



NEWSBRIEFS

Student loan debt

The 60-plus segment of the U.S. population is growing at an alarming pace and it is also the fastest growing segment of the population with outstanding student loan debt, reports the Association of Mature American Citizens. In fact, the Consumer Financial Protection Bureau says that older Americans are the fastest growing part of the overall student loan market. The trend is not just because of they failed to pay of their own carrying student loans, it is also because a growing number of parents and grandparents are financing their children's and grandchildren's college education," says the CFPB.

— John Grimaldi

Air taxi

The next time your taxi gets stuck in traffic, take heart-it appears that the first ever flying taxi will begin ferrying passengers to their destinations in July, according to the Association of Mature American Citizens. The bad news is that you will have to move to Dubai in order to avail yourself of the world's first airborne hack. According to the Emirate's Roads and Transport Authority they've successfully tested the service and will "spare no effort" to start taking fares "up, up and away" in July 2017. But they are not hiring drivers; these flying cabs fly themselves.

— John Grimaldi

Side effects

The American Medical Association believes that we may be taking our medicine for granted with potentially dangerous results. One study showed that some 65% of all Americans take one or more prescription drug on a regular basis, says the Association of Mature American Citizens. The study showed that 90% of us over the age of 65 take multiple prescription medications and are at risk of adverse drug interactions. In fact, the AMA says that that nearly 30 percent of all ER visits due to adverse drug events are seen in elderly patients. It is recommended, therefore, that patients and their caregivers take measures to ensure medications are taken safely. Check with doctors annually regarding the need for the drugs you take. Make a list of your prescriptions and keep it at hand. And, verify the drugs you take are the ones that have been prescribed.

— John Grimaldi

Everybody likes friendly attention and cooperation. We always get it when we give it.

— Quips & Quotes

SBOE considers revised K-8 curriculum standards

By Alfredo Vasquez
Special to the Courier

TEXAS – After lengthy discussion and review, the State Board of Education (SBOE) gave preliminary approval recently to revised curriculum standards for English and Spanish language arts and reading for kindergarten through eighth grade.

If given final approval at the board's April 18-21 meeting, the new curriculum standards would become effective with school year 2019-2020. They will replace standards approved in 2008.

Efforts to update curriculum standards called Texas Essential Knowledge and Skills (TEKS) began in 2015 and has literally involved thousands of public and higher education educators, according to Texas Education Agency (TEA) officials.

Early in the review process, more than 1,100 educators provided input on the current TEKS by completing a survey issued by the Texas Council of Teachers

of English Language Arts (TCTELA) and Texas A&M University. TCTELA also hosted an online forum that engaged 1,300 educators.

Review committees of teachers, instructional specialists, curriculum directors, and other English and Spanish language experts appointed by the state board worked on recommendations and refinements to those recommendations throughout 2015 and 2016. A team of experts appointed by the board also worked on the recommendations.

The TEKS approved for first reading and filing authorization took all this public comment into account, stated a TEA spokesperson.

The most significant changes to the TEKS involve creating the alignment between the English and Spanish language arts standards and reorganizing the TEKS into seven strands, officials pointed out.

The strands focus on developing

See SOBE, Page 2



— Photo courtesy El Paso Community College

SMART MONEY – From left, Bryant Muñiz, Lizet Navarro and Adrian Morales are 2017 Siemens Technical Scholars and are receiving scholarships to further their educations.

EPCC students named Siemens Technical Scholars

By Jim Heiney
Special to the Courier

EL PASO COUNTY – Five students at El Paso Community College (EPCC) were named 2017 Siemens Technical Scholars by the Aspen Institute College Excellence Program (CEP) and the Siemens Foundation. Current students Bryant Muñiz, Lizette Navarro and Adrian Morales plus graduates Javier Casillas

and Angelica Muñoz were among 51 exceptional community college students selected from some of the nation's strongest community college programs in science, technology, engineering and math (STEM), which provide outstanding preparation for high-demand jobs in advanced manufacturing, energy, healthcare, and information technology.

"EPCC offers excellent college

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Armando Rodriguez

Rodriguez elected to head MASBA

By Liza M. Rodriguez
Special to the Courier

CANUTILLO – Armando Rodriguez, a member of the Canutillo Independent School District Board of Trustees, has been elected as President of the Mexican American School Board Members Association (MASBA). Rodriguez recently served as board vice-president and president elect before becoming the first member from the El Paso region to be elected president of MASBA.

MASBA is recognized by the Texas Education Agency and provides continuing education to Texas school board trustees. The organization aims to help school board members come together to find solutions, discuss legislation and current affairs as it relates to education and the Mexican-American culture. Rodriguez says their mission is to advocate for top quality public education for all the children of Texas.

"We are invigorated by issues affecting minorities and I have a heart for our students' needs," Rodriguez said. "I decided to take action by getting involved so our students' voices are heard and addressed."

In addition to his service on the Mexican American School Board Association, Mr. Rodriguez also serves in leadership positions, including the Texas Association of School Boards, and the former President of the Far West Texas School Board Association. Mr. Rodriguez is serving his fourth term on the Board of Trustees, where he has served as Secretary, Vice President and President. A graduate of Canutillo High School and the University of Texas at El Paso, Mr. Rodriguez is a business development specialist with Venegas Engineering Management and Construction.

Finances

By Nathaniel Sillin

Rental properties can make good investments, but have risks

Maybe your financial house is in order. Your debt is manageable or paid off. You have an emergency fund and now you’re looking for ways to grow your wealth. Or, perhaps you’re planning ahead by learning about different investments options. Have you considered becoming a landlord?

Some landlords wind up with a trashed property after evicting a tenant or lose their savings in a natural disaster.

In between the extremes of easy, hands-off income and total ruin are the everyday concerns, benefits and risks that most landlords face.

A few risks you could face as a landlord. Investment property mortgages tend to be a little more difficult and costly to secure than primary residence mortgages. It can also be harder to take cash out of investment properties – either with a cash-out refinance or a home equity line of credit. In other words, you might not have access to the money during an emergency.

Owning a rental property outright can be risky as well. Especially if you’re placing a significant amount of your savings in a single investment, the lack of diversification could put you in a precarious situation.

Those aren’t the only risks you could face when owning a rental.

- **Finding and keeping good tenants.** Landlords learn from experience that it’s worth leaving their rental empty for a month or two rather than pay for an eviction or expensive repairs later. You can pay for professional tenant screening reports or credit reports and call applicants’ references before offering a lease.
- **Covering your expenses.** Between taxes, insurance, repairs, maintenance and mortgage payments the monthly and one-off costs can quickly stack up. Some landlords lose money because their rental income doesn’t cover their expenses, but they won’t be able to attract tenants if they raise it. If the housing and rental markets drop, you could be stuck losing money each month or selling the property at a loss.
- **The time or cost of managing a rental property.** Becoming a landlord is often far from a hands-off job. When the phone rings in the middle of the night because the roof is leaking, you’ll need to figure out how to solve the problem. You may be able to hire a property management company to take on this work for you, but they often charge about 8 to 12 percent of your rental income or a flat monthly fee.

Even with the risk involved, there are countless examples of successful landlords. Many find the experience so rewarding that they purchase additional investment properties.

Set yourself up for financial success. What separates the successful and sorrow-filled landlords? Luck certainly comes into play, but you can also take steps to get started on the right foot.

Try to determine a property’s capitalization rate, the estimated annual return, before making an offer. To calculate the capitalization rate, divide the annual net income by the property’s purchase price.

Your net income will be your rental income, which you can approximate based on rental prices for similar properties, minus your costs, such as maintenance, upgrades, vacancies and emergencies. You may need to consult an accountant to understand how your new tax situation can affect your costs.

Cap rates tend to change depending on the area and type of property. But regardless of what’s considered “good” in your area, you can use this formula to compare different investment opportunities.

Bottom line: Many people focus on the positives of owning investment property. An extra income and potential to build equity with their tenants’ money seems too good to be true, and it just might be. If you’re going to be successful, you should acknowledge the risks that come with the territory and plan accordingly.

SOBE

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and sustaining foundational skills including language, comprehension, response, composition, inquiry, research, and in understanding multiple genres and author’s craft.

Once the recently approved amendments are incorporated into the standards, they will be posted on TEA’s website. Interested individuals may soon view the English standards at [http://tea.texas.gov/Academics/Curriculum_Standards/TEKS_Essential_Knowledge_and_Skills_\(TEKS\)_Review/English_Language_Arts_and_Reading_TEKS/](http://tea.texas.gov/Academics/Curriculum_Standards/TEKS_Essential_Knowledge_and_Skills_(TEKS)_Review/English_Language_Arts_and_Reading_TEKS/).

To view the Spanish standards visit [http://tea.texas.gov/Academics/Curriculum_Standards/TEKS_Essential_Knowledge_and_Skills_\(TEKS\)_Review/Spanish_Language_Arts_and_Reading_and_English_as_a_Second_Language_TEKS/](http://tea.texas.gov/Academics/Curriculum_Standards/TEKS_Essential_Knowledge_and_Skills_(TEKS)_Review/Spanish_Language_Arts_and_Reading_and_English_as_a_Second_Language_TEKS/).

The board also approved

for first reading and filing authorization streamlined science standards. Responding to frequent comments that the Texas standards are too voluminous, the board began a concerted effort to reduce scope of the standards. Science is the first subject area to undergo the streamlining process, TEA officials noted.

“As review committees worked on this project, they did their best to estimate the amount of time it would take to actually teach all of the standards to mastery. Although an imprecise measure since it will vary from class to class and student to student, this work did help pinpoint areas where reductions were needed,” officials stated.

If given final approval in April as is now scheduled, the revised science standards have a recommended implementation date of the 2017-2018 school year.

The preliminarily approved science standards will soon be posted online at [http://tea.texas.gov/Academics/Curriculum_Standards/TEKS_Essential_Knowledge_and_Skills_\(TEKS\)_Review/Science_TEKS_Streamlining/](http://tea.texas.gov/Academics/Curriculum_Standards/TEKS_Essential_Knowledge_and_Skills_(TEKS)_Review/Science_TEKS_Streamlining/).

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Veterans Post

By Freddy Groves

Semper Fi Fund

A worthy charity

Since 2004, the Semper Fi Fund has awarded more than \$143 million in assistance to 18,000 service members and veterans.

Wow.

Too often we hear about scams that collect money allegedly for veterans, and later it turns out they were using the donations to support their own lavish lifestyles. Not this one: Semper Fi is the real deal.

Additionally, for the sixth year in a row, Semper Fi paired up with The Bob and Renee Parsons Foundation, which pledged to match all donations up to \$10 million. The “Double Down for Veterans” campaign netted \$20 million, kickstarted by GoDaddy with a \$50,000 donation. (If you have a website, that name might be familiar if you registered your domain name with them. What you might not know is that GoDaddy founder Bob Parsons is himself a Vietnam-era veteran.)

Again, wow.

Semper Fi, a 501(c)(3) nonprofit, provides immediate financial help to post-9/11 wounded, critically ill or injured service members and veterans. Semper Fi was started in 2004 by a group of military wives, and they still run the program. Help is provided in many forms: adaptive housing, education and career transitioning, family support, adaptive transportation, sports programs, service-dog training, caregiver support and more. Charity Watch rates Semper Fi an A-plus, and Charity Navigator ranks it at 98/100. To learn more, check out its website at www.sempertifund.org.

You know what to do now, right? If you can, pull out your checkbook and send a few dollars to this very worthy organization. Donate at the Semper Fi website or send a check to:

Semper Fi Fund
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PMB 609
Oceanside, CA 92057

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Nominate a student volunteer for Student Heroes Award

By Alfredo Vasquez
Special to the Courier

TEXAS – The State Board of Education (SBOE) is now accepting nominations for the 2017 Student Heroes Award. Anyone may nominate a public school student for the award. The deadline for nominations is March 27.

The Student Heroes Award program recognizes Texas public school students in prekindergarten through high school who voluntarily work to assist or benefit their fellow Texas students.

SBOE Chair Donna Bahorich urged school leaders to nominate those students who are shining examples of good character and citizenship.

“Every day in our schools, students commit unselfish acts of kindness. They don’t do so because it is a class assignment. They do so because they are people of good character who care on a very personal level about helping fellow students. They make their schools and communities a better place because of their work,” she stated.

“The Student Heroes Award provides an opportunity for Texans to spotlight

and recognize these caring students,” Bahorich said.

Up to 15 students, one per SBOE district, may receive the award each year. Award requirements include: The service/assistance or good deed must be voluntary and not part of any curriculum, graduation requirements, class, or community project. The service/assistance or good deed must benefit other students in the state, either individually or collectively. And, the benefit may be to students of one campus, a district, or a community.

Examples of activities recognized last year include students voluntarily serving as mentors, collecting and distributing stuffed animals to ill children, and creating a non-profit organization to break down cultural barriers.

Recipients of the Student Heroes awards will be announced in May. A plaque will be awarded to the student hero by his or her state board member.

For more information about the student heroes award send email to heroes@tea.texas.gov. Also, nomination forms and program guidelines are available at http://tea.texas.gov/About_TEA/News_and_Multimedia/Awards/Student_Heroes.

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OWNER BUILT – The Lower Valley Housing Corporation (LVHC) helps people move into houses like the one above. LVHC trains the future home-owners how to help in the construction of the dwelling and arranges financing as well.

LVHC

From Page 4

to families earning as little as \$15,000 per year. When completed, these 3 bedroom 2 bath houses offer 1,100 square feet of heated and cooled living area.

The structure of these homes is monolithic slab, with brick and stucco exterior, a pitched roof with composition shingles and forced air heating and cooling. The homes are Energy Star Certified. They all carry a HB

2-10 Homebuyer Warranty and they’re all in nice neighborhoods – close to schools, shopping and churches.

The appraised market value of these newly finished houses is \$119,000. The price on these self-help homes is \$69,000.00. Financing is 100% and the average monthly payments are \$525. The lenders on these self-help houses are WestStar Bank, USDA/RD and Texas Department of Housing & Community Affairs (TDHCA). Qualifying guidelines for self-help homes are U.S. citizenship,

good verifiable credit, and willingness to perform at least 65% of the labor to build the houses.

More than 1,300 families live in these nice, affordable houses in safe, decent neighborhoods with all infrastructure: water, sewer, paved streets, proper drainage and street lights. The building sites for 2017 and 2018 self-help housing will be in the Horizon and Clint areas.

For more information or an appointment, call Gloria Cleto at (915) 590-4511.

Texas Schools to Watch names Socorro ISD campus

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – SPC Rafael Hernando III Middle School has been designated a Texas Schools to Watch campus by the Texas Middle School Association (TMSA) for its high-performance, clear focus on academic growth, and ensuring every child has access to a rigorous, high-quality education.

“I’m extremely proud of SPC RafaelHernandoIIIMiddleSchool for earning this great honor,” said Superintendent Dr. José Espinoza. “Being named a Texas School to Watch campus, highlights the commitment to excellence in the

Cavalier community. Hernando embodies what Team SISD is all about – offering students endless opportunities for academic success.”

The campus is one of seven Texas schools to be selected as a model by the TMSA. The school will be recognized at the association’s annual conference, where Hernando Middle School administrators will present strategies to other middle school educators throughout the state about their ongoing record of student achievement and the unique challenges of their student populations.

“Thisrecognitiontrulyvalidates our campus commitment to provide timely assistance and

interventions so that all our scholars achieve at high levels. Moreover, it is wonderful to see the hard work and dedication of our amazing Cavalier teachers and instructional support team celebrated,” said Venessa Betancourt, Hernando Middle School Principal. “I am honored to work alongside with the best educators and scholars in West Texas and proud to represent Team SISD.”

Thecampusalsowasrecognized for its strong leadership and highly effective staff that works together to improve curriculum and instruction for students and remains highly committed to assessment and accountability for continuous improvement.

EPCC

From Page 1

programs that deliver first-rate preparation of students in science, technology, engineering and math (STEM) fields,” Steve Smith, Vice President of Instruction and Workforce said. “It’san honor for EPCC’s Nursing and Radiologic Technology programs to be among the top community colleges nationally that deliver exceptional training for STEM jobs and to be awarded with Siemens Technical Scholars scholarships for students.”

The Aspen Institute projects that jobs in STEM fields will

grow at almost double the rate of non-STEM occupations. Community colleges like EPCC are playing a huge role in working to meet this demand. More than half of all STEM jobs across the United States require an associate’s degree and pay wages that average more than \$50,000 annually. Individuals with a postsecondary education earn 74% more than those with just a high school diploma.

“Watching the students grow every day, you see them advance and by the time they graduate, they are ready for the real world,” Christl Thompson, Coordinator of the Radiologic Technology Program said. “They are not only

a reflection of their education or the college, they are a reflection of us.”

The Siemens Technical Scholars selection committee identified exemplary community college STEM programs, like EPCC, that deliver exceptional training for technical STEM jobs in areas ranging from power plant technology to healthcare.

Scholarships ranging from \$3,500 and \$10,000 went to Muñiz (Radiologic Technology), Navarro (Radiologic Technology), Morales (Radiologic Technology), Casillas (Radiologic Technology) and Muñoz (Nursing) to continue their educations.

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Strange But True

By Samantha Weaver

- It was 20th-century American author and playwright Rose Franken who made the following sage observation: “Anyone can be passionate, but it takes real lovers to be silly.”
- There are only three places in the world that include St. Patrick’s Day among their official public holidays: Ireland (of course), the Canadian province of Newfoundland and Labrador, and the Caribbean island of Montserrat.
- It’s not clear exactly how they do it, but, according to those who study such things, bald eagles mate while they’re in midair.
- Do you ever get to the end of a relaxing weekend, only to feel depressed at the prospect of heading back to work Monday morning? Well, the Germans have a word for that: sonntagsleerung. It literally means “Sunday emptying.”

• Some historians claim that President Andrew Jackson believed the world was flat.

• If it could avoid its inevitable dissipation, the typical cloud could circumnavigate the earth in less than two weeks.

• In the United States, nuns have a longer life expectancy than any other demographic group.

Thought for the Day: “Science is more than a body of knowledge; it is a way of thinking. I have a foreboding of an America... when the United States is a service and information economy; when nearly all the key manufacturing industries have slipped away to other countries; when awesome technological powers are in the hands of a very few, and no one representing the public interest can even grasp the issues; when the people have lost the ability to set their own agendas or knowledgeably question those in authority; when, clutching our crystals and nervously consulting our horoscopes, our critical faculties in decline, unable to distinguish between what feels good and what’s true, we slide, almost without noticing, back into superstition and darkness.”

– Carl Sagan

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Moments in Time

The History Channel

- On March 27, 1905, the high-profile murder of two London shopkeepers is solved using fingerprint evidence for the first time when a thumbprint found on the side of the cashbox was matched to one of the suspects.
- On March 28, 1941, workers start clearing trees from hundreds of acres of land 30 miles west of Detroit, in preparation for construction of the Ford Motor Company’s Willow Run plant, which will build B-24 bomber planes. Early on the plant was plagued by labor shortages and earned the nickname “Willit Run?”
- On March 29, 1973, two monthsafterthesigningofthe Vietnam peace agreement, the last U.S. combat troops leave South Vietnam. The accord was short-lived, and by early 1974 full-scale war had resumed.
- On March 30, 1981, President Ronald Reagan is shot in the chest outside a Washington, D.C., hotel by deranged drifter John Hinckley Jr. As Reagan was prepared for surgery, he quipped to his surgeons, “Please tell me you’re Republicans.”
- On March 31, 1492, in Spain, a royal edict is issued by the nation’s Catholic rulers declaring that all Jews who refuse to convert to Christianity will be expelled. Most Spanish Jews chose exile rather than renounce their religion and culture.

• On April 1, 1963, the ABC television network airs the premiere episode of “General Hospital,” the daytime drama that will become the longest-running serial program produced in Hollywood. On the same day, rival NBC debuts its own medical-themed soap opera, “The Doctors.”

• On April 2, 1917, President Woodrow Wilson asks Congress to send U.S. troops into battle against Germany in World War I. Four days later, Congress obliged. Wilson then signed the Selective Service Act, which required men between 21 and 35 years of age to register for the draft. The Army quickly grew from 200,000 troops to 4 million.

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UTEP basketball: A tale of two seasons

By Steve Escajeda
Special to the Courier

Charles Dickens wrote his famous novel “A Tale of Two Cities” back in 1859. And the book opens with the line, “It was the best of times, it was the worst of times...”

If UTEP’s 2016-17 basketball campaign were to be turned into a book it could be titled, “A Tale of Two Seasons.” Only the first line would reversed to, “It was the worst of times, it was the best of times...”

The Miners were thrashed 82-56 by Middle Tennessee in the semifinal round of the Conference USA Basketball Tournament last week, which put an abrupt end to a rollercoaster-ride of a season that will stay in the memories of El Pasoans for years to come.

I think everyone is hard-pressed to recall any other season that a team went through such a drastic change in character, aggressiveness, confidence and success, like the Miners did this season.

It’s true, UTEP finished with a losing

record. And if all we knew the season would end at 15-17, we’d all consider it a major disappointment.

And although finishing 15-17 isn’t what El Pasoans are used to, fans here will accept it as successful because of the way it ended and the fact that the players and coaches never gave up on the season.

Unfortunately, many disgruntled fans packed it in at midseason.

Don’t get me wrong, UTEP’s year didn’t get off on the right foot with a few players leaving the program before the season even started. Then one of their best players leaves the program after the season starts because he wanted to do things his own way.

Before we knew it, the Miners were suddenly a decimated team with very little talent, very little experience and very little confidence.

That led to a 2-13 start with losses to such cupcakes as Maryland Eastern Shore, Northern Arizona, Southeastern Louisiana and Northwestern State – all at the Don Haskins Center.

If the Miners couldn’t compete with those smaller programs, imagine the beat

downs they’d receive once they took on those much tougher C-USA opponents. The consensus was that they would struggle to win six games.

And after getting off to an 0-3 conference start, six wins seemed ambitious.

But then UTEP’s second season got started. And like the turning on of a light switch or the waving of a wand, the Miners did a complete 180, a Jekyll to Hyde, an Obama to Trump.

Just like that, they were the complete opposite of what they were, and suddenly the Miners began to resemble all the talented, hard-working, orange-clad teams that came before them.

UTEP finished the season by going 13-4. And three of those four losses came by three points or less.

The Miners weren’t even close to being the most talented team out there.

They had no 6’7” guy covered in muscles (like Vince Hunter) who could go to the basket with authority. They had no big guy with a thick body (like Antonio Davis) who guaranteed them 8-10 rebounds a night. They had no shut down defender (Like Julian Washburn) who could clamp

down on the opponent’s top scorer.

But what they did have was a bunch of coaches who knew what they were doing and though there’s no official stat for it – the players led the conference in “heart.”

So now that this season is over, fans begin wonder about the next year.

UTEP loses just one senior, point guard Dominic Artis.

Artis’ loss will definitely be felt but the Miners always seem to come up with worthy point guards so no one should be worried there.

The best thing about this past season is that every player on the team that saw considerable minutes, Matt Willms, Paul Thomas, Omega Harris, Trey Touchet, Jake Flaggert and Kelvin Jones, all improved drastically as the season wore on.

And when you throw in what everyone is calling a very talented recruiting class, UTEP may return to glory sooner than later.

Put all that together and maybe next season’s book will be titled, “A Tale of One Season” and the first line will simply read, “It was the best of times.”

A sporting view By Mark Vasto

Bet on sports

There are foolish things to do... like, say, hitting the snooze button one too many times or eating too much chocolate or having unprotected sex. None of those things, however, comes close to the most foolish thing you can do: trying to drink a coffee on an Atlantic City Jitney bus.

For the uninitiated, the “Jitney” is a small bus that seats 13 people and costs \$2.25 per trip around town. According to folklore, “jitney” meant “nickel,” and that’s what it used to cost to ride throughout town. It also should mean “zero shock absorption” or “hits every pothole dead on.”

Atlantic City, you may have heard, has an image problem. The city used to have 16 casinos, and through attrition, now has seven. It’s a small town, out on an island, with about 40,000 residents. It has one of the largest unemployment rates in the country, and nearly one-third of

the town makes ends meet under the poverty line. There are more strip clubs than grocery stores.

On the plus side, it’s where the boardwalk and salt water taffy were invented, and it’s the longtime home of the Miss America pageant. When you play Monopoly, all of the street names are real Atlantic City streets. And, yes, it still has plenty of casinos, the booze is free, and it hosts world-class entertainment (Frankie Valli and bunch of other big shots call it home) and some of the best restaurants and shopping in the world.

One of the town’s great hobbies is chatting about what can be done to “revitalize” the

place. Ideas abound. A water park in one of the old casinos, legalized marijuana or a Ferris wheel are always bandied about. Some want to attract college campuses and others want to legalize prostitution. As if the town needed more vice.

What Atlantic City really needs is sports. I was lucky enough to score tickets to a boxing match at Bally’s the other day. Five fights for \$50, ringside seats because the woman I met outside had comps and extra tickets. It was great. And it didn’t take long for a few of the old-timers in the audience to reminisce about the old days... when Mike Tyson fought his way to belts in the 1980s, when MMA

started up in the ‘90s.

This is a town with great transportation: a train and bus hub, a great airport where flights can cost as little as \$9. It boasts an empty minor-league baseball stadium, and despite all of the competition with one-off casinos in Philly, Delaware and Connecticut, those places are boring. No, in order to revitalize AC, the city has to turn to the other side of gaming: sports.

Evander Holyfield is starting a boxing “league” and plans on marketing it and conducting fights in AC. Dana White has plans to bring the UFC back to

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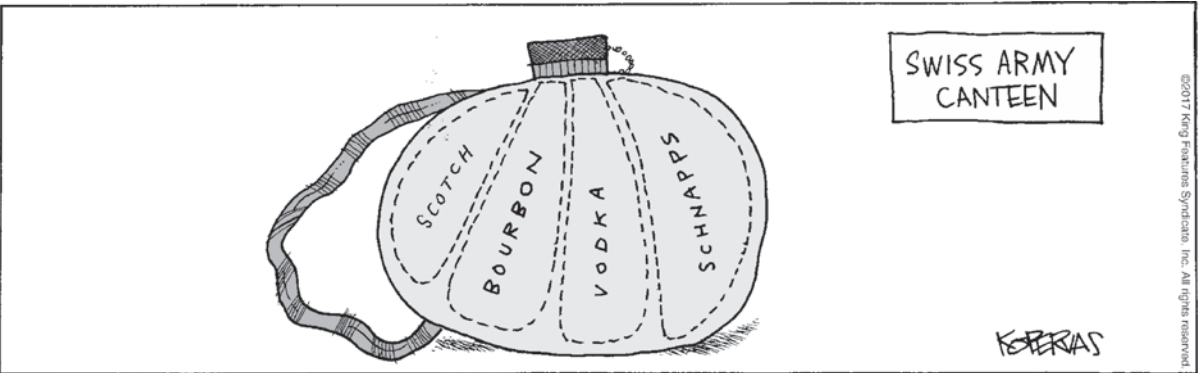
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Comix

Your good healthBy Keith Roach, M.D.

OUT ON A LIMB

By Gary Kopervas



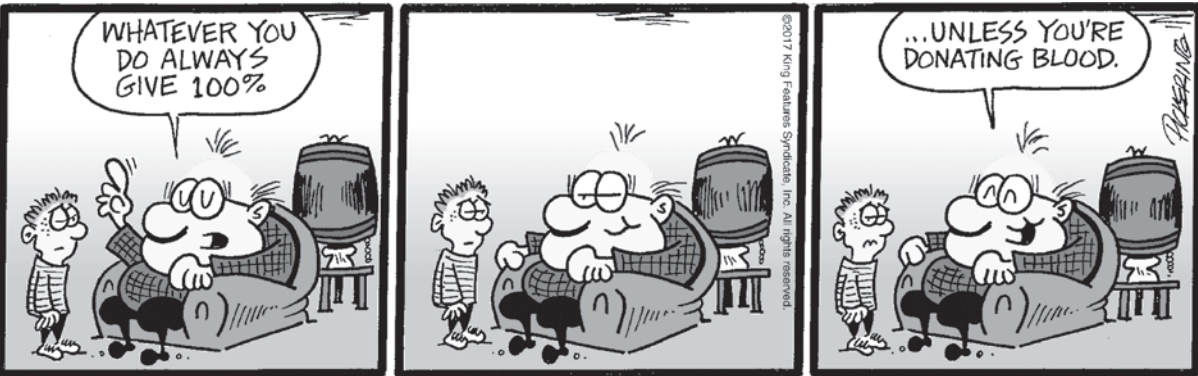
AMBER WAVES

By Dave T. Phipps



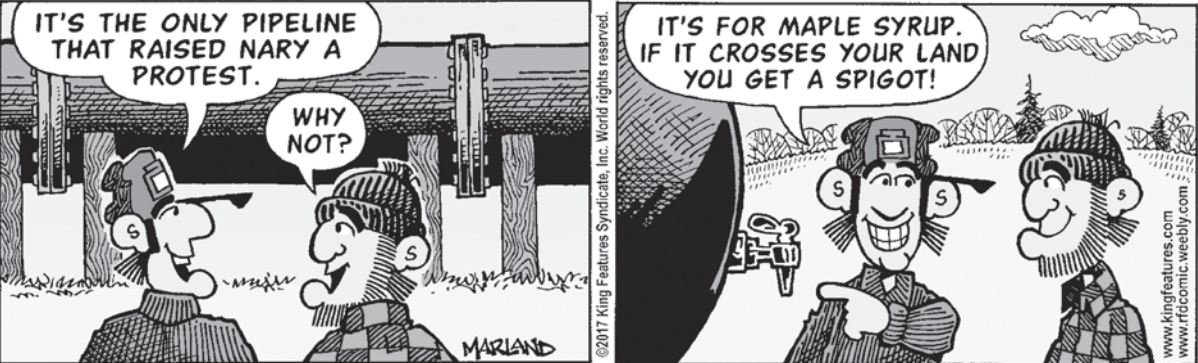
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



DEAR DR. ROACH: It would be helpful if you described some of the warning signs/symptoms of a bad hip that requires replacement. I now know that such a condition does not necessarily announce itself with chronic severe pain in the hip. Indeed, what sent me to the doctor was a recurrent pain in my groin. My hip was relatively pain-free, and even then I had only a mild discomfort that I thought was simply some arthritis. What I failed to appreciate over the past few years was the very gradual loss of my range of motion, leading to difficulty with simple activities, such as tying my right shoe or cutting my toenails. In retrospect, I feel rather foolish that I did not realize sooner that I was having hip problems. Perhaps you can alert others to the signs of gradual hip degeneration that fall short of acute hip pain. – B.A.

You have done a lot of the work for me. The groin is the most common location for pain from hip osteoarthritis, but other locations – especially pelvis and knee – all can be coming from the hip. We suspect arthritis when pain is worse after activity and improves with rest. But it is the range of motion and pain with movement that we as internists look for on exam to help us decide whether the complaints are likely from the hip joint or from another location.

Pain is common with internal rotation (such as placing the outside of your ankle on the opposite knee and letting the elevated knee fall to the side). I think the main message is that pain in the hip or groin, especially if worse with exercise, suggests arthritis, and an X-ray can confirm the diagnosis.

The arthritis booklet discusses rheumatoid arthritis,

osteoarthritis and lupus. Readers can order a copy by writing: Dr. Roach – No. 301W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I always have nitroglycerin with me, as I have heart disease. If I see someone having a heart attack, can I give them one? – J.G.

I applaud your civic-mindedness, but you should not give out nitroglycerine. It is an extremely powerful medication that should be used only when sure of the diagnosis. I recall the chief resident during my training warning a fellow intern that he needed to do a careful exam before giving nitroglycerine, because it can be fatal in people with severe aortic stenosis, a blockage in one of the heart valves. It made quite an impression on me.

Trained first-responders carry aspirin, nitroglycerine and oxygen for heart attack victims. The key is to get the person to definitive medical care as soon as possible. I do recommend that everyone who is physically capable of providing CPR learn to do so. You can save the life of a loved one or a total stranger.

Dr. Roach cannot answer all 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) 2017 North America Synd., Inc. All Rights Reserved.

Super Crossword

- GYMGOER'S BUMMER ACROSS

1 Clinic for getting clean

6 React to sticker shock

10 24 hours _

14 Blew a fuse

19 Reparations for wrongs

21 Head, to Helene

22 Unevenly notched, as a leaf

23 Start of a riddle

25 Fighting fish of Asia

26 Division of the Roman army

27 _ avail (futile)

28 California observatory site

30 Foxy

31 Grind, as one's teeth

35 Beat soundly

37 A B vitamin

38 Riddle, part 2

41 Planted

44 Swenson of "Advise & Consent"

45 Banana part

46 Riddle, part 3

52 Lie in the sun

56 Places to live

57 Feed holder

58 Activate, as a light

switch

60 Silent assent

61 Haile Selassie follower

65 Kobe's home

68 Brits' coins

69 Conductor Sir Georg _

71 Riddle, part 4

73 Cussed

74 Windy City air hub

75 Land surrounded by water, in Italy

76 Spiny plants

78 _ Mahal

79 Not at all, old-style

81 Arm bone

83 Conceive of

85 Struck disk

86 Riddle, part 5

92 Prefix with dose or watt

93 Actor's job

94 Class seat

95 End of the riddle

104 One lacking pigment

105 Slangy suffix with switch

106 See or smell

107 "_ aboard!"

110 Ump's call halfway to a walk

112 "Falling Skies" star

114 "No One" singer

Keys

116 _ worse than death

117 Riddle's answer

122 Strength of a chemical solution

123 Account

124 Absent

125 Arena strata

126 "Wise" birds

127 Man in Eden

128 16th-century Italian poet

DOWN

1 "Lady Love" singer Lou

2 Wife of Fred Mertz

3 Deli hero

4 Against

5 Clouds up

6 Ring rock

7 "That's _-brainer!"

8 Actor Gilliam

9 Quiet "Hey!"

10 Very many

11 Wolf down

12 Wolfed down

13 Dog cry

14 Flower anew

15 Eye ring

16 Became irate

17 Downton Abbey, e.g.

18 More loved

20 Heavenly food?

24 Ephron or Roberts

29 _ Alex (racehorse)

32 In _ hurry

33 Dads' lads

34 Writer Victor

36 Final, e.g.

38 How many TV shows are now shown

39 Greek T's

40 Old verb suffix

41 Farewell act

42 Sarcastic cry of sympathy

43 Bronx area with a historic cemetery

47 Eagle nests

48 Code-cracking org.

49 City south of San Diego

50 Alda or Bean

51 Debate need

52 Cold one

53 Comment on, as in a margin

54 Plato was his disciple

55 Leg reflex

59 Favorable aspect

62 Anat., e.g.

63 Set-_ (rows)

64 Love, to Yves

66 "One thing _ time!"

67 B'way site

70 Math branch

72 Miss, in Meuse: Abbr.

77 Involuntary wink, maybe

80 Heretofore

82 Razor brand

84 Boundaries

87 Frittata need

88 Site for a bite

89 Bits of physics

90 Aged, quaintly

91 Inert gas

92 Coin producers

95 "Blue" beer brewer

96 Sainted king of Norway

97 Flattened at the poles

98 Out of _ (amiss)

99 "1984" author

100 Rolls-_ (ritzy rides)

101 "Hi, amigo"

102 Onetime Pan Am rival

103 Online protocol for remote log-in

107 Pines (for)

108 Some bank holdings

109 _ rest (inter)

111 Preminger of film

113 Writer Ferber

115 "_ date!"

118 "Hee _"

119 Divinity

120 SFO guess

121 LP speed stat
- Answer Page 4

1	2	3	4	5		6	7	8	9		10	11	12	13		14	15	16	17	18
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TRUE TEXAS FACTS *by Roger Moore* In 1972 Don Halsell of Keene bit the corner off an imported brick in the Texas Senate Chambers to show its poor quality.



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!

	-		×		20
×		×		×	
	+		×		20
-		+		+	
	×		-		23
20		22		19	

2 3 4 4 5 6 7 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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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Benefits

From Page 4

how to look up your own at www.socialsecurity.gov/planners/retire/retirechart.html.

You can start receiving Social Security benefits as early as age 62 or any time after that. The longer you wait, the higher your monthly benefit will be, although it stops increasing at age 70. Your monthly benefits will be reduced permanently if you start them any time before your full retirement age. For example, if you start receiving benefits in 2017 at age 62, your monthly benefit amount will be reduced permanently by about 26 percent.

On the other hand, if you wait to start receiving your benefits until after your full retirement age, then your monthly benefit will be higher. The amount of this increase is two-thirds of one percent for each month – or eight percent for each year – that you delay receiving them until you reach age 70. The choices you make may affect any benefit your spouse or children can receive on your record, too. If you receive benefits early, it may reduce their potential benefit, as well as yours.

You need to be as informed as possible when making any decision about receiving Social Security benefits. Read the publication *When to Start Receiving Retirement Benefits* at www.socialsecurity.gov/pubs/EN-05-10147.pdf.

If you decide to receive benefits before you reach full retirement age, you should also understand how continuing to work can affect your benefits. Social Security may withhold or reduce your benefits if your annual earnings exceed a certain amount. However, for every month benefits are withheld, it increases your future benefits. That’s because at your full retirement age Social Security will recalculate your benefit amount to give you credit for the months in which benefits were reduced or withheld due to your excess earnings. In effect, it’s as if you hadn’t filed for those months. You can learn more at www.socialsecurity.gov/planners/retire/whileworking.html.

Social Security’s mission is to secure your today and tomorrow. Helping you make the right retirement decisions is vital. You can learn more by visiting our Retirement Planner at www.socialsecurity.gov/planners/retire.

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: U equals T

KV QGS ODZU UG RIUIHJKZI FGO
VDXU D EADZU OKAA XEHGSU, K
NSIXX QGS GSNFU UG SXI D
XIIRGJIUIH.

Answer Page 4

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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

ILO
LANGOS
♥ DERGE
♥ LAAG
ADEKLE
GNA
♥ NIKL
♥ DELIS
♥ ODG
♥ NAPLIE
♥ LESOG
♥ LINA

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

Here’s a Tip

By JoAnn Derson

- Hang brooms and mops to preserve their useful life. The bristles of a tightly packed broom are better at sweeping than loose bristles.
- Clean the stainless steel surface of your kitchen appliances with Pledge or similar furniture polish. Fingerprints are banished, and just watch them shine!
- “For those of us who use a lot of hairspray when styling, we end up with a thin layer on our hairbrushes. After removing any hair from the brush, I spray mine with laundry spot remover, then toss it in the dishwasher. It comes out clean and free of buildup.”
– T.D. in Georgia
- High five if you’re using refillable water bottles instead of plastic disposable ones. To keep them fresh, rinse weekly with a 10 percent bleach and water solution. Let them air dry completely, then simply fill with water and stash in the fridge for easy access!
- “I had a rather large piece of fabric that I didn’t need anymore. I cut it up into large rectangles, and made a small hole in the center of each. I slipped them over the few hanging jackets we have in our hall closet. They don’t get much use except during our ‘winter,’ so this keeps the dust off of them until next year!”
– F.L. in Florida
- “Use a large planter to store your garden hose coiled up rather than in a messy pile. As you coil, be sure to go with the hose’s natural curve. This will lessen the chance of kinks, too.”
– W.A. in Kansas

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 King Features Synd., Inc.

Sports

From Page 6

town. Rumor has a horse park coming to town. Now, if only the state can get its act together and legalize sports betting – a no-brainer – it will reap untold benefits. This has to be done.

Atlantic City may be Mos Eisley come to life, but that shouldn’t mean you can’t bet on the Rangers-Flyers game. Give it a whirl, AC... it won’t be the first time you dared to be different.

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