



## NEWSBRIEFS

### Play ball

El Paso Community College (EPCC) opens its baseball and softball season on January 27th. The men's Tejanos baseball team is in their 22nd season and the women's Tejanos softball team is in their 21st season. Both are members of the Western Junior College Athletic Conference (WJCAC) of the National Junior College Athletic Association (NJCAA) and the teams play their home games at the EPCC Valle Verde campus, 919 Hunter. The Tejanos begins their season at home against Scottsdale Community College on January 27th under the leadership of head coach Gabriel Saucedo who is in his 2nd season at EPCC. The Tejanos begins their season on the road in Henderson, Nevada at the College of Southern Nevada Kickoff Classics on January 27th. Their first home game is February 3rd against Seward County Community College. The Tejanos' head coach is Kathryn Gutierrez who is in her 8th season at EPCC. The season can be found at [www.epcc.edu/athletics](http://www.epcc.edu/athletics). Tickets for the games can be purchased at the box office and are \$5.00 for ages 18-59 and \$3.00 for those under 18 and 60 and over. EPCC students, faculty and staff with a valid ID are free. For more information on EPCC Athletics, contact Dana Eisenga, Coordinator, Athletic Information Program, at (915) 831-2275.

— Jim Heiney

### SISD job fair

Socorro ISD (SISD) is looking for Bilingual/ESL and Special Education certified teachers for all grade levels. Qualified applicants are invited to SISD's Teacher Job Fair. In order to qualify, you must either have a Bilingual/ESL or Special Education certification. Special Education teachers should have a generalist or content-specific certification in addition to their certification in special education. Interested applicants for other positions, such as teachers, police officers, bus drivers, bus monitors, security guards, and sub nurses, are also invited to attend the job fair. Applicants should bring their resume and be prepared for the

See BRIEFS, Page 6

*Digging for facts is much better mental exercise than jumping to conclusions.*

— Quips & Quotes



— Photo by Alfredo Vasquez

**MAKING PROGRESS** – The construction site, above, is where Paisano Drive will connect to Interstate-10. This connection is where the Go 10 project and the Border West Express (Loop 375) will come together, according to Texas Department of Transportation officials.

## Paisano-Doniphan connection nears completion

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – As part of the Border West Express project, the Paisano Drive connection to Doniphan Drive in west El Paso County is scheduled to finally be ready for motorists to use by March. This will make it the first time Paisano continues directly to

Doniphan.

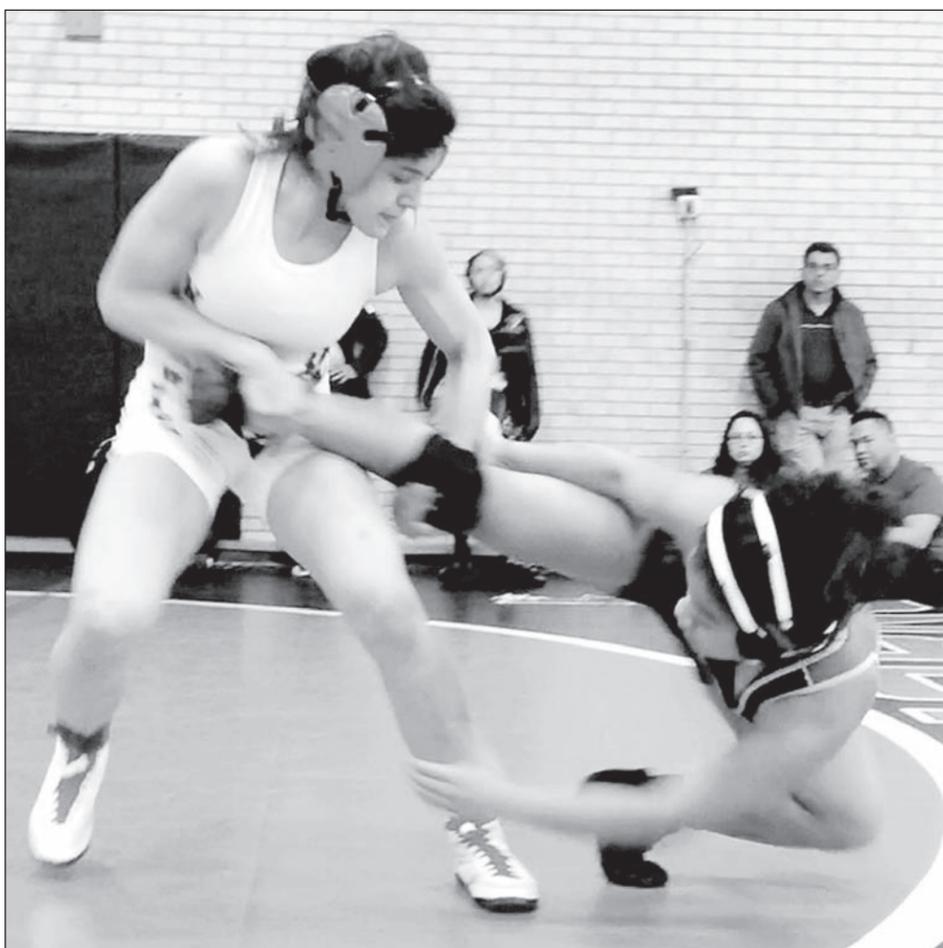
Adjacent to the Paisano-Doniphan project is the work being done to connect Paisano to Interstate-10. This connection is the place where the Go 10 project and the Border West Express (Loop 375) will come together, according to Texas Department of Transportation (TXDOT) officials.

The Go 10 project, which is an extension of I-10, and the Border West

Expressway, the final piece of Loop 375, will be connected at Sunland Park Drive, according to highway officials. TXDOT reported that both projects represent more than \$600 million of state roadway funding.

The Go 10 project, which extends from Executive Center to North Mesa Street, is moving along on schedule, TXDOT

See CONNECTION, Page 5



— Photo courtesy Fabens ISD

**GET BACK HERE** – Fabans' Marlene Avila keeps her opponent from leaving the mat.

## Fabens' wrestlers grapple for medals

By Denise Peña  
Special to the Courier

FABENS – The Fabens High School wrestling team had a great showing in two Amarillo area tournaments held over January 13 and 14. The boys placed 6th out of 19 teams at the Hereford Rumble. Senior Alan Sanchez was named Tournament champion in the 182 weight class. Senior Adrian Sanchez took a silver medal in the 220 weight class.

Meanwhile, the girls went undefeated on the first day of the Lady Longhorn Classic in Caprock, TX. Marlene Avila, a sophomore, won her match against the current State champion in the 110 weight class and brought home a bronze medal.

Overall, Fabens outperformed many El Paso area schools. "It's great to see these small-town kids come out on top over 5A and 6A teams," Head Coach Sam Arrieta said. "I love seeing them realize that hard work pays off."

## Finances By Nathaniel Sillin

# How a little work could lead to over \$1,000 in savings

How long would it take you to earn an extra \$1,000? Contrary to what spam and internet ads tell us, after taking taxes and deductions into account, it's not an easy task. But you might be able to save over a thousand dollars with a little work. The key is to decrease or eliminate unnecessary recurring expenses.

You can use the savings to build up an emergency fund or invest them for important long-term goals, such as travel or retirement. Additionally, a savings safety cushion can help keep an unexpected setback from ballooning into a financial crisis, such as a broken down car or the loss of a job leading to debt.

**First, identify savings opportunities.** You may want to start by connecting your bank and credit card accounts to budgeting software, or uploading previous months' statements and categorize purchases. You'll get a quick snapshot of your finances, which can help you identify savings opportunities and get a sense of how much money is on the line.

**Cancel services and regularly**

**negotiate rates – save over \$100 a month.** "Cord cutting" is a popular and simple way to save money. Rather than pay for cable or satellite TV, you might choose to cancel your service and opt for lower-cost entertainment options.

If you don't want to eliminate services entirely, you could try to negotiate rates with your cable or internet providers. A successful call could lower your bill by \$20 a month or more, saving you a couple hundred dollars a year. A few tips: ask for the cancellation department and request the business match a competitor's lower price or give you the current promotional rate. Don't be afraid to try again if you're not successful – it can take several attempts to connect with a representative who will work with you.

**Avoid bank fees – save over \$10 a month.** Occasionally paying to withdraw money from an ATM or paying fees for a low-balance checking account might not seem like a big deal, but the money adds up. Two ATM fees and a checking-account fee could

cost you over \$10.

Some accounts waive fees as long as you maintain a minimum balance, and there often isn't an ATM fee for withdrawing money from an in-network ATM or getting cash back when making a purchase. There are also checking accounts that refund ATM fees at the end of each month. There can be advantages and disadvantages to any account, read the terms of your checking and saving account agreements to understand when, and why, you may need to pay a fee.

**Shop for insurance discounts – you might be able to save over 20 percent on your premiums each month.** Use online comparison tools to quickly and easily get quotes on auto, renters, homeowners and other types of insurance. Compare the rates, coverage and insurance companies to see if switching makes sense for you.

Ask your agent about potential

savings if you decide to stick with your current insurer. You might be eligible for discounts you aren't receiving because the information on file doesn't reflect your current situation. If not, there are usually discounts for simple purchases, such as a fire extinguisher for your home or an anti-theft device for your car.

**Buy products that more than pay for themselves – save hundreds each year.** Sometimes you need to spend money to save money. Buying a coffee maker for your home is the cliché example, but that doesn't mean it's without merit. Purchasing a water pitcher with a filter rather than bottled water can also lead to immediate savings.

Other purchases are long-term investments. It might take months to break even after buying LED bulbs or upgrading your appliances to energy-efficient models, but after that you could save money on your utility bill

each month.

**Bottom line.** Start your savings effort as soon as possible and you can build your emergency fund, a safety net that can help you avoid stressing about potential financial setbacks. Lowering your monthly cable bill will lead to almost instant savings, while making an investment in energy-efficient appliances will pay off after months or years. Add it all up and in the end you could find that just a bit of effort leads to over \$1,000 in annual savings. It's a great start.

*This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.*

## Veterans Post By Freddy Groves

### Finally, VA steps up on Camp Lejeune water

The Department of Veterans Affairs finally is publishing a list of eight presumptive diseases associated with the tainted water at Camp Lejeune.

No, really.

Back in 2015, this column reported that the VA was "looking at the possibility of maybe establishing some presumptives," and in 2016, that officials were "thinking about adding eight new presumptives" and opened the floor for comments. Meanwhile, it was treating veterans with any of 15 illnesses caused by drinking water laced with fuel and dry-cleaning fluid, but without any disability payments.

Now a presumption of service connection has been established and the VA will provide disability benefits for eight diseases: adult leukemia; aplastic anemia and other myelodysplastic syndromes; bladder cancer; kidney cancer; liver cancer; multiple myeloma; non-Hodgkin's lymphoma; and Parkinson's disease. No word yet about the other seven illnesses the VA has been treating, such as breast cancer, esophageal cancer, leukemia and hepatic steatosis.

To qualify, a servicemember would have to have been stationed at Camp Lejeune for a minimum of 30 days between Aug. 1, 1953 and Dec. 31, 1987. Former reservists and Guard members fall under this ruling. The 30 days can be consecutive or non-consecutive.

The new rule will take effect either 60 days after being published in the Federal Register or after a 60-day Congressional Review, whichever is later.

For more information, go online to [www.publichealth.va.gov/exposures/camp-lejeune](http://www.publichealth.va.gov/exposures/camp-lejeune). Scroll down for information on the 15 illnesses that also impacted families. Also see [www.federalregister.gov](http://www.federalregister.gov) and search for "Diseases Associated With Exposure to Contaminants in the Water Supply at Camp Lejeune." Note especially the comments section with all the info the VA chose not to use.

If you have an illness that might be connected to your time at Camp Lejeune, tell your doctor about this list of illnesses and file a VA claim.

(c) 2017 King Features Synd., Inc.

## NEW HOUSES

Self-Help Built Starting At:

# \$69,000

Lower Valley Housing Corporation

## 590-4511

LVHC is an equal opportunity affordable housing provider and employer that does not discriminate against anyone based on race, color, sex, disability, familial status, national origin, marital status or age.

1973  
**44**  
Years  
2017

# WEST TEXAS COUNTY COURIER

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLIVE, FARENS, SAN ELIZABO AND TORNEILLO

---

**PUBLISHED:**  
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

**COPYRIGHT:**  
Entire contents © 2017 Homesteader News, Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc.

**LETTERS TO THE EDITOR:**  
Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.

**AD DEADLINE:**  
Monday 4 p.m. for Thursday publication.

**CLASSIFIED RATES**  
\$10 for 25 words, \$15 for 40 words. Ad must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

**DISPLAY RATES:**  
Open rate — \$25 per column inch. Call for more information or to set an appointment. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

**MAIL SUBSCRIPTIONS:**  
Minimum 50 issues for \$45. Delivery via 1st class mail.

**MAIL:**  
15344 Werling Ct.  
Horizon City, TX 79928

Member Texas Community Newspaper Association

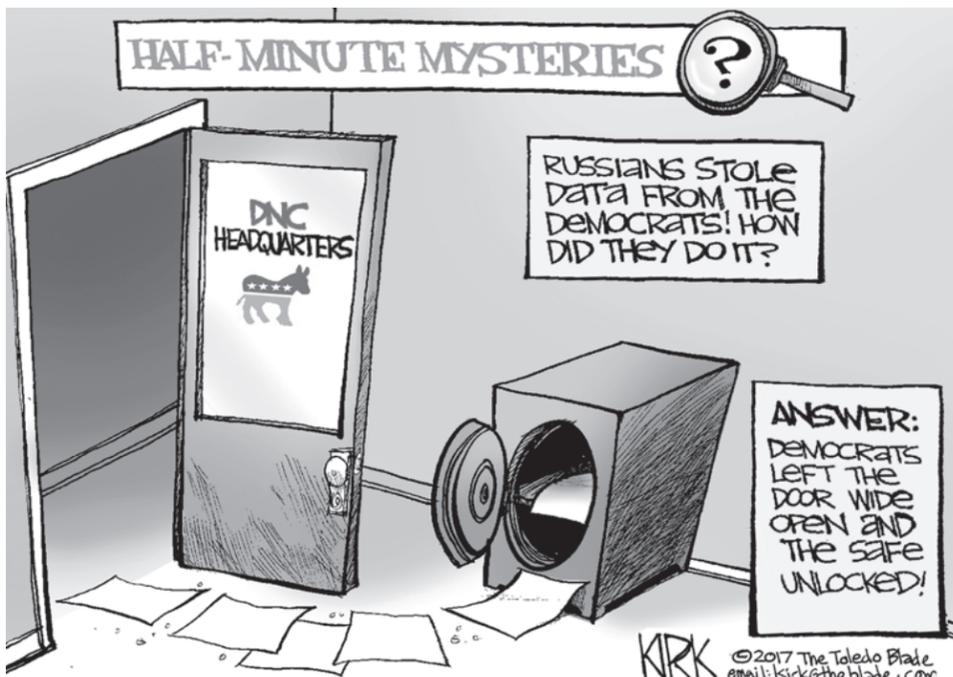
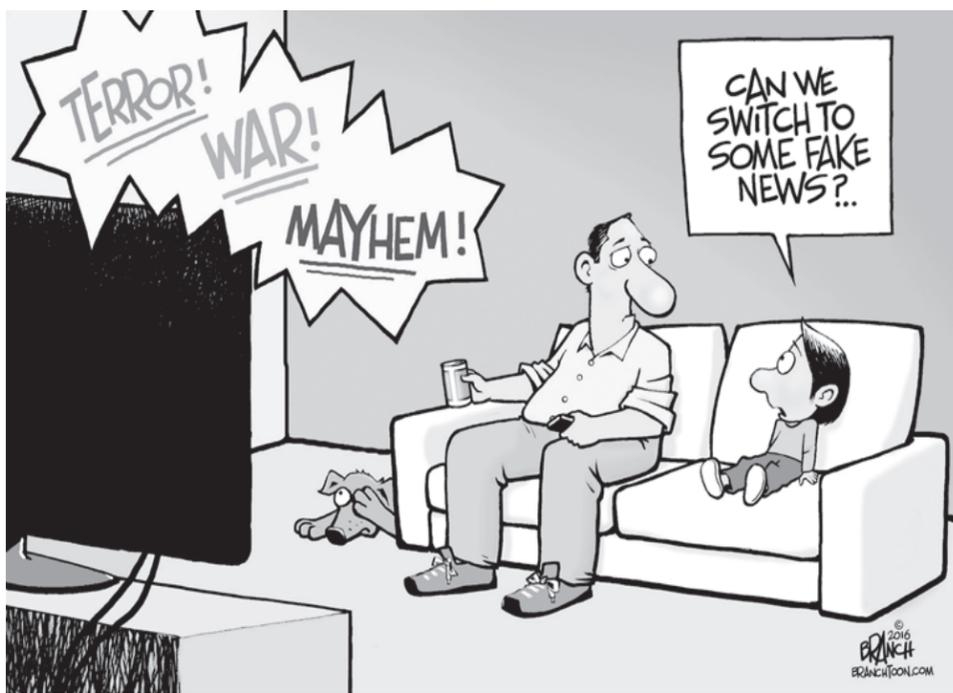
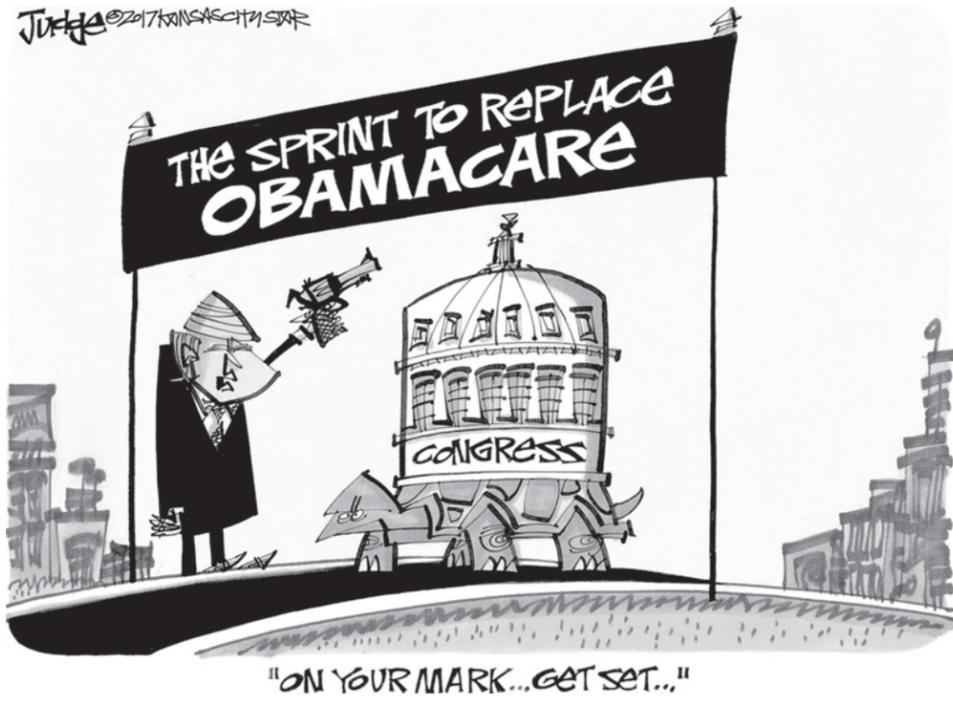
Phone: 852-3235  
Fax: 852-0123  
E-mail: [wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com)  
Website: [wtxcc.com](http://wtxcc.com)

Homesteader  
Est. 1973  
News, Inc.

## If you're not covered, you'll be discovered.

An estimated 1 in every 5 vehicles on our Texas roads has no automobile insurance, but that's about to change. • TexasSure Vehicle Insurance Verification matches vehicle registration information to insurance policy data to immediately tell law enforcement officers and tax assessor-collectors who's driving without insurance. • So, if you're not covered, better get insured! • To learn more, visit: [www.TexasSure.com](http://www.TexasSure.com)

## catches drivers without insurance.



**View from here** By Jane M. Orient, MD

# What if sick people lose their ObamaCare?

As Republicans contemplate repealing the Affordable Care Act (ACA or “ObamaCare”) – seriously, not just as a political gesture – alarms are sounding about millions of individuals losing coverage.

So soon we have forgotten about the millions who lost coverage they had had for years because ObamaCare outlawed it.

**ObamaCare resulted in perhaps five times as many losers as winners...**

ObamaCare resulted in perhaps five times as many losers as winners – even counting just those who ended up with more expensive or less desirable coverage. If you count the taxpayers, the tally of losers is much higher. But with government largesse, the losers – the ones who have their earnings taken away – are “forgotten men.”

Anyone who has government-funded benefits taken away, on the other hand, becomes a victim.

The best poster children are cancer victims. They face a premature, particularly nasty death. Who would deny someone’s mother or 4-year-old daughter the chance of a cure, even if the chemotherapy costs more than \$100,000?

ObamaCare would. Exchange plans have excluded the best cancer hospitals from their narrow networks. Medicaid would. It might call the treatment “experimental” or “not cost-effective.” Medicare would, possibly just because the patient is “too old” or “too young.” Unless the particular victim can be featured in a PR campaign to “save ObamaCare,” she might be “better off with the pain pill,” as President Obama put it.

And let’s not forget how the FDA has driven the costs of drug approval sky-high, suppresses therapies that have no prospect of turning billion-dollar profits, and protects manufacturers against competition when the drug is about to go off patent. The anti-leukemia drug Gleevec, for example, cost \$26,000 per year in 2001, a price called “high but fair,” considering the cost of research and the need for profits. It is \$146,000 a year today, but the introduction of cheaper generics in the U.S. is being delayed.

Why can such prices be sustained? Because third parties sometimes pay them. One ObamaCare plan reportedly pays \$10,488 per month for Gleevec, from a pharmacy with which it apparently has an arrangement, although it might be available from Walgreen’s for \$4,400, and from other pharmacies for still less. What would the hapless patient do if her Exchange plan went out of business (maybe because Republicans took away its subsidies or maybe because it just failed)? One option would be to go to India and buy a year’s supply of a generic version of Gleevec for \$400. (The cost of manufacture is \$159.) In fact, the manufacturer might well give her the drug to buff up its image. But drug companies really love the third-party payment schemes, just like big hospitals do.

Do the designers of ACA – which would be more aptly named the Unaffordable Care Act – really care about cancer patients? **... those who like their government medicine can keep it ... let the rest of us go.** Such patients may be useful props for lobbying, but they don’t help achieve the reformers’ stated goal of maximizing “population health.” Prolonging the lives of sick people reduces the average health score. Money spent on Gleevec is diverted from reducing disparities, achieving

“quality” quotas, and paying for the information technology and administrators to “document” all that (and sell the data).

The current “healthcare delivery” system, including entitlement programs (e.g. Medicare and Medicaid), is about the redistribution of wealth and the control of medical care, which enables control of the population. The idea of comprehensive third-party payment for all medical care (all that is allowed) destroys medicine – the care of the sick – while placing unsustainable burdens on the economy.

The people who are terrified about losing their ObamaCare “coverage” are the very ones at greatest risk of losing their lives if ObamaCare is perpetuated.

Real reform would put patients back at the center and demote insurance companies to their proper function of reimbursing subscribers for the costs of unexpected catastrophes. Costs would plummet, and innovation would soar.

While the free market is building much better facilities, some patients will be caught in the transition. But we should be concerned about their actual care, not their coverage. They can be helped in many ways, without destroying arrangements that work for the 99 percent. Perhaps a dollar-for-dollar tax credit for those helping to pay for their treatment?

What if we said that those who like their government medicine can keep it? Just let the rest of us go.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She is the author of YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fourth editions of Sapira’s Art and Science of Bedside Diagnosis. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

## Classified Ads

**LEGALS**

**TOWN OF ANTHONY, TX**

**PUBLIC NOTICE**

**TxCDBG APPLICATION ACTIVITIES NOTICE**

The Town of Anthony is giving notice of its intent to submit

an application for a grant from the Community Development Fund of the Texas Community Development Block Grant Program. The grant requested is \$275,000 for a street improvements project. The application will be available

for review at the Anthony Town Hall after February 3, 2017, during regular business hours.

*Para obtener una copia en español, comuníquese con la Secretaria de Anthony al (915) 886-3944.*

Martin Lerma, Mayor

WTCC: 01-26-17

**VILLAGE OF VINTON, TX**

**PUBLIC NOTICE**

**REQUEST FOR PROPOSALS**

The Village of Vinton, Texas, in accordance with Section 2254.004, Texas Government

Code, is seeking a qualified individual or organization to create a logo, name, branding strategy, and graphics standards for the Village of Vinton.

In order to be considered proposals must be submitted prior to 4:30 PM on the 10th day of February, 2017.

A complete request for proposals is available on our website: <http://www.vinton.tx.gov/office2.com/Opportunities>

City Council reserves the right to negotiate with any and all individuals or firms submitting proposals, in accordance with the Texas Professional

Services Procurement Act and the Uniform Grant and Contract Management Standards Act, and may choose to retain services for three consecutive years. The locality reserves the right to reject any or all proposals.

Manuel Leos Mayor

WTCC: 01-26-17 02-02-17

**GUN**

Cobra .22 Magnum Derringer. Beautiful chrome, rose wood grips, leather holster. All like new. Sell \$189, or trade or OBO. In El Paso. (575) 740-7603.

## Moments in Time

### The History Channel

- On Feb. 6, 1937, John Steinbeck's novella "Of Mice and Men," the story of the bond between two migrant workers, is published. In 1925, he had moved to New York City, where he worked as a manual laborer and a journalist. In 1939, Steinbeck won the Pulitzer Prize for "The Grapes of Wrath."

- On Feb. 7, 1812, the most violent of a series of earthquakes near Missouri causes a so-called fluvial tsunami in the Mississippi River, actually making the river run backward for several hours. Large lakes, such as Reelfoot Lake and Big Lake, were created by the earthquake.

- On Feb. 8, 1978, a classic Nor'easter that brought a severe blizzard to New England finally subsides. In the end, 56 deaths were attributed to the storm, which dumped up to 55 inches of snow in some areas of Massachusetts and Rhode Island.

- On Feb. 9, 1950, U.S. Sen. Joseph McCarthy claims he has a list with the names of more than 200 members of the Department of State who are "known communists." McCarthy never produced any evidence that there was even one.

- On Feb. 10, 1966, Ralph Nader, author of the groundbreaking book "Unsafe at Any Speed," first testifies before Congress about unsafe practices in the auto industry. Nader would go on to advocate for other consumer causes, including food and drug safety.

- On Feb. 11, 1916, Emma Goldman, a crusader for women's rights and social justice, is arrested in New York City for lecturing and distributing materials about birth control in violation of the Comstock Act of 1873.

- On Feb. 12, 1793, Congress passes the first fugitive slave law, requiring all states, including those that forbid slavery, to forcibly return slaves who have escaped from other states to their original owners.

(c) 2017 King Features Synd., Inc.

## Clint Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended August 31, 2016

Data Control Codes	10 General Fund	50 Debt Service Fund	60 Capital Projects	Other Funds	Total Governmental Funds
<b>REVENUES:</b>					
5700 Total Local and Intermediate Sources	\$ 17,032,127	\$ 3,842,444	\$ 295,841	\$ 164,130	\$ 21,334,542
5800 State Program Revenues	82,347,146	7,592,249		1,323,582	91,262,977
5900 Federal Program Revenues	10,487,555	-	-	6,483,341	16,970,896
5020 Total Revenues	109,866,828	11,434,693	295,841	7,971,053	129,568,415
<b>EXPENDITURES:</b>					
<b>Current:</b>					
0011 Instruction	53,361,581	-	12,019	5,325,198	58,698,798
0012 Instructional Resources and Media Services	1,097,306	-	-	-	1,097,306
0013 Curriculum and Instructional Staff Development	1,599,850	-	-	1,034,120	2,633,970
0021 Instructional Leadership	2,527,369	-	-	347,997	2,875,366
0023 School Leadership	6,658,628	-	-	27,149	6,685,777
0031 Guidance, Counseling and Evaluation Services	2,408,907	-	-	902,996	3,311,903
0032 Social Work Services	191,286	-	-	-	191,286
0033 Health Services	1,157,962	-	-	-	1,157,962
0034 Student (Pupil) Transportation	3,581,618	-	-	-	3,581,618
0035 Food Services	9,528,187	-	-	117,988	9,646,175
0036 Extracurricular Activities	2,768,711	-	-	-	2,768,711
0041 General Administration	3,082,291	-	-	-	3,082,291
0051 Facilities Maintenance and Operations	11,743,954	-	253,585	-	11,997,539
0052 Security and Monitoring Services	2,282,223	-	119,753	-	2,401,976
0053 Data Processing Services	1,748,631	-	-	10,000	1,758,631
0061 Community Services	133,028	-	-	114,981	248,009
<b>Debt Service:</b>					
0071 Principal on Long Term Debt	193,531	5,903,093	-	-	6,096,624
0072 Interest on Long Term Debt	4,400	8,715,094	-	-	8,719,494
0073 Bond Issuance Cost and Fees	-	638,923	-	-	638,923
<b>Capital Outlay:</b>					
0081 Facilities Acquisition and Construction	411,903	-	5,340,710	-	5,752,613
<b>Intergovernmental</b>					
0099 Other Intergovernmental Charges	268,872	-	-	-	268,872
6030 Total Expenditures	104,750,238	15,257,110	5,726,067	7,880,429	133,613,844
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	5,116,590	(3,822,417)	(5,430,226)	90,624	(4,045,429)
<b>OTHER FINANCING SOURCES (USES):</b>					
7901 Refunding Bonds Issued	-	40,625,000	-	-	40,625,000
7913 Capital Leases	296,856	-	-	-	296,856
7916 Premium or Discount on Issuance of Bonds	-	6,086,308	-	-	6,086,308
8940 Payment to Bond Refunding Escrow Agent (Use)	-	(46,079,529)	-	-	(46,079,529)
7080 Total Other Financing Sources (Uses)	296,856	631,779	-	-	928,635
1200 Net Change in Fund Balances	5,413,446	(3,190,638)	(5,430,226)	90,624	(3,116,794)
0100 Fund Balance — September 1 (Beginning)	35,571,730	9,453,743	78,302,732	100,286	123,428,491
3000 Fund Balance — August 31 (Ending)	\$ 40,985,176	\$ 6,263,105	\$ 72,872,506	\$ 190,910	\$ 120,311,697

To Advertise Call 852-3235 • Archives: [www.wtxcc.com](http://www.wtxcc.com)

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

P	G	R	I	L	L
O	N	E	A		
E	N	G	I	R	D
M	I	D	G	E	E
	E	R	E	A	L
	R	U	M	I	
		I			V
	S	N	A	R	E
		E			

C	O	S	M	I	C	A	T	L	A	S	T	C	H	I	C	K	E	N	
L	O	L	I	T	A	G	E	I	S	H	A	H	O	T	L	A	V	A	
E	M	O	T	E	S	I	N	T	H	E	C	H	E	M	L	A	B	A	T
A	P	P	S	S	O	L	O	E	K	E	E	L	M	O	N	T			
T	H	E	U	N	I	V	E	R	S	I	T	Y	F	O	R	P	O	N	E
	B	A	S	E	H	T	S	B	U	N	M	A	R						
A	N	T	I	S	N	C	A	A	S	M	E	A	N	E	R				
H	O	I	S	T	P	A	C	H	Y	D	E	R	M	S	W	H	I	C	H
A	R	C	H	B	E	L	T	U	R	S	A	D	E	F	O	E			
B	A	S	I	C	R	E	F	E	R	E	N	C	E	F	E	A	S	T	S
	H	A	L	O	R	S	O	L	A										
N	I	T	W	I	T	C	H	A	R	T	W	A	S	A	L	W	A	S	
T	O	E	I	N	L	A	I	C	E	W	O	K	O	L	E	O			
H	U	N	G	U	P	O	N	T	H	E	W	A	L	L	P	R	A	W	N
	S	P	L	A	T	S	V	A	L	S	E	A	K	I	S	S			
J	I	R	E	S	A	T	T	E	D	M	O	S	S						
M	O	A	B	T	H	E	P	E	R	I	O	D	I	C	T	A	B	L	E
T	O	R	E	N	T	V	A	C	F	O	O	L	F	A	I	L			
O	F	T	H	E	E	L	E	P	H	A	N	T	S	O	N	E	I	L	L
L	E	H	A	V	R	E	E	N	T	R	E	E	C	A	T	T	L	E	
D	R	Y	N	E	S	S	R	O	M	A	N	S	K	E	Y	S	I	N	

## CryptoQuip Answer

When a person would rule over a significant part of ancient France, did he have a lot of Gaul?

3	÷	1	+	7	10
×		×		+	
4	×	6	-	9	15
-		+		÷	
5	×	8	÷	4	10
7		14		4	

## Strange But True

By Samantha Weaver

- It was 20th-century American theoretical physicist Richard Feynman who made the following sage observation: "It doesn't matter how beautiful your theory is, it doesn't matter how smart you are. If it doesn't agree with experiment, it's wrong."

- Historians report that Alexander the Great – best known for his conquests throughout Asia and North Africa, which helped to create one of the ancient world's largest empires before he turned 30 – had a hard-and-fast rule for his soldiers: no beards. Alexander didn't want to give their enemies anything to grab onto during battle.

- If you're sending a letter to Ireland, don't worry if the address you have on file is missing the postal code; in that country the only addresses that use them are in the capital, Dublin.

- In 2002, researchers conducted a study to determine how consumers' decisions are influenced by seemingly minor changes in appearance. They presented car-buyers with a variety of webpages; everything on the pages was the same – the vehicles presented, the information provided, prices, etc. – except for the background. One group got a green background with a pattern of pennies on it, and one group got a red background with a pattern of flames. As it turns out, the background did, indeed, influence behavior: Consumers in the green-background group spent more time looking at information about cost, while those in the red-background group spent more time looking at details about safety features.

- In Ireland, to ensure good luck on a child's birthday, it was once the tradition to hold the child by the feet and bump his or her head on the floor once for each of the child's years.

Thought for the Day: "God is a comedian playing to an audience too afraid to laugh."

– Voltaire

(c) 2017 King Features Synd., Inc.

**Want your event in the NEWSBRIEFS?**

**Send your information to:**

**wtxcc@wtxcc.com**



– Photo by Alfredo Vasquez

**CLOSE TO OPENING** – Cement work continues on Paisano Drive in El Paso County's west side. Texas Department of Transportation announced recently that a direct connection between Paisano and Doniphan streets will open soon. The west side portion of the Paisano Drive highway has been closed in both directions between Sunland Park Drive and Executive Center Boulevard since last June.

## Connection

From Page 1

officials reported. The project will consist of the construction of a gateway in both directions, additional lanes to I-10, and the reconfiguration of ramps and overpasses at Resler, Sunland Park, and Mesa interchanges, they stated.

Construction crews are currently working on the new Resler direct-connect overpass,

which will also encompass work on the Sunland Park and Mesa bridges, TXDOT officials stated. Most of the new bridges will be constructed before taking the current ones down, they said. TxDOT expects to finish the Go 10 project sometime in 2019.

Meanwhile, plans for the final stages of the Border West Expressway include a four-lane road with a controlled access toll facility from Racetrack Drive to Loop 375 near Santa Fe Street, officials related. The road will run about 5.6 miles. It will also

create multi-ramp interchanges connecting Executive Center Boulevard and Spur 1966 and an interchange connecting Loop 375 with Paisano Drive and Delta Street, officials explained.

Jennifer Wright, a spokeswoman for TXDOT in El Paso, stated that drivers can expect road closures due to the two major projects on the west side of the county. She added that closures in that area had not been scheduled yet, but that they would happen throughout the coming year.

## New members elected to Canutillo ISD Board of Trustees

By Liza M. Rodriguez  
Special to the Courier



Annette R. Brigham

**CANUTILLO** – Two new members were elected to the Canutillo ISD Board of Trustees and sworn in at the regular board meeting Thursday, November 17, 2016 by the Hon. Gonzalo Garcia, a Canutillo High School graduate and State District Judge for the 210th District Court.

Trustees Annette R. Brigham and Blanca Trout are serving their first four-year term on the Board. They replace Leticia Gonzalez and Adrian Medina. Gonzalez did not seek re-election.

Brigham recently retired as associate superintendent from Canutillo ISD in 2016 after serving this district for more than

28 years. Throughout those years, Brigham served as a high school teacher, technology director, career education director, and principal at Bill Childress Elementary and Alderete Middle School. Her knowledge in education leadership and student

See CANUTILLO ISD, Page 6

**People know Pueblo for its...**



**Famous Hot Salsa?**

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov). You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



Blanca Trout

### San Elizario Independent School District Public Notice of Meeting

San Elizario Independent School District will hold a public hearing to discuss the District's 2015-2016 Texas Academic Performance Report (TAPR). The meeting will be held at 4:00 P.M. on Wednesday, February 8, 2017 in the San Elizario ISD Central Office Board Room, 1050 Chicken Ranch Rd., San Elizario, Texas, 79849.

The public is invited to attend. For more information, call (915) 872-3939, x3568.

### Junta Pública

*Distrito escolar independiente de San Elizario celebrará una audiencia pública para discutir el informe de rendimiento académico 2015-2016 Texas del distrito (TAPR). La reunión se celebrará a las 4:00 p.m. el miércoles, 8 de febrero de 2017 en la sala de juntas de San Elizario ISD, 1050 Chicken Ranch Rd., San Elizario, Texas, 79849.*

*El público está invitado a asistir. Para obtener más información, llame al (915) 872-3939, x3568.*

WTCC: 01/26/17

# Wait until next year: The 'Boys are back in town

By Steve Escajeda  
Special to the Courier

It's been a roller-coaster-ride of an NFL season, to say the least.

It started with preseason games back in August and it'll end up on Feb. 5 in Houston with the New England Patriots taking on the Atlanta Falcons in Super Bowl 51.

While the championship game always provides the league with a ratings bonanza, that wasn't always the case during the season.

This year could be the year that professional football started its decline.

Whether it was the bigger battle between Donald and Hillary that was taking all the headlines, or parents not wanting their kids to watch and get interested in a dangerous sport, or a bunch of guys kneeling during the National Anthem instead of standing.

Nobody exactly knows why ratings were down in 2016, but those and many other reasons were suggested.

The one entity everyone agrees did not have anything to do with the decline was the Dallas Cowboys.

On the contrary, the Cowboys were the one team that brought the ratings back from the dead.

Of the top six most-watched NFL games this season, the Cowboys were in five of them.

The one fundamental truth about "America's Team" is that half of the country loves them and the other half hates them. But everybody watches them.

And that's a win-win for NFL executives, who have to be a little concerned about the dip in the TV viewing numbers.

And the best thing of all for the NFL is that it appears the Cowboys will be viable for the next decade.

Dallas was 13-3 in the regular season before dropping a devastating last-second 34-31 decision to the red-hot Aaron Rodgers and the Green Bay Packers in the playoffs.

But that loss was totally predictable. Ask any Cowboys' fan how confident they were before that game. Believe me, they weren't.

The formula is almost always the same. Young team comes out of nowhere to win its division and make the playoffs, pulling off a few surprising regular-season upsets.

Fans start jumping on the bandwagon and talk begins about the possibility of the dream season culminating in tickertape, champagne and the hoisting of the championship trophy.

Then, reality sets in when the wide-eyed youngsters run onto the big stage and develop a sudden case of stage fright. They fumble around each other, they lose concentration, they make unusual mistakes, they get totally lost in the moment and they ultimately lose the game.

But instead of looking at the season as a failure, they look only at the positives because they weren't expected to accomplish anything anyway.

And that's where the Dallas Cowboys are. They know they are set at quarterback, running back, receiver and offensive line well into the 2020s.

The only problem is that they are set at one linebacker spot on defense – and that's it.

Except for the stellar play of Sean Lee, no other Cowboys' defender could be counted on to make a big play when it mattered... not one.

So it's expected that the Cowboys are going to start building a defense through

the draft, much the same way they built one of the best offenses in the league.

The main ingredient needed to slow down a red-hot quarterback is a pass rush. And the Cowboys were able to squeak through many games this season without one.

But as everyone saw in the Packers' game, the playoffs are a different animal.

Another place the 'Boys will need to improve is at the top. They have two of the best coordinators in the game with Rod Marinelli (defense) and Scott Linehan (offense).

But head coach Jason Garrett still needs to prove he's up to the task.

Garrett is very good at chest-bumping or butt-slapping guys as they run off the field after a big play, but he's not quite as good at conserving timeouts or personnel substitutions or clock management at the end of games.

If Garrett continues to grow as a leader and the team adds some surly guys on defense, then the Cowboys will certainly be the favorites to win it all next season and for years to come.

And that is fantastic news for all Dallas Cowboys fans – and all NFL executives.

## A sporting view By Mark Vasto

### ¡Silencio Brown!

Truly, I don't believe that so-called bulletin board material matters much anymore.

To wit, let's take the recent nonsense between the Pittsburgh Steelers and the New England Patriots. Pittsburgh head coach Mike Tomlin was recorded by his best player, Antonio Brown, calling the Patriots a name that refers to a human orifice. And we all know what orifice that is

because we never refer to any orifice as an orifice except for this particular orifice.

Now, the question is, does anybody outside of the Steelers organization care? Is this going to make a difference in their upcoming game? Will we see Erin Andrews or Suzy Kolber shoving a microphone in Tom Brady's face after a blowout win, asking how those comments

factored into the day's results? Can you imagine?

"Well, Erin/Suzy," Brady might start, "we were planning on coming out flat... no pun, of course."

Brady, who over the years has developed into a very well-spoken league player, would be able to handle this with aplomb. We can imagine the further discourse.

"We've only won our division for pretty much the entire century so far... have won a fair amount in the postseason, quite a few Super Bowls, too... have a genius for a coach. I'm married to one of the

hottest women in the world, have a beautiful kid and live in a house that has its own ZIP code... but you're absolutely right. It wasn't until Antonio Brown posted a video on Facebook when we all decided as a team that, hey, no... we gotta take this game seriously!"

In the "you can't make this up" department, Bill Belichick's real-life remarks about the incident were even better than anything myself or fictional Suzy Kolber could ever conjure.

"As you know, I'm not on snapface and all that, so I don't really get those," Belichick said. "Not worried too much about what they put on Instachat."

Perhaps the best take in all of this was Mike Tomlin's reaction. Tomlin is a true American treasure. He's a biology major from William & Mary who never played a down of professional football but holds the record for youngest coach to ever win a Super Bowl. He's an incredible judge of talent and will be a part of this league for a very long time. The man deserved better than

being outed by Antonio Brown. Sure, Brown's a superstar, but he clearly isn't in any danger of becoming a rocket scientist anytime soon.

As Tomlin was quick to point out, players who act that way, who feel bigger than the team, have a habit of becoming journeymen, a history of being quick has-beens. He keeps it up and we may only be a season or two away from seeing him lifting weights in his driveway, begging for a contract, wishing he was in a locker room ... never mind being posted on the bulletin board.

In the final analysis, it's even easier to understand. Nothing Brown said made the Patriots better – it made him and the Steelers worse. Never rat out your friends (or teammates or coaches) and always keep your mouth shut. Nobody needs a bulletin board to be reminded of something like that.

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



— Photo courtesy San Elizario ISD

**LOOT FOR LEARNING** – From left, seniors Erick Arambula, Miguel Garcia, Ulises Cardoza have been awarded scholarships to attend South Plains College and West Texas A&M.

## SEHS seniors receive college scholarships

By  
Special to the Courier

SAN ELIZARIO – A special

ceremony was held earlier this week in honor of three San Elizario High School seniors who signed letters of intent with colleges of their choice. Miguel Garcia, Ulises Cardoza, and Erick Arambula are more than ready to start college in the

See COLLEGE, Page 8

## Canutillo ISD

From Page 5

accountability will serve the district well during her tenure on the school board.

Trout holds an Associate's degree in Business Administration and is a business owner. She also has a certified license in aeronautics from the National Aviation Authority of Civil Aeronautics in Mexico. She is certified in adult, child and adolescent mental health and also holds certifications from the El Paso Behavioral Health

System and UT Health Science Center focusing on children with disabilities as well as geriatric patients.

Trustees Rachel Quintana and Armando Rodriguez were also sworn in and will be serving their third and fourth terms respectively.

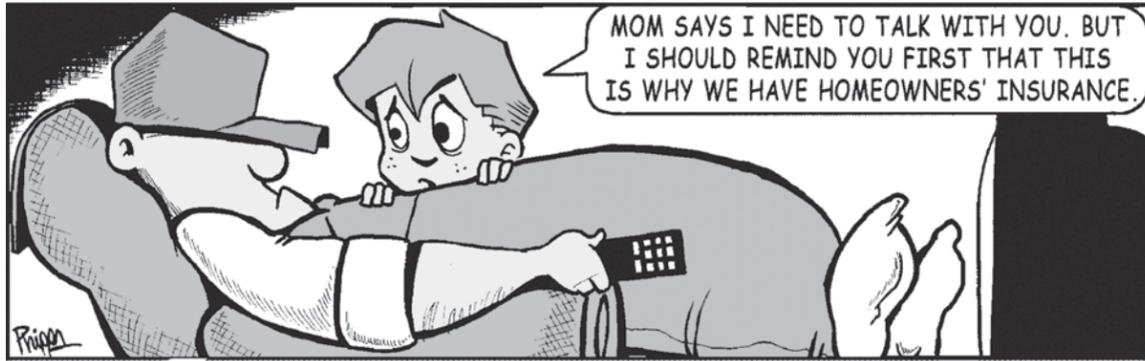
The Board reorganized and installed new board officers. Laure Searls was elected President of the Board. The Board also voted Brigham as Board Vice President – shortly after being sworn in to her first term – and voted Quintana as Board Secretary.

# 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



# Your good health By Keith Roach, M.D.

**DEAR DR. ROACH:** You have written about screening for breast cancer, but are there any ways to prevent breast cancer in the first place? – T.C.

There are three behaviors that are well-accepted to reduce the risk of breast cancer. Breastfeeding is one, and it's so good for the baby that we might forget that it has long-term advantages for moms, but add reducing the mother's breast cancer risk to the list. The second is dietary phytoestrogens, compounds such as soy isoflavones and lignans, which are found in soybeans and other legumes. This data is most clear among Asian women. Finally, regular physical exercise reduces breast cancer risk, especially for women after menopause.

Other dietary factors, such as a diet high in fruits and vegetables and low in meat and saturated fat, may reduce risk of breast cancer, but this isn't proven. Studies are ongoing to examine whether vitamin D or omega 3 fatty acids may reduce risk, as suggested in previous studies.

For high-risk women, consider chemoprophylaxis with a SERM or aromatase inhibitor, and also a more-intensive screening program.

**DEAR DR. ROACH:** I went to my ENT doctor in January complaining of muffled hearing and a loud, high-pitched noise in my left ear. He gave me a hearing test, and it showed 50 percent loss. I had an MRI and was told that I have an acoustic neuroma on my left side. This has caused me to go 50 percent deaf in my ear. The ENT doctor

wants me to wait six months and see if it grows more, which I don't want to do because I feel it should be taken out while it is small. The choices I have are to watch and wait; to have traditional surgery; or to have surgery with gamma knife or cyber knife. I would really like to just get this done and have it taken out before it causes more problems, like affecting my facial nerve, balance nerve or if it gets too close to my brain stem. I also am worried that I may go completely deaf. I am getting a second opinion next month from a neurosurgeon. What are your thoughts on all of this? – B.D.

An acoustic neuroma, also called a vestibular schwannoma, is a type of non-cancerous tumor on the eighth cranial nerve, which is responsible for hearing and balance.

These tumors usually are treated, although some authorities recommend a watch-and-wait approach if they aren't bothering the patient, if the patient is a poor candidate for surgery or if the patient is otherwise reluctant. None of these seems to apply to you, so I would recommend proceeding with the second opinion, the neurosurgeon, whom I think is likely to recommend treatment.

Progressive hearing loss is a clear indication that treatment likely would be beneficial sooner rather than later.

All the treatments you mentioned are reasonable. Cyber knife and gamma knife are ways of delivering radiation to the tumor. Since any of these can

See HEALTH, Page 8

# Super Crossword

- THE SCIENCE OF TRUMPETERS ACROSS**
- 1 Like galaxies and nebulae
  - 7 Cry after a long wait
  - 13 Beef or pork alternative
  - 20 Nabokov novel
  - 21 Obi-wearing companion
  - 22 Volcanic flow
  - 23 Is a hammy actor
  - 24 Start of a riddle
  - 26 Extras for iDevices
  - 27 See 8-Down
  - 29 \_ out a win (just prevail)
  - 30 Long Island town with a Triple Crown racetrack
  - 31 Riddle, part 2
  - 36 Corn bread
  - 37 Barracks site
  - 38 Shaker \_ (city in O.)
  - 39 Sweet roll
  - 41 Scuff up, e.g.
  - 42 Opposing voters
  - 45 March Madness, with "the"
  - 48 More spiteful
  - 51 Jack up, e.g.
  - 52 Riddle, part 3
  - 57 Brow shape
  - 58 Boxer's prize
  - 59 Astral bear
  - 60 "Robinson Crusoe" novelist

- 61 Riddle, part 4
- 65 Banquets
- 66 "Alfie" lyricist \_ David
- 67 Scrubs sites, for short
- 68 Ending for pay
- 69 Blockhead
- 73 Riddle, part 5
- 81 Front wheel convergence
- 82 Not of the cloth
- 83 Jedi's furry friend
- 84 Butter lookalike
- 85 End of the riddle
- 89 Shrimplike crustacean
- 90 Exploding water balloon sounds
- 91 Triple-time dance, in Dijon
- 92 Ira Levin's " \_ Before Dying"
- 93 Angry feeling
- 96 Used a sofa
- 97 Danson of "Cheers"
- 98 Trunk growth
- 100 Seat of Grand County, Utah
- 102 Start of the riddle's answer
- 110 Apartment window sign
- 112 Hoover offering, for short
- 113 Blockhead
- 114 Go bankrupt
- 115 End of the riddle's answer

- 119 Nobel winner Eugene
  - 121 Northern French port
  - 122 Prix fixe part
  - 123 Moo makers
  - 124 Arid quality
  - 125 Eternal City citizens
  - 126 Enters, as a PIN
- DOWN**
- 1 Shoe gripper
  - 2 Pizzazz
  - 3 Skiing locale
  - 4 Mirage carmaker
  - 5 Ending for Manhattan
  - 6 Black currant liqueur
  - 7 Like tumblers
  - 8 With 27-Across, Pavarotti number, e.g.
  - 9 Ignited, as a fire
  - 10 Fire leftover
  - 11 Bedclothes
  - 12 In bad taste
  - 13 "Evita" role
  - 14 Grand slams, e.g.
  - 15 " \_ cost ya"
  - 16 Put in a vise
  - 17 Blast sound
  - 18 Actress Lynch of four Harry Potter films
  - 19 Talk on and on
  - 25 Playboy founder, familiarly
  - 28 Tool for moving just-baked bread or

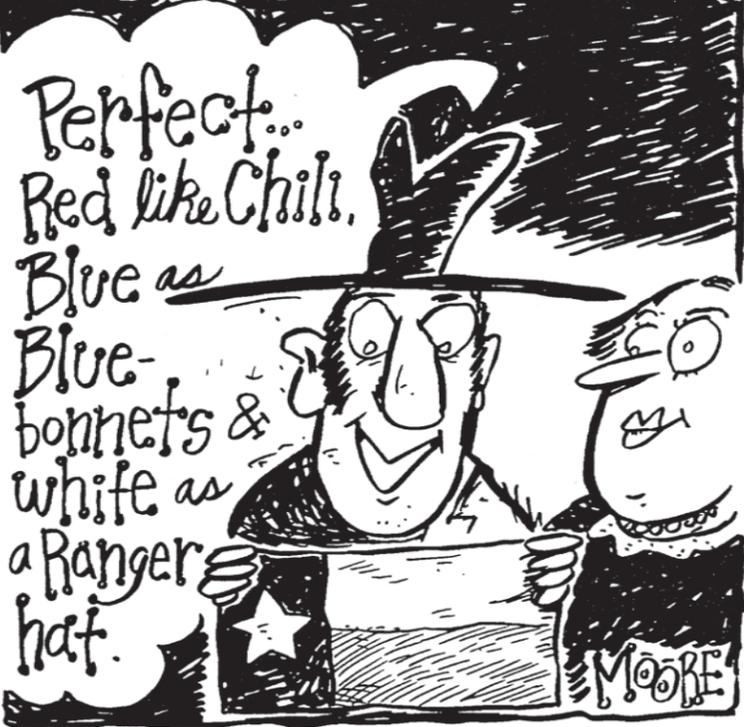
- pizza
- 32 Publisher Conde \_
- 33 Persian king
- 34 Tiny, for short
- 35 2012 rival of Romney
- 40 FDR's plan
- 42 Hunter of Moby Dick
- 43 Screenwriter Ephron
- 44 Nervous twitches
- 46 Baby cow
- 47 Entr\_
- 48 Ford make until '11
- 49 Celtic language
- 50 Emu cousin
- 53 "Bring It On" star Kirsten
- 54 Suppositions
- 55 Light bed
- 56 " \_ So Fine" (Chiffons hit)
- 58 Trying tot
- 62 Lat-building exercises
- 63 Building pest
- 64 Get it wrong
- 65 Clamorous criticism
- 68 Often-requested Italian song
- 69 Extreme degree
- 70 Debtor's note
- 71 With 99-Down, brunch time, often
- 72 Parts of clown outfits
- 73 "It \_ be!"
- 74 Bops

- 75 Prosperity
- 76 Pointed tools
- 77 Minimization of job-related hazards
- 78 Jai follower
- 79 Hedge plants
- 80 Father's Day callers
- 82 Averse (to)
- 86 Big dishes
- 87 At any time
- 88 Dry riverbed
- 89 Onetime
- 93 "Someone informed me..."
- 94 Housetop laborer
- 95 A bit crude
- 97 Electronic music genre
- 99 See 71-Down
- 101 Irish writer Brendan
- 103 Biblical exile
- 104 Origami need
- 105 Routinely
- 106 Pharmacy measures
- 107 Hook worms
- 108 Palmer or Lehmann
- 109 "Juno" star Page
- 111 Campbell of "Party of Five"
- 116 The, to Luc
- 117 It spits out \$20 bills
- 118 Big gun gp.
- 120 Fife refusal

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	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							113						114	
115								116				117	118				119	120		
121												122							123	
124																			126	

**TRUE TEXAS FACTS** *by Roger T. Moore*

January 25, 1839 — The Republic of Texas adopts its new 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.

	÷		+		10
×		×		+	
	×		-		15
-		+		÷	
	×		÷		10
7		14		4	

**DIFFICULTY:** ★★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

1 3 4 4 5 6 7 8 9

©2017 King Features Syndicate, Inc.  
Answer Page 4

**Weekly SUDOKU**

*by Linda Thistle*

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

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!

© 2017 King Features Synd., Inc.

**College**

From Page 6

Fall and put their scholarships to use.

"I am grateful to receive this scholarship because college is really expensive now a days, no matter where you attend," said Garcia. "I have worked really hard and made a lot

of sacrifices throughout my four years of high school. My dedication and perseverance have put me in this point of my life and I am very proud of myself."

The students' families, friends, and coaches were invited to be part of the ceremony and got to say a few words to them. "I am proud of their accomplishments and feel very confident about these young men because I know they are going to perform at the level that they are expected to in college," said Cesar Morales, SEHS Boys Cross Country Coach.

"These boys are incredibly intelligent and mature. They are going to do great things in life and they are going to represent SEHS and the San Elizario community in the most positive way. As a coach and teacher, this is one of the main goals that we have – hoping that our students achieve all of their academic expectations so that they may be offered scholarship opportunities such as this one."

Erick Arambula and Ulises Cardoza will attend South Plains College in Levelland, Texas and Miguel Garcia will attend West Texas A&M in Canyon, Texas.

**Briefs**

From Page 1

opportunity to meet and interview with school principals. Job openings at SISD schools are open due to growth and attrition in the district, offering great opportunities for prospective teachers. The district is seeking energetic, progressive, and highly motivated employees for positions across the district and SISD's innovative WIN Academy. The fair will be held at the SISD District Service Center, 12440 Rojas Dr. from 9 a.m. to noon on Friday, Jan. 27, 2017.

– Christy Flores-Jones

**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: Z equals R

NVRC E FRZQBC NBJMX ZJMR BTRZ  
E QHOCHDHGECF FEZP BD ECGHRCP  
DZECGR, XHX VR VETR E MBP BD

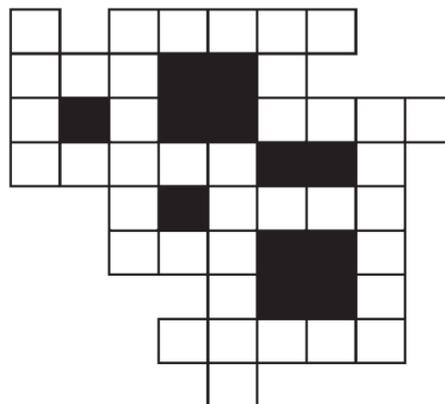
OEJM?

Answer Page 4

© 2017 King Features Synd., Inc.



- MUR
- DENERG
- ♥ RASEN
- ♥ EPMO
- ♥ VERLIE
- ♥ LGA
- ♥ ALRE
- IGMED
- ♥ NEO
- NEMERI
- LIGLR
- ♥ RIGD



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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

©2017 King Features Syndicate. All rights reserved.

**Here's a Tip**

By JoAnn Derson

• If you have a linoleum floor and get scuff marks a lot, try this trick from the pros: Take a regular tennis ball and cut a small "X" into one side. Push the top of your broom through the "X." Now, when you are sweeping, you can turn your broom over and just lightly rub the scuff mark away with the tennis ball. It's simple.

• Experts say the best way to get your dose of daily exercise is to roll right out of bed to it. Leave a pair of sneakers at your bedside instead of slippers, and wake up to a 30-minute session of walking.

• "I love to cook, but it's just me most nights. Did you know that you can separate items in a large casserole dish by creating a thin "log" of wadded up aluminum foil, then covering the whole dish with foil. It basically creates two (or more) sections in a glass baking dish. This way I can bake a nice piece of fish and roast veggies or whatever, all in the same dish." – J.K. in Pennsylvania

• "Add a little baking powder to your mashed potatoes when mixing. It makes them extra fluffy. My mom is famous for her mashed potatoes, and this is her secret!" – R.E. in Maine

• And here's a tip you can enjoy with those fluffy mashed potatoes, courtesy of V.V. in Illinois: "Add two nice dashes of soy sauce to your gravy for instant greatness."

• Label bags, baskets and boxes in your closets for better organization. When you create a dedicated place for something by labeling it, you are mentally more able to remember where to put something when it needs to be put away.

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

achieve the goal of preventing the tumor's growth and any worsening of symptoms, the choice should be left to the expert.

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), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved.