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DOWNTOWN RENO



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FLORIDA POLICE ARREST SERIAL KILLER SUSPECT



Tampa Police Chief Brian Dugan on Tuesday announces the arrest of a man suspected of four murders in the Tampa, Fla. area. Tampa Police Department/Twitter UPI

**By: Ray Downs
UPI**

Tampa police arrested a man Tuesday they believe is connected to a string of murders that have put

the area on edge in recent weeks.

Tampa Police Chief Brian Dugan said police arrested Howell Donaldson III at a McDonald's in Ybor City where he worked after

a co-worker saw he had a gun, News4Jax reported.

Donaldson was charged with four counts of murder, all of which occurred in Seminole Heights, Fla.

The first of the four mur-

ders was reported on Oct. 9 when 22-year-old Benjamin Mitchell was shot and killed in front of his home. After the arrest Tuesday night, Seminole Heights Mayor Bob Buckhorn recalled his

words after that first killing, The New York Times reported.

"Fifty-one days ago, I said this was a struggle between good and evil. Well, See **SUSPECT**, page 2

Matt Lauer fired from NBC due to sexual misconduct

**By: Wade Sheridan
UPI**

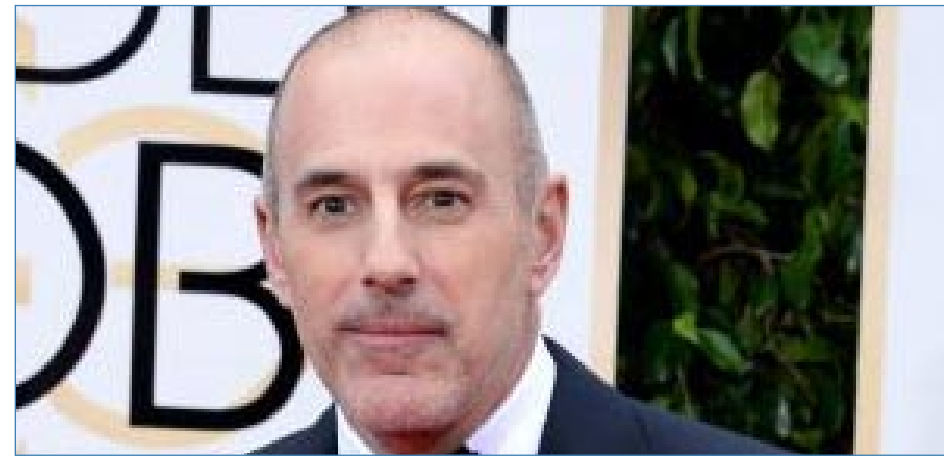
Today host Matt Lauer has been fired by NBC after the network received a complaint alleging that he took part in "inappropriate sexual behavior."

Lauer's Today cohort Savannah Guthrie made the announcement on the morning show Wednesday alongside Hoda Kotb. She read a statement from

chairman of NBC News Andrew Lack.

"On Monday night, we received a detailed complaint from a colleague about inappropriate sexual behavior in the workplace by Matt Lauer. It represented, after serious review, a clear violation of our company's standards. As a result, we've decided to terminate his employment,"

See **LAUER**, page 2



Children visitation restrictions in place

GREENVILLE – Beginning Monday, Dec. 4, children under the age of 12 may not visit patients at the James and Connie Maynard Children's Hospital at Vidant Medical Center.

The temporary restrictions will be in place due to an increasing number of Respiratory Syncytial Virus (RSV) cases. This precaution will help limit the spread of infections

while protecting hospital patients, their loved ones and Vidant Health team members. Please note these limitations are temporary and will be lifted as soon as viral respiratory illnesses decrease in the community.

The one exception to this temporary restriction: children under the age of 12 who are not sick and live in the same household may visit their healthy newborn

sibling.

To prevent the spread of viruses, health experts recommend:

- Washing hands frequently
- Keeping children home from school when sick
- Not sharing cups or utensils

As always, family and visitors of any age should not come to the hospital if they have symptoms of a cold or flu, fever, diarrhea,

vomiting or headaches.

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and provider group with more than 420 providers in more than 80 practice sites in eastern North Carolina. Vidant is affiliated with The Brody School of Medicine at East Carolina University. As a major resource for health services and education, Vidant has a mission to improve the health and well-being of eastern North Carolina. For more information, visit www.vidanthealth.com.



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Gunman dead after firing from high-rise Reno condo tower

By Ed Adamczyk
UPI

House Speaker Paul Ryan announced all House members and staff will be subject to mandatory anti-harassment and discrimination training.

Ryan issued a statement Tuesday after the Committee on House Administration held a hearing as part of its review of the House's sexual harassment policies, which he said was an "important

step" to combatting sexual assault.

"Going forward, the House will adopt a policy of mandatory anti-harassment and anti-discrimination training for all members and staff," he said.

"Our goal is not only to raise awareness, but also make abundantly clear that harassment in any form has no place in this institution." During the review, two members of Congress, Rep. Jackie Speier,

D-Calif., and Rep. Barbara Comstock, R-Va., shared reports that colleagues sexually harassed staffers and others within the House.

"These harasser propositions such as, 'are you going to be a good girl?' to perpetrators exposing their genitals, to victims having their private parts grabbed on the House floor.

All they ask as staff members is to be able to work in a hostile-free work environment.



Suspect

continued from page 1

tonight, goodness has won," he said.

"Tonight, in the battle

between darkness and light, light has won."

Florida governor Rick

Scott applauded law enforcement for the arrest.

"Last week, I visited Seminole Heights and saw firsthand the pain that these crimes have caused across the community," Scott said in a statement.

"As a father and a grandfather, it is unimaginable what the families of these victims are going through. Our thoughts and prayers remain with them, and we will work to ensure that they receive the justice

they deserve."

The other victims whose murders Donaldson has been charged for are Monica Hoffa, 32, on Oct. 11, Anthony Naiboa, 20, on Oct. 19 and Ronald Felton, 60, on Nov. 14.

Opioid Substance Abuse Forum to be Held

A special forum concerning the opioid substance abuse problem will be hosted by Pitt County Government, in collaboration with several Pitt County entities.

This program is being conducted in partnership with the Pitt County Coalition on Substance Abuse (PCCSA), Vidant Health, Trillium Resources, Pitt County Public Health and the Pitt County Sheriff's Office.

Date:
Tuesday, December 5, 2017

Time:
5:30pm - 8:00pm

Location:
Ag Center Auditorium
403 Government Circle
Greenville, NC 27834



To learn more contact 252-328-2827 or 252-902-2950.

Lauer

continued from page 1

Lack said in the statement.

"While it is the first complaint about his behavior in the over twenty years he's been at NBC News, we were also presented with reason to believe this may not have been an isolated incident," it continued. "Our highest priority is to create a workplace environment where everyone feels safe and protected, and to ensure that any actions that run counter to our core values are met with consequences, no matter who the offender."

"We are deeply saddened by this turn of events.

But we will face it to-

gether as a news organization and do it in as transparent a manner as we can.

To that end, Noah and I will be meeting with as many of you as possible throughout the day today to answer your questions," Lack concluded. "We just learned this moments ago, just this morning," Guthrie said.

"As I'm sure you can imagine, we are devastated and we are still processing all of this. And I will tell you right now, we do not know more than what I just shared with you. But we will be covering this story as reporters, as journalists. I'm sure we will be learning more details in the hours and days to come, and we promise we will share that

with you," she said.

"We are heartbroken. I'm heartbroken for Matt -- he is my dear, dear friend and my partner, and he has been loved by many, many people here. And I'm heartbroken for the brave colleague who came forward to tell her story, and any other women who have their own stories to tell," Guthrie continued.

President Donald Trump tweeted about the firing.

"Wow, Matt Lauer was just fired from NBC for 'inappropriate sexual behavior in the workplace.'

But when will the top executives at NBC & Comcast be fired for putting out so much Fake News. Check out Andy Lack's past!" he said.

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North Korea claims new ICBM, completion of nuclear development



An EA-18G Growler airborne electronic attack aircraft lands at U.S. Osan Air Base in Pyeongtaek, south of Seoul, on Wednesday, after North Korea launched an ICBM. Photo by Yonhap/ UPI

By Lee Chi-dong, Kim Soo-yeon and Lee Haye-ah, Yonhap News Agency UPI

SEOUL, South Korea - North Korea said Wednesday it has successfully test-fired a new long-range ballistic missile with the whole U.S. mainland in range, rekindling sharp military tensions in the region.

It announced the Hwasong-15, an upgrade of the Hwasong-14 intercontinental ballistic missile, can carry a super-size nuclear warhead, a feat the North's leader described as the final touches on the country's nuclear weapons development.

"It is the most powerful ICBM which meets the goal of the completion of the rocket weaponry system development set by the DPRK," the Korean Central News Agency said in its English-language report, using the acronym for the country's official name, the Democratic People's Republic of Korea.

The announcement came hours after the firing of a projectile from the outskirts of Pyongyang was detected.

During its 53-minute flight, it traveled 950 kilometers at an apogee of 4,475 km to splash into the East Sea, an assertion confirmed by the defense authorities of South Korea, the United States and Japan.

The data suggest that the North has succeeded in extending the range of its ICBM enough to threaten the Eastern United States, while it remains a question whether it has mastered atmospheric re-entry and warhead miniaturization technologies for a reliable ICBM. But Prime Minister Lee Nak-yeon said the test might not have been a full success as it lost contact with the control center on the ground in the middle of the flight.

"Radio communication exists between the launch pad and the missile. In this

case, our understanding is that the communication was cut off in the middle [of flight]. In this sense, there is a point where it's hard to say it's a success," Lee said during a discussion hosted by the Kwanhun Club, an association of senior journalists.

The provocation threw cold water on hopes of a shift to the dialogue phase amid a pause in the North's missile launches for 2 1/2 months. It showed that the Kim regime remains eager to be recognized as a nuclear state, not interested in denuclearization talks for now.

The missile was apparently fired at a lofted angle. If done at a standard one, it could have gone far over 10,000 km, given its maximum altitude, experts said.

"If these numbers are correct, then if flown on a standard trajectory rather than this lofted trajectory, this missile would have a range of more than 13,000 kilometers" (8,100 miles)," David Wright, a co-director of the Union of Concerned Scientists, wrote on his organization's blog.

U.S. Secretary of Defense James Mattis took note of the height as well.

"It went higher, frankly, than any previous shot they've taken," he told reporters at the White House. "It's a research and development effort on their part to continue building ballistic missiles that can threaten everywhere in the world." South Korean President Moon Jae-in strongly denounced the North for its "military brinkmanship."

Once the North completes its ICBM development, he warned, the security situation will become exacerbated to an "uncontrollable" level.

South Korea and the United States said they need more time and materials to see if the North has actually reached the point.

"Our government has emphasized repeatedly on major occasions that we will offer a bright future if

[North Korea] comes to the dialogue table. Despite our sincere efforts and appeals, it fired a ballistic missile today," Moon said, presiding over a National Security Council meeting.

He said his administration would not "sit and watch" the North's belliculence.

Moon later had 20-minute phone talks with U.S. President Donald Trump, in which they "underscored the grave threat that North Korea's latest provocation poses not only to the United States and the Republic of Korea but to the entire world." Moon told Trump that the North's missile technology is deemed to have improved. They agreed to keep putting "pressure and sanctions" on the regime in close coordination with each other, said Moon's office Cheong Wa Dae.

South Korea's Foreign Minister Kang Kyung-wha and her American counterpart Rex Tillerson talked about the issue as well by phone and vowed to make all diplomatic efforts for the denuclearization of Korea.

Speaking in New York, U.S. Vice President Mike Pence reaffirmed that "all options" are on the table, with his administration considering "additional measures."

He warned the North not to test the resolve of Trump and U.S. military power.

In a separate statement, Seoul's foreign ministry urged Pyongyang to halt such "reckless" provocations that only escalate tensions on the peninsula and deepen the North's isolation and economic hardship.

The U.N. Security Council will soon hold an emergency session in New York to discuss how to punish the North for the launch, which constituted a clear violation of several resolutions.

The South's military described the North's move as a "serious threat" to Seoul and its alliance with Washington.

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Federal court rules Mike Mulvaney can remain CFPB acting director

By Daniel Uria
UPI

The U.S. House Ways and Means Committee on Monday began reviewing Republicans' sweeping overhaul of the tax code, in a markup process that will last for days on Capitol

Hill this week.

The committee convened at noon Monday and Chairman Kevin Brady, R-Texas, said he expects a panel vote on the reform by Thursday.

"Four days of open, full-throated debate, with all these amendments in the

tax code, I think will let the American people see something they haven't seen in a long time, which is real debate on a real tax-reform plan," Brady described the markup process after the 429-page Tax Cuts and Jobs Act was revealed.

The committee's rank-



A federal judge denied Leandra English's request for a temporary restraining order against Mike Mulvaney, allowing him to remain temporary acting director of the Consumer Financial Protection Bureau. File Photo by Mike Theiler/UPI | License Photo

ing Democrat, Rep. Richard Neal of Massachusetts, wants the panel's work to take place only during daytime hours. Brady said he wants "to do as much of this deliberation during the normal working hours" as possible, though some may go into the evening.

During a bill's markup process, Democrats and Republicans propose amendments and raise concerns before legislation goes to the House floor -- and then in a conference committee with the Senate. The Senate Committee on Finance plans to release its bill later this week.

"We expect the markup to include a series of

technical corrections, a focus on more precisely tailoring the bill's pass-through treatment, an airing of grievances regarding the removal of sacred deductions and a heap of Democratic amendments," analyst Isaac Boltansky wrote in a note to clients Monday. One concern even among Republicans is proposed changes to the state and local tax deductions, or SALT.

A coalition of GOP representatives from high income tax states like New Jersey and New York have expressed concerns about allowing Americans to limit deductions of state and local taxes to \$10,000.

Several influential industry groups, including the National Association of Realtors and National Federation of Independent Business, have also expressed concerns.

Under the plan, the cap on the mortgage deduction would drop from \$1 million to \$500,000. Some Republicans also want to include the repeal of Affordable Care Act's individual healthcare mandate in the bill.

Democrats have been opposed to much of the bill, saying the changes favor mainly the wealthy -- but they don't have enough votes to prevent the plan from going to the floor.

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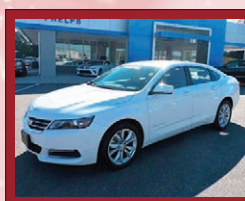


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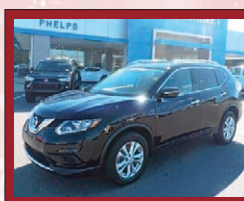
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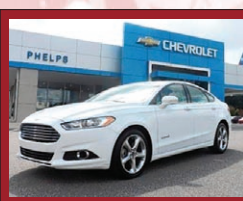
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The Paradox of Abundance

Life is funny. As sucking babes, the most luxurious thing we could ever imagine is the nurturing warmth of our mothers. But as we age, a whole host of desires and ambitions begin to take shape in our minds. For the most part, whether we want to admit it or not, those ambitions generally center around wealth and social status.

These things replace the womb as the object of our desires, and give rise to an almost insatiable desire for more.

As we sit down with our families this Thanksgiving, perhaps it is time for us to put things into greater perspective.

I can remember clearly when I started out in business, I merely wanted to save 50 thousand dollars.

As a spiritual wealthy and poor financial, righteous government staffer with conservative leanings, I thought that princely sum would remove all fear of my lack of financial resources and want.

I could upgrade my car

from an old jalopy to a used Ford truck. I could furnish my small 201 Mass apartment on Capitol Hill. I could travel and live a little. Fifty grand is all it would take.

And so I got to work. I poured all of my heart and ambition into building a business marketing nutritional supplements. I became very good at it. By the time I sold my business I had my fifty grand and then some. But that was not the end of the story. By that time I had become known around town as somewhat of an entrepreneur.

Back then, D.C. didn't have many of those. In fact, business was frowned upon, as the name of the game in Washington was respect, power and then money. In that order.

But through the grace and mercy of God, I persevered. My friend Steadman Graham and I started our

own public relations firm. We figured, 'hey, we've been doing this for politicians and celebrities for almost a pittance. Why not do it for ourselves and make it pay off?' Those were the fun old days in retrospect. Learning to close deals. Dealing with the stress of meeting payroll every month. Becoming creative and resourceful. Building a team, and then forging relationships that would help our firm to grow and thrive.

I remember when one day at age 33 my accountant informed me that my net worth had reached a million dollars. In fact it happened at age 31 and I had no idea. Wow! I stopped and paused. I didn't really feel much richer than I had at fifty thousand. I was actually working harder. My expenses and obligations had increased.

A million dollars sure didn't seem like the princely sum it appeared to be from a distance.

When I got up close to it, it seemed like barely a year

of rent, business expenses and payroll. It certainly was not a luxurious cushion.

And so it went, on and on. By the time I became a multi-millionaire, many of my friends were billionaires. They could do things I couldn't. They had private jets. They had luxury yachts.

They had vacation homes in exotic places. They had wine cellars fit for a king. I studied them. I wanted to grow. I learned how to use even greater leverage. I became a better manager of my character, people and resources. I got to know the captains of industry on a first name basis.

But there were certain things that never changed. That proved to be the core of my life over the years. My daily phone conversation and prayer with my mother at 4 a.m. every morning. The workouts at my gym every morning at 5 a.m. My daily radio show. Writing my weekly column.

Hanging out with my good friend David Modell

at the Preakness or at Baltimore Ravens games. Hosting my family on Thanksgiving – when they would all come up from South Carolina and we would eat, and sit and laugh together. I began to appreciate these luxuries more than any others.

The famous Indian novelist Rabindranath Tagore once wrote, "I get a dinner of some kind every day, but the Goddess of Plenty keeps behind the scenes.

Now that the goddess herself has appeared, it matters little if the dinner lags behind." I don't believe in gods and goddesses, as a follower of Christ. But the lesson is a good one. We should be mindful and grateful for the source of all of our abundance. For it is not the things in themselves that are the miracle, but it is the source of miracles that we should appreciate.

When considering all of the material abundance we have been blessed with this Thanksgiving, let us be more mindful of the source.

God appears to us in our friendships and our relationships with his fellow creatures.

Let us not place material things above love and camaraderie. Many of my dearest friends lost a parent in 2017. I lost my friend David Modell this year. My beloved mother passed away April 7 and the devastation of that loss continues consistently everyday with no end in sight. My mother's sister Ruth and brother Roosevelt also died this year. I am thankful for the riches they brought to my life. They are and continue to be my most cherished fortune.

Armstrong Williams is manager and sole owner of Howard Stirk Holdings I & II Broadcast Television Stations and Executive Editor of American CurrentSee online magazine. Watch our Right Side Forum every Saturday on NewsChannel 8 TV 28, 10:30 a.m. to 11 a.m., with repeats at 6:30 p.m. EST.



ARMSTRONG WILLIAMS

Advancing medicinal nicotine replacement therapies as new drugs

By: Scott Gottlieb, M.D., Janet Woodcock, M.D., Mitchell Zeller, J.D.

As the leading cause of preventable disease and death in the United States, tobacco causes more than 480,000 deaths every year. To address this devastation, earlier this year FDA announced a new regulatory plan to lower this burden of tobacco-related disease and death. The plan takes a comprehensive approach to nicotine and tobacco, including an initiative to lower nicotine in cigarettes to minimally addictive or non-addictive levels.

Aimed at shifting the trajectory of tobacco-related disease and death, the agency's approach recognizes that nicotine is delivered through products posing a continuum of risk. This ranges from combusted cigarettes at one end, to nicotine replacement therapy (NRT) products – designed to safely reduce withdrawal symptoms, including nicotine craving, associated with quitting smoking – at the other.

Today, FDA is taking an additional step in our new, comprehensive approach to the regulation of nicotine and tobacco. We are announcing the formation of a new Nicotine Steering Committee that will be charged with re-evaluating and modernizing FDA's approach to development and regulation of nicotine replacement

therapy products that help smokers quit. These products are typically sold as over-the-counter drugs in the form of gums, patches and lozenges. The primary focus of the new Committee will be on these therapeutic nicotine products for combustible tobacco product cessation. This reflects the need to critically examine the evolving science behind FDA's evaluation of the safety and efficacy of NRTs. Key topics will be the types of safety and efficacy studies we require and the way these products are used and labeled.

The aim is to make sure FDA has the right policies in place to enable the development of product innovations that have the potential to be more helpful in helping smokers quit combustible cigarettes and maintain abstinence. This could include changes to the labeling and indications for existing products or a new product that might deliver nicotine at different rates, or through different delivery mechanisms entirely. To enable innovation, FDA might contemplate additional approaches to developing these products, including new clinical trial endpoints. This new Committee will include Senior Agency Leadership from the Center for Tobacco Products, the Center for Drug Evaluation and Research, and the Office of the Commissioner. While

one significant focus will be on NRT, the mandate of this committee will be to address the FDA's overall approach to nicotine. It will create a forum for developing and implementing nicotine policy and regulation to address the public health crisis of tobacco usage in this country.

Among adult smokers in the U.S., around 70% report that they want to quit. Nearly half try to quit each year, and few succeed. Many treatment-seeking smokers often use medications such as NRTs. FDA has approved nasal spray and inhaler NRTs for prescription-only use; and gum, transdermal patch and lozenge formulations for over-the-counter (OTC) sale. In addition, FDA has also approved pharmacological therapies to aid in smoking cessation.

FDA has found these therapeutic products to be safe and effective in helping smokers quit. Using approved NRTs is generally considered to double the likelihood of a successful quit attempt, with variations between products. While most existing NRTs have been approved for over 20 years, novel forms of nicotine delivery are being developed based on new technologies and innovations. These may develop into FDA-approved therapies that help more smokers quit. When it comes to the

discussion around transitioning current smokers to safer alternatives for the delivery of nicotine, a lot of public debate, to date, has been placed on the potential for modified risk tobacco products like electronic nicotine delivery systems and e-cigarettes.

FDA also sees compelling opportunities to explore additional opportunities for the development of new and improved products that can be sold as new drugs, typically as over-the-counter pharmaceuticals. If there are new kinds of NRTs – with different characteristics or routes of delivery – that can offer additional opportunities for smokers to quit combustible tobacco, we want to explore what steps we can take using our own regulatory policies to enable these opportunities, while making sure these products are demonstrated

to be safe and effective for their intended use.

We'll be joined on the Nicotine Steering Committee by Rachel Sherman, M.D., M.P.H., Principal Deputy Commissioner, who will chair the Committee; Grail Sipes, J.D., Director, Office of Regulatory Policy, CDER; Melissa A. Robb,

B.S.N., M.S., Associate Commissioner for Clinical Policy, Office of Medical Products and Tobacco (OMPT); Allison Hoffman, Ph.D., Associate Director for Health Science, OMPT; and Priscilla Callahan-Lyon, M.D., Deputy Director, Division of Individual Health Science, CTP.

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NCDOT TO HOST A PUBLIC MEETING ON NOVEMBER 9 FOR THE PROPOSED WIDENING OF 14TH STREET IN GREENVILLE, PITT COUNTY

STIP Project No. U-5917

The N.C. Department of Transportation proposes to widen 14th Street (S.R. 1704) to a four-lane, median-divided facility in Greenville, Pitt County, North Carolina. The project extends from Red Banks Road to Fire Tower Road (S.R. 1708) in Greenville. The project is included in the Greenville Urban Area Metropolitan Planning Organization Thoroughfare Plan and the Metropolitan Transportation Plan. The NCDOT has developed functional designs (detailed concepts) on three alternatives for the project.

The meeting will be held at the Alice Keene District Park Facility at 4561 County Home Road, Greenville, on Thursday November 9 from 4 p.m. to 7 p.m.

The purpose of this meeting is to inform the public of the project and gather public input on the proposed alternatives. The functional designs will also be available on the project website for public review and comment. Interested citizens may attend at any time between 4:00 p.m. and 7:00 p.m. Please note that there will not be a formal presentation. NCDOT representatives will display maps and be available to answer questions and receive comments. Comments and information received will be taken into consideration as work on the project develops. Written comments or questions can also be submitted at the meeting or later by November 30th. Project maps are available online at <http://www.ncdot.gov/projects/publicmeetings/>.

For additional information contact:

NCDOT Project Consultant, Jamie Byrd, PE, Project Engineer (HNTB) by phone at (919) 424-0437 or via email at jabyrd@hntb.com; or Rachelle Beauregard, NCDOT Division 2 Project Manager by mail at P.O. Box 1587, Greenville, NC 27853, by phone at (919) 239-7168, or via email at rbeauregard@ncdot.gov.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this workshop. Anyone requiring special services should contact Rachelle Beauregard at (919) 239-7168 as early as possible so that arrangements can be made.

Persons who speak Spanish and do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-233-6315.

Aquellas personas que hablan español y no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-233-6315.

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*Price proposals must be received no later than 12 pm on December 15, 2017 to be considered.

Contact Jesus Martinez at (919) 718-1014 for further information.

Plans and specifications can be reviewed at our office or online at NCDOT's project letting webpage.

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Cordell appointed to ECC Board of Trustees

Timmy L. Cordell of Rocky Mount was recently appointed to a four-year term on the Edgecombe Community College Board of Trustees.

Appointed to the board by Governor Roy Cooper, Cordell is employed by the Pitt County Department of Social Services in Greenville.

“I hope to become a positive asset to this esteemed board of trustees and enhance the necessary platforms so that our students may achieve

their absolute best,” he says.

“I will offer any assistance to empower students’ educational endeavors through advocacy, leadership, and support, and I look forward to serving Edgecombe Community College for years to come.”

Cordell also serves as a trustee board member at Metropolitan Baptist Church in Rocky Mount, where he participates in several ministries and assists in the organization of various community and

outreach programs.

He is a graduate of Saint Augustine’s University in Raleigh.

He is married to the former Janice Carroll, and they have two daughters.

The ECC Board of Trustees has twelve members, each serving a four-year term. The Office of the Governor appoints four members.

The Edgecombe County Board of Education and the Edgecombe County Board of Commissioners each appoint four members.



Timmy L. Cordell was recently sworn in as the newest member of the Edgecombe Community College Board of Trustees. Carol White, Edgecombe County Clerk of Court, delivered the oath of office.

Steroid injections to arthritic hips may lead to long-term problems

By Health Day News
UPI

They may temporarily ease pain, but new research suggests that steroid injections to arthritic hips may exacerbate bone trouble over the longer term.

These injections have long been used “for diagnostic and therapeutic purposes for various joint conditions,” noted Dr. Crispin Ong, an orthopedic surgeon who was not involved with the study but reviewed the new findings.

However, “this study brings to light concern over the safety of hip steroid injections for osteoarthritis,” said Ong, who practices at Northwell Health’s Plainview Hospital in Plainview, N.Y.

The new study was led by Dr. Connie Chang, a radiologist at Massachusetts General Hospital in Boston.

Her team tracked outcomes for three groups: 102 patients, ages 19 to 92, who received hip steroid injections; another group of 102 patients with hip arthritis who did not receive such injections; and a third group of 44 patients who received a steroid injection in the shoulder but not the hip.

Compared to the two control groups, the patients who received steroid hip injections had higher rates of bone “death and collapse” three to nine months later, Chang’s team said.

New occurrences of bone death were seen in 22 to 24 percent of hip injection patients; 5 to 9 percent of patients in the group that had hip arthritis but got no injection; and 5 percent of patients in the shoulder injection group.

Bone collapse in the head of the femur bone occurred in 15 to 17 percent of hip injection patients; 4 percent of patients with hip arthritis but no injection; and 2 percent of the shoulder injection patients.

The findings were slated to be reported Wednesday at the annual meeting of the Radiological Society of North America, in Chicago.

“Changes due to osteoarthritis, such as narrowing in the space between joints and the development of bony proliferations, typically develop slowly over time,” Chang explained in a meeting news release.

However, looking over the X-rays of patients who’d gotten a steroid injection to the hip, “we noticed changes had de-

veloped rapidly in some patients” and decided to conduct this study, she explained.

“We need to look at what’s going on with the [steroid injection] and osteoarthritis patients to determine what’s causing the changes that occur in some patients,” Chang said. “However, we don’t want to deter patients from getting an injection. These results are enough to warrant an investigation, but not enough to cancel a procedure.”

Another radiologist also not part of the study said that given what doctors know about patient behaviors, the findings could make sense.

“It may seem counterintuitive, but one of the under-recognized ‘risks’ of steroid/anesthetic joint injection is that the patients often experience complete relief of pain,” explained Dr. Mark Raden. He directs radiology at Staten Island University Hospital in New York City.

“A patient feeling no pain may then go on to participate in strenuous physical activities that they could not perform prior to injection, ultimately worsening the degeneration of the joint,” Raden



said, and “this may be one of the underlying reasons behind the conclusions in the study.”

He said that theory is bolstered by the fact that deterioration after steroid injections occurred only in the weight-bearing hips -- not the shoulders.

And Raden believes that while steroid shots may offer short-term pain relief, they have their limits.

“Many patients report several months of pain

relief with steroid/anesthetic injection, greatly improving their day-to-day living,” he said. “Although this pain relief is desired, it is important to remember that steroids/anesthetics are only a Band-Aid relieving the pain but not a cure for the underlying arthritis.”

For his part, Ong said that the study couldn’t prove cause-and-effect, and more research is needed.

“The evidence is still limited in this area and

more research is required,” Ong said. “I think there is still a role for hip injections on a limited basis for therapeutic and diagnostic purposes.”

Also, because these findings were presented at a medical meeting, they should be considered preliminary until published in a peer-reviewed journal.

More information The American Academy of Family Physicians has more on osteoarthritis.

Vanilla extract may ease or prevent psoriasis

By Brooks Hays
UPI

A new mouse study suggests vanillin, artificial vanilla extract, could be used to prevent or diminish psoriatic skin inflammation.

Psoriasis is an autoimmune disease characterized by outbreaks of red, itchy, and scaly skin patches, most frequently on the elbows, knees or scalp. Some 125 million people worldwide have the disorder.

In the United States, there are 6.7 million people with psoriasis, roughly 3.1 percent of the population.

A group of scientists in Taiwan were able to replicate the disorder in a group of mice by exposing their skin to a compound called imiquimod.

For seven days, researchers gave the mice oral doses of vanillin. Some mice received larger doses than others. The mice that received the largest doses -- 50 or 100 milligrams per

kilogram of body weight -- experienced the largest reductions in skin inflammation. “Our findings suggested that vanillin was an effective bioactive compound against psoriatic skin inflammation,” researchers concluded in their study, published this week in the Journal of Agricultural and Food Chemistry.

Scientists also found vanillin doses suppressed IL-17 and IL-23 protein levels -- interleukins believed to be linked with



Vanillin, the primary component of the extract of the vanilla bean, could help curb psoriatic skin inflammation. Photo by Pixabay/CC

the development of the disorder. Previous research has shown vanillin to also affect interleukins related to other inflammatory conditions and diseases.

NASA’s next Mars rover to improve on Curiosity

NASA’s Curiosity rover has been a tremendous success, providing scientists streams of valuable data. But there’s always room for improvement, and NASA engineers expect the next rover to improve on Curiosity’s technological legacy.

At present iteration, the Mars 2020 rover features greater autonomy, seven new instruments and updated wheels.

Despite design improvements, the new rover looks a lot like the old rover.



And that’s because the Mars 2020 rover utilizes much of the same hardware. In fact, so-called “legacy hardware” accounts for 85 percent of the mass of the new six-legged craft.

“The fact that so much of the hardware has al-

ready been designed -- or even already exists -- is a major advantage for this mission,” Jim Watzin, director of NASA’s Mars Exploration Program, said in a news update published by NASA’s Jet Propulsion Laboratory.

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Inmate Health Care Services - Pitt County Detention Center

Pitt County Sheriff’s Office/Detention Center is seeking sealed proposals for inmate health care services. Sealed bids will be received at the Pitt County Detention Center, clearly marked Chief Randy Gentry DO NOT OPEN “INMATE HEALTH CARE SERVICES RFP” 124 New Hope Road, Greenville, North Carolina 27834.

An optional pre-bid conference is scheduled for Monday, December 11, 2017 1:30 pm at the Pitt County Detention Center Training Room, 124 New Hope Road, Greenville, NC. The deadline for submitting proposals will be no later than 4:00 pm Friday, January 19, 2018. A copy with full details of this RFP may be obtained at the Administrative Office of the Pitt County Detention Center, 124 New Hope Road, Greenville, NC or may be found at www.pittcountync.gov/bids.

All proposals shall be registered and opened in public immediately after deadline of January 19, 2018 at the Pitt County Detention Center, 124 New Hope Road, Greenville, NC. Pitt County reserves the right to reject any and all bids and to accept any bid which appears to be in its best interest.



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LeBron James ejected in Cleveland Cavaliers' win

By The Sports Xchange
UPI

CLEVELAND - Kevin Love scored a season-high 38 points, LeBron James was tossed from the game, and Dwyane Wade put a hurting on his old team in the Cleveland Cavaliers' 108-97 win over the Miami Heat on Tuesday.

The Cavs, who led the game by as many as 34 points, have won nine straight for their longest regular-season winning streak since Jan. 15-Feb. 5, 2015. The run began after they started the year 5-7.

Love added nine rebounds and shot 14 of 17 from the foul line in 26 minutes.

James was ejected with

1:59 left in the third quarter for arguing a non-call with referee Kane Fitzgerald. James screamed at Fitzgerald for not calling a foul against Hassan Whiteside on James' drive to the hoop.

James, who was ejected for the first time in his career, finished with 21 points, 12 rebounds, six assists and five steals.

Wade, who like James once starred with the Heat, scored 17 points off the Cleveland bench.

The Cavs set a season high with 75 points in the first half, and Love's 32 points were tied for the most by an opponent in a half in Miami history.

Dion Waiters led the Heat with 21 points on the night, and Bam Adebayo scored 19. Josh Richardson added 15, but Goran Dragic was limited to seven points on 1-of-5 shooting.

Tuesday marked the first time Heat coach Erik Spoelstra went against James and Wade at the same time.

The two played for him on the Heat and went to four consecutive Finals from 2011-14.



"Yeah, when you see these guys in different uniforms it's always like, 'Really, that looks strange,'" Spoelstra said.

"This league changes year to year. We've been through a myriad of changes the last five years. A lot of new faces here. I love the team that we have in that locker room."

Love scored 22 in the first quarter alone. On Nov. 23, 2016, he set an NBA record with 34 in the first quarter against Portland. He finished with 40 points that night.

Cleveland led by as

many as 18 in the first quarter and was up 35-24 when it was over. Waiters scored 13 in the first.

NOTES: Cavs G Iman Shumpert (left knee soreness) missed Tuesday's game.

He played seven minutes Monday in a win in Philadelphia, but coach Tyrone Lue said Shumpert "felt fine, and then once he played those minutes he said he didn't feel right." Shumpert had missed three games with the injury prior to Monday night. ... Lue said the next step in Cavs G Isaiah Thomas' road to

a return is for the injured All-Star to play two-on-two and three-on-three at practice, but there was no timetable for that yet.

Thomas hasn't played this season because of a torn labrum and other right hip injuries. ... Heat coach Erik Spoelstra said David Fizdale, his former assistant who was fired as Memphis' head coach on Monday, would not be rejoining the Heat staff.

"He's a head coach," Spoelstra said. ... The Heat finishes its four-game road trip Wednesday in New York.

2-game suspensions

By The Sports Xchange
UPI

The NFL handed down two-game suspensions without pay to Oakland Raiders wide receiver Michael Crabtree and Denver Broncos cornerback Aqib Talib for violating

unsportsmanlike conduct and unnecessary roughness rules during a Sunday melee at Oakland-Alameda County Coliseum.

According to the league's Collective Bargaining Agreement, appeals may be filed to the NFL office within three

business days.

Crabtree would miss games against the New York Giants and Kansas City Chiefs the next two weeks.

Talib would be suspended for games against the Miami Dolphins and New York Jets.

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"I Am Crucified With Christ: Never The Less I Live, Yet Not I; But Christ Liveth In Me" - Galatians 2:20

'Justice League' tops the North American box office with \$96M

By: Karen Butler
UPI

The superhero ensemble movie Justice League is No. 1 in North America this weekend with \$96 million in receipts. BoxOfficeMojo.com announced Sunday. Coming in at No. 2 is Wonder with \$27.1 million, followed by Thor: Ragnarok at \$21.8 million at No. 3, Daddy's Home 2 at No. 4 with \$14.8 million and Murder on the Orient Express at No. 5 with \$13.8 million.

Rounding out the top tier are The Star at No. 6 with \$10 million, A Bad Moms Christmas at No. 7 with \$6.9 million, Lady Bird at No. 8 with \$2.5 million, Three Billboards Outside Ebbing, Missouri at No. 9 with \$1.1 million and Jigsaw at No. 10 with \$1.07 million.

Cast members Jason Momoa, Henry Cavill, Ezra Miller, Gal Gadot, Ray Fisher and Ben Affleck (L-R) attend the premiere of "Justice League" in Los Angeles on November 13. Photo by Jim Ruymen/UPI | License Photo



Jay-Z, Kendrick Lamar, Bruno Mars lead 2018 Grammy nominations

By: Wade Sheridan
UPI

The Recording Academy announced Tuesday the nominees for the 60th annual Grammy Awards with Jay-Z leading the pack ahead of Kendrick Lamar, Bruno Mars and Childish Gambino.

The nominees for the top four main categories including Album of the Year, Record of the Year, Song of the Year and Best New Artist were announced on CBS This Morning by singer and songwriter Andra Day.

Album of the Year will be decided between Jay-Z's 4:44, DAMN from Lamar, 24K Magic from Mars, Awaken, My Love! from Gambino and Melodrama by Lorde.

Record of the Year will be between Jay-Z's "The Story of O.J.", Kendrick Lamar's "HUMBLE", Mars' "24K", Gambino's "Redbone" and "Despacito" by Luis Fonsi & Daddy Yankee featuring Justin Bieber. Song of the Year nominees include Jay-Z's "4:44", Julia Michaels' "Issues", Logic with Alessia Cara and Khalid's "1-800-273-8255", Mars' "That's What I Like" and Luis Fonsi & Daddy Yankee featuring Justin Bieber song "Despacito."

Best New Artist nominees include Alessia Cara, Khalid, Lil Uzi Vert, Julia Michaels and SZA.

Jay-Z earned eight nominations with Lamar behind him with seven, Mars with six and Gambino, the alter ego of actor Donald Glover, netting five along with Khalid and producer No I.D.

The ceremony is set to be hosted by James Corden of Late Late Show fame and will take place Sunday Jan. 28 from Madison Square Garden in New York City. Adele dominated the Grammy Awards last year with her release 25 earning Album of the Year and Best Pop Vocal Album. The singer won also Song of the Year, Record of the Year and Best Pop Solo Performance for her hit single "Hello."



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La Voz Latina

Mariah Carey's Christmas tour delayed again

By Karen Butler
UPI

Music superstar Mariah Carey says she is “on the mend,” but still not ready to begin her Christmas concert tour.

“Doctors have ordered a few extra days of rest before I can finally fly to New York and take the stage for my Christmas Tour,” Carey tweeted Friday. “While this news disappoints me to share, I am grateful to be on the mend and for the support from all of you -- it means the world to me! See you from the stage soon darlings!”

Carey, 47, announced earlier this month that she was forced to scrap several planned shows because she had an upper respiratory infection, following the flu. People magazine said Carey had



Ailing Mariah Carey says she hopes to begin her Christmas concert tour in New York Dec. 2. File Photo by Jim Ruymen/UPI | License Photo been scheduled to kick off her tour in Ontario Nov. 17, but is now expected to begin the string of shows in New York Dec. 2.

Beyonce tops Forbes' 2017 highest paid women in music list

By Sheri Elfman
UPI

Beyonce is Forbes' 2017 highest paid woman in music, earning \$105 million pretax. This year Beyonce had her sixth No. 1 with Lemonade and performed in her successful Formation World Tour, which grossed a quarter of a billion dollars. She took time off in the summer to have twins Rumi and Sir in June.

Next on the list is Adele who earned \$69 million on tour. Adele also came in second last year for earning \$80.5 million from sales of her album 25. Last year's winner, Taylor Swift, came in third place this year with \$44 million. Celine Dion came in 4th place, earning \$42 million from her Las Vegas residency. Jennifer Lopez came in fifth with \$38 million from her Las Vegas residency and her TV show, World of Dance.



Beyonce earned \$105 million pre-tax in 2017. File Photo by Christine Chew/UPI | License Photo

GM unveils self-driving Chevy Bolt in San Francisco test drives

By David Uria
UPI

General Motors unveiled its autonomous Chevy Bolt



Greg Carter
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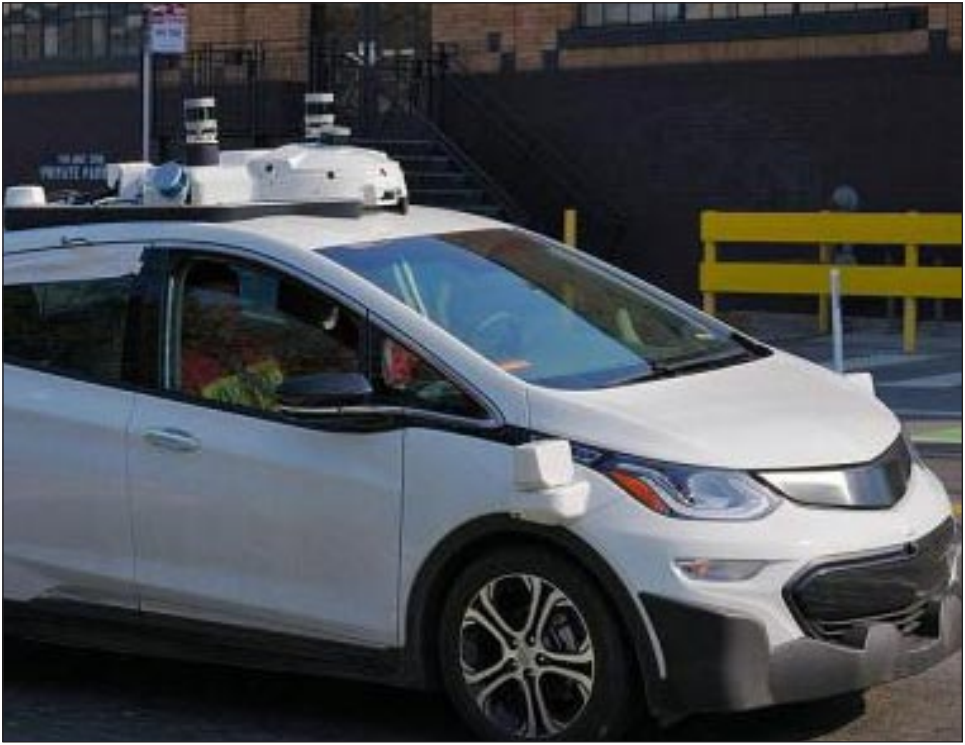
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on Wednesday and allowed media and analysts to take a test ride in the self-driving vehicle. GM provided a look at the results of its work with San Francisco startup Cruise Automation. Company President Dan Ammann said GM plans to mass produce its self-driving cars in a matter of “quarters, not years.” “Stay tuned,” he said.

GM allowed media and analysts to hail one of the vehicles, a Bolt electric vehicle equipped with about 40 radar and lidar sensors, through an app. They rode through actual city traffic to one of several pre-set destinations. A Cruise employee was stationed behind the wheel of each vehicle with another in the passenger seat pointing out potential obstacles.



General Motors unveiled its self-driving Chevy Bolt, seen here undergoing testing in October, and allowed media and analysts to take a ride through San Francisco traffic in the vehicle. Photo by Dllu/Wikimedia Commons UPI