



NEWSBRIEFS

Free tax help

An El Paso coalition is offering free income-tax preparation services at several locations throughout the county until filing day, April 15. The Volunteer Income Tax Assistance, or VITA, program is providing help filling out federal income tax returns to individuals in households with annual incomes less than \$54,000, according to officials with the Coalition for Family Economic Progress, which organized the tax help. The VITA program is also helping people determine if they can get an Earned Income Tax Credit, which is a tax credit available to moderate- to low-income taxpayers, according to VITA information. The local VITA program has 17 sites where IRS-trained volunteers are available to help people with their federal income tax returns. The VITA site locations and other information about the program, and information about free, online, self-help income tax preparation services can be found at freetaxeselpaso.org.

— Alfredo Vasquez

Marriage sites

With couples spending an average of over \$35,000 on their wedding and the industry growing to \$76 billion in revenue, the personal-finance website WalletHub has released its report on 2018's Best Places to Get Married. To help couples find the most wedding-friendly destinations, WalletHub compared more than 180 of the biggest U.S. cities across 23 key indicators of cost-effectiveness, convenience and enjoyment. The data set ranges from average wedding cost to venues and event spaces per capita to hotel availability. Austin, TX ranked 11th.

- El Paso, Texas, has the lowest average wedding cost, \$13,513, which is 3.2 times lower than in Bridgeport, Connecticut, the city with the highest at \$43,165.
- Washington has the most event planners per 100,000 residents, 103, which is 17.2 times more than in Baton Rouge, Louisiana, the city with the fewest at 6.
- Yonkers, New York has the most photographers per 100,000 residents, 183, which is 36.6 times more than in Laredo, Texas, the city with the fewest at 5.
- San Francisco has the most musicians

See BRIEFS, Page 2

At the last county, gossip was running down more people than automobiles.
— Quips & Quotes



— Photo by Alfredo Vasquez

El Paso County Commissioners Court and the Texas Department of Transportation have entered into an agreement to allocate \$90,000 to create a business and development plan for the county's 400-acre airport facility in Fabens, TX, a rural community about 30 miles east of downtown El Paso. Fabens Airport, above, currently provides various services including being a fueling point for cross country fliers, performing inspections, repairs, and restorations, and providing a safe landing strip for private planes, crop dusters, and government agency aircrafts.

El Paso County, TXDOT, team up with plan for Fabens airport

By Alfredo Vasquez
Special to the Courier

FABENS – A business development plan for the lower valley's Fabens Airport is in the works as El Paso County Commissioners Court joins with the Texas Department of Transportation (TXDOT) to fund the proposal.

County Commissioners recently approved a contract that provides the county with a \$90,000 grant from TXDOT including \$10,000 in matching funds from the county for the project. As part of the contract, the county agreed to maintain the aeronautical use of the airport for at least 20 years.

Currently running the daily operations of the airport for the county is Olivas Aviation, the same company that has

leased the airport from the county for the past 40 years. Alfredo Olivas, owner of the company, is the airport's Fixed-Base Operator (FBO). The entrance to the airport is a couple of miles south of Interstate-10's Fabens exit road.

The forthcoming airport business development plan will be a guide for commissionerstorefertowhendetermining the best usage and opportunities for the county's 400-acre plot of land in Fabens, explained El Paso County Judge Ruben Vogt in a recent news report.

The development plan comes on the heels of the county's partnership program with the University of Texas at El Paso (UTEP) that was implemented in 2016. The contract with UTEP is part of a strategic initiative for the university's center for space exploration and technology research.

Under the contract with UTEP, the

university is using five acres of airport land to develop three facilities, where students will be able to explore and test space and energy research innovation projects, according to UTEP officials.

Norma Palacios, the county's interim public works director, informed commissioners that the business development plan would not hinder the work that UTEP is doing at the airport. In fact, she added that UTEP officials would be able to provide input on the creation of the plan. Palacios stated that work on the plan could take between 18 and 24 months to complete.

As for the county's long-term interest in the airport, the county judge indicated that the county is prepared to do everything necessary to ensure that this property yields the most for the community – not only financially but also in real services, such as the university's research projects in aeronautical technology and the airport's operations of working with planes and helicopters that are flying in and out from its runways on a daily basis.

Reyna recognized for leading digital learning

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – Hector Reyna, chief technology officer for the Socorro Independent School District, has won the Grace Hopper Award, a recognition that deems him the Chief Technology Officer of the Year for the state of Texas.

The prestigious award was announced by the Texas K-12 CTO Council on Jan. 28 in Austin. It is awarded to a district chief technology officer who best represents the model of leadership set forward by Grace Hopper, a pioneer of computer programming and leader as a US Navy Rear Admiral.

"I am deeply humbled to have received the

Grace Hopper Award," Reyna said. "I am proud to promote and provide more opportunities for students who may not be traditionally encouraged to pursue learning in the computer science field, such as girls, students who are economically disadvantaged, and students with special needs."

Under Reyna's leadership, SISD has committed to be a technology savvy and future ready district by incorporating unique and innovate learning programs and investing in technology resources for students and staff.

Some unique technology-based SISD programs include: the districtwide Digital Nurturing Academics 1:1 program, which has equipped thousands of high school students



See Reyna, Page 3

Hector Reyna

Veterans Post

By Freddy Groves

Crooks plead guilty in rent-a-vet scheme

Two crooks pleaded guilty to stealing money from the government in a set-aside program for veteran-owned businesses. Specifically, these two got nearly \$14 million in construction contracts (20 of them) spread out in 11 states over nine years. Both were veterans.

In 2004, Jeffrey Wilson and Paul Salavitch set up the Patriot Company. Wilson ran the whole thing as a front for his own construction company. Salavitch, the service-disabled veteran, didn't run the company, make day-to-day decisions, had never managed a construction company and didn't have much government contracting experience – all requirements for the program. He was president on paper only. His pal Wilson said they needed stuff from Salavitch (plaques, Army items, anything personal) that would make one of the offices look like it actually belonged to Salavitch.

What, then, did Salavitch do? He was a full-time employee

of the Department of Defense in Leavenworth, Kansas. Wilson, meanwhile, had fun with some of the money. He put down nearly half a million dollars on a house he bought, and a quarter of a million to pay off his previous house. Not only that, but he used company money to buy another house out of state and paid \$400,000 for life insurance premiums. Inquiring minds want to know: If the duo was hit with four counts each, why were they allowed to plead it down? And if the government grabbed \$2.1 million in repayment, what happens to the rest of that \$14 million? Then there's the prison time... minimal. A possible year for one, a year and a half for the other. Seems like the sentence would at least equal the length of time the duo was in business, which was nine years. Scammers, take note. Whistleblowers are everywhere.

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Briefs

From Page 1

per 100,000 residents, 22, which is 66.7 times more than in Anchorage, Alaska, the city with the fewest at 0.33. Visit <https://wallethub.com/edu/best-places-to-get-married/18721/> for the full report.

– Diana Popa

Out of order

A Norwegian Airlines flight from Oslo to Munich, Germany recently had to turn back shortly after take off due to a toilet malfunction, according to the Association of Mature American Citizens. What made the incident noteworthy was that among the passengers on board was a contingent of 85 plumbers. One of them, Hans Christian Odegard, told reporters: “So many plumbers on a plane and it has to turn around because of toilet trouble – there’s good humor in that.”

– John Grimaldi

City health

With health care costs rising and U.S. life expectancy declining for the second year in a row, the personal-finance website WalletHub conducted

an in-depth analysis of 2018’s *Healthiest & Unhealthiest Cities in America*. To identify the places where health is a priority, WalletHub compared more than 175 of the largest U.S. cities across 40 key metrics. The data set ranges from cost of doctor visit to fruit and vegetable consumption to fitness clubs. El Paso ranked 154th in this study. Other Texas cities in the study ranked:

- 17 – Austin
- 39 – Plano
- 92 – Houston
- 97 – Dallas
- 102 – San Antonio
- 121 – Ft. Worth
- 133 – Arlington
- 138 – Grand Prairie
- 140 – Garland
- 146 – Lubbock
- 155 – Amarillo
- 166 – Corpus Christi
- 173 – Laredo
- 174 – Brownsville

Other stats:

- Overland Park, KS, has the lowest share of physically unhealthy adults, 6.8 percent, which is 2.8 times lower than in San Bernardino, CA and Detroit, MI, the cities with the highest at 18.7 percent.
- Laredo, TX has the lowest cost per doctor’s visit, \$62.78, which is three times less expensive than in Boston, MA, the city with the highest at \$188.00.

- Burlington, VT has the lowest share of adults eating fruit less than once daily, 31.7 percent, which is 1.8 times lower than in Little Rock, AR, the city with the highest at 56.2 percent.
- Bridgeport, CT, has the lowest average monthly cost for a fitness-club membership, \$10.00, which is 7.3 times less expensive than in New York, NY, the city with the highest at \$73.48.

Visit <https://wallethub.com/edu/healthiest-cities/31072/> to view the full report.

– Diana Popa

Cheaters

How cynical can we get, asks the Association of Mature American Citizens. The senior advocacy organization reports that Hasbro plans to introduce a new version of the classic board game, Monopoly, in the fall. It caters to cheaters. The company says that half of Monopoly enthusiasts out there cheat in one way or another so it has decided to offer a special “Cheaters Edition.” It includes 15 game cards that instruct players to commit offenses such as moving another player’s token and stealing from the bank. Not nice.

– John Grimaldi

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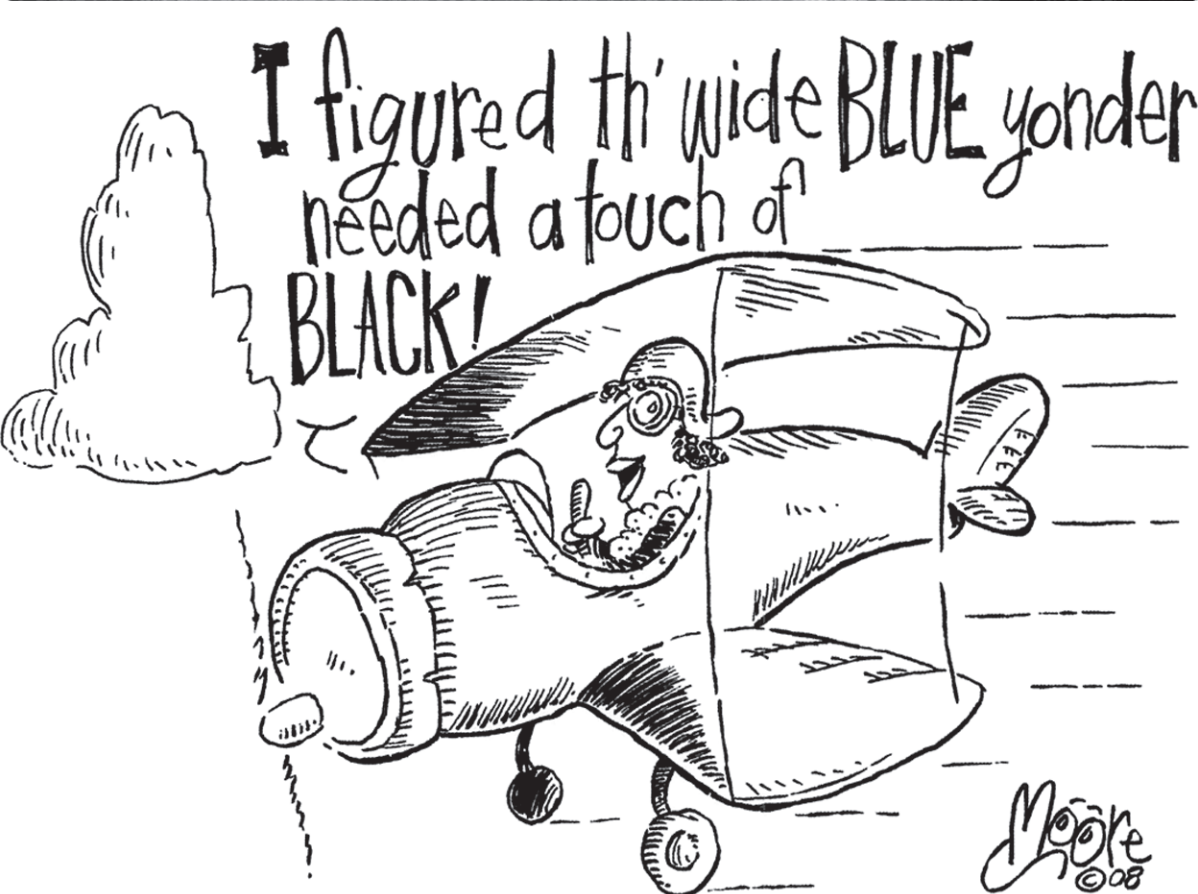


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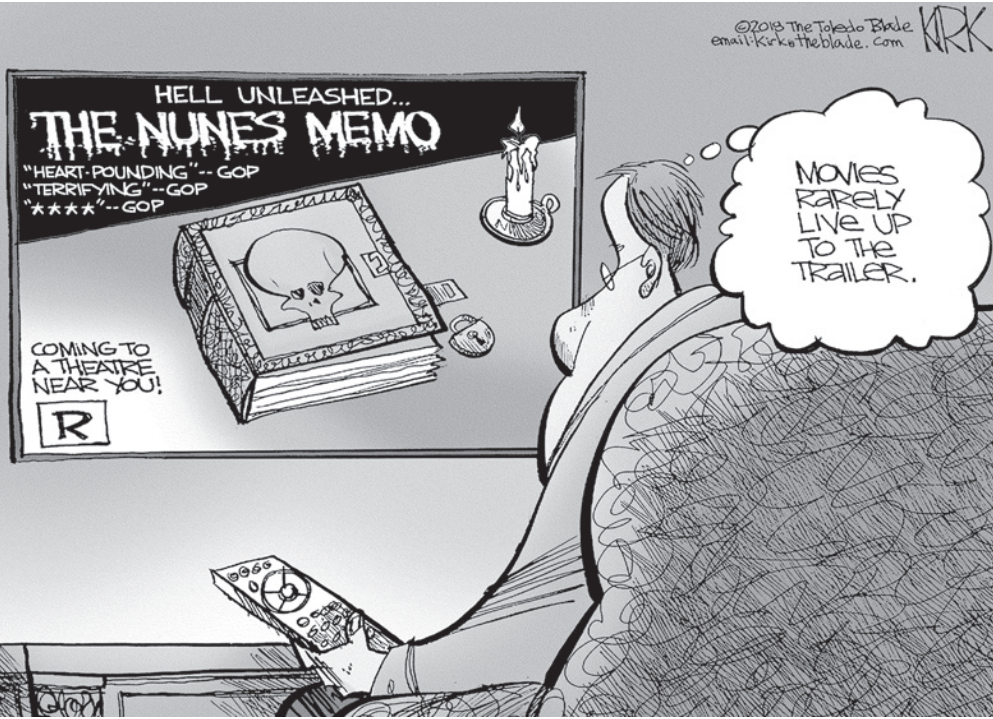


I figured th' wide BLUE yonder needed a touch of BLACK!

Moore Texas

by Roger T. Moore

Denied flying lessons in the U.S. because she was black, Bessie Coleman from Atlanta, Texas went to France and earned her flying license 2 years before Amelia Earhart.



View from here

By John Grimaldi

Illegal immigration must be dealt with

“The plain and simple fact is that illegal immigration is unlawful and those who enter the U.S. unlawfully must face consequences in a fair and just manner. In addition, our government has an obligation to prevent the crime in the first place,” says Dan Weber, president of the Association of Mature American Citizens (AMAC).

“The issue of criminal migration must be dealt with one way or another. And, those who call on the Congress and the authorities to do otherwise are asking them to commit a grievous breach of their responsibilities that have a serious impact on our ability to control crime,” according to Weber.

He says Democrats in Congress who seek extreme immigration reform that aids the cause of illegal immigrants, good or bad, “need to turn down the volume. They are lawmakers first and Democrats second and they have a responsibility to the citizens they serve in their communities. As it stands, it seems they’d rather put the so-called rights of non-citizens ahead of the genuine rights of the American people who elected them. I’m all in favor of the kind of compassion offered by President Trump in his negotiations with his opponents on this subject. But, that kind of compassion begs compromise from the other side.”

Weber is an advocate of the border wall. And, while liberals and progressives may see it as unnecessary, the AMAC chief says that the porous nature of the barriers we have in place now along the Mexican border make it too easy for lawbreakers to get into the country.

“How many innocent people need to be killed before the left realizes that some of those crossing our borders illegally are not really all that eager to live the American Dream. The poem inscribed on the base of the Statue of Liberty says give us ‘the wretched refuse of your teeming shore.’ It’s an invitation to legally come into the country. It does not invite wretched foreign criminals to come ply their nefarious trade here.”

Dr. Ron Martinelli is a nationally renowned forensic criminologist and a Certified Medical Investigator. He recently wrote an opinion article in the Web-based newspaper, The Hill. In it, he noted, “the U.S. Department of Justice and the U.S. Sentencing Commission reported that as of 2014, illegal immigrants were convicted and sentenced for over 13 percent of all crimes committed in the U.S.”

Martinelli also pointed out in his report that official government crime statistics show that illegal immigrants make up only 3.5% of the population. But, that they are convicted and sentenced for the crime of murder at a rate three times that of American citizens and legal immigrants.

President Trump had in his audience for his State of the Union address at the end of January, Elizabeth Alvarado and Robert Mickens. They are the parents of two teenage girls who were brutally murdered by members of the international MS13 crime gang. The FBI says it is one of the nation’s biggest criminal organization in the U.S. with some 6,000 members nationwide. And, too many of them are illegal immigrants. The two girls were among some 17 persons slain on Long Island by MS13 gangsters there in 2016 and 2017.

“Yet, liberals – especially some in the media – are quick to dismiss these facts as did MSNBC host Joy-Ann Reid in reporting on the president’s speech. She dismissively told her viewers that when Mr. Trump acknowledged the presence of the distraught parents during his speech, he made it sound like illegal immigrant criminals is ‘the biggest issue in the U.S.’ Well, Ms. Reid, I’ve got news for you it is indeed among the biggest issues that face our nation today,” says Weber.

“The inscription at the base of the Statue of Liberty is an invitation to legally come to the U.S.”

– Dan Weber

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.

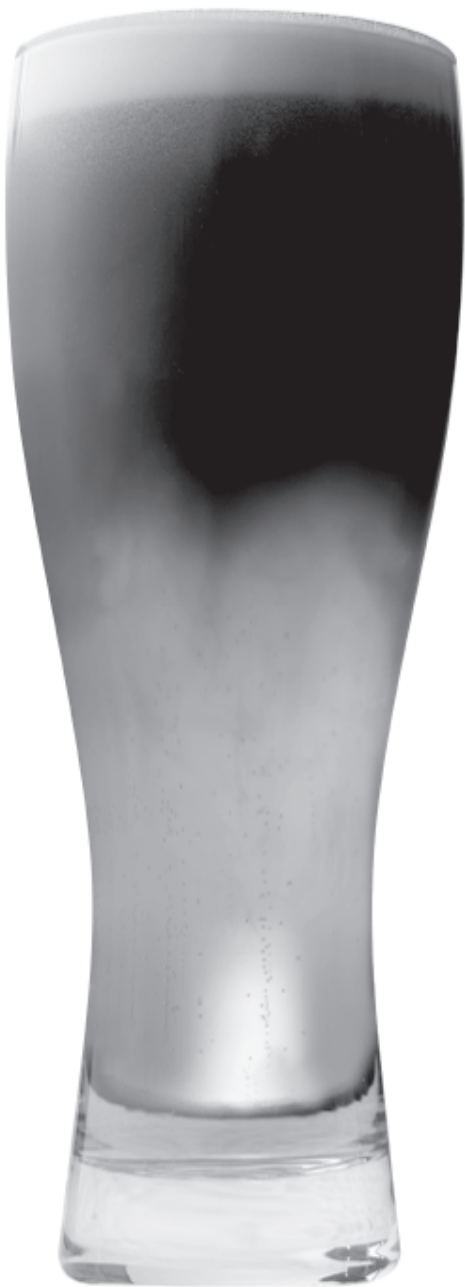
Reyna

From Page 1

with laptops so they have access to 24/7 digital learning; the innovative WIN Academy, which pairs students who need extra instructional support with a digital device, digital curriculum, and a teacher who loops with them for multiple years; and the School of Advanced Technology Applications, an advanced academic academy at Eastlake High School, which allows students to learn real-world skills in computer coding and earn a four-year endorsement in computer science.

“Blended learning and instruction are at the forefront of why our district is successful,” Reyna said. “We ensure that we are serving our students with a digital device at their fingertips such as: laptops, iPad, tablets, Wi-Fi devices, Spheros, VGo robot, and much more, with the accessibility of on or off campus.”

The Texas K-12 CTO Council is the premier organization for chief technology officers in Texas schools. The purpose of the organization is to assist Texas K-12 school districts in understanding how to plan for the use and successful implementation of information technology in Texas schools and advocate for districts’ technology needs to improve student learning.



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- 1 10-hour day
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Mix ingredients.
Add 1 totalled vehicle.

Never underestimate ‘just a few.’
Buzzed driving is drunk driving.



SISD students
provide free
tax services

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – Socorro Independent School District students, in collaboration with GECU and the Volunteer Income Tax Assistance Program, will offer free tax services for community members now through April 18.

SISD Career and Technical Education students taking courses in business and accounting underwent 25 hours of training to become IRS income tax certified.

“Students are excited to utilize their customer service skills, accounting and business knowledge to provide free tax preparation services to our community members,” said Dahlia Acosta, career and technical education facilitator. “What they learn through these courses they use to give back to the community.”

Students will assist taxpayers who earn a maximum annual income of \$54,000 with their 1040 EZ, 1040A and 1040 forms. Services will be offered from 4-7 p.m. on Tuesdays at Socorro High School, 10150 Alameda; from 4-7 p.m. Wednesdays at Pebble Hills High School, 14400 Pebble Hills Blvd; from 4-7 p.m. on Thursdays at Americas High School, 12101 Pellicano Dr.; and from 9 a.m. to noon on Saturdays at all three high schools.

Those interested in receiving the service should take a photo identification card, an original social security card for everyone listed in the income tax return, all W-2 wage statements for the 2016 year, 1099-SSA, 1099-R and 1099-G, work expenses, 1095 health coverage, direct deposit information, the 1098 for student loans, proof of child dependent car expense, property tax statements and if filing joint, both individuals must be present.

Send Your
Newsbrief To:
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Strange
But True

By Samantha Weaver

• It was the multitalented Pierre Beaumarchais – born in the 18th century, he was a revolutionary in both France and America as well as a watchmaker, diplomat, musician, spy, inventor, publisher and arms dealer – who made the following sage observation: “It is not necessary to understand things in order to argue about them.”

• Sharks burp. Yep, even underwater. Evidently, it’s how they regulate the depth at which they swim.

• You’ve almost certainly heard people refer to the school they attended as their alma mater, but do you know where the term comes from? In Latin, “alma mater” means “bounteous mother.” It was in the early 1800s that people began applying the term their beloved schools.

• The skin of the African elephant, the largest land animal alive in the world today, weighs 2,000 pounds by itself.

• You might be surprised to learn that the bagpipe did not originate in Scotland. This ancient instrument existed in Asia in the pre-Christian era. Those who study such things say that the Emperor Nero was a bagpiper, even performing publicly at Roman athletic events.

• Those who keep track of such things say that, across the globe, there are more people who have cellphones than have toilets.

• If you’re like most Americans, you’ve probably played with a NERF ball at some point in your life. You might not realize, though, that NERF stands for Non-Expanding Recreational Foam.

Thought for the Day: “A society that presumes a norm of violence and celebrates aggression, whether in the subway, on the football field or in the conduct of its business, cannot help making celebrities of the people who would destroy it.”
– Lewis H. Lapham

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CryptoQuip
Answer

Coming-of-age comedy
flick about some cats that
are impish and playful:
“Frisky Business.”

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Moments
in Time

The History Channel

- On Feb. 26, 1993, a bomb explodes in the parking garage beneath the World Trade Center in New York City. Six people died and 1,000 were injured by the powerful blast. The FBI discovered that the bombers were not terrorists but jewel thieves.
- On Feb. 27, 1776, Commander Richard Caswell leads 1,000 Patriot troops in the successful Battle of Moores Creek over 1,600 British Loyalists. It was the first American victory in the first organized campaign of the Revolutionary War.
- On Feb. 28, 1784, John Wesley charts the first Methodist Church in the United States. Although he was an Anglican, Wesley saw the need to provide church structure for his followers after the Anglican Church abandoned its American believers.
- On March 1, 1961, President John Kennedy issues an executive order establishing the Peace Corps. Although many in Congress and the U.S. public, were skeptical about the program's costs and the effectiveness, thousands of young Americans flocked to serve in dozens of nations.
- On March 2, 1944, a train stops for more than 30 minutes in a tunnel near Salerno, Italy, and more than 500 people on board suffocate and die. The locomotives were burning low-grade coal substitutes, which produced an excess of odorless and toxic carbon monoxide, asphyxiating the passengers.
- On March 3, 1863, during the Civil War, Congress passes a conscription act that produces the first wartime draft of U.S. citizens. The act called for registration of all males between the ages of 20 and 45. Exemptions from the draft could be bought for \$300.
- On March 4, 1952, Ernest Hemingway completes his short novel "The Old Man and the Sea," telling his publisher it was the best writing he'd ever done. The critics agreed: The book won the Pulitzer Prize and became one of his bestselling works.

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Valenzuela receives scholarship

By Denise Peña

Special to the Courier

FABENS – As a result of submitting her artwork to the Go Sí El Paso children’s book Project, senior Noemi Valenzuela’s name was drawn for a \$250 scholarship. A total of 3 Fabens High School seniors entered the El Paso area competition for the chance to have their artwork featured in the not-for-profit project aimed at promoting childhood literacy. Amuari Marin’s art featured Ascarate Park, Anabel Perez’s

the Yselta Mission, and Noemi’s Cattleman’s Steakhouse. The children’s book is about a group of kids who go on a field trip and use magical sunglasses to see El Paso from different artistic perspectives that also teach them about the city’s culture. The completed project with winning artwork will be unveiled in April at the El Paso Museum of Art. Written in both English and Spanish, the book will be available for purchase in April, with each purchase funding an additional copy for donation. In total 1,500 copies of the finished book will be donated to public elementary schools across the area, to municipal libraries and to students in Juarez, Mexico. While her students’ artwork will not be included in the finished book, art teacher Karina Melendez is proud of their dedication. “They worked very, very hard although it took a lot of pushing on my part to get them to submit,” she said. “Their fear and self-doubt almost got in the way. “I told them it’s very hard to win an art contest because art is so subjective. The fact that they put in the effort was rewarding in and of itself.”



– Photo courtesy Fabens ISD
Noemi Valenzuela

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The Big Dance is just around the corner

By Steve Escajeda
Special to the Courier

Don't look now but we're less than a month away from the start of March Madness – the greatest sporting event in America since the Super Bowl just a week-and-a-half ago.

It's almost time for the spills and thrills of the conference tournaments, and then the selection show, and then that first weekend where upsets reign supreme and stars are born.

Wow, that sounded just like a commercial.

Anyway, I know a lot of local fans are bummed about the season the struggling UTEP Miners are going through. It wasn't supposed to be this way.

But it'll soon be forgotten when those 64 teams get going.

What makes this year's tournament so intriguing is that there is no clear cut favorite to win it all.

Oh, there is Villanova and Virginia and Michigan State, who have the best records, but they hardly put the fear of

Golden State in any of their opponents.

The fun thing about this season is the number of new teams in the top ten.

For those of you who have been immersed in football since the start of last fall, teams like Purdue, Xavier, Cincinnati, Texas Tech, Auburn and St. Mary's are currently near at the top of the national rankings.

They are all good basketball schools, but c'mon. We're all used to seeing Duke and North Carolina and Kentucky and Louisville and Arizona in the top ten.

And that's great – as cool as it was watching the Philadelphia Eagles and the Houston Astros win the first championships in their history. It would also be great to see a new guy take the top prize in the Big Dance.

Just like Gonzaga almost did a year ago.

Unless a miracle happens, the Miners aren't going to participate in the tournament. But local fans will probably still have a team to root for in the New Mexico State Aggies.

The Aggies are 22-3 overall and undefeated in the Western Athletic

Conference. Unless another miracle happens and the Aggies don't win their conference tournament, they'll have a chance to raise some eyebrows in March.

By the time all the opening-round dust settles it stands to reason that teams like Duke and Michigan State and Villanova and Kansas and Arizona and Virginia will still be standing.

But you just know that at least one of them will survive a scare from a little team that has absolutely nothing to lose and is just honored to share the court with one of the big boys.

And occasionally, one of those little teams that just doesn't know any better will pull a miracle out of the air and send one of those big boys home.

That's why everybody loves March Madness. Anything can happen. And why can anything happen? Because they give the little guy a chance.

Unlike NCAA football, that has decided that only teams from the five super conferences have teams good enough to qualify for their Final Four. And they, and they alone, will divvy up all the money from their "play-offs."

Sounds like an awfully good scheme to me.

But in the basketball side of things, every single team is actually in for the tournament. Think of it this way. It doesn't matter if a team is 1-29 at the end of the regular season – if they win their conference tournament, they go dancing. So every team has a chance.

That's the beauty of it, all the teams earn their way in. It doesn't matter if they're a member of one of the big five conference or not. All they have to do is what former Oakland Raiders owner Al Davis always said, "just win baby."

There are mid-majors like Wichita State and Butler and Gonzaga and Rhode Island and Nevada who could make some noise as well.

And don't forget the Ohio State's and Oklahoma's and West Virginia's of the world.

But the tournament is all about dreams and opportunity and disappointment and elation.

And occasionally, it supplies us with the kind of miracle finish that will be played over and over for years to come.

What unforgettable memories will be made this year? We'll just have to watch and see. It's less than a month away.

A sporting view By Mark Vasto

Philly fanatic

One of the best parts of not being a Philadelphia sports fan is that you get to watch Philadelphia sports fans from a neutral vantage point... something many Philly sports fans are trained at spotting and keying in on.

Take Frank, for instance. I work with Frank. The Eagles had beaten Minnesota badly a few days before. When Frank saw me, he stood in front of me and said, "Sooo... what do you think?"

I had no earthly idea what he was talking about. His manner of dress? Did he get a new haircut or handbag? What?

"The Iggles!" he said with a special type of smile. It was the smile of hope and pride and trepidation all mixed together in one facial expression at once. For a half-century, Frank had rooted for the Eagles. Week after week, he dissected the previous game and upcoming contest in ways the most practiced and studied

football analyst from the NFL Network or ESPN could never do. Now they were on the cusp.

"I think that the Eagles better not keep it close in the fourth quarter," I started to say. Then I caught the look in his eyes. It was the kind of look a kid gives you when he finds a stray puppy and asks if he can keep it, pleeeeeease. Seeing this, I quickly added that I thought the Eagles had the superior defensive line and better running game, two necessary ingredients in order to beat a pass-perfect offense featuring the likes of Tom Brady and the Patriots.

One of the guys that works with Frank exclaimed to me that, get this, Frank was going down to Florida with another Eagles fan so he could watch the game on the beach. Not that there was anything wrong with that, it just seemed a little odd.

Some Philadelphians behave like a bunch of crabs in a pot – whenever one of them tries to leave, they get clawed back into the boil.

Frank again smiled with wide eyes. "Do you think they'll have the parade on Tuesday, so I can get back in time to be there?" Yes, I surmised that the Eagles would need to wait at least one day and let the city call up a battalion or regiment of anti-riot police.

"Aha! So you think we're gonna win!" A pause then a meek, "Right?"

There was plenty the Eagles did right during Super Bowl LII, but there was plenty to nitpick too. For example:

Chris Collinsworth announced the game as if he was in a locked room with a bunch of Patriot terrorists that had guns trained on him. Did Dodge really think Martin Luther King's anti-

consumerism speech was a great vehicle to sell vehicles? (Apparently so.) And did anyone ever stop to ask Bill Belichick why he felt it necessary to wear that ridiculous cut-sleeved sweatshirt, that he was a Super Bowl coach and not an itinerate hobo who just got fired off the line of a bad roadside diner?

Does any of it matter anymore to the city of broken lampposts and Crisco? No, it does not. For Philadelphia – the Eagles in particular – proved everyone wrong by doing what was right on game day. They never gave up, and now we'll never stop hearing about Nick Foles. Right, Frank?

1973

45

Years

2018

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A black and white cartoon by Mike Smith. On the left, a man is lying on a chaise longue, looking exhausted. A speech bubble above him says, "WITHOUT IT, I DON'T KNOW HOW I WILL GO ON." On the right, a man with glasses and a beard sits in an armchair, holding a newspaper. A speech bubble above him says, "YOU KNOW, FOOTBALL SEASON STARTS AGAIN IN SEPTEMBER." On the floor between them are several crumpled papers and a small stack of books. The cartoon is signed "MIKE SMITH" in the bottom left corner and "SHARDED BY KPS / WAS 2018 LAS VEGAS SUN" in the bottom right corner.

Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

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

but only in the first few hours after symptoms begin. Every minute counts.

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

American Heart Association.
Fighting Heart Disease and Stroke

9-1-1
HEART ATTACK & STROKE
Read the signs. Raise a flag.

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!

	-		x		15
x		+		-	
	+		x		22
-		x		x	
	-		x		24
23		20		18	

1 2 3 4 5 5 6 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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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Social Security Q&A

By Ray Vigil

Get your 2017 Social Security benefit statement

Social Security puts you in control of your finances and future. We have made requesting or replacing your annual Benefit Statement even easier. The Benefit Statement is also known as the SSA-1099 or the SSA-1042S. Now you have the ability to download it anytime and anywhere you want using our online services. There's no need to visit a field office.

An SSA-1099 is a tax form Social Security mails each year in January to people who receive Social Security benefits. It shows the total amount of benefits you received from Social Security in the previous year so you know how much Social Security income to report to IRS on your tax return.

If you currently live in the United States and you need a replacement form SSA-1099 or SSA-1042S, simply go online and request an instant, printable replacement form with a *my Social Security* account at www.socialsecurity.gov/myaccount. A replacement SSA-1099 or

SSA-1042S is available for the previous tax year after February 1.

If you already have a personal *my Social Security* account, you can access your online account to view and print your SSA-1099 or SSA-1042S. If you don't have access to a printer, you can save the document on your computer or laptop and email it. If you don't have a *my Social Security* account, creating a secure account is very easy to do and usually takes less than 15 minutes.

If you're a noncitizen who lives outside of the United States and you received or repaid Social Security benefits last year, we will send you form SSA-1042S instead. The forms SSA-1099 and SSA-1042S are not available for people who receive Supplemental Security Income (SSI).

When you have access to your benefit information, you can make knowledgeable decisions about your financial future. With you in control, you can secure today and tomorrow for yourself and your loved ones. Visit www.socialsecurity.gov to find out more.

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: I equals C

IRFAEK-RY-OKC IRFCGN YQAIZ
OHRTS MRFC IOSM SPOS OWC
AFJAMP OEG JQONYTQ:
"YWAMZN HTMAECMM."

Answer Page 4
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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

FEL
♥ MUTPIE
NOPGR
AMMA
AIRFAN
♥ PMA
FUBL
♥ DEALD
♥ ABG
♥ ENIGAL
FOMIT
REUP

Answer Page 4

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.

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Here's a Tip

By JoAnn Derson

- "Activity points are now a prerequisite in our house for allowance. Chores are still a part of the equation, but we are trying to instill how important it is to MOVE. I figure if my employer can incentivize me by lowering health-care costs if I use my Fitbit or participate in 5ks, I can 'pay' my kids to be active."
— Y.R. in North Carolina
- White porcelain sinks are so beautiful in a country kitchen – but boy do those food stains just pop! No sweat, though. Just sprinkle liberally and scrub with baking soda, and then spray on a little hydrogen peroxide. Rub and rinse.
- Sources say that if you are having a hard time keeping your eating in check, the key is to plan ahead. At the beginning of the week, make a list of exactly what you plan to have each day for breakfast, lunch and dinner, as well as snacks. Then prep that food. Less decision-making midweek means less opportunity to make poor decisions. Good luck!
- "My three kids (and their friends) were always losing, bending or otherwise ruining my good flatware. So, I bought a bunch of cheap stuff, a bucket to fit it in and I put it on the counter. It all goes in there together, and you know what? It's no big deal. We just grab what we need and get on with our lives. I still have the good stuff, and it's what we use on special occasions."
— T.Y. in Illinois

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 King Features Synd., Inc.

Health

From Page 7

(lactose intolerance and celiac disease are two of the more common of the many causes of malabsorption).

In summary, calorie counts are imprecise, but still useful for comparing one food with another.

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. (c) 2018 North America Synd., Inc. All Rights Reserved.