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 more information, contact the EPCC Senior Adult Program (915) 831-7801. – Jim Heiney

Texas Heritage Trail named for Tom Lea

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 honours 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 downtown 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

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

See LEA, Page 3

See BRIEFS, Page 2

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

—— Quips & Quotes

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.

—— Photo courtesy of The Tom Lea Institute

—— Image courtesy of The Tom Lea Institute

By Alfredo Vasquez
Special to the Courier


—— Photo 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.
more information, contact SISD marketing and sales coordinator Erika Lucero by email at elucer01@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 newspaper 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.


– Diana Popa

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TexasSure catches drivers without insurance.
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 Canti (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 Canti 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 nonfiction, 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 1955, 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.
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. Coroner’s 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 “just one 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 public 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 to 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

Is it really your 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 80’s when she was a nurse. She is now a drug abuse 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 state 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 are going to develop a system that involves time-limited withdrawal support, coupled with therapeutic support to address underlying issues, that there should be a way to to that. Castro-Donlan emphasizes that the withdrawal symptoms won’t kill you, but she said it seems like they will when you are going through it, and we 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 both agree that connecting to a spiritual source through meditation, prayer, and gratitude is an important place to begin to

See OPIOID, Page 5

See ADDICT, Page 5

CryptoQuip

Answer

New comedy show concerning a household that produces certain parts for firearms.

The Cartridge Family.

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

6 + 9 = 15
+ +
2 x 4 = 5 13
+ +
9 - 7 x 8 16
12 + 20 = 32

Answer: The Cartridge Family.
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 the pain of addiction, we need to move in a healthier direction. Shortridge says, “At the end of the day, we are talking about housewives who take their kids to school every day, who started their career in an office environment and have a limited understanding of what is going on in the world—and they are running to the doctor to get pain medications. They don’t want to get run over by a car, but they are running to the doctor to get pain medications.”

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. 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. So instead of looking outside of ourselves for ways to escape from the pain of addiction, we need to move in a healthier direction. Shortridge says, “At the end of the day, we are talking about housewives who take their kids to school every day, who started their career in an office environment and have a limited understanding of what is going on in the world—and they are running to the doctor to get pain medications. They don’t want to get run over by a car, but they are running to the doctor to get pain medications.”

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, 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, premiers. 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 show 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 overwhelemed the city’s dam. The surge was so powerful that several ships were thrown into the city’s marketplace.
- On Nov. 20, 1918, the Bolsheviks, led by Vladimir Lenin, seize power in Russia. The October Revolution marks the beginning of the Soviet Union and ends the Russian Empire.
- On Nov. 21, 1871, the first winners of the Pulitzer Prize are announced. The award is established by the estate of Joseph Pulitzer.

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. Pumnamutula 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?

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 striking, 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 “panthophobia,” 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. Novynam, a branding firm based in Farmborough, England, can provide you with a unique name and its matching .com domain – even your financial accountability system.

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The dark, smelly, cloud over college basketball

By Steve Escaljeda
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 Blond, Arizona assistant Book Richardson, Adidas executive Merl Code and clothing company owner Rhasan Michel, all appeared in a New York courtroom.

All five 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] circulating 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 year.

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 funnelling 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 NCAAs 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.

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Or is it Monopoly?

A sporting view

By Mark Vasto

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 tactily 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 the Yankees make the World Series, you hear the same stories about the Yankees. They are supposed to win each 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 doomimg 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 sports writer who lives in New Jersey. (c) 2017 King Features Synd., Inc.
DEAR DR. ROACH: 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 Cowthorne 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 Cowthorne/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 run 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.

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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 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.