



## NEWSBRIEFS

### Business symposium

The El Paso Community College (EPCC) Contract Opportunities Center will hold its 14th Annual Procurement and Contracting Symposium next week on Tuesday, May 8 from 8:00 a.m. to 4:00 p.m. The symposium provides the opportunity for business owners to meet one-on-one with federal, state and local government agencies and prime contractors. The symposium will be held at the Centennial Banquet & Conference Center, 11199 Sergeant E. Churchill, Fort Bliss, TX. There will also be presentations, displays, interviews with participants, vendors and speakers during the symposium. EPCC is committed to increasing business and community partnerships to meet regional educational, economic and workforce demands. Registration information at [www.elpasococ-events.org](http://www.elpasococ-events.org).

— Jim Heiney

### Hispanic business

With National Small Business Week here and the U.S. census projecting Hispanics to be over 25% of the population by 2050, the personal-finance website WalletHub has released its report on 2018's Best Cities for Hispanic Entrepreneurs. To help Hispanic entrepreneurs find the most fertile ground for their enterprises, WalletHub compared more than 180 U.S. cities across 23 key metrics. The data set ranges from Hispanic entrepreneurship rate to Hispanic income growth to share of Hispanic-owned businesses. El Paso ranked 19 in the study. Others stats:

- Hialeah, FL has the highest share of Hispanic residents, 96.26 percent, which is 72.9 times higher than in Jackson, MS, the city with the lowest at 1.32 percent.
- Fargo, ND, has one of the lowest Hispanic unemployment rate, 0.90 percent, which is 18.8 times lower than in Rochester, NY, the city with the highest at 16.90 percent.
- Charleston, WV, has the highest entrepreneurship rate among the Hispanic population, 3.15 percent, which is 28.6 times higher than in Toledo, OH, the city with the lowest at 0.11 percent.

Visit <https://wallethub.com/edu/best-and-worst-cities-for-hispanic-entrepreneurs/6491/> to see the full report.

— Diana Popa

*You may outdistance, outmaneuver, and out brag the other driver, but the question is, will you outlive him?*

— Quips & Quotes

## San Eli boys reclaim soccer title



— Photo courtesy San Elizario ISD

**GREAT FOOTWORK** – The San Elizario High School boys soccer team is state champion for a second time in three years. The team played against Palestine High School in the UIL 4A Boys State Soccer Championship and won with a final score of 1–0. Sophomore Martin Rodríguez scored the only goal in the entire game giving the Eagles the victory. Rodríguez was named the MVP of the state tournament for his achievements. The team first became 4A state champions back in 2015.

— Hector Gonzalez

## Students get second chance at diploma

*New pathway available for students unable to pass TAKS from 2003-2013*

By Alfredo Vasquez  
Special to the Courier

TEXAS – Texas State Senator José Rodríguez, who represents District 29 that includes El Paso County, is trying to get the word out to young adults who did not pass the Texas Assessment of Knowledge and Skills (TAKS) standardized tests used in high schools as part of the state's graduation requirements from 2003 to 2013 that they will now have a new opportunity to obtain that long-sought after high school diploma.

Rodríguez announced recently that the Texas Education Agency (TEA) has completed its guidance for district implementation, and starting this summer, eligible students will be able to take this new path to a diploma.

According to numbers compiled by local education officials, there were about 19,000 students in El Paso County alone who were unable to successfully complete the TAKS tests from 2003-2013.

"Students might have mastered the classroom material but experienced test anxiety, were sick that day, or had a poor night's rest; students might have performed poorly for reasons that have nothing to do with content knowledge or academic ability," Rodríguez noted.

For whatever justifiable reason, these individuals will get a second chance to earn a diploma, but this new opportunity is only in place until 2019; and there is no requirement that schools locate eligible students before



José Rodríguez

it expires.

Therefore, Rodríguez stated that his office will work with State Board of Education's (SBOE) El Paso area representative Georgina Perez, the Region 18 and 19 Service Centers, and all school district administrators in Senate District 29 to make sure that every eligible young adult knows about this opportunity.

"After years of frustration with the state's focus on high-stakes standardized testing that culminated in 15 exams required to get a high school diploma

## SISD earns music award

*2018 NAMM award honors SISD's commitment to music education*

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District (SISD) has won its second consecutive Best Communities for Music Education Award by the National Association of Music Merchants (NAMM). The prestigious honor recognizes SISD's superb commitment to comprehensive music education for all students.

SISD is the only NAMM honoree in the Region 19 area and one of 583 recipients in the nation to be recognized. SISD is among only four percent of school districts in the nation to earn the distinction.

"I'm very excited about this second year honor for our teachers," said Janet Lynch, instrumental music specialist in SISD. "Being a music teacher is not an easy job. Our teachers devote a lot of extra time and build relationships with our students. This is a well deserved honor, they work very hard for our students."

SISD qualified for the music education award based on funding, graduation requirements, music class participation, instruction time, facilities, support for the music program, and community music-making programs.

Students in community music programs achieve life-long academic success, including higher high school graduation rates and college attendance, according



# Leaked lies

There’s one aspect of the saga about the newly released batch of Jim Comey memoranda that I totally love. First, a bit of background.

In one of the contemporaneous memos the then-FBI director wrote to himself detailing conversations with the new President Donald Trump, Trump and Comey did agree on one issue: Both expressed a mutual scorn for leaks and leakers. They also seemed to feel that the reporters who publish leaks were fair game for putting the squeeze on, up to and including jailing us if we didn’t reveal our sources. The new documents containing such tidbits were just declassified and sent to Congress

by the Department of Justice after pressure from Republicans. Now, here’s the part I love: The documents were immediately leaked to reporters.

The hypocrisy is exquisite. Jim Comey acknowledges leaking earlier memos. Donald Trump is a serial leaker, even to the point of creating aliases and avatars who could leak favorable stories. He’s built an entire career with phony accounts of his prowess and riches. At the same time, he’s had others, usually his lawyers, who would lower the boom on anybody who dared to cross him with an article or TV blurb that didn’t correspond to his ego-driven narrative.

But now that his presidency is being eroded by constant leaks, he’s scorning the leakers, which

is to say everybody around him, and is launching attacks on anyone who threatens his increasingly slipping hold on the presidency.

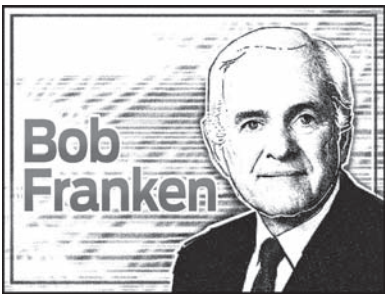
Even his network of enforcers is crumbling. One of his personal lawyers, Michael Cohen, just had his files scooped up by federal agents looking into his activities on behalf of Trump. The crimes for which Cohen is being investigated could carry several years in prison if he’s found guilty, or less if he works a deal and flip on higher-ups.

President Trump is the highest-up, of course. From his lofty perch, he’s tweeting like crazy, screeching that all threats to him are threats to America.

Now Cohen’s spot is being backfilled by Rudy Giuliani.

One prominent attorney after another wisely refused the president’s request to represent him, particularly in his struggles with special counsel Robert Mueller. Now he finally has found someone well-known. Yes, he’s convinced Giuliani that he can harvest the publicity he adores by taking on Trump as a client and trying to finesse Bob Mueller – or, in Giuliani’s telling, use his connections with Mueller to speed things up, finish his investigation into collusion with the Russians and all things Trump and simply get it over with.

There are a couple of problems with that: For starters, Methodical Mueller has made it clear that he won’t be rushed. Additionally, Giuliani himself could well be interrogated about his part in



Trump’s campaign activities. So, he might not be particularly useful.

Right now, there is a scramble to protect reputations, those tattered by any association with Donald Trump and those, like Jim Comey, who are taking him on. They’ll do whatever it takes, by leak or crook.

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## Moore Texas by Roger Moore

### The Texas Legislature designated the Prickly Pear cactus as the official state plant.



## Three ways to get the most from your pharmacy benefits

By Dr. Marshall Dawer  
Special to the Courier

Up to half of adults don’t follow their medication regimen. The main reason? Forgetfulness. The next three reasons – running out of medication, being away from home, or skipping doses to save money – can be alleviated with a little planning and research.

Nearly half of all Americans take at least one prescription drug, and more than a third of people over 45 take three or more prescription drugs. That can be a lot to juggle. Drug costs are no joke, either. In 2015, the U.S. spent \$310 billion on prescription drugs – that’s about \$1,000 per person.

Knowing how to get most from your prescription benefits can help you manage the logistics and costs of your family’s medications.

Ask your experts – your doctor, pharmacist and health plan – to help you save money.

- Find a network pharmacy. Do this by checking your plan’s directory online or call the number on the back of your ID card. You may pay less at these pharmacies.
- Ask your doctor to prescribe

the medication that meets your needs at the lowest expense to you. Your health plan may provide tools so your doctors know what each prescription will cost you.

- Check your enrollment materials or visit your health plan’s website for information on how to download your health plan’s app to manage your medications on the go and use drug-pricing tools with your health plan’s app or website to see how much your medications will cost.

- Explore options with your doctor and pharmacist. Your best value may come from home delivery, receiving a 90-day supply at once.

Avoid a scramble. Sidestep the pitfalls of running out of medicine by:

- Having medication on hand before you travel or switch to home delivery. Aim to have a month’s supply before a home-delivery transition.
- Setting automatic refill reminders with your pharmacy, so you aren’t caught unprepared.
- Contacting your pharmacy several days before you run out

of medication to request a refill. Your pharmacist may need to contact your doctor for approval. Or your doctor may want to evaluate your condition first.

- Understanding preauthorization – for some medicines, your doctor will need to provide additional information to confirm the reason you are taking the medication to ensure it’s covered under your pharmacy benefit.

Lean on apps, auto-reminders and online tools. Today, medication information is more accessible than ever. Check your enrollment materials or your health plan’s website for information on how to manage your pharmacy benefits online or on the go via your plan’s app.

Following your medication regimen is an important part of staying healthy. Don’t be shy about asking how to get medicine you can afford, in a way that’s convenient for you.

Dr. Marshall Dawer is a senior medical director for UnitedHealthcare of Texas and Oklahoma.

## Coronado appointed as Canutillo trustee

By Andrew Reynoso  
Special to the Courier

CANUTILLO – Sergio Coronado was recently appointed to the Canutillo ISD Board of Trustees and took the oath of office at their regular board meeting Tuesday, April 24, 2018. Coronado will fill the seat that was vacated by former Trustee Rachel Quintana who resigned from the board in February after more than 9 years of service.

Coronado, a local attorney with many years of experience, had previously served on the CISD school board from 2002 to 2014. During his four terms, he has served both as the President and as the Secretary of the Board. A

1978 graduate of Canutillo High School, He has a bachelor’s degree from the University of Texas at El Paso and a law degree from the University of Texas at Austin.

“I am happy that the board has faith in me to step into this position during this time,” Coronado said. “I look forward to working with everybody making sure that the district is run well for the benefit of the students. Our first and foremost focus should be the students of this district.”

Coronado is a driving force behind the Canutillo Alumni Foundation for Education, a non-profit organization aimed at providing scholarships to college-bound CISD students. He has three children, all of whom are Canutillo High School graduates.

1973  
45  
YEARS  
2018

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# The Republican high-water mark

If Republicans aren't losing their congressional majority this coming fall, they are doing a good job of acting like it.

Dozens of Republicans are leaving the House, and last week Paul Ryan said he is resigning as House speaker at the end of this Congress, and will not even run for his congressional seat again.

If the high-water mark of Republican power came on the day last December that congressional Republicans and President Donald Trump celebrated the passage of the tax bill on the White House lawn, Ryan's announcement is a clear sign that Republican clout is receding.

"We Were Eight Years in Power: An American Tragedy" is Ta-Nehisi Coates' lament over what he considers the lost opportunity of the Barack Obama years. The story of unified GOP control of Washington might someday deserve to be written as "We Were Two Years in Power: A Tragicomedy."

Inagiftfortheages,Republicans won all elected branches of the federal government in 2016. But the initial ecstasy over Trump "signing their stuff" has given way to the reality that they don't have stuff to send him.

Republicans couldn't roll back

Obamacare, in part because the party hadn't thought through what the Republican alternative was.

They passed a tax cut that included important reforms that even the Democratic repeal bills don't want to completely undo and that are boosting the economy.

That's all to the good. But tax cuts aren't a magic political elixir. First, Trump is right, as he said at an event a couple of weeks ago when he tossed away his script, that they are boring. They don't have the emotive appeal of issues like trade and immigration. Second, there are limits to how effectively you can run on the one thing you accomplished last year.

This is the truly extraordinary aspect of the current situation. Republicans are content not to do anything else of significance in Congress this year. They passed an omnibus-spending bill that was rightly denounced as a disgrace by Trump even as he signed it, and the Senate is working to confirm Trump nominees. That's pretty much it.

They aren't trying to wring every last ounce of what could be their waning months of unified control of Washington –



for years to come. They aren't determined to give their voters some other reasons to support them in November. They aren't attempting to create action in Washington besides Trump's feuds with James Comey and Stormy Daniels.

Republicans are resting on their laurels, when they don't deserve any laurels. They are suffering from political exhaustion, when they haven't truly exerted themselves. They are acting like they are lost in the wilderness, when they still occupy the commanding heights of American politics.

Maybe Republicans somehow hold on to the House this fall (the generic ballot is encouraging lately, if nothing else is). At the very least, though, Republicans are going to lose their functional majority. The question at this juncture is, How would anyone notice?

Rich Lowry is the editor of The National Review. (c) 2018 by King Features Syndicate.

WHAT TOOK YOU A LIFETIME  
TO LEARN CAN BE LOST IN MINUTES.

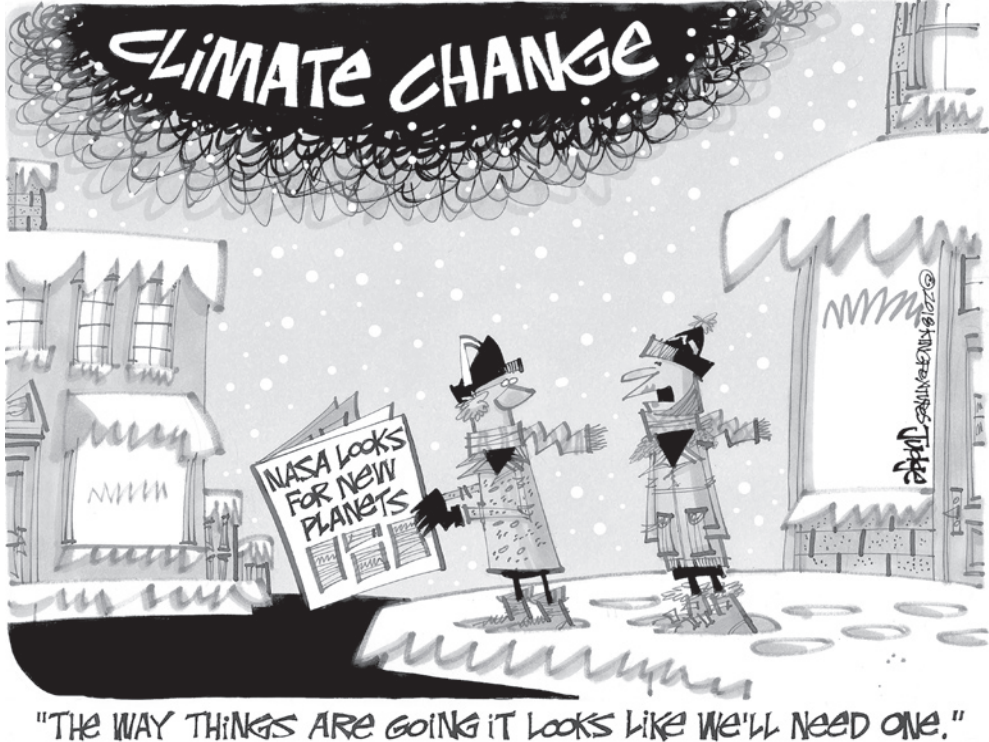
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# Moments in time

THE HISTORY CHANNEL

- On May 14, 1916, a lead article in the Times of London proclaims that an insufficiency of munitions is leading to defeat for Britain on the battlefields of World War I. It sparked a crisis on the home front, forcing the government to create a Ministry of Munitions.
- On May 15, 1942, Lt. Ronald Reagan, a cavalry officer, applies for reassignment to the Army Air Force. The actor and future president was assigned as a public-relations officer for the First Motion Picture Unit.
- On May 16, 1964, Mary Wells gives Motown Records its first No. 1 hit with “My Guy.” It would go on to release 32 more No. 1 hits in the next 10 years.
- On May 17, 1973, in Washington, D.C., a Senate committee begins televised hearings on the escalating Watergate scandal. Former White House legal counsel John Dean testified that President Richard Nixon had been aware of the cover-up of the Watergate break-in.
- On May 18, 1861, an obscure California newspaper casts first lady Mary Todd Lincoln in an unflattering light, saying she took it upon herself to appoint a stranger – Mr. W.S. Wood – to any office he desired. The reporter suggested that she had been smitten with Mr. Wood’s handsome features, luxuriant whiskers and graceful carriage.
- On May 19, 1935, T.E. Lawrence, known to the world as Lawrence of Arabia, dies as a retired Royal Air Force mechanic living in a simple cottage under an assumed name. The legendary war hero, author and archaeological scholar succumbed to injuries suffered in a recent motorcycle accident.
- On May 20, 1956, the United States conducts the first airborne test of an improved hydrogen bomb, dropping it from a plane over the tiny island of Namu in the Bikini Atoll in the Pacific Ocean.

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# El Paso Tejanas are playoff bound



– Photo courtesy El Paso Community College


The El Paso Community College (EPCC) Tejanas Softball Team put a silver lining on a competitive season by qualifying for the playoff season. The Tejanas finished the regular season with a 7-21 record in Conference play and 13-42 overall. This seeded them 6th in the National Junior College Athletic Association (NJCAA) Region V playoffs. The playoffs will be held in Lubbock, Texas beginning Friday, May 4, 2018.

– Jim Heiney

# Carrillo chosen as 2018 National Assistant Principal for Texas

By Andrew Reynoso  
*Special to the Courier*

CANUTILLO – With a passion for showing students how to



– Photo courtesy Canutillo ISD

Jessica Meléndez Carrillo

set and reach goals, Jessica Meléndez Carrillo serves as a model for professional excellence in Canutillo ISD. She plays an active and vital role in molding her campus, Congressman Silvestre and Carolina Reyes Elementary School, into a 21st century educational model. Carrillo’s work has led her to be named the 2018 National Assistant Principal for Texas by the Texas Elementary Principals and Supervisors Association (TEPSA).

Focusing on positive behavior strategies and schools safety, Carrillo was instrumental in bringing together different teams to improve campus culture, attendance and student achievement. When she saw an opportunity to help third through fifth grade girls develop a positive mindset, Carrillo not only found and implemented a healthy living curriculum; she celebrated with them when they completed their first 5K race with her.

“Jessica has helped instill a positive culture in our community that is driven by high expectations for student achievement and positive behavior strategies,” Principal Debra Kerney, Ph.D., wrote in her recommendation letter. “She continues to model lifelong learning. Due to her strong belief in empowering students in the areas of Science, Technology, Engineering and Mathematics, Jessica is currently pursuing a National STEM Certification.”

The National Assistant Principal of the Year award is sponsored by TEPSA in coordination with the National Association of Elementary School Principals (NAESP). The peer-selected award recognizes assistant principals who have demonstrated a positive impact on their students and learning.

Carrillo was selected as Assistant Principal of the Year

in Region 19 by TEPSA in February. She will attend the Awards Reception during the TEPSA Summer Conference in Austin, TX on June 13.

# Classified Ads

**LEGALS**

**VILLAGE OF VINTON, TX**

**PUBLIC NOTICE**

**Request for Qualifications for Engineering Services**

9th day of May, 2018 to:

Village of Vinton  
Attn:  
Andrea Carrillo  
Village Administrator  
436 E. Vinton Rd.  
Vinton, TX 79821

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

The City Council may select 1 or more firms for services in specific areas based on qualifications. City Council reserves the right to negotiate with any and all individuals or firms submitting proposals, in accordance with the Texas Professional Services Procurement Act and the Uniform Grant and Contract Management Standards Act, and may choose to retain services for three consecutive years. The locality reserves the right to reject any or all proposals.

**Village of Vinton is an Equal Opportunity Employer.**

Manuel Leos  
Mayor

WTCC: 04-26-18  
05-03-18

The Village of Vinton, Texas, in accordance with Section 2254.004, Texas Government Code, is requesting qualifications for engineering services for a variety of projects the city may undertake and for services necessary for adhering to and enforcing the local ordinances and state laws with respect to the following subject areas:

- Zoning, Subdivision & Development Plats
- Streets, Stormwater
- Parks, Trails & other Recreational projects

In order to be considered eight (8) copies of your proposal must be mailed or delivered in a sealed envelope bearing the name and address of the Respondent and RFQ #2018-1 prior to 4:30 PM on the

# Ambriz to serve as library delegate

By Ismael De La Rosa  
*Special to the Courier*


EL PASO COUNTY – The Online Computer Library Center (OCLC) Council convened from March 26–28 in Dublin, Ohio and announced the election results for the Americas Regional Council (ARC), the Asia Pacific Regional Council (APRC) and the Europe, Middle Eastern and Africa Regional Council (EMEARC). Lorely Ambriz, Librarian from El Paso Community College (EPCC), was elected as one of the ARC delegates to Global Council and will take her position on July 1, 2018.

The 48 elected Delegates represent 20 different countries and a variety of library types.

These delegates work on the member libraries’ behalf to keep OCLC leadership informed on member needs and interests. Each year, delegates travel to the OCLC headquarters in Dublin, Ohio to share what they are hearing and learning from members.

“EPCC will have an active voice involving more library decision making,” Lorely Ambriz, Head Librarian of the Northeast Campus said. “Also, I can bring my networking skills with border states in the U.S., with Mexico, Central America, Caribbean and Latin America to bring their voices to the OCLC Global Council.”

Among her multiple accomplishments, Ambriz was named Librarian of the Year by



– Photo courtesy El Paso Community College

**Lorely Ambriz**  
the Border Regional Library Associations (BRLA) in 2017.

# Send Your Newsbrief To:

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# Commission suggests college basketball fixes

By Steve Escajeda  
Special to the Courier

The biggest stories of the just-concluded NCAA basketball season were about the performance of the eventual champion Villanova Wildcats, and the antics of Loyola super fan Sister Jean.

Those are the kinds of stories that will live on 50 years from now.

But on the darker side of college basketball, there was also the FBI probe into the criminal activity surrounding the sport.

It involved illegal money and influence and bribery and fraud. That really shouldn't have been a shock to most people. Cheating in sports has been around ever since sports were invented.

But the fact that the FBI is doing all

the investigating and the NCAA is not, leads the skeptics among us a little unsure whether the NCAA wants to find any wrongdoing.

Just like Major League Baseball during the steroids scandal – why punish those who are bringing in more money than ever? It's more profitable to just look the other way.

So, because the NCAA refuses to police itself, the "Independent Commission on College Basketball" was established to make recommendations on how to clean up the mess.

What they had to deal with is players taking money from agents and coaches to attend certain colleges. They had to deal with coaches taking bribe money from businesses to steer players toward using the businesses' athletic products. It got to the point that Adidas reps paid players

and their family members to steer them to Adidas-sponsored colleges.

This goes far beyond the standard cheating involving paying a player to go to a school, or fixing their grades so they can remain eligible to play.

Some coaches and agents have already been charged with felonies. Some coaches and players and college administrators have been removed from the game.

But there are many more out there sweating bullets waiting for the final FBI report to come out.

In the meantime, the basketball commission, headed by former Secretary of State Condoleeza Rice, made its recommendations last week.

Among the potential fixes was the idea of a life-long ban on coaches who severely break the rules. And by "severely" they mean like doing stuff described in the FBI

probe.

It's amazing how many times I watch a college basketball game and I see a coach on the sidelines and I think to myself, "wasn't he let go by such-and-such university for cheating?"

Of course the answer is yes. Then the coach waits a year or two, and then signs on with a new school to do the very same thing again.

It's funny, some people will jump in the air saying, "you can't ban them for life – you can't take away their livelihood."

It happens every day. If a policeman, or an elementary school teacher, or a lifetime military member, or one of dozens of other professions ever commits a felony, they'll never be hired in their field again.

Just don't commit the crime! It's really

See SPORTS, Page 8



## Super Crossword

FIRST OF THE FIFTH  
ACROSS

- 1 Reprimand sharply
- 7 Linguine, e.g.
- 12 Fed. accident investigator
- 16 Obstinate beast
- 19 Get creative
- 20 "I do" locale
- 21 In \_ (as first found)
- 22 A few Z's
- 23 Big name in economics
- 26 Cincinnati-Detroit dir.
- 27 British pop singer
- Rita
- 28 Hideous sort
- 29 Suffix with prefer
- 30 Smidgen
- 31 "\_ My Heart" (Toni Braxton hit)
- 35 Date system of ancient Yucatan natives
- 39 Igloo dweller
- 41 French "sea"
- 42 Candy wafer brand
- 43 "I'm appalled to report that..."
- 49 Drifted about
- 52 Film director Nora
- 53 Cariou of the stage
- 54 Mill fodder
- 56 Public radio host
- Glass
- 57 Of Laos, e.g.
- 58 Podded plant
- 59 Inner beings
- 61 Land \_ (sleep

- state)
- 63 Gloater's syllable
- 64 Aioli
- 67 With 46-Down, genuine article
- 69 Prefix with refundable
- 70 Big brand of faucets
- 71 Hot dog in a classic jingle
- 78 Part of LSAT
- 82 Ruckus
- 83 Sleuths' jobs
- 84 Abbr. for the Blue Jays
- 85 Disorder
- 86 Tourist's aid
- 87 Asks for
- 89 \_-jongg
- 90 Brandy's sitcom role
- 91 Downhill trail
- 93 Supreme Court appointee of 2009
- 97 Continental coins
- 99 French "here"
- 100 "Look \_ did!"
- 101 Best Actor of 2014
- 106 Inaction
- 110 12:00 p.m.
- 111 Injure badly
- 112 Sprint, e.g.
- 114 B&B, e.g.
- 115 Certain 4x4
- 116 Mansion House resident
- 122 Apply
- 123 "That hurt!"
- 124 Author Dahl

- 125 Skin and hair care brand
- 126 At all times, poetically
- 127 Tennis star Arthur
- 128 Full of foam
- 129 5/1 festival that's apt for this puzzle's eight longest answers

DOWN

- 1 Jewel
- 2 Bejewel, e.g.
- 3 Post-injury program
- 4 Mo. neighbor
- 5 24-hr. cash cache
- 6 Chai, e.g.
- 7 Hunger sign
- 8 Make panic
- 9 Enter like the sun's rays
- 10 Tiny little bit
- 11 Genesis boat
- 12 "Bye Bye Bye" band
- 13 Soup holder
- 14 Winner of six Super Bowls
- 15 Double-decker, e.g.
- 16 What "A.D." stands for
- 17 Gifted world traveler?
- 18 Javelin
- 24 Li'l Abner's surname
- 25 Nighttime, poetically

- 30 Old Peru native
- 32 Three cheers?
- 33 NBAer Brand
- 34 Long time period
- 36 "Certainly"
- 37 Elbow site
- 38 Zone between biomes
- 40 Actress Liv
- 43 Cruel
- 44 "\_-daisy!"
- 45 \_ Pet (novelty gift)
- 46 See 67-Across
- 47 Spanish "water"
- 48 Once every 12 mos.
- 50 Greek Cupid
- 51 Miami\_ County
- 55 Chemical relative
- 58 King's home
- 59 Garbage boats
- 60 1980s Dodge
- 62 Strike at something but not hit it
- 64 Shapely leg, informally
- 65 Regarding
- 66 Neither here \_ there
- 68 Effacement
- 71 Resistor units
- 72 Drench
- 73 Saved with the same filename, say
- 74 Tibetan oxen
- 75 Canadian gas name
- 76 Guesses at LAX
- 77 Not at all, in dialect
- 79 Effortless

- 80 Artsy NYC area
- 81 Old Russian bigwig
- 85 Title for a French nobleman
- 88 Immense
- 89 Major artery
- 90 Grumble
- 92 Botch up
- 94 Vardalos of Hollywood
- 95 Frigid
- 96 Larcenist
- 98 Look (for)
- 101 Happen next
- 102 Immerse
- 103 "Which way \_ go?"
- 104 "Delicious!"
- 105 Noble Brits
- 107 Supported temporarily, with "over"
- 108 Get \_ good thing
- 109 Peeve
- 113 Surname of Buffalo Bill
- 116 Mauna \_
- 117 Ovid's "\_ Amatoria"
- 118 "Says \_!"
- 119 Flee hastily
- 120 In vitro cells
- 121 Waterloo marshal
- Michel

Answer Page 4

1	2	3	4	5	6		7	8	9	10	11		12	13	14	15		16	17	18	
19							20						21					22			
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122						123				124						125					
126						127				128						129					



Comix

OUT ON A LIMB

By Gary Kopervas



THE CASHIER

By Ricardo Galvão



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Jerking legs that shake the bed

*DEAR DR. ROACH: My husband will be 82 in July. About three years ago, I became aware of his sudden movements during the night. We were renting in Florida, and the bed was smaller than our bed at home. His body would jerk, sometimes strongly. These movements would not wake him; he just seemed asleep. He does not remember anything about it in the morning. We went to see his doctor at home, who said that he is in very good shape. He did not know what caused the movements. We are once again staying in Florida, and his body movements are the same, sometimes strong enough to shake the bed. I find it hard to believe that this is normal. Do you have any advice? – B.N.S.*



This is a classic description of a condition called periodic limb movements of sleep. These usually involve the legs, and typically involve pointing the toe while flexing the ankle, knee and sometimes the hip. Each movement lasts a few seconds and repeats every 30 seconds or so. Your story that he doesn't remember them is very typical: It's usually the sleeping partner who notices them. PLMS is more common in older adults.

PLMS by itself is not a disease and does not need treatment; however, it is often associated with other conditions, especially restless leg syndrome (Willis-Ekbom disease), rapid eye movement sleep behavior disorder (which includes sometimes violent movements) and narcolepsy.

Since your husband apparently has no symptoms, he does not need treatment. However, he should be specifically asked about symptoms like an urge to move the legs while awake, abnormal feelings in the legs, difficulty falling asleep and sleepiness during the day. These would be likely to indicate RLS or its close relative, periodic limb movement disorder.

*DEAR DR. ROACH: What can an 80-year-old woman expect to have checked as part of an annual physical examination? – H.M.*

The annual physical exam has gotten some bad press lately. Some of it is well-deserved: The actual physical exam occasionally finds some unsuspected problems, but this is quite uncommon and there is no proof that the annual physical saves lives.

This argument misses the point, in my opinion. The "annual physical" is a scheduled time for important conversations about screening and prevention. These include checking blood pressure and considering cholesterol screening (cholesterol is a less-important risk factor in 80-year-old women than it is in men or in younger adults). Similarly, it's time to come to a mutual decision on whether a mammogram should be done (again, the evidence at age 80 is unclear).

Most importantly, your doctor or provider should be doing a depression screen, thinking about ways to reduce fall risk, assessing osteoporosis and giving good advice on diet and exercise. People at high risk may need other labs checked or advice given (for example, people with high blood pressure should be screened for diabetes).

See **HEALTH**, Page 8

SPOT A STROKE

F.A.S.T.

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American Stroke Association  
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Sports

From Page 6

not that difficult.

Another recommendation was to get rid of the one-and-done rule that almost no one likes. Too many players listen to friends and family members who tell them they are ready for the NBA – and the vast majority are not.

The commission suggested players could sign with the NBA right out of school, but once they accept a college scholarship they are tied to that school for an undetermined number of years. The also suggested that if a player puts his name up for the draft, and isn't drafted, he can return to college.

They said taking the NCAA away from the investigation

process and hiring an independent organization would insure honesty and integrity.

They suggested revamping the whole summer AAU basketball camp situation where many of the under-the-table deals are done.

Another idea was to increase all the fines a university can receive for cheating. In other words, put some real fear behind any idea of breaking the rules.

Why do colleges continue to cheat? Because the way they're dealt with now – the slight redness of the back of their wrists heals pretty quickly.

Some sports pundits have destroyed the report saying it goes too far; some say it doesn't go far enough.

I say we'll still be talking about this kind of stuff 20 years from now.

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: F equals T

QI R UPPJ DPYMQEK UQDV  
WRBP IYSB R WPYFRQE QFRZQRE  
JYSMQEWP, SEP BQKVF UPPB  
QF R FOYQE FOYPPE.

Answer Page 4  
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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Give a vet a lift



by Freddy Groves

Unless you're a veterans service officer with one of the veterans groups, you probably can't help a fellow veteran push through the paperwork required to file a claim.

But there's more than just that one step to seeking medical care: Sometimes what stands between a veteran and his medical treatment is a ride to the medical center.

Many veterans, especially those in ill health or who are elderly, just don't drive anymore and don't have access to transportation, often due to low income.

That's where you can help.

Volunteer once or more a week to drive a veteran to medical appointments. On the way back, ask if you should make a pit stop at the grocery store or anywhere else, if your rider feels well enough. Think about it: If you don't have a car, even just bringing home groceries can be a

chore. Or maybe a fast-food burger would be welcomed by a veteran who's basically been homebound due to lack of transportation. Call the Voluntary Services office at the closest Department of Veterans Affairs Medical Center to offer your help.

The Disabled American Veterans (DAV) also has a nationwide transportation network that takes sick and disabled veterans to all of the medical facilities in the country.

If you're a veteran who needs transportation to a medical facility, the DAV has a directory that can connect you with a ride. Go to [www.dav.org](http://www.dav.org), click on Veterans, and scroll down the drop-down list to "Need a Ride?" Click the link to the DAV Hospital Service Coordinator Directory and look for the coordinator nearest you.

Want to offer rides or volunteer locally? Go to [www.dav.org](http://www.dav.org) and click on Help DAV to learn more about ways you can give back to veterans.

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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!

	×		+		23
+		÷		×	
	×		-		31
×		+		+	
	×		-		21
18		10		13	

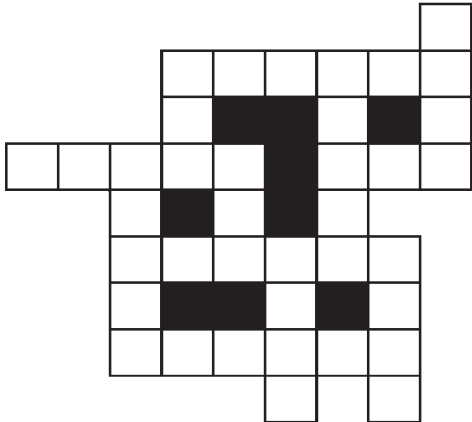
1 2 3 4 6 7 8 8 9

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Answer Page 4



♥ AGT  
GEPTIL  
GITEN  
PROC  
TEEGAN  
♥ ELE  
ETER  
♥ NALPI  
♥ PNI  
♥ TRECLO  
♥ TESLI  
♥ NELA



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE ). Prepare to use only ONE word from any marked ( ♥ ) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART ). Fit each string's word either across or down to knot all twelve strings together.

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• "Small jewelry for travel is best held in a weekly pill organizer. I have one with nice large boxes, too, so it holds some of my larger rings. It's very handy, and chains especially are protected from tangling."  
– T.V. in Kentucky

• "To remove scratches from CDs and DVDs, use plain white toothpaste (Pepsodent works great). Buff out scratch with a very soft cloth, such as those used to clean eyeglasses."  
– L.W. in Michigan

• When you purchase fresh herbs, use the leftovers to make flavor cubes. Just chop the herbs and distribute into an ice-cube mold. Add olive oil to cover, and freeze. When set, pop the cubes out and store in the freezer in a plastic bag. You can put them into a pan right from the freezer.

• Here's a really good tip: "When you buy a house – or even move into a rental – find out how and where to shut off the water to the house. Because when your 8-year-old's best buddy from down the street accidentally snaps off the top of the PVC garden faucet, you'll want to know right away. Trust me on this."  
– J.D. in Florida

• The popular Altoids mint tins make great sewing kits when you're done with your mints. Just add various thread colors, wrapped around a tiny square of cardboard. You could even pre-thread them on a needle. Include buttons and a small snipper.

• Save up vegetable scraps, bones and shellfish waste to make flavorful vegetable broth, bone broth and seafood stock.

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

It's a long list, and that's why a dedicated visit for health promotion makes sense to me.

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