



NEWSBRIEFS

Really honest

Ray Rhinehart's mother passed away recently leaving him a doll collection, which he donated to a Santa Monica, CA thrift shop that employs some very honest clerks. So honest, says the Association of Mature American Citizens, that workers didn't hesitate to track Rhinehart down in order to return \$36,000 found in one of the boxes containing an antique porcelain doll.

— John Grimaldi

Business friendly

With new corporate tax reform recently signed into law, the personal-finance website WalletHub today released its report on 2018's *Best & Worst States to Start a Business*. To determine the most fertile grounds for planting and growing new ventures, WalletHub compared the 50 U.S. states across 25 key indicators of startup success. The data set ranges from financing accessibility to availability of human capital to office-space affordability. Texas placed first in the study, ranking:

- 4th – Avg. Growth in Number of Small Businesses;
- 12th – Office-Space Affordability;
- 29th – Labor Costs;
- 27th – Availability of Human Capital;
- 4th – Avg. Length of Work Week (in hours);
- 11th – Cost of Living; and
- 13th – Industry Variety.

Visit <https://wallethub.com/edu/best-states-to-start-a-business/36934/> for the full report.

— Diana Polk

Business friendly 2

With sweeping business tax reform recently signed into law by President Donald Trump, the personal-finance website WalletHub recently released its report on 2018's *Best Large Cities to Start a Business* in order to help aspiring entrepreneurs maximize their chances for long-term prosperity, WalletHub compared more than 180 U.S. cities across 19 key indicators of startup viability. The data set ranges from five-year business-survival rate to office-space affordability. El Paso ranked 58. Other stats:

- Lewiston, ME has the lowest average annual rent for office space, \$10.19 per square foot – 7.9 times cheaper

See BRIEFS, Page 5

Our actions are our own; their consequences are not.

— Quips & Quotes

Hurd faces Ortiz Jones for Texas' 23rd District

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – With the on-going issues that have recently bubbled-up to the surface of national attention, especially current U.S. immigration policies, the lesson that concerned Americans are learning is that voting in local, state, and national elections makes a big difference, for the results can have a huge impact on the lives of everyday citizens.

Consequently, all eyes are turning to the upcoming November elections that will pit the two major political parties against each other, as the Democrats attempt to wrestle control away from the Republicans at all levels of governing.

One critical local race outcome, that is difficult to predict, is the November election for the representative of Texas' 23rd Congressional District. This race will have Gina Ortiz Jones, the Democratic candidate, go up against the Republican incumbent, U.S. Rep. Will Hurd.

The winner will speak for residents of a large segment of El Paso County, which includes Tornillo- the site of the present immigrant children's detention camp- and other communities that are scattered throughout West Texas.

Hurd was elected to the seat in 2014, unseating Democrat Pete Gallego. His district is more than 58,000 square miles and stretches from San Antonio to El Paso. It includes 29 counties and much of the Texas-Mexico border.

As congressman, Hurd's record indicates that he voted to delay the implementation of smog reduction measures by eight years, voted to repeal the Affordable Care



Will Hurd (R)

Act, voted for the Republicans' tax bill, and has not publicly shown support for funding the Children's Health Insurance Program (CHIP), which is set to expire and would affect 400,000 kids in Texas.

Hurd has raised \$1.6 million this cycle and had \$1.5 million on hand at the end of March. During the same time period, Ortiz Jones raised \$1.1 million. She had \$415,884 on hand at the beginning of May.

Ortiz Jones, a former Air Force intelligence officer, will carry the torch for her party in a district that is considered one of the most competitive nationwide; it has changed party hands five times since it was drawn in 1967.



Gina Ortiz Jones (D)

Ortiz Jones made it out of a crowded Democratic field during March's primary election, which included Judy Canales, who was appointed to serve in the U.S. Department of Agriculture by former Presidents Barack Obama and Bill Clinton.

Hurd, who studied computer science at Texas A&M University, spent almost a decade working as an undercover officer in the CIA before joining the private sector and working with a cyber-security company. He currently lives in Helotes.

Ortiz Jones attended Boston University on an Air Force ROTC scholarship where she received a master's degree in economics. She served in the U.S. Air Force as an intelligence officer in Iraq before taking a position with the Office of the U.S. Trade Representative. Ortiz Jones lives in San Antonio.

Many West Texas voters will use the current immigration crisis that is taking place in their own backyard, to decide which candidate to turn to for a prompt resolution. The difficulty is that both candidates are condemning the U.S. government's handling of immigrant mothers being separated from their children at the border.

Hurd stated recently that the use of detained children, such as those being separated from their parents at the southern border, as a deterrent policy is unacceptable. "We should not be using kids as a deterrent policy. This is something I think is actually unacceptable, and is something that as Americans we shouldn't be doing," he stated in a news interview.

The Republican lawmaker visited the U.S. administration's temporary shelter for unaccompanied immigrant children

Apple publishes app created by Clarke Middle School students

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – Seventh and eighth grade students at Capt. Walter E. Clarke Middle school designed, illustrated and voiced a mobile app that has been published and copyrighted by Apple Inc.

Elements and Principles of Art is the first mobile app of its kind to be published in the app store, according to Apple. The educational tool will allow users to learn about art-making components, such as balance, rhythm, contrast, unity, pattern, movement and emphasis, and incorporate them into their own illustrations.

Samuel Saucedo, visual arts teacher at Clarke Middle School, said his students worked hard on the project to ensure

it met required guidelines, quality and functionality.

"I am really proud of my students," Saucedo said. "To have their drawings, voices and designs published is exciting. There are so many things you can do when you combine art and technology, and this will surely open many doors for them."

The young app developers now are setting their sights on how to improve and update their app. Their goal is to create art appreciation awareness through digital curriculum that can be used worldwide.

"It's an honor to know that we were part of this because it will help other kids," said Yedsenery Espinoza, a seventh grader at Clarke Middle School. "They will read the definition of the element and when they see our drawings they will say 'oh, that's what it's supposed to look like.'"

See DISTRICT, Page 5

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View from here

By John Grimaldi

Trend toward a four-day school week is gaining momentum across the country

Schools across the country are opting to give teachers and students a day off on Fridays. It’s a way to save money, they say. According to the National Conference of State Legislators “approximately 560 districts in 25 states have one or more schools on a four-day schedule.”

Teachers and stay at home moms seem to like the trend but households where both parents need to work to make ends meet, it poses difficulties. “Families with children too young to stay at home alone will have the added expense of daycare,” points out Dan Weber, president of the Association of Mature American Citizens.

Weber says that in addition many low-income parents rely on subsidized school breakfasts and lunches and that having to feed their kids an extra day a week can pose a problem. The Department of Agriculture says more than half of the nation’s high-poverty schools offer breakfasts and lunches to students at no cost.

Meanwhile, there’s evidence to suggest that the savings for school districts that adopt shorter school schedules are minimal at best.

Paul Hill, a Research Professor at the University of Washington Bothell, is an expert in the field of public education. In an interview published in *The Atlantic* he was asked why school superintendents, if they know the savings

See SCHOOLS, Page 5

I dunno. think it's too much?

nope... downright understated!

ROBERT T. MOORE
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True Texas by Roger T. Moore

A 300 carat Topaz (the official State Gem) was found in Mason County.

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Christmas in July

What Trump gets

In the 1950s, the great neo-conservative intellectual Irving Kristol acknowledged Joe McCarthy’s stark failings, but famously refused to take the side of his critics. “For there is one thing,” he wrote, “that the American people know about Senator McCarthy: He, like them, is unequivocally anti-Communist. About the spokesman for American liberalism, they feel they know no such thing.”

The sentiment could equally apply to President Donald Trump and the issue of immigration.

Trump’s team is still trying to figure out how to extricate itself from a policy of separating families at the border that was incompetently executed, incompetently explained, and incompetently reversed.

The president himself is so heedless of his own priorities and legislative strategy that he initially opposed a compromise House immigration bill crafted with the input of his own staff, then reversed himself and supported it, then declared that it should be put off until next year. Who knows what he’ll say about it next?

He poured contempt on the idea of adding immigration judges at the border, when it is rock-solid Sen. Ted Cruz who is proposing the idea and every immigration

restrictionist welcomes it as a way to expedite the consideration of asylum claims (the current backlog of 600,000 cases is a disgrace and adds to the dysfunction of the system).

Yet, with apologies to Irving Kristol, the one thing the American people know about Donald Trump is that he believes we have a border and it should be enforced. About his opponents, they know no such thing – and how could they?

Trump almost certainly hurt himself, but the damage shouldn’t be exaggerated or the opportunity for recovery minimized (assuming that migrant kids can be returned to their parents expeditiously, despite the insane legal and bureaucratic obstacles).

In signing his executive order reversing course on family separations, Trump flipped from representing a splinter view to associating his opposition with one. Family separations were unpopular – less than a third of people supported them. But even fewer people support so-called catch-and-release, permitting migrants to enter the country pending a court date. In a CBS News poll, only 21 percent say they want to temporarily release families into the country. An Economist/YouGov poll found that 19 percent favor release.



With Democrats now banging on Trump for wanting to detain families together, they represent the minority view. The public wants migrants to be treated humanely, but it doesn’t want them to walk into the country. Of the various options that the CBS News poll gave people for dealing with the migrants, the one that had the most support, by far – 48 percent – was returning families home together.

This is the opening for Trump. He’s always benefited from his opponents going too far, in part under the pressure of his provocations. If he can make it clear that he wants to deal with migrants at the border decently but firmly, and that his opposition favors rules and limited detention space that effectively mandate catch-and-release, he’ll be in the stronger political position, again. On immigration, his advantage is the one thing that the public knows about him.

Rich Lowry is editor of the National Review. (c) 2018 by King Features Synd., Inc.

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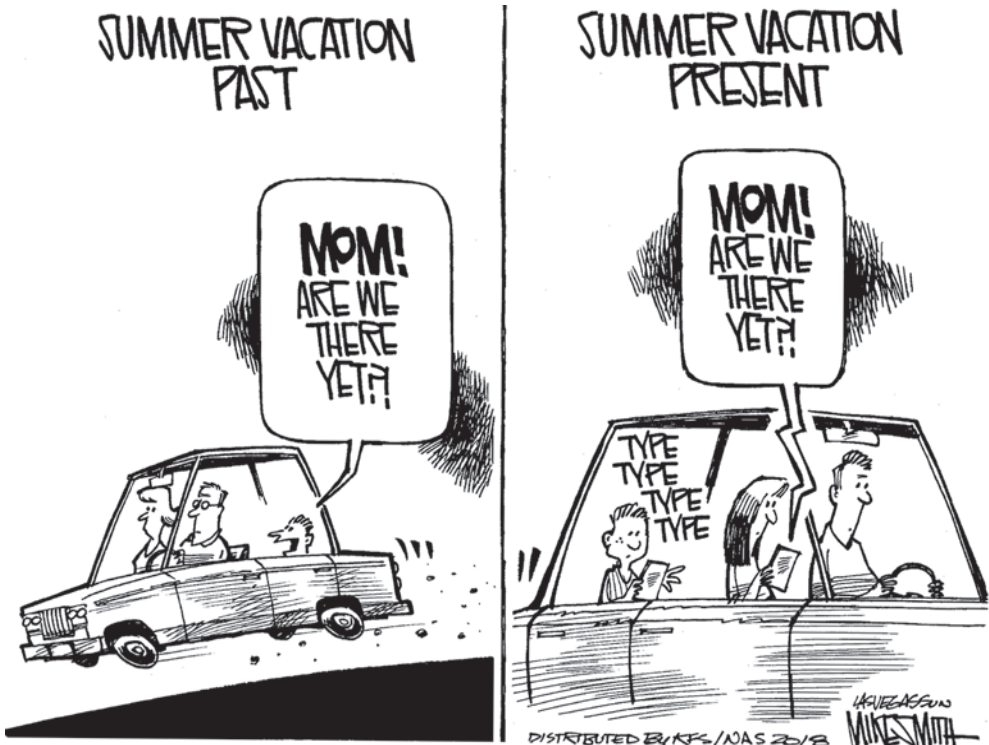
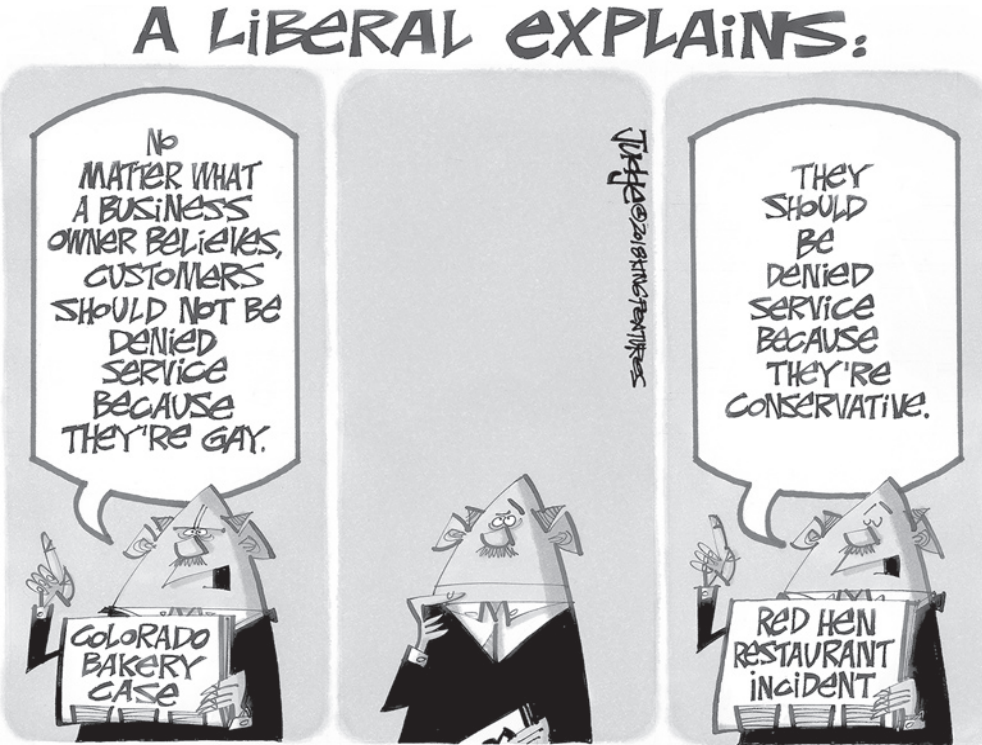
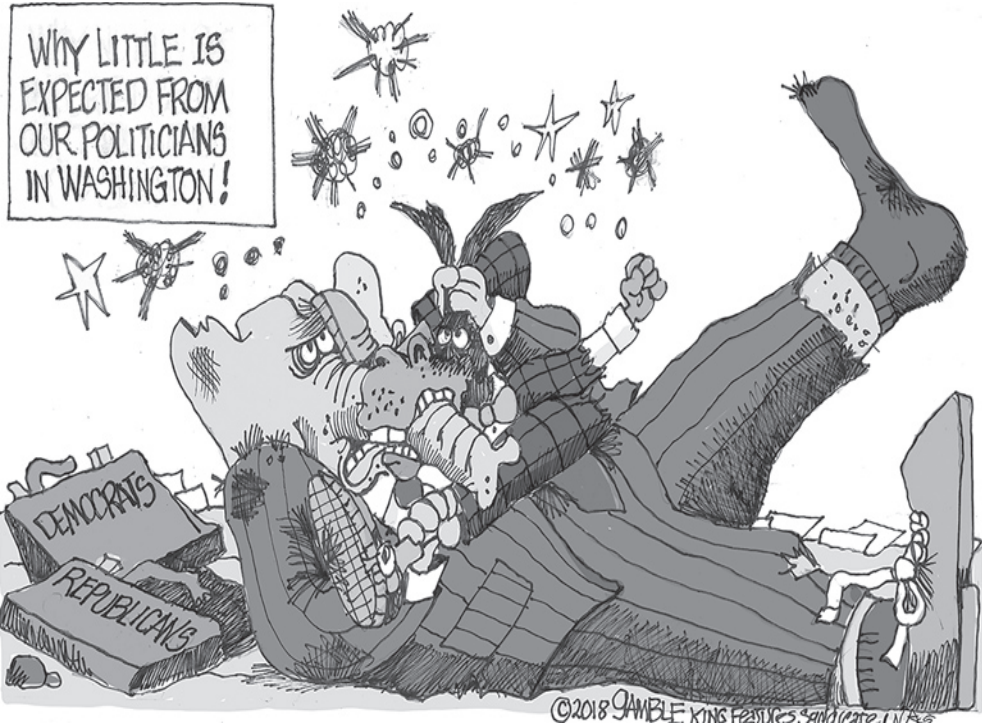
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Soccer would be better if it changed with the times

By Steve Escajeda
Special to the Courier

Normally at this time of the year professional baseball has Americas’ sports attention all to itself.

The NBA and NHL just held their championships and the NFL is still about three away from opening training camps.

But over the last month, MLB has had to share the spotlight with a sport that the majority of Americans could care less about – soccer.

However, this isn’t just any soccer, it’s the World Cup.

And just like during the Olympics, most everybody becomes a soccer fan during the World Cup; even if the United States wasn’t good enough to qualify a team in 2018.

The majority of Americans have no interest in curling or figure skating or beach volleyball or downhill skiing or archery or fencing or cycling or synchronized swimming or any number of other obscure sports – but we watch because it’s the Olympics.

So we watch the World Cup, but just like it’s been over the last 30 years, the majority of Americans will go back to not caring about soccer once the big tournament is over.

And to be honest – I’m one of them.

Don’t get me wrong, I’m not one of those guys who immediately declares that soccer isn’t a real sport because they don’t use their hands. I don’t care about that.

And I think what the players can do with a soccer ball is amazing.

But there are just some things about soccer that make me scratch my head.

Just like baseball sometimes, I think soccer just refuses to join the rest of us here in the 21st century.

One of the first quirks about soccer is the clock and how it ticks up instead of down. In every other sport that has a clock, it eventually ticks down to zero.

In soccer, it starts at zero and ticks up to 90 minutes – strange. I mean, there’s no final countdown.

And even with soccer’s final count up, there really isn’t.

Because unlike all other sports, the soccer clock never stops.

Even when there’s a stoppage in play, the clock continues and for some reason, the referee is the only one who knows how long the play stopped and he adds that time to the clock after the game has ended – which it hasn’t.

Why they can’t just stop the clock when play is stopped is beyond my comprehension.

Another reason soccer hasn’t caught on here is the complete lack of scoring.

Everyone knows that in America, the fans shout for “defense.” But what they really want is more offense. That’s why almost every sport here has changed its rules to favor scoring.

As the baseball commercial once stated, “chicks dig the long ball.”

In soccer, there are way too many 0-0 and 1-0 finals.

How much fun would soccer be if there were more 7-5 or 9-8 games? I mean there is more scoring in hockey.

And there is way more scoring in baseball, a sport many fans belief is totally boring.

Here’s another thing, whenever a team scores first the chances are very high that the game is over.

Studies have shown the team that scores first in soccer wins about 70 percent of the time, ties about 17 percent of the time and loses only about 13 percent of the time.

Americans love a little give-and-take, back-and-forth; a reasonable chance for a comeback. Bottom line is that Americans hate ties.

But maybe the thing that drives me the most nuts about soccer is the flopping.

I think some of the players should be searched before the game because I’ve seen guys drop to the ground in agonizing pain as if they’d just been tased by their opponent.

Talk about fake news. The level of acting out a fake injury to draw a foul has reached the point of sheer embarrassment.

I know a little acting goes on

See SPORTS, Page 8



- By Samantha Weaver
- It was pop art icon Andy Warhol who made the following sage observation: “It’s the movies that have really been running things in America since they were invented. They show you what to do, how to do it, when to do it, how to feel about it, and how to look when you feel about it.”
 - Those who study such things say that by the year 2020, more data will be created in a single hour than had been created in the entire world over the 30,000 years leading up to the 21st century.
 - A woman in Tennessee was once arrested for biking while intoxicated – she was on a stationary bike at the gym at the time.
 - When the Coca-Cola Company first started marketing its product in China, the advertisements used Chinese symbols to spell out the brand’s name phonetically. It was only after the ads had been published that the marketers learned that those symbols spelled out the phrase “bite the wax tadpole.”
 - Earthquakes occur at a rate of about one every minute around the world. About eight of those each year are considered to be major, registering above 7.0 on the Richter Scale.
 - Velcro came to market in 1957, after a Swiss inventor named George De Mestral spent nearly 10 years developing the idea. His inspiration came to him in 1948 on a hike, when he had difficulty removing tenacious little burrs from his clothes. He reasoned that if he could create synthetic burrs, they could be used as fasteners.
 - When Great Britain’s current Queen Elizabeth – then Princess Elizabeth – wed Prince Philip, their wedding cake weighed a whopping 500 pounds.

Thought for the Day: “I always find it more difficult to say the things I mean than the things I don’t.”
– W. Somerset Maugham

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Since the fire-breathing beast is totally deficient in proper sleep, all day the dragon is draggin’.

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Moments in time

THE HISTORY CHANNEL

- On July 16, 1945, the Manhattan Project comes to an explosive end as the first atom bomb is successfully tested in Alamogordo, New Mexico. In 1939, Albert Einstein had written to President Roosevelt supporting the theory that an uncontrolled nuclear chain reaction had potential as a basis for a weapon of mass destruction.
- On July 17, 1938, Douglas “Wrong Way” Corrigan takes off from New York, ostentatiously pointed west. Twenty-eight hours later, Corrigan landed in Dublin, Ireland, and asked, “Where am I?” He claimed that he got lost.
- On July 18, 1925, seven months after being released from Landsberg jail, Adolf Hitler publishes the first volume of his personal manifesto, “Mein Kampf,” the blueprint for his plan of Nazi world domination.
- On July 19, 1956, Secretary of State John Foster Dulles announces that the United States was withdrawing its offer of \$70 million in financial aid to Egypt to help with the construction of the Aswan Dam on the Nile River. The Soviets rushed to Egypt’s aid.
- On July 20, 1976, the seventh anniversary of the Apollo 11 lunar landing, the Viking 1 lander becomes the first spacecraft to land safely on Mars. It sent back the first close-up photographs of the rust-colored Martian surface.
- On July 21, 1861, war erupts on a large scale when Confederate forces under P.T. Beauregard turn back Union Gen. Irvin McDowell’s troops in Virginia. Inexperienced soldiers on both sides slugged it out in a chaotic battle that resulted in a humiliating retreat by the Yankees.
- On July 22, 1916, in San Francisco, a bomb hidden in a suitcase at a Preparedness Day parade on Market Street kills 10 people and wounds 40. The parade was organized by the Chamber of Commerce in support of America’s possible entry into World War I.

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Send Your Newsbrief To: wtxcc@wtxcc.com

District

From Page 1

in Tornillo. “This really isn’t a Republican or Democratic issue. This is an issue about how should you treat children,” he said; and he called for the administration to change its immigration policy.

Ortiz Jones, a career civil servant who served in the Air Force in Iraq under George W. Bush and as an intelligence officer under Barack Obama, stayed in her job as a director in the Office of the U.S. Trade Representative after Donald Trump won the presidency in November 2016. But by June, she couldn’t do it anymore, she related in a recent news report.

Ortiz Jones stated that Trump’s plans to gut education and housing aid hit too close to home, because she was someone who relied on reduced-cost school lunches and subsidized housing when she was a child

Briefs

From Page 1

than in San Francisco, CA, the city with the highest at \$80.22 per square foot.

- Detroit, MI has the lowest labor costs (median annual income), \$26,249 – 4.3 times lower than in Fremont, CA, the city with the highest at \$111,613.
- Laredo, TX has the lowest cost-of-living index, 77 – 2.5 times lower than in San Francisco, the city with the highest at 193.
- Irvine, CA has the highest share of college-educated population, 68 percent – 6.1 times higher than in San Bernardino, CA, the city with the lowest at 11.2 percent.
- Miami, Hialeah, Fort Lauderdale and Pembroke Pines, FL have the most startups per 100,000 residents, 234.72 – 12.6 times more than in Columbus, GA, the city with the fewest at 18.56.

Visit <https://wallethub.com/edu/best-cities-to-start-a-business/2281/> to view the full report.

– Diana Polk

No cheating

Algerian high school students who thought they could get away with cheating on their year-end exams using Internet-enabled cell phones and tablets had another think coming, according to the Association of Mature American Citizens. The government ordered nationwide Internet shut downs during the times when the tests were underway.

– John Grimaldi

being raised by a single mom in San Antonio.

She was also appalled by the president’s hires for top jobs. “The type of people that were brought in to be public servants were interested in neither the public nor the service,” Jones stated in a recent interview. “That, to me, was a sign that I’m going to have to serve in a different way,” she said.

“Talent is universal. Opportunity is not. Folks in Congress, they do three things: They create opportunities, they protect opportunities, and they erase opportunities. That’s how we have to be thinking about this (immigration crisis), very plainly,” she added.

Therefore, voters along the Texas-Mexico border will have a tough decision to make in November, when they will decide who will represent them in Washington D.C. Whom will it be, a Republican or a Democrat?

Schools

From Page 2

may not be significant, elect to shut down on Fridays.

His response: “They hope to save money even if the odds are low. But there are two other reasons people go to it: at least initially, I think superintendents were enthusiastically thinking they could find a way to get more time for teachers to collaborate and maybe actually improve instruction. But the other was that teachers and families with stay-at-home moms and so on were all pretty glad to have that one day extra on the weekend where they could do things like take their kids to the doctor. So it was a combination of hope for academic benefits and real family and quality-of-life benefits.”

Weber says it would appear that the benefits of the four-day school week accrue principally to stay-at-home parents and teachers. “They would not outweigh the disadvantages for students and households where both parents work. Consider also the fact that the remaining school days would be longer under such a revised schedule and could prove to be difficult, especially for younger students.”

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.

www.wtxcc.com

Clint Independent School District SPECIAL EDUCATION SERVICES

Clint Independent School District provides the following educational program/services to identified disabled children who reside within the district beginning on the third birthday through age twenty-one.

- 1) Instructional Program: including Early Childhood (beginning on the third birthday through age five), Resource (grades K-12) and Self-Contained (grades K-12)
- 2) Diagnostic Services
- 3) Transportation Services
- 4) Speech Therapy
- 5) Counseling Services
- 6) Adaptive Equipment Services
- 7) Physical Therapy
- 8) Occupational Therapy
- 9) School Health Services
- 10) Homebound Services
- 11) Dyslexia Services

Services are provided to identified auditorial and visually impaired children who reside within the district from birth through age twenty-one and to private/home school students who qualify for special education services.

In compliance with the Family Educational Rights and Privacy Act of 1974 and Public Law 105-17, parents and adult students have the right to inspect educational records. District policies FL and FL-P provide for record access, confidentiality, and complaint procedures.

If you would like more information or know of a disabled child who is not receiving educational services, please contact the Special Education Director at 125 Brown Street, Clint, Texas 79836, or call (915) 926-8500.

SERVICIOS DE EDUCACION ESPECIAL

El distrito escolar de Clint provee los siguientes programas/ servicios educacionales a niños que son identificados como desabilitados que viven dentro del distrito comenzando con el tercer cumpleaños hasta los 21 años.

- 1) programa de instrucción: infancia temprana (comenzando con el tercer cumplea–os hasta la edad de cinco años), cuarto de recurso (K-12), y clases contenidas (K-12)
- 2) servicios diagnósticos
- 3) servicios de transportación
- 4) terapia de habla
- 5) servicios de consejo
- 6) servicios de equipaje adaptivo
- 7) terapia fisica
- 8) terapia ocupacional
- 9) servicios de salud escolar
- 10) servicios de clases en el hogar
- 11) servicios de dyslexia

Se provee servicios a niños identificados como desabilitados audible y visualmente que viven dentro del distrito desde nacimiento hasta la edad de 21 años y para estudiantes en clases privadas/en el hogar que califican para servicios de educación especial.

Conforme al Acto de Derechos y Confidencia Educacionales de Familia de 1974 y Ley Publica 105-17, padres y alumnos adultos tienen el derechos de ver los archivos educativos. Polizas FL y FL-P explican los derechos, la confidencialidad, y el proceso para quejarse.

Si usted desea mas información o sabe de un niño/niña desabilitado que vive en el distrito escolar de Clint que no esta recibiendo servicios educacionales, favor de comunicarse con la Directora de Educación Especial en la direccion 125 Brown Street, Clint, Texas 79386, o al teléfono (915) 926-8500.

WTCC: 07-05-18

EPCC marathoners recognized as 2018 Top Academic Teams

By Jim Heiney
Special to the Courier

EL PASO COUNTY – The National Junior College Athletic Association (NJCAA) has announced its 2017-18 academic awards. The El Paso Community College

(EPCC) Men’s and Women’s Half Marathon teams were named the Top Academic Teams of the Year in the nation for their respected sports. The EPCC men finished with a combined grade point average (GPA) of 3.42 and the women finished with a combined 3.62 GPA. The women also captured the

National Championship on the field as well this past November. “EPCC is an academic institution first and foremost,” Felix Hinojosa, EPCC Athletic Director said. “Being awarded academic honors validates what we do as a college.” The EPCC Half Marathon teams were

also honored this year by being selected to host the NJCAA National Half Marathon Championships in 2019 and 2021. Since 1993, the NJCAA has recognized the team with the highest overall grade point average for their sport and gender with the NJCAA Academic Team of the Year Award.



– Photo courtesy of El Paso Community College

The men’s team includes, from left: Michael Flores, Michael Kirwa and Sammy Rono. (Not shown: Esteban Esquivel-Reyes and Boaz Kipkemei.)



– Photo courtesy of El Paso Community College

The women’s team includes, from left: Michelle Renteria, Shalet Mitei, Merari Valenzuela, Ocean Stevens and Celeste Zamarron. (Not shown: Evaline Cheptoo.)



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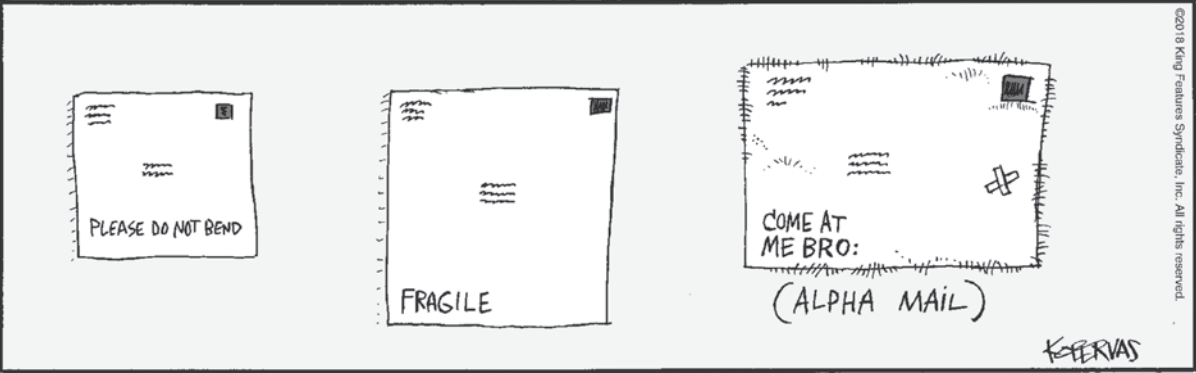




Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



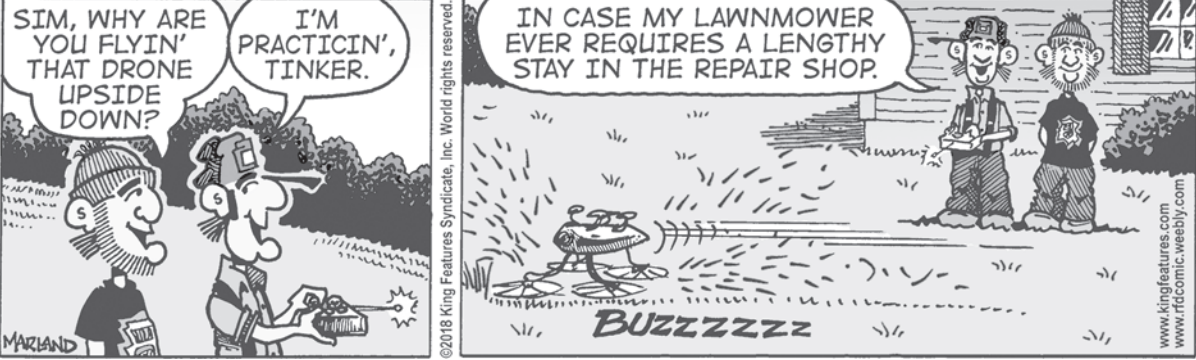
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Making an informed health decision

DEAR DR. ROACH: I am 71. I'm overweight at 300 pounds and have had Type 2 diabetes for 15 years. I haven't had any chest pain or heart problems, but a recent nuclear stress test led my doctor to suspect buildup in one of my arteries, and he wants to do a cardiac catheterization. I do not want to do this, partly because I feel that once you let doctors start messing with your body, you will only experience more problems (like a stent or something) and your life will never be the same. I don't want to offend the cardiologist, but I really do not want to do this. Am I completely wrong? – P.R.



Making a decision after knowing all the pertinent information isn't wrong, even if it isn't the decision the doctor recommends. I'd like to be sure you have all the right information.

A nuclear stress test uses a radioactive dye to look at blood flow to the heart. Although they are very accurate, like almost every test, they can be mistaken. This is why your cardiologist ordered the cardiac catheterization – the best test we have to look for blockages in the arteries. The risk in a cardiac catheterization, also called an angiogram, is low. If there are no blockages, that information is helpful and might allow your cardiologist to have you stop some medications.

If you do have blockages, you have a choice of medical treatment (such as a statin, beta blocker and aspirin), catheter treatment (such as angioplasty with or without a stent) and surgical treatment. Knowing more about the location and severity of any blockage can allow you to make a more informed decision about what treatment is better. Stents and surgery would be less commonly used in someone without symptoms, unless the blockage were very severe or in a critical artery.

It's not unreasonable, given your medical history, to assume that there is a blockage that might need medical treatment. In addition to the medications I mentioned, taking excellent care of your diabetes, losing some weight, making sure your diet is proper for someone with suspected heart disease, and participating in a monitored exercise program all can reduce your risk of a heart attack. In fact, these are important even if you do get a stent or surgery.

I don't think your cardiologist will be offended if you can give him your reasons for declining an angiogram, even though he and I are recommending it in order to provide

See HEALTH, Page 8

Super Crossword

TURNING RED ACROSS

1 Dull hurt

5 Language of Islamabad

9 Thorny plant

13 Series start

19 Hurdle

20 Really smell

21 Very eager

22 Chlorine or fluorine compound

23 "A Clockwork Orange" novelist

26 Steeped in salty water

27 Ridden horse

28 Tree bearing catkins

29 "Take that!"

30 Derivations

33 Commotion

36 "Modern Family" co-star

39 Popeye creator

Elzie

40 Get the idea

41 "Boys" co-star

Lukas

42 Not aweather

43 Arizona tree

44 Pen choice

47 Sharp tool

48 Shifty

49 He played Radar on "M*A*S*H"

54 Many mini-maps

56 Golf target

58 Not trite

59 Irving of 101-Down

60 Let go of

64 Festive

65 Stretch, with "out"

66 BBs, e.g.

68 No light load

70 Notion

71 KO counter

72 "Not impressed"

73 Freedom from germs

74 Commotion

75 Big name in tires

78 Takeoff guess, briefly

79 Cheap flicks

82 Lean patty option

86 Just-painted meadow

87 Meadow

88 Go _ rampage

89 Totally spoil

90 Pentagonam

92 Galley tools

93 Bit of an oval

96 Complaints, informally

97 Preppy-boho fashion label

99 Line of fruitly

Cheerios cereals

103 Unit of dew

104 Further on

105 Danish toast

107 Flooded (in)

111 Shiny fabrics

112 Singer of the 1960 hit "You're Sixteen"

116 Happenings

117 Balm additive

118 Make simpler

119 Slightly

120 Fix, as a shoe bottom

121 Look awed

122 Colorless

123 Red color hidden backward in nine answers in this puzzle

DOWN

1 Cry of woe

2 Euro division

3 Can't stand

4 Ancient Greek city

5 "Ode on a Grecian _"

6 Playa del _

7 Utter failure

8 Island guitar

9 Angry display

10 Listen to incidentally

11 Bro's sibling

12 Pub. house workers

13 "Yippee!"

14 Second of two sections

15 Yale's Yale

16 S.F. NFL team

17 Swimmer Gertrude

18 Flight leaving late at night

24 Scent

25 Hwys., e.g.

29 Camera type, in brief

31 Eurasian

mountains

32 Depend (on)

34 Unattractive

35 Exceptionally tough guy

36 Some spicy cuisine

37 [Boring!]

38 Common yule tree

39 Hot tub locale

44 Wilson of the Beach Boys

45 Punk rock's _ Pop

46 Phi-psi linkup

48 Pigs' place

49 Slaty colours

50 Compels

51 100 cents

52 Counterfeit

53 Tiny parasite

55 Punk variant

56 Stew veggie

57 Thomas _ Edison

60 "Get clean" program

61 '60s prez

62 "Fantastic!"

63 Once, formerly

66 In _ (trapped)

67 Bistro card

68 #1 OutKast hit of 2003

69 Completed

70 Tyrant Amin

72 Brand of faucets

74 Back, at sea

76 "The Thing" studio

77 Tempting one

79 Emerald, e.g.

80 Former Ford div.

81 Obi, for one

83 Regrets

84 Store selling souvenirs

85 Naval off.

86 Get skewed

90 Left the fold

91 Strip of computer icons

92 Last longer than

93 Bully, e.g.

94 Put new asphalt on

95 Jalopies

96 Amigo

98 Bit of coffee

100 Safari animal

101 Streisand film of 1983

102 _Terre (capital of Guadeloupe)

103 Singer Ho

106 Leg midpoint

108 Outermost Aleutian island

109 Blind guess

110 Lamarr of old Hollywood

112 Cut unevenly

113 Ending for schnozz

114 Yank's land

115 Yank's rival

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						
				30		31	32					33	34	35							
36	37	38								39								40			
41					42					43						44	45	46			
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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			

Answer Page 4

Health

From Page 7

the best information to decide whether further intervention is necessary.

there were fewer exacerbations in people who took curcumin along with their usual medications for U.C., compared with those taking a placebo. It holds some promise but is by no means a cure.

DEAR DR. ROACH: Since turmeric is said to be a powerful anti-inflammatory, would it be beneficial to drink a cup of tea made with it? Especially for something like ulcerative colitis? – J.B.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 North America Synd., Inc. All Rights Reserved.

Curcumin, an active ingredient in turmeric, releases two compounds (TNF-alpha and nitric oxide) that can reduce inflammation. In ulcerative colitis, one study showed that

Archives: www.wtxcc.com

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: V equals D

BQSGR YWR UQFR-AFRNYWQSP
ARNBY QB YCYNOOH VRUQGQRSY
QS MFCMRF BORRM, NOO VNH
YWR VFNPCS QB VFNPPQS'.

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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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More protections for home loans



by Freddy Groves

One of our veterans benefits is help with buying a home. The Department of Veterans Affairs has a new policy that protects veterans from predatory lenders when we refinance loans.

The lending industry has some bad actors who pull scams on home buyers, adding extra interest, fees and multiple expenses, and more. The new policy calls a halt to all that, adding to the list of protections we already have when buying a home with a VA guaranteed loan.

For example, lenders must provide us with a comparison of what we already have and what we propose to get in a refinance. This needs to include, among other things, a comparison of the monthly payments so we can see what we actually will save.

If you have a fixed rate and are refinancing for another fixed rate, that rate must be at

least 0.50 less. If you have a fixed rate and are refinancing for an adjustable rate, that rate must be at least 2.00 less.

Applications must be dated on or after May 25, 2018, for the new policy to apply. To read the rest of the changes, go online to www.benefits.va.gov.

Modifications to homes for disabled veterans are available for certain service-connected disabilities. The VA will help by giving up to \$81,000 for those modifications under Specially Adapted Housing (SAH) grants. To learn more, go online to www.va.gov and search for “adapted housing grants.” Another type of grant, Special Housing Adaptation (SHA) grant, can help in other ways, with a \$16,217 cap. If a veteran needs a ramp or widened doorways, these grants can help.

But a heads up – SAH grants are limited to 30 veterans a year, and all the money is gone for fiscal 2018. For next year, check eligibility requirements and apply early.

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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!

	×		+		11
+		×		×	
	÷		×		10
÷		–		–	
	+		÷		2
3		19		14	

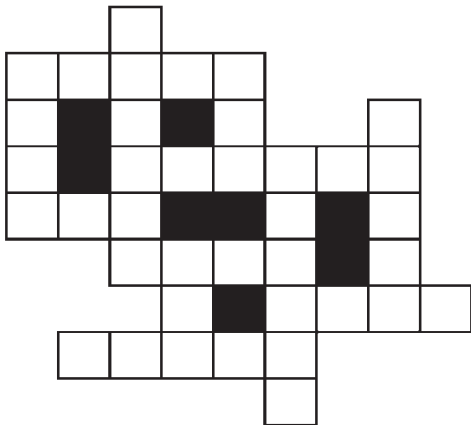
1 3 4 4 5 6 7 8 9

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Answer Page 4



DHA
SEATIS
♥NESDI
♥LUFEB
TAGMIS
♥USB
DSEH
HECTF
ALM
SONGDO
TOBSE
♥LEBA



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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• Road-trip organization: Put items you'll need along the way into a laundry basket or two, which can be easily accessed during your trip. There's no need to undo the Tetris-like organization job of the other items, because everything you need to have at hand is in the basket.

• “I love to work in the yard, and I always wash my hands before coming in. I put a bar of soap inside a piece of mesh from a potato sack and tie it with a string; then I tie the string to my water faucet outside. Now I can easily wash my hands with soap before coming in. The sack kind of works as a scrubber as well.” – F.A. in Texas

• “If you want a lighter foundation for summer and sun protection, try mixing a little foundation with a sunblock. It might take a bit of experimenting to find the right ratio for the coverage you want, but I find that the sunblock helps the foundation to glide on, and my face feels moisturized as well.”

– T.L. in Georgia

• “I moved to a much smaller house and have very little storage, so now everything I keep must be necessary. I had several banker's boxes of old papers that I had been storing for years. I still think there's a chance I'd need to access the information in them, but I didn't want to devote a lot storage space to boxes of documents. I bought a small scanner that you feed paper into, and I have used it to scan in all my papers. I'm down to a small box of keepsakes and originals that are important, and the rest is there digitally in case I ever need it.”

– A.D.F in Florida

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

Sports

From Page 4

in every sport, but c'mon, I've seen Steven Seagal do a better acting job.

I believe most Americans would get into soccer if they raised the goal about two feet and made it about 10 feet wider.

But alas, I know I'm in the minority. The rest of the world can't be wrong.