



WEST TEXAS COUNTY COURIER



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SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO

OCTOBER 25, 2018

NEWSBRIEFS

Nationally ranked

El Paso Community College (EPCC) Cross Country teams, men and women, continue their top five rankings in the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Poll of October 17, 2018 for Division 1 National Junior College Athletic Association (NJCAA) teams. The teams are coming off a very successful meet at the University of California Riverside Highlander Invitational. They competed against Division 1, 2 and 3 National Collegiate Athletic Association (NCAA) universities. The Tejanos are ranked third in this week's poll – the highest ranking in their history. The men finished fifth at the Highlander Invitational with EPCC athlete Gideon Cheplak winning the race. The women are ranked second for the third poll in a row. The Tejanas placed fourth at the Highlander Invitational. Next on the schedule, EPCC will compete at the NJCAA Region V Championship in Ranger, Texas on October 27, 2018.

– Jim Heiney

COLA increase

Social Security and Supplemental Security Income (SSI) benefits for more than 67 million Americans will increase 2.8 percent in 2019. The 2.8 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 62 million Social Security beneficiaries in January 2019. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2018. Some people receive both Social Security and SSI benefits. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$132,900 from \$128,400. Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount.

– Ray Vigil

You cannot have a better tomorrow if you are thinking about yesterday all day today.

– Quips & Quotes



– Photo by Alfredo Vasquez

DON'T MESS WITH IT – Local conservation proponents want to preserve all of the undeveloped land shown above in its natural state and in perpetuity. The land, on the western side of the Franklin Mountains that is north of Transmountain Road, is owned by the City of El Paso and managed by PSB.

Franklin Mountains preservation committee seeks public input

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – After two years of concerted efforts to come up with a master plan to protect the Franklin Mountains from arbitrary development, the El Paso Preservation and Conservation Committee (EPPCC) announced recently that its report is ready for public review and comments.

The preservation committee was established by the Public Service Board (PSB) in late 2015 in response to a “We the People” petition that gathered more than six thousand signatures supporting the preservation of public lands in northwestern and northeastern portions of the Franklin Mountains.

The purpose of the committee was

to establish conservation standards for development and for preservation of PSB managed lands adjacent to the mountains and Franklin Mountains State Park, according to PSB officials. Subsequently, a committee, with the goal of ensuring a high quality of life for present and future generations, was made up of a diverse mix of community members and backgrounds.

The We the People petitioners want preserved, in its natural state and in perpetuity, all of the undeveloped land – owned by the City of El Paso and managed by PSB – on the western side of the Franklin Mountains that is north of Transmountain Road, east of the EPNG Pipeline Road and south of the New Mexico/El Paso boundary and on the eastern side of the Franklin Mountains that is north of Transmountain, west of

Martin Luther King, Jr. Blvd. and south of the New Mexico/El Paso boundary.

To that end, a report, which was completed and presented to the PSB earlier this year, is now ready for public review. According to Rick LoBello, a member of the Greater Big Bend Coalition, the report contains scientific data to assist in decision making about the existing resources managed by El Paso Water Utilities (EPWU) and by the City of El Paso, as well as by organizations, government agencies, individuals, developers and business owners.

The proposed map included in the report identifies lands to be preserved with no disturbances, specific areas to have very limited disturbance, master planned land in the past, and where conservation development may take place. LoBello explained that conservation development means working with the land keeping the terrain, arroyos, trails, and wildlife corridors in mind.

Contributing authors to the report were: Lauren Baldwin, Lois Balin, Janae Reneaud Field, Joseph Nester, Harrison Plourde, and Summer Swaner. Design and layout was done by Lauren Baldwin.

The committee will receive public comments via a survey link until November 30. Replies may also be mailed to: The Frontera Land Alliance, 3800 N. Mesa St., A2-258, El Paso, Texas 79902.

To read the report in full and provide comments via a survey go to: <http://fronteraandalliance.or/conservation/project/enrich-el-paso-report/>.

For more information, interested individuals may contact LoBello, at 915-474-1456; Janae’ Reneaud Field, of the Frontera Land Alliance, at (915) 351-8352; or Lois Balin, with the Texas Parks and Wildlife Department, at (915) 227-1988.

Mid-term elections are underway

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso County saw about a four percent increase in the number of registered voters from November 2017 to now. The county had over 457,000 registered voters with the start of early voting (October 22) this week, according to Lisa Wise, elections administrator for El Paso County.

Wise stated that generally the midterms don't see as much of an increase, but that the Senate race between Ted Cruz, the incumbent Republican, and Beto O'Rourke, the Democrat challenger from

El Paso, is driving the interest here.

Wise said that the county's elections department officials spent plenty of time out in the communities to facilitate voter registration and to get the word out about the other local contests in the upcoming election including City of El Paso, County of El Paso, Canutillo Independent School District, Clint Independent School District, El Paso Independent School District, Fabens Independent School District, the Lower Valley Water District, and the Town of Clint.

For a complete list of who is in the running and what propositions are on the

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Elections

From Page 1

at <https://epcountyvotes.com>. The website also provides early voting polling places and Election Day voting sites.

ballot, interested individuals may view the sample ballots on the El Paso County Elections Department website, <https://epcountyvotes.com>, Tuesday, November 6.

TRUE TEXAS FACTS by Roger T. Moore

October 25, 1931 – The famous Texas Prison Rodeo is born.



— Photo courtesy El Paso Emergency Services District #2

Socorro Volunteer Fire Station receives Pumper 701

SHINY NEW TRUCK – El Paso County Emergency Services District #2 presented a new Pierce Saber Pumper Fire Truck to the Socorro Volunteer Fire Station on October 20. The new fire truck was blessed with water by the children of volunteer firemen and then the firemen and guests washed the truck. All firefighters (FF) present manually pushed the new fire truck into the fire station as per firefighter tradition. The new Fire Truck represents nearly \$1 million dollars in taxpayer funds – this includes the truck and new equipment. In front of Pumper 701 are, from left, Commissioner Rick Avalos, Socorro High School Fire Tech Instructor Carl Manning (back) and three of his students, Commissioner Mike Diaz, Commissioner Mike Barnes, Chief Roger Esparza, FF Aaron Mendez, FF Pete Orozco, FF Ernesto Bautista, FF Marcos Rodriguez, Fire Marshal Marco Herrera, FF Saul Mendoza, FF Gilbert Acosta, Fire Marshal Juan Medina, Captain Crispin Melendez, FF Isaiah Franco, FF Ilse Lopez and FF Fernando Renteria. All of the fire personnel serve in EPESD #2.

– Jennifer Phillips

The Tradition

• Early hand drawn fire engines, ladder wagons, hose carts, and so on had to be pushed back into the station by hand.

• The horse drawn steam engines that followed could be backed up by the engineers, but it was difficult to align the steam connections on the engine with those in the station, so the horses were disconnected and the steamers were also often pushed back into the station by hand.

• All of this backing in by hand became moot when the self propelled motorized engines went into service; but the fire service is deep into tradition, and some companies make every effort to honor and pay homage to past and oldtime members that had to push their engines into the station by hand pushing the new ones into the station at all wetdowns.

• While doing this honors the old and former members – it is also intended to display unity among the current members.



NOTICE OF PUBLIC MEETING

To Discuss
Socorro
Independent
School District's
State Financial
Accountability
Rating

Socorro
Independent School
District will hold a
public meeting at:

6:00 PM
November 13, 2018
in the Board Room
District Service
Center
12440 Rojas Drive
El Paso, Texas 79928

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

The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.

WTCC: 10/25/18 & 11/01/18

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

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, November 14, 2018 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District's rating on the State's Financial Accountability Rating System.

WTCC: 10/25/18 and 11/01/18

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

The San Elizario Independent School District will hold a public hearing at 5:00 p.m., Wednesday, November 14, 2018 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

The purpose of this hearing is to discuss San Elizario Independent School District's rating on the state's financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees' Meeting.

WTCC: 10/25/18 & 11/01/18

Civility is for suckers

It's doubtful that a former American presidential candidate has ever formally endorsed incivility before, but Hillary Clinton is ever full of surprises. In an interview on CNN, the erstwhile advocate of "if they go low, we go high" switched around to unapologetically call for going low.

"You cannot be civil with a political party," she explained, "that wants to destroy what you stand for, what you care about." She added that if Democrats retake a house of Congress, well, then, "that's when civility can start again."

Clinton's statement is yet more confirmation of the radical mood of the current Democratic Party, not just in blessing tactics that once would have been anathema to the mainstream, but questioning the legitimacy of core elements of our system. The party's base is just a few steps from beginning to give up on our common national life.

Civility is a rather fundamental thing to throw under the bus. It is the basis of our political life, assuring that disagreements are settled within certain bounds and don't escalate into blood feuds.

This doesn't mean that there can't be intense arguments, harsh condemnations, passionate controversies and partisan

donnybrooks. These are all endemic to a free society and very healthy things. It does mean that there are certain widely accepted guardrails.

In the Brett Kavanaugh debate, the normal pressure points of the democratic process (rallies and demonstrations, phone calls to congressional offices, online, print and TV advocacy) were deemed insufficient – senators had to be berated in the hallways, chased out of restaurants and harassed at their homes.

Asked on CNN if the actions against her fellow senators went too far, Mazie Hirono stood by the harassment: "I think it just means that there are a lot of people who are very, very much motivated about what's going on."

But when you angrily confront someone, especially as part of a group, it carries an inescapable whiff of physical intimidation. When you shout Ted and Heidi Cruz out of a Washington restaurant, you aren't trying to convince them of anything, you are merely abusing them. When you yell at Senate hearings and floor votes, you aren't influencing the process, but disrupting it.

Our system of government is increasingly held in low regard on the left. The 2016 election was somehow stolen, and the

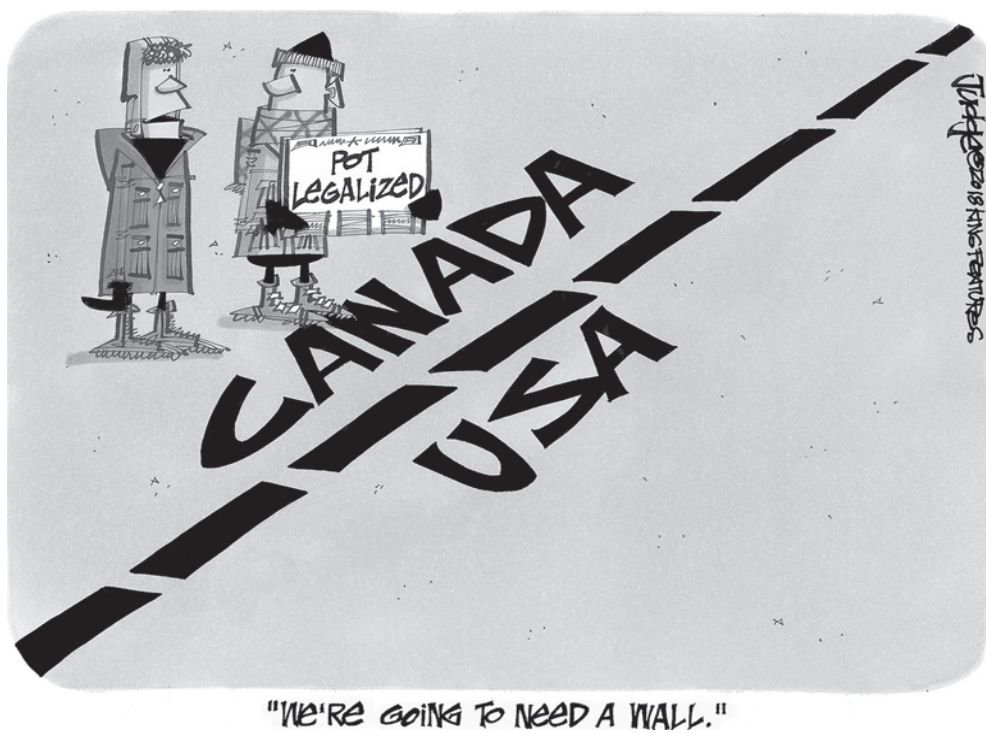


mechanism that gave Trump his victory, the Electoral College, is illegitimate. The Senate, which confirmed Kavanaugh and gives small, red states the same representation as large, blue states, is also illegitimate. Finally, the Supreme Court, now home to two Trump-appointed justices, is illegitimate as well.

That's a lot of illegitimacy, all stemming from one lost presidential election. Imagine if Democrats lose another? The fact is that if you believe an institution is legitimate only if you control it or it works in your favor, you never truly believed in its legitimacy to begin with.

Perhaps the Democratic fever will pass if the party gains some power again, as Clinton suggested in her remarks. But it's notable enough that one of our major parties is showing signs of contemplating a divorce from our system as it currently exists.

Rich Lowry is editor of the *National Review*. (c) 2018 by King Features Synd., Inc.



WTCC: 10-25-18



A HANDFUL – Five district titles in a row. That’s how the San Elizario tennis team swings. The 2018 team got together on court for a photo after winning their 5th straight district team title with Head Coach Daniel Sosa on the left and Assistant Coach Delinda Artalejo on the right.

San Elizario tennis wins 5th district title in a row

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – For the past five years, the San Elizario High School (SEHS) tennis team has won a district title, making them one of the few teams in the area to obtain five straight team titles in a row.

Daniel Sosa is the team’s head coach and says that the most

important key to winning is the recruitment structure. “I teach at San Elizario’s Garcia-Enriquez Middle School (GEMS) so that enables me to recruit talent early on and by the time my players start tennis at the high school, they already have a good grasp of the basics and can continue to improve.”

Coach Sosa says that other middle schools do not take

advantage of training their players at an early stage and rather wait until they reach high school. He makes sure his players leave GEMS with some knowledge of the sport so when he meets with them again in high school, he can focus on teaching them the core concepts of tennis as well as competitive play and strategies.

Aside from the district titles, the tennis team has won

numerous team tournaments and has obtained several awards, but moving up in the charts has not been easy. “Sometimes we feel the pressure,” Sosa said. “Tennis can get very competitive and heated but my kids know that no matter what, they are always expected to be respectful of their opponents even if the opponent might not be. I have learned that in every match, it is more helpful

to focus on improvement rather than winning. When you focus on improving, the winning naturally follows,” he added. Sosa goes on to say that he is lucky to be coaching players who not only are diligent about academics, but also have big hearts. For him, being able to work with young men and women and teaching them the sport that he loves has been endlessly rewarding.

Parkland is far and away the best team in El Paso

By Steve Escajeda
Special to the Courier

The high school football season is a very popular time in El Paso.

Fans flock to stadiums all over town to get a glimpse of their favorite teams. It doesn’t matter whether the team is having a winning season or not, they show up.

And as the season goes along, some teams start to distance themselves from the others.

The conversation shifts from which teams will make the playoffs, to which teams have a chance to go far in the playoffs.

In other words, do any teams have a chance to make some noise in the state tournament?

And in the beginning of the year, certain teams are projected to be better

than the rest.

Teams like Pebble Hills and Montwood and Del Valle were the prohibitive favorites to lead the way.

But one team has certainly distanced itself from all the others, and it isn’t one of those three.

The Parkland Matadors are not just undefeated; they’re steamrolling their opponents by an average score of 50-18.

Yes, they stumbled a little in their first game of the season, tying with Burges after the lights went out early in the fourth quarter. The game was never finished and the decision was made to call it a tie. By the way, Parkland trailed 33-27 at the time.

Officials and coaches agreed to end the game in a 27-27 tie.

But since then, Parkland has gone on a tear, winning its last six games by scores of 44-7, 55-6, 53-14, 55-27,

56-28 and 57-21.

Of course when most people think of the Parkland Matadors, they immediately think of Deion Hankins.

Hankins, the talented running back who has verbally committed to UTEP, recently became the leading high school rusher in El Paso history. He’s also the first runner to eclipse 6,000 yards for his career.

There’s no doubt that Hankins would make any team tough to beat. But what makes Parkland especially tough to stay close to, is their establishment of a passing game this year.

A couple of transfers, quarterback Gabe Herrera and wide receiver Khatib Lyles have turned the Matadors into a monster.

It used to be that teams could at least key on Hankins because he was essentially a one-man team.

Not anymore. Herrera makes it almost impossible for defenses to anticipate what’s coming. He has thrown 24 touchdown passes this season against just two interceptions.

Making Herrera’s job much easier are the talented receivers he has.

Seven games into the season and four receivers already have at least four touchdown catches.

Lyles has 35 catches for 603 yards and six touchdowns, Jesus Sandoval has 38 catches for 404 yards and seven touchdowns, Donta Hayes has 33 receptions for 508 yards and five TDs, while Gio Mata has 19 catches for 261 aTo

say that opposing defenses have no idea what to focus on is an understatement. The Matadors are averaging over 227 yards a game rushing and over 277 yards a game passing. That’s a whopping 505 total yards every game. At 6-0-1, Parkland has just three games left in the regular season against Horizon, Riverside and Canutillo. All three have 3-4 records.

It would be quite an upset if Parkland were to fall to any of those teams.

So the big question is, how far can the Matadors go in the playoffs? Last year was a miserable postseason for El Paso teams.

The Matadors did manage to win two playoff games last year before bowing to Richland 55-21.

Parkland won two playoff games without much of a passing attack last season. Imagine what they can do this year.

The only other El Paso team that is playing a very high caliber of football right now are the Franklin Cougars.

But they are far from the threat that Parkland is. Don’t be surprised if the Matadors go fairly deep in the playoffs. And by deep I mean win at least three games.

And they aren’t just the best team in the city, they’re the most exciting to watch.

Before Hankins goes off to UTEP, maybe he can “go off” on the rest of the state first.

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



Super Crossword

TD CONVERSION ACROSS					cards one was dealt?					127 Members of the mob					35 Before, to Browning					84 _pah																																																
1 Actress Paxton	64 Work unit	128 Underscored	36 Blue Jays, on a scoreboard	85 Covered up	101 Euro divs.	102 Dermis or Pen lead-in	105 "Dynasty" actress Emma	110 "Three Men in _" (novel or film)	117 Yank's land	123 "Caprica"	124 Hospital div.	125 Roman 601	126 At any time, to Browning	20 Even-steven	21 Hated thing	22 Like waves, to shorelines	23 Disdain for cow milkers?	25 Heeded, as a suggestion	26 Not be under the weather	27 Note before la	28 "Moses" novelist Sholem	30 A, to Klaus	31 Ungenuine	32 Give a tot some grub?	33 Psych., e.g.	34 Trail rope	43 Priam's city	44 Part of USSR: Abbr.	45 Tremble resulting from drawing curtains?	48 Gas additive	52 With 66-Down, she won a 1957 Tony for "Lil Abner"	53 Sleet, briefly	54 Tanzania's _es	55 Moniker	56 Quantity in a given area	59 More irate about the																																
5 Miss _ (Dickens spinster)	65 Grain bundle	129 Elsa's sister in "Frozen"	37 Novel by Sir Walter Scott	86 Covered up	103 Euro divs.	104 Dermis or Pen lead-in	106 "Three Men in _" (novel or film)	118 Art Deco notable	125 Roman 601	126 At any time, to Browning	20 Even-steven	21 Hated thing	22 Like waves, to shorelines	23 Disdain for cow milkers?	25 Heeded, as a suggestion	26 Not be under the weather	27 Note before la	28 "Moses" novelist Sholem	30 A, to Klaus	31 Ungenuine	32 Give a tot some grub?	33 Psych., e.g.	34 Trail rope	43 Priam's city	44 Part of USSR: Abbr.	45 Tremble resulting from drawing curtains?	48 Gas additive	52 With 66-Down, she won a 1957 Tony for "Lil Abner"	53 Sleet, briefly	54 Tanzania's _es	55 Moniker	56 Quantity in a given area	59 More irate about the																																			
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25 Heeded, as a suggestion	71 River of Florence	72 Dame Judi	1 Double _ Oreos	2 Adviser, e.g.	3 Changing the nature of	4 Author _ Rogers St. Johns	5 Tool for cutting metal	6 Year, in Brazil	7 Movers' vehicles	8 "Leave _ me!"	9 Library unit	10 Skirt border	11 Bit of gig gear	12 Torero	13 Georgia fruit	14 Symphony performer	15 Boozing type	16 Mao _tung	17 _one's time (waited)	18 Egg-shaped	19 1-cent coin	24 Rich boy in "Nancy" comics	29 Pig holder	32 Tried	34 Abbr. at JFK	40 Indian bread	41 "Thar _blows!"	42 Sharing word	46 _Plaines	47 DeLuise of "Fail Safe"	48 Head organ	49 Indian bread	50 Old Dodge hatchback	51 Mother of Helen, in myth	54 Dig deeply	57 _Brothers ("Fight the Power" R&B group)	58 E'en if	60 Inert element	61 The, to Klaus	62 Achievement	63 Snug-fitting	66 See 52-Across	67 Unwavering	70 Sells	71 L.A.-to-Boise dir.	72 Dresses	73 SFC or cpl	74 Nailed	75 Aarhus native, e.g.	76 Bank acct. guarantor	79 Forefront of an activity	80 Wry twist	81 Span	83 Most tenacious	31 Ungenuine	32 Give a tot some grub?	33 Psych., e.g.	34 Trail rope	43 Priam's city	44 Part of USSR: Abbr.	45 Tremble resulting from drawing curtains?	48 Gas additive	52 With 66-Down, she won a 1957 Tony for "Lil Abner"	53 Sleet, briefly	54 Tanzania's _es	55 Moniker	56 Quantity in a given area	59 More irate about the
26 Not be under the weather	73 Larch cousin	74 Dame Judi	1 Double _ Oreos	2 Adviser, e.g.	3 Changing the nature of	4 Author _ Rogers St. Johns	5 Tool for cutting metal	6 Year, in Brazil	7 Movers' vehicles	8 "Leave _ me!"	9 Library unit	10 Skirt border	11 Bit of gig gear	12 Torero	13 Georgia fruit	14 Symphony performer	15 Boozing type	16 Mao _tung	17 _one's time (waited)	18 Egg-shaped	19 1-cent coin	24 Rich boy in "Nancy" comics	29 Pig holder	32 Tried	34 Abbr. at JFK	40 Indian bread	41 "Thar _blows!"	42 Sharing word	46 _Plaines	47 DeLuise of "Fail Safe"	48 Head organ	49 Indian bread	50 Old Dodge hatchback	51 Mother of Helen, in myth	54 Dig deeply	57 _Brothers ("Fight the Power" R&B group)	58 E'en if	60 Inert element	61 The, to Klaus	62 Achievement	63 Snug-fitting	66 See 52-Across	67 Unwavering	70 Sells	71 L.A.-to-Boise dir.	72 Dresses	73 SFC or cpl	74 Nailed	75 Aarhus native, e.g.	76 Bank acct. guarantor	79 Forefront of an activity	80 Wry twist	81 Span	83 Most tenacious	31 Ungenuine	32 Give a tot some grub?	33 Psych., e.g.	34 Trail rope	43 Priam's city	44 Part of USSR: Abbr.	45 Tremble resulting from drawing curtains?	48 Gas additive	52 With 66-Down, she won a 1957 Tony for "Lil Abner"	53 Sleet, briefly	54 Tanzania's _es	55 Moniker	56 Quantity in a given area	59 More irate about the
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28 "Moses" novelist Sholem	76 Dame Judi	77 River of Florence	1 Double _ Oreos	2 Adviser, e.g.	3 Changing the nature of	4 Author _ Rogers St. Johns	5 Tool for cutting metal	6 Year, in Brazil	7 Movers' vehicles	8 "Leave _ me!"	9 Library unit	10 Skirt border	11 Bit of gig gear	12 Torero	13 Georgia fruit	14 Symphony performer	15 Boozing type	16 Mao _tung	17 _one's time (waited)	18 Egg-shaped	19 1-cent coin	24 Rich boy in "Nancy" comics	29 Pig holder	32 Tried	34 Abbr. at JFK	40 Indian bread	41 "Thar _blows!"	42 Sharing word	46 _Plaines	47 DeLuise of "Fail Safe"	48 Head organ	49 Indian bread	50 Old Dodge hatchback	51 Mother of Helen, in myth	54 Dig deeply	57 _Brothers ("Fight the Power" R&B group)	58 E'en if	60 Inert element	61 The, to Klaus	62 Achievement	63 Snug-fitting	66 See 52-Across	67 Unwavering	70 Sells	71 L.A.-to-Boise dir.	72 Dresses	73 SFC or cpl	74 Nailed	75 Aarhus native, e.g.	76 Bank acct. guarantor	79 Forefront of an activity	80 Wry twist	81 Span	83 Most tenacious	31 Ungenuine	32 Give a tot some grub?	33 Psych., e.g.	34 Trail rope	43 Priam's city	44 Part of USSR: Abbr.	45 Tremble resulting from drawing curtains?	48 Gas additive	52 With 66-Down, she won a 1957 Tony for "Lil Abner"	53 Sleet, briefly	54 Tanzania's _es	55 Moniker	56 Quantity in a given area	59 More irate about the
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43 Priam's city	82 Statement about a tea box?	83 Most tenacious	1 Double _ Oreos	2 Adviser, e.g.	3 Changing the nature of	4 Author _ Rogers St. Johns	5 Tool for cutting metal	6 Year, in Brazil	7 Movers' vehicles	8 "Leave _ me!"	9 Library unit	10 Skirt border	11 Bit of gig gear	12 Torero	13 Georgia fruit	14 Symphony performer	15 Boozing type	16 Mao _tung	17 _one's time (waited)	18 Egg-shaped	19 1-cent coin	24 Rich boy in "Nancy" comics	29 Pig holder	32 Tried	34 Abbr. at JFK	40 Indian bread	41 "Thar _blows!"	42 Sharing word	46 _Plaines	47 DeLuise of "Fail Safe"	48 Head organ	49 Indian bread	50 Old Dodge hatchback	51 Mother of Helen, in myth	54 Dig deeply	57 _Brothers ("Fight the Power" R&B group)	58 E'en if	60 Inert element	61 The, to Klaus	62 Achievement	63 Snug-fitting	66 See 52-Across	67 Unwavering	70 Sells	71 L.A.-to-Boise dir.	72 Dresses	73 SFC or cpl	74 Nailed	75 Aarhus native, e.g.	76 Bank acct. guarantor	79 Forefront of an activity	80 Wry twist	81 Span	83 Most tenacious	31 Ungenuine	32 Give a tot some grub?	33 Psych., e.g.	34 Trail rope	43 Priam's city	44 Part of USSR: Abbr.	45 Tremble resulting from drawing curtains?	48 Gas additive	52 With 66-Down, she won a 1957 Tony for "Lil Abner"	53 Sleet, briefly	54 Tanzania's _es	55 Moniker	56 Quantity in a given area	59 More irate about the
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Answer Page 5

SAMe can be effective for arthritis relief

DEAR DR. ROACH: Please tell me about the supplement SAMe. I am a woman, 58, who suffers from osteoarthritis from my exercise routine, which is three days of heavy lifting with free weights and 15 miles of jogging each week. I love the workouts but not the pain it causes in my hands, knees and lower back. I get relief from ibuprofen and the like, but these can cause problems with long-term use. I have checked with several doctors and pharmacists concerning this supplement, but they know nothing about it. Doctors in Europe have been prescribing it since the 1970s. Can you give me your opinion of this supplement? – K.Z.



S-adenosyl methionine, usually referred to as SAMe, is a naturally occurring substance found in the body, and it has been used as a supplement in people with depression and those with osteoarthritis. It appears to have effectiveness in both cases. Regular readers of this column know that I seldom recommend supplements, but SAMe is one of the few that has good data backing it up.

In a meta-analysis of 11 trials, SAMe was found to be about as effective at improving function and pain as ibuprofen-like drugs but with fewer adverse effects. It may take two full months to reach peak effectiveness, based on a 2004 study. As always, I have to warn that supplements are not FDA-regulated. SAMe is also relatively expensive (about \$40 for 60 tablets at a U.S. warehouse store). Very inexpensive products are a warning that the product may not be of high quality or even contain what it is supposed to. This supplement is generally considered safe, but it is always best to speak with your doctor before taking any supplement.

DEAR DR. ROACH: I have noticed that my 22-year-old granddaughter’s eyes are bulging more than in the past. She has not had a recent thyroid test. Can you help me understand the cause of this? She is addicted to table salt, using an extreme amount with every meal. What problems will this overuse of salt cause her? Are the two conditions linked in any way? – L.M.

Exophthalmos, the bulging appearance of the eye, is a classic sign of Grave’s disease, an autoimmune stimulation of the

See HEALTH, Page 8

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Health

From Page 7

thyroid gland, where antibodies binds to receptors in the thyroid, stimulating it to produce more hormone. The bulging is not a result of thyroid excess, but rather a cross-reaction of the antibody to fat cells behind the eye, causing the eye to bulge out. Treatment for excess thyroid hormone doesn't reverse this, because the antibodies are still present. Your granddaughter needs to be tested for Grave's disease. I have seen people whose eyes just appear to bulge. They have sometimes had dozens of thyroid tests, as every doctor they see checks their levels. Other conditions that can

simulate exophthalmos include obesity, Cushing's syndrome, inflammation of the eye muscles and other inflammatory diseases. Excess salt may increase blood pressure, and may even increase stroke risk in people with normal blood pressure, but I can't think how it could be related to the appearance of her eyes.

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. (c) 2018 North America Synd., Inc. All Rights Reserved.

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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: T equals N

Y FVYTL Y SXQ IKBXNCQ
JHF QBG FVXF ABN XW X
SXKYBTHFFH EBKLHK YR Y
AGWF IGCC X RHE WFKYTJW.

Answer Page 5

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Weekly SUDOKU

by Linda Thistle

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

♦♦♦ HOO BOY!

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Land abuse in LA



by Freddy Groves

In 1888, a 387-acre parcel of land in Los Angeles was deeded to the government for the purpose of caring for disabled veterans, specifically for building the National Home for Disabled Volunteer Soldiers. After a 2011 lawsuit to determine whether the land was being used as it was intended, the courts concluded that no, it wasn't.

The Department of Veterans Affairs had leased out much of the land in a profit-sharing arrangement or for small rent payments. The 2016 WLA Leasing Act required that all lease agreements must benefit veterans in areas such as health, education, vocational training and family. Enter the Office of the Inspector General.

The OIG discovered that of the 40 land use agreements, 11 did not comply and 14 were either expired or did not exist. Here are a few examples:

- The Red Cross was using

a building while promising to focus on veteran services, but didn't state how it would do that.

- A parrot care facility promised to provide therapeutic activities to veterans, but the facility was always padlocked. It had no signed agreement.

- Parking lots were open to the public, not held only for veterans.

- A school was using 21 acres as an athletic field; it had nothing to do with veterans.

- An oil company had been drilling on the site for 10 years, offering no benefit to veterans.

- The City of Los Angeles was using 12 acres as softball fields and a dog park. It promised to hire veterans, spending up to \$200,000 annually, but there's no sign that it did.

- A youth soccer league had been renting property since 2003, with no evidence of any benefit to veterans and no signed agreement.

To view the whole 120-page report, go to www.va.gov/oig/pubs/VAOIG-18-00474-300.pdf.

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!

	+		×		30
×		+		+	
	+		×		26
×		+		×	
	×		-		25
28		23		35	

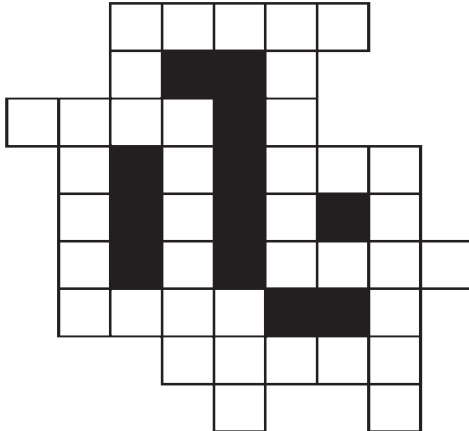
1 2 3 4 6 7 7 8 9

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Answer Page 5



DTA
TEDIGM
♥LESKA
♥SIKR
RIMSAD
♥UGM
♥ATEM
DEESA
♥KAS
TRIKLE
MOURT
RDGE



Answer Page 5

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.



- Keep your cute collared shirt separate from your pullover sweater by adding a third layer in between. A tighter-fitting tank keeps the shirt in place and not bunching up, allowing the sweater to move freely.

- "Use a black permanent marker (like a Sharpie) to fix a small bleach spot on a black cotton top. As long as you have the right color match, you could do the same with any color top. I sometimes get small bleach spots on a shirt from cleaning."

— J.J. in Florida

- Working hard at your job but not really getting anywhere? If your work ethic is impeccable but your client list or productivity leaves something to be desired, you might be in the wrong career. Take stock of your personal and professional strengths, then check in with a career coach. Experts say it's never too late to find the right fit.

- On a diet and quit soda? Here's a fabulous use for it: Pour a can in the toilet and close the lid. Come back for a quick scrub 30 minutes later, and you may find that the cola has eaten away at the hard-water mineral buildup. It'll change the way you look at soda!

- This bears repeating now that the holiday season is approaching and we'll all be out on the roads: Make sure your tires are properly inflated and your car's air filter is clean. Both can drastically reduce your fuel efficiency.

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

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