NEWSBRIEFS

Trees
Forests across America are a prized natural resource, and anyone can help plant trees in these vital areas by joining the Arbor Day Foundation this month. Through the Replanting Our National Forests campaign, the Arbor Day Foundation will honor each new member who joins in July by planting 10 trees in forests that have been devastated by wildfires, insects, and disease. The cost for joining the Arbor Day Foundation is a $10 donation. America’s national forests face enormous challenges, including unprecedented wildfires that have left a backlog of more than 1 million acres in need of replanting. The Foundation has worked with the United States Forest Service for more than 25 years to plant trees in high-need forests. Our national forests provide habitat for wildlife, keep the air clean, and help ensure safe drinking water for more than 180 million Americans. To join the Arbor Day Foundation and help plant trees in our national forests, send a $10 membership contribution to Replanting Our National Forests, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410 or visit arbor day.org/july.

— Danny Cohn

Automobile vending machine
Some car dealers will go to great lengths to put prospective customers in the driver’s seat including the creation of giant vending machines, reports the Association of Mature American Citizens. The Web site, futurism.com, recently reported that Singapore’s Autobahn Motors built one that dispenses luxury pre-owned vehicles. Autobahn’s 15-story skyscraper has see-through slots for displaying up to 60 automobiles and “instantly” delivers cars to buyers, just like a coin-op dispenser delivers candy. It is not a new idea. Car dealer, Carvana, says it opened its five-story auto vending machine in Nashville in 2014.

— John Grimaldi

Wanted
A man robs a bank inside of a grocery store in Socorro, Texas. Security cameras captured the suspect and investigators from the Socorro Police

There is a mad scramble to improve just about everything in the world except people.

— Quips & Quotes

Fireworks sales allowed in El Paso County

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso County residents will be able to celebrate the Fourth of July with fireworks around unincorporated areas of the county. Fireworks stands are now open for business.

El Paso County Commissioners recently took no action on banning fireworks because the Keetch-Byram Drought Index did not meet the drought conditions to call for a ban. However, fireworks are still not allowed in the city of El Paso, Horizon, Clint, San Elizario, and the Village of Vinton.

The city of Socorro will have a fireworks display as part of its Independence Day Extravaganza, from 7 p.m. to midnight, Thursday, July 1, at Cougar Park.

Admission will be free. In Anthony, Texas, individuals can purchase fireworks starting this week but they can only pop them on the Fourth of July.

The city of Anthony, New Mexico has a fireworks ordinance that allows the use of fireworks through July 6.

The index must reach 575 before June 15 in order for the county judge to declare an emergency disaster declaration and ask the governor to restrict the sales of sticks and fins fireworks. Those are considered more dangerous because they shoot into the air and are hard to control. The most recent drought index reading was at 528, according to county officials.

“We did not meet that index… we are essentially in the same spot we were last year,” County Judge Veronica Escobar stated recently.

The drought index ranges from zero to 800, with zero representing no moisture depletion and 800 representing absolutely dry conditions, according to the Texas Weather Connection.

Fireworks in the county were allowed last year after a five-year ban due to the dry conditions in the region.

Sheriff Richard Wiles to be Parade Marshall in July 4th Rotary Parade

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Rotary Club of West El Paso invites the entire community to attend the 21st Annual Independence Day parade on Tuesday, July 4th in West El Paso.

For nearly two decades West El Paso’s biggest parade of the year has been the Independence Day Parade sponsored by the West El Paso Rotary Club.

“This year’s parade with the theme “Salute to Freedom – Texas Style” will be no different. With the financial support of community parade sponsors like the Rotary Club of West El Paso, the City of El Paso, Sunset Funeral Home, Western Refining, United Bank of El Paso, Home Pros, Kemp Smith Law, United Blood Services, PET’s Barn, ServPro, Klein Enterprises, LLC, and Barnett Harley-Davidson this year’s parade promises to be another fun family event,” said Rick LoBello, Rotary Club member.

The parade will start at 9 a.m. at the Western Hills Methodist Church (530 Thunderbird Street). The parade route will begin at Thunderbird, then left at Shadow Mountain Road, right on Mesa Street, and then proceeds to Coronado High School.

For more information about the event, visit the group’s website at july4parade.com and facebook.com/rotaryjuly4parade; or call Don Powell, at (915) 235-7869.

House Bill 25 removes option for straight-ticket vote from Texas ballots

By Alfredo Vasquez
Special to the Courier

TEXAS – Texas voters will no longer have the straight-ticket option to vote for an entire party’s slate. Under House Bill 25 that was signed recently by Governor Greg Abbott, the new law will eliminate the straight-ticket voting option starting in September 2020.

Straight-ticket voting, the option for voters to check one box to cast a ballot for every candidate from a single political party, accounted for nearly 64 percent of total votes cast in Texas’ 10 largest counties in the 2016 general election. Supporters of the bill say removing the option will force voters to make more informed decisions in individual elections, but opponents say the legislation will disproportionately impact minority voters.

During the Legislative session the

Kathleen Turner to appear at Plaza Classic Film Festival

By Doug Pullen
Special to the Courier

EL PASO COUNTY – Academy Award and Tony Award nominee Kathleen Turner will appear at the 10th anniversary edition of the El Paso Community Foundation’s Plaza Classic Film Festival.

The two-time Golden Globe Award winner will sit down for an on-stage interview before a showing of the Francis Ford Coppola-directed Peggy Sue Got Married (1986) at 7 p.m. Friday, August 4 in the Plaza Theatre.

She’ll return to the Plaza stage the next day to appear with another box-office hit, Romancing the Stone (1984), at 3:30 p.m. Saturday, August 5.

Turner will also appear for an autograph signing from 1 to 2:30 p.m. Saturday, August 5 in the Foundation Room, 333 N. Oregon Street, across from San Jacinto Plaza.

Turner, known for her intense performances and sensuously husky voice, was nominated for an Academy Award for her portrayal of the time-traveling Peggy Sue Bodell in Peggy Sue Got Married. She won a Golden Globe for playing romance novelist Joan Wilder in Romancing the Stone.

She also is known for the movies Body Heat, Crimes of Passion, Prizzi’s Honor and The War of the Roses, and for providing the voice of Jessica Rabbit in Who Framed Roger Rabbit.

She received Tony nominations for her performances in Cat on a Hot Tin Roof and Who’s Afraid of Virginia Woolf? on Broadway. Her TV credits include

See VOTE, Page 4

See FESTIVAL, Page 8
Turning your hobby into a career

You can break personal finance into three broad categories:

income, expenses and savings. Your personal cash flow

VETERANS POST

By Freddy Groves

16 agencies scammed, and no one noticed

A former National Guard veteran is going to jail for a long-running scam that netted him more than $750,000.

The big question is how this could involve 16 different government agencies and have gone on for so many years. Those agencies included the Department of Veterans Affairs, the Department of Commerce, Social Security Administration and his state’s employment security department.

The scam started in 2005 when Darryl Wright was serving in Iraq as part of the National Guard. He banded some considerable distance away, and no one was injured. Wright, however, took it as an opportunity to cash in, beginning with using a fake photo of a damaged vehicle as part of his claim.

Among the many ways Wright had his hand out for money:

• His sister was recruited as his caregiver and was paid big money. The claim was that he couldn’t even get out of bed two-to-five days a week, he was coaching a high-school team and playing basketball. He also was employed full time at the Department of Commerce.

• He then claimed disability at his Commerce job, defrauding the Office of Personnel Management, and turned in fake orders about being on military leave. He defrauded the state by claiming unemployment and used his alleged disability to keep from paying his student loans, defrauding the Department of Education.

The only person to catch on was a co-worker at Commerce who discovered the fake military-leave documents. Wright threatened a lawsuit, and as a result Commerce tried to suspend the co-worker. She had to spend thousands of dollars to defend herself. And did I mention that Wright also pushed for and received a Purple Heart and Combat Action Badge?

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You can break personal finance into three broad categories:

statement lists your income and expenses and a common goal is to end each month with a positive balance – with money left over to put into savings.

We often tend to focus on how to make the most with what we have, but don’t forget the third category. With planning, dedication and an understanding of how your skill set could benefit clients, you could make the transition to a more entrepreneurial role and increase your income.

A friend recently shared her experience. She started working out while looking for a way to release stress. Soon, exercise became her hobby. And then her passion. Several years later, she got the necessary training and certifications to go into business for herself as a fitness instructor and personal trainer.

Others have similar experiences. A photography or coding course sparks intrigue, which leads to exploration as a hobbyist and an eventual career or part-time income source. Or in later life you may decide it’s time for something different and then setting off on an entirely new path.

Acknowledge that you may be giving yourself a new job. First, consider whether you really want to turn something you enjoy into a financial pursuit. Some people find that the transition can “ruin” their hobby in a way – it could feel like a chore or job rather than an enjoyable outlet. As long as it doesn’t require a substantial upfront financial investment, testing the water before diving in fully could be a good idea.

With the proper clearance, you can stay at your current role and start a small side business or offer your services as a freelancer to see what the experience will be like (and how much money you can make). You might find that a profitable, or cost-covering, hobby is enough.

Identify ways to make your offering uniquely yours. No matter how hard you try, you can’t will money into existence. It will take a lot of work to make a business succeed and even with a driven entrepreneur at the helm, many businesses don’t make it past the first several years.

But whether you’re creating and selling a physical product or offering a service, you bring a unique set of skills and experiences to the table. Try to figure out how these can distinguish your offerings or add a unique twist that will help potential customers meet their goals.

Businesses succeed for a variety of reasons. They might have something entirely new, figure out how to make something less expensive or more luxurious, put their efforts into customer support or figure out a fun and creative way to advertise their product.

Figure out who your target customers are and what they like. If you’re going to make money you’ll want to identify a target market. Generally, this will be a group of people who want and can afford your offering. Both qualifiers are equally important.

Be brutally honest with yourself. There isn’t always a profitable market, and some hobbies don’t make great businesses.

Working within a proven market – selling something that people already buy – can be a good thing because you know there’s at least some demand. From there, you can figure out the best way to find customers that like the twist or extra touch you’ve put in.

Drawing on my friend’s experience, she has discovered several ways to attract her clients. Some people already have an active lifestyle and don’t necessarily need motivation. For them, she emphasizes her knowledge of fitness and health.

She can craft a meal plan that aligns with their physical goals and work with them to improve their form and help prevent injuries.

With clients who are struggling to get started, she emphasizes the value of having an accountability partner. She takes the planning and worry out of working out; they just need to show up.

Are you ready to take action? Managing spending while you earn are essential elements of any financial life. With some thought and planning you could grow another essential element – your income – while doing something about which you are passionate.

This article is intended to provide general information and should not be considered health, 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.
SISD Technology Services wins 2017 Tyler Public Sector Excellence Award

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District’s (SISD) Technology Services Department has been selected as a 2017 Tyler Public Sector Excellence Award winner.

SISD competed against several public sector agencies that use the Tyler SIS product for the award, which recognizes Tyler Technologies clients who demonstrate leadership, innovation and excellence in developing, deploying and maintaining Tyler solutions in new ways. As an Excellence Award recipient, the team was presented an award at the Connect 2017 conference in San Antonio.

“We are honored and excited to receive the award,” said Hilda Miranda, SISD student systems coordinator. “My team, in collaboration with campus administrators and their campus registration teams have worked very hard to promote and assist our parents. Our volumes of our community embracing online registration speaks in completing online registration speaks in completing online registration completion. The innovative online process improved data quality and ensured district resources supervision, as well as online registration and record management to improve data quality and ensure district integrity.

SISD’s first year of online registration, 2015-2016 school year, resulted in a 90.26 percent registration completion for returning students before the first day of school. The innovative online process saved the district more than $58,000 in supplies, overtime, mailings and postage.

“The Tyler SIS online registration process was a great success for our district,” Miranda said. “The parent participation in completing online registration speaks volumes of our community embracing new technology.”

Online registration allows parents to verify student data, update contact information, complete required yearly registration forms and review critical decision information and policies at their own convenience.

Briefs
From Page 1

Can you identify this Wells Fargo Bank robbery suspect?
Department are asking for the public’s help in identifying this suspect through Crime Stoppers. On Saturday, June 17, 2017 at 11:00 a.m. the suspect walked into the Wells Fargo Bank inside the Food King at 10720 North Loop. The suspect approached one of the teller windows and threatened one of the employees and demanded money. The suspect fled the scene with an undisclosed amount of money. The suspect is described as a Hispanic male, 5’6” tall, wearing a yellow traffic safety vest over a red/orange shirt, and blue jeans. The suspect was last seen leaving the front of the Food King grocery store. Anyone with information on the identity of this violent robber should call Crime Stoppers of El Paso at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

Wanted 2
A man holds up an east El Paso convenience store at gunpoint. Investigators from the El Paso Police Department are asking for the public’s help in identifying this violent robber through Crime Stoppers. On the afternoon of Friday, June 2, 2017 just before 2:30 p.m. a man walked into the Seven Eleven store at 2050 Trawood. The suspect walked up to the clerk and placed a backpack on the counter. He was holding a handgun and demanded money from the business. The suspect managed to take an undisclosed amount of cash. He is described as a dark-skinned Hispanic, dark eyes, approximately 5’4” in height, and a thin build. He wore a black ski mask with white lines on the bottom, a black sweatshirt, green pants, and black high top style shoes. The suspect may have fled the scene in a white Chevrolet Tahoe that was parked at the neighboring YMCA. The vehicle fled the scene southbound on Lakewood. Anyone with information on the identity of this violent robber should call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

To Advertise Call 852-3235
Public Notice

Village of Vinton, Texas

BECC Projects

The Village of Vinton, Texas, will hold a PUBLIC HEARING in regard to the request for financial assistance from the Border Environment Cooperative-Commission (BECC) and the Environmental Protection Agency (EPA) for the construction of city-wide water and wastewater system.

Date: Wednesday, July 19, 2017
Time: 6:00 P.M.
Location: West Valley Fire Station
510 E. Vinton Road
Vinton, Texas 79821

The purpose of this meeting is to allow citizens an opportunity to discuss the application and proposed projects. The Village encourages citizens to participate and to make their views known at this public hearing. Citizens unable to attend this meeting may submit their views and proposals to City Hall at least two days before the meeting so that appropriate arrangements can be made.

May It Also Be That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

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

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

American Heart Association
Fighting Heart Disease and Stroke

Montwood HS earns national recognition as model campus

Campus earns designation as a 2017 RAMP school

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – Montwood High School was recently named a 2017 Recognized ASCA Model Program School by the American School Counselor Association. The campus is the only school in Texas and one of 104 across the country to be honored for its exemplary commitment to offering a comprehensive school counseling program.

“I’m very proud of our counseling team,” said Rosemary Mireles-Menchaca, Montwood High School principal. “This process was long and rigorous but our counseling team has been working really hard to get systems in place that support the ASCA model of counseling. They work very well together to meet the academic, social and emotional needs of students.”

The RAMP designation recognizes school counseling programs that are dedicated to delivering a comprehensive, data-driven and an exemplary educational environment to students.

“This is very exciting as Montwood is the only Texas school to be recognized. This is a huge endeavor!”

To apply for the RAMP designation, schools must collect extensive data and information, a process that takes an entire academic year.

“This year’s RAMP honorees have shown their commitment to students and the school counseling profession,” said Jill Cook, ASCA assistant director in a press release. “RAMP designation distinguishes these schools and encourages school counselors nationwide to strive for excellence.”

Montwood High School will be honored at the annual ASCA conference in July where they will receive an engraved plaque to display at their campus.

Strange But True

By Samantha Weaver

• It was American civil-rights leader Martin Luther King, Jr., who made the following sage observation: “We all too often have socialism for the rich and rugged free market capitalism for the poor.”

• If you go on a road trip to the Northwest Territories of Canada, keep an eye out for the unusual license plates—they’re shaped like polar bears.

• When he was 66 years old, American novelist Edgar Rice Burroughs—beloved creator of Tarzan and Mars explorer John Carter—served as a war correspondent, going along on bombing runs during World War II.

• Did you ever wonder what makes vanilla different from other kinds of vanilla? Evidently, French vanilla contains egg yolk.

• If you’re like me, you have fond memories of a bookmobile visiting your neighborhood. For more out-of-the-way locales, though, there are other kinds of mobile libraries. For instance, residents of some parts of Norway look forward to the arrival of Epos, a library on a boat. In addition to space for 6,000 books, the boat has room for author readings and other literary events.

• In Vietnam, the conflict that Americans commonly call the Vietnam War is known as the Resistance War Against America, or just the American War.

• You might be surprised by the strength of the mantis shrimp. When it swings its claw at its prey, it doesn’t have to hit the creature—the shock wave from the attack is often enough to stun or kill the animal.

• Social scientists say that the first businesses to get set up in a new neighborhood—and the last ones to flee dying communities—are churches and liquor stores.

Thought for the Day: “My country is the world, and my religion is to do good.”

— Thomas Paine

(c) 2017 King Features Synd., Inc.
Buck up every rider for every trip.

State law now requires both adults and children to be belted for children three years old or older, unless taller than four feet.

Police must take such safety measures if they believe the need a booster seat to be safe and comply will state law. For more information, you can call 915-229.18.000 or visit www.txdps.state.tx.us/SAFETY/BOOSTER.htm or 855-349-5097.
The key to keeping anything fresh and exciting is to constantly tweak it. Stagnation in sports is never a good thing. Ask anyone associated with Major League Baseball, which has been stuck in a time warp for over a century.

Whether its rules or relocations or logos or even shameful gimmicks, every league had better be moving forward, or it'll suffer the alternative. The NBA season just concluded with the Golden State Warriors winning their second championship in the last three years. While everyone either loves to root for, or against, a dynasty, it’s not good when the team on top can’t even find a sniff of competition.

And that’s exactly what the NBA suffered from this season. The regular season and especially the playoffs, were excruciatingly boring because everyone, including grandma, knew that the Warriors and the Cleveland Cavs were going to meet in the finals. Just like in any relationship, once things get predictable, they turn sour pretty quickly.

Everyone who follows the game knows exactly who the good teams are, who the middle-of-the-pack teams are, and which teams barely have any business being in the league at all. And guess what, there hasn’t been any changes to that list in a few years… boring!

But just when it appeared that the NBA was going to go through another predictable copy-and-paste season in 2018, last week happened.

The NBA draft introduced a bevy of new faces and talent into the league that many feel will change things for the better. When you throw in a few trades and some upcoming free agent moves, the league will look quite different next season.

And that’s always a good thing. The biggest story of the draft has to do with Lonzo Ball and his new team, the Lakers, for many reasons.

Can Ball bring the Lakers back to prominence? Will Magic Johnson’s influence make a difference? Whatever kind of controversy will LeVar Burton’s Ball’s mouth bring to the team? Of course it didn’t take long for LeVar, who said because the Lakers drafted his son, they were guaranteed to make the playoffs next season. Whether you love daddy Ball or hate him, he’s never boring and that will bring tons of attention to a team that isn’t used to needing any – but does now.

Then there was the shocking trade of Chicago Bulls’ Jimmy Butler to Minnesota. Many might think, what in the world is Butler going to do in Minnesota, a perennial loser?

But think about it, the Timberwolves now have Butler, and Karl Anthony-Towns (25 points, 12 rebounds) and Andrew Wiggins (23.6 points) and Ricky Rubio (11 points, 9 assists). I’m not saying we’ll see them contend for a title this season, but don’t be surprised if the 31-31 team turns those numbers around in 2018.

Then there are the Boston Celtics, who are coming off a season in which they had the best record in the Eastern Conference; though everyone knew the best team was still the Cavaliers. But Boston just got even better by drafting Jayson Tatum with the third pick. Plus, there’s been talk all season that Utah all-star Gordon Hayward will sign with the Celtics soon.

With a year’s experience and the confidence of winning the East behind them, the Celtics should be considered a real threat next season.

It’s getting even better. The Clippers’ Chris Paul and Blake Griffin have both decided to stay the free agent this year. Obviously both will affect greatly whatever team they sign with.

There’s even talk that Clippers’ center DeAndre Jordan will be traded.

Because of draft picks and trades, don’t be surprised if teams like the Charlotte Hornets and the Philadelphia 76ers see a move upward. Again, any shift up or down by teams is a good thing for the league. The unknown is quite exhilarating. Just like when you walk out of movie theater saying to yourself, “man, I never even saw that coming.”

I’m not saying that the rest of the league has caught up with Golden State just yet, they are still the prohibited favorites to win it all next season. But it’ll sure be fun talking about someone else for a change.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2017 King Features Synd., Inc.
Hydroquinone inhibits an enzyme necessary for making melanin, so if the darkening of the skin on your face is due to melanin (and most are), then hydroquinone ought to work. It’s also possible that the 2 percent strength of hydroquinone isn’t strong enough for you. Concentrations over 2 percent (up to 4 percent) are available only by prescription. Also, sunlight can reverse the effect of hydroquinone, so you need to stay out of the sun. I’d recommend both sun-protective clothing (e.g., a hat) AND a sunscreen of level 35 or higher. Not only will sunlight reverse the lightening effect, but your skin is more sensitive to the harmful and potentially cancer-causing effects of the sun after using hydroquinone.

Hydroquinone can be very irritating to some people. A rare complication is ochronosis, a blue-black discoloration of the skin. The safety of hydroquinone is argued: It has been banned in Europe, although ochronosis happens primarily in Africa, where large portions of the body are often treated and the purity of the product is, at best, questionable. It’s unlikely that hydroquinone has made the problem worse, but I can’t answer if things would be worse if you hadn’t used it. As far as my recommendation goes, think twice before lightening the skin at all, and consider other options, including covering makeup or laser surgery. If you decide to continue hydroquinone, I would first visit a dermatologist to diagnose the type of dark coloration, give you your personal options and then use prescription-grade hydroquinone, if appropriate.

DEAR DR. ROACH: I had tinnitus. I read a lot and found a research study at the Mayo Clinic that tests the effectiveness of magnesium 500 mg daily for moderate to severe tinnitus. I took a 300-mg tablet of magnesium (over the counter) and got relief fairly rapidly from the tinnitus. I stayed on the magnesium for about a year. Occasionally, it returned, and I went back on that supplement. – Anon.

The results of the study you found are not yet available, but I think there has been enough published on the possible effectiveness and safety of magnesium supplementation.
Moore Texas by Roger Moore
Over 230 meteors have been cataloged as falling in Texas. The sky is falling!!!!!

Festival
From Page 1

Friends and California. Kathleen Turner joins animation legends Don Bluth and Gary Goldman as special guests at this year's 10th anniversary Plaza Classic Film Festival, Blath, an El Paso native, and Goldman will appear Aug. 12-13.

Security
From Page 6

snumber. In fact, you may be able to apply for a replacement card with a my Social Security account, if you meet certain qualifications, at www.socialsecurity.gov/myaccount.

• Noah, Emma, Liam, Olivia... are these the most popular baby names for 2016 in the U.S. or in your state? Discover the trends in baby names or take our online quiz to help you pick the ideal name at www.socialsecurity.gov/babynames.

• Do you have to pay taxes on Social Security benefits? How do you apply for Social Security retirement benefits? What is your full retirement age? Discover the answers to your Social Security related questions at our Frequently Asked Questions page at www.socialsecurity.gov/faq.

Here’s a Tip
By JoAnn Derson

• “Here is my tip: When closing a plastic bag, use a clip-type wooden clothespin with a metal springform. It holds much better than a ‘twist tie’ and takes less time and effort to use. Keep a bunch in a kitchen drawer with rubber bands and other handy things. They’re not expensive and can be used over and over again.” – S.L. in Illinois

• If you are sensitive to the smell of leftover coffee grounds, here’s a tip from E.O’B. in Delaware: “Line a 34.5-ounce coffee can with a plastic bag and dump the filter and grounds in it every day. Keep lid on. At week’s end, or trash day, tie up the bag and put in trash.” (Or the compost pile! – JoAnn)

• If you’re watching what you eat, try food logging for a week. You may be taking in more calories than you think. Write down everything you eat and drink – including tiny treats or spoonfuls you eat while cooking! – and use an online calorie counter or get a book from the library. You might surprise yourself.

• M.A in Oklahoma has a novel tank for her fish: a coffee pot! It’s economical – most thrift stores sell glass coffee pots for $1 or less – and easy to handle, too. She has two pots, and when it’s necessary to clean one, she pops the fish right into the other pot with no fuss. She can even transport her fish easily around her apartment.

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

Weekly SUDOKU
by Linda Thistle

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, 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: ***

GO FIGURE!

Answer Page 4

Weekly SUDOKU
by Linda Thistle

1 7 2
9 8 1
6 3

2 1 6
3 9 2
8 4 5

5 4 8 2 7

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: ★★

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: T equals Y

CPAU Z LIT KQ QNKYKUL DPSVLPVID
PKO CPVYAA YKBA, K LIAQP PA’Q
LSKUUULK BSVN TAZS DV TAZS.

Answer Page 4

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FEAR KNOT

By J. Johnson

EAP
doubt? . . . or dare?

TOLMET
DATPO
TSBA
TARPDO

PM

EARP

BROAT

OBR

STISHE

SERO

OTMA

Unscramble these twelve letter strings to form each into an ordinary word (ex: HAGNEC becomes “CHANGE”). Prepare to use only ONE word from any manual (♥) letter string as each unscrambled word must use only one word (ex: ♥RATHE becomes “RATER” or “EARTH”). Fit each string’s word either across or down to knot all twelve strings together.

NEW 50 FEAR Knot puzzles $3.99 • Six Volumes • Order at rbnamall.com

Health
From Page 7

that it is reasonable to give it a try. Magnesium deficiency is common, especially in people taking diuretics (“water pills”) for high blood pressure. The major side effect of magnesium supplementation is diarrhea, which is unlikely at a low dose.

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