



NEWSBRIEFS

Historical marker

The El Paso County Historical Commission and the International Boundary and Water Commission placed an Official Texas Historical Marker for the Tornillo-Guadalupe (Fabens-Caseta) Bridge this week in Tornillo, TX. The original Tornillo-Guadalupe International Bridge, known locally as the Fabens-Caseta Bridge, was a significant example of a steel I-beam bridge that embodied the distinctive characteristics of 1930s era bridge construction, and was a cornerstone of the Rio Grande Rectification Project of the International Boundary Commission that stabilized the international boundary line in the El Paso-Juarez Valley while also providing flood protection to the area. It is honored as a symbolic and physical connection between American and Mexican cultures as it encouraged trade between the two countries for seventy-eight years (1938-2016) until it was demolished and replaced with the current Marcelino Serna Port of Entry.

—Lori Kuczanski

Chubby cities

With March being National Nutrition Month and Americans collectively spending up to \$315.8 billion annually on obesity-related medical treatment, the personal-finance website WalletHub has released its report on *2018's Fattest Cities in America*. In order to call attention to the communities where weight-related problems are most prevalent, WalletHub compared 100 of the most populated U.S. metro areas across 18 key metrics. The data set ranges from share of obese adults to share of overweight children to projected obesity rates by 2030. El Paso ranked 33.

Other stats:

- The McAllen, TX metro area has the highest share of obese adults, 44.90 percent, which is 2.5 times higher than in San Francisco, CA, the metro area with the lowest at 17.85 percent.
- The McAllen, TX metro area has the highest share of physically inactive adults, 36.9 percent, which is 2.7 times higher than in Provo, UT, the metro area with the lowest at 13.6 percent.
- The El Paso, TX metro area has

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The last time you failed, did you stop trying because you failed – or did you fail because you stopped trying?

— Quips & Quotes

San Elizario is first Heart & Soul community in Texas

By Alfredo Vasquez
Special to the Courier

SAN ELIZARIO – Residents of San Elizario are embracing a proven community development model that takes into account both the unique character of a town and the deep emotional connection of the people who live there – a town's "Heart & Soul."

San Elizario community members, with the help of the City of San Elizario alderman David Cantu, have partnered with the Orton Family Foundation, a philanthropic organization that is focused on building stronger, healthier, and more economically vibrant small cities and towns across America, according to the foundation's website.

The foundation was established in Vermont in 1995, and has devoted more than a decade to working with small towns to develop a community development model that empowers residents to shape the future of their communities. "Community Heart & Soul projects are currently underway across the country creating positive change that is resident-driven, recognizes the value in the unique character of each place, and the deep emotional connection of the people who live there," according to its website.

San Elizario, a town of about 9,000 residents, has a history that dates to the 16th century; but the city itself was only established in 2013. San Elizario's entire governing structure had to be installed from the mayor to board of aldermen, city clerk, and municipal court.

Alderman Cantu thinks that the partnership can help his fledgling township. "Using the Heart & Soul model, we aim to get as many people as possible, as many groups as possible, to get involved in community-based decision making as a way to create a vibrant and thriving community."

Currently heading the San Eli project, which meets at city hall, are Cantu, director; Michelle Miranda, coordinator; Nazareth Quinones, assistant coordinator; Desiree Campos, projects coordinator; and Lori Escobar, financial coordinator.

"Our organization will focus on encouraging community involvement

and also serve as a platform to help the City of San Elizario plan for a sustainable future. This is accomplished by actively seeking the collective wisdom of all residents from San Elizario and focusing on those whose voices are often missing," Cantu asserted.

"One of the first objectives the group plans to tackle is to gather data from the community and develop a Community Network Analysis," the alderman stated. He explained that the local data will be combined with socioeconomic and population information to ensure full community participation, particularly by groups that present a greater challenge to reach or might be a minority in terms of religion, race, class, education, income, or age.

"With the use of the demographic data, we can create a community profile of who lives and works in San Elizario. We will be able to identify groups and individuals that will affect or be affected by future projects the city may adopt," Cantu stated.

Additionally, San Elizario Community Heart & Soul members hope to bring people together to build this stronger, healthier, and more economically-vibrant town through community events and outreach projects including English/Spanish surveys, block parties, and arts & crafts shows.

Cantu indicated that for now the San Elizario Community Heart & Soul project, which was initiated just last year, must rely on monetary donations and donated goods for each community fundraiser. "We are always looking for fundraising opportunities and encourage community residents to bring us

See SAN ELI Page 4



— Photo by Ryan Montes

COMING TOGETHER – The San Elizario Community Heart & Soul group has initiated efforts to collect the wisdom of all residents – including those whose voices are often missing – and bring people together to build a stronger, healthier, and more economically vibrant community. Heart & Soul organizers are, from left, Michelle Miranda, Coordinator; David Cantu, City Council member and San Elizario Heart & Soul Director; Desiree Campos, Projects Coordinator; and Liz Alvarado, Outreach Coordinator.

Garcia-Enriquez's cafetorium now open

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – Students from Garcia-Enriquez Middle School (GEMS) have a new reason to celebrate in style. The doors to their new and beautiful, state-of-the-art cafetorium are now open and they can enjoy their breakfast, lunch, and dinner comfortably.

The middle school's original cafetorium was built in 1986 for the sharing of meal



— Photo courtesy San Elizario ISD

BRAND NEW – The students of Garcia-Enriquez Middle School have a new space for meals and other school activities.

See GEMS, Page 4

America's 'Stormy' sweetheart

Thursday, March 8, 2018. Mark about negotiations between President Donald Trump and North Korea's Kim Jong Un. Ho-hum. We'd much rather discuss sex.

The Washington swamp is teeming with that kind of wildlife. Let's face it – many, if not most, of the leaders in a position to determine how we live and love

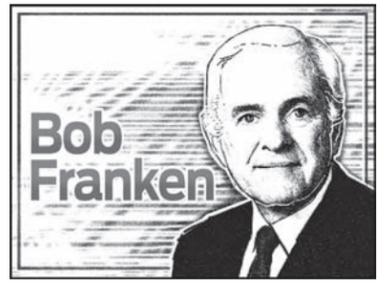
and all that important stuff are really just a bunch of horndogs. They jeopardize their elevated status for risky sexual adventures at the drop of a trouser.

There are exceptions. Barack Obama's presidency was publicly free of the personal escapades that have defined so many politicians' lives.

Presidents Bill Clinton and now Trump are a whole other story. Where would we be without the almost-daily dalliance report on someone in power? And those are just the ones who get caught. Bill Clinton's "bimbo eruptions" were the stuff of legend. Now we have Donald Trump. Even the most august media have at least one Stormy Daniels story a day, to say nothing about the titillating accounts of so many (other than his wives) who claim to have yielded to his charms (namely money) or insist that they were assaulted by him.

Trump denies it, all of it, which sets him apart from so many others who had no choice but to admit their inappropriate behavior or outright adultery. I always found that word comical, because there is nothing "adult" about adultery. But the mind wanders.

This is not to be judgmental. The best lead story is a lewd story. The prudish among us can disapprove, and the rest of us can laugh lustily. Let's be honest: Who is currently America's Sweetheart? Stormy Daniels, that's who. By day, she was a porn star. By night, she now claims, she was [spending time] more than a decade ago with Donald Trump. But this plot has more twists and turns than they had trysts and turns. Oh, did I forget to say "allegedly"? Please



forgive the oversight. His attorney and fixer Michael Cohen acknowledges that he bought her silence when Trump was running for president. Cohen says he paid Daniels \$130,000. He claims that he decided she needed the money, which he provided out of the goodness of his heart. How many lawyers do you know with a good heart? Cohen doesn't seem to be one of them.

I will admit that I love this smutty stuff. We all prefer coverage of sex, drugs and rock 'n' roll to stories where we have to think. Issues like tax reform tax the brain too much. Stormy Daniels taxes... well, you know.

The problem is that the country goes into the toilet while we ignore all those difficult issues that allow the rich to get richer by bamboozling the American public. Climate? Health care? Too complicated. A president and a stripper getting it on? Now you're talking!

It's an integral part of the issue that has exploded into the "Me Too" movement. Even that story, with its perverted behavior, is too multifaceted to figure out. Unless we can find a simple-minded sex angle, trade-war stories and even efforts to end nuclear war are hardcore boring.

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View from here By John Grimaldi

Seniors travel the land for work

A big part of the American Dream is the promise of an easier lifestyle in retirement, but "too many older Americans are living a vagabond existence in a retirement nightmare," according to Dan Weber, president of the Association of Mature American Citizens.

Many seniors who can't afford to retire are joining America's nomadic workforce.

Weber says that many would-be retirees dream of a life on the open road. "They fantasize about finally purchasing that RV they've always wanted and the prospect of driving off on cross country road trips. And, yes, there are those who manage to save enough for retirement and are well able to afford their fantasy. And then there are those who travel across America's highways and byways in used campers – not for enjoyment, but to survive. There are tens of thousands of them, all part of what has come to be known as America's nomadic workforce."

The Great Recession that began in 2008 set the stage for this new lifestyle, according to Weber. "There are numerous rags-to-riches-to-rags stories of people who labored long and hard only to lose their savings in the recession and its aftermath. Now they are on the road in search of

seasonal jobs as a means to make ends meet."

The 'nomadic workforce' has grown so large that new online and offline recruitment services have been established to offer far-flung opportunities for mobile seniors to earn a living. CoolWorks.com, for example, lists seasonal "careers" in locations throughout the U.S. Snagajob.com is another service founded in the 21st Century to serve the needs of the nomadic workforce as is Backdoorjobs.com.

And, perhaps more to the point, mega-retailer, Amazon created a division called CamperForce some ten years ago. "It's what

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Why China trade has been a bust

There's already a trade war, and it's being waged by Beijing.

China's ascension to the World Trade Organization nearly 20 years ago has failed in its strategic objectives. It hasn't created a liberalizing regime or a free-market economy in China; in fact, it hasn't even created a China ready and willing to abide by the norms of free trade.

The regime of Xi Jinping hasn't been pushed toward democratic reforms by a rising middle class. China still champions state-led, rather than market-led, capitalism. And it takes advantage of the WTO, using nontariff barriers and industrial policy, to push mercantilist policies.

President Donald Trump's prospective tariffs on steel and aluminum have put renewed focus on China trade, although the tariffs are a comically inept misfire if their true target is China. The rubric for the levies could be: "How to lose a trade war with China in one easy step."

The tariffs don't really affect China, from which we import only about three percent of our steel. Meanwhile, they send the message that the U.S. government is lurching toward protectionism, and alienate our

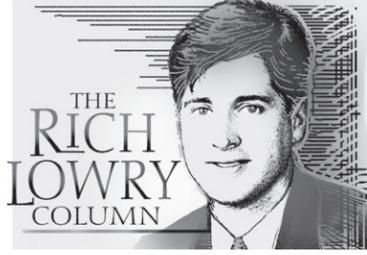
allies. A better approach begins with acknowledging that China is a unique problem. For all of Trump's complaints, Mexico isn't pursuing a well-honed strategic agenda of exploiting the global trade system while it undertakes an aggressive neoimperialist foreign policy. Only China is doing that.

China isn't the first developing country to adopt a policy of maximizing exports. What makes it different is its sheer ambition and its size, which gives it leverage over foreign companies and considerable international influence.

What's the harm to the U.S.? There is no doubt that China's practices have harmed U.S. manufacturing. Yes, technology accounts for a large share of job losses. Yes, lower-end manufacturing would have left our shores regardless. But Beijing works to block higher-value-added exports from the U.S. and is pursuing a comprehensive strategy to dominate in advanced industries.

By no means should we emulate China. We should continue to pursue free trade as a policy, not as a theology that prevents us from acknowledging that there is such a thing as unfair trade.

The ITIF report urges using the



global free-trade regime against China. That means bringing more actions against China in the WTO and working to update the rules to capture Chinese cheating. It means joining, and influencing, a multilateral agreement like the Trans-Pacific Partnership. It means forging bilateral agreements with up-to-date standards that reinforce principles that China undermines.

We obviously can't do this alone. We'd have to lead an alliance of international partners to pressure China on specific practices, with tailored consequences if we get nowhere.

Such a broad-based effort to crack China's mercantilism wouldn't be protectionist, but the opposite. There is obviously no chance of doing this, though, if we are engaged in an absurd cycle of tit-for-tat tariffs with the likes of the EU.

Trump can have emotionally satisfying tariffs to scratch his protectionist itch, or he can have

See LOWRY, Page 4

Medina named principal at Canutillo Middle School

By Andrew Reynoso
Special to the Courier

CANUTILLO – The Canutillo Independent School District has appointed Daniel Medina as Principal of Canutillo Middle School. With nine years' experience as an educator, he replaces Mark Paz who was recently named the principal of El Paso High School.



– Photo courtesy Canutillo ISD

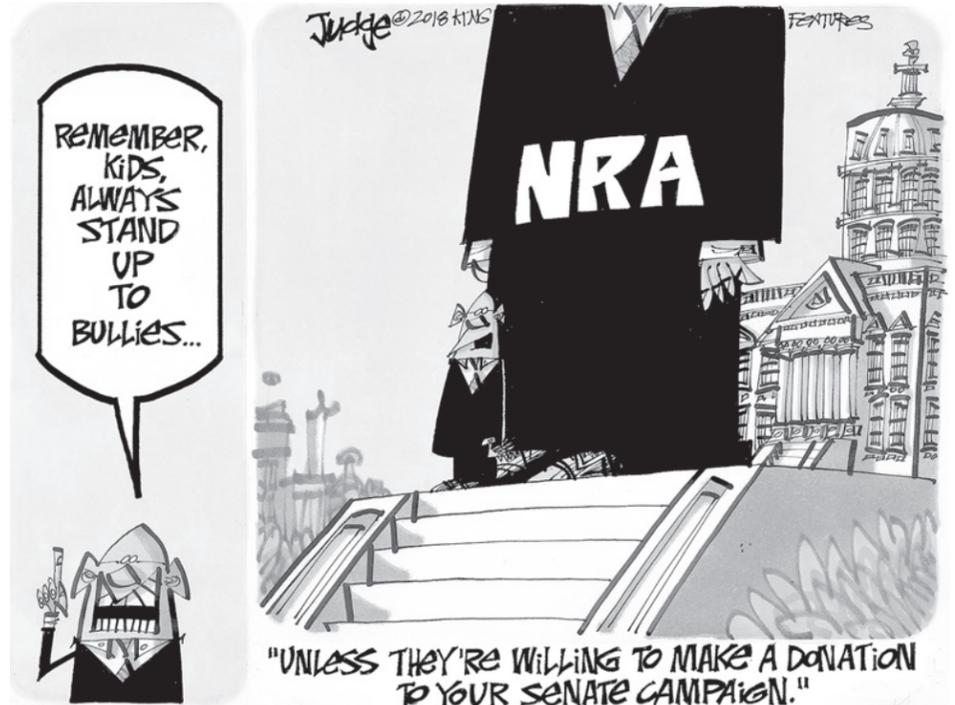
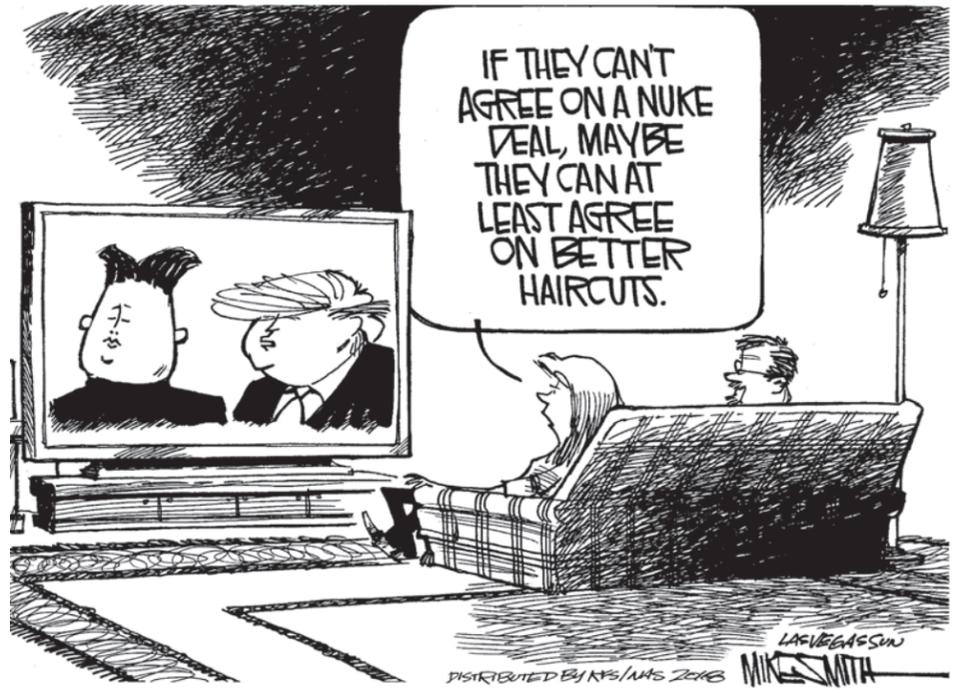
Daniel Medina

“We welcome Mr. Medina to the Canutillo family where we know his experience and passion for students will continue the delivery of an excellent education,” said Dr. Pedro Galaviz, Canutillo ISD Superintendent of Schools.

Medina was serving as Assistant Principal at Clint Junior High since 2015 and has previously served as Instructional Specialist at Parkland Middle School. He began his educational career as a Reading/ESL teacher at Fort Hancock Middle School where he was selected the Teacher of the Year in 2010.

“I am a hard worker and come from a hard-working family who taught me the value of working with your hands and it's okay to get dirty,” Medina said. “It's rewarding working with kids and my commitment to them means I'm willing to do whatever it takes every day to ensure their success in school and in life.”

Medina earned a Bachelor of Arts degree in Communication/Advertising from The University of Texas at El Paso and a Master of Education in School Administration from Sul Ross State University.





San Eli

From Page 1

their ideas, so that we can try to bring the people of San Elizario what they want to see in the future,” he stated.

Cantu is hopeful that the Heart & Soul project will succeed. “After becoming an elected official, I needed to find a better way to service the community. And, because most people do not attend city council meetings or show up to city hall to voice their concerns, I looked for other options for getting input from our residents,” Cantu stated. “My research led me to the Orton Family Foundation and Community Heart & Soul. I started engaging in conversation with the organization in 2015, and I attended multiple workshops and webinars to be able to start a Community Heart & Soul team in San Elizario,” he related.

“In the Community Heart & Soul model, I saw it as a catalyst for positive change; it provides a roadmap for small cities and towns (like San Elizario) to build a brighter future based on what matters most to everyone. And, I think Community Heart & Soul works because the community works together to make it happen,” Cantu added.

GEMS

From Page 1

services between San Elizario High School and the middle school.

The idea of remodeling and expanding the middle school’s cafetorium was first discussed in 2006 during the TEA IFA funding allotment preceding. San Elizario ISD was awarded enough to money to only cover the middle school’s new library and classroom wing.

It wasn’t until the passing of the 2014 Bond that put the cafetorium’s need for a face-lift at the top of the list. The project would include the complete renovation of the cafeteria with an expansion of the kitchen. The project floor plan increased the square footage from 9,000 square feet to 12,200 square feet with the ability to accommodate around 350 students.

The new cafetorium comes with a snack bar, a stage with lighting, and sound-control booth.

Strange BUT TRUE

By Samantha Weaver

- It was famed Roman emperor Marcus Aurelius who made the following sage observation: “Everything we hear is an opinion, not a fact. Everything we see is a perspective, not the truth.”

- The United States isn’t the only country that has an accolade to recognize excellence in the film industry. Here the awards are known as the Oscars, but other nations have their own names: In Canada they’re known as Genies, in France they’re Cesars, in Russia they’re called Nikas, in Mexico they’re Golden Ariels, in Spain they’re known as Goyas, and in the United Kingdom they’re called BAFTAs (formerly the Orange British Academy Film Awards).

- Here’s a disturbing statistic for parents: If your child is like the average American youth, between the ages of 5 and 15 they will see approximately 13,500 people killed on television.

- A chicken, a sheep and a duck get in the basket of a hot air balloon. No, that’s not the first line of a joke; they really were passengers on a hot air balloon – the very first passengers in that type of conveyance, as a matter of fact.

- Those who study such things say that fully one-third of all your brainpower is used for vision.

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

– W. Somerset Maugham

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Lowry

From Page 3

a strategy to muster an alliance of truly free-trade partners to pressure China. He can’t have both – and you can be sure China knows which option it prefers.

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

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CryptoQuip Answer

My university is offering students a class in horsemanship that’s called “creative riding.”

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Moments in time

THE HISTORY CHANNEL

• On April 2, 1979, the world's first anthrax epidemic begins in Ekaterinburg, Russia (now Sverdlosk), killing 62 people. The Soviet government blamed tainted meat, but in 1992 the real cause was found: Workers at the weapons plant had failed to replace a crucial filter.

• On April 3, 1776, lacking sufficient funds to build a strong navy, the Continental Congress gives privateers permission to attack all British ships. Any goods captured by the privateer were divided between the ship's owner and the government.

• On April 4, 1982, hockey sensation Wayne Gretzky of the Edmonton Oilers finishes the NHL season with 212 points, the only player in NHL history to break the 200-point barrier. He went on to repeat the feat three more times.

• On April 5, 1969, some 100,000 antiwar demonstrators march in New York City to demand that the United States withdraw from Vietnam. The weekend of protests ended with demonstrations and parades in other cities.

• On April 6, 1830, Joseph Smith, founder of the Mormon religion, organizes the Church of Christ. Smith claimed in 1823 that he had been visited by an angel named Moroni who spoke to him of an ancient Hebrew text. Smith translated this text, and in 1830 The Book of Mormon was published.

• On April 7, 1945, the Japanese battleship Yamato, purportedly the greatest battleship in the world, is sunk in Japan's first major counteroffensive in the struggle for Okinawa. It sank after being struck by 19 American aerial torpedoes, drowning 2,498 of its crew.

• On April 8, 563 B.C., Gautama Buddha, the founder of Buddhism, is thought to have been born in what is now Nepal. Buddhist tradition had placed his birth in the 11th century B.C., until modern scholars determined he was likely born in the 6th century.

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Rio Bosque tour scheduled for March 24



— Photo courtesy of Rick LoBello

WALKING THROUGH NATURE – The Greater Big Bend ecosystem of Texas and northern Mexico stretches across the United States-Mexico Rio Grande border. It encompasses nearly 8,000 square miles of protected lands in US national parks, Texas state parks, and protected areas in Mexico. An integral part of this delicate ecosystem are wetlands, like the Rio Bosque Wetlands Park near the banks of the Rio Grande in El Paso County's lower valley. To bring attention to the Rio Bosque Park, Rick LoBello will lead a short walk through the park, from 9:30 to 10:30 a.m., Saturday, March 24. LoBello is a member of the Greater Big Bend Coalition (GBBC), a local conservation group that is working to protect the desert lands, rivers, mountains, and wildlife. Individuals, who are interested in learning more about this natural area, are invited to meet at the Bosque Trailhead and Visitor Center. For information and directions visit the park's website, at riobosque.org. A group Jefferson High School students, above, recently toured the local lush wetlands.

— Alfredo Vasquez

Seniors

From Page 2

you might call a full-service seasonal employment agency offering 'opportunities' for RVers throughout the U.S., particularly during Amazon's busiest time of the year, the months prior to the Thanksgiving and Christmas holidays," says Weber. And, he adds, "it is important to note that CamperForce was established with senior citizens in mind, people in their 60s and 70s. In fact, CamperForce recruiter Kelly Calmes boasts "we've had folks in their eighties who do a phenomenal job for us."

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.

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LEGALS

Village of Vinton, Texas

Adoption of Ordinance 2018-03-06-03

An ordinance establishing standards for network node and node support poles in the public right-of-way in the Village of Vinton, was passed on March 6, 2018.

The purpose of this ordinance is to

establish policies and procedures for the placement of node support poles in the right-of-way and network nodes in the public right-of-way and on service poles within the City's jurisdiction.

This Ordinance shall take effect ten (10) days after its publication.

Andrea Carrillo
City Secretary

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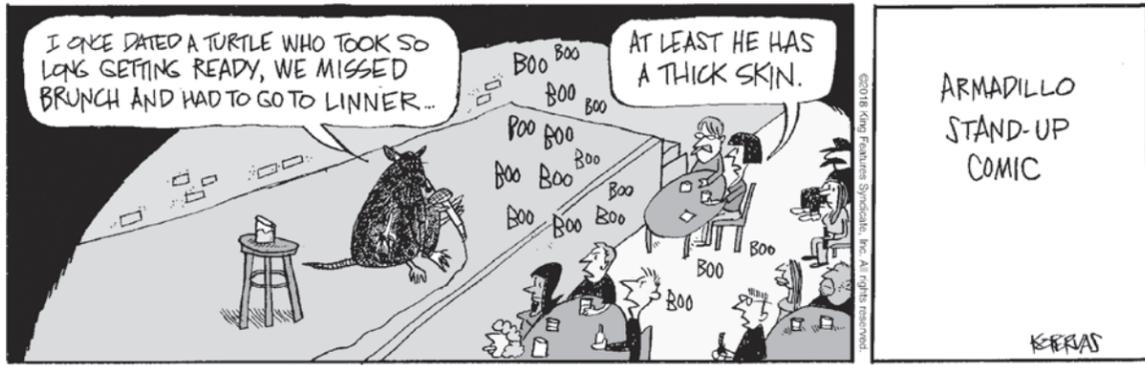
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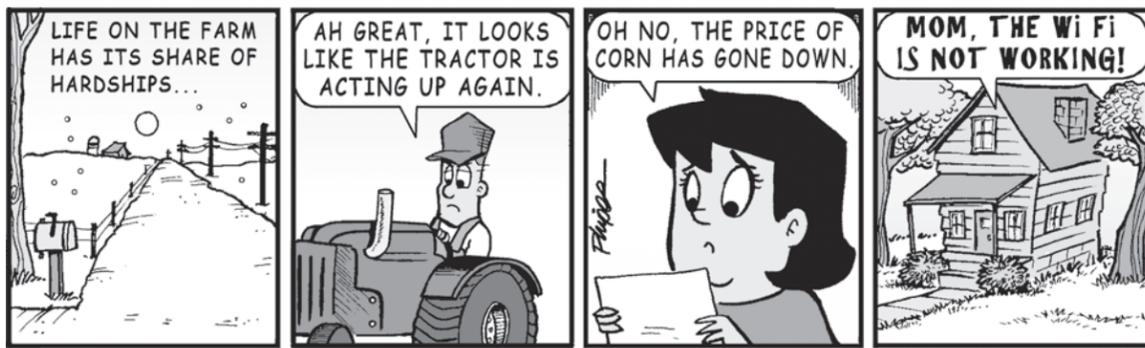
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R.F.D. By Mike Marland



Statins are no match for cheeseburgers

DEAR DR. ROACH: My son is 53, and three years ago he had three stents put in due to clogged arteries. His cardiologist put him on Lipitor at 80 mg. I don't know if this is necessary. I worry that it might do more harm than good. – J.K.



In people with blockages in the arteries in their hearts, there is really no doubt that medications like atorvastatin (Lipitor), a statin drug, reduce the risk of heart attack. Although they can have side effects, for most people the benefit far outweighs the risks.

It's important to recall that even a powerful medication like a statin can't optimally treat people if they don't treat themselves right. Years ago, I had a patient who was doing well after his bypass surgery and was taking a statin with good results. Walking through the hospital cafeteria, I saw him eating a triple cheeseburger (why the cafeteria even sold such a thing is a separate question), and he sheepishly argued that he was taking his statin. A statin can't beat a triple cheeseburger.

Good cardiac health requires a good diet of mostly plants, with whole grains, nuts, fruits and fish included for people who choose to. Exercise is the other important part of the treatment, and just plain walking is nearly as good as any exercise. Medication, though of benefit, is just a small part of a healthy lifestyle and preventing heart disease, which, although rates are decreasing, is still the leading cause of death in industrialized countries.

READERS: Heart disease remains the No. 1 killer. The booklet on clogged heart arteries explains why they happen and what can be done to prevent clogging. Readers can obtain a copy by writing:

Dr. Roach – No. 101W, 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 am a 77-year-old male. I have really been shedding the hair on my arms and legs. Is this normal for a man of my age? I have been taking hydrocodone and simvastatin, along with the usual vitamin supplements. Could the medications or supplements that I am taking have anything to do with my hair loss? Could it be my diet, or is it just old age? – R.C.

Hair loss on the arms and legs is less common than on the scalp. Hormonal changes (especially thyroid and testosterone) and medications can be the culprit. A myriad of skin diseases can do it, but these usually have visible skin changes associated. Chronic swelling (edema) of the extremities might be the cause.

Simvastatin has rarely been associated with hair loss. However, when I see hair loss on the lower extremities, I worry about peripheral artery disease, which is very common and underdiagnosed. Being on simvastatin suggests that you have had high cholesterol, which is a risk factor for PAD. Having hair loss on both

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SPOT A STROKE

F.A.S.T.



StrokeAssociation.org



TRUE TEXAS FACTS by Roger Moore March 15, 1881, Abilene is born with the completion of the Texas & Pacific RR.



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 S

IF CXGPSJUGKF GU ZQQSJGXA
UKCLSXKU M NTMUU GX
DZJUSIMXUDGE KDMK'U NMTTSL

"NJSMKGPS JGLGXA."

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Debacle at the VA



by Freddy Groves

"It was difficult to pinpoint precisely how the conditions described in this report could have persisted at the Medical Center for so many years."

Thus begins the conclusion to the full report issued by the Department of Veterans Affairs' investigative office, the follow-up to a scathing interim report issued one year ago about deficiencies at the Washington, D.C. VA Medical Center.

The interim report – issued quickly because of the dire situation – detailed dirty clean/sterile storerooms, millions of dollars in supplies that hadn't been inventoried sitting in a dirty warehouse with a parade of people wandering through, missing equipment, having to borrow surgical equipment at the last minute from other hospitals or cancel the surgery (sometimes after the patient had already been put under), lack of safety recall procedures that left expired items on the shelves, and much more. Now the full investigation has

been completed.

VA Secretary David Shulkin quickly issued a press release itemizing all the great improvements made on problems in the interim report. They include establishing a new process for identifying potential supply shortages and a 24-hour hotline to procure those items. A sterile processing center will be completed in March 2019. Access to equipment and supplies in a warehouse now is restricted.

How, one wonders, does a surgical unit run out of the staplers that close an incision? How does a hospital emergency room run out of the thin tubes that deliver oxygen to the nose? How could outages in crucial supplies continue, six months after the interim report came out? And how, as recently as four months ago, could rusted instruments still be on hand?

So, do I trust the press release issued by the VA on the heels of the complete Office of the Inspector General report? No.

The annual budget for the VA OIG should be doubled. To review the whole 158-page report, go to www.va.gov/oig/pubs/VAOIG-17-02644-130.pdf.

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GO FIGURE!

by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		16
+		x		÷	
	+		+		20
x		+		+	
	x		+		17
16		11		10	

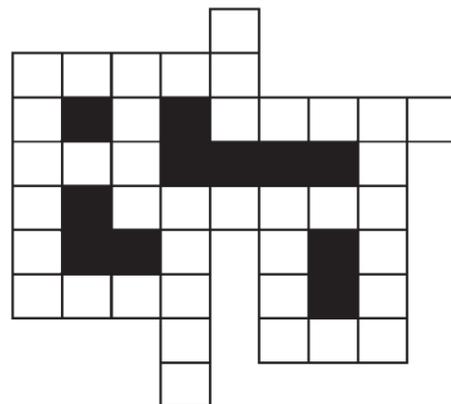
1 2 3 4 5 7 8 8 9

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Answer Page 4



- RYT
- SEYTIF
- GEYNI
- ♥ ETSN
- ♥ RAGSON
- GFO
- GOIY
- ♥ NIRFE
- ♥ IST
- ♥ RATSEE
- TEYSA
- ♥ RFSU



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



by Jo Ann Derson

• "If you make your own whipped cream, try using honey instead of sugar. I find that it has a sweeter flavor, and it also stays firm longer than regular sugar. I especially like it on tarts."
– C.A. in Louisiana

• Here's a nifty trick to store lots of sunglasses using two thumbtacks and a length of ribbon. Keep your ribbon no longer than 10 inches, and tack it up to the wall in a taut horizontal line. Then slip one arm of the sunglasses behind the ribbon. Instant display and easy access.

• Keep charger cords from fraying by slipping on a spring from an ink pen.

• Dried-out markers are the worst, but they don't have to be. Refresh your dried-out washable markers with a little marker therapy – something that your kids can do! Dip a dried marker into a very small amount of water – just enough that it takes up the water rather than coloring it. Then wrap the tip with a small piece of plastic wrap, and recap. Let set for an hour or so, then repeat until refreshed. You can do the same with permanent markers using alcohol rather than water.

• "I love bumper stickers, but hate the look of an old, faded, peeling tableau on the back of my ride. When I get a bumper sticker I like, I apply it to a sheet magnet found at craft stores. Then I cut out and slap it on. In fact, I can change my look whenever I like, and I store them on the inside of my garage door!"
– E.K. in New Hampshire

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

Health

From Page 7

arms and legs, however, makes me more concerned about a systemic cause.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved.