

VOL. 44, No. 38

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO **SEPTEMBER 21, 2017**

NEWSBRIEFS

EPCC and OSHA

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA) and the El Paso Community College (EPCC) Risk Management Institute have signed an alliance to provide workers, students, and employers in El Paso with information, guidance and access to OSHA training classes. The two-year alliance will expand access to OSHA's 10- and 30-hour training courses to promote understanding of the workplace safety and health rights and responsibilities of workers and employers in the El Paso metro area. These rights and responsibilities are detailed in the Occupational Safety and Health Act of 1970. "Thanks to our Texas Mutual Insurance Corporation partners, and now with our partnership with the OSHA Alliance, the EPCC Risk Management Institute will be able to reach out and offer training to more industrial employees than ever before," said Barry Bogle, Director of EPCC Law Enforcement Training Academy Security & Special Officers. "By combining our resources and assets, the ability to receive quality safety training will open to nearly everyone in the industries within our region."

– Ismael De La Rosa

Uninsured

With the national uninsured rate back on the rise – after dipping to a record low of 8.6 percent in the first quarter of 2016 - personal-finance website WalletHub conducted an in-depth analysis of 2017's Uninsured Rates by City and by State. The analysts compared the rates for 547 U.S. cities and the 50 states, in addition to a breakdown by age, race/ethnicity and income level. Texas came in last with a 16.60% uninsured rate. Visit https:// wallethub.com/edu/uninsuredrates-by-state/4800/ for the full state list. Texas cities with the highest uninsured rates include Dallas, 22.238%; Baytown, 22.721%; 23.356%; Pasadena, McAllen, 25.967%; Pharr, 26.974%; Laredo, 27.023%; Mission, 27.232%; and Brownsville, 29.240%. Visit https:// wallethub.com/edu/uninsuredrates-by-city/25030/ for the full city list.



- Photo courtesy Fabens ISD

WHAT GOES UP... - Amber Salas and Brandon Galvan show off their very fast, high flying Oberth-class rocket.

Salas, Galvan and Sanchez earn award for rocket launch

By Denise Peña Special to the Courier

FABENS-Students in Manuel Moreno's Scientific Research and Design class at Fabens High School are being recognized for achieving the top level of performance in a statewide STEM education program. The team will receive a banner signifying

for setting a SystemsGo Oberth record velocity of Mach 1.16.

The award is presented to schools that design, build and launch a rocket that extraction; meets 100% of the standards of one of the levels in the SystemsGo program.

Amber Salas, Brandon Galvan and

Chihuahuan Desert Fiesta celebrates natural wonders of Franklin Mountains

By Alfredo Vasquez Special to the Courier

of the Franklin Mountains State Park. Every year the desert celebration attracts hundreds of people to the mountain

SystemGo's top performance award in a Adrian Sanchez succeeded at the Oberth public ceremony at the high school. In Level which requires that their rocket addition, students will also be recognized reach the speed of sound. The team was successful at meeting the following criteria:

· Successful launch, recovery, and data

• Maximum altitude less than or equal to 13,000 feet;

• Maximum velocity greater than or equal to Mach 1; and

• Certification by Range Safety Officer.

Out of more than 130 launches this year, only six schools earned a banner. "We're doing something unique. No one else in the El Paso area is doing high power rockets," Moreno said. "I'm impressed,

– Diana Popa

The trouble with growing old is that there's not much future in it. - Quips & Quotes

EL PASO COUNTY - The 13th be held from 9 a.m. to 3p.m., Saturday, September 30, at the Tom Mays section

reserve in northwest El Paso.

The outdoor venue celebrates the Annual Chihuahuan Desert Fiesta will natural wonders of the Chihuahuan

See FIESTA, Page 4



- Photo courtesy Rick LoBello

SMALL RESIDENT - The Chihuahuan Desert Fiesta is will introduce people to the wonders of this region's fascinating desert and it's wildlife, like the chipmunk above.

but not surprised because I know my students' potential."

SystemsGo is a four-year STEM (Science Technology Engineering Math) curriculum endorsed by NASA and certified by The Space Foundation that uses project-based learning to stimulate workplace skills. "The hope with these activities is that students become interested in engineering fields," Moreno said.

As students advance through the program, they begin by building small model rockets as they learn the principles of flight. At the highest Goddard level, students design and build a 35-pound rocket with the capacity to reach an altitude of 100,000 feet. At this level, rockets can only be launched at the U.S. Army's White Sands Missile Range. Students in Moreno's class hope to launch at the Goddard level next year.

Finances By Nathaniel Sillin

Back-to-school planning for returning students

Could a mid- to late-career return to college make sense for however, the decision to go a record of doing so. you?

It's whether this is a financially risky move. In recent years, older Americans have been heading back to school part-time and during evenings in greater numbers than students of typical college age. According to the National Center for Education Statistics, enrollees 25 years of That may seem obvious given the age and older account for 40 percent of all undergraduate and graduate students – by 2020, that number will rise to 43 percent.

Statistics proliferate how much more valuable undergraduate college degrees are than high school diplomas alone – a 2017 Bureau of Labor Statistics (BLS) study reported that high school graduates conditions and hiring forecasts earn approximately \$718 per week, whereas those holding at least a bachelor's degree earn approximately \$1,290 per networking and observation of week. Based on numbers alone, the job in action, if possible. it makes sense that college is a Most of all, it's important to fairly clear sell, especially for the younger set.

to college holds more weight. of your degree is essential before taking that next professional step.

Here are considerations to make before making a mid- or latecareer return to the classroom:

A degree doesn't mean a job. recent hiring fortunes of younger, first-time college grads. However, even though some job indicators are looking up for older workers, it on doesn't mean past experience and a high-quality degree or certificate program will immediately lead to employment or better pay or for how long. Start with a thorough examination of working (http://www.bls.gov/oes/) in your chosen field. If it's a complete career change, add face-to-face know whether employers in that specific field really are interested

For those who are older, in hiring older workers and have friendly to new workers your

essential to evaluate Calculating the opportunity cost As risky as student debt levels Will it require a masters-level and examining the future value are now - the average student degree or a training certificate is borrowing around \$35,000 spending money on school when you're older is a much riskier employers accept free or low-cost proposition than when you're online courses being offered by young. Consider that late-life tuition is money that won't go to retirement, a child's tuition, an older relative's needs, consumer Initiative is a useful resource for debt or financial emergencies. In lower-cost training options at other words, it's an investment that really has to pay off. Also keep in mind that student debt cannot be discharged in bankruptcy. This is why it is important to seek qualified financial and tax advice before committing to spending savings or taking out student loans to return to school.

> Determine how long you really plan to work. A 2017 Gallup poll indicated that three in four U.S. workers plan to work past the conventional retirement age of 65, but no one really knows how long they'll be able to work given health and other factors. Will you be able to recoup the cost of training based idea to consult a tax or financial on the number of years you hope to work?

training possible. If a field is financial situation.

age, what will you have to invest Fully evaluate your finances. in training to get the right job? that makes you a specialist in a specific skill? Will some known colleges and universities? The American Association of Community Colleges' Plus 50 community colleges throughout the country. Also check with your chosen industry's leading trade associations to see what certificate training is most popular within the field and what it costs.

Bottom line: Education is beneficial at any age, but midto-late career workers should evaluate their finances and thoroughly investigate degree programs before going back to school.

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

Veterans Post By Freddy Groves Claims decisions in just 30 days

The Department of Veterans meter isn't running yet. Affairs new Decision Ready Claims program promises to go to your claim exam if one is get your claim sorted out and required. decided in 30 days. The pilot program started in Minnesota types of claims aren't covered in May. Since then, the VA has been training people to upgrade to a disability claim push claims through quickly. Now, everyone is set to go. All accepting those. But for other they need is the claims to start types of claims, have your rolling in. Here are your easy steps: being worked on yet. Hook up with an accredited And still another caveat: In Veterans Service Organization, the past, the VA had to hunt likely the American Legion down all your medical and or VFW. Collect all your service records for you. Now, with this new program, you're documents. Be sure to go to your claim exam if required. on your own. Have the VSO send off your To learn more about how to claim electronically. Start the get your claim decided in under 30-day countdown. the 30 days, go online to www. There are a few caveats, benefits.va.gov/compensation/ DRC.asp. The page is loaded however. For those who qualify, this will be a great with information, including improvement over the previous how to find a VSO and whether 100-plus day wait, but that 30 your type of claim is eligible days doesn't start until the for the program. claim is received at the VA. If you have to hunt down related paperwork and documents, the (c)2017KingFeaturesSynd.,Inc.

Another caveat: You need to

And yet another caveat: All just yet. If you're asking for an you already have, yes, they're VSO check to see if those are

Strange **But True** By Samantha Weaver

• It was 20th-century American philosopher, writer and educator Susanne Katherina Langer who made the following sage observation: "If we would have new knowledge, we must get us a whole world of new questions."

• In Western cultures, the owl is associated with wisdom, but in some Asian countries, it's traditionally a symbol of stupidity.

 In the 9th century, a Norseman named Sigurd Eysteinsson earned the name Sigurd the Mighty while helping to lead the Viking conquest of what is now northern Scotland. As part of a continuing effort to expand his Scottish conquest, Sigurd challenged a native ruler, Mael Brigte the Bucktoothed, to a battle. Each leader was supposed to bring 40 men to the battle, but Sigurd broke his own rule and brought 80 Unsurprisingly, warriors. Brigte lost. After beheading his defeated foe, Sigurd displayed Brigte's head on his saddle as a trophy of war. He got his just desserts in the end, though; as he rode, Sigurd's leg was scratched by Brigte's buck teeth. The insignificant seemingly wound festered, and Sigurd the Mighty was killed by the infection.

· You may already know that seahorses mate for life. You may not be aware, though, that as they swim, they keep their tails linked together.

 Those who study such things say that Napoleon Bonaparte was partial to cashmere underwear.

· Beards may be trendy these days, but if you prefer the clean-shaven look, you belong to a group that goes back further than you think.

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Cave art dating back to 10,000 B.C.E. depicts grown men with no beards.

· The ostrich is the world's only two-toed bird.

Thought for the Day: "The world is changed not by the self-regarding, but by men and women prepared to make fools of themselves." - P.D. James

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(Cozor The Toledo) Blade



View from here By Dan Webber

Support for Voter ID laws is growing

Liberals seem hell bent for leather to enable voter fraud by insisting that identification verification laws are unfair. But the majority of Americans – including many Democrats - believe that verifying the identity of voters doesn't suppress voter turnout, according to a study conducted by the University of Kansas. In fact, the study showed that senior citizens, who many believe are among the so-called victims of ID laws, are overwhelmingly in favor of ID laws.

The plain and simple truth of the matter is that voter fraud exists and it is facilitated by a lack of scrutiny at the polls. Research conducted by the highly regarded Pew Research Center revealed, for example, revealed that some 2.75 million people in the U.S. are registered to vote in more than one state and that the nation's voter rolls include nearly 2 million deceased persons. The Pew report disclosed that "approximately 24 million-one of every eight-voter registrations in the United States are no longer valid or are significantly inaccurate."

James O'Keefe, a social activist who has a history of uncovering political scams, went under cover in Clinton Township, MI last year to show just how easy it is to commit voter fraud. Clinton is where rapper Eminem is registered to vote. Using the high-profile entertainer's real name, Marshall Bruce Mathers, O'Keefe walked into the polling location and easily obtained Mathers' ballot and proceeded to cast his vote. If the Pew numbers are even remotely accurate, O'Keefe's deception shows that the opportunity to steal the identities of voters could be huge. And, that does not bode well for America's electoral process.

Patrick Miller, a KU assistant professor of political science, said the research conducted at the University shows that "African-Americans, Latinos, young voters, senior citizens and the poor are typically the most vulnerable to strict voter ID laws because they tend disproportionately to not have a government-issued photo IDs and tend to have the greatest difficulty obtaining that identification. However, Miller said, Americans in those subgroups also overwhelmingly support voter ID laws, believe that voter fraud is widespread, and reject the notion that voter ID suppresses turnout."

So what's the big deal that makes the left want to quash efforts to enact simple voter ID laws? It's no big deal to show your ID in this day and age when you fly away on a holiday, buy beer or apply for welfare. Perhaps some people out there like the idea of a vulnerable election process where even a few dishonest individuals can easily perpetrate voter fraud and allow the wrong person to be elected.

Slowly but surely support for the enactment of voter ID legislation is growing. A Texas law designed to the protect the reliability of elections was struck down five times before a federal appeals court just last week reinstated the state's ID rules. The appeals court found that voter rights were protected since the law lets those who don't have ID cast their votes by simply swearing, under penalty of perjury, that they are legal voters.

You'd think that the ruling by the appeals court would show the nation that voter laws need not be an impediment to casting your ballot, no matter who you are or what your circumstances. So, you've got to ask yourself, why is the opposition still shouting "voter suppression."

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





WHEN DO YOU RENEW?

Vehicle registration fees help Texas build and maintain highways, roads, and bridges. So Check the date, love your state® and Put Texas in your corner.® When you keep that registration sticker current, you're sticking up for all of us. Learn all about it at www.TxDMV.gov.



Fiesta From Page 1

Local environmental education groups will LoBello, one of the fiesta's volunteers. be on hand to offer free demonstrations, introduce participants to the wonders of CDEC website, at chihuahuandesert.org. this region's fascinating desert.

The fall event is sponsored by the Texas committee chairperson Carlos Rodriguez, Parks and Wildlife Department with the at (915) 240-3311.

help of volunteers from the Chihuahuan Desert Education Coalition (CDEC).

"The free family event is intended to help people connect with the great outdoors Desert and Franklin Mountains State Park. of the Franklin Mountains," stated Rick

A complete schedule of entertainment guided tours, guest speakers, and and special activities that are planned for informational booths. All designed to the Saturday program is posted on the

For more information, contact CDEC

Lower Valley Water District **Notice of Public Hearing** on Tax Rate

The LOWER VALLEY WATER DISTRICT will hold a public hearing on a proposed tax rate for the tax year 2017 on Thursday, September 28, 2017, at 6:00 p.m., at 1557 FM 1110, Clint, Texas 79836. Your individual taxes may increase or decrease, depending on the change in taxable value of your property in relation to the change in the taxable value of all other property and the tax rate that is adopted.

FOR the proposal:	David Estrada, Henry Trujillo, Gerald Grijalva and David Carrasco
AGAINST the proposal:	NONE
PRESENT and not voting:	NONE
ABSENT:	Rosalinda Vigil

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
Total tax rate (per \$100 value)	\$0.189467/\$100	\$0.185095/\$100
	Adopted	Proposed
Difference in rates per \$100 of value	- \$0.0043	72
Percentage increase / decrease in rates (+/–)	e – 2.31%)
Average appraised value	\$ 76,198	\$ 78,775
General exemptions available (excluding senior citizen's or disabled person's exemptions	\$ 0)	\$ O
Average taxable value	\$ 76,198	\$ 78,775
Tax on average residence homestead	\$ 144.37	\$ 145.81



Photo courtesy Rick LoBello

LARGE RESIDENT – The Chihuahuan Desert is full of a variety of wildlife. Above is a mountain lion. Called by a variety of names - cougar, puma, panther, and catamount - they are the largest wildcat in North America. Occasionally one of these big cats is seen in residential El Paso. On the top of Page 5, left, is a javelina. They can be found in other parts of Texas and across the Southwest and south into Mexico. On the right is a black-throated sparrow. This bird has a tinkling song and is found in the Sonoran and Chihuahuan deserts of the southwestern United States and Mexico.



Annual increase / decrease in taxes if \$ 1.44 proposed tax rate is adopted (+/-) 1.00% and percentage of increase (+/-)

NOTICE OF TAXPAYERS' RIGHT TO ROLLBACK ELECTION

If taxes on the average residence homestead increase by more than eight percent, the qualified voters of the water district by petition may require that an election be held to determine whether to reduce the operation and maintenance tax rate to the rollback tax rate under Section 49.236(d), Water Code.

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Moments in Time The History Channel

• On Oct. 2, 1985, actor Rock Hudson, 59, becomes the first major U.S. celebrity to die of complications from AIDS. His death raised public awareness of the epidemic.

• On Oct. 3, 1995, former football star O.J. Simpson is acquitted of the brutal 1994 double murder of his estranged wife, Nicole Brown Simpson, and her friend, Ronald Goldman. Evidence presented at the trial included blood DNA from the crime scene found on Simpson's glove and his blood DNA found at the crime scene.

• On Oct. 4, 1927, sculpting begins on the face of Mount Rushmore in South Dakota. It would take 12 years for the impressive granite images of four of America's most beloved presidents – George Washington, Thomas Jefferson, Abraham Lincoln and Theodore Roosevelt – to be completed.

• On Oct. 5, 1974, American David Kunst completes the first round-the-world journey on foot, taking four years and 21 pairs of shoes to complete the 14,500-mile journey across four continents. He left Minnesota in 1970 accompanied by a pack mule named Willie Makeit.

• On Oct. 6, 1847, "Jane Eyre" is published by Charlotte Bronte under the pseudonym Currer Bell. At age 5, Bronte was sent to a boarding school. The harsh conditions – bad food, cold rooms and strict discipline – all were reflected in the boarding school portrayed in the novel.

• On Oct. 7, 1960, the onehour television drama "Route 66" debuts on CBS. The program followed two young men, Tod and Buz, as they drove across the country in a Corvette convertible looking for adventure.



NOT BIRDS OF A FEATHER – At left is a javelina and at right a black-throated sparrow. See story on pages 1 and 4.

IT'S NOT TOO LATE TO PREVENT DIABETES





Take your first step today

If you have a family history of type 2 diabetes, you are at risk of the disease.

It's about small steps: Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

For free information about preventing type 2 diabetes, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

AAN SERVICES. USA 111

• On Oct. 8, 1956, New York Yankees pitcher Don Larsen throws the first no-hitter in World Series history. Even better, it was a perfect game – that is, there were no runs, no hits and no errors, and no batter reached first base.

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NDEP National Diabetes Education Program

www.YourDiabetesInfo.org

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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September 21, 2017

The way to get boxing value may be not buying in

By Steve Escajeda Special to the Courier

With the cost of living climbing higher and higher every single day, we all have middleweight to compare the price and quality of what we spend our money on.

To waste money on an inferior product is a luxury many Americans can't afford they got taken. anymore.

difference that can be seen.

It's the same way in sports. Let's take Aaron Rodgers and Brock Osweiler both are professional football players that play the same position with glaring differences.

How about comparing Alabama football to UTEP, Dallas Cowboys owner Jerry Jones to New York Knicks owner James Dolan, or LeBron James to... well... any other basketball player.

It's amazing sometimes how obvious the differences are and yet, stunningly, Mayweather and McGregor. there are those who still make the wrong choice.

pros and cons of their upcoming decision, punches with the intent of hurting the between two humans.

and then as if controlled by some foreign other guy. entity – go against their better judgment. They go out and buy an inferior they got every penny's worth.

product. After watching Saturday night's championship fight between Gennady Golovkin and Canelo Alvarez, all the buyers of the Mayweather-McGregor fiasco have to be feeling like

They did. What everyone saw Saturday And of course, when you compare night was two extremely talented products there's always a glaring professional boxers go at it for 12 rounds in a fight for the championship of the world.

What everyone saw a month ago was a circus between an over-the-hill former champion and a guy in his first boxing match ever, going at it for nothing more than to get all the money they could.

them. We should all have the ability to dupe the public into giving us a boatload of cash.

Fight fans shelled out as much as \$100 to watch the pitter-pat punches of

Canelo and Triple G (as Golovkin is widely known) are real fighters who put received with disbelief and outrage from They shop, they compare, they list all the on a real fight, throwing some thunderous anyone who has ever watched a fight

smart purchase, you can be taken by an night? unscrupulous organization.

Though fans of the Canelo-GGG match saw a great fight, they were soon brought down to earth once again by the corruption of the professional boxing world.

Though nearly every boxing expert thought Golovkin clearly won the fight, it all hold out hope that boxing will someday ended in a draw.

If that wasn't bad enough, one judge must have been texting or watching something else on her cellphone, because she surely didn't watch the fight the rest of the world did.

Two of the judges saw the fairly close And it did rain money – hooray for fight just as that – close. One had it 115-113 for Golovkin, the other had it 114-114.

> glasses at home, Adelaide Byrd, gave 10 Golovkin.

Her 118-110 score was immediately

However, just like those who were Buyers of that fight have to feel like surprised by the Mayweather-McGregor snoozefest, why should any of us be But sometimes, even when you make a shocked at what happened Saturday

> Isn't this what professional boxing is? Isn't it just a corrupt moneymaking scam that controls the outcome of fights to ensure that bigger rematches and paydays are just around the corner?

We all know this is the case and yet we look deep within itself and find a soul.

The unfortunate answer is that when it comes to boxing, there is no way to compare it with another brand. There is no other brand. Boxing doesn't even have a controlling body to police itself from the kind of sleazy goings on that we've just come to expect for decades.

Not only do we expect it, we accept it.

Of course, the Canelo-GGG rematch But the judge who must have left her will be set for next year and the hype will generate the kind of buzz that will ensure rounds to Canelo Alvarez and just two for millions of dollars make their way into the pockets of those who manipulate the sport.

> And naturally – as if controlled by some foreign entity – fans will pay whatever price is put in front of them.

A sporting view By Mark Vasto You asked for it

won his 50th fight, a few us at came up with: Sporting View headquarters wondered aloud: Who from Mike Tyson (50-6, 44 history could have beaten him? KOs, 5-foot-10, 71-inch Not Hearns, and not Hagler, reach) vs. Joe Frazier we decided, but we all agreed (32-4-1, 27 KOs, 5-footthat Sugar Ray Leonard would be up to the task. That begged the question: What "superfights" were out there but decided that "Smokin" Joe

After Floyd Mayweather Jr. abridged version of what we defense.

11, 73-inch reach)

We thought about bringing other in Sonny Liston to fight Tyson, that we'd pay to see? Here's an Frazier would provide better

in the ear behind his famous Cus D'Amato-inspired "peek-a-boo"

Unfortunately for Joe, it's unlikely it would have worked. When Tyson was at his peak, he was even scarier than Foreman would be swinging from his heels and Tyson would lower the floor with one of his trademark uppercut.

Result: Tyson by KO in the early rounds.

Muhammad Ali (56-5, 37 reach) vs. Joe Louis **76-inch reach)**

swinging his left hook with bad to body, maybe in the clinch, plant his feet. intentions, hoping to catch Tyson and you're trading blows on the inside, usually uppercuts that sting but don't have enough interview between the two, Ali power behind them to knock made one thing clear: "You're you out. The second zone is when you're a foot or two away from the other boxer and you're really wheeling and dealing ... or Liston at their meanest. Tyson hooks can land, combinations the third and fourth zones. Their would walk Frazier down, Frazier are king. The third zone is what is called "the pocket." This is where the boxer has his reach boom by launching him off the calibrated to the opponent's Louis' power (Ali had a great head. The fourth zone is from chin), and he would have been combinations that ended with an way outside, keeping your distance from your foe, a launching ground for the boxer to come in with overhead power punches.

Probably more than any KOs. 6-foot-3, 78-inch heavyweight boxer in history, Joe Louis excelled in that second (66-3, 52 KOs, 6-foot-2, zone. His shots were deadly accurate and he would hit you who lives in New Jersey. (c) 2017 There are four zones in with combinations that seemed King Features Synd., Inc.

optics. Frazier would come boxing your opponent. The otherworldly and with lots of in low, ducking and weaving, first zone is when you're body power because he knew how to

> But Louis would have a major problem against Ali. During an too slow, Joe." And he was right. Against Louis, Ali would have danced out of any trouble spots, and would have dominated both fight may have gone the distance, but there is little doubt that Ali's speed would have neutralized the busier puncher.

> Result: Ali by unanimous decision.

> Email asportingview@gmail. com with any other matchups you'd like to see.

> *MarkVastoisaveteransportswriter*



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People know Pueblo for its...



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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. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



Social Security From Page 8

the advantages of setting up a my Social Security account individuals wishing to apply www.socialsecurity.gov/ for at myaccount.

our programs at local events, request an appointment online health fairs, libraries, schools, at and community organizations applyforbenefits for an inthat serve the public, including person interview or telephone the Hispanic population. Some claim with a bilingual of our bilingual staff serve representative. as contributors to Spanish-

language television, radio family stations, and newspapers. journey. To learn more about They also visit embassies Social Security programs, and consulates in the U.S. visit www.segurosocial.gov or representing Latin American www.socialsecurity.gov.

countries to educate diplomatic leaders and new immigrants about Social Security programs.

Spanish-speaking retirement, disability, survivor, and other benefits, These specialists promote as well as Medicare, can now www.socialsecurity.gov/

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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



coats

34 That lad's

Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I am a have other ideas? – M.R.

retired engineer, and engineers like solving problems. I find that people have difficulty swallowing *medications because swallowing* a gulp of water is an unnatural act when compared with everyday unnoticed swallowing, and that people are taking too small a sip of water, so they feel the pills, which can trigger a gag reflex. The solution is to swallow a large sip of water without pills to prepare the mind and body for the relatively rare swallowing process that will follow. Then, take a large sip of water and swallow with pills. – R.E.

As someone who has studied physics, if not engineering, the small sip of water lubricates the esophagus, so pills are less likely to be stuck.

a small sip followed by a large response to nonsurgical therapy, gulp, for a different reason from yours. As far as specific positions, some people seem to do better with chin up, others with chin down. Taking a pill with some food or applesauce (or something of similar texture) helps many people. Practicing with something (a breath mint or M&M) can help you find what is no evidence that laser offers works best for you. Tepid or even warm water helps some.

DEAR DR. ROACH: A dear **READERS**: Back pain is the No. friend has been diagnosed with 2 reason for doctor visits in the spinal stenosis. She's 85. She tried U.S. To learn more about the back a cortisone shot, with very shortlived relief, and physical therapy, to no avail. She's been prescribed – No. 303W, 628 Virginia Drive, pain pills, which cause her to Orlando, FL 32803. Enclose a sleep more than you'd expect for check or money order (no cash) her age. Her doctor seems to be for \$4.75 U.S./\$6 Canada with out of options. I read about laser treatment for this area. Do you think this might help, or do you

"Spinal stenosis" is the term we use to describe compression of the spinal cord or nerve roots by bony structures in the spine. This may be a result of arthritis, skeletal disease and many other conditions. One common finding is difficulty after walking, causing someone to want to sit or lie down. I often see people with spinal stenosis who lean over while walking, as though they are walking into a stiff wind. Many sufferers can walk for prolonged periods with a shopping cart, because the leaning-over position relieves

the pressure on the nerves. Surgery for spinal stenosis can be challenging, and in an 85-yearold, the risk of complications is higher. However, given I have always recommended her symptoms and lack of consulting with a surgeon may be appropriate. There may still be additional medical therapies she hasn't tried before doing so.

> I am not a surgeon, and only a surgeon can appropriately choose the tools for a given surgery. However, having looked over the research in this area, there any advantage over traditional surgery.

> and spine, order the booklet Back Problems by writing: Dr. Roach the recipient's printed name and

See HEALTH, Page 8

THE POINTER **BROTHERS (AND** ONE SISTER) ACROSS 1 Say another way 8 Portuguese capital 14 Apply with a syringe

star

60 Quack's cure-all 63 Pedicure targets 112 Not idle 65 Horn honker 66 Closing part 67 "Rosemary's Baby Caribbean' 71 Robert of "Vega\$" 72 Preacher's without ortation Battle vestige Pride of Mr. Lynn iverse Window over a or Major fad Grain variety Ending for press 1 Wealth New Year's song 3 Shivers rd He sang in a folk with Paul Stookey Hatcher d Mary Travers Sometimesocking fish prickles Gown fabric Get ready, for Abbr. Look on and offer welcome advice Pear discard screen Dance move 0 To's opposite 3 Satire device 4 Winter glider 6 Fruity drinks 8 "Dancing With the surnamed ars" judge Goodman 9 Farm sounds woe

110 Trial excuse 114 Promptly 117 Lead role in "Pirates of the 120 Couldn't do 121 Not present 122 Country singer 123 Commands 124 Pundit Myers 125 Honda minivan DOWN 2 Join a force 4 Actress Garr or 5 Sports site 6 Sensation of slight 7 Plus other things: 8 Jar toppers 9 Unfitting 10 Meryl of the 11 Brunei's island 12 Artist Yoko 13 Just-made 14 Belief suffix 15 Formerly 16 Overseas travel

17 Plantation, e.g. excitement 18 More serene 19 Some woolen birthstone 24 With no difficulty 31 Cry out 33 More scanty

Super Crossword

70 Cried out in 73 November 76 Ship's veer 78 Came upon 80 Nuke 81 Makes a flub 20 21 22 23 25 26 35 36 37 38 39 40 43 41 42 44 45 46 47 48 49 50 51 52 53 55 56 58 60 61 63 62 64 65 66 68 69 70 72 73 76 77 83 78 79 80 81 82 84 88 85 86 87 89 90 92 93 95 98 100 101 102 91 94 97 99 96 103 106 108 104 105 107 109 110 111 12 113 114 117 118 115 116 119 120 121 122 123 124 125



20	Get by will	exh
21	Chant a mantra,	74
e.g		75
22	Vacillate	Uni
23	Scopes trial lawyer	77
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26	Going backpacking	82
27	Colorado ski	83
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	Like sad excuses	NON
	Lingo suffix	85
30	Brewed beverages	trio
	Kickoff aids	and
34	Abominated	88
35	Roads: Abbr.	sho
36	Bow out	89
38	Daddies	90
40	Big wild cats	sho
	Plug up	91
43	Most of them run	unv
on		95
45	Furthermore	98
48	Bonnie Parker's	100
•	tner in crime	103
51	Actor LeBlanc	104
	Go after legally	106
	Brewed beverage	108
57	Regards as	Sta
58	Mean fish	109

37 New York Jets coach Bowles 39 South, in Spain 40 Namely 42 "Aw. shucks' 44 Blouse, e.g. 45 Puts forward 46 Convent 47 Poker-faced 48 Corp head 49 Certain electron stream 50 Love, to Livy 51 Native New Zealander 52 Of a much earlier era 53 "Love Song" band of 1989 54 North Carolinian, colloquially 56 Shore birds 59 Drive (out) 61 City in New Hampshire 62 Fleur-de-_ 64 Soak 68 Emphasizes 69 Jamie of "M*A*S*H"

86 folly to be wise 87 Hold on to 89 Porkers' pen 91 Tokyo robe 92 Clothes smoother 93 Kicked out 94 Not alfresco 96 Go by 97 Unfroze 99 Legume seed vessel 100 Plays at love 101 Cast another ballot 102 Unreciprocal 105 Keaton of film 107 Hair-raising 111 Chomp on 113 Very, to Gigi 115 Sea, to Gigi 116 Periodical team, briefly 117 Ill-bred man 118 "Honest" prez 119 _ Poke (candy brand)

Answer Page 5



by Linda Thistle **GO FIGURE!**

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: **

★ Moderate ★★ Difficult * * * GO FIGURE!



X

16

Weekly SUDOKU

by Linda Thistle

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7			2			6		

Social Security Q&A By Ray Vigil **Hispanic Heritage Month**

"familia" in Hispanic culture, have died. and we're proud to celebrate Hispanic Heritage Month (Sept. enhanced customer 15 to Oct. 15) by helping build and to educate millions of a secure future for you, your Americans about the importance family, and your future family.

how Social Security helps secure today and tomorrow for millions of families by visiting www.socialsecurity.gov/people/ hispanics/.

Hispanics make up our nation's largest ethnic minority group with a population of 56.6 million, according to 2015 statistics from the U.S. Census retirement, apply for benefits, Bureau. Social Security is here to help maintain and improve our economic well-being for our offices have staff who speak generations to come.

Currently, we do this by providing retirement, disability, weekdays and select the option and other benefits to 61 million for Spanish. people, including nearly 3.5 million Hispanics, who have specialists reach out to thousands contributed to the Social of Hispanic Americans each year Security system through their to raise awareness of the benefits payroll taxes. Social Security also provides a safety net to the families of American workers who become unable to work

We know the importance of due to grave impairments or

We work hard to provide service of our programs and benefits. You can learn more about This allows us to connect with the Hispanic community in meaningful and efficient ways.

> If Spanish is your primary language, you can visit www. segurosocial.gov, our Spanishlanguage website. It provides hundreds of pages of important information about how to get a Social Security card, plan for and manage your benefits once you're receiving them. Many of Spanish, or you can call 1-800-772-1213 from 7 a.m. to 7 p.m.

> Nationwide, our public affairs they may qualify for and to learn

> > See SOCIAL SECURITY, Page 6

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: Q equals S CNW QWIYQCAWQQ, VBQXWMQBMH YZEN IVPBEW, SIQ DJJWABMH WPWATDMW AWIGGT HAWIC XZAGQ DJ SBQVDY. Answer Page 5 © 2017 King Features Synd., Inc.



Here's a Tip **By JoAnn Derson**

· If you use cold water to clean all of your clothes, you'll save about \$40 a year in electricity costs. Your clothes will last longer too. And consider a clothesline for airdrying items like towels and sheets on nice days. That saves electricity as well.

• "I just filled a nick in my wood floor with a brown crayon. It totally works. I just rubbed it into the mark, and then used a soft rag to work it in. You can't even tell where it was. I thank my dad for this tip."

- C.L. in Arizona

 "To see the numbers on my socket set, I used my wife's red nail polish. I painted it over the numbers and then quickly used a tissue to wipe off the excess. The red color sunk into the indentations, making the numbers easier to read."

- E.L.D. in Indiana

• "To get my kids to do chores, I sometimes will leave the tasks I want done written on sticky notes. The kids have to complete the tasks and turn in the notes to me in order to get their allowances. Some money is just given, but more chores means more money. It motivates them to do more." - L.P. in Florida

· You may have heard this before, but some people don't believe it: Skip the fabric softener on your towels, because while it does make them soft and fluffy, it also takes away their efficiency at absorbing water over time. If your towels don't dry like they used to, double wash them - one cycle with hot water and added baking soda (which also de-stinks them) followed by another hot water cycle with only vinegar. It'll do the trick!

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

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 5 ♦ ♦ ♦ HOO BOY!

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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 (V) letter string as each unscrambles into more than one word (ex. **V**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

Health

From Page 7

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rights

All

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address. Please allow four weeks for delivery.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions ToYourGoodHealth@med. to 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.