



## NEWSBRIEFS

### SEISD meetings

San Elizario ISD will be holding two District, Family, & Community Meetings on Monday, Sept. 24th, 2018 at 9 a.m. and 6 p.m. The meetings will be held at the SEISD Administration Offices, 1050 Chicken Ranch Road in San Elizario.

— Hector Gonzalez

### A real nailbiter

Shridhar Chillal of Pune, India visited New York City recently and treated himself to a manicure at, of all places, the Ripley's Believe It or Not Museum in Times Square. He was long overdue. The last time Chillal, who is 82 years old, had his nails cut was in 1952. His clippings, including a thumbnail that measures 6½ feet long, are on display at the museum. According to the publishers of the Guinness Book of World Records, he has the longest fingernails ever recorded on a single hand.

— John Grimaldi

### Bully states

With school's back in session and 19% of high school students reporting being bullied on school property, the personal-finance website WalletHub has released its report on 2018's States with the *Biggest Bullying Problems* as well as accompanying videos. To identify the states where bullying is most pervasive, WalletHub's analysts compared 47 states and the District of Columbia across 20 key metrics, ranging from "bullying-incident rate" to "truancy costs for schools" to "share of high school students bullied online." Texas was ranked number 15. Other stats:

- The District of Columbia has the lowest share of high school students bullied on school property, 11.50 percent, which is 2.3 times lower than in Arkansas, where the percentage is highest, 26.70 percent.
- The District of Columbia has the lowest share of high school students bullied online, 8.90 percent, which is 2.4 times lower than in Louisiana, where the percentage is highest, 21.20 percent.
- Kansas has the lowest share of high school students involved in a physical fight on school property, 4.6 percent, which is 3.4 times lower than in the District of Columbia, where the percentage is highest, 15.5 percent.
- Massachusetts has the lowest share

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*An honest executive is one that shares the credit with the man that did all the work.*

— Quips & Quotes



— Photo by Alfredo Vasquez

**THRIFTY** – El Paso County Commissioner Court recently approved for the fifth consecutive year to keep the actual tax rate the same or lower. One commissioner said that this sends the message that the county has been vigilant with expenditures. El Paso County courthouse (above), which was built in 1991 in downtown El Paso houses the county judge and commissioners' offices and staffs, as well as provides facilities for various court rooms.

## County budget includes four-percent salary increase

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – El Paso County employees can expect pay raises in the

coming year as county commissioners increasing the commissioners' annual salary four percent, to \$93,748 a year and a 1.5 percent cost of living adjustment from \$90,143. The county judge's salary increased two percent, to \$105,080 in its budget for 2019.

Commissioners also raised their own salaries for the third year in a row,

See BUDGET, Page 5

## Luevano gives back to San Elizario ISD

By Hector Gonzalez  
Special to the Courier

SAN ELIZARIO – For the fourth year in a row, former San Elizario High School graduate, Lorenzo Luevano, donated backpacks filled with all kinds of school supplies for elementary students in the San Elizario Independent School District.

"It is my pleasure to be doing this once again – it always brings a smile to my face every time," Luevano said. "I know it can be difficult for some families to buy school supplies for their children so that is why I like to step in and help."

Luevano was born and raised in San Elizario and he loves his community. When he was younger, he always told himself that one day he would give back and make a difference in someone's life.

"I remember the first year I handed a little boy a backpack and seeing the look of joy in his face. That was a priceless moment that touched my heart and that I will never forget," Luevano said.

The first year, he donated five backpacks. The second year that number jumped to 20 and the third year to 25. This year, he brought a smile to the faces of 30 students who did not expect to receive such a generous gift



— Photo courtesy San Elizario ISD

**GIVE IT AWAY** – Lorenzo Luevano carts in backpacks filled with school supplies for elementary students in San Elizario ISD. He plans to keep donating each school year.

See BACKPACKS, Page 8

**View from here** By John Grimaldi

# Death toll from 9/11 terrorist attacks 17 years ago continues to rise

Last week the nation remembered those who died in the 9/11 terrorist attacks. Officially, 2,997 people were killed when 19 radical Islamic assassins hijacked four airliners and turned them into guided missiles aimed at vulnerable targets. Three of those planes found their targets – the Twin Towers of the World Trade Center in New York City and the Pentagon in Arlington,

VA. The fourth plane crashed in Pennsylvania, when patriotic passengers put up a fight.

But, in fact, those attacks “were a death sentence for countless more victims in the aftermath of that tragic event,” notes Dan Weber, president of the Association of Mature American Citizens. “More than 1,000 have already succumbed to illnesses caused by exposure

to toxic debris. One report suggests that some 37,000 people have developed at least one medical condition as a result of 9/11. Another one notes that 20,874 individuals – including 16,000 first responders – are sick enough to be eligible for compensation.”

The terrorists took down the two main towers, each 110 stories tall, creating a dust storm

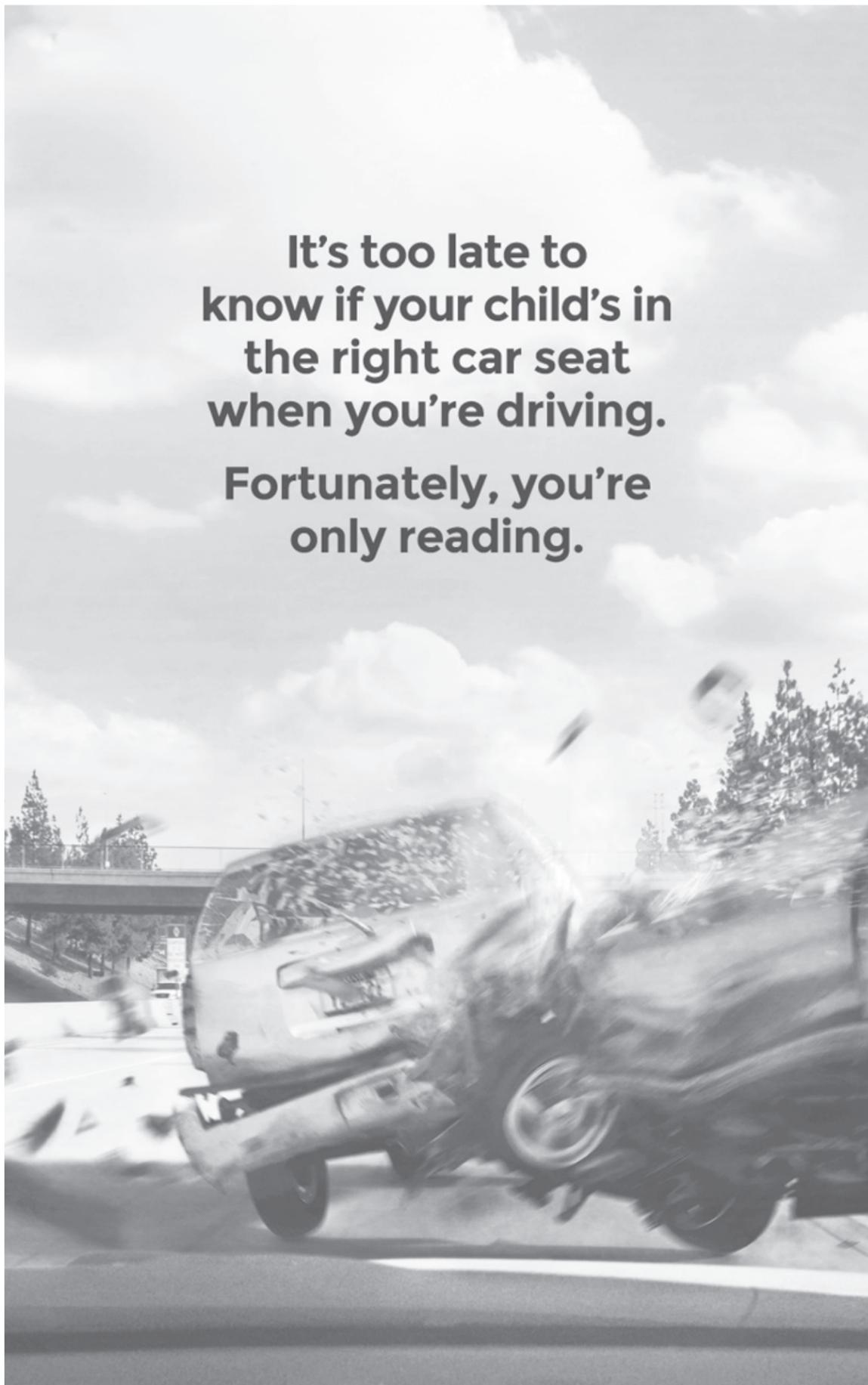
of epic proportions. According to the Healthline Web site the “dust, which remained in the air for days, covered everything and everyone in the area. It held a mixture of toxins and irritants that included asbestos, polychlorinated biphenyls (PCBs), benzene, dioxin, glass fibers, gypsum, cement particles, and heavy metals such as lead, among other substances.”

The diseases afflicting 9/11 survivors run the gamut from heart and lung disease to a variety of cancers and even Alzheimer’s disease, according to Weber.

The late Dr. Jim Melius was an expert on workplace medicine who chaired the Steering Committee for what would become the World Trade Center Health Program. In an interview with Britain’s Guardian newspaper last year, he said, “within the next five years we will be at the point where more people have died from World Trade Center-related illnesses

than died from the immediate impact of the attacks. There are a lot of people who are very, very ill with lung disease who will see at least 10 years taken from their normal life span and we are already seeing many more premature deaths occurring, and among younger people, from the cancers. There is going to be a new generation of widows and widowers.”

Says Weber, “December 7, 1941 is remembered as ‘a date that will live in infamy’ in memory of the more than 2,400 Americans killed in that cowardly attack on Pearl Harbor. It once was described as the day ‘a sleeping giant’ was awakened. September 11, 2001 is a day that is as infamous – if not more so. And, once again that “giant” was awakened. But, while we’ve had important successes in the war on terror over the past 17 years, there is more to be done. We cannot become complacent and we must support those who recognize the dangers ahead.”



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# The blue-collar recovery

The economic recovery is really beginning to reach into Trump country.

The president is famous for his extravagant promises, involving, invariably, the biggest and the best. The landscape is littered with examples, although he never promised to create blue-collar jobs at the fastest clip since 1984, something he achieved in the first half of 2018.

A labor market that has been rocky since the financial crisis, and hasn't truly delivered for many workers for decades, is robust enough to reach all corners of the economy, including Trump areas that have recently been doing better than other parts of the country.

As the Brookings Institution observes, "goods-producing industries have been surging while services industries have seen their seasonally adjusted employment growth slow since 2016." This is good news for smaller, more rural areas, which are now actually outpacing the growth rate in large urban areas. According to Jed Kolko of Indeed Hiring Lab, "job growth accelerated between 2016 and '17 in counties that Trump won by at least 20 points."

Several things are going on. As the labor market has tightened – in June, there were 6.7 million job openings and 6.6 million

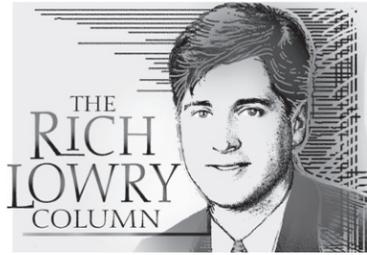
unemployed Americans – it has benefited workers down the income scale.

The administration, for its part, has leaned into a pro-growth tax and deregulatory program meant to spur more investment and remove burdens on business. The goal has been to defeat fatalist predictions of a "secular stagnation" that supposedly meant that we could never realistically expect anything more than middling economic growth.

At the moment, the warnings are less of stagnation than of an alleged labor shortage that, according to CNBC, is nearing "epidemic proportions." This is exactly what we need. As Josh Barro of Business Insider points out, a tight labor market puts welcome upward pressure on wages and creates an incentive for workers to get more training and employers to provide it.

This dynamic still needs time to take hold. Wage growth, at least by traditional measures, has been surprisingly sluggish given the low unemployment rate (the White House argues that wages are being mismeasured and underestimated). But in August, encouragingly, average hourly wages increased 2.9 percent from a year ago, the biggest increase since June 2009.

As for training, a report from



the National Association of Manufacturers says that two-thirds of manufacturers plan to increase worker training in the next year. This is so important because it's only possible to achieve sustainable wage gains by increasing the productivity of workers. And so far, despite the boom, productivity increases have still been lagging.

The encouraging news for blue-collar workers is welcome. But we should set our sights higher. Regaining what was lost in the aftermath of the financial crisis isn't enough. The national priority should be, as Oren Cass of the Manhattan Institute argues in his forthcoming book "The Once and Future Worker," returning to a lost golden age of work, when labor force participation rates and wage growth were both reliably high.

The implicit Trump pledge in the 2016 campaign was of jobs good and stable enough to make a decent living and raise a family. That should never be over-promising in America.

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View from here By Marilyn M. Singleton, MD, JD

# Mission possible: Saving freedom in medical care

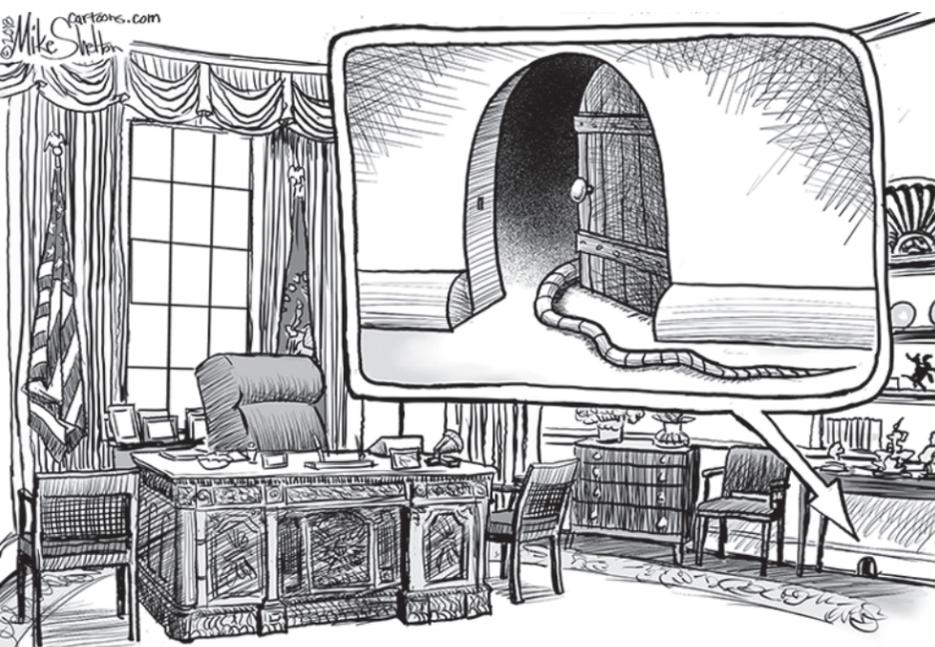
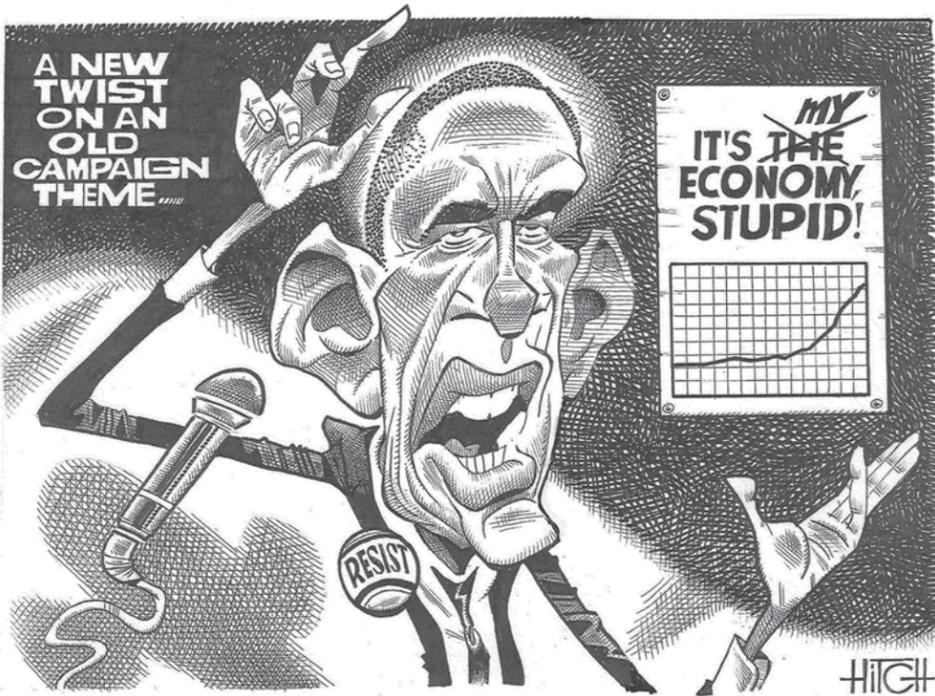
In the original Mission: Impossible series, against all odds, through brilliant strategizing the good guys thwart stealth communist plots to undermine democracies. In trying to provide affordable, quality, personalized medical care, independent physicians face seemingly insurmountable obstacles: digging out from under piles of electronic paperwork, breaking free of third-party red tape, dodging hospital buyouts, and shielding patients from data mining and privacy intrusions.

But the biggest obstacle to great medical care is the socialist brigade rallying around Medicare for All, the proposed federally financed program that boasts no premiums, deductibles or copays, and medical, dental, vision and hearing benefits. What could possibly go wrong? As they say, show me the money. The Congressional Budget Office estimates the federal government will spend about \$1 trillion on healthcare programs in 2018. A detailed Mercatus Center analysis concluded that Medicare-for-All would add \$32.6 trillion to federal expenditures during its first 10 years.

Currently, payroll taxes and income tax on Social Security benefits fund Medicare's Part A Hospital Insurance Trust Fund. The Centers for Medicare and Medicaid (CMS) estimates this fund will be depleted in 2026. General tax revenues and beneficiary premiums fund medical services coverage (Part B). Medicare for All would be financed by current Medicare funds – minus the insurance premiums – and would be supplemented by the ever-popular "taxing the rich." Beware: the definition of "the rich" will be ratcheted down to encompass more taxpayers.

Then there is the coercive nature of Medicare. A beneficiary's opting out of Medicare Part A means forfeiting all past and future Social Security benefits. Medicare for All makes it clear that no straying from the herd is allowed: neither private insurers nor

See CARE, Page 5



"The writer is a senior official in the Trump administration." -N.Y. Times



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# SISD instructional aides to earn teaching certification

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY – Socorro Independent School District has received the Texas Education Agency *Grow Your Own* grant, which the district is using to help 10 instructional aides to advance their careers.

The grant is designed to increase the number of qualified and diverse candidates into the teaching profession by helping recipients complete their teaching certification.

SISD was one of only 25 school districts in the state, and the only one in the region, to win the *Grow Your Own* grant.

The grant recipients, who are currently serving as special education and bilingual instructional aides in SISD,

will receive up to \$5,000 for the successful completion of their teaching certification program, and can be reimbursed up to \$10,000 for earning their bachelor's degree and certification. They also will have the opportunity to transition into full-time teaching roles for positions that match their qualifications.

"We are honored to have received the TEA *Grow Your Own* grant through which we are awarding 10 of our employees this scholarship opportunity," said Superintendent José Espinoza, Ed.D. "Investing in our future teachers is investing in our students. As a district we continue to promote individual career growth, and help our employees receive continuous support so they can succeed." *Grow Your Own* scholarship

recipients are: Kourtney Edwards, Horizon Heights; Raul Calderon, Helen Ball; Raymond Barraza and Jazmine Gomez, Loma Verde; Perla Rodarte, Lujan-Chavez; Valerio A. Etbaal, Mission Ridge; Irma Bouche, John Drugan School; Yvette Melendez, Salvador H. Sanchez; Becky Rodriguez, Montwood High School; and Diana Rocha, Pebble Hills High School.

"I'm very excited to have earned this grant because I really wanted to prove to my kids that I can finish school," Melendez said. "I can go to school full time, and hopefully graduate December 2019."

Grow Your Own grant funding also will benefit 36 SISD students in the Texas Association of Future Educators program. The future educators will receive \$300 each to attend state TAFE

competitions.

"We look forward to these outstanding members of Team SISD completing their credentials so they can begin teaching in Socorro ISD," Espinoza said. "They were selected for this opportunity because of their dedication and commitment to treating and educating all students as their own children, which aligns directly with our expectation for all teachers who serve our community."

All Socorro ISD teachers are certified and highly qualified. On average, SISD teachers have 11 years of teaching experience, and an average of nine years serving in the district. The Socorro ISD turnover rate of nine percent is well below the state average of 16 percent, according to the 2016-2017 Texas Academic Performance Report.

## Strange BUT TRUE

By Samantha Weaver

- It was 19th-century English naturalist and biologist Charles Darwin who made the following sage observation: "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

- In Nazi Germany it was illegal to name a horse Adolph.

- If you grew up with the Girl Scouts decades ago (as I did), you might be surprised to learn about a new badge they're offering: cybersecurity. Yep, that's right. The national organization worked with a security company to come up with a curriculum, and now Girl Scouts everywhere can earn a badge for learning about cyberattacks, online safety and computer networks.

- Statisticians claim that the more money a man makes, the more likely he is to cheat on his spouse.

- On at least one early map of the New World you'll see the name "Codfish Country" on the area now known as the United States.

- Between 1960 and 2006, the average American's production of solid waste – including everything from paper packaging to lawn clippings – increased by 150 percent to 4.5 pounds every day.

- Those who study such things say that the tradition of a bride and groom exchanging wedding rings originated in the Middle East.

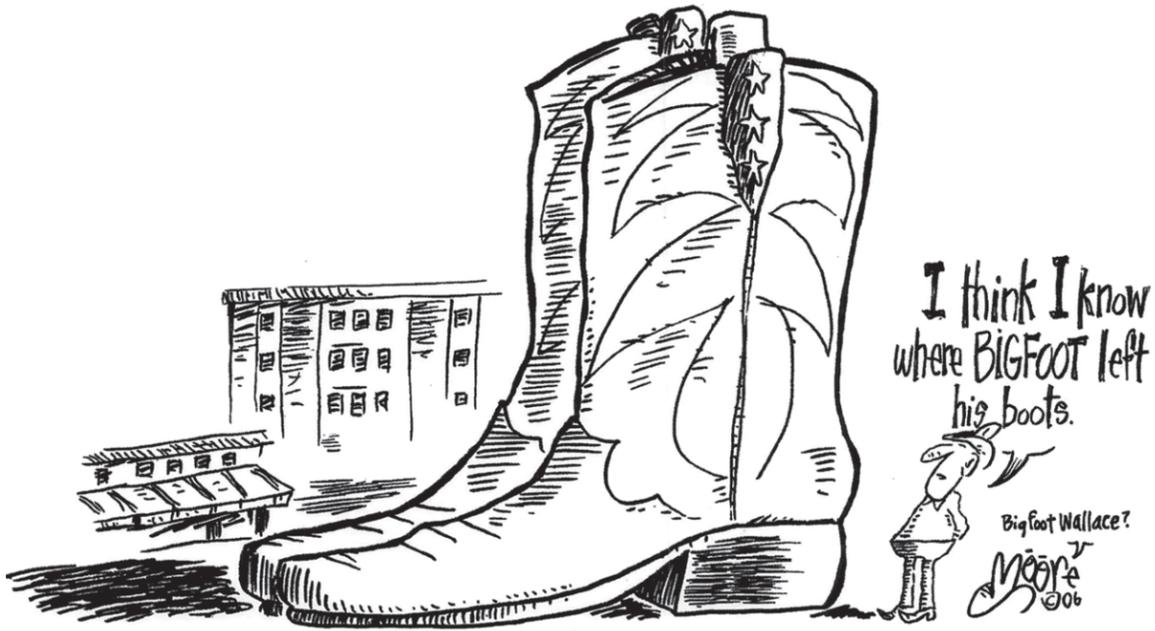
- Farmers in Turkey marched on both the American and Soviet embassies in 1967, demanding reparations for crops that they lost to floods. Why were the Americans and Soviets to blame for floods in Turkey? The farmers claimed that the flights of spacecraft created "holes in the sky."

Thought for the Day: "The first symptom of love in a young man is timidity; in a girl, boldness."

– Victor Hugo

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## Moore Texas by Roger T. Moore At 40 feet tall, the Cowboy boots at North Star Mall in San Antonio are the world's biggest.



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## Briefs

From Page 1

of high school students who missed school because they felt unsafe at school, 4.5 percent, which is 2.6 times lower than in New Mexico, where the percentage is highest, 11.8 percent.

Visit <https://wallethub.com/edu/best-worst-states-at-controlling-bullying/9920/> for the full report.

– Diana Polk

## My purse

Women can be particularly protective when it comes to their handbags; Queen Elizabeth, for example, is rarely, if ever, seen without her purse, notes the Association of Mature American Citizens. But when a woman going through a security scanner before boarding a train recently in China, her protective instincts apparently got the better of her. When the security guard told her to put her handbag through the X-Ray machine she placed it on the conveyor belt and then crawled into the machine. Security cameras caught the incident on tape, showing the skeletal image of the woman slinking behind the bag.

– John Grimaldi

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**Moments in time**  
THE HISTORY CHANNEL

• On Oct. 1, 1864, Confederate spy Rose O'Neal Greenhow drowns off the North Carolina coast. Greenhow was carrying Confederate dispatches and \$2,000 in gold when captured. Insisting that she be taken ashore, she boarded a small lifeboat that overturned in the rough surf. The weight of the gold pulled her under, and her body washed ashore the next morning.

• On Oct. 2, 1968, St. Louis Cardinals pitcher Bob Gibson strikes out 17 Detroit Tigers in the first game of the World Series, breaking Sandy Koufax's record.

• On Oct. 3, 1932, with the admission of Iraq into the League of Nations, Britain terminates its mandate, making the Arab nation independent after 17 years of British rule and centuries of Ottoman rule.

• On Oct. 4, 1944, Gen. Dwight D. Eisenhower distributes to his combat units a "shell shock" report by the U.S. Surgeon General that reveals the hazards of prolonged exposure to combat. U.S. commanders judged that the average soldier could last about 200 days in combat before suffering serious psychiatric damage.

• On Oct. 5, 1919, Enzo Ferrari makes his debut as a race car driver. In the mid-1920s, Ferrari retired from racing cars to pursue his dream: building them. In 1947, the first Ferraris appeared on the market. In 1949, a Ferrari won the Le Mans 24-hour race.

• On Oct. 6, 1683, encouraged by William Penn's offer of 5,000 acres of land in Pennsylvania and the freedom to practice their religion, the first Mennonites arrive in America. The group founded Germantown, now part of the city of Philadelphia.

• On Oct. 7, 1955, poet Alan Ginsberg reads his poem "Howl" at a poetry reading in San Francisco. The poem's book publication led to the arrest of publisher Lawrence Ferlinghetti for obscenity. He was later tried and acquitted.

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**Budget**

From Page 1

annually from \$103,020. And, constables received a one percent salary increase, to \$74,432 a year from \$73,695.

The salary increases come after all the commissioners recently approved a \$425.3 million budget for the upcoming fiscal year.

Commissioners said that the court's pay increase was part of the county's policy to keep elected officials' salaries at least 70 percent of the market level of what the 10 largest counties in Texas pay. The policy was approved by the Commissioners Court in 2016.

Only Commissioner Carlos Leon opposed the salary increases for commissioners and county judge. Leon said that the commissioners current pay was fair and that they didn't need to compare their salaries with elected officials in other parts of Texas.

In addition to salary increases,

county officials set money aside in the budget to invest in economic development initiatives, projects to address problems with stormwater, cyber security, new equipment for the election's department, and historic preservation.

As part of the new budget, the Commissioners Court voted 4-1 to lower the property tax rate from 45 cents to the effective tax rate of 44 cents per \$100 property valuation. The effective tax rate is what the county needs to raise the same amount of tax revenue as the previous year.

Commissioner David Stout voted against lowering the tax rate. He said that based on county staff projections, the county's reserve fund could significantly decrease in the next few years. In addition, state officials have been trying to reduce local governments' property tax revenue, he stated.

With a \$5,000 homestead exemption, the average homeowner will pay about \$558 on the county's portion of the

property taxes. The average value of a home in El Paso county for fiscal year 2019 is \$124,638.

Even though 2019 rate of 44 cents per \$100 of property valuation is lower than the current tax rate of 45 cents per \$100, homeowners will still pay about \$20 more on the county's portion of their tax bill compared with last year because of the increased average property valuations.

Last year, the average home value in the county was \$118,853 and the average homeowner paid about \$538 in county taxes.

Additionally, commissioners court approved the University Medical Center of El Paso's budget and tax rate for the 2019 fiscal year that starts in October. As part of UMC's \$755 million revenue budget, the Commissioners Court voted unanimously to keep UMC's current property tax rate of 25.2 cents per \$100 valuation. Because of increased property

valuations, that is higher than this year's effective tax rate of 24.9 cents per \$100 property valuation.

The difference between keeping the effective tax rate and adopting proposed rate is about \$1.23 million in additional tax revenue for UMC, according to hospital officials.

The adoption of the 25.2-cent tax rate will allow UMC to collect about \$109.8 million in property tax revenue, or nearly \$4.9 million more than in 2018. The \$755 million revenue budget is 6 percent higher than the fiscal year 2018 budget.

For the new fiscal year, the tax bill for an average home of \$129,628 will increase about \$12.57, from \$314.04 to about \$326.61. Last year, the average home value in the hospital district was about \$124,000, which generated an annual tax bill from UMC of \$314.

**Care**

From Page 3

employers can offer insurance that competes with the government.

Fortunately, more choices are becoming available for potential patients. The House of Representatives recently passed two packages of expansions of Health Savings Accounts (HSAs) (H.R. 6199, H.R. 6311). To name a few benefits, the contribution limit for an HSA nearly doubled to \$6,650 for individuals and to \$13,300 for families. HSAs would be allowed to pay for direct primary care (DPC) monthly fees. Best yet, anyone would be able to purchase a lower-premium catastrophic plan — removing the ACA's under age 30 restriction. And purchasers of "bronze" and catastrophic ("copper") plans would be able to contribute to an HSA.

Improving HSAs is not a trivial goal. HSAs are portable. HSA contributions reduce taxable income, money in the account grows tax-free, and money can be withdrawn tax-free to cover qualified medical expenses. The Employee Benefits Institute estimates that a person saving in an HSA for 40 years, assuming a 2.5% return, could accumulate up to \$360,000.

The Executive Branch acted on CMS's report that lower-cost alternatives were necessary given the rising premiums responsible for the decline in the purchase of unsubsidized ACA plans. The Administration created new rules for short-term limited duration (STLD) insurance policies, which are not bound by the ACA's restrictive mandates.

STLD plans, defined by the Obama administration as less than three-months duration, can

be up to 12 months duration and can include an option for guaranteed renewal up to 36 months. Californians may be out of luck if the proposed consumer protection legislation prohibiting STLD policies makes it to the governor's desk.

According to CMS, in the fourth quarter of 2016 the average monthly premium for individuals for a STLD policy was approximately \$124, compared with \$393 for an unsubsidized ACA-compliant plan with comparable \$5,000 deductibles. That is an annual savings of \$3,228. Even adding \$50 per month for a direct primary care practice, an individual saves \$2,628 a year. With DPC, all primary care services, including chronic disease management and access to low-priced commonly used medications are included in the upfront price.

The HSA bills and the new STLD rules are an antidote to the erosion of our freedom to contract under the guise of protecting us from "junk" insurance. Medicare-for-All is not the cure for health care ills. Once the central planners lure the masses into dependence on "free" stuff, abuse of power ensues. Voluntary participation by physicians becomes mandatory. When the money tree withers, the non-negotiable provider payments are slashed, and services to patients are rationed.

To mitigate the unacceptable, sometimes fatal wait times in the Veterans Administration health system a bipartisan Congress looked to the backbone of great medicine: private practice physicians. Independent medical practices will lead the way to achieving great affordable medical care through competition and consumer choice.

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**Common pain reliever can have side effects**

*DEAR DR. ROACH: I am a 44-year-old man with chronic headaches and migraines. Should I worry about the long-term effects of taking an NSAID (such as diclofenac) at least once a week? – G.W.*



Nonsteroidal anti-inflammatory drugs such as aspirin, ibuprofen and naproxen are among the most commonly taken classes of drugs in the world, with 17 million Americans alone taking them daily. Although these drugs are generally safe, any medication has the potential for side effects.

Typically, the higher the dose and the more frequently it is taken, the increased risk of side effects. So, a once-a-week dose would be expected to have a low side effect risk.

Adverse effects from this class are among the most frequently seen in clinical medicine. Although they can affect multiple systems, let me briefly go over the side effects of NSAIDs on the GI tract, kidneys and heart.

NSAIDs might affect the stomach, and although we think of ulcers, stomach pain without ulcers is more common. Ulcers happen most often in people who take higher doses for long periods of time. A history of ulcers, older age and use of other medications (steroids, warfarin, antiplatelet drugs like clopidogrel, or Plavix) increase the risk of ulcers and bleeding. NSAIDs also might affect the small bowel and colon, causing bleeding and diarrhea, among other symptoms. Again, these are most common in high doses for extended periods.

NSAIDs can affect the kidneys, causing both acute and chronic kidney failure, but only in a few percent of people. Periodic blood and urine examination is appropriate for people who are on long-term NSAIDs.

The risk of heart disease among people who use NSAIDs regularly is increased, but in people without known heart disease, the risk is small – about one bad event, such as heart attack, stroke or episode of heart failure, per thousand people taking the medication for a year.

I would advise you that the risk of any of these side effects is unlikely in someone taking the drug only once a week, but people who take these drugs every day should know about the potential harms.

*DEAR DR. ROACH: When I was 64, a cyst was found in my*

See HEALTH, Page 8

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**Health**

From Page 7

bladder. When the cyst was removed, it was found to be cancerous. My urologist wants me to continue to have an annual cystoscopy, which I do. I'm now 76 and in good health. Do you feel the annual cystoscopy is still necessary? – C.K.

the risk is quite small after five years. However, the American Urologic Association has clear guidelines: Because of the increased risk for recurrence, it recommends annual cystoscopy indefinitely. Cystoscopy is a pretty safe procedure, so I think your urologist's recommendation is reasonable.

Now that more people have had successful treatment of cancer, we are starting to learn about the risks they face in subsequent years. The risk of another cancer is generally higher, but it's the exact form of cancer that determines how much risk there is, and consequently, how aggressive follow-up must be. In the case of bladder cancer, I have read some studies that

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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 North America Synd., Inc. All Rights Reserved.

**Veteran services get big boost**



by Freddy Groves

More than \$536 million in grants has been authorized for services to veterans and their families.

One award, which will help low-income veteran families getting benefits from the Supportive Services for Veteran Families (SSVF) program, will give out \$326 million. That money will go to 252 non-profit organizations around the country that help veterans and their families find stable housing situations. Services will include outreach and case management for health care, legal support, childcare, a fiduciary, transportation and more.

Last year this same fund provided housing services to more than 129,000 people, including nearly 84,000 veterans and over 27,000 children. The funding will begin in October 2018. To learn more about the services, go online to [ww.va.gov](http://ww.va.gov) and put SSVF in the search box.

The other award, \$200 million will fund the Grant and Per Diem Program, that

helps homeless veterans. That amount will provide 13,000 transitional housing beds during fiscal 2019. An additional amount, \$2.7 million, will go to special needs to provide housing services for veterans with minor dependents, mental illness and women veterans.

Programs include bridge housing (short-term stay in transitional housing when permanent housing is not yet available); low demand housing for veterans who have been unable to use traditional housing programs; hospital to housing for veterans who were hospitalized or seen in emergency rooms; clinical treatment for veterans who need mental-health or substance treatment and need housing and employment; service-intensive transitional housing to permanent housing; and transition-in-place support services as a veteran adjusts over time to permanent housing.

Homeless veterans might be eligible for any number of benefits, such as insurance, home loans, education and training, vocational rehab and employment, pension and more. To learn more about the benefits, go online to [www.benefits.va.gov/PERSONA/veteran-homeless.asp](http://www.benefits.va.gov/PERSONA/veteran-homeless.asp).

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• Add these to the list of items to eliminate the odor of cooking cabbage: a heel of bread, a whole walnut or a pinch of baking soda.

• “When nailing into wood, drag your nail through some soap (bar soap is fine) before striking, and it will keep the wood from splitting. The soap helps the nail drive into the wood.”

– P.K. in New Jersey

• Grease spills on your fave shirt got you down? Start in the kitchen, and use dish soap to pretreat the stain. Simply wet and gently scrub with dish soap, most of which are designed to cut grease!

• “I purchased a set of cork coasters from a discount store to use as floor protectors for a couple of heavy plant stands I keep inside the house. They were easy to attach with a small piece of double-sided tape, and I was able to use a few together, cut to fit exactly, for the largest ones.”

– J.W. in Virginia

• Here's a saltshaker tip: If your salt clumps (too much moisture) or comes out too fast (too many or too-large holes), you can solve it with rice! Simply fill about a quarter of the jar with uncooked white rice, and the rest with salt. It both absorbs excess moisture and keeps the salt from pouring out of the shaker too fast.

• Store plastic wrap in the fridge, as the cold helps it to be more manageable when you tear it off the roll. When you run out, consider glass containers, reusable and washable beeswax wraps, or wax paper to fill your needs rather than using more disposable plastic.

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 King Features Synd., Inc.

**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: O equals S

VI RNZ'S AVL T RNZE INASTE  
IAUBO CN OCUR UFFTOOVHAT,  
RNZ WVMQC FNPOVSTE  
LTTBVPM CUHO NP CQTW.

Answer Page 4

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**Weekly SUDOKU**

by Linda Thistle

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

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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**GO FIGURE!** by Linda Thistle

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

**DIFFICULTY: ★★**

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

|    |   |    |   |    |    |
|----|---|----|---|----|----|
|    | - |    | + |    | 11 |
| ÷  |   | +  |   | ×  |    |
|    | + |    | × |    | 18 |
| +  |   | ×  |   | -  |    |
|    | ÷ |    | + |    | 16 |
| 13 |   | 10 |   | 20 |    |

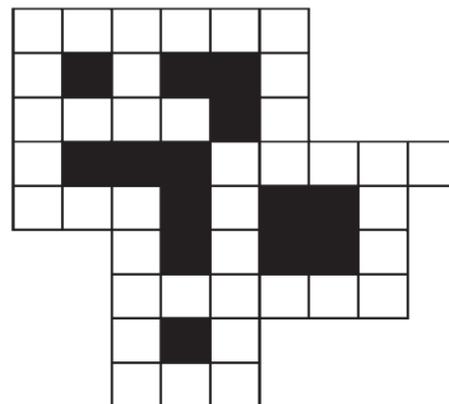
1 2 3 4 6 7 8 9 9

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Answer Page 4



- IKT
- EKSTIM
- ♥ ONMLE
- ♥ ISKN
- KNASMU
- ETE
- ♥ NIKL
- LNTKE
- ♥ NSU
- SMULTI
- NTKSU
- ♥ ETME



Answer Page 4

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

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**Backpacks**

From Page 1

from someone they have never met.

“I plan to continue donating more backpacks in the years to come. I am blessed with a good job that takes care of me so why not take care of others,” Luevano said. “I hope others follow in my footsteps and also pay it forward to those in need.”