Knitter's ball

97 It spits out moola

99 Leering sorts

100 Solicit, as business

101 Opt

103 Receptive regarding

104 Cafe drinks

106 Adorns

107 Cafe lures

109 Dog-_

110 Cut-rate

115 Wedding ring

116 Prefix with carpal

118 Mag. edition

119 Virusoid material

120 Cruel Amin

121 Atlas vehicle

122 Wildcat's lair

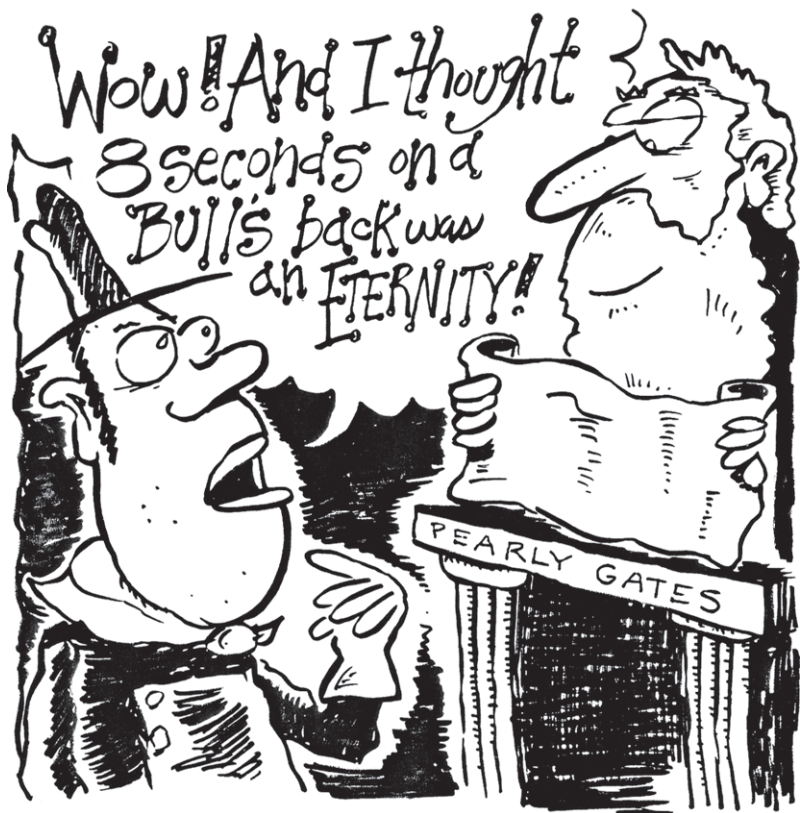
123 "FWIW" part

124 Enzyme ending

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Answer Page 4

April 2, 1932 Black Rodeo star Bill Pickett dies.



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.

	−		×		14
×		+		−	
	−		×		25
−		×		×	
	÷		+		11
19		10		14	

1 2 3 4 5 7 7 8 9

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Answer Page 4

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

◆◆◆ HOO BOY!

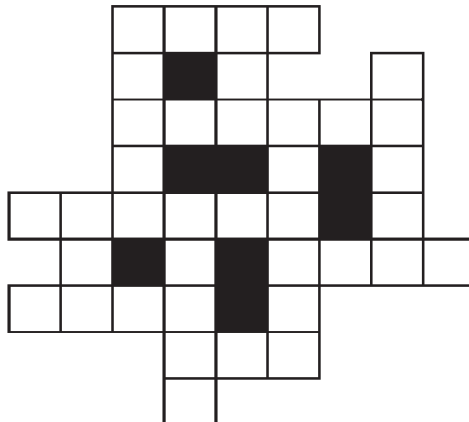
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Answer Page 4

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DDO
ACDAMP
ZEBAL
HACS
♥MECNIA
GEA
♥EADI
♥RECAS
PZA
BODMEC
MACSH
RACZ



Answer Page 4

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

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

– E.I. in Ohio

- To “hang” a sturdy file sorter inside a low cabinet, use stick-on hooks. You can use it to store cutting boards or pot lids. Also, when hung in a mid-level cabinet, you can create a wrap dispensing station with aluminum foil, waxed paper and plastic wrap.

- A dryer sheet can be used to safely clean dust from your TV screens.

- N.B. in Tennessee writes in response to using toothpaste to camouflage a nail hole in the wall: "I have found that white chalk is much better, because it hardens just like Sheetrock." To use the chalk, make a paste from chalk shavings and water, and apply as you would spackle. Let dry 24 hours.

- “When traveling, let your host or hostess know of any serious health condition.”
 - M.W. in Saskatchewan, Canada

- With spring in full swing, here's a fun activity to keep the toddlers in your life occupied while you take care of the gardening. Give your kids a bucket of water and a paintbrush, and let them "paint" a wooden fence or even the side of a cement-block house.

Send your tips to *Now Here's a Tip*,
628 Virginia Drive, Orlando, FL 32803.
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From Page 7

necessary. However, large hernias and those with a history of bleeding may require surgical repair. An expert is needed to decide whether surgery is required.

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