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FRIDAY, OCTOBER 27, 2017

SPORTS

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FILE - In this Aug. 10, 2017, file photo, Minnesota Vikings quarterback Sam Bradford (8) reacts before his sack by Buffalo Bills defensive end Jerry Hughes during the second half of an NFL football game in Minneapolis. (AP Photo/Jeffrey T. Barnes, File)

Local weight loss program promises to deliver immediate results

by Blue Chen-Fruean
Samoa News Correspondent

American Samoa is popular for many things: NFL players, actors, and record breaking recruitments for military service. On the flip side, the territory is also known for having one of the highest rates - globally - of obesity and associated ailments like diabetes and heart disease. In recent years, several exercise programs like TaeBo and Zumba have been introduced to local folks - and have become quite popular. Even businesses catering to health nuts who prefer smoothies and deli items made from fresh produce have been popping up everywhere. Residents who spoke to Samoa News have indicated their wish to shed unwanted pounds and live healthy but say it's hard for them to stick with the strict diet requirements that come with it.

For them, the answer may be only a few clicks away. Local resident William Spitzenberg has introduced a new program called Slimmer Stronger You (SSY) which can be accessed via social media, and promises to deliver results as quickly as the first day.

"The program teaches you how to slim down by burning fat the fastest, safest, all-natural way possible; and while you are slimming down, it teaches you how to get stronger as you go further along in the program," Spitzenberg told Samoa News. "The focus of the program is on YOU, getting you to be the best Slimmer Stronger version God intended you to be."

The SSY program was introduced locally two weeks ago and has quickly garnered a following of over 200 people, with 10-15 requests coming in daily. According to Spitzenberg, the idea came to him after he watched his church's semi-annual general conference. He said he was inspired and felt the need to do something positive for the community.

"A healthy body will improve every other aspect of your life," he said, adding that he shared the program with one

(Continued on page B4)

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Referee and assistant referees with their FIFA MA Elite Referee Course instructors at the FFAS headquarters in Pago Pago after the opening of the seminar on Saturday, October 21, 2017.

[FFAS MEDIA/Brian Vitolio]

LAND COMMISSION

NOTICE is hereby given that NOMA'AEA SUNIA of UTULEI, American Samoa, has executed a LEASE AGREEMENT to a certain parcel of land commonly known as PUNAOA which is situated in the village of UTULEI, in the County of MAOPUTASI, EASTERN District, Island of TUTUILA, American Samoa. Said LEASE AGREEMENT is now on file with the Territorial Registrar to be forwarded to the Governor respecting his approval or disapproval thereof according to the laws of American Samoa. Said instrument names MEREANE SUNIA BAILEY-MURRAY & LUSIA SUNIA as LESSEES.

Any person who wish, may file his objection in writing with the Secretary of the Land Commission before the 12TH day of DECEMBER, 2017. It should be noted that any objection must clearly state the grounds therefor.

POSTED: OCTOBER 13, 2017 thru DECEMBER 12, 2017
SIGNED: Taito S.B. White, Territorial Registrar

KOMISI O LAU'ELE'ELE

O LE FAASALALAUga lenei ua faia ona o NOMA'AEA SUNIA ole nu'u o UTULEI, Amerika Samoa, ua ia faia se FEAGAIGA LISI, i se fanua ua lauiloa o PUNAOA, e i le nu'u o UTULEI i le itumalo o MAOPUTASI, Falelima i SASA'E ole Motu o TUTUILA Amerika Samoa. O lea FEAGAIGA LISI ua i ai nei i teuga pepa ale Resitara o Amerika Samoa e fia auina atu ile Kovana Sili mo sana fa'amaoniga e tusa ai ma le Tulafono a Amerika Samoa. O lea mata'upu o lo'o ta'ua ai MEREANE SUNIA BAILEY-MURRAY & LUSIA SUNIA

A iai se tasi e fia fa'atu'iese i lea mata'upu, ia fa'aulufaleina mai sa na fa'atu'iesega tusitusia ile Failautusi o lea Komisi ae le'i oo ile aso 12 o TESEMA, 2017. Ia manatua, o fa'atu'iesega uma lava ia tusitusia manino mai ala uma e fa'atu'iese ai.

10/127 & 11/27/17

Notice for Proposed Registration of Land

NOTICE IS HEREBY GIVEN in accordance with the request which has been received by the Territorial Registrar for the registration of a certain land TOMEA which is situated in or near the village of VAILOATAI/TAPUTIMU, County of TUALATAI Island of TUTUILA, from SATELE GALU of the village of VAILOATAI/TAPUTIMU as a/an COMMUNAL land of SATELE FAMILY.

NOTICE IS FURTHER GIVEN that anyone claiming an interest in the above named land, may file an objection with the Territorial Registrar's Office within 60 days from the date of posting of this notice. If no objection is filed within 60 days from the date of posting of this notice, the land proposed herein will be registered as such in accordance with the law of American Samoa.

NOTICE IS FURTHER GIVEN that the survey and description of the said land are now on file in the Territorial Registrar's Office where they may be examined at any time prior to the expiration of the said sixty (60) days.

POSTED: OCTOBER 13, 2017 thru DECEMBER 12, 2017
SIGNED: Taito S.B. White, Territorial Registrar

Fa'aaliga o le Fia Fa'amauina o se Fanua

O LE FA'AALIGA LENEI ua fa'asalalauina ona o le talosaga ua fa'aulufaleina mai i le Ofisa o le Resitara o Amerika Samoa ina ia fa'amauina le fanua o TOMEA, e tu pe latalata ane i le nu'u o VAILOATAI/TAPUTIMU, Itumalo o TUALATAI i le motu o TUTUILA, ina ia fa'amauina e SATELE GALU ole fanua FAITELE o LE AIGA SA SATELE.

SO O SE TASI e aia ma fa'atu'iese i le fanua ua ta'ua i luga ia fa'aulufaleina mai sana fa'atu'iesega tusitusia i le Ofisa o le Resitara i totonu o aso e 60 mai le aso na fa'aalia ai lea fa'aaliga. Afai o le a lei se fa'atu'iesega e fa'aulufaleina mai i totonu o aso e 60, o le fanua lenei o le a fa'amauina e pei ona ta'ua i luga e tusa ai ma aiaiga o le tulafono i Amerika Samoa.

O LE FA'AAFANUA ma fa'amatalaga e uiga i lenei fanua, ua iai nei i le Ofisa ole Resitara, ma e avanoa mo se iloilogia i so'o se aso i totonu o le 60 o le faitauna o aso.

10./27 & 11/27/17

FIFA MA Elite referee course gets underway in American Samoa

by FFAS MEDIA/Brian Vitolio

FFAS match officials are being treated to a FIFA MA Elite referee course that started on Saturday, Oct. 21, 2017 at the local federation's headquarters in Pago Pago.

"I want to officially open this course on behalf of our president, Faiivae Iuli Alex Godinet, our executive committee and FFAS," FFAS CEO Taumua explained. "They have sent their hopes that our match officials learn as much as they can from these two very experienced and knowledgeable gentlemen."

Conducting the five-day course for American Samoa's

top referee and assistant referees are FIFA referee instructor Neil Poloso of the Solomon Islands, and OFC fitness instructor, Gregory Gallop from New Zealand.

"We are here to assist you in your career as a referee, so this course is very important for you to learn from, and I want you all to take this seriously," Poloso said during the opening of the seminar. "We are going to provide you with the best information possible so that you can go out and officiate your federation's games the best way you can."

"We are going to assist you with the information that is consistent all around the world," Gallop pointed out. "The information that is being provided to match officials in different parts of the world, is the same one we are going to provide to you throughout the week."

"All the work is going to be done by you, we are just going to assist you with the information. It will be hard work, you will need to be on time, but most of all I want you all to have fun as well."

Taumua provided examples of how match officials must be leaders of the game out on the field. "As was mentioned by Neil and Greg, a match official is a leadership position," Taumua explained. "A lot of people don't like leaders, like me for example, maybe it's because of the way I look, the

way I speak, and that's the same for the role of a referee. As a match official, the players and fans will not like you, and this is where your leadership skills come in, being patient, firm in your decisions and making the correct choices.

"That's why we have these courses so that you can broaden your knowledge, gain confidence as a match official because you are in a leadership position. One challenge I offered to a lot of our players is this, if you cannot represent American Samoa because you do not hold a U.S. passport, come out and be a referee or assistant referee," Taumua added. "You cannot represent American Samoa as a national team player, but you can represent American Samoa as a match official."

Taumua went on to urge the participants to absorb as much of the knowledge brought by both Poloso and Gallop.

"Ask a lot of questions, and don't be ashamed to ask questions," Taumua said.

There are 22 FFAS match officials attending the course, and it will include theoretical and practical sessions, as well as a FIFA fitness test that was to be conducted by Gallop on Monday, Oct. 23, 2017.

Poloso and Gallop are being assisted by local FIFA referee instructors Lemusa Alatasi, Sione Mau and Talalelei Faalavaau.



ACCURACY

We make an issue of it every day.

If you want to comment about our accuracy, call Samoa News at 633-5599



samoa news



**American Samoa Government
OFFICE OF THE GOVERNOR**

PROCLAMATION

NATIONAL CYBER SECURITY AWARENESS MONTH

WHEREAS, American Samoa recognizes that it has a vital role in identifying, protecting, and responding to cyber threats that may have significant impact to our individual and collective security and privacy; and,

WHEREAS, we recognize the vital role that technology plays in our daily lives and in the future of our Territory and Nation, whereby today many citizens, schools, libraries, churches, businesses and other organizations use the Internet for a variety of tasks, including keeping in contact with family and friends, managing personal finances, performing research, enhancing education and conducting business; and,

WHEREAS, critical infrastructure sectors are increasingly reliant on information systems to support financial services, energy, telecommunications, transportation, utilities, health care, distance learning and emergency response systems; and,

WHEREAS, the use of the Internet at the primary and secondary school levels in American Samoa enhances the education of our youth by providing them access to online educational research materials; and at institutions of higher education, the use of information technology is integral to teaching and learning, research, and outreach and service; and,

WHEREAS, Internet users and our information infrastructure face an increasing threat of malicious cyber attack, loss of privacy from spyware and adware and significant financial and personal privacy losses due to identity theft and fraud; and,

WHEREAS, the U.S. Department of Homeland Security has established the Office of Cybersecurity and Communications and has devoted resources within it solely to support the strengthening and securing of the country's cyber infrastructure at the state, local, tribal, and territorial levels; and,

WHEREAS, the Stop.Think.Connect.™ Campaign (www.stopthinkconnect.org or www.dhs.gov/stopthinkconnect) is a national effort coordinated by a coalition of private companies nonprofits and government organizations to raise awareness about cyber security among all digital citizens, helping them stay safer and more secure online; and,

WHEREAS, the National Institute for Standards and Technology Cybersecurity Framework and DHS's Critical Infrastructure Cyber Community (C3) Voluntary Program have been developed as free resources to help organizations (large and small, both public and private) implement the Cybersecurity Framework and improve their cyber practices through a practical approach to addressing evolving threats and challenges; and,

WHEREAS, in support of the Cybersecurity Framework and to better assist business and government entities in addressing cyber threats, the Center for Internet Security/Multi-State ISAC, the Council on CyberSecurity, the Governors Homeland Security Advisors Council, and public and private sector entities have developed an effort to promote good cyber hygiene through actionable guidance for government and businesses, and to promote innovation, strengthen cybersecurity investment and enhance resilience across all sectors; and,

WHEREAS, maintaining the security of cyberspace is a shared responsibility in which each of us has a critical role, and awareness of computer security essentials will improve the security of American Samoa's information infrastructure economy; and,

WHEREAS, the President of the United States of America, the U.S. Department of Homeland Security (www.dhs.gov/cyber), the CIS/Multi-State Information Sharing and Analysis Center (www.cisecurity.org/ms-isac), the National Association of State Chief Information Officers (www.nascio.org), the Council on CyberSecurity (www.counciloncybersecurity.org), the National Cyber Security Alliance (www.staysafeonline.org) and the Stop.Think.Connect. Campaign website (www.stopthinkconnect.org or www.dhs.gov/stopthinkconnect) have declared October as National Cyber Security Awareness Month; and all Citizens are encouraged to visit these sites, to learn from the American Samoa Department of Homeland Security as it provides outreach to teach about cyber security; and to put that knowledge into practice in their homes, schools, workplaces, churches and businesses.

NOW, THEREFORE I, LOLO MATALASI MOLIGA, Governor of American Samoa, do hereby proclaim the month of October 2017, to be the **NATIONAL CYBER SECURITY AWARENESS MONTH** in American Samoa.

IN WITNESS WHEREOF, I have hereunto affixed my signature and the Seal of my Office on this 11th day of October, in the year of our Lord two thousand seventeen.

LOLO MATALASI MOLIGA
Governor of American Samoa

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FAIRNESS

We make an issue of it every day.

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Local...

Continued from page 1

of his co-workers, Paselio, who was the first to strictly follow it - and the results were immediate. Paselio lost 9lbs. and several inches of fat in his first 5 days on the program.

The remarkable transformation led Spitzenberg to take the program a step further, creating a Facebook Group and inviting his Facebook friends to join. The best thing about the SSY program: it's FREE! There's no need to meet, go to the gym, or starve. "The entrance fee is your desire to change and a commitment to follow the program," Spitzenberg said. "Everything you need to succeed in your weight loss journey is inside."

The program is simple: It is built on the 5 Pillars of Success created by Spitzenberg's mentor Craig Ballantyne, owner of Turbulence Training and Early to Rise. The 5 Pillars - 1) Social Support, 2) Accountability, 3) Plan & Prepare, 4) Incentive, 5) Set a Deadline - are required in order for any healthy living weight loss program to be successful, and all are covered in the SSY FB Group, where everyone works together to achieve the same goal. "The 'a smile is contagious' philosophy is how we operate in the SSY family," Spitzenberg said. "Imagine coming in to a place where everyone is cheering you on and giving you positive reinforcements to get you going on your journey. It makes it a whole lot easier to succeed when you have a slew of like-minded people cheering you on. Negativity is not allowed in the group." The program has 3 phases. Phase 1 deals with controlling sugar cravings and empowering people to make wise food choices. Phase 2 focuses on stopping sugar cravings and killing the bad 'sugar bacteria' in the gut that wreaks havoc on metabolism, and also stresses the importance of exercise - the second catalyst that helps burn body fat. "These exercises are specifically designed to target fat burning and increase your metabolism so you can continue to burn fat while you sleep and get stronger at the same time," Spitzenberg explained, adding that the exercises can be done at home, at

the park, or wherever. Phase 3 focuses on "the secret sauce that will catapult your fat burning furnace to new heights." This is perfect for those wanting super low body fat, those having a hard time burning off that last 20lbs or getting rid of the few inches of fat in the belly area.

"The main goal of the SSY program is to empower individuals by giving them the proper 'tools' and knowledge needed to finally conquer their weight loss goals and live a slimmer stronger version of themselves," said Spitzenberg. "It's quite sad to see so many of our own people suffering from diabetes, high blood pressure, and other ailments that can be controlled and even cured by living a healthy lifestyle. This program helps in all these areas."

SSY has members in California, Utah, the Philippines, Apia, and other places in the world. "My personal goal is to get to 1,000 members by the end of this year and hopefully get all the local folks to join," Spitzenberg said.

The majority of SSY members are female who "seem to be the more committed ones."

"We do have some men on the team, and they are actually making some noise." So far, the most weight loss recorded in the least amount of time is a male who lost 17lbs. in 5 days.

The record for most inches lost in one week is a woman who lost over 12 inches of body fat. "I am happy to say that 100% of the people who have followed the program, even when they don't stick to it 100% of the time, have seen amazing results," he continued. "I myself lost 40lbs following the same program." Paselio P. reports losing a total of 22lbs in 4 weeks, in addition to dropping 3 pant sizes. Dave V. posted, "Started this program Thursday at 293lbs. Five days later I'm at 276.5lbs. Haven't been at this weight in years."

On her post, Helen P. wrote, "Dropped 3lbs after 1 day"

"After 2 days of sticking to this program... I am down 5lbs and didn't even exercise this weekend. Finally, something that works," wrote Manda T.

Those interested in joining the SSY movement can join the group on Facebook at www.facebook.com/groups/Slimmer-StrongerYou or email wsplitzenberg@gmail.com

"The SSY program will work for anyone no matter their age, body type, gender, or past experience with weight loss. There is no need for magic pills, super juices or expensive supplements in the SSY program. All you need is a desire to change and a determination to take action. Action takers rule the world. I will guarantee any skeptic out there that if they give this program a try even for just one day, they will see amazing results. SSY is at a 100% success rate so far," Spitzenberg said.

"I always recommend you check with your doctor before trying any new program and this is no different. However, I am quite certain your doctor will give this program two thumbs up."



세계인과 함께 하는 KBS WORLD  CHANNEL 47 * (E) English Subtitles * (L)-Live Programming/News * (R)-Rerun									
"Channel 47" KBS WORLD Program of American Samoa									
The programs listed below may change without notice due to copyright issues.(Oct 29~Nov 04, 2017)									
Time of American Samoa	Sunday (10/29)	Monday (10/30)	Tuesday (10/31)	Wednesday (11/01)	Thursday (11/02)	min	Friday (11/03)	Saturday (11/04)	min
10 : am	00' K-pop World Festival	Hollo Counselor (E,R)	The Return of Superman	Drama Special 2017 (E,R)	Happy Together (E,R)	00'	Music Bank (E,R)	Encore Drama	00'
11 : am	10' Battle Trip (E,R)	Encore Drama "Big Man" (E,R)				00'	The Beauty (E,R)	"Big Man"	
12 NOON	30' Music Bank (E,R)	Daily Drama "The Secret of My Love" (E,R)				50'	K-pop World Festival		
1 : pm	50' The Return of Superman (E,R)	Daily Drama "Lovers in Bloom" (E,R)						(E,R)	
2 : pm	30' Two Days and One Night (E,R)	Entertainment Weekly (E,R)	Witch's Court Mon-Tue Drama (E,R)	Mad Dog Wed-Thu Drama (E,R)		30'	K-RUSH (E,R)	K-RUSH (E,R)	30'
3 : pm	50' Encore Drama "Big Man" (E,R)	Hollo Counselor (E,R)	The Return of Superman	Drama Special 2017 (E,R)	Happy Together (E,R)	50'	Battle Trip (E,R)	Music Bank (E,R)	50'
4 : pm	00' Encore Drama "Big Man" (E,R)	Mon-Tue Drama Witch's Court (E,R)	Weekend Drama My Golden Life (E,R)	Wed-Thu Drama Manhole (E,R) Final	The Return of Superman (E,R)	00'	My Golden Life Weekend Drama (E,R)		00'
5 : pm	10' Encore Drama "Big Man" (E,R)	Mon-Tue Drama Witch's Court (E,R)	Weekend Drama My Golden Life (E,R)	Wed-Thu Drama Mad Dog (E,R)	Two Days and One Night (E,R)		Mon-Tue Drama Witch's Court (E,R)	Wed-Thu Drama Mad Dog (E,R)	
6 : pm	20' Gag Concert	Daily Drama "The Secret of My Love" (E,R)					Hollo Counselor (E,R)		20'
7 : pm	40' Food Odyssey (E,R)	Entertainment Weekly (E,R)	Witch's Court (working title) Mon-Tue Drama (E,R) Final	Music Bank (Live)		40'	Happy Together (E,R)	Battle Trip (E,R)	40'
8 : pm	00' Immortal Songs 2 (E,R)	Hollo Counselor (E,R)	The Return of Superman	Drama Special 2017 (E,R)	K-RUSH (E,R)	00'	Gag Concert (E)	"The Return of Superman" (E)	00'
9 : pm	40' Daily Drama "The Secret of My Love" (E,R)	Daily Drama "Lovers in Bloom" (E,R)				20'	Immortal Songs 2 (E,R)	Two Days and One Night (E)	40'
10 : pm	20' Daily Drama "Lovers in Bloom" (E)	KBS 9 News (Live)					My Golden Life Weekend Drama (E)		20'
11 : pm	00' Entertainment Weekly (E,R)	Witch's Court Mon-Tue Drama (E)	Mad Dog Wed-Thu Drama (E)		30'	Mon-Tue Drama Witch's Court (E,R)	Wed-Thu Drama Mad Dog (E,R)	30'	
12 : 00	00' Hollo Counselor (E)	The Return of Superman	Drama Special 2017 (E)	Happy Together (E)	Music Bank (E)	50'	Gag Concert (E,R)	"The Return of Superman" (E,R)	50'
Next Day	20' Encore Drama "Big Man" (E)	Heritage Tomorrow				10'	Immortal Songs 2 (E,R)	Two Days and One Night (E,R)	30'
1 : am	40' Food Odyssey (E,R)	Battle Trip (E,R)	The Beauty (E,R)	K-RUSH (E,R)	Entertainment Weekly (E,R)	50'	My Golden Life Weekend Drama (E,R)		50'
2 : am	40' Immortal Songs 2 (E,R)	Gag Concert (E,R)	"The Return of Superman" (E,R)	Two Days and One Night (E,R)	Battle Trip (E,R)	10'	"Big Man" (E,R)	The Beauty (E,R)	00'
3 : am	20' Entertainment Weekly (E,R)	Witch's Court Mon-Tue Drama (E,R)	Mad Dog Wed-Thu Drama (E,R)		00'	Guerilla Date (E)			00'
4 : am	30' Hollo Counselor(E,R)	Return of Superman	Drama Special 2017	Happy Together	Music Bank (E,R)				

*Note: If you need this Schedule, e-mail <hyunhwilee@gmail.com>. and I will send it to you every week!"

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OCTOBER 26 - 29, 2017



Thursday, 10-26-2017

11:00 A.M. WELCOME
11:30 A.M. WELCOMING of Apaula and Crew
12:00 BREAK
1:00 P.M. TOUR OF Apaula with Tufuga Su'a Fitiao Wilson
4:00 P.M. CLOSE FOR THE DAY

Friday, 10-27-2017

11:00 A.M. OPEN
11:30 A.M. Cooking tour with breadfruit, taro dessert and organic drinks.
12:00 P.M. BREAK
1:00 P.M. LOCAL FOOD & DESSERT TASTING
Book for Tisa's weaving class and Umu preparation.
Guided Tour of Alega Marine sanctuary

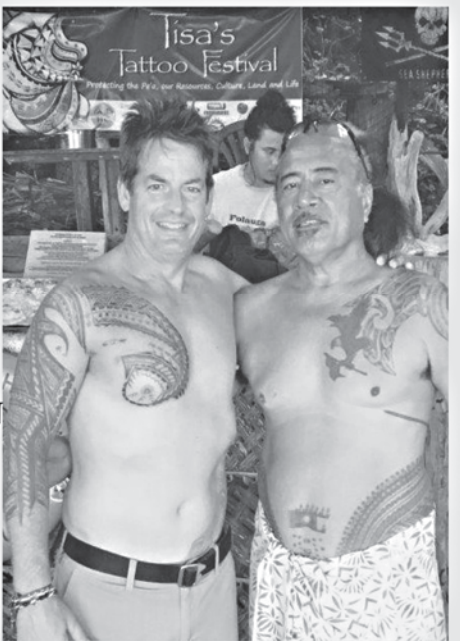
Saturday, 10-28-2017

11:00 A.M. OPEN
Tattooing
1:00 P.M. WELCOMING OF Ms. American Samoa
Ava ceremony
2:00 P.M. Skits by ASCC Fine Arts department
2:30 P.M. FA'ALIGA PE'A & MALU COMPETITION
4:00 P.M. CLOSE FOR THE DAY

Sunday, 10-29-2017

11:00 Tattooing begins
Entertainment
Tattoo Ink fashion parade of 2017.
International Ink competition
Award winning ceremony
5:00 P.M. Tattoo Fest comes to a closure with an After-Hour Bash!!

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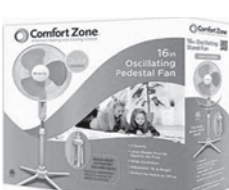
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MONDAY TO FRIDAY: 7:30AM-5:00PM SATURDAY :8:00AM-1:00PM



FILE - In this Aug. 26, 2017, file photo, Oakland Raiders' Denico Autry (96) and Dallas Cowboys' Jonathan Cooper (64) face off at the line of scrimmage during a preseason NFL football game in Arlington, Texas. Cooper joined the Cowboys as an afterthought in January when they were preparing for the playoffs. Now the former top 10 pick by Arizona is a starter on a Pro Bowl-laden offensive line that is starting to find last season's form.

(AP Photo/Roger Steinman, File)

**Cowboys lineman Cooper
parlays health into starting job**

FRISCO, Texas (AP) — Jonathan Cooper didn't win a starting job on the Pro Bowl-laden offensive line of the Dallas Cowboys coming out of training camp.

The former top 10 pick by Arizona was borderline ecstatic anyway. He was healthy.

In part because of that, he ended up a starter four games into the season — for a third different team over three seasons since injuries shortened his time with the Cardinals and never gave him a chance to make a difference in New England after a trade.

"That's played a major role in kind of how my career has gone," Cooper said of a series of injuries, starting with his rookie year getting wiped out by a broken leg in a preseason game after Arizona drafted the

former North Carolina standout seventh overall in 2013.

"To make it through camp, it's like, 'Well, you aren't the starter.' I thank God I'm healthy. Guys getting banged up. And I made it out completely healthy. To me, that was a great step in the right direction for this season."

Chaz Green was the left guard for the Cowboys the first three games, while Cooper was inactive. Twice in those three games, the NFL's No. 2 rushing offense from last season was held under 100 yards. In the three games since, Dallas hasn't had fewer than 163 yards rushing.

Talk of the Dallas offensive line always starts with three Pro Bowl players from the past three seasons — 2014 All-Pro right guard Zack Martin, center Travis Frederick and left tackle Tyron Smith.

There was some shuffling outside that core in the off-season with right tackle Doug Free's retirement and the free agency departure of left guard Ronald Leary. La'el Collins, who took Leary's job in 2015 before getting hurt last season, moved into Free's spot.

Green had mostly been a tackle since the Cowboys drafted him in the third round two years ago, but they gave him a shot at left guard.

Cooper's resurgence pushed Green back into the swing tackle spot. Green subbed for Smith late in a 40-10 win over San Francisco last week, with Smith battling back and hip issues.

"He's certainly got the skill

to play the position," offensive coordinator Scott Linehan said of Cooper. "He's been on a few teams and he's used that to his advantage to have an edge up so to speak."

Cooper played 24 games with 11 starts over two seasons before the Cardinals traded him to the Patriots in the offseason last year. A foot injury led to his release a month into the 2016 season.

After three starts in five appearances with Cleveland, Cooper was released by the Browns. He signed with the Cowboys a week later at a strange time — after the regular season, with the NFC's top seed waiting to find out who its first playoff opponent would be.

Cooper didn't know what it might mean for 2017, and ended up signing a one-year contract in March.

"I wasn't certain of anything to be honest," he said.

That mentality really hasn't changed now that he's starting again, nor does he spend much time thinking about whether he's still trying to prove himself four years after the Cardinals made him the fourth offensive lineman among the first seven picks.

"It's been one of those things where I've honestly had to forget it because people are constantly trying to remind you, but not in a positive fashion," Cooper said. "It's, 'Well, you were top 10 and you haven't done this, you haven't done that.'"

"It kind of was a springboard into my career, battling back from adversity."

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FILE - In this Oct. 16, 2017, file photo, Indianapolis Colts kicker Adam Vinatieri (4) boots a field goal against the Tennessee Titans in the first half of an NFL football game in Nashville, Tenn. Rigoberto Sanchez (2) holds the ball. Vinatieri, the oldest, longest-tenured active player in the league and the last vestige of NFL Europe, still is not ready to hang up his cleats, not with so many items left on his to-do list.

(AP Photo/James Kenney, File)

Vinatieri ready to take next step on NFL’s scoring list

INDIANAPOLIS (AP) — Adam Vinatieri grew up in small-town South Dakota hoping for a chance to play in the NFL.

He never dreamed his career would last this long, come with so many accomplishments or allow him to keep adding chapters to his football legacy well into his 40s.

It seemed as unfathomable then as it does today. Yet, here in Week 8 of his 22nd NFL season, the longest-tenured player in the league and the last vestige of NFL Europe is too busy crossing off items on his to-do list to ponder retirement.

“I don’t put a limit on it anymore,” Vinatieri said when asked about playing next season. “I’m feeling good now, so hopefully I can play next year, and if I’m still feeling good next year, we’ll see after that.”

While the Indianapolis Colts (2-5) have struggled, their 44-year-old kicker has continued to excel. Though Vinatieri has missed two extra points getting acclimated to a new long snapper and a new holder, he is 12 of 13 on field goals, has scored 45 points and is on pace for an unprecedented 20th 100-point season — even without Andrew Luck playing a down.

Former punter Pat McAfee often explained the key to Vinatieri’s success was his passion for working out, a concept he’s been fine-tuning since he entered the league in 1996.

But keeping track of exactly where Vinatieri fits on the list of greatest kickers is becoming a full-time job.

This week, the focus is on his pursuit of Gary Anderson, who is second on the league’s career scoring list (2,434 points). Vinatieri needs 12 points to pass him and 23 to move within double digits of career scoring leader Morten Andersen (2,544). Vinatieri’s next chance comes Sunday at Cincinnati (2-4) and he can’t wait after not making an appearance in last week’s 27-0 loss to Jacksonville.

“It’d be pretty cool,” Vinatieri said. “At the beginning of this year, I knew with a good season, I could get one (Anderson) and if I have another good year, I could get the second one. So it’s in the back of your mind.”

Milestones have become the defining feature

of Vinatieri’s career.

He’s played in five Super Bowls, won four and delivered the winning kicks in two. He also missed tackles on Desmond Howard and Devin Hester, who returned his kickoffs for scores in the big game.

But the more memorable kicks may have been the two he made to beat Oakland in the AFC championship game, the “Tuck Rule Game,” just before New England’s first Super Bowl win.

And it’s not easy keeping track of the scoring charts.

Already this season, Vinatieri has passed Andersen for most field goals from 20 to 29 yards (176); Anderson for second in career regular-season wins (203); George Blanda for No. 3 in field goal attempts (642); Jason Hanson for No. 5 in games played (328); and three weeks ago, Vinatieri made his 10th winning kick in overtime, a league record.

He’s also closing in on others.

Vinatieri needs 24 field goals to pass Andersen (565) for No. 1 all-time, and seven more regular-season wins would break Blanda’s record (209).

Not bad for the great, great grandson of Gen. George Custer’s bandmaster.

Vinatieri attended South Dakota State, got his first taste of pro football in Amsterdam, and made enough of an impression on Hall of Fame coach Bill Parcells to land an NFL job.

It didn’t take him long to prove why he’s the best clutch kicker in league history.

“You put your hands up, it’s going in,” receiver T.Y. Hilton said after Vinatieri’s 51-yard field goal beat San Francisco. “Our job once we got the ball back was to get him in range. We got him in his sweet spot and he nailed it.”

Just like he’s done for more than two decades.

And if Vinatieri gets his way, he’s not going to stop until he finishes with the most unimaginable record of all: top scorer in NFL history.

“I’ve met both of them, I’ve spent a little time with them but not a lot,” Vinatieri said, in reference to Anderson and Andersen. “I always looked up to them as a kicker. I mean how can they not be your heroes? I remember Morten and Gary retired after something like 24 or 25 years, and just thinking I couldn’t believe it.”

IN THE COMMUNITY

(Photos: Evaga)





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Fesiligia e le Fa'amasinoga auala saili ai Leoleo fualaau fa'asaina

tusia Ausage Fausia

O le teena ai e le Fa'amasinoga Fa'aitumalo o le mataupu na tu'uia ai se ali'i talavou, i lona umia lea o vaega o le pauta fa'asaina o le aisa, ua atagia mai ai le fesiligia e le Fa'amasinoga o le auala o lo o fa'atautaia ai e Leoleo la latou galuega, mo le sailia lea o vaega o fualaau fa'asaina i totonu o le atunu'u.

E ui o lo o tu'uaia e le malo
i le latou tagi fa'asaga ia Meth-
odist Kuka Mika, le maua i ai
e Leoleo o vaega o le pautā
fa'asaina o le aisa, peita'i i le
silasila a le Fa'amasinoga e
pei ona taua e le afioga i le ali'i
Fa'amasino ia Fiti Sunia i lana
fa'aiguga, o le auala na fa'atino
ai e Leoleo la latou sailiga, ua
atagia manino mai ai le soli ai
o aia tatau o Mika o lo o sipela
mai e le Fa'avae a Amerika
Samoa.

Ona o lea tulaga, na faia ai loa e Sunia le fa'aiuga ina ia teena le tagi faasaga ia Mika i le vaiaaso nei, i le mae'a ai lea ona fa'afofoga o le Fa'amasininga i le molimau tauto mai le ali'i Leoleo sa autu i ai le su'esu'eina o le mataupu a Mika, susuga Lt. Tolia Solaita Jr, o ia lea o le Sui Ta'ita'i o le Vaega Faapitoa a Leoleo o lo o sailiga Fualaau Fa'asaina (Vice & Narcotics Unit).

Na tu'u'uaia e le malo ia Mika i le moliaga mamafa o lona umia fa'asolitulafono lea o vaega o le pauta fa'asaina, le itu'iga o le aisa. O lea solitulafono, e mafai ona fa'asala ai se tasi i le toese mo le umi e le silia i le 5 tausaga, poo le fa'asala i le salatupe e le silia i le \$5,000, poo fa'asalaga uma fo'i ia e lua.

I le ulua'i iloiloga o le mataupu a Mika sa faia i le vaiaso nei, na iloilo ai e le Fa'amasinoga mau a le malo, pe lava ma totoo e lagolagoina ai tu'uaiga fa'asaga ia Mika.

Na taua e le ali'i Leoleo ia Lt. Solaita Jr e fa'apea, i le po o le aso 12 Setema na te'a nei, na taofia ai e Vaega Faapitoa a Leoleo se ta'avale i luma o le malae taalo i Tafuna (Veterans Stadium), ina ua molimauina le leotele o le leo o le mafa.

I totonu o le ta'avale, sa i ai
le ali'i ave ta'avale, fa'apea ai
ma Mika o lo o nofo i le nofoa o
le pasese. E 3 ta'avale Leoleo, o
Leoleo e to'a 6 ma le ta'ifau mai
le vaega a le K-9 na aofia uma i
le taimi na taofia ai le ta'avale
sa malaga atu ai Mika ma le ave
ta'avale.

I le taimi na taofi ai e Leoleo

le ta'avale, na aga'i atu ai le
Ta'ita'i o le Vaega Faapitoa a
Leoleo, susuga Captain Lima
Togia ma talanoa i le ave
ta'avale, ae o Lt. Solaita Jr na
talanoa ma Mika i le itu o le
pasese.

Na taua e Lt. Solaita Jr i lana molimau e faapea, a o la talanoa ma Mika, o le taimi lea na alu atu ai le ta'ifau faapitoa a Leoleo ma sogi sogi fa'ata'amilo i le tino o le ta'avale. E le i umi ona ta'amilo le ta'ifau ae vaايا loa lona fa'ailoa atu o se fa'ailoilo e ta'u atu ai i Leoleo, o lo o i ai fualaau fa'asaina i totonu o le ta'avale. O le taimi lava fo'i lea na fa'atunuina ai loa ia Mika ma le ave ta'avale e o i fafo o le ta'avale ae se'i fa'auau le sailiina o totonu o le ta'avale.

E le i maua e Leoleo ni fualaau fa'asaina i totonu o le ta'avale. Ae ina ua sailia le tino o Mika, sa maua ai se paipa e ula ai le aisa, fa'atasi ai ma se pepa iila o lo o i ai vaega o le pauta pa'epa'e sa i totonu o le taga o lona ofuvae sa fai. Na faia se suga i le pauta pa'epa'e ma fa'amaonia ai, o vaega ia o le pauta fa'asaina o le aisa.

Ina ua fesiligia e Leoleo
poo ai e ana fualaau fa'asaina,
na ta'utino Mika, o meatotino
uma a ia sa maua i le taga o lona
ofuvae.

Na finau le loia a le malo ia Christy Dunn e fa'apea, na malie atoatoa Mika e su'e e Leoleo lona tino. Ina ua maua fualaau fa'asaina ia te ia, sa ia ta'utino i Leoleo o ana mea-totino ia. I lona talitonuga, sa tusa ma le tufalono le auala na taofia ai e Leoleo le ta'avale na malaga ai Mika, lea na mafua ai ona maua e Leoleo fualaau fa'asaina ia te ia.

Ae na finau le loia a Mika
ia Ryan Nelson e fa'apea, o
le gaioiga sa faia e Leoleo, na
matua atagia mai ai le a'afia
o aia tatau o Mika i lalo o le
Faavae. E talitonu Nelson, e
leai se Leoleo e agava'a i le
iloiloina o le ituaiga leotele e
tatau ona leotele ai le mafa o le
ta'avale. Na fa'ai'u lana fola-
saga i lona talosagaina lea o le
fa'amasinoga ina ia fa'aleaoga
le tagi fa'aaga ia Mika, lea fo'i
na talia e le Fa'amasinoga.

Saunoa Sunia e fa'apea, o le gaioiga a Leoleo sa faia, i le olatu uma lea o Leoleo e to'a 6, o ta'avale Leoleo e 3 atoa ai ma le ta'ifau i le taimi na taofi ai le ta'avale na malaga ai Mika, o le ata vaaia lea o le latou fuafuaga e taofi le ta'avale ae saili pe maua i ai ni fualaau fa'asaina.



O se va'aiga i le toe taimi, ma le fa'amanuia sa latou fa'ailoa ai, e ao ina malosi le una'iga o le HOSA i o latou a'oga uma o auai ai. [ata: Leua Aiono Frost]

[ata: Leua Aiono Frost

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Le afioga i le Fofoga Fetalai o le maota o sui, tofa Savali Talavou Ale, ma le faletua ia Fialupe Felila Fiaui Lutu, i se la ata sa pu'eina i le maota fono tuai i le masina o Aperila o le tausaga lenei.

[ata AF]

Manumalo Fialupe Lutu i le fa'aiuga le tumau Palota Itumalo Sua #1

tusia Ausage Fausia

Ua fa'amaonia mai i le fa'aiuga le tumau o le faiga palota Fa'apitoa a le Itumalo o Sua #1, le manumalo o le sui tauva tama'ita'i ia Fialupe Felila Fiaui Lutu, i le aofa'i o le palota e 94 mai le aofaiga atoa o tagata palota e 357 o lo o i totonu o le lola palota a le itumalo.

Mai sui tauva e to'a 6 na tausinio i le nofoa o le itumalo, o le afioga a Tuifagalilo P. Vele na sosoo ai ana palota e 72; o Tuialofa Fa'alae Lauatuaa Tunupopo e 64 ana palota; Laloni P. Malo e 57 ana palota; o Uele Fale Uele e 50 ana palota; ma Ketesemane Meaole e 20 ana palota.

I le mae'a aloaia ai o le palota faapitoa sa alo atu i ai le itumalo i le aso 24 Oketopa, na tuuina mai ai loa e le Komesina o le Ofisa o Palota, afioga Uiagalelei Lealofi se tusitusiga mai lona Ofisa, e fa'aילו aloaia mai ai le fa'aiuga le tumau a le itumalo.

Ina ia tusa ai ma tulafono tau

palota, o le tuana'i ai o aso e 7 talu mai le aso na mae'a ai le faiga palota, o le aso Lua lea o le vaiaso fou, aso 31 Oketopa i le itula e 4:30 i le afiafi, e aloaia ai loa le fa'aiuga o le palota e pei ona tuuina mai.

O le faletua ia Fialupe, o lo o avea ma Failautusi o le maota o sui, ma ua silia i le 40 tausaga o lana auaunaga i le Fono Faitulafono a Amerika Samoa.

O se tulaga lelei mo ia le tofiga fou pe afai ae aloaia le fa'aiuga o le sailiga tofi a le itumalo, e le gata ua masani i le fa'atautaiga o galuega a le maota o sui, ae sili ai fo'i le tele o lona silafia i tulaga o tulafono e fa'afoe ai galuega fa'a faipule.

E pei ona silafia, o le nofoaga o le itumalo o Sua #1, na avanoa ina ua fa'amavae le susuga a Puleleite Li'a Tufele Jr i nai masina ua mavae atu, ina ua filifilia o ia e le Kovana ia Lolo Matalasi Moliga e avea ma Pulesili o le Ofisa o Fesootaiga a Amerika Samoa (ASTCA).

HOSA - 220 totino fou tapena tomai mo faleuega fau fa'afoma'i

tusia: Leua Aiono Frost

O fanau aoga mai aoga mauaululuga ma le Kolisi Tu'ufa'atasi sa fa'aulu i le Polokalama a le HOSA na fa'atumulia ai le Gov, Rex Lee Auditorium i le aoauli o le aso Lulu. Sa fa'atasi ai ma sui ua mae'a avea ma totino o le HOSA, matua ma aiga ae maise sui o le Matagaluega o A'oga a le Malo.

O le aofai o i latou na fa'aulu e 220, peita'i o sui tuai na atoa i ai le 300+ o le fanau a'oga i le Kolisi Tu'ufa'atasi ma a'oga mauaululuga e ono ua tu'utoina latou taumafaiga i a'oa'oga mauaululuga, ia fa'aagaaga mo avanoa faigaluega e tautua ai mo le tausiga o le soifua maloloina ma togafitiga o gasegase.

Ua tolu ai nei o tausaga talu ona amata mai lenei faamomoe, ma o le tausaga muamua na fa'aulu ai le to'a 115 fanau aoga i le HOSA, o le tausaga lona lua e 175.

Peita'i o nisi e to'a 18 o i latou mai le 220, o lo ua fa'aauau nei ona tauavea mataupu e agava'a ai i so'o se vaega lava e fa'aautu i le tautuaina o le soifua maloloina e aofia ai le avea ma Tausima'i, Foma'i, tagata su'esu'e fa'asaeana i gasegase ma vaifofo i gasegase, tausiga o le soifua Maloloina ma Mea'ai Paleni ma isi lava ituaiga o tautua e faia sona vaega i le tausiga o le soifua maloloina.

O nisi nei o fa'amaumauga ua mafai ona fa'aילו mai e i latou o nafa ma le taumafaiga o le Polokalama a le HOSA i le

tatou Matagaluega o le Soifua Maloloina.

I le polokalama fa'asolo i le aso Lulu, sa auai le Fa'atonu o Aoga ma tima'i i le fanau ma fa'aילו fo'i le naunauta'iga o le Matagaluega ina ia a'oa'oina i latou i nei ituaiga o tomai e agava'a ai mo le tausiga o le soifua Maloloina ma togafitiga o gasegase.

"Ia tua fo'i le tatou Malo ia i tatou lava i le lumana'i, ina ua outou agava'a i nei tomai mo'omia ma toe fa'aalu ai le tele o vaega tupe a le Malo e totogia ai nisi mai fafo e togafitia o tatou tagata. O se mana'oga sili lea ona fia maua e le Malo," se vaega lea o lana tima'iga a Dr. Ruth Matagi-Tofiga.

Na ia fa'amalo i le filifiliga ua faia e le fanau, e fa'aילו ai, o lo'o manatu i latou i le lumana'i o tatou tagata fa'atasi ai ma le tatou Malo. Fa'afetaia e ia le au galulue o i latou o fa'aautu i ai le HOSA i totonu o le Kolisi, ma ua soloa'i mai ai i le vasega o tatou a'oga mauaululuga e lima ma le a'oga tumaoti e tasi, le South Pacific Academy.

O le fofoga fa'apitoa o le aso, na tu'uina i se tasi o na latou amata maia le HOSA i le Kolisi Tu'ufa'atasi, o se sui o le Komiti Fa'afoe o le HOSA - ASCC, Dr. Robin Faumuina, na ia fa'aילו, "Afai e te taumafai i se suiga, amata mai ia te oe, le foliga e te va'aia i taimi uma i lau fa'aata."

"Sui mai lou uiga, tamau ai i (Faauau itulau 11)



Fanau i le launa pito i tua ma matua ma aiga, na auai i le fale laumei i Utulei e fa'aulufale sui fou o le HOSA i Aoga mauaululuga e 6 ma le Kolisi Tu'ufa'atasi a Amerika Samoa.

[ata: Leua Aiono Frost]



Onosa'i l Mea Tiga

Tusia: Akenese Ilalio Zec
VAEGA: 142

Alo maia, o le a toe fa’auau atu la tatou tala. O lea ua feiloa’i nei Tiaseuoali’i ma lona tuafafine o Onosa’iimeatiga lea o lo’o galulue i le galuega a le Atua ma lona to’alua, le Fa’afeagaiga o Peniamina. Fai mai, o le tele o aso, a a’e ane le faiva o le tama, o se fiafiaga sili lea i a Lilo ma Loleta, aua o lea ua toe feiloa’i ma si a la tama.

O le va’a fagota na fa’atau e le tuafafine o lona tama mo ia, o lea ua fa’aaoga e le tama mo ona faiva, e to’alima taulele’a o le nu’u ua tofia e Tiaseu latou te fagogota i luga o lona va’a. O aso uma e alu ai le va’a fagota a Tiaseu, fai mai e lagona lava e Lilo le popole o lona loto ma e fai lava i lona atali’i, ae tasi lava le tala a Tiaseu, “Tama, ‘aua e te popole o se mea ou te fiafia e fai, fa’afetai atu i a te oe, i lou onosa’i ae ‘aua e te popole, o lo’o sologa lelei lava mea uma.”

Fai mai, o aso uma lava e alu ai le faiva, pei e tau pe le fatu o le toaina o Lilo, aua e auau lava i lona atali’i lea, aua e to’atasi ia, ae to’afa teine. E le o iloa ane lava e se tasi fa’alogona mafatia o Lilo pe a alu le faiva o si ona atali’i, ona o le popole o lona loto, ne i tupu mai ai se fa’alavelave.

Fai mai, e o’o fo’i i a Filipina ma Luisa, e alu le solo a lo’omatutua e fa’ae’e le faiva o Tiaseu i aso uma e alu ai. A uma,

ona o mai lea o lo’omatutua ua nofonofu i luga o le taligalu ua ma’ea ona fai, e ala i le finau malosi a si o la tuagane o Lilo-maiava i le Malo, o lea ua mafai ai ona maua le taligalu mo si o latou nu’u.

Fai mai, e saofafa’i ifo lava le tagata ia ma soloi ona mata, ma tilotilo atu i le alu o le va’a a si o la tei. Fai mai le tala, o isi aso, e ta’i tolu aso o alu le va’a a Tiaseu ma ana tama e to’afa, a a’e mai loa lava, fai mai, e a’ai uma ai le nu’u atoa, e tufa e le tama i nai tama ma tina matutua, ae maise o Fa’afeagaiga o le nu’u. Ae e le misi le ‘ia taumafa a le Fa’afeagaiga o Peniamina ma lona Faletua o Onosa’iimeatiga, i so’o se aso e a’e mai ai le faiva o le tama o Tiaseuoali’i.

Fai mai, a a’e mai nei le faiva, e fa’atali uma e tagata o le nu’u, aua, e ‘ese le mau o faiva a le tama o Tiaseuoali’i ma lana au faigaluega. O manuia ia ua uma ona fa’amanuia ai Fa’afeagaiga uma o le nu’u, ae maise o si ona tuafafine o Onosa’iimeatiga lea o lo’o galulue i le galuega a le Atua ma le Fa’afeagaiga o Peniamina.

O le faiga a Tiaseu, se i iloga lava ua tofufusia uma tagata, ona fa’atoa ave lea o ‘ia e fa’atau aua le tofogi o ana tama faigaluega lea o lo’o latou galulue fa’atasi. Fai mai, ua aga’i i luma le pisinisi a Tiaseuoali’i, ma ua iloa fo’i e ona matua ae maise

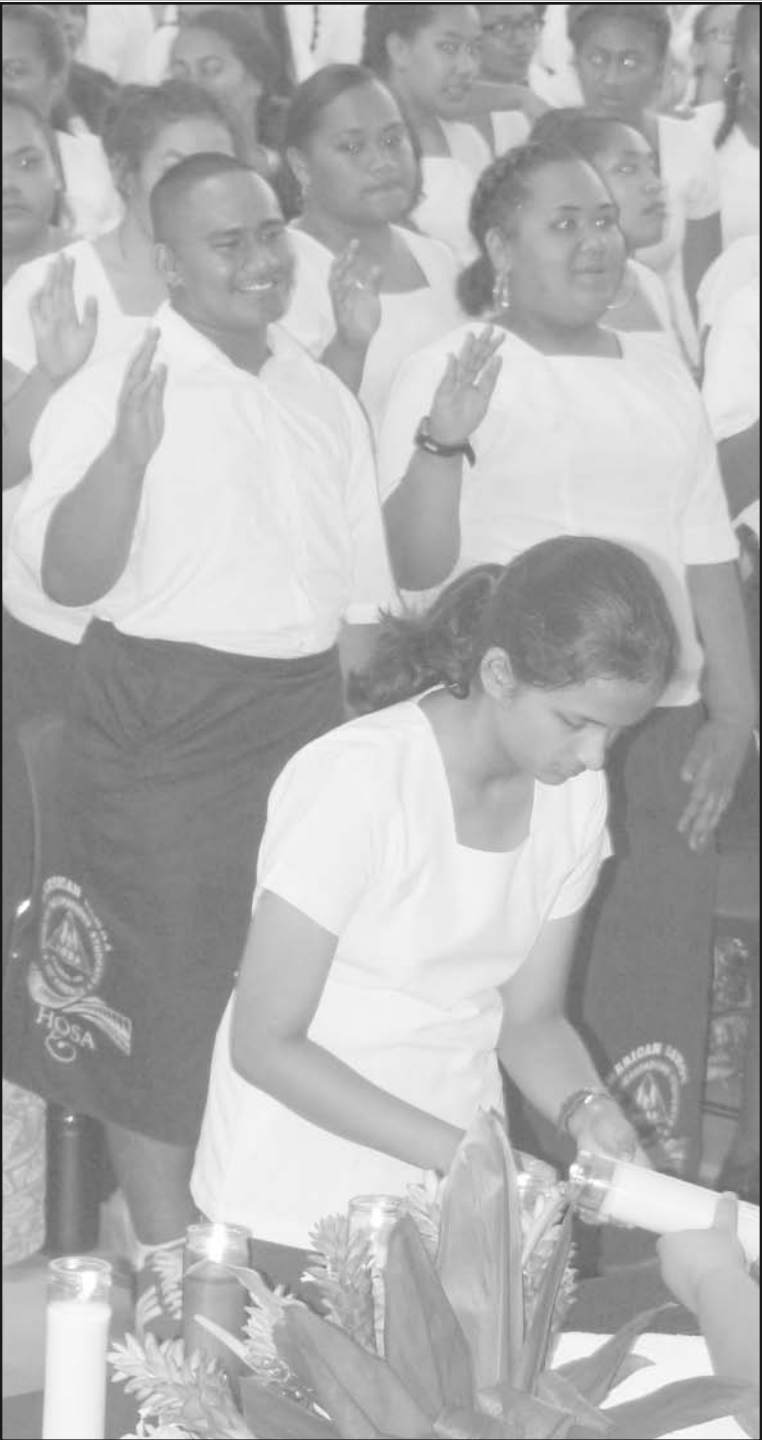
o tuafafine ua aoga Tiaseau i le tele o mea e fai o le aiga.

Fai mai, na tau ta ai e le lo’omatua o Filipina le ulu o si tama i le isi aso, ina ua tete’i ma lona to’alua o Roger, ua tu ane Tiase ma le teutusi, o le siea lea a Filipina ma Roger ona o le va’a o lo’o ia fa’aaogaina. Fai mai, na tu a’e i luga le lo’omatua ma lona ita tele, “Tia, o le a le mea lea ua e faia, a, oi se ta fe fe se, o lona uiga ua leai se aoga o le ma meaalofo ma Roger ia te oe, o ni mea a ni tagata ‘ese mea nei, fa’aaoga lou mafaufau, ua e fa’alogo mai, o lau tautua i totonu o le aiga, pau lea o le mea ou te mana’o i ai, ma ia e usita’i i ou matua, o le mea lea e sili ona taua i a ma’ua ma Roger, ua e fa’alogo mai.”

Fai mai, na fautua ane nei i ai le toaina Palagi o Roger, e alu e ave le tupe, afai o le a sona manatu, e toe fa’atau se isi ona va’a, e fa’auau ai lana pisinisi. Ua malilie nei i ai, ma ua fa’ataunu’u fo’i, ua le lua la va’a a Tiaseu, ae ua tolu nei ana va’a fagota.

Ua nofonofu nei Tiaseuoali’i ma fa’asolosolo ona mafau-fauga, te’i lava ua o’o ona mafau-fauga i le afafine o le Faifeau lea ua amata ona fa’ananau i ai lona loto. Fai mai, o Tiaseu lava e alu e momoli ‘ia a le Faifeau lea, ona o lona fia va’ai i le tama’ita’i o Penelope.

E faia pea...



Na fa’asolo a’oga maualuluga ta’itasi ma le Kolisi ina ia tutuina latou moli ga’o e fa’ailoa ai lo latou tu’utoina e auai i le polokalama a le HOSA mo lenei tausaga atoa fa’apea le lumana’i.

[ata: Leua Aiono Frost]

HOSA...

Mai itulau 10

lou agaga, ave a ma ‘auga o au taumafaiga, e le vale lou tau, ae maua sa’o lava ‘ai o au taumafaiga na e mana’o i ai! Fa’afetai ia te outou ua faia le filifiliga amata, taumafai e amata ona a’oa’o tonu mai i mataupu ma tomai mo’omia e ave a oe ma se tasi e galue i so’o se vaega o galuega e aga i le tausiga o le soifua maloloina. Ua ave a oe ma totino o le HOSA i le aso nei ma le lumana’i.”

“E le o fa’aitiitia le tele o gasegase tumau ua maua ai le aotelega o tagata o le tatou atunu’u, ua si’isi’i pea i luga le aotelega o i latou ua a’afia, ae peita’i, ua atili ai ona mo’omia foma’i ma tausima’i ma tagata e sailia vaifofo mo nei gasegase i tomai fa’asaeenisi fa’apitoa. E ao ina tau paleni mai lea fua fa’atatau i ona itu e lua.”

“Pe afai ou te mafaia, e mafai fo’i e oe. O tatou e soifua i le olaga, o le va’ai i se tasi ua manuia taumafaiga, ma una’ia ai lou tagata e taumafai atili ia e maua fo’i pe sili atu oe i lona tagata. Oso ai le ala lona, e le vale lou tau.”

“Fuafua fa’alelei lou taimi ina ia fa’atulaga au galuega tau le a’oa’oga, tau le taimi mo fe’au a le aiga, ae maise o sou sao mo le galuega a le Atua, lea e te lua lelei ai ma lou Atua, e foa’i mai ai mealilo o fa’amanuiaga va’aia mulimuli mai,” o le fa’amalosi lea a Dr Faiumuina i le fanau.

Na tula’i le na fai ma sui o le

Kovana ma le faigamalo, Fa’atonu o le DHSS, Taeaofua Dr Meki Solomoma ma na toe fonu fa’apipi’i i le mau ua pa’u i le fola o finagalo o le fanau a’oga, “O fea o le a tatou aga atu i ai i le lumana’i? Alu ai i le ala lona ua mae’a e amatalia i le aso, savali ai ma lou iloa o lo’o i ai lou aiga e fa’amalosi’au, ma le Atua e tatalo i ai ia fai ma ou tapasa i mea ua e le va’aia i le lumana’i, ae o e mana’o e te ausia. E faamaoni le Atua, e lelei lava o ia i aso uma mo i tatou uma!”

“O le tamaititi lelei lava ia e lelei lona taunu’uga. Peita’i, o le tamaititi ua iloga ua amata ona le lelei, ona ua se’ese’e malie ese mai mea na a’oa’oina ai ma fa’atonu a’i e savali ai. E mafua ona se’e ese, ona ua a’afia i mea sese ua luluti mai o le olaga, ae ua le savali i le ala na e mana’o i ai mai le amataga o lau taumafaiga.”

Sa ia toe fa’aopoopo, “Ua mae’a ona e lavalava i mea lelei, taumafa lelei ma ua e malosi, ua e nofo i se fale na tapena e nai ou matua, o se mea ua la’ua mafaia i le vaivai sa ola a’e ai, a’o o oe e te tapena le lumana’i ma fa’aleleia atili nei mea uma, pe afai ua e fa’amuumua le sini o au taumafaiga o lau tausiga o ou matua ma le aiga, o lou naunau e toe fa’afo’i sau taulaga i lou Atua, ma e fa’aea nai ou matua i au taumafaiga uma, o le tamaititi lona ua fa’amanuia i ai le Atua. O’o i ai i i’uga lelei.”

O aoga maualuluga ua fa’aulu sui fou e aofia ai, Tafuna, Samoana, Leone, Fagaitua, Nuuuili VocTech ma South Pacific Academy.



FILE - In this Tuesday Oct. 17, 2017, file photo, civil rights activist Tamika Mallory speaks at a news conference in New York. Mallory has accused an American Airlines pilot of racial discrimination in kicking her off a flight. The NAACP is warning African-Americans that if they fly on American Airlines they could be subject to discrimination or even unsafe conditions. American said Wednesday, Oct. 25, 2017, it’s disappointed by the announcement and will invite the civil rights group to meet and talk about the airline.

(AP Photo/Bebeto Matthews, File)



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Miami Dolphins wide receiver Kenny Stills (10) attempts to hold onto a pass as New York Jets cornerback Morris Claiborne (21) defends, during the second half of an NFL football game, Sunday, Oct. 22, 2017, in Miami Gardens, Fla. (AP Photo/Lynne Sladky)

⊗

Chargers' Rivers going for latest shot against Brady, Pats

Jets' Claiborne relishes challenge of facing Julio Jones

FOXBOROUGH, Mass. (AP) — Philip Rivers didn't grow up an NFL fan.

He grew up a fan of quarterbacks.

A northern Alabama native, college football games on Saturdays were his sports meat and potatoes. The NFL was dessert.

"The quarterbacks were the ones I had posters of," Rivers said. "The quarterbacks were the ones I picked who I liked, and what numbers I liked and everything."

Brett Favre, Troy Aikman, Dan Marino, Joe Montana, John Elway, Steve Young. His walls were living monuments to the game's best.

It's why Rivers said he doesn't take for granted the opportunity he'll have Sunday when Los Angeles (3-4) takes on the New England Patriots (5-2) and Tom Brady.

"When you're going against a guy that's won all these Super Bowls and is still playing at the level he's playing at 40...to me, it is a big deal. It's special," Rivers said. "I'm looking forward to getting another shot."

Rivers is just 1-6 against the Patriots, winning his lone game in 2008 in San Diego, when Brady was sidelined by a knee injury. If Rivers can post his first victory in Foxborough, it would also be the fourth straight victory for the Chargers, who are coming on after starting the season 0-4.

Brady said he has always admired Rivers from afar.

"He's really not fazed by much. He has kind of seen everything," Brady said.

A victory would also be four straight for the Patriots, who have also found a groove over the past three weeks — particularly on offense. Brady leads the NFL with 2,208 passing yards, and is tied for second with 15 touchdown passes.

After two early season losses at home, New England would like nothing more than to enter its bye week with a victory.

"You want to finish on a high note and you want to go in feeling really good about what you've done," Brady said. "The problem is this team — they're hot, they've won three straight, they've got a really good defense. There's nothing easy about it."

Here are some things to know for Sunday's game:

HIGHTOWER OUT: The Patriots will be short-handed on defense this week. A person familiar with the situation told The Associated Press that linebacker Dont'a Hightower will miss Sunday's game and is facing season-ending surgery on his right shoulder. The surgery will be for a torn pectoral muscle, the person said on the condition of anonymity because it has not been announced by the team.

Hightower left last week's win over Atlanta in the second half with the shoulder issue. He's missed two games this season with a knee injury.

The injury comes as a blow for a Patriots defense that has improved in recent weeks, but continues to rank last in the NFL in total defense, giving up 426.7 yards per game.

FLORHAM PARK, N.J. (AP) — Morris Claiborne came to the New York Jets intent on being their No. 1 cornerback — and an elite player at his position.

He's got that first goal locked down. Being mentioned in the same breath as the likes of Richard Sherman, Patrick Peterson and Chris Harris? Well, he's still got work to do.

"I can't rank myself nowhere right now," Claiborne said. "I'm not a Pro Bowler yet. Those guys are three-time, four-time Pro Bowlers. I'm working to get there, but I don't feel like I'm far behind."

Claiborne has that potential, though, and that's what made him the No. 6 overall pick by Dallas out of LSU in the 2012 draft.

Injuries have been the toughest opponent for him to tackle, with a laundry list of maladies from a sprained knee to a torn left patellar tendon to a severe groin injury preventing him from living up to his lofty draft status. The Jets took a shot on him with a one-year, \$5 million deal in the offseason to replace Darrelle Revis as their top cornerback.

So far, so good.

"The biggest thing is he's healthy," coach Todd Bowles said recently. "We knew what kind of player he was. He plays hard, he plays hard every play. He's quiet out there, he does his job, he's very professional, he's good with the other cornerbacks. We like everything he's brought to us."

Claiborne has started all seven games this season, often

lining up against opposing teams' best receivers. He has six passes defended, an interception and 29 tackles.

"It's been OK," Claiborne said. "It can be a lot better. I feel like, so far, I've left a couple of plays out there that I wish I could have back. But so far, it's been solid, but it definitely can improve."

He faces a tough task this Sunday in Atlanta's Julio Jones, who scored his first touchdown of the season last week in a loss to New England. Claiborne will likely play a large role as New York tries to keep Jones out of the end zone at MetLife Stadium.

"You love those moments being a cornerback, to go out and guard the best receiver on the other side," Claiborne said. "You look forward to that. That's what you want every game."

Physically, though, it would appear to be a mismatch between the 6-foot-3, 220-pound Jones and the 5-11, 192-pound Claiborne.

"When you've got a guy of his magnitude, a guy of his size, his speed, his ability to do the things that he does on a football field, which is getting out of routes, can run the whole route tree and a guy who's a deep ball threat, it makes it hard to guard him," Claiborne said. "But, it's going to be a dogfight."

Claiborne hopes to have finally put his injury woes in the past, and has spent the past two offseasons working with a trainer — something he never did earlier in his career. He figured he worked out enough on

his own, but Denver cornerback Aqib Talib told him about a trainer he used in the Dallas area named Ronnie Braxton.

Claiborne gave Braxton a call, and the trainer had him go through an aggressive program that mixes Pilates and boxing and cardio work.

"It's definitely frustrating when you can't go out and show anybody what you can do because you're on the sideline and you're looking in," Claiborne said. "That's when you have to look yourself in the mirror and change the way you're doing certain things."

So, he got himself in better shape, but bad-luck injuries still hampered him last season, such as the groin and rib ailments he dealt with.

"Some of those injuries are out of your control and how they happen," he said. "When they do happen, I just look at myself and say, 'How can I get better? I'm down, what do I have to do to get myself better?'"

"I've never been a quitter and I'll never quit on myself."

Still only 27, Claiborne has tons of potential and could be part of the Jets' future on defense. A solid performance Sunday against Jones could go a long way in helping him establish himself in New York — and in that discussion about the top cornerbacks in the NFL.

"When you have a top receiver in the league that comes in, you want those challenges," Claiborne said. "If you don't want those challenges, you shouldn't be playing cornerback in this league. Those are the moments you live for."



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GRASPP YARD SALE, Sat Oct 28th @ Lyon's Park - Lima Street. Nothing above \$4. [10/27]

RAINFOREST O le a faia se big yard sale next to Fagatogo Market ma Nu'uuli next to CBT at 7:30 AM aso Faraile Oketopa 20 2017; le moega, ie afu, taga aluga, ofu taalo (jersey) ofu vae (men, women, and kids), Shoes; 1/2 price on some items. Contact 733-9494 [10/27]

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MANA COMMUNITY SUPPORT SERVICE is now holding support groups for people who suffer from mental illness or any form of disability. Join me every Friday @ 12Noon @ the Alliance office in Nu'uuli. For more info call Liz Mailo @ 272-3257 or 699-0272.

FEELING ALONE? Come to SURVIVORS TAKING ACTION THROUGH SHARING, a support group for victims of violence (physical or sexual). Join me every Thursday at 12:00 noon @ the Alliance office in Nu'uuli. You don't have to do it alone. For more info, call Liz Mailo @ 272-3257 or 699-0272.

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SAMOAN SAINTS ORGANIZATION Roadside Clean Up on the 21st and 29th of this month until the end of the year. All are welcomed. Meet in front of Lupelele Elementary School, 5:30pm, rain or shine. Do it for our beautiful island. Contact Jay @ 254-0651 for more info.

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Universal Crossword

Edited by Timothy Parker October 27, 2017

ACROSS

- 1 Striker's foe
5 ___ and drabs
10 Desktop graphic
14 Hawaiian dance
15 City in Vietnam
16 Fourth piggy's portion
17 Egyptian wading bird
18 "My Cherie ___"
19 It fills a pump
20 Famous artist who scrambles "I hem collagen"
23 Magnificent horse
24 Will beneficiary
28 Nose around?
32 Pismire kin
33 "48 ___" (Murphy film)
36 Magician's phrase that scrambles "radar baa ABC"
39 Event in a square ring
41 Like some seals
42 Jeans guy Strauss
43 Strains excessively that scrambles "red stone vex"

DOWN

- 46 Lair
47 Jason's mythical wife
48 Not fresh
50 Chicken or turkey parts
53 Old-style cry of regret
57 Large car that scrambles "I wasn't an go to"
61 "In ___ of flowers ..."
64 Alloy of tin and lead
65 Minstrel's recitation
66 "What" or "when" suffix
67 Author Jong
68 Satan's practice
69 Kid
70 Zero out
71 Splinter group
DOWN
1 Leveling wedges
2 Ark unit
3 "The Brady Bunch" domestic
4 Criticizes harshly
5 Indian lentil dish (var.)
6 "___ Lama Ding Dong"
7 Get ___ the fun
8 Tree branch
9 "No ___ Bob!"
10 Casual, as dress

ACROSS

- 11 Make lovey-dovey sounds
12 Plastic ___ Band
13 Fish snarer
21 Poet St. Vincent Millay
22 Told a whopper
25 Plant firmly
26 Start a set
27 Wood finish
29 Mountain goat
30 Dorm alternative
31 Cab costs
33 Nuclear weapon
34 Generic dog name
35 Soft leather
37 Dollar component
38 "___ pinch of salt"
40 The X on a pirate map

DOWN

- 44 Cardinal direction
45 Common side dish
49 Excites and gladdens
51 Potato, informally
52 35.3 cubic feet
54 Tequila plant
55 Baby's ailment
56 Got down on one knee
58 Eye part
59 "___ Upon a Time"
60 Tidy
61 Not prevent
62 Clinging plant
63 Cartoon scream

PREVIOUS PUZZLE ANSWER

D	A	B	S		M	A	S	H		B	A	S	E	L
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T	E	A	P	A	R	T	Y			P	O	O	L	E
S	C	R	A	T	C	H	A	N	D	S	N	I	F	F
A	R	E	N	A		E	L	A	N		A	S	I	A
R	U	S	T	Y		M	E	G	A		D	E	N	T

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www.upuzzles.com

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

Friday,
October 27,
2017

Happy Birthday: A steady pace will be required. Walk away from erratic individuals trying to coerce you into making an impulsive decision. A realistic approach to life and living up to your potential will counter any possible setbacks that come your way. Trust in yourself and your ability to get things done, not empty promises someone makes. Your numbers are 6, 11, 24, 28, 36, 39, 41.

ARIES (March 21-April 19): You'll see situations clearly, but that doesn't mean you should react unwarily. Let the dust settle, take a step back and try to enjoy the finer things in life. Love is highlighted and focusing on romance will do you good. ***

TAURUS (April 20-May 20): Take care of business. Refuse to let an emotional situation stifle your ability to excel. Once your responsibilities are taken care of, you can channel your energy and emotions into physical activity and being productive. **

GEMINI (May 21-June 20): Keep your emotions out of your conversations with peers or your boss. Stay focused on doing your job and getting along with your colleagues. Plan to socialize after work. Love and romance should highlight your evening. *****

CANCER (June 21-July 22): Joint ventures may tempt you, but before you decide to take the plunge, consider the downside. You are better off doing your own thing or watching from the sidelines. Work toward fixing up your living space and making physical improvements.***

LEO (July 23-Aug. 22): Impulsive moves will not go the way you planned. Avoid letting your emotions lead to mistakes that will be difficult to recover from. Keep your personal problems separate from your work. Don't pay for someone else's mistakes.***

VIRGO (Aug. 23-Sept. 22): Take part in social events, but don't share personal information with others. Listen and you will develop a rapport with people who will offer a great source of knowledge and experience. Learn from the experts.*****

LIBRA (Sept. 23-Oct. 22): An impulsive emotional move will leave you at a loss, very confused and wondering what to do next. Ask someone with more experience than you to help shed light on a situation that appears to be crumbling. Anger won't solve anything.**

SCORPIO (Oct. 23-Nov. 21): Stick to your plan. Refuse to give in to bullies. Do your own thing and you will surpass even your most fearful nemesis. Your instincts will guide you and your strength and courage will help you outmaneuver whoever gets in your way. ****

SAGITTARIUS (Nov. 22-Dec. 21): High energy coupled with spontaneity will help you reach whatever goals you set. Taking an innovative approach to life and love will tempt others to follow in your footsteps. An eclectic group of friends and ideas will lead to something great.*****

CAPRICORN (Dec. 22-Jan. 19): Keep your plans simple and your opinions to yourself. Situations will explode quickly if you aren't cognizant of what others are doing or saying. Stay focused on what you need to accomplish and what's expected of you. ***

AQUARIUS (Jan. 20-Feb. 18): Get in the groove. Once you physically take action, you will be able to conquer whatever you set out to do. Personal changes will boost your confidence and help you prepare for advancement. Romance is in the stars. ***

PISCES (Feb. 19-March 20): An encounter will leave you feeling mixed emotions and uncertainty regarding the future. Use common sense when dealing with finances or regulations. Speak up and lay down some guidelines that will ensure equality and longevity. ***

Dear Abby

by Abigail Van Buren

SON IS ODD MAN OUT WHEN MOM SENDS BIRTHDAY GIFTS TO FAMILY

DEAR ABBY: My husband, daughter and I all have birthdays in the same month. My mother-in-law always sends gifts for me and my daughter, but never to my husband, her son. He tries to shrug it off, but I know it bothers him.

In earlier years, I thought it was an oversight. I have tried gentle reminders and hints, but again this year there was no gift for her son. It would be different if she sent one only to our daughter, but sending one to me and not to her son is a slap in the face. They have a fairly good relationship, and my husband is kind and generous to his parents.

I haven't opened the gift she sent me this year, and I do not intend to. Should I return it to her with a note explaining why, or donate it and forget about it until it happens next year? -- PERPLEXED IN THE NORTHWEST

DEAR PERPLEXED: Your mother-in-law's behavior strikes me as passive aggressive. That it makes you uncomfortable is understandable. Perhaps you and your husband should ask her directly why she does this and let her explain. Then, after you have heard her out, you can tell her that what she's doing makes you uncomfortable, and you would prefer she not send you any more birthday gifts if she intends to ignore her son.

DEAR ABBY: I hate the fact that since I have started high school, I'm restricted by the rules that guys and girls can't be friends unless they're dating. It has been worse since I got into my relationship of 2 1/2 years. I'll be 19 soon, and I have always had guy friends. I find them easier than girls.

My mother says that when you're in a relationship, it is disrespectful to have friends who are guys. My boyfriend and I fight all the time over this issue, and I have had to cut off some of my guy friends because of it. I hate not having anyone to talk to or hang out with except my boyfriend. It has left me with bad blood between me and my old friends. Is this a rule that I didn't know about? I just don't get it, but I know I need help. -- TEEN IN DELAWARE

DEAR TEEN: What your mother may have meant when she said it is disrespectful to have male friends when you are in a relationship is that many men find it threatening. You are young, and at your age it is appropriate that you should be socializing with more than one person. Your mistake was in getting into an exclusive relationship with someone who tells you who you can and cannot be friends with. Break it off, and you may be sad for a while, but you will also be free to grow.

DEAR ABBY: When a large-breasted woman is standing and saluting for the national anthem at sporting events, where should the right hand be placed? Above her breast, under her breast or on her breast? -- JUST WONDERING IN FLORIDA

DEAR JUST WONDERING: It depends upon whom the right hand belongs to. If it's someone else's hand, it should be kept to oneself. If it's the large-breasted woman's hand, it should be placed on her chest toward the top of her left breast.

**

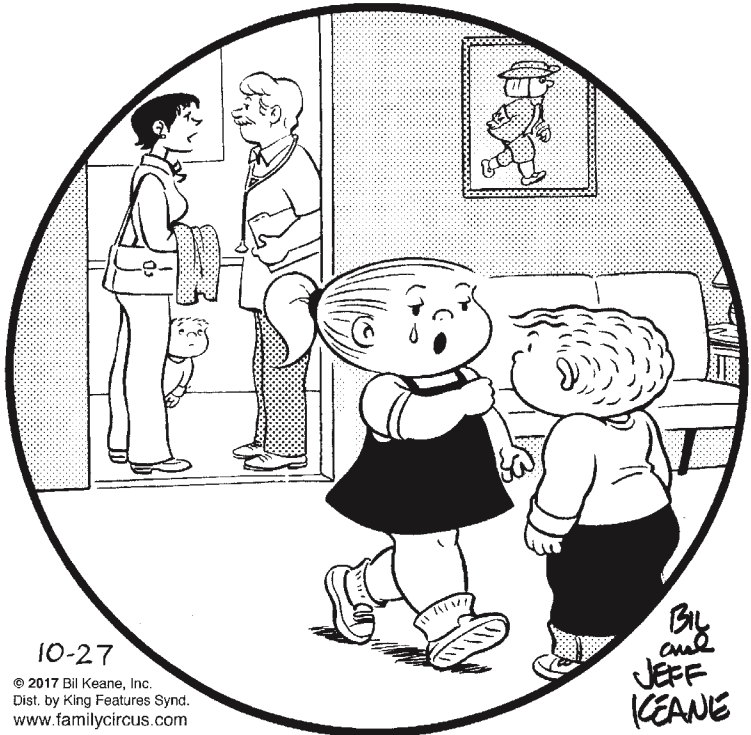
**

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10/27 SCRAMBLED EGSG? By Timothy E. Parker

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20				21						22				
23								24				25	26	27
			28		29	30	31			32				
33	34	35		36					37	38				
39			40		41						42			
43				44							45		46	
47							48				49			
50					51	52				53		54	55	56
			57					58	59	60				
61	62	63			64						65			
66					67						68			
69					70						71			

THE FAMILY CIRCUS By Bil Keane



10-27
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www.familycircus.com

"I got an MMR shot. It fixes measles, mumps and rebellion."

Ripley's Believe It or Not!

FISH ARE OLDER THAN TREES—
BY 100 MILLION YEARS.

OH SAY CAN YOU SEE...
IT IS ILLEGAL TO DANCE TO "THE STAR-SPANGLED BANNER" IN MASSACHUSETTS.
Submitted By Dan Paulin, W. Lafayette, OH.

MURIEL THATCHER OF ENGLAND HAS VISITED THE DUDLEY ZOO TWICE A MONTH SINCE ITS OPENING IN 1937—THAT'S A TOTAL OF MORE THAN 2,000 VISITS.

10-27

Calvin & Hobbes © by Bill Watterson

WITH ULTRA-SONIC HEARING, STUPENDOUS MAN NOTICES A CRY OF DISTRESS FROM A DISTANT ALLEYWAY!

HE LEAPS TO THE EDGE OF THE BUILDING AND PREPARES TO SWOOP TO THE RESCUE!

STUPENDOUS MAN HAD NOT QUITE REALIZED JUST HOW HIGH UP HE WAS, HOWEVER. AT THIS ALTITUDE THE WINDS WERE A LITTLE TRICKY, AND...

ARE YOU GOING, OR DO YOU NEED A PUSH?

DON'T RUSH ME, ALL RIGHT?!

PEANUTS © by Charles M. Schultz

THIS IS WHAT I BELIEVE..

I BELIEVE THAT THE GREAT PUMPKIN RISES OUT OF THE PUMPKIN PATCH ON HALLOWEEN NIGHT AND FLIES THROUGH THE AIR, BRINGING WITH HIM TOYS FOR ALL THE CHILDREN IN THE WORLD!

THAT'S WHAT I BELIEVE... WHAT DO YOU THINK?

I THINK YOU HAVE VERY NICE EYES, AND YOU ARE COMPLETELY OUT OF YOUR MIND!

WE'RE HERE TONIGHT FOR THE BIG DEBATE FOR THE SOUL-LESSNESS OF THE GOP...

McCONNELL

TAX CUTS FOR THE RICH. — PERIOD.

BANNON

TAX CUTS FOR THE RICH, PLUS WHITE NATIONALISM.

WIN PREDICTED FOR THE MODERATOR.

ANDREWS McMEEL SYNDICATION
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ZIGGY ©

FUTURE SITE OF NEW HISTORIC DISTRICT

10/27

Hagar the Horrible © by Chris Brown

HAGAR! HALF THE GROCERIES ARE MISSING!

SORRY! THEY FELL THROUGH THE HOLE!

WHAT HOLE?

10-27

GARFIELD © by Jim Davis

HUMAN BRAIN!

MUST HAVE HUMAN BRAIN!

NOTICE HOW HE WALKED RIGHT PAST YOU

JIM DAVIS 10-27

Sudoku Pacific

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

10/27 DIFFICULTY RATING: ★★★★★

Thursday's Puzzle Answer 10/26

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

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ASTCA

Out with the old,
and in with the...

32GB
expandable
memory

5"
HD
display

8MP
front
camera

NEW: \$199

Trade In: \$159

BLEU

Purchase our NEW
smart phone for a
NEW experience!

Includes a \$5 Phone card
with purchase

Standard terms & conditions apply to all new handset purchases - see store or website www.astca.net for activation, return policy, warranty policy, customer privacy and lost or stolen phones. Customers who purchase a BLEU handset and etopup \$5 will receive \$5 Bonus minutes valid for 5 days. Bonus minutes are valid for ASTCA to ASTCA and ASTCA to Landline calls. Bonus minutes will expire on the 5 th day from the date of purchase. Calls made to other carriers are charged at the normal rates. Pricings for handsets are subject to change and ASTCA reserves the right to alter or end the promotion at any time with notifications to customers.

Tank-talk motivates Bills in preparing to host Raiders

ORCHARD PARK, N.Y. (AP) — Try reminding Jerry Hughes how the Bills were supposed to be tanking in light of how deep their offseason roster purge had become last summer, and Buffalo’s top pass-rusher will shake his head in disgust.

“That certainly did (tick) us off,” Hughes said Thursday, recalling the overriding response after Buffalo traded receiver Sammy Watkins and cornerback Ronald Darby in separate deals on Aug. 11.

“Just to hear the outside noise, people who don’t really know this team, don’t really know us as individuals, and they were already calling our season a tank.”

Rather than tanking, the Bills (4-2) are rolling in showing great resolve by overcoming a patchwork and thinly experienced roster that opened the season with 29 newcomers.

And they’re following the lead of rookie coach Sean McDermott, who spent the week reminding players how they were once discounted as motivation in preparing to host the Oakland Raiders (3-4) on Sunday.

“We don’t want to be satisfied with being 4-2,” Hughes said. “We understand that the stakes have risen, and so does our game.”

The Bills are succeeding by relying on clutch performances from all three phases, which was particularly evident in a 30-27 win over Tampa Bay last weekend. The Tyrod Taylor-led offense scored 10 points in the final 2:28, including Stephen Hauschka’s 30-yard field goal with 14 seconds left. And the game-winning drive was set up by rookie cornerback Tre’Davious White forcing a fumble by punching the ball out of receiver Adam Humphries hands. It marked just the third time since 2015 the Bills won by overcoming a fourth-quarter deficit, and first time they did so on their final drive.

“We’re trying to change that,” Hughes said, referring to previous struggles. “Not really too worried about the past, but how we can move forward and get better.”

The Raiders have much to prove for an altogether different reason. Pegged among the preseason favorites to return to the playoffs, Oakland was in jeopardy of extending its skid to five in a row before pulling out a 31-30 win.

McCafé® now
then whatever's next

Frappé Mocha

Frappé Caramel

Mango Pineapple Smoothie

Strawberry Banana Smoothie

Hot Mocha

Iced Coffee