

NEWSBRIEFS

Identity theft

Identity theft is one of the fastest growing crimes Americans face, with losses in the billions of dollars annually. El Paso Community College (EPCC) Senior Adult Program will host SHRED-IT on Saturday, Nov. 4, 2017 from 8 a.m. – noon at the EPCC Administrative Services Center Building B, 9050 Viscount. SHRED-IT will inform people about what they can do to stop scams and having their identity stolen. There will be access to free professional quality document shredding services with presentations on how to prevent identity theft and scams. “Throughout the years, the EPCC Senior Adult Program has developed partnerships with organizations to serve the community,” Mary Yañez, EPCC Senior Adult Program Director said. “At this first Identity Theft Awareness SHRED-IT event, we welcome individuals to bring their personal documents for professional shredding and information on preventing identity theft.” For more information, contact the EPCC Senior Adult Program (915) 831-7801.

– Jim Heiney

Monthly market

The Socorro Independent School District (SISD) is hosting their monthly Farmers and Artisan Market on Sunday, Nov. 5 at the SISD Student Activities Complex (SAC) at 1300 Joe Battle Dr. The event will include products from local merchants and artisans, food and live music. Children’s entertainment, student artwork, organic produce, jewelry and beauty products also will be available. A free beginner’s yoga class will take place from 9 a.m. to 10 a.m. and a Stop Hunger Walk from 10 a.m. to 11 a.m. Fitness participants must wear tennis shoes and bring their own yoga mat. Walkers can register individually, or as a team, online at <https://www.sisd.net/Page/57684>. There will be live music from 11 a.m. to 1 p.m. Vendors interested in participating should submit an online application. Applicants must have the proper licensing permits from the City of El Paso. To apply, visit the district’s marketing website at <https://www.sisd.net/Page/57684>. The SISD Farmers and Artisan Market takes place once a month on Sunday. For

See BRIEFS, Page 2

Middle age is when you start eating what’s good for you instead of what you like.

– Quips & Quotes



– Image courtesy of The Tom Lea Institute

LARGE ART – The recently-created Tom Lea Heritage Trail includes six large murals painted by Lea. Above is a panel of the *Pass of the North* mural at the historic Federal Courthouse in downtown El Paso.

Texas Heritage Trail named for Tom Lea

By **Alfredo Vasquez**
Special to the Courier

EL PASO COUNTY – Tom Lea, El Paso’s world-renowned artist, now has a Texas heritage trail named after him. The special designation was authorized by Governor Greg Abbott in June with the official proclamation made in October. The newly-created Tom Lea Trail is the first heritage trail in the state named for an artist.

The Tom Lea Trail honors Lea’s contributions as a muralist, World War II correspondent, illustrator, historian, and writer, state officials proclaimed.

The trail connects 11 cities and nearly two dozen locations in Texas where Lea lived, worked, and left his mark. The cities are Odessa, Seymour, Dallas, Waco, Bryan/College Station, Galveston, Austin, Fredericksburg, Kingsville, Hebbronville and El Paso.

The trail includes six large murals painted by Lea. Among the murals

included are the *Pass of the North* in the historic Federal Courthouse in El Paso, *Stampede* in Odessa, and *Comanches* in Seymour.

“The concept of the Tom Lea Trail came from my experience in Italy more than 40

years ago, traveling its back roads along the Piero della Francesca Trail, where the magnificent frescoes of a Renaissance master are found,” Adair Margo, founder

See LEA, Page 3



– Photo courtesy The Tom Lea Institute

AT WORK – Tom Lea painting at his central El Paso studio in 1973.

*Tom Lea’s works
“will take you to
places that just
nourish you and
really excite you
about the
foundations of
our history.”*

– Adair Margo
Founder, Tom Lea Institute

Briefs

From Page 1

more information, contact SISD marketing and sales coordinator Erika Lucero by email at elucero01@sisd.net or visit www.sisdmarketing.net.

– Christy Flores-Jones

Lottery ticket

Jimmie Smith of East Orange, NJ is a lottery ticket hoarder. He has old tickets going back many, many months and doesn’t check them very often. But, when a local newscast reported that a jackpot awarded over a year ago remained unclaimed, he decided to check his cache of tickets and found the winning numbers, worth \$24.1 million, says the Association of Mature American Citizens. Smith told the news service, UPI, that he’s been playing the lottery since the 1960s, but is never in a hurry to check the winning numbers. “I always told myself, ‘I’ll check them when I have the time,’” he said.

– John Grimaldi

Texas finances

With about two in five U.S. adults grading their knowledge of personal finance a “C” or worse, the personal-finance website WalletHub conducted an in-depth analysis of 2017’s Most

& Least Financially Savvy States. In order to determine where Americans practice the best money habits, analysts compared the 50 states and the District of Columbia across 23 key metrics that speak to their residents’ financial savvy or the lack thereof. The data set ranges from annual savings-account average to personal-bankruptcy rate to credit-card debt as a share of income. Texas ranked 33rd overall. Texas was:

- 44th – Median Credit Score;
- 16th – Mortgage Debt as percent of Median Income;
- 15th – Foreclosure Rate;
- 29th – Percent of Credit Usage;
- 38th – Housing Expenses as percent of Median Home Price;
- 42nd – Percent of Unbanked Households;
- 38th – Delinquency Rate on Mortgages, Auto Loans, Student Loans & Credit Cards;
- 15th – Percent of Adults Spending More than They Earn;
- 35th – Percent of Adults with Rainy-Day Funds; and
- 15th – Total Debt as percent of Median Income.

Please visit <https://wallethub.com/edu/most-and-least-financially-savvy-states/20496/> for the full report.

– Diana Popa



1973
44
Years
2017

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Homesteader
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– Image courtesy of The Tom Lea Institute

LARGE ART TWO – A door separates this panel of Lea’s mural from the panel on Page 1. Both are part of the *Pass of the North* mural in the atrium in the Federal Courthouse in downtown El Paso.

Lea

From Page 1

of the Tom Lea Institute, related during the recent dedication event held at Tom Lea Park, which is located in central El Paso. “They were the same murals Tom Lea saw in 1930 as a 23-year-old, saying he found the paintings he looked for his entire life,” Margo added.

State Representative Joe Moody stated during the dedication ceremony that the Lea trail is really historic for the City of El Paso because it has always been the Tom Lea capital of Texas, “but now with the creation of the Tom Lea Trail, we are truly going to see that rich history weave in and out of our state and the hub being right here on the border,” he said.

Lea was born in El Paso in 1907. After displaying a natural aptitude for painting and drawing as a child, Lea received formal training at the Art Institute of Chicago from 1924 to 1926, and as apprentice and assistant to the Chicago muralist John Norton from 1927 to 1932.

In 1930, Lea traveled to Italy to study the techniques of Renaissance wall painting. One of his early murals, *The Nesters*, painted in the Post Office Department Building in Washington, D. C., won a national competition in 1935. He followed that with a commission to paint the mural, *Pass of the North*, in the United States Court House in El Paso.

During World War II, Life magazine hired Lea as a war correspondent/artist to cover the war in the Pacific. Lea’s experiences during the war supplied him with ample material as a writer, leading to the publication of *A Grizzly from the Coral Sea* (1944) and *Peleliu Landing* (1945).

After the war, Lea began to write fiction, including *The Brave Bulls* (1949), *The Wonderful Country* (1952), *The Primal Yoke* (1960), and *The Hands of Cantú* (1964). The *Brave Bulls* won the Carr P. Collins Award of the Texas Institute of Letters for best book by a Texan, and *The Hands of Cantú* won the Texas

Institute’s Jesse Jones Award for the best work of fiction by a Texan. Also, both *The Brave Bulls* and *The Wonderful Country* were produced as motion pictures.

Lea continued to write non-fiction, including the two-volume *The King Ranch* (1957), *A Picture Gallery* (1968), and an account of King Ranch

operations in Australia, titled *the Crucible of the Sun* (1974).

In 1946, Lea was commissioned by *Life* magazine to paint a series of canvases depicting Western cattle, which Life presented to the Dallas Museum of Fine Arts. In 1953, the University of Texas Press published *Tom Lea: A Portfolio of Six Paintings*

with an Introduction by J. Frank Dobie. Lea’s first large exhibition was mounted in 1961 at the Fort Worth Art Center. Lea, who died in 2001, also had exhibitions at the El Paso Museum of Art and the Institute of Texan Cultures in San Antonio.

The recent Lea Trail announcement came during the

tenth annual Tom Lea Month (October) observance, when the public is treated to an array of activities including programs, exhibits, and presentations throughout the state.

For more information about the annual event and about the Tom Lea Trail, visit the institute’s website at tomlea.com.

Your new neighborhood hospital is now open in Horizon City.

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View from here

By Jane M. Orient, M.D.

Who benefits?

The opioid disaster

The opioid crisis in America is real, it is lethal, and it may be killing the nice family that lives next door to you.

More people are dying of opioid overdoses than died of AIDS at the height of the epidemic. The death toll is nearly twice that from global terrorism. The crisis is so bad that it seems to be “raining needles”; 13,000 discarded syringes were collected last March in San Francisco, compared with 2,900 in March 2016. Coroners are experiencing personnel shortages and equipment failures across the U.S. In Berkeley County, West Virginia, two-thirds of the emergency-medication budget is now spent on Narcan, used to treat overdoses.

Doctors are getting blamed. More potent oral drugs became available, and guidelines for using them in chronic pain liberalized in the “Pain Decade” of the 1990s. So why are we having the epidemic now, when medical opinion is shifting in the opposite direction?

Between 1999 and 2011, annual opioid deaths nearly tripled, from 8,048 to 22,784, and the trend is accelerating. Probably not coincidentally, participation in the U.S. labor force started to decline at the same time, dropping to an all-time low of 62.4% in 2015. While many people evidently have trouble finding a job, one building contractor said he has trouble finding workers who could pass a drug test and did not have a criminal record.

The decades-long War on Drugs has obviously failed. Some recommended legalization, to reduce the profits from illicit drugs. That option is being tried for marijuana in some states. The odor of maturing marijuana plants in rural Oregon has become so pervasive that people worry about getting a “second-hand high.” And the drug cartels’ profits did suffer. So the Sinaloa drug cartel diversified into the heroin business. Mexican heroin is of very high quality, and is cheaper than OxyContin.

Legalizing what was formerly called the “gateway drug” obviously hasn’t reduced heroin use. The new gateway is now said to be prescription painkillers, and the chief villains are claimed to be legal pharmaceutical manufacturers, doctors, and pharmacists. Because of multiplying regulations and physician prosecutions, patients who urgently need pain relief are being left in agony. But the ODs continue to mount, mostly on drugs not stocked at Walgreen’s – such as heroin laced with fentanyl, an extremely potent synthetic opioid.

What is going on? On the demand side, Americans are well indoctrinated by the sea of advertising about taking a pill for every ill. Nearly 70 percent of Americans take at least one prescription drug. Then there is the pervasive culture of instant gratification and moral relativism. As Paul Harvey predicted in his classic 1965 monologue “If I Were the Devil,” these trends would lead to metal detectors and drug-sniffing dogs in schools.

On the supply side, profits are enormous. The largest seizure to date of 63.8 kg of powdered fentanyl plus 30,000 counterfeit drug tablets, found in a tractor-trailer rig at a checkpoint near Yuma, Arizona, had a street value of \$1.2 billion. Most of the fentanyl comes from China—a turnabout from the Opium Wars. In the 18th and 19th centuries, the British smuggled Indian opium into China, selling 1,400 tons per year in 1838, writes Dr. Marilyn Singleton, with devastating effects on the Chinese economy and political stability.

America’s rivals and enemies clearly benefit from the “deadly craving” that kills or disables a large portion of the U.S. population, while imposing huge costs on the economy. Also benefiting is the multi-billion dollar treatment industry, including the

See OPIOID, Page 5

View from here

By Marianne Clyde

Is it really our job to save the addict?

The problem

“Drug overdose was the leading cause of accidental death in the US, with 64,070 lethal drug overdoses in 2016. An estimated 53,332 have been linked to opioids of some type, which is an increase of 61% from 2015,” according to Nick Szubiak, Licensed Clinical Social Worker, National Council for Behavioral Health. He observes that the epidemic is partially being fueled by the early myth started by a letter published in New England Journal of Medicine in 1980 that opioids were non-addictive. In addition to that, there has been unrestricted prescribing of medications, and increase of availability and potency of less expensive heroin.

Dr. Lantie Jorandby, is board certified in addiction psychiatry. She is currently with the Amen Clinics in the Washington. DC area. Having been involved in Medical Assistance Treatment clinics providing suboxone and methadone within the VA system, Jorandby has observed, “egregious over-prescribing in the primary care setting in the VA system.” This over prescribing, she says, is usually done by “well-meaning” doctors, getting stuck in a cycle of prescribing dangerously high levels of opiates. She added “the system perpetuates when patients complain that their doctors want to stop their opiates, putting doctors in a bind with their jobs.” She has heard “reports of patients threatening doctors if they try to take them off of opiates, creating a perfect storm,” she says. Many people are prescribed a full 60-pill prescription, when a few pills would do the trick.

Perpetuating the problem

Explaining that the medical community has been trained to prescribe for longer periods of time like ten to thirty days, Carolyn Castro-Donlan, Ph.D. suggested that there might need to be a different type of training for prescribing medications. She has been working with addictions since the 80s when she was a nurse. She is now a consultant, currently collaborating on Medical Assisted Treatment using suboxone for maintenance, detox or helping patients taper off opioids slowly. She observes that one of the biggest problems is that prescription monitoring across states lines is inadequate and needs to be universal. Often, she says, this is how addictions can be perpetuated.

What we can agree on

They agree that there is way too much over prescribing of opioids, so perhaps we should find a way to train differently in this area and/or regulate how much can

be prescribed and in what way. On this same issue, we should probably monitor prescriptions of opioids across state lines, as suggested by Castro-Donlan. It’s way too easy for people to drive from one doctor to the other to load up on pain meds with no way of tracking whether or not there’s an obvious problem.

Another thing most of the professionals agreed on was Medically Assisted Treatment using suboxone or methadone for people struggling with addiction. If we could develop treatment that involves time-limited withdrawal support, coupled with therapeutic support to address underlying issues, that there should be a way to do that. Castro-Donlan emphasizes that the withdrawal symptoms won’t kill you, but she said it sure feels like they will when you are going through it, and it might just be the humane way to allow someone to quit.

We are bombarded with societal messages that we are not enough. We need more money, a faster car, a slimmer figure, and stronger deodorant if we are to be acceptable and loved. We are sent messages that we should never be in pain or suffer in any way. Jorandby and Castro-Donlan also agreed that connecting to a spiritual source through meditation, prayer, and gratitude is an important place to begin to

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MARGULIES
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CryptoQuip Answer

New comedy show concerning a household that produces certain parts for firearms: “The Cartridge Family.”

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Opioid

From Page 4

manufacturers of drugs used in “medically aided treatment.”

Where are the drug-sniffing dogs in schools where children are known to be getting addicted? And if taxi drivers know where the drug trades are happening, the police know too, and yet they continue. Huge money-laundering operations by the transnational drug cartels continued for years in upscale Florida suburbs despite undercover penetration by police.

While pouring billions into costly treatment methods with a one-year failure rate of around 90 percent, the government continues to provide “free” opioid prescriptions to Medicare and Medicaid enrollees, some of whom sell them on the street. And the Massachusetts attorney general shut down a network of sobriety-centric primary-care-based clinics with an astonishingly high success rate and imprisoned the founder, Dr. Punyamurtula Kishore. His alleged crime: ordering too many urine tests.

Is there any way that such massive international trafficking could thrive without some level of political protection? And is the government attempt to remedy the problem making it worse?

Addict

From Page 4

find our true worth as human beings. Mindfulness principles like meditation and gratitude have been shown through multiple studies to actually change the brain. So, while the addiction changes the brain and alters perception in one way, meditation and gratitude are scientifically proven strategies for emotional strength and growth. So instead of looking outside of ourselves for ways to escape from our problems and stressors, we build resilience from inside.

And more than anything else, they agreed that education for prevention should start early, and awareness for reducing stigma is vital. People do not seek treatment often due to fear and shame. We are not talking about the “dregs of society” if there is such a thing; we are talking about housewives who take their kids to soccer each week, high school students who get injured in sports, businessmen and women who work hard every day, who started out with pain meds and find themselves on that slippery slope, leading to hopelessness and destruction. “Addicts are not stupid. Neither are they weak, but rather highly intelligent,” says Rev. Dr. Wesley Shortridge of Bealeton, VA.

Where to start

- The conversation shouldn’t focus on whether or not it’s a choice, or whether or not society is co-dependent, but rather what we can agree on.
- We may not be able to save every person who struggles with substance abuse, but we can at least do what we can to lessen availability and move in a healthier direction. Shortridge says, “We need to build a society that doesn’t need it.” And beginning with the suggestions above, that most seem to agree on, might be a good place to start.
1. Prevention by training in mindfulness principles, beginning with even very young students.
 2. Raising awareness and offering education to reduce stigma and enhance understanding.
 3. Putting some regulations around prescribing practices to limit availability.
 4. Offering limited and focused Medically Assisted Treatment, coupled with therapy, for the purpose of a better recovery.

Notice of Public Meeting to Discuss Anthony Independent School District’s State Financial Accountability Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, November 15, 2017 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District’s rating on the State’s Financial Accountability Rating System.

WTCC: 10/26/17 and 11/02/17

Strange But True By Samantha Weaver

- It was 20th-century American journalist, editor and writing teacher Brenda Ueland who made the following sage observation: “Inspiration does not come like a bolt, nor is it kinetic, energetic striving, but it comes into us slowly and quietly and all the time, though we must regularly and every day give it a little chance to start flowing, prime it with a little solitude and idleness.”
- If you heard the word “pantophobia,” you might (logically) assume that it means a fear of pants. You’d be only partially correct, however; those who suffer from pantophobia are, presumably, afraid of pants – but that’s just because they’re afraid of everything.
- You might be surprised to learn that the first Model T Fords weren’t black – they were green with red stripes.
- If you’re thinking of starting a business and want to get up and running right away, there’s a company ready to help you get started. Novanym, a branding firm based in Farnborough,

England, can provide you with a unique name and its matching .com domain – even your choice of three logos for your fledgling venture. For less than \$700 you can brand your company as Aquinique, Spiranti or Fenmarch. Have a more generous budget? Try Mupkin, Cubexis or Zeqon, all in the \$5,000 range. If you really want to go all-out – and are in the right industry – try Motaway for \$25,727, or even InvestmentEtc, which is going for nearly \$40,000.

• You might be surprised to learn that if you add up all the deaths that are caused worldwide by tuberculosis, malaria and AIDS, the total would be less than a third of those attributable to pollution, which accounts for 16 percent of all global deaths.

Thought for the Day: “Truth-tellers are not always palatable. There is a preference for candy bars.”

– Gwendolyn Brooks

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Moments in Time The History Channel

- On Nov. 13, 1982, the Vietnam Veterans Memorial is dedicated in Washington, D.C. The memorial is a simple V-shaped black-granite wall inscribed with the names of the 57,939 Americans who died in the conflict, arranged in order of death, not rank.
- On Nov. 14, 1970, a chartered jet carrying most of the Marshall University football team crashes in West Virginia. All 75 passengers were killed, including 37 football players, the coach, doctors, the athletic director and 25 team boosters.
- On Nov. 15, 1956, the movie “Love Me Tender,” featuring Elvis Presley in his big-screen debut, premieres. Originally titled “The Reno Brothers,” the movie was renamed after a song that Presley sings during the film.
- On Nov. 16, 2001, “Harry Potter and the Sorcerer’s Stone” opens in movie theaters. The film, which starred Daniel Radcliffe in the title role, went on to become one of the highest-grossing movies in history.
- On Nov. 17, 1968, the Oakland Raiders score two touchdowns in nine seconds to beat the New York Jets – and no one sees it. With just 65 seconds left to play, NBC switched off the game in favor of its previously scheduled programming, “Heidi,” a children’s movie about a young girl in the Alps.
- On Nov. 18, 1991, Muslim kidnappers in Lebanon free Terry Waite after more than four years of captivity. Waite, special envoy of the archbishop of Canterbury, had secured the release of detained missionaries before being captured himself. He spent most of the four years chained to a radiator.
- On Nov. 19, 1824, a flood on the Neva River near St. Petersburg, Russia, claims an estimated 10,000 lives after an ice jam broke apart and the water overwhelmed the city’s dam. The surge was so powerful that several ships were thrown into the city’s marketplace.

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NOTICE OF PUBLIC MEETING

To Discuss
Socorro
Independent
School District’s
State Financial
Accountability
Rating

Socorro
Independent School
District will hold a
public meeting at:

6:00 PM
November 14, 2017
in the Board Room
District Service
Center
12440 Rojas Drive
EIPaso,Texas79928

The purpose of this meeting is to discuss Socorro Independent School District’s rating on the state’s financial accountability system.

The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.

WTCC: 10/26/17 & 11/02/17

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Notice of Public Meeting To Discuss San Elizario Independent School District’s State Financial Accountability Rating (FIRST)

The San Elizario Independent School District will hold a public hearing at 5:30 p.m., Wednesday, November 8, 2017 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

The purpose of this hearing is to discuss San Elizario Independent School District’s rating on the state’s financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees’ Meeting.

WTCC: 10/26/17 & 11/02/17

The dark, smelly, cloud over college basketball

By Steve Escajeda
Special to the Courier

With the UTEP football season seemingly over for weeks, it's time for local fans to start focusing on UTEP basketball.

The Miners got their exhibition season started last Saturday with a 78-70 win over Sul Ross State.

If the Miners are getting ready for their basketball season, then that means all colleges nationwide are getting ready.

That means the Kentucky's and the North Carolina's and the UCLA's and the Gonzaga's and the Duke's and the Louisville's of the world are getting ready for another successful season.

Or are they?

This college basketball season comes with a little bit of a cloud hanging over it. It comes with questions and allegations and investigations and even some terminations.

About a month ago, it was reported that five men were at the middle of a scandal.

Auburn assistant Chuck Person, USC assistant Tony Bland, Arizona assistant Book Richardson, Adidas executive Merl Code and clothing company owner Rashan Michel, all appeared in a New York courtroom.

All five men were arrested last month after an FBI investigation uncovered various crimes.

The best way to describe the crimes is the way Joon H. Kim, the acting U.

S. Attorney for the Southern District of New York, described them.

Kim said, "Coaches at some of the nation's top programs [were] taking cash bribes, managers and advisers [were] circling blue-chip prospects like coyotes, and employees of a global sportswear company [were] funneling cash to families of high school recruits."

In other words, a ton of laws surrounding money and college athletes, were broken. And though we all know laws and rules like these are broken regularly, it's rare when any big boys get caught.

The biggest boy of them all is Louisville head coach Rick Pitino. Well, let me correct that, I mean "former" Louisville head coach Rick Pitino. He was fired last week.

Also at Louisville, Athletic Director Tom Jurich, and men's basketball assistants Kenny Johnson and Jordan Fair, were placed on leave.

Basically it turns out that certain coaches were accepting money from outside influences. They would put some of it in their pockets and some of it was used to pay players or prospects they hoped would sign with their school.

Some of the money even went straight



to some of the players' families.

Some sports agents gave money to coaches so that they would steer their star athletes toward that particular agent for representation.

It was even learned that some sports apparel and shoe companies, like Addidas, were funneling money to coaches to have their star players promise to wear their apparel once they turned pro.

The whole environment surrounding college athletics has been turning toxic ever since the profits started growing to "mega-corporation" proportions.

Quite simply there is too much money coming in – and the pressure to keep it coming is immense.

We see it all the time. Coaches at major colleges finish with 8-4 records and are fired because they didn't finish 10-2.

The way to winning at the college level

has nothing to do with coaching or facilities or winning tradition. Recruiting is the name of the game – getting the best players to come to your school is job one.

With all the money at stake the college presidents and athletic directors are just as guilty nowadays as any coach of doing whatever it takes to sign that blue chip athlete. And now the

FBI has caught a few assistant coaches, and like any low-level drug dealer on the street, they are obviously going to put pressure on them to name the bigger fish who ordered the payouts.

This story is going to grow as the basketball season wears on, and it will branch out to other sports. Every college who has ever been part of a dirty deal is afraid of receiving that phone call that starts with, "Hello, this is agent so-and-so with the FBI... ."

The NCAA and the NBA have said that certain rule changes are coming to help stem this corruption.

Until then, coaches and players and families and agents and shoe company executives and athletic directors and college presidents will continue to play their game of Hide and Seek.

Or is it Monopoly?

A sporting view By Mark Vasto

Oh no: Not another Duke prediction

In a city that has several million doors and storefronts, 34 Carmine Street in New York's Greenwich Village stands out. It's a bookstore – but not just any bookstore. This place is called "Unoppressive, Non-imperialist Bargain Books."

Once inside, after the radical-looking clerk tacitly denies the opportunity to oppress you, you're met with an impressive bunch of books. In one corner, there are more Bob Dylan biographies or studies of the man than you ever thought possible. That's because

Dylan – be it Dylan Thomas or Bob himself – is to the Village as Mickey Mouse is to Disneyland. Everyone thinks they like him, or knows that they should like him, but many aren't so sure. Anyway, it's on one of those shelves where the title of big book grabs your attention: "Oh No! Not Another Book About Bob Dylan!"

Every time the Yankees make the postseason, or every time Duke is the preseason No. 1 ranked team in the coaches poll, I am reminded of that book. The Yankees are supposed to win

every year, as Hal Steinbrenner and all Yankee fans remind us ad nauseum. But sometimes I think the coaches are just too afraid not to pick Mike Krzyzewski's Blue Devils for fear of some cosmic retribution.

And while Duke lands atop the preseason poll, the band gets back together for another tour. North Carolina, Kansas and Kentucky are never far behind Duke on the main stage. The poll does little else than remind Duke that they forever have a target on their back, and the rest

of the league's teams all rally around that familiar song: "Beat Duke." In the first few weeks of the season, faced with tough challenges in the ACC, the Blue Devils usually do get knocked off the top perch, only to reappear as the odds-on favorite to win the NCAA tournament in March.

I don't know about you, but I always play three brackets – one picks my alma mater, another picks who I think will win (thus dooming that team to never win) and the third one picks Duke. That's not just practical sense and experience talking, it's sound investment advice. If I had invested heavily in Duke, North Carolina and Kansas for

the past 20 years, it would have far outpaced the growth of my 401(k) (and likely a lot of yours, too).

Following behind Duke in the poll this year is Michigan State (great coach), Kansas (great players), Kentucky (great freshman about to be in the NBA next season) and Arizona (great logo). It's the same old song, and if you have any question that any one of those teams can or cannot win it all this year, well, don't think twice, it's all right.

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

Buckle up every rider for every trip.

State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com

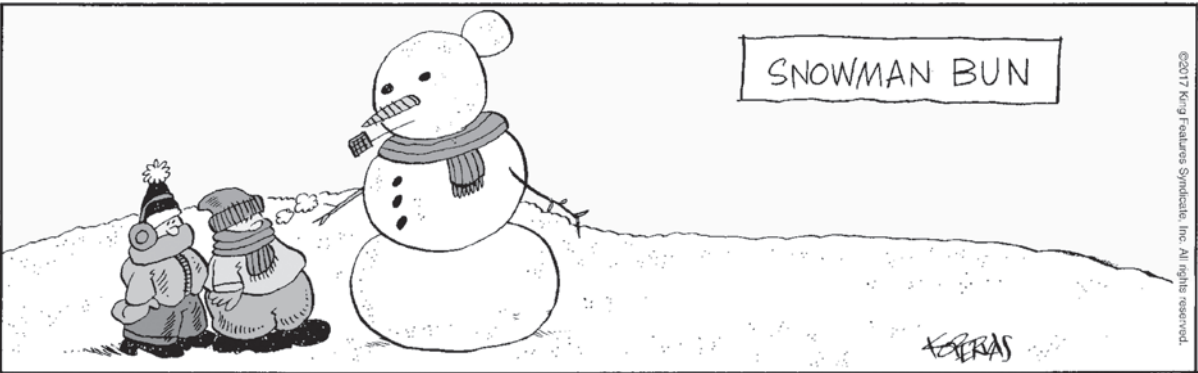
Click It or Ticket
TEXAS

Click It or Ticket.

Even in the back seat.

Comix

OUT ON A LIMBBy Gary Kopervas



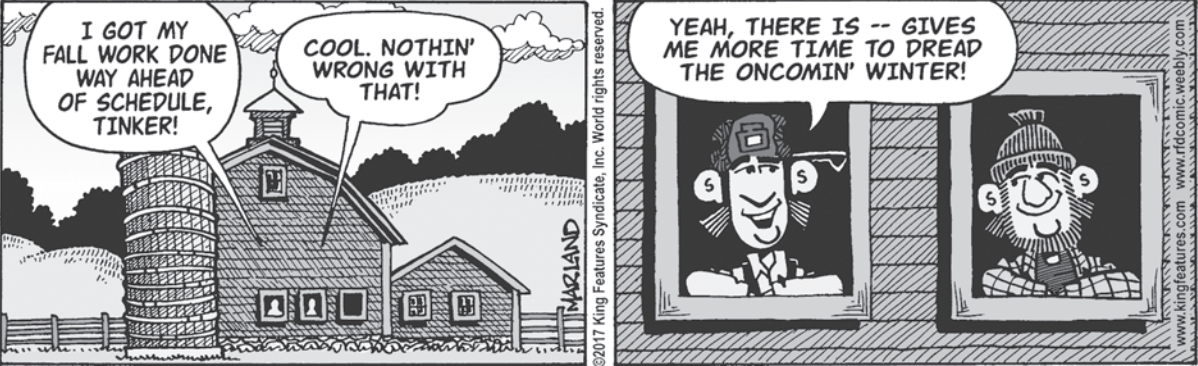
AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: What’s the best way to obtain and maintain healthy, white sclera? Mine appears to be a light, off-white gray. - M.T.

Sclerae - the whites of the eyes - tend to thin with age and reveal the darker-gray choroid underneath. This is benign and common, but I don’t know of any way to prevent or reduce it. Scleral color changes can happen with rare diseases like osteogenesis imperfecta, and some collagen diseases. The sclera also can change color as a result of scleritis (inflammation of the sclera), and this often happens in relation to Wegener’s disease or rheumatoid arthritis. The bottom line, though, is: If you are having no symptoms, it’s overwhelmingly likely that these changes are the benign form.

DEAR DR. ROACH: I have been diagnosed with positional vertigo. My doctor has me doing Cawthorne head exercises. Have you heard of these? Do they work? - M.M.S.

Vertigo is an abnormal sense of motion while still. Many people describe it as a “spinning” sensation, but others feel it differently. The most common cause probably is benign paroxysmal positional vertigo, and rehabilitation exercises, such as the Cawthorne-Cooksey exercises, are very effective. Although medication is frequently prescribed, I recommend strongly against long-term use of medication, which can slow down or stop healing.

Although you can do the exercises on your own, I

recommend learning how to do them properly and safely with an occupational or physical therapist.

READERS: The booklet on vertigo explains this disruptive condition in detail and outlines its treatment. Order a copy by writing: Dr. Roach - No. 801W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: How long do shin splints last? Is there anything besides ice that will make them go away faster? My left shin started hurting a little more than three weeks ago. I ran on it once or twice, then I stopped, but it still hurts. Is this normal? When do you think I can run on it? I did a longer run on a flat path, and normally I do it with hills, so I thought maybe that was the problem, but three weeks seems like too long. - H.O.

Pain in the shin bone (tibia) is common in runners, but the hard part is distinguishing between “shin splints,” properly called “medial tibial stress syndrome,” and a stress fracture of the tibia. A stress fracture usually has a discrete area of tenderness, but MTSS has more diffuse tenderness. An X-ray may be needed to be sure it isn’t a stress fracture, since the treatment is very different. A runner with a stress fracture needs to avoid impact activities like running, whereas MTSS usually gets better with just lower running

See HEALTH, Page 8

Super Crossword

SPIRITUAL		20 No-frills shirt	126 Overly fond type	36 Gives a call	79 Holders of
ADVANCEMENT		61 Riddle, part 3	127 Old JFK flier	38 "Liftoff!" preceder	frankfurters
ACROSS		67 Actress Long or	128 Paid to play	39 Really annoy	80 Maumee Bay's
1 Carried, as a load		Vardalos	129 Braying ones	40 Ward off	lake
6 University in Druid		68 Hurry-scurry		41 Prior to, to a bard	81 36 inches
Hills, Georgia		69 People with power	DOWN	42 Swindle	87 Month no. 9
11 Old TV's		70 Riddle, part 4	1 Friend of Forrest	43 Beyond, to a bard	89 German "I"
"Mayberry _"		82 Lac liquid	Gump	44 "Woe!"	90 Born, in Lyons
14 Mythical man-goat		83 Bumper finish	2 Some double	45 Tijuana nosh	91 Klee's forte
19 Sub in WWII		84 Assistant	reeds	49 "I caught ya!"	92 Took a chair
20 Coloratura Callas		85 Man-mouse	3 Household insect	50 Fa-la link	94 Waldorf's Muppet
21 The "E" of REO		connector	trap	51 Bovine chew	partner
22 Milo of films		86 eBay offers	4 Curiosity org.	52 Eye, to a bard	95 Formal reply to
23 Toot one's own		88 Stitches	5 Caesar's dying	53 Mauna _	"Who's there?"
horn		89 Signed one's	words	54 Make it	96 Scads
24 Tidy up		name to	6 Was a roast host,	57 Mown paths	98 Biblical verb suffix
25 Seoul soldier		91 Up and about	say	58 Before long, to a	99 Lectern platforms
26 Bridle straps		93 Weeps	7 African land	bard	100 "Hondo" actor
27 Start of a riddle		95 Slushy drink	8 Russian city	59 Ex-governor	James
31 Volcano stuff		96 Gave in exchange	9 Iranian coin	Carlson	101 Official seal
32 Basilica seat		97 End of the riddle	10 Yin's partner	62 Savings acct.	102 Lie at rest
33 _Lorraine (region		104 Me, in Lyons	11 Throw again, as	earnings	103 Bewailed
of France)		105 Old game	dice	63 Blu-ray _	108 "The Office"
34 Break bread		consoles	12 Like silky down	64 Unvarying	actress Kemper
37 Riddle, part 2		106 Near-infinite time	13 Authoritarian	65 Suffix with block	109 Deals (out)
44 Made up for		span	decree	66 Suffix with balloon	111 Belgian/French
46 Cupid's		107 Shiny stone	14 Black magic	70 Skype setup	river
counterpart		110 Riddle's answer	15 On a cruise	71 Coiffure	112 Den fixture
47 Mello _ (drink		117 Student	16 Sleeping bag	72 An amplifier	113 Pressing tool
brand)		119 Hill VIP: Abbr.	fabric brand	receives it	114 Nasal spray, e.g.
48 Paint type		120 Sky hunter	17 Osaka coin	73 "_ you in?"	115 Dreamcast
49 Trembly tree		121 Feel jubilant	18 Coll. dorm	74 Drag	company
51 Pepsi or Tab		122 Beneficial	supervisors	75 Ambulance inits.	116 Firewood splitters
55 Picnic spoiler		123 Ending for Sudan	28 Barreled	76 "Star Trek" actor	117 Peas' place
56 Pitching star		124 "Pippin" Tony	29 Fezzes, e.g.	George	118 ET carrier
57 Clog or pump		winner Bob	30 Learning loc.	77 Rush along	
58 Skylight?		125 Lamp spirit	35 More homely	78 Mix in	

Answer Page 4

1	2	3	4	5		6	7	8	9	10		11	12	13		14	15	16	17	18	
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TRUE TEXAS FACTS

by Roger T. Moore

October 25, 1931 – The famous Texas Prison Rodeo is born.

GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		÷		15			
÷		+		×				
	×		+		13			
+		+		+				
	-		×		16			
12		20		13				
1	2	4	5	6	7	8	9	9

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See Answer, Page 4

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

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

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Veterans Post

By Freddy Groves

A veteran died alone

In July 2016 a veteran died alone in a Department of Veterans Affairs hospital, unattended and unchecked for many hours while a nurse played video games at the nursing station... for her whole shift. Doctor's instructions had been to check the patient once or twice an hour. No one even knew the veteran had passed away until the next shift took over.

The nurse only admitted to playing computer games because the hospital cameras caught her. She was transferred to work in the cafeteria, but once the truth came out, investigations began, pushed forward by U.S. Sen. Elizabeth Warren.

VA chief David Shulkin takes the allegations seriously... OK. But here's a suggestion: If you have a friend or relative in a VA hospital who is in such serious shape that they aren't able to press the call button, don't leave. Schedule watchers around the clock. Run shifts of friends, relatives, church members, American Legion or VFW members, or others.

When nursing staff comes in, ask questions.

If you're told that "visiting hours" are over, refuse to leave until a doctor reads the chart in front of you and tells you that staff has indeed been doing what's required to care for the patient. Take notes and get names. In other words, make waves and get attention. Let them know someone is watching. Yes, the patient might be so ill that death is inevitable, but do everything you can to ensure that proper care is being given.

William Nutter, the veteran who died alone at the Bedford VA Medical Center in Massachusetts, was a two-tour Vietnam veteran who later completed 21 years in the Reserves. In Vietnam, he was a door gunner who got drenched with Agent Orange too often. He left a wife and family.

We owed him more than this.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: E equals C

JRM EPFRXO ZAPM EPJERUJGJY
Q APTZRAPNX WAQW LUPXTERZ
ERUWQGJ LQUWZ SPU SGURQUFZ:
"WAR EQUWUGXYR SQFGNO."

See Answer, Page 4
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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

BBI
TRUCME
♥ROETT
TESC
KENLIC
♥OMT
KIEB
♥KASET
♥SNO
♥BESTUL
♥TRIEN
♥TSOP

See Answer, Page 4

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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

Here's a Tip

By JoAnn Derson

• "I have a great idea for cleaning skylights. Attach an old T-shirt to the broom end of a long-handled broom, then just mist with a cleaner. You can hold it up and scrub gently. The T-shirt material makes a great scrubber."

- C.L. in Alabama

• "In my house, cleaning up is a big issue. I have a large basket in the garage that is designated Toy Time Out. I ask the kids to pick something up and give them a time limit. If I have to ask again, the item goes into time out for a day. I typically get a good response to my requests."

- Mom in Maryland

• "I buy extra supplies for Thanksgiving dinner as items go on sale. We always make extra-large portions of our side dishes, and put in an extra turkey while we're eating! Freeze meals in individual containers for quick dinners throughout the busy weeks from Turkey Day to Christmas Day. Potatoes and vegetable casseroles freeze well, and they taste better than microwave dinners from the grocery store."

- E.S. in Oregon

• For a tailgating favorite, make this: Prepare a batch of macaroni and cheese, then add an egg and stir in. Butter the wells of a muffin tin, and fill with the mac and cheese. Top with a bit of shredded cheddar and bake for 20 minutes at 400 F. You can even make them super portable by using muffin liners. The gang loves these - no fork necessary!

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

Health

From Page 7

mileage.

In your case, the degree of pain is higher than I would expect after three weeks. I'd recommend an X-ray.

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.