



## NEWSBRIEFS

### Campus credit union

GECU, with El Paso Community College (EPCC), opened the first EPCC student-run credit union on Wednesday, April 26 at EPCC Valle Verde Campus Student Services Center. The new location is a full-service branch, including an added Virtual Office available for new account openings, loan applications and processing, and more. A team of existing GECU employees and EPCC student positions staffs the credit union. “The opening of the GECU branch on the EPCC Valle Verde campus reflects the important partnership between business and education by providing our students work experience in the financial industry, and at the same time offering accessible services to our community,” said Dr. Myshie Pagel, Instructional Dean of Education and Career and Technology Education. The EPCC branch is open to the public, an added convenience to nearby members who live and work near campus. GECU is a strong supporter of community financial literacy and higher education with an annual \$10,000 scholarship donation towards El Paso Community College students.

— Jim Heiney

### Move over, Tarzan

An unidentified pre-teen Indian girl has been found living with monkeys. Naked, emaciated and unable to speak, she was discovered by woodcutters in a remote northern Indian province, according to the Association of Mature American Citizens. She was taken to a state run hospital where chief medical superintendent D.K. Singh said that when she was found she was “running on her arms and legs and eating food off the floor with her mouth.” The monkeys chased the lumberjacks away when they tried to rescue the girl.

— John Grimaldi

### Wanted

A store in El Paso’s Mission Valley was held up at gunpoint. Detectives from the El Paso Police Department are asking for the public’s help in identifying this armed robber through Crime Stoppers. On the

See BRIEFS, Page 5

*When a friend makes a mistake,  
don’t rub it in – rub it out.*

— Quips & Quotes

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY – A student at John Drugan School, who has been homebound for nine months, is now virtually part of her class again using VGo, a telepresence robot that allows her to be part of classroom instruction and activities while she is at home recovering from a chronic illness.

The initiative was made possible after the Socorro Independent School District’s Technology Services Department worked with the campus to find a way to better accommodate the needs of the student and offer her a classroom experience.

“Our district is always looking to be innovative and find new technologies that we can provide for our students,” said Miguel Moreno, the district’s instructional technology coordinator. “We are opening doors to so many possibilities of how to bring people together. In this case, there is no bond



— Photo courtesy Socorro ISD

**VIRTUAL PRESENCE – A long-term homebound student is now able to interface with her classmates through technology. She has been ill since the start of the school year and now can hear, see and talk with teachers and other students.**

like that of a classmate who has been out campus administration worked with the of school and peers wanting that student student and taught her how to operate her to be part of the classroom again.”

The instructional technology team and

See ROBOT, Page 5

## Fabens ISD offers path to early college success

By Alfredo Vasquez  
Special to the Courier

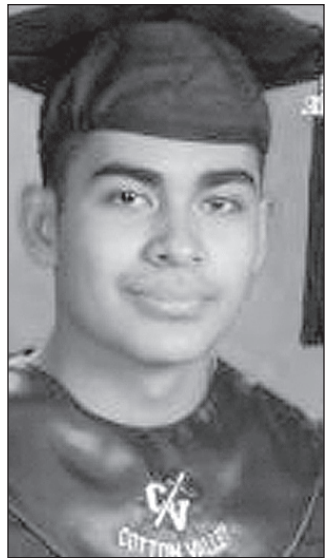
FABENS – At 19 years of age, Jennifer Gonzalez, of San Elizario, has a lot to be proud of as she prepares to graduate from the University of Texas at El Paso (UTEP) May 13 with a Bachelor of Science in Nursing (BSN) degree.

Gonzalez, daughter of Elizabeth Anchondo and Mario Gonzalez, is certainly counting her blessings. And, she said that the catalyst for her educational success was the Cotton Valley Early College High School (CVECHS) program offered by Fabens Independent School District (FISD).

“Ever since I was a small girl, I knew what my life would be. Seeing my mom’s everyday struggles and stress was all the motivation I needed to set my mind into what I have become today,” Gonzalez reflected recently.

“My mom encouraged me to apply to CVECHS when I was in middle school, and she told me that I should always take advantage of opportunities. Now, I am glad I took advantage of this opportunity. I graduated from El Paso Community College (EPCC) with an Associate of Arts degree at age 14 as a junior, then I graduated from Fabens High School (FHS) at age 17 as the Valedictorian,” Gonzalez stated.

“Not only will CVECHS always remain in my gratitude, but I will always represent this amazing school. CVECHS has been a sumptuous fundamental factor for my college education that prepared



— Photos courtesy of Cotton Valley Early College High School

**GETTING A HEAD START – From left, Jennifer Gonzalez, Samantha Ramirez and Joel Mapula all took advantage of Cotton Valley Early College High School classes, graduating with an Associate of Arts. All three advanced to UTEP to study nursing.**

me with every necessary contrivance required. CVECHS showed me to never give up, and how your life roots don’t matter in your applied future. The school’s atmosphere and quality staff was a great aid for every single student regardless of the challenges,” Gonzalez said.

“The opportunities CVECHS had to offer suited all my needs in an incredible facet. Success is all I desired and CVECHS was always there to fulfill my necessary potential,” Gonzalez asserted. “I will always remember how one of my instructors would always motivate me to do my best. Mr. Avalos would always tell me ‘THE SKY IS THE LIMIT’. After meeting him, not only did I understand that in order to be successful you don’t need to be smart, but you have to have the tenacity to

become someone better,” she stated.

“I am glad that I made the decision to attend CVECHS six years ago. CVECHS helped me achieve all my goals and relieved my mom and I from any financial burden. After graduating from high school, I received a UTEP Presidential Excellence scholarship and the Valedictorian scholarship which helped me graduate from the university debt free. Not only am I graduating with a BSN, but also I am graduating with honors. I am proud of what I have achieved at this young age, and I am really glad I attended an early college high school,” Gonzalez related.

Gonzalez is not the only CVECHS alumnus who will graduate from UTEP this year. Samantha Ramirez, 21, of

See COLLEGE, Page 4



Finances

By Nathaniel Sillin

# Secrets to saving on your summer city vacation

Cities attract people for different reasons, which is partly why cities are such popular vacation destinations. Summer is one of the best times to visit, as the long days give you extra hours of sunlight for exploration and many cities host a variety of

free activities. The busy season can mean rising prices, but there are a few city-specific savings tactics that can take some of the strain off your budget.

**Look for insiders’ knowledge about the city.** Many major cities are covered by bloggers who focus on how to enjoy the city on the cheap. You could start your planning by researching online with the keywords “free or cheap” and the city’s name. Some of the well-organized websites will even let you filter events by date, cost and your interests.

Also check the city’s local newspaper sites for lists of free or cheap events. During the summer, many cities have free outdoor concerts and movie screenings; you can pack a picnic dinner and enjoy the warm weather and show.

**Get around the city like a local.** It might make sense to take an occasional cab, but some cities have robust public transportation systems. Take a few minutes to study the city’s layout before arriving and don’t be afraid to ask locals for advice or directions.

If you’re in town for more than a few days, look into time-based public transportation passes. For example, you can get a seven-day Unlimited Ride MetroCard for subway and bus rides in New York City for \$32. (There’s \$1 new-card fee if you’re not refilling an existing card.) You can even use it on the crosstown buses that can

quickly get you from one side of Central Park to the other.

**Explore new cuisine.** One of my favorite parts about visiting a city is trying the restaurants. Whether you save up and enjoy one of the city’s finest eateries or find a hole-in-the-wall hidden gem, there’s something for everyone.

Luckily, many cities’ must-try foods are on the inexpensive side. Chicago’s hot dogs, Portland’s doughnuts and Austin’s tacos all often cost less than \$5. You can also look for lists of cheap and delicious eats alongside the free-entertainment tips from frugal bloggers and local papers.

High-end restaurants will inevitably be pricey, but if it’s on your “must-do” list, there could be ways to save. Some restaurants offer less expensive brunches or early evening tasting menus, or you might be able to grab a small bite and a drink at the bar rather than a full meal.

**Find the deals if you’re going to shop.** Some people see shopping as an intrinsic part of a vacation, and cities are often home to chains’ flagship stores, boutiques and specialty shops. The wide variety of options could tempt you to overspend, but it also means there are plenty of opportunities to save.

If you’re in the luxury market, look for sample sales where high-end brands might be charging (relatively) less for products formerly on runways

or showroom floors. Trying to stick to a tight budget? Look for large retailers’ clearance sales, particularly if you’re visiting when stores are clearing seasonal items off their shelves.

**Think outside the box when it comes to lodging.** Most people know that hotels in the heart of tourist areas are often the most expensive, and many turn to home-sharing sites as cheaper alternatives.

Another trick is to look for availability at hotels in the city’s financial district. Holidays and weekends can bring vacancies at these properties, which may mean lower rates. Hotels right outside the main city, but accessible by public transportation, can also cost less.

**Bottom line:** Cities can be expensive, particularly during the busy summer, but there’s a reason they’re such popular vacation destinations. Whether you’re interested in museums, shows, food, historic sites or all of the above, there are ways to save and make the most out of your summer in the city.

*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

## PTSD lawsuit seeks honorable discharges

Some 22,000 Iraq/Afghanistan veterans have been discharged with less than honorable ratings due to misconduct. It’s estimated that 20 percent of Iraq veterans have PTSD, along with 11 percent of Afghanistan veterans. Misconduct often goes hand in hand with PTSD as the veteran struggles to keep a balance.

A recent class-action lawsuit by Yale Law School’s Veterans Legal Services Clinic seeks to address the failure of the Army Discharge Review Board to do as they were instructed in 2014: give special consideration to appeals to upgrade the discharge levels of veterans with PTSD, per instruction from then-Secretary of Defense Chuck Hagel.

Part of the lawsuit details the experiences of Steve Kennedy. His path is one followed by many other veterans: the surfacing of his PTSD symptoms, attempts to self-medicate with alcohol, having suicidal thoughts, not seeking help because he’d seen how others became targets for seeking assistance. The final

straw (his “misconduct”) came when Kennedy was denied leave to attend his wedding, even though that leave had been approved over a year earlier. He went AWOL.

When he returned he was sent to a psychologist, who misdiagnosed him in a single appointment and suggested he be discharged. Kennedy was then sent to a psychiatrist, who gave him pills for two months but no treatment. Kennedy was then given a choice: join a new unit that was going back to Iraq – or take a General discharge. He made the decision to get out and seek help. Eventually both Department of Veterans Affairs and civilian doctors diagnosed Kennedy with PTSD.

Kennedy’s application to have his General discharge elevated to Honorable was turned down – twice – contrary to the 2014 Hagel memo. To read the whole class-action document, go online to [law.yale.edu/clinics/vlsc](http://law.yale.edu/clinics/vlsc) and search for Kennedy veteran lawsuit.

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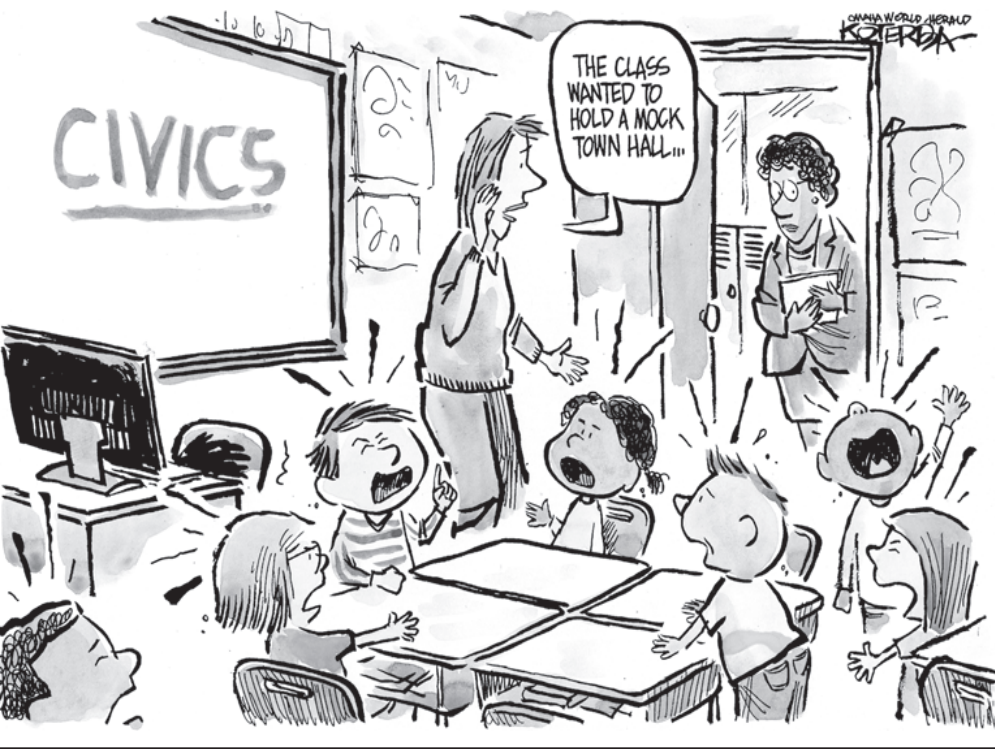
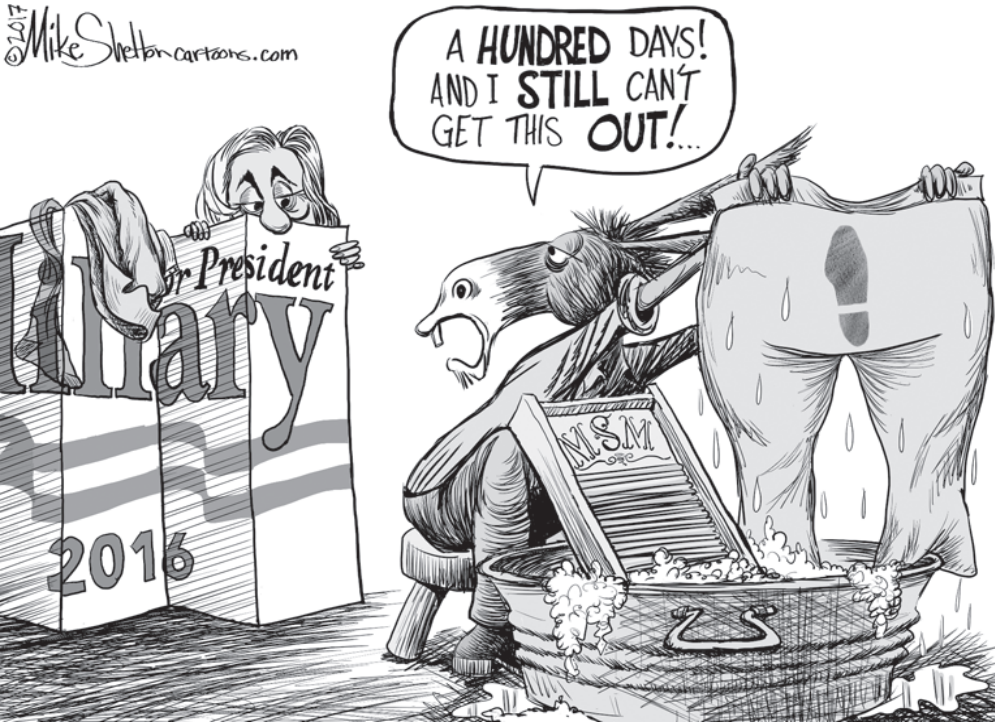


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View from here By Kris S. Held, M.D.

Make insurance affordable again

Republicans may take another stab at getting rid of ObamaCare, better called the Unaffordable Care Act. But most Americans will hold their applause until they find out whether this next attempt will improve their situation, or make insurance even more unaffordable and further restrict their ability to even have a say in their choice of doctors and treatment options.

RyanCare, better called ObamaCare 2.0, would have led to another 15 percent to 20 percent increase in premiums, according to the Congressional Budget Office (CBO). Based on CBO’s history, that’s probably an underestimate. A weatherman with such unreliable forecasting would undoubtedly get fired.

How on earth could the GOP bill be more expensive? And why in the world would the Republicans try to ram it through anyway?

The Ryan bill would have repealed the individual mandate – the tax penalty for being uninsured (being fined for not buying a government product). But, if people didn’t want to buy the Obamacare then, why would they want to buy it now, when it’s even more expensive and there’s no penalty for refusing to buy it?

What do people normally do when they experience sticker shock? They snicker, “No, thank you!” and jolt past the overpriced car loaded down with expensive options that they don’t want.

In a normal free market, people can look for a less expensive car or a different dealer. But ObamaCare outlawed the insurance products that millions of people had and were satisfied with. No more “bare bones” policies for instance. The leather seats and built-in entertainment “option” are no longer optional. And no heading to the dealer across the street – or the state line – who’ll make you a better deal. The government has fixed the prices, the products, and the dealers.

You may be shocked to hear that “free-market” Republicans didn’t fix that. They’ll let you do without the car, but you can’t get a cheaper one. After all, the Obama car features are immensely popular.

They are certainly popular with certain groups:

People who don’t have to pay the full price for the car because of the taxpayer subsidies, called tax “credits,” that are given even to people who don’t owe taxes, paid for by taxes of people who don’t get the credits;

People who get the equivalent of a Lexus for the price of a Honda because of some pricing rules that work like community rating for insurance;

People who “need” the entertainment option that those who abstain from illegal drugs, excessive alcohol, or promiscuity manage to live without;

The manufacturer of the expensive car;

The suppliers of the options;

Twenty-six-year-olds who are still dependent on their parents.

The Republican leadership is so far adamant about retaining the “guaranteed issue/community rating” features that always and everywhere send premiums

into the stratosphere. This means insurers can’t price their product by risk level. They can’t “discriminate” against bad risks. So the good risks say, “No, thank you,” and premiums go higher still.

Ann Coulter suggested a simple option: Let insurance be sold on a free market. She just wants coverage for things like broken bones, cancer, and heart attacks. She does not want to pay for sex-change surgery, infertility treatment, or drug rehab. There are probably many millions of Americans who would snap up such policies. Insurers could develop a whole range of innovative products – such as health status insurance or premier cancer coverage for low-risk people who unexpectedly get cancer.

The result would probably be an explosion in the availability of insurance products, and a dramatic decrease in the price of medical goods and services – once they are not bundled into enormous insurance premiums but have to show their worth to consumers who have choices. Disruptive innovation and creative destruction would abound.

There would no doubt be some people with pre-existings, through no fault of their own because of decades of misguided government policy. But when problems come up, we should find targeted solutions, instead of wrecking the insurance market, grossly inflating the cost of all medical care, and driving out doctors and facilities that can’t cope with the tsunami of regulations that attempt to substitute for the natural adjustments of a free market.

The greatest distress would be felt not by patients and taxpayers but by third party parasites – the swamp dwellers siphoning off a huge cut of some \$3 trillion passing through the third-party payment system each and every year.

We hear a compromise between conservatives and “moderates” has been suggested: allow states to apply for a waiver of the guaranteed issue/community rating rules. In other words, permit islands of freedom. We might see what such a controlled experiment would show.

Republicans must honor their word to repeal Obamacare. Retaining its inherent flaws while upping premiums and creating a new subsidy will prove as effective as painting it red, upping the sticker price, and adding spinners and neon. We must address the entrenched flaws that keep the costs up. We must continuously remind ourselves that the goal is survival of our patients, not the survival of big insurance corporations, political careers, and special-interest parasites. We need an ambulance not a Monster truck, and most importantly we must drain the swamp.

Kris Story Held, M.D. is a board certified ophthalmologist and ophthalmic surgeon. On October 1, 2015 her practice became completely third party free. Kris is actively developing an “alternate universe” with a group of San Antonio physicians, where physicians can practice through a direct patient care model called BridgeTwoHealth.com.

Send your news to wtxcc@wtxcc.com



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# The mouth without an off switch

By Steve Escajeda  
Special to the Courier

North Carolina pulled away from Gonzaga in the final moments to claim the 2017 college basketball championship, ending another chapter of March Madness.

The NCAA basketball season has been over for about a month now, but one individual has been busy keeping college hoops on the front of the sports pages.

No, it’s not a player who is being called the next Michael Jordan. No, it’s not a coach who is considering making a move to a bigger college. In fact, this person has no direct contact with college basketball whatsoever.

However, he does have direct contact, some might call it a smothering chokehold kind of contact, with some former and future college basketball players.

Of course I’m talking about the poor man’s P.T. Barnum of college hoops, LaVar Ball.

Ball is the father of former UCLA point guard Lonzo Ball and incoming UCLA

recruit LiAngelo Ball and high school junior to-be LaMelo Ball.

Or as daddy might like to refer them... God’s gifts to basketball.

There’s no doubt that all three are basketball stars, and dad never lets more than 15 minutes go by without reminds everyone of that fact... again.

Now while it’s certainly true that every dad has the right to be proud of his sons – how can he not be – but there’s a certain grace in humility and a quiet confidence.

What was that line Denzel Washington uttered in the movie American Gangster, “the loudest person in the room, is the weakest person in the room.”

And there’s little doubt that LaVar Ball will always be the loudest guy in any room.

Daddy Ball made headlines all season long. One of them was when he compared Lonzo to the two-time reigning NBA MVP Stephen Curry. Well, he didn’t really compare the two, he said his son was actually better.

After UCLA’s loss in the tournament to Kentucky, Ball said the team lost because his son suffered a hamstring

injury during the game and was quoted as saying, “realistically you can’t win no championship with three white guys because the foot speed is too slow.”

I have to admit that I’ve made some “slow white guy” basketball jokes in the past but, right or wrong, making comments like that doesn’t do any favors for his son’s relationship with his teammates.

Muhammad Ali made a career of constantly opening his mouth – but he could back it all up.

LaVar Ball said he would beat Michael Jordan in a 1-on-1 match.

After commenting on LeBron James’ sons on a radio talk show, LeBron told LaVar to, “keep my kids’ names out of your mouth.”

Ball also created a controversy when he made the statement that his son Lonzo would only play for the Lakers. Ball has also had public feuds with ESPN’s Stephen A. Smith and Charles Barkley.

The over-zealous father has even stretched his tentacles deep into his other two sons’ high school team, where he’s notorious for going to games and shouting instructions to his sons and the team that

contradict the coach.

After one game, the high school’s assistant coach said LaVar got the Chico Hills high schoolers out of their motel room and told them that it was his system that won. That they’re doing what he says. He was quoted as saying, “I run Chino Hills! I run UCLA, about to run the NBA.”

Ball has gone as far as forming Big Ballers Brand, which is his own marketing brand for his son’s merchandise.

But it appears that daddy’s mouth may finally be getting the best of him.

Because of his rhetoric and unrealistic demands, Nike, Under Armour or Adidas have announced that they will not offer an endorsement deal to his son Lonzo.

Does that bother Dad? Of course not. He’s proclaimed that his Big Ballers Brand will be the next Nike and will ultimately be more successful.

LaVar Ball feels the need for bombastically over-hyping his kids.

But with Lonzo leading UCLA the way he did, with his other two talented kids headed for UCLA, one of which scored 92 points in a high school game, the truth is they would have been famous any way.

What Daddy didn’t accomplish in his youth, shouldn’t be his kids’ problem.



– Photos courtesy of Cotton Valley Early College High School

**MAKING THE GRADE – Jennifer Gonzalez, left, and Samantha Ramirez will both receive a Bachelor of Science in Nursing (BSN) degree from UTEP on May 13. The young women cite their families as motivation to attain higher education.**

## College

From Page 4

for earning a university degree. Hogue, who has been the CVECHS principal for the past four years, said that the innovative program started with a freshman class of 75 students who became its first graduating class of 2014. The current enrollment at CVECHS is 258 students in grades 9 through 12.

“CVECHS is now graduating our fourth class in 2017. Each year we strive to increase student success, and we project to have 84 percent of our present senior class to receive their associates degrees with an average of over 55 college hours per student,” Hogue stated.

“Since CVECHS doors

opened in 2010, our students have successfully completed over 15,000 hours of college credit combined,” Hogue said. “Another item to note is that many of our students complete their associates degrees early and are able to begin work on their bachelors’ degrees at UTEP through the Early College High School scholarship program,” he said.

CVECHS is now accepting applications from current eighth grades students (Class of 2021). CVECHS is managed by FISD in partnership with EPCC, Fort Hancock ISD, and Tornillo ISD.

Hogue stated that even though Tornillo and Fort Hancock are phasing out of formal participation, student enrollment at CVECHS is being maintained,

and even has increased, through an open-enrollment process offered by FISD. The principal explained that students from the communities of San Elizario, Clint, Tornillo and Fort Hancock, as well as other surrounding communities, continue to be afforded the opportunity to attend CVECHS through FISD’s open-enrollment process.

“We are very proud of Jennifer, Samantha, Joel, Alexys, and Lorraine for their accomplishments and hard work, as well as being great role models for our students to follow. We are also looking forward to seeing more and more CVECHS students finishing up their bachelors’ degrees and moving into their chosen careers or graduate work,” the principal stated.

## A sporting view By Mark Vasto

### And so it goes...

It was Ted Turner who said (and I’m paraphrasing) that if you ever have a chance to own a baseball team, you should go ahead and do it because it’s a lot of fun.

It’s hard to argue with Ted when he’s making sense. This from a guy who owns an estate larger than the state of Connecticut, brought buffalo back to the dinner table and who once eloquently brushed aside criticism of his wife by declaring he had not, in fact, married “Hanoi Jane,” he was simply making out with Barbarella on a nightly basis.

To be sure, owning a baseball team puts you in an elite club. There are only 30 of them, so you don’t really have the luxury of comparison shopping. When one comes up for sale, if you’ve got the money and you still have a little bit of the boy (or girl) who collected baseball cards in a shoebox left in you, you make the deal. A quick look at the backgrounds of the current crop of MLB franchise owners shows them to be captains (or sons of captains) of industry, legal whizzes or savvy investors.

But as they often do, things got weird in Miami. The owner of the Miami Marlins, Jeffrey Loria, is considered by most observers of the game to be the worst owner in baseball. Remember the Billy Joel song, “Scenes from an Italian Restaurant”? It’s a song that details the life of Brenda and Eddie. At one point, they manage to decorate their first home with a couple of paintings from Sears. Billy didn’t know it at the time, but he was singing

about Loria... he was the guy in charge of buying the paintings for Sears. From there, he bought the Montreal Expos, killed them, bought the Marlins and despite winning a championship in 2003, has done nothing but insult the intelligence of Miami fans ever since. After NFL owner Dan Snyder, there is no more reviled owner in American sports.

Not too many players own franchises – Michael Jordan and Wayne Gretzky being the exceptions. Two years after his last hit, Derek Jeter collars Jeb Bush and ponies up \$1.3 billion in investment capital and suddenly the weed-cracked, empty parking lots in Miami are about to teem with new life. The fans get a team that will try to win, baseball gets their most bankable superstar back and the Bush family gets to make a few more headlines.

How quickly can a Jeter/ Bush-owned Marlins team turn it around? Let’s put it this way – the quickest way Jeb will ever see the inside of the White House will more than likely come via the hands and baseball mind of Jeter, and not any political action committee or otherwise wealthy donor. One can imagine that Jeb would not relish visiting the White House, current occupant considered, but you’d also have to think he’d have to feel a bit proud of the fact that he succeeded where both his older brother – a terrible owner of the Texas Rangers – and Donald Trump (who single-



Comix

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 80 years old, and have been bothered by frequent urination for many years. My urologist was constantly recommending a surgical procedure, and was performing diagnostic tests to determine what I already knew – that I do not void fully. I sometimes must urinate three to four times at night. I have not seen this urologist for more than two years. My question is: What are the risks of doing nothing? I was on Flomax and found it to be of no benefit. – W.B.

I have yearly checkups and blood tests. After looking over my yearly bloodwork, which we do at work, my white blood cell count is usually low, according to my hematologist. He had me do a total body X-ray and several blood tests over a three-month period and found nothing wrong with me. I did not mention the above to him. Can you tell me what can possibly be going on in my body? – A.N.

Since it has happened only twice in three years, and since you have had an evaluation without finding anything, it may just be one of those things that happens that we don't get an answer to. In fact, I think that is the most likely outcome.

However, whenever I hear about warmth all over the body, I worry about conditions that cause a release of substances that act on the blood vessels. Carcinoid syndrome and pheochromocytomas are two rare conditions that can cause a temporary flushing sensation, and you certainly should mention this to your doctor. Neither of them is likely, but you don't want to miss either possibility.

Sudden onset of weakness is a warning sign of a TIA or stroke, but your situation doesn't really sound like that. Still, giving your doctor the most information will help him decide whether this needs to be looked into further.

Difficulty urinating is a common problem for older men, and for many men, the symptoms themselves make them want to be treated. It sounds like you are asking if there might be additional downsides besides the symptoms. The major risk is that there might be a cancer, especially of the prostate, so seeing the urologist to look for cancer is important. Prolonged blockage occasionally leads to kidney damage, if the blockage is severe enough for long enough. Finally, having "stale" urine in the bladder predisposes you to infection. If your doctor finds you have good kidney function, no cancer and no infection, you don't need to get treated. That being said, there are other treatments besides Flomax that might help your symptoms

DEAR DR. ROACH: About three years ago, I was walking from the parking lot to church (not a long distance) and was overcome with a feeling of warmth and weakness throughout my body. I almost dropped my purse, but it stopped almost immediately. About three weeks ago, the same thing happened. I did not feel ill, and it passed almost as fast as it came on. I am 65 years old, exercise regularly and eat a healthy diet.

Dr. Roach regrets that he cannot answer all letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://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

FOWL TASTING

ACROSS

1 Kitchen head

5 Sail holders

10 Belt locale

15 Swedish auto

19 Verdi slave

20 Greek market of old

21 Act announcer

22 Big, wild cat

23 Start of a riddle

26 See 129-Across

27 In a way, informally

28 Tour crew member

29 Awaiting

31 Sit-up muscles

33 Below zero: Abbr.

34 Cozy retreat

36 Ear-related

37 Cheering words

40 Riddle, part 2

45 Et \_ (and others, in Latin)

46 Like \_ of sunshine

47 Like half the integers

48 “\_ culpa”

49 Nation south of Kenya

51 \_ tai (cocktail)

53 Feline zodiac sign

55 Titanic call

58 Riddle, part 3

63 “The Good Wife” ailer

65 Bucks and bulls

66 Attach

67 Lt.’s underling

68 Bandit-hunting band

69 Keys hitting piano

71 Heckling

73 Giggle sound

74 Scoundrel

75 Sharp left or right in a ring

76 Carry-\_ (plane totes)

77 Shearable male

78 Little kitchen raider

79 Riddle, part 4

84 Well-suited

85 Special time span

86 Hurly-burly

87 Masses near tonsils

90 Big tippler

92 Ring king

94 Muhammad

95 Students at Yale

96 Small cut

96 End of the riddle

102 Like quiche

103 “No men” palace area

104 Longtime delivery co.

105 Wrestler’s win

106 Alley-\_ pass

108 Cuts into the surface of

110 Juarez wife

113 “The Lorax” author

117 Concealed

obstacle

118 Riddle’s answer

122 “Citizen” of film

123 Pass on

124 Slip away from

125 Gillette brand name

126 \_Pei (kind of dog)

127 ISP customers

128 Fix, as a bow

129 With 26-Across, skills of the past

DOWN

1 Raven calls

2 Old Ritz rival

3 German river to the Fulda

4 Daydream

5 \_jong

6 Stress or sun, to some

7 Big Apple district

8 Hooky-playing

9 Smoothing machine

10 Existed

11 Grant with six Grammys

12 I, to Hans

13 Perceiving

14 Memphis loc.

15 Patty flipper

16 Northern lights, e.g.

17 Acela offerer

18 In a low way

24 Diner’s bill

25 Prefix with byte or watt

30 In no peril

32 Welsh city and county

34 Pulled off

35 Opposite of crosswise, archaically

37 Traitor type

38 Menu phrase

39 Retrospect

41 Ovine zodiac sign

42 Coal-rich German region

43 Make null

44 With frenzy

50 More wan

51 Fashioned

52 Rival of iOS

54 Canon shooter line

55 Gliding like a supermodel

56 Gridiron great

Merlin

57 Clay target sport

59 Judo-like cardio fad

60 Anxious

61 Hypothetical missing links

62 Trouble

63 Magna \_ (document of 1215)

64 Weakly hit fly ball

70 Give a line to

71 Many a Net game

72 Grooving on

73 Likes at once

75 Rattle

77 Base of a number system

80 Crumbly cheese

81 Drizzle, e.g.

82 Barn bundle

83 Sachet bit

88 Cutting barb

89 KGB figure

90 Actor Rod

91 Resistance measures

93 “\_ Miserables”

94 Make heroic

96 Scrambling kitchen tools

97 ESPN’s Storm

98 Mysteries

99 Shoves

100 Duel blade

101 Evening meal

107 \_Kosh B’Gosh (clothing brand)

109 Pale tan

110 “The \_ the limit!”

111 Lick soundly

112 German auto

114 Until

115 Quaint letter starter

116 See 120-Down

119 \_de France

120 With 116-Down, a tot travels in it

121 “Well, I’ll be!”

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Answer Page 4



**April 22, 1540: Spanish explorer Coronado began his search for Cibolo, the cities of gold. He gave up in 1542 – but he did discover Palo Duro Canyon.**



**Answer Page 4**

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