



NEWSBRIEFS

Veterans Day parade

The United American Veterans Organization (UAVO) and the City of El Paso's annual Veterans Day parade will take place this Saturday – November 11 – in downtown El Paso. The theme for this year's parade is *Honoring All Women Veterans*. The parade includes various high school bands and JROTC units from throughout the county including Canutillo, Socorro, Horizon City and Fabens ISDs. Many other school districts and organizations – a total of 75 slots in the parade – are expected to participate. The 82nd Airborne will have a float and military vehicles. The El Paso Corvette Club will also be participating. The parade will start at 10:30 a.m. at the corner of Myrtle Ave. and Florence. The route winds through downtown, turning left on S. Kansas St. and proceeding to E. Overland and turning right. It will turn right onto N. Oregon and proceed to a right turn on W. Mills Ave. continuing along E. Mills Ave. to N. Kansas St. where it again turns to the right. The parade then turns left onto Texas Ave. and ends just past N. Campbell St.

– Bob Way

EPCC

El Paso Community College will be closed Friday, November 10, 2017 in observance of Veterans Day. Classes will resume on Saturday, Nov. 11 and offices will reopen Monday, Nov. 13.

– Jim Heiney

Homes needed

November is National Adoption Awareness Month and the CARE Coalition (Child Advocacy Recruitment Effort) has begun a strong effort to recruit more foster parents willing to help children without a home in El Paso County. CARE will conduct an informational event for the public on Tuesday, Nov. 14, 2017 from 6 to 8:30 p.m. at the offices of the Department of Family & Protective Services (501 Hawkins Blvd.). The purpose of the event is to inform individuals interested in becoming foster parents about the requirements, the process and the support available for foster families. Attendees will also have the opportunity to talk one on one to current foster parents about their expectations, experiences and any other question they might have.

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In the "good old days" there were fewer pleasures but we had more time to enjoy those we had.

– Quips & Quotes



– Photo courtesy of El Paso Archaeological Society and the University of Nevada, Las Vegas Field School

DIGGING IN – University of Nevada at Las Vegas field school students work in a large room block at a Mimbres classic site in Elk Ridge, NM.

Gilman to talk on the Mimbres people

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Mimbres people and the Mogollon culture of southwestern New Mexico will be the featured topic during a special presentation by Dr. Patricia Gilman, an archaeologist with more than 40 years of experience.

Gilman is scheduled to speak on the prehistory of the Mimbres Branch of the Mogollon Culture site, which is located near Deming along the Mimbres River watershed in New Mexico.

The featured talk, sponsored by the El Paso Archaeological Society (EPAS), will be held at 2 p.m., Saturday, November 18, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The presentation is free and open to the public.

Gilman's lecture, titled *Not All Large*

Mimbres Pueblos Are the Same, and So What Makes Mimbres, Mimbres?, will focus on the Mimbres settlement that stretched in some places to the Rio Grande but mainly encompassed large areas along the Mimbres River at the height of their culture – between 1000 and 1150 AD (known as the Classic Mimbres Period).

The Mimbres tribe lived in compact pueblo-like villages of adobe and masonry, each village containing perhaps 200 people, according to Gilman. "Because of sparse rainfall in the area, they relied on irrigation to grow corn (maize), beans, and squash; they also hunted small game," she related.

"The Mimbres are perhaps most famous for their pottery, which was decorated with imaginative black-on-white designs of insects, animals, and birds or of geometric lines," Gilman pointed out.

Gilman stated that the Large Mimbres

Classic pueblos may seem all the same, but are they, really? "All have cobble-walled architecture, beautiful black-on-white pottery, and burials placed below room floors; however, each site is different in terms of numbers and sizes of room blocks, layouts of room suites, ritual precincts and features, and relationships with people beyond the Mimbres region. At the same time, some adults and children at every site were given more items at death, and each large site has the same array of pottery designs," Gilman explained.

In her talk, Gilman will discuss the differences and similarities among Large Mimbres Classic sites and what these might mean. She stated that she will draw upon the information and interpretations that were extricated from the Mattocks site, one of the large Classic pueblos in

See MIMBRES, Page 4

Nuñez is finalist for national counselor award

By Christy Flores-Jones
Special to the Courier



Cristina Nuñez

EL PASO COUNTY – Cristina Nuñez, counselor at Paso del Norte School, was selected as one of the six finalists for the 2018 National School Counselor of the Year Award by the American School Counselor Association (ASCA). The award honors school counseling professionals who devote their careers to serving as advocates for the nation's students, helping them achieve success in school and in life.

Nuñez, who has 15 years of experience in education, said she is grateful to serve as a school counselor and partner with students, teachers and families by providing them guidance and support.

"Going through this process has been emotionally overwhelming in such a great way," she said. "To get to this point in the process is evidence of teamwork, dedication and devotion to our students who deserve to have a great support system that leads to academic achievement. Our work and efforts are invaluable and I remain blessed and honored to be a part of the everyday challenges that our students face."

To date, Texas and SISD, have had one national school counselor of the year and one national top five finalist.

"Mrs. Cristina Nuñez is a superstar, and I am very proud to be a part of her team," said SISD Superintendent Dr. José Espinoza. "She

See NUÑEZ, Page 2

Baumann helps students develop motor skills

By Andrew Reynoso
Special to the Courier

CANUTILLO – Walking, running, lifting and playing are skills that one third grader in Canutillo does not take for granted. As a student, Lucas faces many challenges when it comes to the basic physical skills he needs to access his education. But, with a little help from a big heart, he moves closer to success.

When Lucas was evaluated for age appropriate gross and fine motor skills by Canutillo ISD Physical Therapist Harriet Baumann, DPT, it was determined that he was developmentally delayed. Baumann, in her seventh year with CISD and the only

physical therapist in the District, has worked with Lucas since he was three years of age on areas such as his range of motion, strength and balance. She explains the role the District plays in the lives of students like Lucas.

“The primary focus of physical therapy as a related service in the educational environment differs from clinical physical therapy,” Baumann explained. “Physical therapy in schools is used to support the student’s educational program to ensure access to learning activities.”

Students are supported in their daily routine at school through accommodations and modifications to their environment. This includes direct PT services on their campus

and indirect services such as recommendations for appropriate adaptive equipment for home and school, procuring the equipment through Medicaid, private insurance, charities or private funds, as well as staff, student and parent education on its use to facilitate success and learning.

“We are here to make sure

that each child has better and safer access to their educational environment – anything that helps them get to their classroom or their desk,” Baumann said. “Here in Canutillo, we integrate students into the school community. We support the

See PT, Page 6



– Photo courtesy Canutillo ISD

MOVING TO LEARN – Canutillo ISD Physical Therapist Harriet Baumann concentrates on improving Lucas’ motor skills.

Classified Ads

LEGALS

VILLAGE OF VINTON, TX

PUBLIC NOTICE

REQUEST FOR PROPOSALS

The Village of Vinton accept bid proposals for:

BANKING DEPOSITORY SERVICES

The Village of Vinton will receive sealed bid proposals for a

four (4) year bank depository contract with the effective date of March 1, 2018 at City Hall, until 4:30 p.m., Monday, November 27, 2017. The bank depository contract may renew for a period of one (1) year, not to exceed two (2) additional years.

Copies of specifications and bid documents may be obtained from the Village of Vinton website under “Opportunities” or from the Deputy

Village Clerk.

All bids should be submitted in a sealed envelope marked “DEPOSITORY PROPOSAL”.

The City Council will consider awarding a contract at the Regular City Council meeting on December 5, 2017.

The City reserves the right to reject any or all bids, to waive any irregularities or informalities or

both in any bid, and to make an award in any manner, consistent with the law and deemed to be in the best interest of the City.

No bidder may withdraw its bid within thirty (30) days after the actual date of the opening thereof.

Village of Vinton, TX
Jessica Garza
Village Administrator

WTCC: 11-09-17
11-16-17

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MAIL: 15344 Werling Ct. Horizon City, TX 79928

Phone: 852-3235

E-mail: wtcc@wtcc.com
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Homesteader
Est. 1973
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Veterans Post By Freddy Groves

The new CARE Act

The Department of Veterans Affairs is proposing the new Veterans Coordinated Access and Rewarding Experiences (CARE) Act and has sent those ideas to the House and Senate Veterans Affairs committee.

The original CHOICE Act gave veterans the option of getting medical care closer to home, outside of a VA facility, if they lived more than 40 miles from one or couldn’t get an appointment for 30 days. That was a good step, except when it came to determining just what “40 miles” meant. Was it as the crow flies, or was it by long and winding road? And yes, it sounded great to be able to access care mere miles from one’s home... except the contact number to make appointments was involved in a scam (a difference between an 800 and an 866 phone number). And yes, the whole thing sounded fine, except that care providers were bailing due to lack of payment.

This new CARE Act proposes to simplify eligibility requirements, implement new care coordination support, and streamline clinical and admin

processes.

Said VA Secretary Dr. David Shulkin, “We want veterans to work with their VA physicians to make informed decisions that are best for their clinical needs, whether in the VA or in the community.” Which means what? That the third-party vendor will no longer need to approve your request to go outside the system?

VA officials are, however, proposing to change the 40-mile, 30-day difficulty rule that has kept many veterans from getting care. There are other items as well: tools to strengthen VA care, partner with other federal agencies and “business process enhancements to improve financial management.” I suspect this last one means “paying bills on time so community-care providers won’t quit or send the bill to the veteran.”

To find out how quickly your nearest facility can see you, go online to www.accesstocare.va.gov.

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Nuñez

From Page 1

represents all of our wonderful counselors in SISD as well as our region, state, and now nation. She is already the National Counselor of the Year in my eyes!”

Nominations for the School Counselor of the Year award were selected by the state school counselor associations. The panel selected finalists based on school counseling innovations, effective school counseling programs, leadership and advocacy skills, contributions to student advancement and other criteria. Nuñez was named the 2017 Texas School Counselor of the Year by the Lone Star State School Counselor Association in May.

“School counselors are significant contributors to the overall well-being of students and their success,” said Richard Wong, Ed.D., ASCA executive director in a press release. “They are uniquely qualified to address students’ academic achievement, career development and social/emotional needs. Through the School Counselor of the Year award, we are able to acknowledge their diligence, commitment and excellence.”

Nuñez and her principal, Nathan Ballard, will travel to Washington, D.C. in January where they will participate in a congressional briefing, meet members of congress, and be recognized at the School Counselor of the Year Gala.

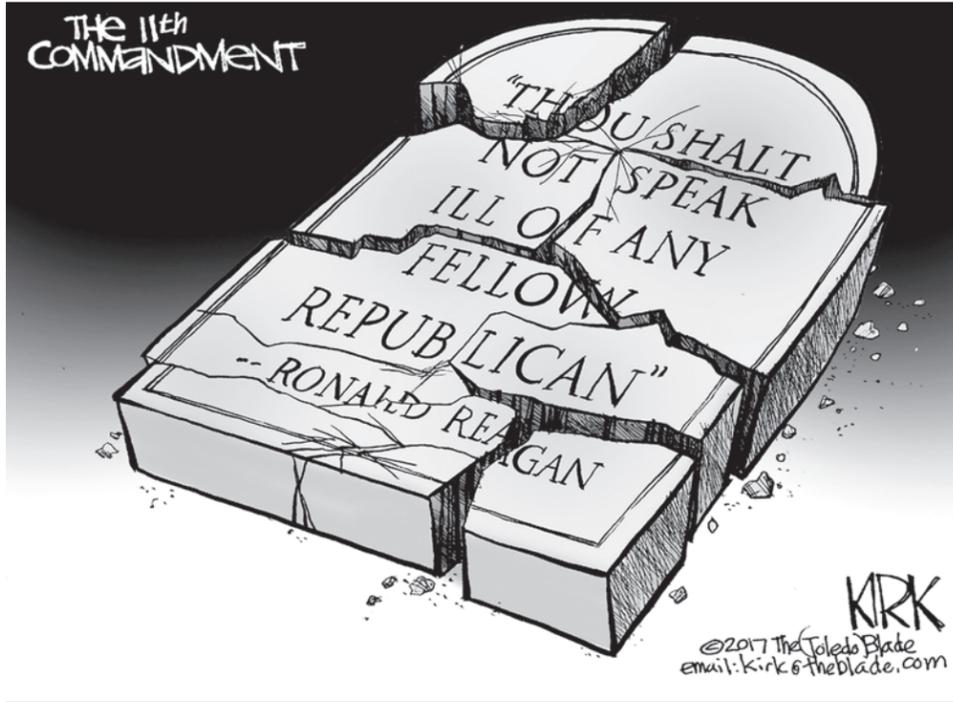
The American School Counselor Association (ASCA) is a nonprofit, 501(c) (3) professional organization based in Alexandria, Va. ASCA promotes student success by expanding the image and influence of school counseling through leadership, advocacy, collaboration and systemic change.

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From Page 8

Security processes 260 million worker’s annual wage reports. We have changed over time to meet the challenges of recording worker’s earnings correctly. Today, you don’t need a clerk or a visit to a local Social Security office to check your own information. That’s right. You can check yours now by either using your existing my Social Security account or by setting one up at www.socialsecurity.gov/myaccount.

Changing to meet challenges is just one of the ways we secure your today and tomorrow. You can read more about the history of Social Security at www.socialsecurity.gov/history/index.html



– Photo courtesy Fabens ISD

HERE'S THE DEAL – Sul Ross recruiter Guillermo Sanchez, right, discusses campus life with seniors Leslie Esparza and Precious Cadena.

Fabens' students meet with college recruiters

By Denise Peña
Special to the Courier

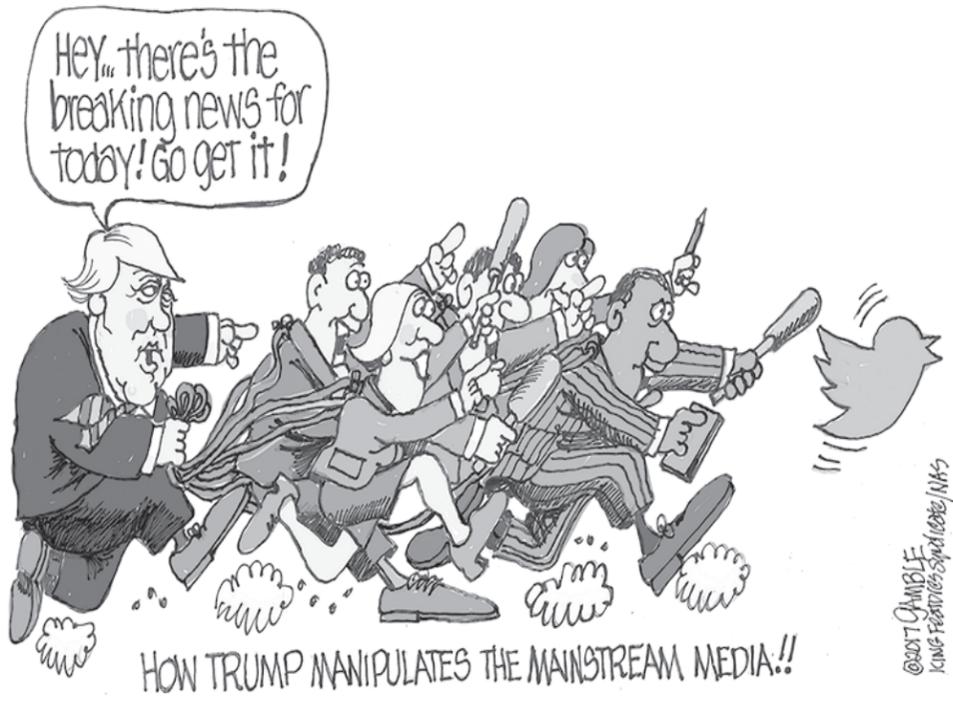
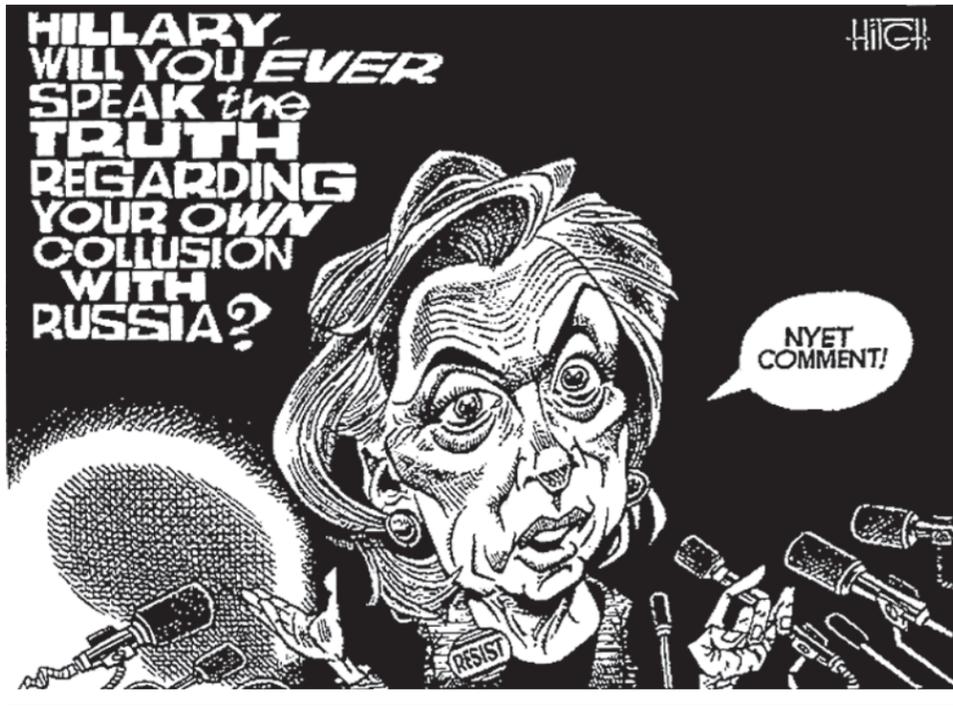
FABENS – On October 25 Fabens High School hosted The Texas Association of Collegiate Registrars and Admissions Officers, TACROA College Fair. Approximately 40 institutions ranging from universities, technical schools and military branches were present from 6 to 8 pm to provide students and their parents with information on admittance requirements, academic programs and scholarships.

This was the first time Fabens High School is chosen as a host site. “We had universities come out that we normally don’t have access to, opening up new options to our students,” guidance counselor Veronica Rodriguez said.

Sul Ross University sent Guillermo

Sanchez, a Fabens High School alumni as its representative. Senior Precious Cadena, who is considering Sul Ross for her post high school plans, was glad to have a fellow Wildcat to speak to. “On the internet you can’t get direct answers from someone who actually attended Sul Ross,” senior Precious Cadena said. “The fact that he is a Fabens graduate made me feel a lot more conformable in asking questions that I normally wouldn’t ask of a recruiter.”

Junior April Ramirez feels attending the fair has given her a head-start in preparing for her future. “I told the recruiter from Texas State University that I’m interested in Biochemistry,” she said. “He told me Texas State was the first university in Texas to offer Radiation Therapy. I’m going to look into it because I can see myself in a career like that.”



Longoria selected to serve on banking board

By Denise Peña
Special to the Courier

FABENS – Fabens High School senior Yvette Longoria was selected among dozens throughout the region to serve on the Federal Reserve Bank of Dallas Student Board of Directors for 2016-2017. Students will meet monthly throughout the year at the El Paso branch to enhance learning outside of the classroom.

The program’s goal is to prepare students to become knowledgeable citizens by increasing their understanding of economic, financial and occupational topics through collaboration with peers and business leaders.

As a future business major interested in entrepreneurship and real estate, Yvette Longoria jumped on the opportunity to apply last year as a junior. “I’m excited to learn how to handle money in this economy and how to eventually start my own business,” she said.

Students will learn about the purposes and functions of the Federal Reserve, tour the bank and meet with the El Paso Branch Board of Directors. They will also



Yvette Longoria

develop leadership skills by participating in an education project on a topic they learn about during the course of the program.



Send Your Newsbrief To:
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– Photo courtesy of El Paso Archaeological Society and the University of Nevada, Las Vegas Field School

UNEARTHED – A large Mimbres excavation site at Elk Ridge, NM depicts the classic-style of Pueblo architecture.

Mimbres

From Page 1

the Mimbres Valley, and are presented in her 2017 book, *Mimbres Life and Society*, which she co-authored with Steven LeBlanc.

Gilman stated that she has done archaeological fieldwork and research in the Mimbres region of southwestern New Mexico and southeastern Arizona for more than 40 years. Most recently, Gilman and her colleagues have investigated scarlet macaws from Mimbres sites and related new iconography that indicate a radical religious transformation in the Mimbres region.

Also, Gilman said that she and other colleagues have recently published an analysis of Mimbres chronometric dates, with an eye toward understanding major transitions – like the first use of pottery, the earliest painted pottery, and the beginning and end of the Mimbres Classic period.

Gilman’s presentation is part of a series of lectures that are hosted monthly by EPAS, a non-profit group, founded in 1922. Membership is open to individuals and organizations interested in anthropology, archaeology and in the preservation of prehistoric and

historic cultural resources. Membership information may be found on the EPAS website, at <http://epas.com>.

EPAS members are currently taking part in archaeological tours and volunteer fieldwork organized by the non-profit

Jornada Research Institute (JRI) of Tularosa, NM. JRI’s mission is to study the archaeological, ethnohistoric, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West Texas and adjacent regions.

Briefs

From Page 1

For more information about the event or foster parenting, please call Bianca Avila at (915) 521-3870.

– *Elhiu Dominguez*

Veteran cities

With Veterans Day here and many veterans being denied millions of dollars in disability benefits while others face homelessness and unemployment, the personal-finance website WalletHub has released its report on *2017’s Best and Worst Places for Veterans to Live*. The report compares the 100 largest U.S. cities across 17 key metrics, ranging from share of military skill-related jobs to housing affordability to availability of VA health facilities. El Paso was ranked 31 in the report. Please visit [https://wallethub.com/edu/best-and-worst-cities-for-](https://wallethub.com/edu/best-and-worst-cities-for-veterans/8156/)

[veterans/8156/](https://wallethub.com/edu/best-and-worst-cities-for-veterans/8156/) for the full report.

– *Diana Popa*

A fender bender to remember

It happened on Oct. 9, 1992 in the town of Peekskill, NY. Eighteen-year old Michelle Knapp’s 1982 Chevy Malibu was in a fender bender to remember that made headlines around the world, says the Association of Mature American Citizens. The car was parked in her driveway when she heard a very loud crash. It had been hit by a 26.5 pound meteorite that put a very big hole in the car’s trunk and then buried itself in the ground. The event is still making news. The car, a true classic, if there ever was one, is on its way to Paris where it will be put on display at France’s national natural history museum, commemorating the 25th anniversary of the event.

– *John Grimaldi*

Strange But True

By Samantha Weaver

• It was 20th-century American author and social critic James Baldwin who made the following sage observation: “Ignorance, allied with power, is the most ferocious enemy justice can have.”

• Have you ever wanted to test yourself against international competitors, but you’re not an athlete? If so, you might want to check out the WorldSkills Competition. Every two years, competitors from 75 WorldSkills member countries compete to find out who is the best at a variety of skilled trades, ranging from bricklaying, plumbing and cabinetmaking to auto body repair, die-making and electronics. Personal services contests include hairdressing and restaurant service, while florists and jewelry-makers compete in the creative arts and fashion category. IT folks can get in on the action, too, with awards for skills such as web design, information network cabling and IT software solutions for business.

• The 1926 Warner Brothers film “Don Juan” may hold the record for the most kissing in any movie. It’s been calculated that the star, John Barrymore, kisses a woman an average of every 53 seconds throughout the film.

• Those who study such things say that in ancient Maya culture, only men in the upper classes were permitted to grow beards.

• If you’re looking for an American-made car, your best bet is... Tesla? Yep. Tesla is the only car manufacturer that is 100 percent American-made. Other auto manufacturers assemble their vehicles in the United States, but Tesla is the only one that also uses American-made parts in their cars.

Thought for the Day: “Don’t be seduced into thinking that that which does not make a profit is without value.”

– *Arthur Miller*

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Moments in Time

The History Channel

• On Nov. 20, 1945, 24 high-ranking Nazis go on trial in Nuremberg, Germany, for atrocities committed during World War II. Trials of lesser criminals resulted in the conviction of 5,025 defendants and the execution of 806.

• On Nov. 21, 1927, *Time* magazine puts the new Holland Tunnel on its cover. The tunnel runs under the Hudson River between New York City and Jersey City, New Jersey. On the first day, 51,694 vehicles paid the 50-cent toll.

• On Nov. 22, 1963, President John F. Kennedy is shot and killed as his motorcade drives through Dealey Plaza in Dallas. The Warren Commission report on the assassination was released in November 1963, but has always been considered flawed. Nearly 3,000 once-secret documents were released in October 2017.

• On Nov. 23, 1981, President Ronald Reagan signs off on a top-secret document, giving the Central Intelligence Agency the power to recruit and support a 500-man force of rebels in Nicaragua, loosely known as the Contras.

• On Nov. 24, 1849, John Froelich, inventor of the tractor, is born in Iowa. To replace dangerous steam-powered threshers that tended to start fires, Froelich created a one-cylinder gasoline machine. It could thresh more than 1,000 bushels of grain a day without starting a single fire.

• On Nov. 25, 1783, nearly three months after the Treaty of Paris was signed ending the American Revolution, the last British soldiers withdraw from New York City. Four months later, the city was declared the capital of the United States. In 1790, the capital was moved to Philadelphia.

• On Nov. 26, 1931, a cloverleaf interchange in Woodbridge, New Jersey, is featured on the cover of the *Engineering News-Record*. The interchanges proliferated, with historian Lewis Mumford declaring that “our national flower is the concrete cloverleaf.”

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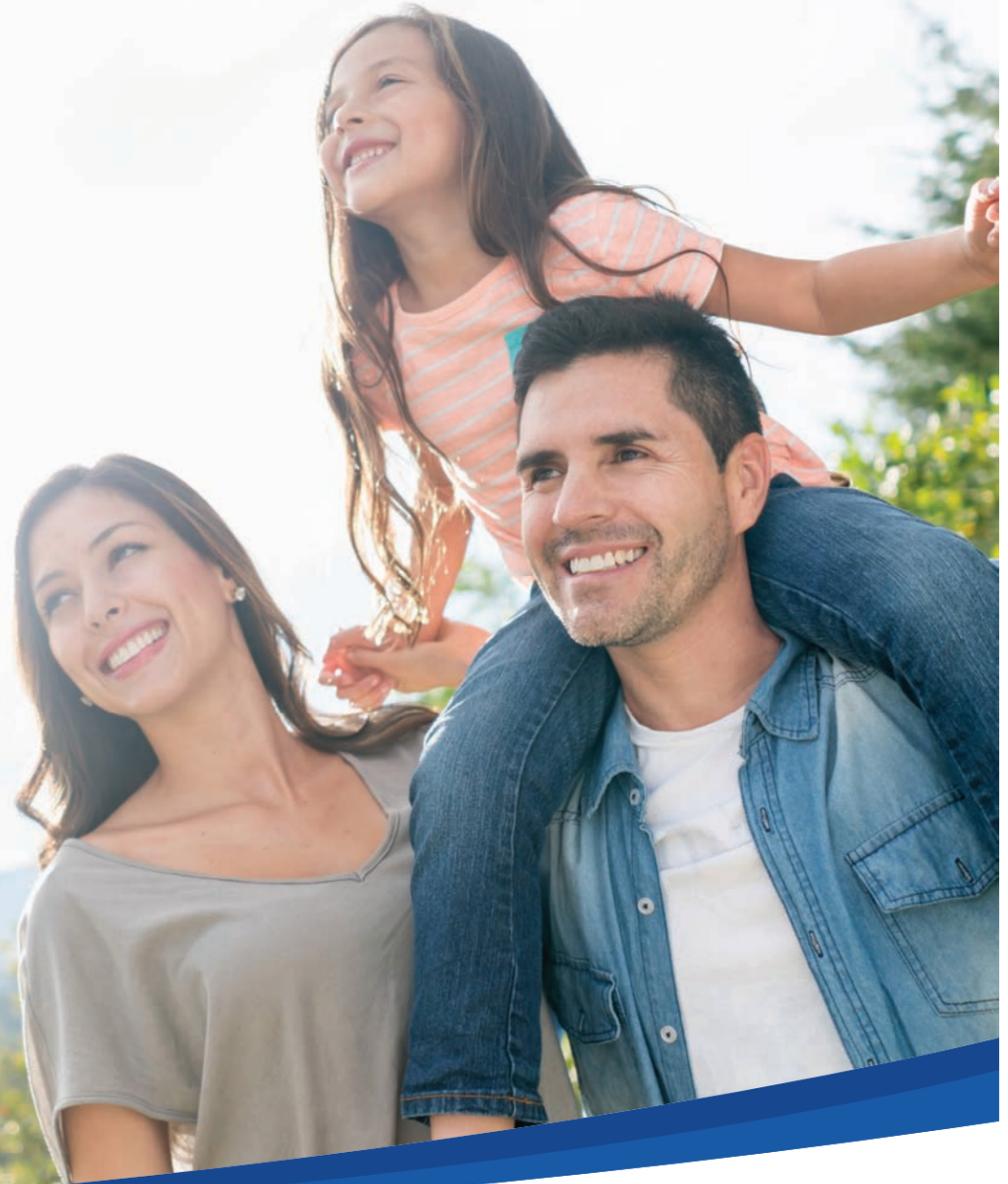
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CryptoQuip Answer

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Your new neighborhood hospital is now open in Horizon City.



At The Hospitals of Providence, our entire team - from physicians to nurses to support staff - is focused on providing patients with the quality care they deserve. We are excited to announce the opening of our newest health care access point to the community of Horizon City.

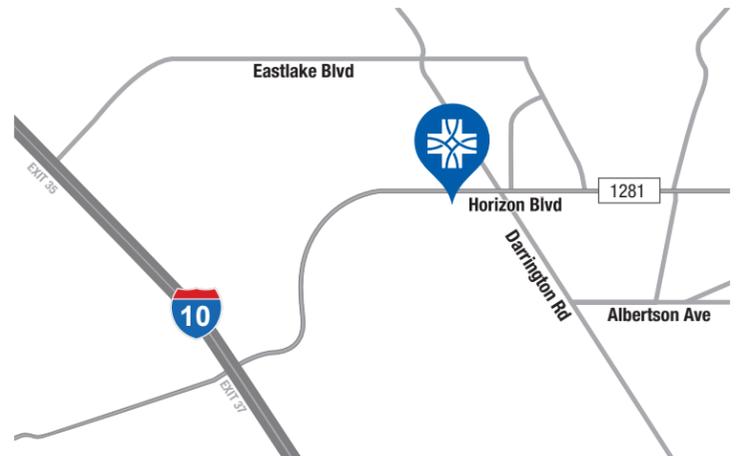
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A World Series for the ages

By Steve Escajeda
Special to the Courier

As you get older you think of all the things you've experienced in your life and you lament over the things you haven't.

But then you gradually accept the fact that some things were just not meant to be included in your life.

So I had come to grips that I would never jump out of an airplane wearing a parachute, I'll never see a UFO or a ghost or Big Foot.

I'll never know who really killed JFK, or where Jimmy Hoffa ended up, or what happened to the Sopranos. And I'll never get to see my Houston Astros win a World Series.

Oh, wait a second, I guess you can scratch one of those off the list.

It was about 50 years ago that I would fall asleep every night listening to Astros games on my transistor radio as a 6-year-old kid.

I don't know what it was but I loved that team – them and the Dallas Cowboys.

Well I've experienced my share of Dallas Super Bowls but for the most part, I've suffered through countless mediocre Astros' seasons, along with some horrendous ones.

Some of my friends would give me a hard time and call them the Disastros or the Lastros.

But win or lose, I've always checked the morning box scores to see how my beloved Astros did the night before.

More importantly though, this World Series between the Astros and the L.A. Dodgers did more for baseball than anything else over the last decade.

It's no secret that fans, especially young fans, aren't watching the game because they feel it is too slow, too long and too boring.

And they were right. The game had gotten to the point that it was comfortable in the slow lane and forgot that we now live in a fast-lane world.

But this series had as much excitement packed in it as any other in history. We saw great pitching, we saw horrible pitching, we saw great catches, we saw leads come and go, we saw home runs, we saw great drama and we saw two teams give every ounce that they had.

In fact, some people are already calling game five's 13-12 Houston win the best World Series game of all time.

The most incredible thing of all is that everywhere I went over the last couple of weeks, people were actually talking about baseball.

When's the last time you heard that? Everybody was asking everybody else whether they had seen last night's game.

Even young people, who never watch baseball, started planning their evenings around the games. And social media was awash with thoughts and opinions about the incredibly tense drama being played out on the field.

If Major League Baseball needed anything, it was to get young fans to start tuning in. Not only did fans tune in, they started talking about the next game as soon as the previous one ended.

And baseball is in good hands for years to come with young teams like the Astros and the Dodgers and the New York Yankees and the Chicago Cubs and the Boston Red Sox and the Cleveland Indians and the Arizona Diamondbacks.

These are good young teams with good young stars that young fans can relate to. And with NFL ratings continuing to

drop, this is a great opportunity for MLB to attract the fans it thought it had lost forever.

But the game has got to keep evolving and easing its way into the 21st century.

Use the digital strike zone, insert a pitch clock, play less regular-season games and, really, take those silly uniforms off the coaching staff and let them wear regular clothes like all the other coaches.

The day I see Bill Belichick in shoulder pads or Greg Popovich in shorts, then, I'll understand this long-outdated tradition.

Anyway, we were all just treated to a wonderful World Series, no matter who won.

And it was great to see people talking and caring about baseball again – the way they did when I was just a kid dreaming of playing

shortstop for the Astros one day.

Now if I keep looking into the skies I might be lucky enough to catch one of those UFOs.



– Photo courtesy Houston Astros

ALL SMILES – Carlos Correa, shortstop for the Houston Astros, hoisted the World Series Championship Trophy during a celebration in Houston.

A sporting view By Mark Vasto

Let's make a deal

It's a new era in the NFL. For the first time in years, a new crop of general managers and head coaches have taken a leap by bounding into the trade market.

Usually the providence of Major League Baseball, the NBA and NHL, the time has finally come for the NFL. With the exception of one or two streaking teams, the vaunted parity of professional football, the desperate fight to make the playoffs or the desire to begin a quick rebuild has led to a spate of high-profile trades.

It began when Marcell Dareus,

a defensive tackle and former No. 3 overall draft pick, was traded to Jacksonville from Buffalo. One year after Rex Ryan, Buffalo has surprised many this season, actually challenging New England despite having a weak passing attack. That changes with the addition of wide receiver Kelvin Benjamin, a former first-round pick and Carolina's leading receiver this year.

Three-time Pro Bowler and former first-round draft pick Duane Brown was dealt to the Seahawks in exchange for

draft picks, quarterback Russell Wilson restructuring his contract in exchange for added protection on the line. With the loss of Aaron Rodgers in Green Bay, a Giants team in total disarray, Seattle vaults to the head of the pack in the NFC with the move. Wilson is dynamic as ever, and this pickup can only help.

The Eagles and the Patriots may have made the best deals, however.

The Eagles, with Carson Wentz behind center, look like the real deal. Anyone that has watched the NFL over the years knows that in order to be taken seriously in the league you have to put together two consecutive seasons of top performance, otherwise you're a Scott Mitchell or a Matt Cassel.

We've seen enough of Wentz to know he's going to be around for quite a while. He throws a ball like Dan Marino used to... no West Coast offense in Philly. They matriculate the ball downfield, Wentz not afraid to chuck the ball a good 30-yards a clip. Their fifth-ranked rushing attack just added Jay Ajayi for a fourth-round pick, and even though Ajayi is gaining a reputation for being a locker-room cancer, that move has the word "steal" written all over it.

The Patriots shook up the market, dealing highly touted backup quarterback Tony Garoppolo to the 49ers for, get this, a second-round pick. At the time of the trade, Tom Brady told the press he couldn't name his backup, but it likely won't matter

anyway... the guy is a rock.

Even the Jets made trades! Hapless Cleveland tried to make a trade for Cincinnati's backup quarterback, but in true Browns fashion, forgot to call in the trade. That franchise is a mess. I wouldn't be surprised if they had an intern try to fax it over.

In all, let's hope that this is a harbinger of things to come. As any MLB fan will tell you, trades are practically half the fun of the game. Shaking things up in the NFL versus standing pat is a tradeoff most fans would take any day.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2017 King Features Synd., Inc.

PT

From Page 2

educational program. Physical therapy is not the program."

Physical therapists look at the students' needs for safe positioning, transfers, mobility, endurance and self-help skills. This may include support of adaptive equipment for function, rest, comfort, access, and specific training for students, staff members and families. Baumann also says that education is one of the major parts of her job educating parents or staff about obesity, musculoskeletal and neurological disorders and how they affect them as well as precautions to take with the child in the classroom.

"We focus on the child and family's goals within the educational and community setting," Baumann added. "I educate them about services and

equipment that are available to them – to see that we can support the family as a unit. It's fun to watch them grow together over the years and change."

Lucas' father, Tim, is happy to see Lucas, who was diagnosed with a chromosomal syndrome, make progress.

"Lucas has improved a lot. We are very thankful for the services the District and Mrs. Baumann has provided," Tim said. "She helped us get an adaptive tricycle. He loves the trike and we take him for rides."

In addition to her regular duties as a physical therapist, "Harri" coordinates with a dedicated group of advocates to lead Team Canutillo in the Greater El Paso Special Olympics where Lucas participated for the first time this year.

"It was very joyful for us to see Lucas participate in the events. It brought tears to our eyes. We're happy that Canutillo is involved in the Special Olympics," Tim added.

Baumann cannot contain the rewarding feelings she has helping students learn in their environment.

"The best part of my day is when all of a sudden, something just clicks with a student and we hit a milestone," Baumann expressed. "Lucas has made tremendous progress in functional access and his motor skills. Every day I come to work, I can't believe I am fortunate enough to have made this is my profession. I think have the most rewarding job in Canutillo."

National Physical Therapy Month was observed in October. For more information on physical therapy tips to get moving or keep moving for life, visit the American Physical Therapy Association Move Forward website at www.moveforwardpt.com.

– Photo courtesy Canutillo ISD

A GREAT RIDE – This adaptive tricycle is one of Lucas' favorite exercise methods.



Comix

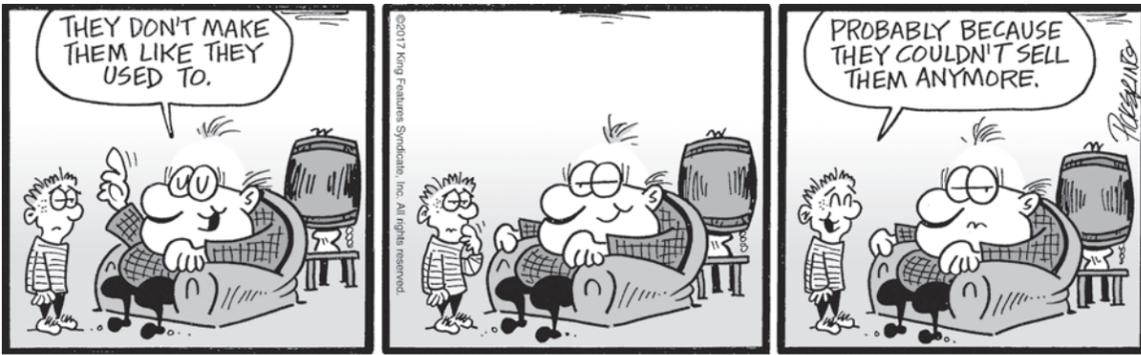
OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I always have had a low resistance to germs and have caught colds every two to three months. I take adequate vitamins and B-12 shots. Approximately eight months ago, I started taking 50 mg zinc once a day. I feel fine and have not caught a cold since taking zinc. A local pharmacist advised that zinc contains too much metal to take on a regular basis and to take it only at the onset of a cold. I feel fine now and would like to continue taking zinc. What do you advise? – L.F.

We have moved to Florida, and none of the doctors here know anything about dapsone. He is unable to get a prescription. Right now, he is miserable with a horrible skin rash with blisters, and he itches constantly. He is careful with his diet (he is lactose intolerant), but otherwise can find no answers. Dapsone is the only thing that helps him. Please help. – M.M.C.

It is unusual to see problems from excess zinc, but it can happen. Zinc and copper both are absorbed by the same enzyme, so with too much zinc, you can't properly absorb copper. A student of mine published a report of someone who took MUCH more zinc than you are taking (the adequate intake per the Institute of Medicine is 11 mg, and you are taking about five times that amount; this person was taking 30 times the recommended amount), who had extraordinarily low copper levels and dangerously low white blood-cell counts.

The upper limit for safe zinc intake is 40 mg, and I would definitely recommend against taking more than that every day. I would think taking 25 mg daily would be safe. However, it's not clear that zinc prevents colds, at least when studied in large groups of people.

DEAR DR. ROACH: My husband was diagnosed with a skin condition called dermatitis herpetiformis 35 years ago. He was prescribed dapsone and has been taking it ever since.

Dermatitis herpetiformis is an uncommon skin disease seen more often in people with ancestry from northern Europe. In the vast majority of cases, it is linked to gluten sensitivity (celiac disease). A gluten-free diet is one mainstay of treatment, and the other is dapsone. Dapsone is a powerful medication with many potential side effects that must be used by someone familiar with it who must be monitored carefully with periodic exams and blood tests. It causes hemolysis (breakdown of blood cells) to a small extent in most people; however, in people with a condition called G-6PD deficiency, the hemolysis can be fatal. If your husband hadn't been taking it safely before, he would be tested for this common enzyme deficiency before being prescribed dapsone.

Most people with dermatitis herpetiformis who stick to their gluten-free diet carefully are able to stop dapsone eventually.

Your husband needs a very experienced dermatologist and advice on a gluten-free diet. Two places to start are www.celiac.org and www.gluten.net. A dietician can be very useful as well. Fortunately, there are many

See HEALTH, Page 8

Super Crossword

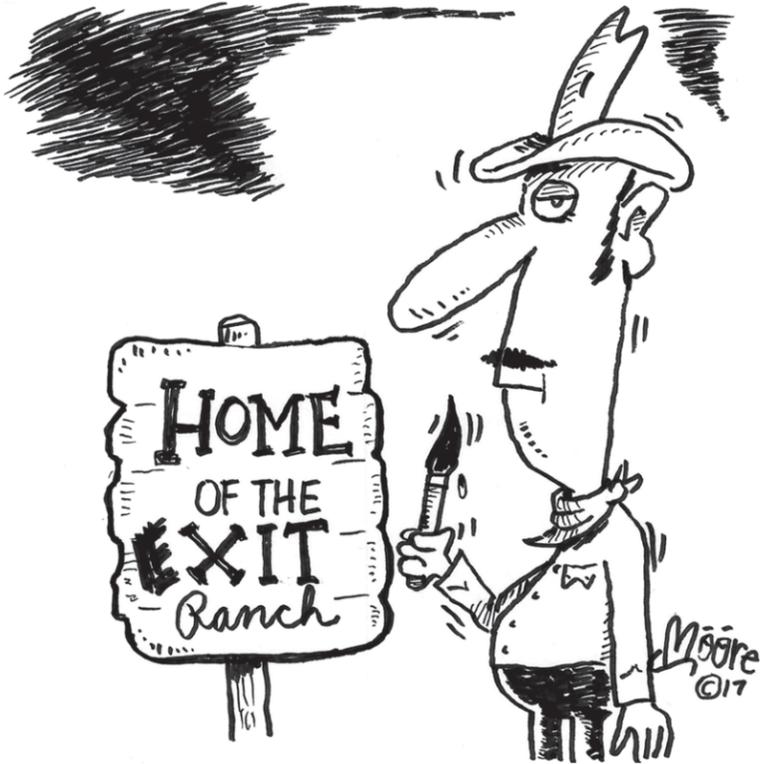
- OH, YOU! ACROSS**
- 1 Roman 102
 - 4 Took off on
 - 8 Overflowing (in)
 - 13 Comes into being
 - 19 Pal from way back
 - 21 TV sergeant played by Phil Silvers
 - 22 Put a new front on
 - 23 What a table had when Sitting Bull was sitting at it?
 - 25 1994 sci-fi action film
 - 26 Tailless cat
 - 27 Secretive govt. group
 - 28 Small city's package deliverer?
 - 30 Eight-armed mollusks
 - 33 London lav
 - 35 Muslim chief
 - 36 Marshy inlet near Boston?
 - 45 Atty.'s org.
 - 48 Bang, as a big toe
 - 49 Supper crumbs
 - 50 Long oar
 - 51 Actor Max
 - 53 Spanish cheers
 - 55 Carne _ (Mexican steak dish)
 - 59 Vicinity
 - 60 Vigor, in music
 - 61 Coup d'etat?
 - 65 As dry as _
 - 67 Prefix with tourism
 - 68 1998 Australian Open winner Korda
 - 69 Fast at installing canoe stabilizers?
 - 78 Award in the ad business
 - 79 P.O. item
 - 80 Directive
 - 82 Unfeeling person's fake-out?
 - 91 Mid-voyage
 - 92 _deuce (card game)
 - 93 Streep of film
 - 94 Plum cousin
 - 95 Class fixture
 - 96 Ringo on drums
 - 98 With 103-Across, frozen dessert brand
 - 101 Cop in a drug bust
 - 103 See 98-Across
 - 104 Like an ogre wearing his facial disguise?
 - 110 Graf _ (ill-fated German warship)
 - 111 Notch shape
 - 112 Inner layer
 - 116 "My poetry is terrible compared to Maya's"?
 - 122 Hearing thing
 - 125 Dog in "Garfield"
 - 126 Setting
 - 127 Messed up during a film shoot?
 - 131 Really stuck
 - 132 "Paradise Lost" figure
 - 133 Mongoose cousins
 - 134 How china is often sold
 - 135 Noodges
 - 136 Alternative to Bloomie's
 - 137 That ship
- DOWN**
- 1 Vodka drink, informally
 - 2 Hipbone-related
 - 3 " _ buy that!"
 - 4 "La Cage _ Folles"
 - 5 Alternative to a Word file
 - 6 Early utopia
 - 7 Colorants
 - 8 _ Dhabi
 - 9 Vogue editor Anna
 - 10 Actor _ Ray
 - 11 Give a bias
 - 12 Large wasp
 - 13 Stella _ (beer)
 - 14 Renovates, for short
 - 15 " _ one..." (start of an opinion)
 - 16 Indian dress
 - 17 "Behold!" to Caesar
 - 18 Foreteller
 - 20 Plump and healthy-looking
 - 24 Soft rock
 - 29 "Still the King" cable channel
 - 31 Faux _
 - 32 Schoolyard
 - 34 "Well now!"
 - 37 "Star Trek" helmsman
 - 38 \$5 bills, in slang
 - 39 Forest buck
 - 40 Shell rival in Canada
 - 41 Curious as _
 - 42 Cosmonaut Gagarin
 - 43 Muffin topper
 - 44 _ Bator
 - 45 "SOS" band
 - 46 7/4 cookout
 - 47 The vowels
 - 52 Rice-A- _
 - 54 "Let it stand"
 - 56 Datebook entry: Abbr.
 - 57 Elk cousin
 - 58 Intro drawing class, maybe
 - 62 " _ bin ein Berliner"
 - 63 Carols
 - 64 Ship of myth
 - 66 Shoe brand
 - 70 Model Heidi
 - 71 French department
 - 72 Former queen of Jordan
 - 73 Gambling venue, briefly
 - 74 Website IDs
 - 75 Alum
 - 76 Ill-fated Ford
 - 77 Witherspoon of Hollywood
 - 81 Garden tool
 - 82 Wallet filler
 - 83 Play starter
 - 84 Main role
 - 85 Harp cousin
 - 86 NASDAQ cousin
 - 87 "In the Valley of _" (2007 film)
 - 88 Arm bone
 - 89 Beer topper
 - 90 Not tame
 - 97 "Twilight" vampire _ Hale
 - 99 Small stream
 - 100 Prop- ending
 - 102 15-season CBS series
 - 105 About to bat, e.g.
 - 106 Division: Abbr.
 - 107 Fortify
 - 108 Feat
 - 109 Bad-mouth
 - 113 Concepts
 - 114 Late inning
 - 115 Swan cousins
 - 116 Skater Kulik
 - 117 Olympus _ (volcano on Mars)
 - 118 Big Ten gp.
 - 119 Klutzy sorts
 - 120 Folk wisdom
 - 121 Yves' yeses
 - 123 \$\$\$ sources
 - 124 Emu cousin
 - 128 Raised rails
 - 129 Comic shriek
 - 130 This yr.'s 75-Downs

Answer Page 4

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19			20					21				22						
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	72			73	74				75	76	77	
										79					80		81	
82	83	84	85					86	87			88	89	90		91		
92						93					94					95		
96					97			98	99	100		101		102		103		
104						105	106	107			108				109			
					110					111				112		113	114	115
116	117	118	119						120	121		122	123	124		125		
126							127				128			129	130			
131							132					133						
134							135					136					137	

Moore Texas by Roger Moore

Nov 1, 1912: The last cattle from the famous XIT Ranch are sold off.



Social Security Q&A By Ray Vigil

Old school was slow work

More than 85 percent of American homes have some sort of computer. Millions of people rely on computers daily to access, formulate, and store information. People use computers for everything from sharing family pictures to shopping to banking and paying bills. But, we haven't always been able to count on the convenience of the computer to make our lives easier.

How did Social Security, one of the world's largest "bookkeeping operations", manage to keep records of our nation's workers before we had computers? How did we match workers with their earnings?

We used a process called the "Visible Index" that used tiny, bamboo strips wrapped in paper that were inserted into metal panels. The panels could be flipped back and forth to view the information on each side. Clerks had to look at each strip to find the exact Social Security number for a specific person. In 1959, when Social Security began converting information to microfilm, there were 163 million individual strips in the

Visible Index.

Workers' names were filed alphabetically by surname using a phonetic pronunciation code to ensure consistent filing. There were hundreds of thousands of people with the same surname. How did the staff meet the challenge? By knowing the system. Clerks familiar with the Index could locate a specific record within 60 seconds.

The Index took about 24,000 square feet of floor space and was extremely heavy. No building in the District of Columbia had floors sturdy enough to support the ever-increasing load. These weighty considerations led to Social Security getting its first large-scale computer, an IBM 705. Starting in 1956, the 705 was tasked with handling most of the accounting functions for the agency. It was still humming when it was replaced by a later generation of computers in 1961.

Back in 1937, there were only about 26 million American workers; but today, Social

to microfilm, there were 163 million individual strips in the

Here's a Tip

By JoAnn Derson

• "I buy gifts all year long and save them in a closet until the holidays, when I get them out and have festive fun while wrapping. As a matter of fact, I buy my cards after Christmas, too – on sale. I get them out and start writing the day after Thanksgiving instead of shopping."
– M.E. in Minnesota

• "I have a gorgeous metal tray that I like very much but didn't have counter space for in my kitchen. My husband attached it to the wall with a screw and found some lovely magnets. I use it to hold recipe cards when I'm cooking or planning to cook. It is wonderful."
– A.A. in Arizona

• When the family shops together, the kids become more invested in making good nutritional decisions. Talk about healthy choices before you go and while you're making your lists. Then break down the nutritional labels together to make the best choice.

• Make your own moth repellent by mixing whole cloves, ground cinnamon and black peppercorns. Wrap in cheesecloth and secure with ribbon. Hang in a closet or tuck in a drawer as you would a sachet.

• For a refreshing and really good-smelling hair treatment, mix a quarter cup each of honey and ground cinnamon. Rub into hair at the scalp only, and then shampoo as normal.

• Your kitchen sponge sees a lot of action in the sink – sometimes too much. Be sure to replace the sponge when it gets worn or smells bad – weekly if you're the type who leaves it sitting in the sink drenched in bacteria-loving dishwater. Try cutting sponges in half or in thirds to make them last longer.

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

GO FIGURE! by Linda Thistle

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

	-		x		10
x		+		x	
	x		-		10
-		x		-	
	÷		+		11
12		9		12	

1 2 3 3 4 5 7 8 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Q equals E

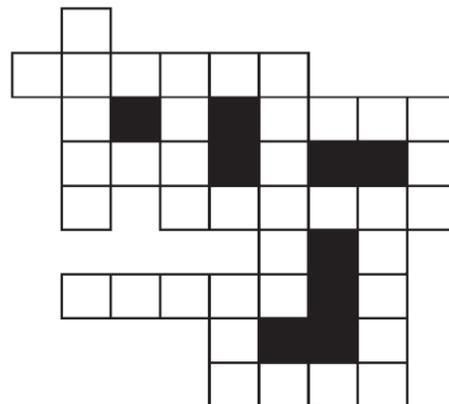
Y A Q O Y R C, Z A J B A A R E F Q B Q S Y P X
U Q Q S U R E P X A D F Y, Z R O M L D S E
J S Y A Q Z L L E O A R S C J S C L S M L F
E Q Q F P J M Q.

Answer Page 4

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- GDU
- GARNOY
- DYUGE
- BNMU
- ♥ NOGRIG
- ONY
- ADGU
- ♥ DEYRA
- BMU
- ENNBIG
- IBBER
- MYIR



Answer Page 4

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

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

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Health

From Page 7

gluten-free options available now.

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