



## NEWSBRIEFS

### Holiday movies

The El Paso Community Foundation Plaza Classic Film Festival and El Paso Live are teaming up to show free Holiday Movies at the Plaza Theatre as part of the second annual WinterFest. Texas Gas Service and the El Paso Community Foundation are sponsoring free showings of *A Christmas Story* and *National Lampoon's Christmas Vacation* on Sunday, November 26; *Elf* and *The Polar Express* on Sunday, December 3; *It's a Wonderful Life* on Sunday, December 10; and *Frozen* on Sunday, December 31 (New Year's Eve). In true Plaza Classic style, organists Ken Fedorick, Richard Garven and Laurie Koval will perform on the Plaza's original, restored Wyler Mighty Wurlitzer Organ before each movie. WinterFest, which includes ice skating in Arts Festival Plaza, runs November 18 through January 1. The 11th annual Plaza Classic Film Festival will be August 2-12, 2018. Visit [winterfestep.com](http://winterfestep.com) and [plazaclassic.com](http://plazaclassic.com) for more information.

— Doug Pullen

### Krispy Kreme "konvict" is vindicated

Daniel Rushing was arrested in Orlando, FL in 2015 for drug possession. A patrol officer stopped him for a traffic violation and searched his car finding what looked like crystal meth and so he was taken into custody. It took the police several weeks to discover that it wasn't illegal methamphetamine that the officer found; it was the remains of a Krispy Cream doughnut, according to the Association of Mature American Citizens. The white flakes on the floorboard were actually bits of glaze that fell off of the doughnut as Rushing munched on the snack. Rushing sued the city of Orlando for damages, claiming he could not get work after the incident because his arrest was made public. He won his case, settling for \$37,500.

— John Grimaldi

### Theft and fraud

With Equifax losing its \$7 million

See BRIEFS, Page 2

*A conviction is that commendable quality in ourselves that we call bullheadedness in others.*

— Quips & Quotes

## Early Thanksgiving for vets



— Photo courtesy El Paso Community College

**BAKING BIRDS** – The El Paso Community College Culinary Arts program and its Culinary Veterans Club gave back to area veterans by hosting a Thanksgiving Luncheon last Friday. Complete story on Page 8.

## Food, blanket drives to benefit vets

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – El Paso County commissioners recently kicked-off a blanket drive and a food drive at the El Paso County Courthouse to benefit the thousands of homeless veterans and others in need across the county.

As part of county officials' efforts, large bins were placed on the third floor of the courthouse (500 E San Antonio Ave.) to collect blankets for County Commissioner Carlos Leon's second annual blanket drive. The county also placed bins on the first, second and third floors for canned goods for the fourth annual veterans food drive in conjunction with County Clerk Delia Briones' office.

The canned food drive will continue through December 20. Other canned food drive drop-off locations include the county's Ysleta Annex, 9521 Socorro

Road Suite A-1, and the Northeast Annex, 4641 Cohen Drive. The blanket drive will run through January, according to officials.

Assisting in implementing the drives is the Veterans and Riders Association. G. Mond, president of the association stated that this charitable work shows that county commissioners and the city of El Paso generally care about veterans and take care of them." Mond estimated that there are about 80,000 veterans and military people in the community, and many are homeless and hungry.

County commissioner Carlos Leon stated that the drives are just a small gesture the community can make for veterans and their families for their sacrifices. "We wouldn't be here if it wasn't for our veterans. If you look all the way back from World War I and beyond, you realize the sacrifices that were made not only by our veterans that are here but by the ones that are not," he said.



— Photo courtesy of Village of Vinton

Yolanda (Yoli) Lucero

## Lucero dies at 79

By Alfredo Vasquez  
*Special to the Courier*

VINTON – The Village of Vinton lost a pillar of the community recently with the passing away of Yolanda (Yoli) Lucero on November 14, 2017. Vinton residents were saddened as they laid to rest this past weekend the life-long community volunteer and longtime councilwoman.

Lucero, 79, served as a council member for sixteen years – three years with Mayor Samuel Monrreal, two years with Mayor Antonio Castro, ten years with Mayor Madeleine Praino, and with current Mayor Manuel Leos for the past year. Other present council members include Lucero's son, Santos, Victor Carrejo, and Sonia Arceo.

"Mrs. Lucero was a vibrant member of the community, an example of community leadership and public service," officials stated in a recent Village of Vinton press release. "In a past interview, Mrs. Lucero stated that her favorite part of being on City Council was coordinating the annual health fair and Christmas in the Village for Vinton residents and the surrounding communities," they stated.

Lucero was born in San Pedro, CA on May 29, 1938 but raised in the nearby community of Canutillo. She came to Vinton in 1973. At the time the population was just 90 residents. She attended Lone Star School in Canutillo and El Paso High School where she was graduated in 1956.

After graduation, Lucero worked full time as a beautician while bringing up seven children with her husband, Reymundo Lucero. She began her career

See LUCERO, Page 3



Briefs

From Page 1

anti-fraud contract with the IRS after a major data breach at the credit bureau exposed the confidential information of more than 145 million American consumers, WalletHub has released its in-depth analysis identifying 2017's States Most

*Vulnerable to Identity Theft & Fraud.* To determine where Americans are most susceptible to such crimes, analysts compared the 50 states and the District of Columbia across eight key metrics. The data set ranges from identity-theft complaints per capita to average loss amount due to fraud. In addition, WalletHub offers an *Identity Theft Guide* and free credit monitoring to help consumers handle

or prevent the damaging effects of cybercrimes. Texas was ranked the 8th worst overall, including:

- 13th – Identity-Theft Complaints per Capita;
- 14th – Avg. Loss Amount Due to Online Identity Theft;
- 5th – Fraud & Other Complaints per Capita;
- 1st – Avg. Loss Amount Due to Fraud;

- 23rd – State Security-Freeze Laws for Minors' Credit Reports;
- 1st – Identity-Theft Passport Program; and
- 24th – Compliance with REAL ID Act.

Visit <https://wallethub.com/edu/states-where-identity-theft-and-fraud-are-worst/17549/> for the full report.

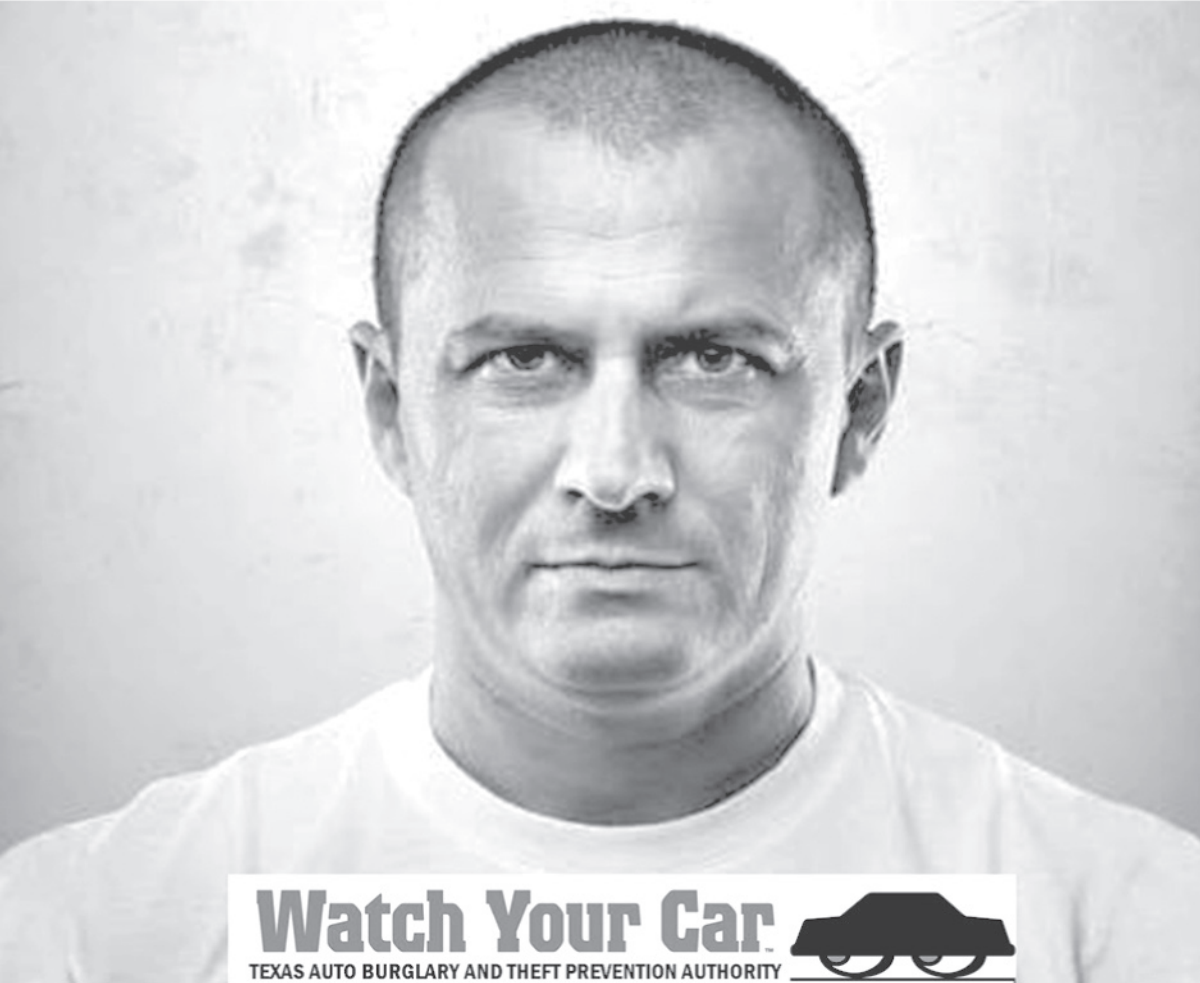
– Diana Popa



**Moore Texas** by Roger Moore **The 1st Thanksgiving ever may have been Juan Onate's feast in 1598 near today's El Paso.**



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Veterans Post By Freddy Groves

Veteran education benefits stolen

Of the five most recent school wasn't an approved scams listed on the website company with approved of the Veterans Affairs Office courses, and it wasn't eligible of Inspector General, three of to receive GI Bill benefits. The them involve money stolen hiring school grabbed over \$24 million in tuition benefits based on signing up thousands of veterans.

The first file described a welding school that wasn't. In the third file, a woman stole \$2.8 million from a program A veteran would enroll in the that alleged to help older veterans get jobs via computer benefits and had his tuition paid. training. The money came from Veteran's Retraining Assistance There was no school, however. Program and was designed to help unemployed veterans between 35 and 60. The woman logged on to the system over 100 times, pretending to be veterans who were enrolled in the \$4,000 course. The VA paid the veterans benefits, out of which they had to pay the woman's \$750 per month fee to continue logging them in.

There was no instruction; there was no hands-on learning. The owner of the alleged school paid the veteran to encourage 20 more veterans to sign up at the fake school, all of them getting benefits, putting more tuition money into the hands of the school.

To those who think they can steal education benefits and get away with it: You're going to get caught, and you're going to jail.

In the second case, a school provided online courses approved by the Department of Veterans Affairs, except that what was provided to veterans was unapproved online courses administered by others. One of the guilty parties was a former associate dean of a genuine school. The sub-contracted

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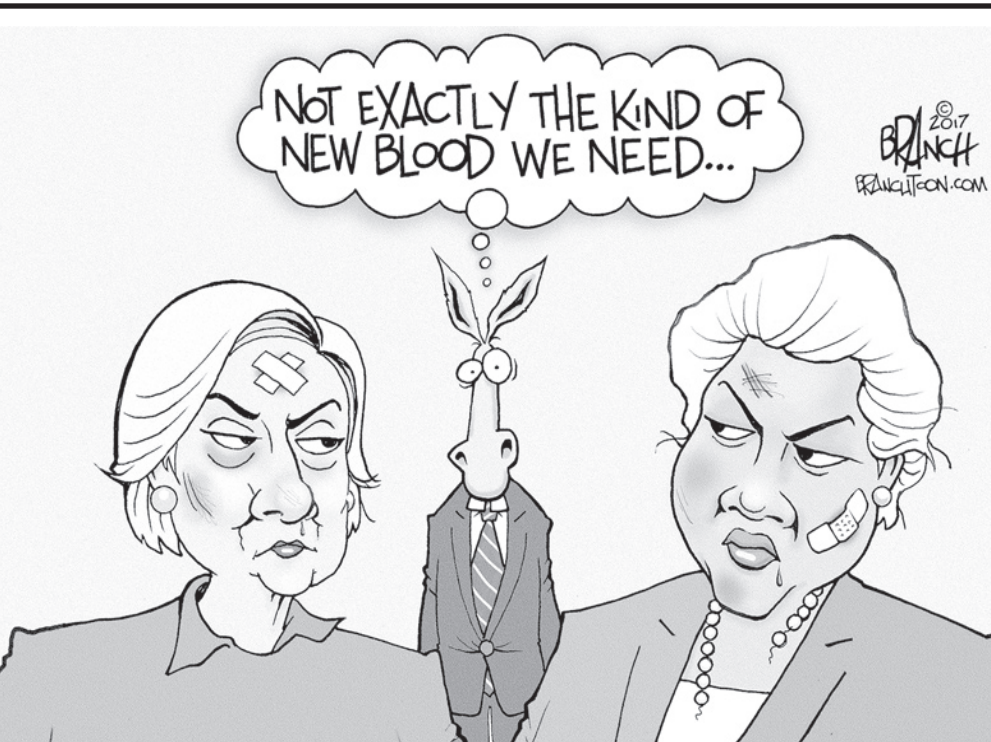
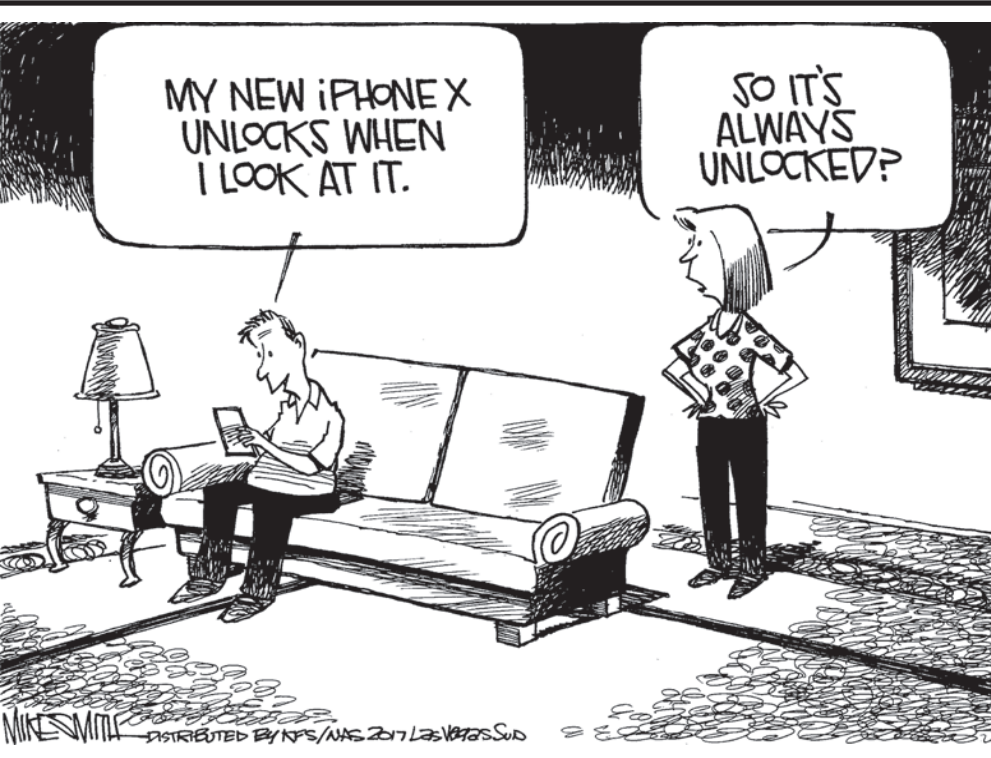
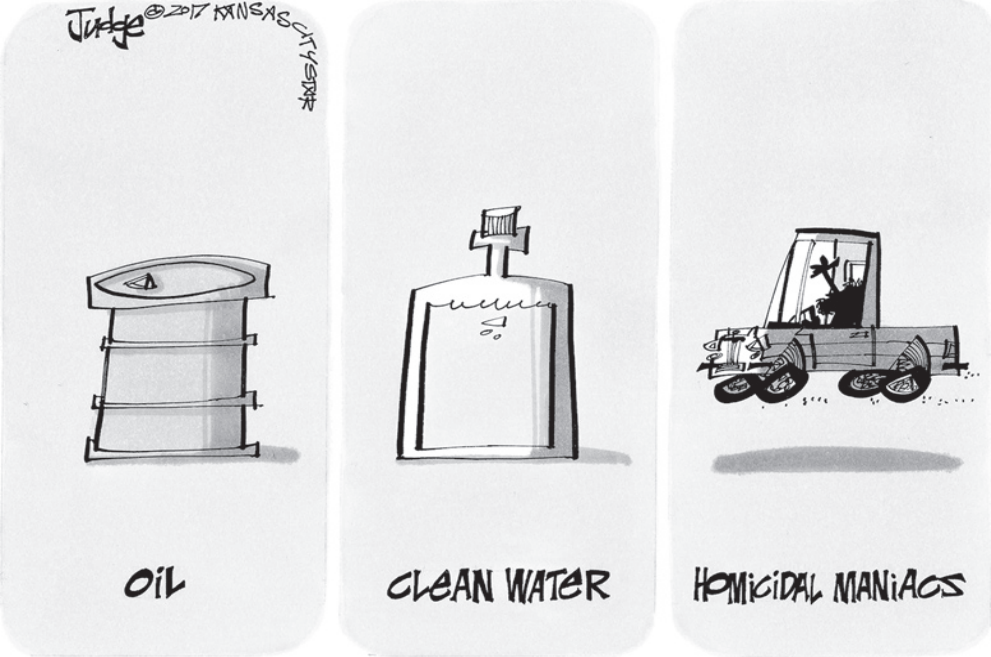
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View from here By John Grimaldi

Good news, but...  
An increase for Social Security beneficiaries

The good news is that Social Security beneficiaries will get a 2% boost in their checks in 2018 compared to the stingy three-tenths-of one-percent increase awarded in 2017, according to Dan Weber, president of the Association of Mature American Citizens [AMAC]. “And, of course you will recall that in 2016 the Obama Administration saw fit to skip paying out a cost of living raise completely.”

The bad news, says Weber, is that Social Security still needs fixing. The population is aging and people are living longer, thanks to the miracles of modern medicine. “And, that is causing a drain on the funds available to pay benefits in the years ahead. If we sit around and twiddle our thumbs we surely would see benefits reduced sometime in the not-so-distant future. But that does not have to be. For one thing, we can up the eligibility age just enough to help balance the books and we can make other changes.

When the Social Security Administration announced the increased 2018 COLA payout, it also announced that the maximum amount of earnings subject to the SSA payroll tax would also increase. It will go from the current \$127,200 to \$128,700. But there is a lot more that can to be done, Weber insists.

He says that, for example, AMAC is promoting a legislative proposal that would restore solvency to Social Security. It would include a provision to increase the retirement age at which time individuals would be eligible for benefits. It would add three months each year in the coming years so that the normal retirement age would increase to age 69 in time, instead of the present age 66-67.

Weber points out that for many elderly Americans, Social Security is what puts food on their tables. It’s their principal source of income, meager as it might be, and they would face cruel hardships if their monthly checks were cut. So, he says, the proposal would increase the benefits paid to lower income earners but would gradually lower benefits for higher income earners.

“Surely, the needs of poorer beneficiaries must be addressed more completely and our solution, AMAC’s Social Security Guarantee would do just that. It would provide beneficiaries earning a household income of \$20,000 or less with an annual COLA of three to four percent. Recipients with incomes ranging from \$20,000 to \$50,000 would receive an annual cost of living increase of 1.5% to 3% maximum. And, those earning \$50,001 or more would collect increases of 1% to 2%.” These increases will be guaranteed every year, unlike the present formula that only allowed an increase in 7 out of the last 10 years.

Social Security was established in 1935 and it was meant to be a safety net in retirement. But, many older Americans are foregoing retirement in order to maintain 21st Century lifestyles.

“To address the shortfall,” says Weber, “we’ve included in our proposal an Early Retirement Account as a way for those paying into Social Security to have some control of how their money is invested. It’s similar to an IRA or a 401(k) plan,” he says.

The AMAC chief adds that,” the ERA is a voluntary payroll deduction plan. Under our proposal, the basic benefits of Social Security would remain, with the ERA funds giving worker additional money at retirement. Presently 50 million workers have no pension or 401K plan.

And, in order to ensure that the funds in the Early Retirement Account will not be lost through investments with extreme risk, half of the moneys in the ERA accounts would have to be invested in guaranteed interest products such as government bonds or annuity contracts. The worker would be free to put the balance in any other investments that meets certain suitability standards.”

Weber points out that workers opting for the supplemental ERA would earn a substantial amount of extra income when they retire, in addition to their regular earned Social Security benefits. “For example a 25-year-old who contributes only \$15 a week to an ERA is projected to have \$165,407 in additional money by retirement. Increase the amount to \$45 a week and the windfall would be \$352,389 upon retirement.”

*The Association of Mature American Citizens (<http://www.amac.us>) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.*

Lucero

From Page 1

as a volunteer and public servant as the PTA president for Canutillo Middle School for seven years and as a little league baseball coach for 13 years.

Among Lucero’s accomplishments as a community leader were volunteer work with Dr. Howard Applegate in the late 1980s to create an awareness campaign for the protection of the natural resources in and around Vinton; in 1992, Vinton city council adopted

the Vinton Tree Board, where she was a charter member; in 2007, she joined the Keep Vinton Beautiful program as a volunteer and council liaison. And in 2012 she was recognized by Keep Texas Beautiful with the state’s prestigious O.P. Schnabel Lifetime Achievement Award.

“Her support and time for planning and promoting cleanups and beautification projects was invaluable. While she is no longer with us, her spirit, tenacity and commitment to Vinton will continue as a shining example for those left to follow in her footsteps,” city officials espoused.



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Moments  
in Time  
The History Channel

• On Dec. 4, 1872, a British brig spots the Mary Celeste, an American vessel, sailing erratically near the Azores Islands in the Atlantic Ocean. Not a soul was onboard. Based on the last entry in the captain’s log, the ship had been adrift for 11 days.

• On Dec. 5, 1933, national prohibition of alcohol in America comes to an end as Utah becomes the 36th state to repeal the 18th Amendment. Mississippi, the last dry state in the Union, did not end Prohibition until 1966.

• On Dec. 6, 1961, U.S. Joint Chiefs of Staff authorizes combat missions by Operation Farm Gate pilots. It gave U.S. pilots the go-ahead to undertake combat missions against the Viet Cong as long as one Vietnamese national was aboard the aircraft for training purposes.

• On Dec. 7, 1941, 353 Japanese warplanes attack the U.S. naval base at Pearl Harbor, destroying 19 ships and killing more than 2,300 Americans. The following day, the U.S. declared war on Japan.


• On Dec. 8, 1881, a fire at the luxurious Ring Theater in Vienna, Austria, kills at least 620 people and injures hundreds more. The fire started when a stagehand inadvertently lit some prop clouds hanging over the stage.

• On Dec. 9, 1950, Harry Gold – who confessed to being a courier between a British scientist with information on the atomic bomb and Soviet agents – is sentenced to 30 years in prison. Gold’s arrest was part of a massive FBI investigation into Soviet espionage.

• On Dec. 10, 1970, the defense opens its case in the murder trial of Lt. William Calley, a platoon leader in Vietnam. Calley, who had led his troops to kill 22 innocent Vietnamese civilians in the village of My Lai, was sentenced to 20 years, but was paroled by President Richard Nixon in 1974.


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| San Elizario Independent School District                        |               |                       |             |                          |
|---|---------------|-----------------------|-------------|--------------------------|
| Statement of Revenues, Expenditures and Changes in Fund Balance |               |                       |             |                          |
| Governmental Funds  |               |                       |             |                          |
| For the Year Ended June 30, 2017                                |               |                       |             |                          |
| Data Control Codes  | General Fund  | Capital Projects Fund | Other Funds | Total Governmental Funds |
| REVENUES:   |               |                       |             |                          |
| 5700 Total Local and Intermediate Sources                       | \$ 2,671,126  | \$ 83,549             | \$ 462,692  | \$ 3,217,367             |
| 5800 State Program Revenues                                     | 33,141,598    | –                     | 745,865     | 33,887,463               |
| 5900 Federal Program Revenues                                   | 3,943,086     | –                     | 3,173,458   | 7,116,544                |
| 5020 Total Revenues   | 39,755,810    | 83,549                | 4,382,015   | 44,221,374               |
| EXPENDITURES:   |               |                       |             |                          |
| Current:  |               |                       |             |                          |
| 0011 Instruction  | 18,292,218    | 97,894                | 1,677,611   | 20,067,723               |
| 0012 Instructional Resources and Media Services                 | 480,435       | –                     | 14,110      | 494,545                  |
| 0013 Curriculum and Instructional Staff Development             | 139,367       | –                     | 1,258,705   | 1,398,072                |
| 0021 Instructional Leadership                                   | 840,941       | –                     | 139,929     | 980,870                  |
| 0023 School Leadership  | 2,371,233     | –                     | 17,462      | 2,388,695                |
| 0031 Guidance, Counseling and Evaluation Services               | 1,196,007     | –                     | 16,688      | 1,212,695                |
| 0032 Social Work Services                                       | 173,645       | –                     | 2,914       | 176,559                  |
| 0033 Health Services  | 449,586       | –                     | 84,362      | 533,948                  |
| 0034 Student (Pupil) Transportation                             | 1,410,893     | 2,749                 | –           | 1,413,642                |
| 0035 Food Services  | 3,127,476     | –                     | 69,618      | 3,197,094                |
| 0036 Extracurricular Activities                                 | 1,283,927     | 59,529                | 131,537     | 1,474,993                |
| 0041 General Administration                                     | 1,685,349     | –                     | –           | 1,685,349                |
| 0051 Facilities Maintenance and Operations                      | 4,204,045     | 38,881                | –           | 4,242,926                |
| 0052 Security and Monitoring Services                           | 901,784       | –                     | –           | 901,784                  |
| 0053 Data Processing Services                                   | 1,001,916     | 103,048               | –           | 1,104,964                |
| 0061 Community Services   | 77,071        | –                     | 83,380      | 160,451                  |
| Debt Service:   |               |                       |             |                          |
| 0071 Debt Service - Principal on Long Term Debt                 | 813,000       | –                     | –           | 813,000                  |
| 0072 Debt Service - Interest on Long Term Debt                  | 185,357       | –                     | 1,185,550   | 1,370,907                |
| 0073 Debt Service - Bond Issuance Cost and Fees                 | 400           | –                     | 400         | 800                      |
| Capital Outlay:   |               |                       |             |                          |
| 0081 Facilities Aquisition and Construction                     | 506,621       | 13,346,734            | –           | 13,853,355               |
| Intergovernmental:  |               |                       |             |                          |
| 0099 Other Intergovernmental Charges                            | 34,807        | –                     | –           | 34,807                   |
| 6030 Total Expenditures   | 39,176,078    | 13,648,835            | 4,682,266   | 57,507,179               |
| 1100 Excess (Deficiency) of Revenues Over (Under) Expenditures  | 579,732       | (13,565,286)          | (300,251)   | (13,285,805)             |
| Other Financing Sources (Uses)                                  |               |                       |             |                          |
| 7912 Sale of Real and Personal Property                         | 3,558         | –                     | –           | 3,558                    |
| 8911 Transfers Out (Use)  | (700,000)     | –                     | –           | (700,000)                |
| 7080 Total Other Financing Sources (Uses)                       | (696,442)     | –                     | –           | (696,442)                |
| 1200 Net Change in Fund Balances                                | (116,710)     | (13,565,286)          | (300,251)   | (13,982,247)             |
| 0100 Fund Balance – July 1 (Beginning)                          | 16,552,542    | 22,631,630            | 1,139,048   | 40,323,220               |
| 3000 Fund Balance – June 30 (Ending)                            | \$ 16,435,832 | \$ 9,066,344          | \$ 838,797  | \$ 26,340,973            |



# NFL heavyweights in middle of contract battle

By Steve Escajeda  
Special to the Courier

The National Football League is probably in the middle of its gloomiest period in the last 70 years.

The recent problems that have plagued the league have been well documented – and documented add- nauseam.

But the one thing that can always be counted on to increase the ratings and get everyone watching again is an explosive match-up between two heavyweights.

When the Dallas Cowboys or the New England Patriots or Pittsburgh Steelers are involved in a giant game, people tune in.

The playoffs always generate a ton of interest and I don’t have to tell anyone how popular the Super Bowl is.

But if it’s a huge match-up that keeps fans truly interested, then the league is about to get a bump in the ratings.

The fight on the horizon is pitting two of the league’s super powers against one another.

Dallas Cowboys owner Jerry Jones and NFL commissioner Roger Goodell are currently involved in a battle that rivals

any big-time Monday Night Football clash.

It seems that the commissioner’s contract is up and the league owners have to decide whether or not to re-hire him.

It appeared for a while that all the owners were in agreement about bringing Goodell back.

And that’s when Jones, arguably the most powerful owner in world sports, pulled back on the reigns and yelled “whoa” to entire process.

Apparently, Goodell was asking for a raise from \$30 million to \$49.5 million, along with a private jet and medical insurance for him and his family for life.

That’s a private jet for him – and his family – for life. Who does he think he is – Jerry Jones?

Jones swooped in last week and told the rest of his owner buddies that he would sue the league if they went along with the new contract without waiting and taking a second look.

Some of the owners have sided with Jones and some have sided with Goodell.

And that’s what we have right now – a sort of billionaire tug-of-war to prove “quien es mas macho” among the current owners.

And when you take a close look at all the circumstances Jones just might be right. I mean, let’s take a look at the facts.

In the real world – for the most part – employees who do a good job are the ones who get promoted. Especially employees whose promotions include personal jets for life.

I guess the real question is whether Goodell has done a good enough job to earn all the goodies he’s asking for.

Let’s see, over the last few years the NFL players have all agreed on one thing – there is no one on the planet they hate more than Roger Goodell.

Over and over the players and the NFL Players’ Association have labeled Goodell as a villain. They’ve called him a liar and have often accused him of abusing his power.

The problems involving concussion issues and national anthem protests and player suspensions and deflategate and bountygate and spygate and team relocations and the drastic drops in TV ratings have all come under Goodell’s watch.

Remember? It was Goodell’s boggling of the Ray Rice domestic abuse case that made him and instant enemy of all

women across the country.

In his latest debacle, despite the police investigators and the NFL’s own investigator both saying there was no evidence and no need for charges of domestic abuse against Dallas’ Ezekiel Elliott, Goodell still decided to suspend the Cowboys’ running back for six games.

I’m not sure what evidence Goodell had that all the other professional investigators didn’t, but evidentially, he must have a super sleuth on his payroll.

And of course, that was the last straw for Jones.

Now the Cowboys’ owner is leading the fight against Goodell’s new contract offer.

I have to be honest. This battle is going to be much more fun to watch than some of the boring NFL games I’ve sat through this season.

Will the other owners dare to go against their top moneymaker? Will Goodell survive as commissioner and get all the stuff he’s asking for? Will Jerry Jones end up even more powerful after all this is over?

Stay tuned to find out: ¿Quien es mas macho?

## A sporting view By Mark Vasto

### World Cup time is now for America

Thirty-one nations have booked a ticket for the 2018 World Cup, to be held in Russia next year. Most conspicuously absent in this year’s tournament besides Italy (which missed the cut for the first time since 1958 and has the nation in mourning)? The United States of America.

Don’t blame any sort of collusion either – the United States has been paying plenty of lip service to world football (or soccer or whatever you want to call it) over the past few decades, but our continued inability to mount any sort of push for the championship on the men’s side remains a constant annoyance for the American sports fan. (Our women, however, continue to rock.)

As of this writing, 30 countries have secured their place to join host nation Russia in next year’s tournament: Australia, Argentina, Belgium, Brazil, Colombia, Costa Rica, Croatia, Egypt, England, France, Germany, Honduras, Iceland, Iran, Japan, Mexico, Morocco, Nigeria, Panama, Poland, Portugal, Saudi Arabia, Senegal, Serbia, South Korea, Spain, Sweden, Switzerland, Tunisia and Uruguay (New Zealand vs. Peru played after we

went to press).

For those of you who missed it, America soiled the sheets in the Caribbean when it came time to qualify, a bloodbath that saw Coach Bruce Arena, the man who was supposed to bring European sensibility to our roguish American ways, quit the scene entirely. Now, America once again sits on the precipice, questioning its desire to rebuild. Does it blow everything up? Or is there enough there to build upon, enough to believe in.

Call it American exceptionalism, but it’s time for Team America to really put

their heads back down and think back to our own culture when it comes to dominance and change. What would John Wooden do, for instance? Or Knute Rockne? Or Vince Lombardi? Or George S. Patton? For years we’ve been focusing on building a program – a well of players. Well, that time has come. We have a great soccer structure in place. All we need now is a champion.

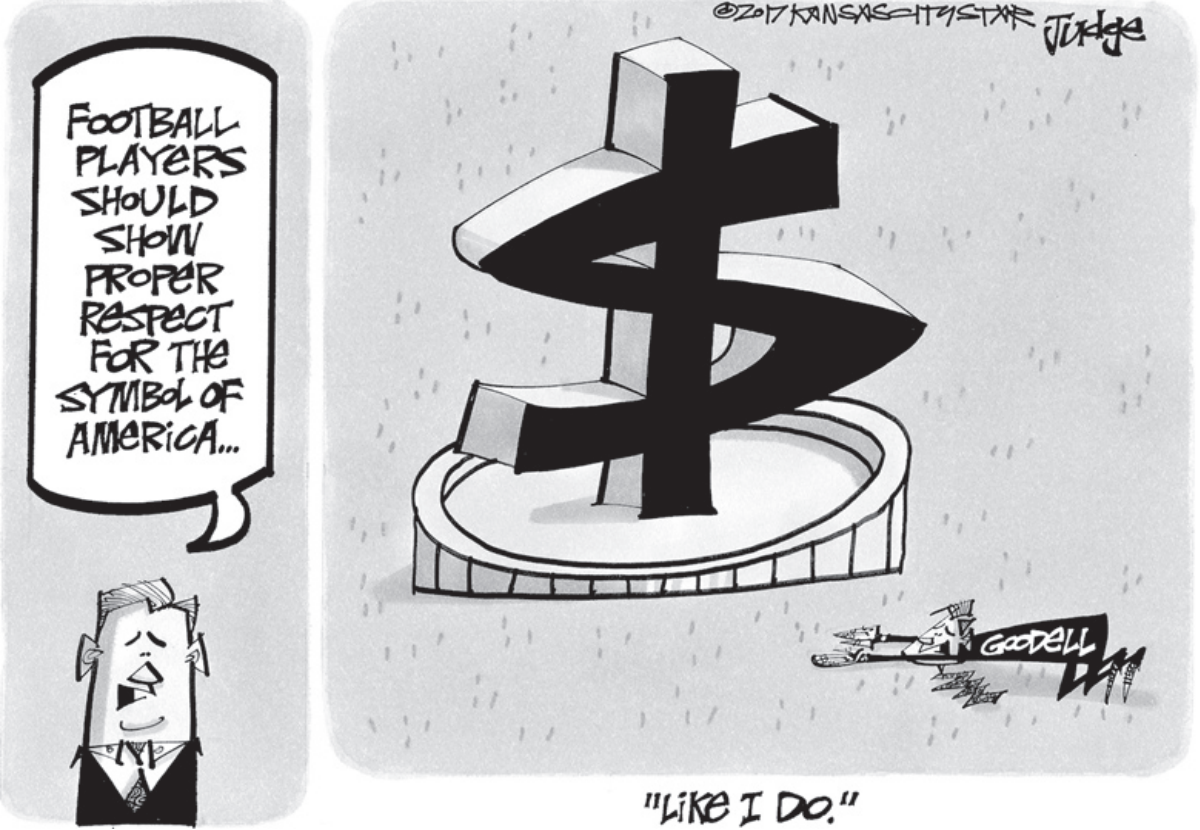
Once again, America will be on the outside looking in during the 2018 World Cup, and it’s more than past time for this country to start to compete in great ways. It’s time to start thinking about

winning the World Cup, and the time to begin has to be now.

For those of you expecting to see a little history, know that defending champion Germany is the bookmakers’ favorite to win the World Cup, followed by Brazil, Spain, Argentina, France, Belgium and then England. If Germany wins, they’d become the first country to win back-to-back World Cups since Pele’s Brazil in 1958 and 1962.

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

## AND NOW A WORD FROM NFL COMMISSIONER ROGER GOODELL:



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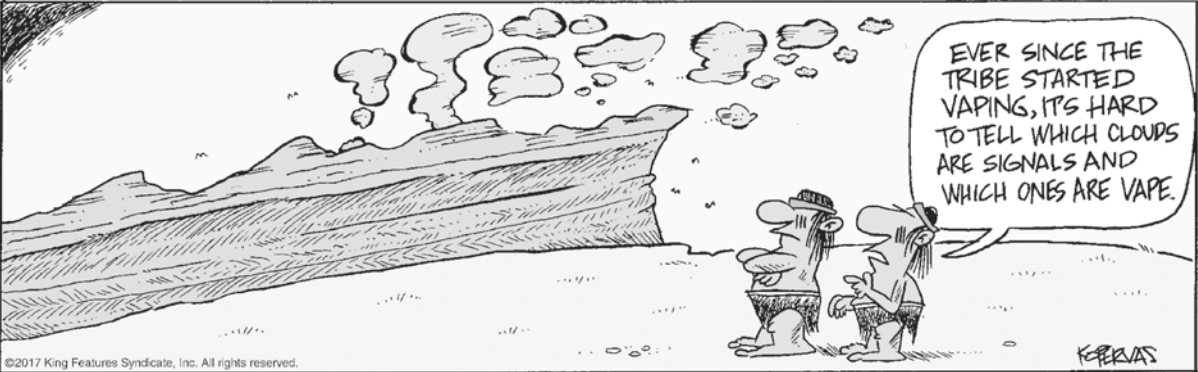
Deadline: Monday, 4 p.m.  
Please print. Send form and  
payment (no cash) to:  
**West Texas County Courier**  
15344 Werling Ct.  
Horizon City, TX 79928

Contact Information:  
Name: \_\_\_\_\_  
Phone: \_\_\_\_\_



# 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: I just read your column about ulcerative colitis. Many years ago, I read about a possible relief: nicotine. I had a friend who was in dire straits for years, and he was ready to get a colostomy. He had not responded to all kinds of steroids and expensive meds. He was treated with nicotine patches, and in 48 hours he had relief. He wore a patch for at least a year. He moved years ago, but when I knew him, he looked at nicotine as a cure. Any thoughts? – R.

frankincense, is an herb that has been used for millennia in India as an anti-inflammatory for relief of arthritis pain. I was able to find a well-done study from 2011 that showed significant benefit in reducing pain and improving function in people with osteoarthritis of the knee. The only side effects seen were minor headache and nausea. Other studies, all small and relatively short, confirmed these results.

Based on these small studies, it appears that Boswellia extract may have benefit in improving pain and function in people with osteoarthritis of the knee. I found products that are labeled as having what the study medicine did (most commonly 100 mg once daily, containing at least 20 percent AKBA, the active ingredient).

However, let me emphasize that supplements are not subject to oversight by the U.S. Food and Drug Administration. In February 2015, the New York state attorney general’s office accused four major retailers of selling fraudulent and potentially dangerous herbal supplements under their store brands. Of the products they tested, 78 percent did not contain any of the herbs on their labels, and some contained substances potentially dangerous to those with allergies (including wheat in products labeled “wheat- and gluten-free,” and powdered legumes, a potential risk for those with peanut allergies). These products were labeled “standardized” and “guaranteed.”

It is very frustrating to learn about potentially valuable

I learned in medical school that ulcerative colitis could appear or flare after quitting smoking, and that studies were being done to look at nicotine as a treatment. Since then, nicotine has been more extensively studied but has not found a major role in the treatment of UC. It is used occasionally and even more occasionally successful in people who have not gotten relief with more-common treatments. The side effects of high doses cause many people to not tolerate it.

The booklet on diverticulitis explains this common inflammatory bowel disorder and its treatments. Readers can order a copy by writing: Dr. Roach – No. 502W, 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: Have you heard of Boswellia? Would you recommend it for arthritic pain? If so, what dosage and how often would be safe? What about negative side effects? – F.P.

Boswellia, also called Indian

See HEALTH, Page 8

# Super Crossword

## BOXING CLASSES

- ACROSS
- Racket string material
  - Mornings, in brief
  - Tip politely, as a cap
  - Foe
  - Goddess of the arts
  - Single guy
  - Cartoon art of Japan
  - Flip one’s lid
  - Certain opening for a bolt
  - Proportional relationship
  - Millennium ends?
  - Bottle plugs
  - Welsh pooch
  - Brit’s baby buggy
  - “I think,” to a texter
  - Former miler Sebastian
  - Rainbow part
  - Drake’s genre
  - Small, aggressive fowl
  - 24-hr. sources of bills
  - Sorority letter
  - Bluto pursued her
  - Having ill will
  - Free-swimming, stalkless echinoderm
  - In addition
  - Big blender brand

- “... Was a Lady” (Ethel Merman song)
- Crystal ball user
- Spring or fall
- Discontinue
- Martyr who’s the patron of sailors
- Made red-faced
- 24 hours \_
- Rouse to action
- Close kin, for short
- Final deed
- Walks pompously
- Capote, to pals
- Distill brine from
- Put in a juicer
- Fertiliser compound
- “Crimewave” director Sam
- “... bug \_ feature?”
- Wallow, as a pig in mud
- Erase from memory
- Crude
- Kansas city
- In \_ (testy)
- 100 Language of Chaucer
- Gershwin’s “Concerto \_”
- 105 Prefix with propyl
- Suffix with urban
- Wormfish lookalike
- Focal points
- Aspiring attys.’ exams

- Make dingier
- \_ roll (hot)
- Mizrahi of fashion
- See 97-Down
- Genre for a headbanger
- Carried
- Motorcycle attachments
- Dwell too much (on)
- Hog havens
- Smell
- Vote against
- Word that can follow seven key words in this puzzle

## DOWN

- Half\_ (latte order)
- Ocean east of Ga.
- Your, old-style
- Knighted maestro Solti
- One-sided
- 1909-13 president
- Detest
- Risque West
- Proposed arrangement
- Mass per unit volume
- Trite
- City near Sacramento
- Worry
- Pest control option
- Examines
- Loathsome

- Love god
- “I’m game!”
- Easter roast
- Server rewarders
- Dos + seis
- Vexes
- Gulp down more than
- Renovated
- Die away
- Toy dog
- 1861-65 prez
- Neither fish \_ fowl
- Elected
- Falsified, as a check
- Kagan on the bench
- Dweebish
- Makes quiet
- Mao \_-tung
- Hot-rod engine
- PLO leader
- Island with Interstate H1
- Philosopher Jean-Paul
- Chances
- Eye rudely
- Pen brand
- Exuberant cry in Mexico
- Downs a brew, say
- Ruler of yore
- Like escapees
- Sicilian lava spewer
- Play, as a guitar

- Shiraz native
- Put together
- Edenic place
- Most factual
- Fights
- Sounds after hang-ups
- Nobelism Root
- \_Z (total)
- Singer Etheridge
- Doctor’s field
- 1914-18 conflict: Abbr.
- Galloped
- Stagger
- With 120-Across, from square one
- Sea nymph
- Tribal illness curer
- In a sauce of blazing liquor
- Itsy-\_
- Italian for “pardon me”
- Smidgens
- Gershwin’s “\_ Rhythm”
- Goa garb
- Really, really
- JFK’s home
- “That’s \_ blow”
- Ruckus
- History topic
- Subdivision: Abbr.
- “Kinda” suffix
- Texas hrs.

Answer Page 4

|     |     |     |    |     |    |     |     |     |     |     |     |     |     |     |     |     |    |     |     |     |
|-----|-----|-----|----|-----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|----|-----|-----|-----|
| 1   | 2   | 3   | 4  | 5   | 6  |     | 7   | 8   | 9   |     | 10  | 11  | 12  | 13  |     | 14  | 15 | 16  | 17  | 18  |
| 19  |     |     |    |     |    |     | 20  |     |     | 21  |     |     |     |     |     | 22  |    |     |     |     |
| 23  |     |     |    |     |    | 24  |     |     |     |     |     |     |     |     |     | 25  |    |     |     |     |
|     |     |     |    | 26  |    |     |     |     | 27  |     |     |     | 28  |     | 29  |     |    |     |     |     |
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| 38  |     |     |    | 39  | 40 |     |     | 41  |     | 42  |     |     |     | 43  |     |     |    | 44  | 45  | 46  |
| 47  |     |     | 48 |     | 49 |     | 50  |     |     | 51  |     |     |     | 52  |     |     |    |     |     |     |
| 53  |     |     |    | 54  |    |     |     |     | 55  |     |     | 56  | 57  |     |     | 58  |    |     |     |     |
| 59  |     |     |    |     |    | 60  |     |     |     |     | 61  |     |     |     | 62  |     |    | 63  |     |     |
| 64  |     |     |    |     | 65 |     |     |     | 66  | 67  |     |     |     |     |     | 68  |    |     |     |     |
|     |     |     |    | 69  |    |     | 70  | 71  | 72  |     |     |     |     |     | 73  |     |    |     |     |     |
| 74  | 75  | 76  |    |     | 77 |     |     |     |     |     |     |     |     | 78  |     |     | 79 | 80  | 81  |     |
| 82  |     |     |    |     | 83 |     |     |     |     |     | 84  | 85  | 86  | 87  |     | 88  |    |     |     |     |
| 89  |     |     |    | 90  |    |     | 91  |     |     |     | 92  |     |     |     | 93  |     |    |     |     |     |
| 94  |     |     |    |     | 95 |     |     | 96  | 97  |     |     | 98  |     |     |     | 99  |    |     |     |     |
| 100 |     |     |    |     |    |     | 101 |     |     |     | 102 |     |     | 103 |     | 104 |    | 105 |     |     |
|     |     |     |    | 106 |    |     | 107 |     |     | 108 |     | 109 |     |     | 110 | 111 |    |     |     |     |
| 112 | 113 | 114 |    |     |    | 115 |     |     | 116 | 117 |     |     | 118 |     | 119 |     |    |     |     |     |
| 120 |     |     |    |     |    | 121 |     | 122 |     |     |     | 123 |     |     |     |     |    | 124 | 125 | 126 |
| 127 |     |     |    |     |    | 128 |     |     |     |     |     |     |     | 129 |     |     |    |     |     |     |
| 130 |     |     |    |     |    | 131 |     |     |     |     | 132 |     |     |     | 133 |     |    |     |     |     |



# Vets receive Thanksgiving luncheon from EPCC

By Jim Heiney  
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) Culinary Arts program and its Culinary Veterans Club gave back to area veterans by hosting a Thanksgiving Luncheon. The event was held at the One-Stop Veterans Center at 9565 Diana Drive on November 17, 2017.

EPCC Culinary Arts did preparation work the entire week preceding the event. Veterans were served traditional holiday foods including turkey, cornbread stuffing, candied yams and an assortment of pies and deserts.

This is one of many events EPCC Culinary Arts hosts during the year. “The Culinary Veterans Club is always looking



– Photo courtesy El Paso Community College

**DIGGING IN – Veterans were treated to an early Thanksgiving meal on November 17.**

for ways to support the EPCC Culinary Arts program and the community,” William Graham, Culinary Arts Veterans Club member said.

EPCC Culinary Arts partnered with many food service providers as co-sponsors. The Thanksgiving so-

sponsors include El Super!, Sarah Farms Dairy, Quality, SYSCO, Walmart, Sam’s and Costco.

This is just one way EPCC serves Veteran and military related students. The EPCC Veteran Resource Center assists students with counseling,

registration and student life as they transition out the military.

EPCC also has a complete center on Fort Bliss that houses classrooms and admission offices to help Veterans, Active-Duty and dependents every step of their educational career.

## 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: **S** equals **T**

XK V OIZGEQ IK VZWSTVEXVP  
LVTWZGXVEW DQTQ NVSSEXPR  
XS IZS, LXRBS SBVS NQ DILNVS

OILNVS?

Answer Page 4

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## 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!

|    |   |    |   |    |    |
|----|---|----|---|----|----|
|    | ÷ |    | + |    | 17 |
| –  |   | +  |   | ÷  |    |
|    | + |    | × |    | 16 |
| ×  |   | ×  |   | +  |    |
|    | × |    | – |    | 23 |
| 25 |   | 30 |   | 11 |    |

1 2 4 4 5 6 7 8 9

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Answer Page 4

## Weekly SUDOKU

by Linda Thistle

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

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

Answer Page 4

♦♦♦ HOO BOY!

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## Here’s a Tip

By JoAnn Derson

• Run out of wrapping paper? Here are some potential alternatives: plain brown shopping bags, cut open and decorated with stickers or markers; several layers of tissue paper; fabric and a nice bow. Aluminum foil makes a lovely wrapping if you can avoid overhandling it, and handle bags from stores can be converted by gluing or taping the front of a Christmas card over the store logo, if it’s small enough.

• Holiday gatherings can be hectic when it comes to holding on to your cup. If you host a party, use disposable cups that can be written on, and put out a marker. You’ll use fewer cups, meaning there will be less to clean up.

• Get kids in on the act of cooking. There’s no better time than the holidays to get budding chefs into your family’s holiday traditions. Let them help prep, and as they get older, assign cherished side dishes to appropriate age children.

• “When baking with apples, try using a variety of types for a more interesting flavor and texture: Mix Golden Delicious, Gala and Fuji with Granny Smith for a little taste of tart.”

– M.C. in Oregon

• With the holidays approaching, now is a good time to run the self-cleaning cycle on your oven. Wipe out any bits first, and remove as much grease as you can. Then make sure to open a window to air out fumes.

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

therapies that offer an alternative to prescription medicines, and have the companies that supply them be untrustworthy. There may be good manufacturers, but with no way of independently testing their products, I cannot give a recommendation for a particular brand.

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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com). (c) 2017 North America Synd., Inc. All Rights Reserved.

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