



NEWSBRIEFS

Crook or cook

A burglar broke into a Mexican restaurant in Hicksville, NY, stole \$100 from the cash register and then proceeded to cook up a storm. He was caught on surveillance video and the owner of the eatery was very impressed with the crook's cooking skills, according to the Association of Mature American Citizens. The thief knew his way around a commercial kitchen and, apparently, he was a neat freak who made sure he cleaned up after himself. He even left a one-dollar tip after enjoying his meal.

— John Grimaldi

Texas health

With November being National Diabetes Awareness Month and Americans collectively spending nearly \$200 billion per year on obesity-related health costs, the personal-finance website WalletHub has released its report on 2017's *Fattest States in America*, along with interesting stats about diabetes in its *Facts & Statistics* infographic. To determine which states contribute the most to America's overweight and obesity problem, analysts compared the 50 states and the District of Columbia across 19 key metrics. They range from share of overweight and obese population to sugary-beverage consumption among adolescents to obesity-related health care costs. Here are some highlights from each report:

Obesity and Overweight Problem in Texas

- 13th – Percent of Overweight Adults;
- 10th – Percent of Obese Adults;
- 2nd – Percent of Obese Children;
- 9th – Percent of Physically Inactive Adults;
- 14th – Percent of Adults with High Cholesterol;
- 28th – Percent of Adults Eating Less than 1 Serving of Fruits/Vegetables per Day;
- 17th – Percent of Adults with Type 2 Diabetes; and
- 25th – Percent of Adults with Hypertension.

Visit: <https://wallethub.com/edu/fattest-states/16585/> for the full report.

Diabetes Facts and Statistics

- \$407.6 Billion: Estimated cost of

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— Photos by Alfredo Vasquez

TRAILER FULL OF TROOPS – U.S. veterans from the San Eli and El Paso area rode a float as part of the parade held in their honor.

San Eli hosts parade, ceremony for vets

By Alfredo Vasquez
Special to the Courier

SAN ELIZARIO – Hundreds of proud Americans converged on the quaint town of San Eli Saturday morning for the 21st Annual San Elizario Veterans Day Parade and Ceremony. The festive event was to celebrate the service of past and present military personnel and honor their hard work.

The one-day affair featured dozens of marching groups, sports cars, vintage vehicles, horseback riders, and floats; then, an outdoor ceremony was held in the town's plazita to recognize the area's veterans.

The annual event was sponsored by the Veterans Committee of the San Elizario Genealogy & Historical Society (SEGHS). Coordinating the efforts was Octavio Hernandez, public relations assistant for the society.

Serving as grand marshal for the parade was Manuel Alvarado, a U.S. Navy veteran, local artist and an avid community volunteer. Joining him as honorary marshal was Robert Holguin, a popular newscaster for El Paso's KFOX TV network.

Among the special guests for the ceremony that was held after the parade were Maya Sanchez, the City of San Elizario mayor; Mary Gonzalez, 75th District State Representative; Vince Perez, El Paso County Commissioner; and Nelida Lozoya-Lewis, a Star 4 Our Troops representative.

"This annual parade and ceremony is part of the foundation for bringing our community together and for keeping at the forefront our continued support for our veterans and the American way of

life," stated Mayor Sanchez.

As part of the annual ceremony, Ray Borrego, chairperson for the SEGHS veteran's committee, along with U.S. military veterans Ray Guerra, Luz Estrada, Eduardo Apodaca, Deanna Caldwell, Tony Perez, Enrique Valdez Jr., and Frank Valdez Jr. led the audience in a unique lighting of the candles observance to commemorate the sacrifices made by American prisoners of war and soldiers missing in action.

Veterans Day, formerly known as Armistice Day, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as Armistice Day." As such, this legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress— at the urging of the veterans service organizations— amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans". With the approval of this legislation on June 1, 1954, November 11th became a day to honor American veterans of all wars.

In 1968, U.S. Congress passed the Uniforms Holiday Bill, which ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the fourth Monday of October. Many states did not agree with this decision and continued to celebrate the

See PARADE, Page 2



SHOWING SUPPORT – San Elizario High School majorettes marched during the Saturday morning parade.

Freedom is not only the right to use your judgment, but the obligation to live with the consequences.

— Quips & Quotes



— Photo by Alfredo Vasquez

RIDING IN STYLE – Manuel Alvarado, with his wife Martha, served as grand marshal for the 21st annual San Elizario Veterans Day parade.

Parade

From Page 1

holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law that returned the annual

observance of Veterans Day to its original date of November 11, beginning in 1978.

And so it was that on this beautiful Nov. 11th Saturday morning, individuals of all ages and upbringings came out to San Eli – with its historic chapel and adobe buildings as a colorful backdrop- to pay tribute to all military service veterans.

View from here By Marilyn M. Singleton, M.D., J.D.

Platitudes and glittering generalities

We are living in strange times. Virtual money, virtual friends, virtual reality. And regrettably, we are currently burdened with virtual leaders and virtual health insurance coverage.

September's Gallup poll revealed that by a huge margin the "most important problem facing the country today" was dissatisfaction with the government. Our representatives in Washington spend more time meeting with moneyed "stakeholders" than fashioning constitutional legislation based on what their constituents voted for. When our "representatives" occasionally take a break from sniping at the White House or one another, they offer platitudes and intangibles to distract us from their ineffectiveness. Sustainability, the rich, social (in)justice, the common good, a living wage, a better health care system are glittering generalities, known in some circles as propaganda.

Operating under the cloak of munificence and on the premise (or pretense) that the financial and physical best interests of everyday people were at heart, the proponents of the unipartisan Affordable Care Act produced an unrecognizable version of insurance. Health insurance in the United States grew out of concerns for the

high cost of serious injuries due to the wide use of machinery in the early 1900s. The ACA – to quote President Obama – "fundamentally changed" the American the health insurance market to forcibly insure individuals for every medical issue no matter how minor. Of course, the promised benefits were illusory since most patients would never meet the high deductible. The ACA robbed us of choice in the insurance market. No more inexpensive major medical insurance policies for those over the ripe old age of 30.

Predictably, nearly half of ACA marketplace enrollees polled in a Kaiser Family Foundation health reform survey report that their premiums, deductibles, and copays have been going up and will create a "financial burden." And sixty percent of those with any kind of private insurance expect their premiums to go up "a lot." Their perception is based in reality. In the 20 states where the information was available the 2018 premium increases range from 33 to 49 percent.

As for the negative effects on the other half of the patient-physician relationship, a recent Mayo Clinic study verified that the government-mandated electronic health records are contributing to increasing rates

of physician burnout. A majority of those surveyed indicated their electronic medical record systems were causing a clinical burden, resulting in emotional exhaustion, depersonalization, and a reduced sense of personal accomplishment.

Moreover, the new complex metrics required under the Medicare Access and CHIP (Children's Health Insurance Program) Reauthorization Act of 2015 (MACRA), have become a new source of frustration and increased clerical duties.

The ACA and its progeny must go. Responsive government is based on an exchange of ideas with the voters and accordingly, constitutional laws that advance the interests the citizenry. The ACA appeared to respond to the wishes of corporate lobbyists and social engineers, not the public at large.

Dissatisfied with the government? Reject the political pap and decide whether you would rather pay \$600 per month and a \$5,000 deductible for services that you do not want or need or have the ability to buy inexpensive major medical insurance and pay out-of-pocket for routine office visits. Keeping in mind the hacking of 143 million Equifax records, do you want your medical records housed and managed by the Office of the National Coordinator for Health Information Technology or in your doctor's office? For many, the answer is clear. Support policies that put the sanctity of the patient-physician relationship first, last, and always.

Marilyn M. Singleton, M.D., J.D. is a board-certified anesthesiologist and Association of American Physicians and Surgeons (AAPS) Board member. She graduated from Stanford and earned her MD at UCSF Medical School. Dr. Singleton completed 2 years of Surgery residency at UCSF, then her Anesthesia residency at Harvard's Beth Israel Hospital. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

Notice of Public Meeting To Discuss Fabens Independent School District's State Financial Accountability Rating (FIRST)

The Fabens Independent School District will hold a public hearing at 6:30 p.m., Wednesday, December 13, 2017 in the boardroom of the Fabens ISD Administration Building, 821 NE "G" Avenue, Fabens, Texas.

The purpose of this hearing is to discuss Fabens Independent School District's rating on the state's financial accountability system.

WTCC: 11/16/17 & 11/23/17

Veterans Post By Freddy Groves

RAMP: The fast lane to claims resolution

If you're bogged down in a disagreement with the Department of Veterans Affairs about a claim, help (or at least hope) might be on the way. Enter the Rapid Appeals Modernization Program, also known as RAMP.

RAMP will give veterans a more efficient claims review process, courtesy of the Veterans Appeals Improvement and Modernization Act of 2017.

According to a summary of the Act, it takes an average of six years to appeal a disability claim. The Act creates three lanes, which is meant to divide claims into categories and zip them through the process, instead of letting all claims stay lumped together. Lane 1 will move a pending appeal directly over to the Board of Veterans' Appeals, jumping over the other layers. Lane 2 takes a rejected claim and sends it to a higher level of adjudication for a second look. Lane 3 is where a veteran can submit new evidence in a claim.

These new steps are intended to speed the process. However, there are concerns. Apparently the new act modifies the "duty to assist" language. That duty requires the VA to help a claimant to get the evidence needed for the claim. The government has all your files and therefore could quickly gather what is needed for the claim, but now that "duty to assist" language is changed.

Depending on your claim, you might receive an invitation to participate in RAMP. Look carefully at the details. Once you agree to RAMP, you might not be able to revert to the previous system.

In other news, VA Secretary David Shulkin is re-thinking the list of presumptives for Agent Orange. He's reviewing the work of the National Academy of Medicine, its data and recommendations. More illnesses may be added for disability compensation.

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View from here By Kris S. Held, M.D.

The Scarlet Zero
MACRA completes government takeover of medicine

When Medicare and Medicaid were created, the government promised not to interfere in the practice of medicine in any way. President Lyndon Johnson signed the Act into law on July 30, 1965, ironically in Independence, MO.

It read: *Nothing in this title shall be construed to authorize any Federal officer or employee to exercise any supervision or control over the practice of medicine or the manner in which medical services are provided, or over the selection, tenure, or compensation of any officer, or employee, or any institution, agency or person providing health care services... or to exercise any supervision or control over the administration or operation of any such [health-care] institution, agency, or person. Section 1801, Medicare Act, 1965*

Fifty years later, in flagrant violation of this prohibition clause, stands the 2015 Medicare Access and CHIP Reauthorization Act (MACRA), replete with the Merit-Based Incentive Payment System (MIPS). MIPS is a rubric the federal government uses to grade physicians and assign each a score of 0 to 100. The Composite Performance Score (CPS) is used to financially incentivize or penalize physicians, and then the scores are posted on a public website for all to see.

The core of MIPS is the ultimate conflict of interest: the very lives and well-being of America's patients vs. the money and power of the medico-industrial complex run by a small group of insider elites, implemented and micro managed by entrenched, faceless deep state bureaucrats. Physicians must choose sides.

Will your physician follow the tradition of Hippocrates, who believed the physician works on behalf of the patient, not for the good of the state – risking his livelihood? Or will he follow the Greek philosopher Plato, who urged that doctors refrain from curing the weak and infirm to improve society? MIPS incentives mean punishment and abuse for serving patients first, and rewards for serving society.

MIPS grades physicians on quality (outcomes), advancing care information, improvement activities, and cost. Earning a high score often requires doing what government says instead of what is best for the patient.

"Quality indicators" and "outcome measures" may sound great, but they may deter physicians from taking on the most difficult and challenging patients. For example, one measure of outcome is how many of a physician's patients achieve a blood glucose level under a certain number. One of my patients told me she has passed out twice, sustaining injuries, since her physician assistant put her on two diabetic medications to get her blood sugar below the government number. Fortunately, she was not driving or alone at home in her bathtub.

Since I have refused to participate in MIPS and the like, I am "out of network" for all insurance plans including Medicare and Medicaid. Ironically, I am seeing an influx of patients with what I call "3rd world cataracts." One patient had only light perception; he could not even perceive hand motion. He is 60 years old with severe cardiovascular disease that presents a higher than normal surgical risk. I operated on him, and he now has 20/20 vision. Because he had been avoided by several surgeons trying to play the MIPS

game, his cataracts were like granite rocks floating in bags of milk, making visibility and removal difficult.

Advancing Care Information (ACI) used to be called "Meaningful Use Electronic Health Records," but ACI sounds friendlier. MACRA rules mandate that government have full, unblocked access to patients' records, without their permission. Their "Protected Health Information" (PHI) includes all personal identifying data including all demographics and all medical history, past and present, including all medications ever taken. This is not just a violation of the Oath of Hippocrates and sacrosanct patient-physician relationship, but also of the 4th Amendment. Government will gather all data, not just MIPS data, on all patients, not just Medicare patients, and from all insurers- commercial too, not just Medicare. This data will be sold by government to entities the federal government itself chooses.

Under "improvement activities," government hopes to "drive physician behavior," as by having us engage in "education" activities that government deems important. These include learning about the emerging "palliative care" movement, replete with educational material glorifying "aid in dying" – formerly known as "physician assisted suicide."

The cost category, formerly known as Resource Use, is beyond worrisome. The sample grade chart itself shows that physicians who spend the most on their patients get 0 to 2 points while those that spend the least get 8 to 10 points. In other words, doctors get more money for withholding care and resources from patients and are penalized for delivering care.

There can be no denying that MIPS is a top-down, command-and-control grading system based on perverse incentives. It will affect you. Already, virtually everyone at all associated with medical care is subject to MACRA, including audiologists, dieticians, and speech pathologists to nurse practitioners, physicians assistants, nurse midwives, clinical nurse specialists, psychologists, and so on. We are all now lumped into a group called "Eligible Clinicians" or "Eligible Professionals."

In the 50 years since government vowed not to interfere with medicine whatsoever, it has almost completely taken us over. To preserve the final remnants of freedom, ethical physicians should refuse to participate in MIPS and proudly wear our Scarlet Zeroes – a beacon to patients who want personal care.

Kristin Story Held, M.D. is a board certified ophthalmologist and ophthalmic surgeon (Stone Oak Ophthalmology, San Antonio, TX, www.stoneoakeyes.com). She is a Phi Beta Kappa Graduate from the Univ. of TX at Austin and received her medical degree from the Univ. of TX Medical School at San Antonio, where she was elected to AOA, the national medical honor society. For the past 20 years she has been in private practice in San Antonio. On October 1, 2015 her practice became completely third party free, including opting out of Medicare. She is working to develop an "alternate universe" with a group of San Antonio physicians, where physicians can practice through a direct patient care model called BridgeTwoHealth.com.





– Photo courtesy UIL/Fabens ISD

STATE CHAMPS FOUR YEARS RUNNING – Te San Elizario High School’s Boys Cross Country team has won its fourth straight State title. In the back row, from left, are Coach Jorge Maese, Rene Arambula (S), David Ceballos (Sr), Edwin Gomez (F) and Coach Cesar Morales. Front row team members are Martin Pargas (Jr), Antonio Diaz (Jr), Seth Rodriguez (S) and Adrian Contreras (Jr). Other team members not pictured include David Ceballos (Sr), Adrian Contreras (Sr), Martin Pargas (Jr), Seth Rodriguez (S), and Antonio Diaz (Jr).

San Eli Boys Cross Country team wins State

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – San Elizario High School’s Boys Cross Country team is once the Texas champions. The UIL Cross Country meet was held in Round Rock, TX on November 4th. It is their fourth straight State title.

Freshman Edwin Gomez took the Gold medal after finishing with a remarkable time of 15:36.16, making him the Individual State Champion; his teammate, Rene Arambula (S), came in fifth. The team finished with an overall score of 1:22:34.34.

Gomez is proud to be from San Elizario and dedicated his victory to his community. “Every race, no matter how big or how small, I always want to do my best because I am not

only representing my team and myself, but also my community. This win was for them.”

“We are ecstatic about winning another State title,” said Head Coach Cesar Morales. “This is the fourth year in a row that we win the UIL Class 4A State Championship and we are very grateful. These boys are determined, work hard, and give it their all every time they run. My assistant coach, Jorge Maese, and myself are very proud of them.”

Click It
or Ticket.



Even in the
back seat.

Buckle up every rider for every trip.

State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com



Click It or Ticket
TEXAS

Strange But True

By Samantha Weaver

- It was 17th-century English novelist and politician Edward Bulwer-Lytton who made the following sage observation: “If you wish to be loved, show more of your faults than your virtues.”

- If you have an indoor/outdoor cat, you might have found yourself wondering why it sometimes shows up on your doorstep with an offering of a dead animal. Well, there’s actually a good reason for it. It seems that the cats most likely to present owners with a gory gift are spayed females, and they’re acting out behaviors seen in the wild. Feral cats teach their young how to hunt by bringing them dead or injured prey. With no kittens to teach, your cat is evidently trying to teach the family it does have – namely, you – how to find food on its own.

- You probably aren’t familiar with the term “anthropodermic bibliopegy,” but in the unlikely event that it ever comes up in conversation, you now know that it refers to books bound in human skin.

- It’s not surprising that during the severe northern winters, the Arctic ground squirrel goes into a state of suppressed physiological activity. What is surprising, though, is that during this torpor, its body temperature can get as low as 27 degrees Fahrenheit – without the animal becoming just another chunk of ice. This nifty trick can be attributed to a biological process that clears the rodent’s blood of ice nucleators, which facilitate freezing.

- You might be surprised to learn that in a 2016 survey of human resources professionals, it was reported that more than half of all workplaces offer paid time off for employees to vote.

Thought for the Day: “We must believe in luck. For how else can we explain the success of those we don’t like?”

– Jean Cocteau

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CryptoQuip Answer

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Moments in Time

The History Channel

- On Nov. 27, 1095, Pope Urban II calls on all Christians in Europe to war against Muslims in order to reclaim the Holy Land. Urban's war cry caught fire, and all told, between 60,000 and 100,000 people responded to his call.

- On Nov. 28, 1925, the "Grand Ole Opry," a popular showcase for Western music, begins broadcasting live from Nashville, Tennessee. The showcase was originally named "Barn Dance," after a Chicago radio program.

- On Nov. 29, 1952, newly elected President Dwight D. Eisenhower goes to Korea to find the key to ending the Korean War. Although he remained mum about his plans, an armistice was signed eight months later.

- On Nov. 30, 1886, the Folies Bergere in Paris introduces an elaborate revue featuring women in sensational costumes. Some revues featured as many as 40 sets, 1,000 costumes and an off-stage crew of 200. Per tradition, the show's title always contains 13 letters and includes the word "Folie."

- On Dec. 1, 1913, Henry Ford installs the first moving assembly line to mass produce an entire automobile, reducing the time it takes to build a car from more than 12 hours to 2 1/2 hours. Ford divided the Model T's assembly into 84 discrete steps and trained each worker to do just one.

- On Dec. 2, 1777, Philadelphia housewife and nurse Lydia Darragh single-handedly saves the lives of Gen. George Washington and his Continental Army when she overhears the British planning a surprise attack. Darragh took notes, which she sewed into her coat before passing them onto American troops.

- On Dec. 3, 1984, an explosion at a Union Carbide pesticide plant in Bhopal, India, leads to the worst industrial accident in history. At least 2,000 people died and another 200,000 were injured when toxic gas enveloped the city.

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EPCC named Math Pathways College of the Year

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) was named 2017 Math Pathways Overall Exemplar College of the Year by Texas Pathways. EPCC representatives accepted the award for the college and its math faculty at the Texas Pathways Institute in San Antonio, TX.

EPCC participates in a joint partnership with the Charles A. Dana Center at the University of Texas-Austin and The Texas Association of Community Colleges to provide mathematics pathways. Mathematics Pathways is a systemic approach to accelerate student success and completion. As a collaborative effort between deans, math faculty, counselors and advisors, tutoring and Institutional Research since Fall 2013, Mathematics Pathways



— Photo courtesy El Paso Community College

IT ADDS UP TO SUCCESS – From left, Dr. Alejandro Vazquez, Maria Prospero, Dr. Myshie Pagel, Dr. Marisa Pierce, Dr. Cassandra Lachica-Chavez and Oscar Velasquez accepted the Math Pathways award on behalf of the EPCC math faculty. EPCC was named 2017 Math Pathways Overall Exemplar College of the Year by Texas Pathways

uses research-based practices to provide mathematics courses with relevant and challenging content aligned to specific fields of study.

"EPCC students experience greater success rates in Mathematics

Pathways courses," Lucy H. Michal EPCC Research Projects Assistant said. "Students accelerate successfully to and through their mathematics courses required to complete their programs of study."

Evidence shows higher completion rates in developmental education and Gateway Math courses than those in traditional developmental courses at EPCC and all Texas community colleges.

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UTEP's long athletic drought could be over

By Steve Escajeda
Special to the Courier

Unfortunately, the only way to describe the last 50 years of UTEP football is consistent.

The program has consistently put out bad team after bad team, with the occasional sprinkling of a good team once every 10 years or so.

With one of the most dismal UTEP seasons coming to a close, local sports fans are feeling the way they always do this time of year – giddy about basketball.

It doesn't matter whether the Miners are returning a talented veteran squad or a bunch of unknown players, fans know that the UTEP basketball team will always be competitive and fun to watch.

And though it's been a while since the Miners were good enough to be invited to the NCAA Tournament, there's something about this year's team that has people taking notice.

The Miners opened the season with a 100-50 trouncing of little Louisiana College last week in a game that could better be described as a glorified

scrimmage.

But it's more about the hustle on the court, the attitude of the players and the unselfishness they displayed.

It's very early but Tim Floyd has already made comments about how fun this team is to coach.

This year's bunch of guys seems to have a maturity that past teams have been severely lacking.

The Miners return some talented veterans like Omega Harris and Matt Willms and Paul Thomas and Jake Flagert.

But it's the new guys like Evan Gilyard and Keith Frazier and Trey Wade and Isaiah Osborne and Tirus Smith that could make this team a very special one.

Of course it's one thing to knock off

Louisiana College; it's quite another to get by the likes of Boise State or South Carolina or Illinois State or whoever they'll play in this week's Puerto Rico Tip-Off tournament.

Win or lose, the experience they get in this tournament will serve the new guys well going into the rest of the season. A season which includes a pre-conference schedule of two games against New Mexico State, a game against the New Mexico Lobos and Washington State.

If there's one thing El Paso sports fans need is a chance to cheer.

And if there's one thing the UTEP athletic program needs to do is give fans a reason to cheer.

With Sun Bowl crowds getting smaller and smaller with each passing game, the school needs an injection of fan passion and interest.

This year's basketball team seems to have something fans can really get behind.

They run the court, they shoot the ball well, they pass to one another and they play a tenacious brand of defense – which puts a huge smile on Floyd's face.

More than that, they genuinely seem

to care about each other. The guys on the bench stand and cheer for the guys on the court. They especially get excited about hustle plays like guys diving on the floor for a loose ball, or standing there and taking a charge.

Those are the little things that can separate winning teams from losing ones. Too many times over the last few years UTEP basketball players have looked disinterested on the bench, or were moping because they didn't get more playing time.

The attitude at times was so poor that you could see the frustration on Floyd's face.

But this year, so far, has been very different. Floyd has gone on and on about the attitude of this team and how the maturity level has increased a notch or two.

With four freshmen and a sophomore making up the pool of young talent, the Miners figure to be in the mix for a C-USA title for years to come.

But being in the mix and winning Conference USA is the difference between playing in the Big Dance or settling for the NIT or any of the other alphabet-postseason tournaments.

Like at the beginning of any season, Miner fans are full of hope and optimism. They're hoping this will be the year that Tim Floyd leads his team into March's madness.

For an athletics program which has suffered through some anemic seasons, that would be just what the doctor ordered.



– Photo courtesy UTEP Athletics
COURT GENERAL – UTEP Coach Tim Floyd shouts out instructions to the Miners during their game against Louisiana College.

Briefs

From Page 1

diabetes in the U.S. in 2015 (\$312.2 billion in direct medical costs, \$95.4 billion in nonmedical costs);

- \$7,900: Average annual diabetes-related health care costs for patients;
- 2.3: Number of times by which a

diabetes patient's health care costs increase; and

- 11 & 13 Years: Reduction in the average male and female type 1 diabetes patient's life expectancy, respectively.

Please visit: <http://wallethub.com/blog/diabetes-statistics/41253/> for the full infographic.

– Diana Popa

Classified Ads

LEGALS

TOWN OF ANTHONY, TX

PUBLIC NOTICE

PUBLIC HEARING ON THE PROPOSED REZONING OF SELECTED PARCELS

The Town of Anthony will conduct a public Planning & Zoning Commission hearing at 6:30 p.m. on Wednesday, December 6, 2017, at Town Hall, in the Town Council Chambers, 401 Wildcat Drive, Anthony, TX 79821, to review the proposed rezoning map for the Town of Anthony, Texas.

THE FOLLOWING PARCELS WOULD BE REZONED FROM COMMERCIAL DISTRICT TO NEIGHBORHOOD COMMERCIAL DISTRICT:

PARCEL NO. 650824, PARCEL NO. 650825, PARCEL NO. 650826, PARCEL NO. 650827,

PARCEL NO. 650828, PARCEL NO. 206143, PARCEL NO. 273075, PARCEL NO. 281362, & PARCEL NO. 59012.

The map is available for viewing at Town Hall during normal business hours. Persons with disabilities wishing to attend this meeting should contact the City Secretary at (915) 886-3944 at least two days before the meeting so that appropriate arrangements can be made.

Martin Lerma Mayor

WTCC: 11-16-17

TOWN OF ANTHONY, TX

PUBLIC NOTICE

PUBLIC HEARING ON THE PROPOSED REZONING OF SELECTED PARCELS

The Town of Anthony will conduct a public

Town Council hearing at 6:30 p.m. on Monday, January 8, 2018, at Town Hall, in the Town Council Chambers, 401 Wildcat Drive, Anthony, TX 79821, to review the proposed rezoning map for the Town of Anthony, Texas.

THE FOLLOWING PARCELS WOULD BE REZONED FROM COMMERCIAL DISTRICT TO NEIGHBORHOOD COMMERCIAL DISTRICT:

PARCEL NO. 650824, PARCEL NO. 650825, PARCEL NO. 650826, PARCEL NO. 650827, PARCEL NO. 650828, PARCEL NO. 650829, PARCEL NO. 206143, PARCEL NO. 273075, PARCEL NO. 281362, & PARCEL NO. 59012.

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Martin Lerma Mayor

WTCC: 11-16-17

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, 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

A sporting view By Mark Vasto

Fly on you crazy diamond

For every certain moment of greatness in sports, there is an equally certain moment of tragedy. On Nov. 7, 2017, Roy "Doc" Halladay became the living embodiment of that sentiment through his death.

Halladay was a great pitcher. Baseball is a funny sport in that hitters get all the accolades, but true fans and those in the business of the sport know that pitchers are what make the game work. Fans may cheer for the home-run hitter, but it's the pitcher who puts the ball in play, and it's the pitcher who sends that hitter back to the bench with a few killer curves and fastballs that most people in the upper decks can't even see nor comprehend.

Halladay was just such a guy. Seven times he was in the top five for the Cy Young award; twice he left with the iron. At 6-foot-6 and 225 pounds, his was a figure you couldn't ignore. For years, it was common knowledge around the league that if you had Halladay, you had a winner on your team.

He won 20 games three times, 19 games twice. Never lost more than 11 games in a season, ever. His lifetime WHIP (walks and hits per innings pitched) was 1.17... better than Bob Gibson (1.18), Jim Palmer (1.18) and Bob Feller (1.3) to cherry-pick a few. He threw two no-hitters – one a perfect game and another in the playoffs, matching only Don Larsen in that feat. He won 203 games and lost only 105. The guy had Hall of Fame written all over him, and there was little doubt that he could have kept

pitching after his retirement. He was only 40 when he died.

To understand Halladay's dominance during the early parts of the 21st century, you only need check the baseball columns of the day. Halladay pitched in Toronto for 12 seasons, and every single team wanted him in their uniform next. Philadelphia won that contest, and the instant credibility he lent to the franchise was impossible to miss every fourth day.

"There are no words to describe the sadness that the entire Phillies family is feeling over the loss of one of the most respected human beings ever to play the game," read the Phillies twitter, echoing sentiments of fans everywhere.

It's creepy that Roy died in a plane crash. While air travel is considered the safest means of transport, it was hard for baseball fans to believe when Roberto Clemente and Thurman Munson both met their early demise in a small cockpit. Halladay, it seemed, couldn't resist the allure either.

"I have dreamed about owning a A5 since I retired! Real life is better [than] my dreams!" Halladay tweeted on Oct. 13.

Well, Roy got his wish, and we got to watch him play. He's in a better place, and every sportsman was better for having known the guy. Rest in peace, Roy... fly on.

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

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: About a year ago, I began to experience irritation in my left eye. It felt like there was a scratch or eyelash in it all the time. It became very inflamed. The other eye is affected, but to a lesser degree. All types of treatment for dry eye have been unsuccessful. Most recently I have been using a serum made from my blood. My eyes are red and weepy, and my left eye feels sore or achy at the back of the eyeball, if that makes sense. I'm hoping that you might have some suggestion about treatment. – N.T.

a cholesterol check, and they had a hard time stopping the bleeding. I started drinking a small glass of red wine in the evening a few weeks ago. Could the red wine be thinning my blood, or is this something I should see my doctor about? – C.M.

Although large amounts of alcohol can predispose a person to bleeding, a small glass shouldn't affect bleeding much or at all. You should see your doctor, who probably will check your platelet count and go from there.

Dry eyes can be caused by many different conditions, and this is very prevalent in the population, especially in older individuals. Because many conditions can cause it, I can't offer any one specific treatment, and it sounds like you have tried a lot already.

DEAR DR. ROACH: I have a question about apple cider vinegar. I have heard that you can use it in small doses as an antacid. It seems to be a contradiction because it is acidic in nature. Is this true or just an old wives' tale? – C.V.

First-line treatment includes artificial tears, one drop four times daily. Preservative-free formulations may be helpful for some people, but they are more expensive. Gels and ointments may be more effective, but since they can blur the vision temporarily, they work best at bedtime.

Old wives' tales sometimes contain great wisdom. In this case, however, there is no scientific data to back it up. There are many anecdotal reports of success and many theories why it might work. However, I'm a believer in evidence, not theories, and there just isn't any. Further, vinegar can damage teeth, so if you try it, be sure to rinse carefully or use a straw. That being said, it's unlikely to do any other harm, so it may be worth a try.

It sounds like you are getting autologous serum tears, a treatment reserved for severe symptoms, such as in people with Sjogren's syndrome, which causes the body to destroy its own tear glands. A treatment you may wish to discuss with your ophthalmologist is placement of punctal occlusion, which blocks the drainage of fluid from the eyes to the nose.

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

DEAR DR. ROACH: I'm a healthy 61-year-old woman. I take no prescription medicine or aspirin. I recently had a flu shot at a health fair, after which blood ran down my arm all the way to the elbow. I then had a tube of blood taken for

ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmanall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved.

Super Crossword

A DOSE OF REALITY

- ACROSS**
- "The Real O'Neals" network
 - Eye-popper
 - Town in NE New Jersey
 - Root
 - Old Olds
 - Some till fill
 - Obstinate reply
 - Nobelist
 - Hemingway
 - Phnom Penh's land [2015]
 - Tonga's site [2011]
 - Top points
 - Purplish-red flower
 - Apple product
 - "Beats me!"
 - Fashion's Anna _
 - Aries, e.g.
 - Home of Columbus
 - Kitchen raiders
 - Neighbor of Mexico [2005]
 - Kenya's home [2001]
 - Zing
 - Virginia hrs.
 - Varieties
 - They're part of French Polynesia [2002]
 - Country with the capital Vila [2004]
 - Tint
 - Sailor's site
 - Big Apple NFL

- team, on scoreboards
- Umlaut pair
 - High-five sounds
 - Conduct, as business
 - Legal exam
 - "Adios!"
 - Harvest mo.
 - Where Tagalog is spoken [2012]
 - "Finished!"
 - Sailing
 - Biology div.
 - Phnom Penh's land [2015]
 - Cola brand
 - Comic Fox
 - Log cutter
 - Paradises
 - "Hail, Livy!"
 - Luzon province north of Isabela [2014]
 - Its president is Daniel Ortega [2010]
 - One who dawdles
 - Cartoon yell
 - Tram cargo
 - Where balboas are spent [2006]
 - World's largest rain forest [2003]
 - Cotillion girls
 - Hose mishap
 - "Pardon?"
 - "_ tu" (Verdi aria)
 - Diner staple
 - "Mamma Mia!" quartet
 - Treatment process
 - Greek vowel
 - Central American

- archipelago [2003]
- Reality show of which 12 title locations are featured in this puzzle
 - "Billy _" (2000 film)
 - Maine city
 - Sky color
 - Butyl or propyl ender
 - Titans
 - Native of Italy's Leaning Tower city
 - Desires
 - Outlaw Kelly
- DOWN**
- Secret stuff
 - Signal light
 - Perpetrate
 - Having slack
 - German link
 - Viking Ericson
 - Chant for the Dream Team
 - Aquarium swimmers, to toddlers
 - Deuces
 - Novelist _ May Alcott
 - Necessitate
 - Numerical suffix
 - Sewer's line
 - Whale type
 - Horse's mythical kin
 - Ump's kin
 - 2000-15 TV drama
 - List abbr.
 - Nap locales

- 26 Lapel sticker
- Affectedly adorable
 - Old film critic James
 - Entire scope
 - Too _ price
 - Freeze over
 - Havens
 - Co. with brown trucks
 - "True Life" channel
 - Hgt.
 - Soul-seller of legend
 - Many groan-eliciting jokes
 - Egg-hunt holiday
 - Verbal jewels
 - Lot division
 - Harvest
 - Australian airline
 - Opposer
 - Conforms
 - Brief denial
 - "The Wizard of Oz" witch
 - Hoity-toity
 - Jungle beast
 - Fee
 - Jacuzzi joint
 - "Do _ say!"
 - Gent partner
 - "_ get it!"
 - Blood type, in brief
 - Half of Mork's farewell
 - Film lioness
 - "Attack, mutt!"
 - Richard of "No

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								
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59								60		61		62				63	64					
65						66	67			68	69				70	71						
72						73				74				75			76	77	78	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					138							139

TRUE TEXAS FACTS by Roger T. Moore

October 1, 1849 — William Sansom becomes the first prisoner at Huntsville State Prison.



GO FIGURE! by Linda Thistle

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

	÷		+		10
-		×		÷	
	×		-		10
×		-		+	
	+		-		3
7		7		10	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

2 3 4 5 6 7 8 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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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Social Security Q&A By Ray Vigil

Supporting our veterans

Supporting veterans and active duty members of the military is a key part of Social Security's mission. Our disability program has helped countless wounded warriors and their loved ones. Every Veterans Day, the nation collectively honors the brave people who risk their lives to protect our country.

For those who return home with injuries, Social Security is a resource they can turn to for disability benefits. Social Security's Wounded Warriors website is at www.socialsecurity.gov/woundedwarriors. The Wounded Warriors website has answers to many commonly asked questions, and provides other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different from those available from the Department of Veterans Affairs; they require a separate application.

Social Security's expedited process is available to military service members who become

disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits from Social Security.

You can learn more by visiting our veterans page at www.socialsecurity.gov/people/veterans.

For more information on the topic above, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213.

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: G equals Y

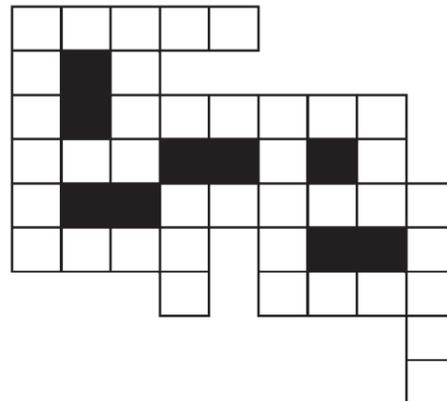
TAFM GNY'QF OZSFQVMR KYUS
SAF CVQUS TNQW NC O UFMSFMBF,
GNY BNYZW DF BAOMRVMR SAF
UYDKFBS.

Answer Page 4

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- GHA
- HEDTOM
- ROBAH
- ♥ASGL
- HIMSLO
- ♥EAL
- MEOH
- UMLOG
- ♥OSD
- ALASIS
- ♥LOHSA
- ♥ARLI



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 rbmall.com

Here's a Tip

By JoAnn Derson

- Since you know it's coming anyway, take the opportunity to clean out the fridge a day or two before a big family dinner. It's a good idea to eat up any leftovers for dinner the day before. You'll have plenty to replace them on Thanksgiving, right?

- In the fridge, it takes 24 hours of defrosting for every 5 pounds of turkey. When defrosting in water (only birds in a leakproof plastic wrapper), allow 30 minutes per pound and change the water every half-hour.

- "When setting the table, my mom would put note cards face down under the place mats. On the note card was written an after-dinner, but before-dessert chore. Someone would be responsible for packing up leftovers; another would load dishes and flatware into the dishwasher; still another would wash or dry the servingware, and pots and pans. We all chipped in, and it was fair, since it was based on where you sat. She changed them every year. We had lots of fun trying to guess where the easiest chore card was."

— C.C. in Georgia

- If you're considering new furniture, this consider this: Experts say that open storage is more likely to keep clutter to a minimum, since there's no hiding your junk. Closed storage tends to collect clutter faster.

- Much like a workout buddy, having a money buddy can keep your budget on track by providing accountability for your spending. If you have to justify your purchases, you're less likely to make frivolous choices.

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

People know Pueblo for its...



Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.

