



NEWSBRIEFS

Owners donate

El Paso-area Allstate agency owners recently joined Allstate volunteers across the state to secure Allstate Foundation Helping Hands® grants to benefit 15 Texas nonprofit organizations who serve domestic violence survivors. This includes a \$17,000 grant for the Center Against Sexual & Family Violence Inc. The nonprofit will use the funding to support survivors and advance the work of the organization. Critical supplies, such as clothing, housewares and personal care items were gathered and dispersed to survivors of domestic violence and financial abuse. Organizations like the Center Against Sexual & Family Violence Inc. often operate with limited resources and collecting supplies helps nonprofits focus on serving more survivors. "With one in four women experiencing domestic violence in her lifetime, this is an issue affecting every community, including El Paso," said Rudy Ledesma, Allstate agency owner in El Paso. "We're proud to dedicate our time and collect much-needed resources to support these vital local organizations and the survivors they serve. We care about helping survivors and their families break the cycle of violence in their lives."

– Kevin Kilbride

Board meeting

The San Elizario ISD Board of Trustees will hold a meeting on Wednesday, Jan. 16th, at 5 p.m. at the Administration Offices, 1050 Chicken Ranch Rd., San Elizario, TX.

– Hector Gonzalez

One big tipper

A customer tipped his waitress at the Sup Dogs Restaurant in Greenville, NC after paying for the bottled water he'd ordered. It was a big tip. It was a very large gratuity. It was enormous. To be exact, it was \$10,000 worth of thank you. The waitress was taken aback but didn't forget her coworkers with whom she shared her good fortune.

– John Grimaldi

Sky cops

Traffic cops in Dubai are apparently preparing for the day flying cars come into vogue. The police there are learning how to fly so-called Hover Bikes. The drone-like vehicles will also be used to access hard to reach areas in an emergency.

– John Grimaldi

In a few more years civilization will have reached all peoples, except, those that have no resources worth stealing.

– Quips & Quotes



– Photo courtesy of Day of Archaeology website

BIG OLD HOLE IN THE GROUND – Spirit Eye, above, is a prehistorically occupied cave system located in Presidio County, TX just north of the Chinati Mountains. Radiocarbon dating – also referred to as carbon dating or carbon-14 dating – is a method for determining the age of an object containing organic material by using the properties of radiocarbon, the radioactive isotope of carbon.

Schroeder to speak on radiocarbon records of maize, baskets, atlatls

Talk highlights research at Spirit Eye Cave

By Alfredo Vasquez
Special to the Courier

ELPASO COUNTY – Byron Schroeder, an archaeologist with the Center for Big Bend Studies at Sul Ross State University in Alpine, TX, will be the featured speaker for El Paso Archaeological Society's (EPAS) January gathering.

Schroeder will give a special presentation based on his current research work, titled *Maize, Baskets, and Atlatls – the Radiocarbon Record from Spirit Eye Cave in West Texas*. EPAS's monthly meeting will be held at 2 p.m., Saturday, January 19, at the El Paso Museum of Archaeology, 4301 Transmountain Road.

Spirit Eye Cave is a prehistorically-occupied cave system located in Presidio County, TX, just north of the Chinati Mountains. The cave system is situated on the lowest level of a North/South trending limestone cliff.

Archaeologists contend that the artifact assemblage from Spirit Eye offers a unique and holistic view into technologies that made prehistoric adaptation to the Chihuahuan Desert possible. In an effort to salvage some of this valuable information, the Center for Big Bend Studies of Sul

Ross State University began in 2017 the first systematic excavations in the cave.

After two seasons of fieldwork and assessing private collections of Spirit Eye Cave, Schroeder reported that his current research is now focused on the duration of maize (corn) use in the Big Bend area of the Rio Grande and the spread of perishable industries across the Southwest and Trans-Pecos regions.

Schroeder explained that maize usage along the Rio Grande's Big Bend region is thought to have occurred in association with the villagers of La Junta, who made initial contact with Europeans in 1535 when Cabeza de Vaca and three companions traveled through the area. During the next 45 years, a number of Spanish expeditions passed through La Junta, providing written accounts of the native peoples living in the scattered villages along the two merging rivers, the Rio Conchos and Rio Grande (near present-day Presidio, Texas and Ojinaga, Chihuahua).

However, Schroeder also pointed out that recent results from Spirit Eye Cave radiocarbon readings indicate a longer time depth that may help explain previously reported dietary patterns seen in carbon isotopes of Late Archaic

populations.

Several chronologies in the archaeology of the Americas include an Archaic period which is often sub-divided into Early, Middle, and Late stages. The dates and the characteristics of the period vary among the different parts of the Americas, but the cultures are at some point in the development of the technologies of pottery, weaving, and developed food production. Also, the natives are becoming more reliant on agriculture, and social organization is developing into permanent villages.

Schroeder related that the overall time-depth of perishable technologies from the Trans-Pecos region is unknown and the results discussed in his talk is from the mid-Holocene to 1000 A.D and includes displays of baskets and atlatl (spear) weaponry that are indigenous to the Big Bend region.

The Holocene Epoch is the current period of geologic time, according to archaeologists. Its primary characteristic is the global changes caused by human activity. The Holocene age began 12,000 to 11,500 years ago at the close of the Paleolithic Ice Age and continues through today.

Schroeder earned a doctoral degree in archaeology from the University of Montana and received bachelor and Master of Arts degrees in anthropology from the University of Wyoming.

Schroeder has worked throughout



– Photo courtesy San Elizario ISD

ALL DECKED OUT – The San Eli HS band marched in their new uniforms during the 2018 Thanksgiving Day Parade in downtown El Paso.

San Elizario High School Band gets first new uniforms in 13 years

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – In case you have not noticed, the San Elizario High School (SEHS) Band recently got new uniforms and they could not be more excited.

“We love the new uniforms,” said Alex Villa, a Junior at SEHS.

“They are really comfortable and professional. No doubt we are going to look better than ever every time we go out and perform.”

Thanks to the approval of San Elizario Independent School District’s Board of Trustees, the band purchased 75 new uniforms.

“The last time the team got new uniforms was about 13

years ago so you can imagine the look on their faces when they got to open the boxes with their new uniforms inside,” said Cristina Barajas, Band Director at SEHS.

“We got to wear them for the very first time at our last home football game of the season and everyone loved the new design and colors,” Villa said.

This year, the band was invited

to march down Montana Street for the annual Thanksgiving Parade where they also had the opportunity to show-off their new attire.

“These new uniforms definitely make us look distinguished,” Barajas said. “It is going to be hard to tell who we are but that is the point. We want people to have a hard time telling us apart from everybody else.”

Barajas and her students are appreciative of the amount of support they have received from everyone in San Elizario.

“We would like to thank the San Elizario ISD Board, faculty, staff, and the community for always being so supportive. Our goal has always been to make them all proud and that is what we will continue to do.”

View from here By John Grimaldi

Polls show most adults are afraid to talk with a financial advisor

Not long ago a Harris poll revealed that most people were afraid of talking to a financial advisor. The survey was conducted in behalf of the Philadelphia based McAdam financial advisory firm and showed that 71% of Americans were afraid to talk with a financial advisor. Nearly half of them said that they thought it would wind up costing them “a lot of money.”

Dan Weber, president of the Association of Mature American Citizens (AMAC) who has a background in financial services, says that there are savvy seniors who have the know how to productively manage their finances. He notes that an estimated 25% of investors act as their own money managers.

But, there are many more adults, young and old, who could use advice. “In fact, numerous studies have been conducted over recent years and

they all show that most of the population doesn’t have sufficient assets to allow them to retire in a reasonably comfortable manner. The Northwestern Mutual Life Insurance Company issued a report just a few months ago showing that two-thirds of U.S. adults in their 60s have less than \$25,000 in retirement savings.”

Too many people who need help with their finances think it is not proper to be discussing money with a stranger, even if he or she is a professional advisor or planner. Others are afraid that no amount of financial advice will help them acquire enough retirement savings.

“They’re wrong on both counts,” according to Weber. He suggests that individuals should take the time and get objective, professional advice

See ADVISOR, Page 5

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TexasSure catches drivers without insurance.

The insufferable James Comey

Never before has a former FBI director boasted about taking advantage of an administration's disorganization for his own ends. But never before has a former FBI director been as self-satisfied as James Brien Comey Jr.

In an interview at the 92nd Street Y in New York City, Comey delighted his audience with his tale of how he exploited the Trump White House's disarray in its initial days to send two FBI agents to talk to then-national security adviser Michael Flynn without honoring the usual processes (e.g., working through the White House counsel's office). He said that in a different administration, it was "something I probably wouldn't have done or maybe gotten away with."

Comedy is a bigger political figure than ever before, but has revealed himself to be exactly what critics always said – a politically savvy operator who matches his bureaucratic skills with an impregnable sense of self-righteousness.

The conundrum of James Comey was that he deserved to be fired, but firing him – certainly the way Trump did it – was the worst mistake of Trump's presidency. It would have been better to have Comey inside the

tent leaking and maneuvering for his own advantage, than to have him outside leaking and maneuvering for his own advantage.

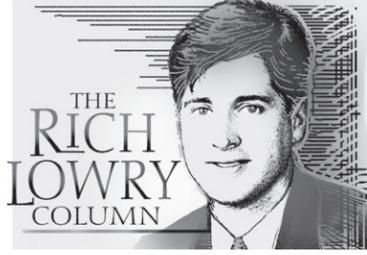
Comey is a smart and capable man. In many ways, he was a good FBI director. His fault was always being too clever by half and keeping too keen an eye out for his own image and political interest.

He bent over backward to get to the conclusion that President Barack Obama and his Justice Department wanted in the Clinton email investigation, then decided to speak out lest people think his decision was politically tainted. Comey thus ignored the law in the Clinton case, and ignored Justice Department rules in talking about it.

After Trump fired him, Comey gave one of his memos to a friend so he could share its contents with The New York Times in the hopes that it would catalyze the appointment of a special counsel. Sure enough, we got a special counsel.

A special-counsel probe is an act of punishment against any administration subjected to it. It will cause distraction, legal fees and heartache – in the best case. A practiced Washington player, Comey knew all of this.

That he's so deft makes his



slipperiness about inconvenient matters related to the investigation all the more telling.

Consider a little item from Comey's recent congressional questioning. Then-chief of staff

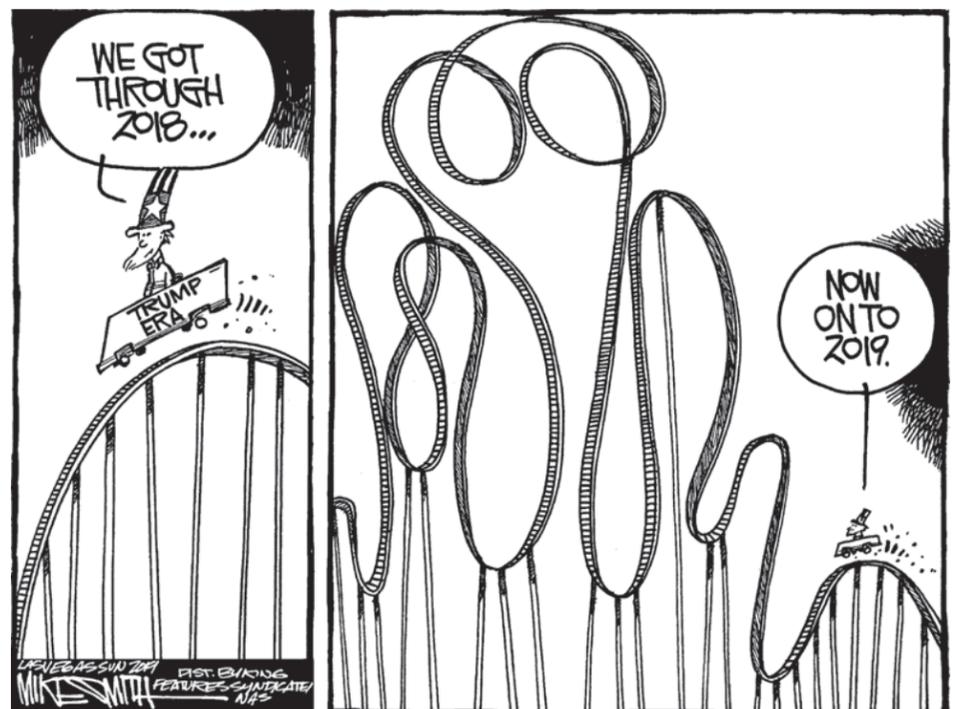
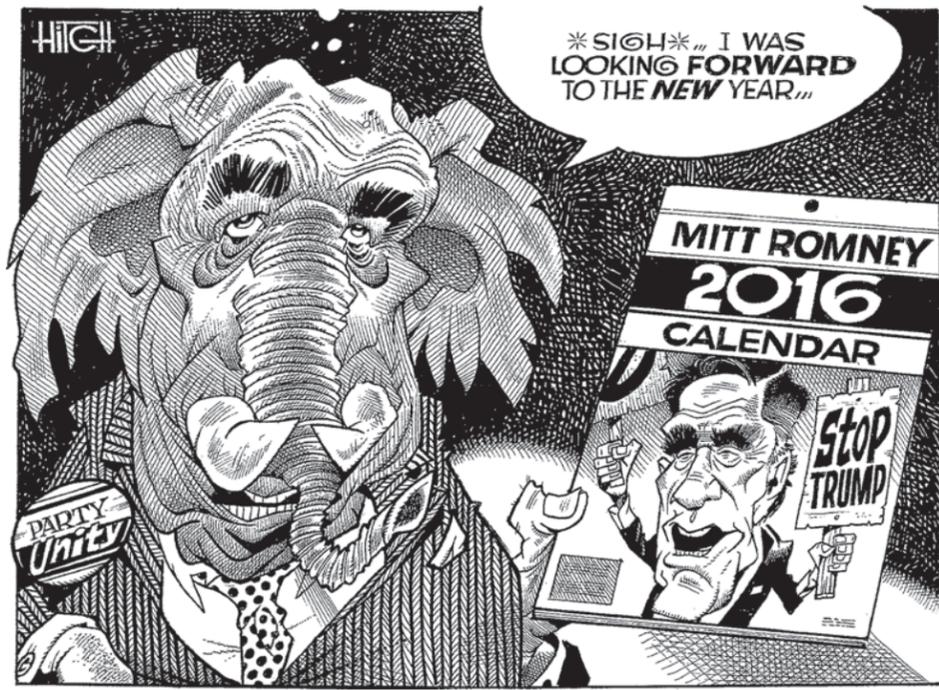
Reince Priebus asked Comey if a conversation they were about to have was private. Comey said it was, despite the fact that he would write a memo about their talk, and it would – of course – make it into the press.

Comey is acting under extreme provocation when he blasts Trump and calls for his defeat, but seems unaware that his pronouncements as a private citizen cast a pall over his public service when he wielded some

of the most sensitive powers of government.

None of Trump's attacks on Comey has been as damning as the supposedly by-the-book FBI director admitting he did an end run around process in the Flynn interview, and soaking up laughter and applause for it.

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





Moments in time

THE HISTORY CHANNEL

• On Jan. 21, 1957, singer Patsy Cline, one of the greatest figures in country music, first gains national attention with her winning appearance on CBS' "Arthur Godfrey Talent Scouts." The program featured amateur entertainers making their national television debuts.

• On Jan. 22, 1981, Rolling Stone magazine's John Lennon tribute issue hit newsstands, featuring a cover photograph of Lennon and Yoko Ono. The photo had been taken on the morning of Dec. 8, 1980, just 12 hours before Lennon's death.

• On Jan. 23, 1922, at Toronto General Hospital, 14-year-old Leonard Thompson becomes the first person to receive an insulin injection as treatment for diabetes. He improved dramatically, and the University of Toronto gave pharmaceutical companies license to produce insulin, free of royalties.

• On Jan. 24, 1848, a millwright named James Marshall discovers gold along the banks of Sutter's Creek in California, forever changing the course of history in the American West. Within months, the world's largest gold rush had begun.

• On Jan. 25, 1995, Russia's early-warning defense radar detects an unexpected missile launch near Norway that was thought to be part of a surprise nuclear strike by Western nuclear submarines. Later, it was revealed that the missile actually was carrying instruments for scientific measurements.

• On Jan. 26, 1961, President John F. Kennedy appoints Janet Travell, 59, as his personal physician, making her the first woman ever to hold the post. Travell, an orthopedist, had worked closely with Kennedy for five years, treating his persistent back pain.

• On Jan. 27, 1975, a bipartisan Senate investigation of activities by the Federal Bureau of Investigation and the Central Intelligence Agency is launched by a special congressional committee. The committee reported that the FBI and the CIA had conducted illegal surveillance of several hundred thousand U.S. citizens and had illegally plotted to assassinate foreign leaders.

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Advisor

From Page 2

on how to manage financial routines, incomes and assets when significant events occur in their lives—events such as marriage, starting a family, getting a new job and, of course, planning for retirement.

Bear in mind that there is no income threshold when it comes to getting the services of a financial consultant. If you have any questions at all about how to allocate your salary, your savings or your assets, it means that you have sufficient resources to engage an advisor.

John Caffrey, principal at Castle Asset Management, LLC, says that there are no specific asset minimums or income minimums. "It's not about minimums. It is about positioning a client based on his or her personal resources in a manner that will best serve their needs and achieve their goals. A good financial advisor will understand the client's situation and expectations and make recommendations accordingly. One client may have a smaller asset base than another, but they both have a need to know how best to employ what they do have in a manner that will provide them with a maximum return. Even a modest 401(k) or IRA needs good, knowledgeable management."

One of the most important questions to ask when seeking a reputable advisor is, of course, how much will he or she charge for services and will it be worth the cost. According to David Weliver, a founding editor of the Web site Money Under 30, explains that "most fee-only financial planners will charge between \$1,000 and \$2,000 for a comprehensive financial plan. For ongoing advice, you could expect to pay a monthly retainer of a couple hundred dollars."

So, how do you go about identifying an advisor who will be right for you? The first thing you need to do is put together a list of potential candidates, not by picking names at random out of the Yellow Pages, but by asking friends, family and workmates for recommendations. You may also ask your accountant, your attorney, your insurance and/or your investment broker.

The ideal advisor or planner is one who is independent and who will provide objective advice for a reasonable fee, based on your income, savings, investment levels and other assets.

AMAC's Weber says that a suitable financial consultant will have a suitable college degree. And, he or she should also have appropriate professional credentials? There are several designations that a financial planner or advisor might have such as CFP (Certified Financial Planner), ChFC (Chartered Financial Consultant) or CLU (Chartered Life Underwriter). Meanwhile, to complete your homework it is advised that you check up on your candidates by doing some research. For example, the Designation Check Web site provides you with an easy way to vet a financial consultant by name and zip code.

www.wtxcc.com • www.wtxcc.com • www.wtxcc.com

Anthony

From Page 4

talking in the hallway. I was happy when I saw my score but I know that I can do better. I know what to do next year. It was a fun experience," said Cuellar.

The coach for Music Memory is Anthony ISD first-year band director, Janella Saad, who was nervous but wanted her students to have a challenging experience at the UIL Academic district meet.

"They were very nervous for the test, which made me very nervous. I just wanted them to be challenged, to try something new, and do their best, regardless of their score. They did a lot of studying on their own. I just helped supply them with the tools necessary to be successful. I am very proud of their success," said Saad.

The other two Anthony Middle School students who also earned first place rankings were Karen Saucedo in sixth grade Dictionary

Skills and Ethan Moreno in sixth grade Number Sense. Karen Paterson, the Anthony ISD librarian, is the coach for Dictionary Skills and Silvia Rivera, the sixth grade Math teacher, is the coach for Number Sense. The middle school also sent competitors in Spanish Oral Reading and in the category of Maps, Graphs and Charts.

Figueroa Osmond, who was previously the Fabens ISD UIL Academic Coordinator, was proud to be able to get Anthony ISD students competing again in UIL Academics and wants to start a new tradition.

"I am proud of all the teachers and students who took on the challenge of beginning the UIL tradition anew at Anthony ISD. Through their hard work and dedication, they were able to be successful and laid the ground work for future success in UIL Academic," said Osmond, an English teacher in her first year at Anthony High School. The high school UIL Academic meet will be in March of 2019.

Social Security By Ray Vigil

Fraudulent calls threaten arrest or legal action

The Acting Inspector General of Social Security, Gale Stallworth Stone, is urging citizens to remain vigilant of telephone impersonation schemes that exploit the Social Security Administration's (SSA) reputation and authority.

The Office of the Inspector General (OIG) continues to receive reports from across the country about fraudulent phone calls from people claiming to be from SSA. Recent reports have indicated that unknown callers are using increasingly threatening language in these calls. The callers state, due to improper or illegal activity with a citizen's Social Security number (SSN) or account, a citizen will be arrested or face other legal action if they fail to call a provided phone number to address the issue. This is a scam; citizens should not engage with these calls or provide any personal information.

SSA employees do contact citizens, generally those who have ongoing business with SSA, by telephone for customer-service purposes. However, SSA employees will never threaten you for information; they will not state that you face potential arrest or other legal action if you fail to provide information. In those cases, the call is fraudulent, and you should just hang up.

"Unfortunately, scammers will try anything to mislead and harm innocent people, including scaring them into thinking that something is wrong with their Social Security account and they might be arrested," Stone said. "I encourage everyone to remain watchful of these schemes and to alert family members and friends of their prevalence. We will continue to track these scams and warn citizens, so that they can stay several steps ahead of these thieves."

The OIG recently warned that some of these impersonation calls have "spoofed" SSA's national customer service phone number, displaying 1-800-772-1213 as the incoming number on caller ID.

The Acting Inspector General urges citizens to be extremely cautious, and to avoid providing information such as your SSN or bank account numbers to unknown persons over the phone or internet unless you are certain of who is receiving it. If you receive a suspicious call from someone alleging to be from SSA, you should report that information to the OIG at 1-800-269-0271 or online at <https://oig.ssa.gov/report>.

For more information, please visit <https://oig.ssa.gov/newsroom/scam-awareness>.

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Cowboys riding high thanks to dominating defense

By Steve Escajeda
Special to the Courier

What happened?
Weren't the Dallas Cowboys getting ready to ship Jason Garrett off to the unemployment line at mid-season?

Remember when the Cowboys lost to the Tennessee Titans at home to fall to 3-5? It was about two months ago on Nov. 5 when the Titans dumped the Boys 28-14 to basically end the team's playoff hopes. So everybody thought.

Even the great puppet-master himself, Jerry Jones, showed signs of wavering in his support of Garrett.

But then, it came, like a giant wave crashing in on everybody's beach party – the Cowboys' defense decided they were going to make a splash.

And since the defense, which was horrible a couple years ago, decided to take over games, the Cowboys have won eight of their last nine.

And that includes their unlikely 24-22 wild card playoff victory over the Seattle Seahawks.

Let's be honest, most of the experts

picked the Seahawks to beat the Cowboys. You can't blame them – Dallas hasn't exactly been successful in the postseason since the years of Aikman, Smith and Irvin.

But these new Cowboys of Prescott, Elliott and Cooper, are doing just enough to compliment a defense that has led this amazing transformation and ended up saving Garrett's job.

The Cowboys surprised everyone by being even more physical than the Seahawks, who are known for playing smash-mouth football.

And really, you can say the Cowboys haven't played physical football for 20 years.

A lot of opposing players began calling the Cowboys "soft" and "chokers" over the last few years because of a lack of a killer instinct.

And that's why most people watching the playoff game last Saturday thought to themselves, "here we go again," when the Cowboys fell behind 14-10 going into the fourth quarter.

But throughout their streak, at times it looks like the offense, behind tough guys Dak Prescott and Zeke Elliott, takes up

the same mentality as the defense.

When there needs to be a score at a crucial time in the game, Dak seems to make the right throws and the right running plays to get the Cowboys into the end zone.

It's too bad the Cowboys seem to have to eke out every game at the last second, but it sure beats staying home at this time of the year.

But getting back to the defense, if I would have told you before the season started that Sean Lee was going to be out of the lineup for most of the year and that the defense was going to be even better – you would have laughed in my face and asked the waitress not to bring me any more adult beverages.

But that's exactly been the case. The emergence of the "rookie" and the "damaged project" has made all the difference in the world.

Linebackers Leighton Vander Esch and Jaylon Smith have more than picked up the slack for Lee, who has missed lots of the season, as usual, to injury.

Everyone thought Vander Esch would eventually be pretty good, but nobody thought he'd take over for Lee right away

and play like... well... Sean Lee.

And everybody knows the story of Smith, who suffered a terrible knee injury in his last game for Notre Dame. The Cowboys took a chance that he would recover and eventually be the player he once was.

And that's exactly what he's become.

Throw in the pass rush of DeMarcus Lawrence and Randy Gregory; the pass coverage of Byron Jones and all the other guys who race to the football, and the Cowboys have a team that can still make some playoff noise.

The Cowboys must go on the road this weekend, where they were 3-5 during the regular season. But as many wise men in the world of sports have said, "defense wins championships."

And Dallas has the kind of defense that can eke out playoff win after playoff win.

Don't underestimate the mental barrier the team crashed through last week. Just believing you can win makes all the difference.

The Cowboys have gone from hoping they can win to believing they can win.

Now they have to get to where they were in the 90s and expect to win.

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APT OCCUPATIONS ACROSS

- 1 Ship parts
- 6 One in a veil
- 11 Very small: Prefix
- 15 Sealed, say
- 19 Early TV's Stu
- 20 Posteriors
- 21 Stick _ in the water
- 22 Songwriter's creation
- 23 Martin the ticket collector?
- 26 Actor Bana or Stoltz
- 27 Pay to play poker
- 28 Game with Wild cards
- 29 Clinton the doctor?
- 31 Caught at a rodeo
- 33 Pollen lover
- 34 Hardly fresh
- 35 Worldwide
- 38 Ellington the Peppermint Pattie factory worker?
- 45 More greasy
- 49 Ending for Israel
- 50 Ilk
- 51 Car owners' org.
- 52 Kelly the minister?
- 54 "Let's go!"
- 55 Former Apple messaging software
- 57 See 64-Down
- 58 Primate studier
- Fossey
- 59 Benny the golfer?
- 61 Markey and Bagnold
- 63 Actor Hinds
- of 2017's "Justice League"
- 65 Negligent
- 66 Sen. Kirsten Gillibrand's purview
- 67 Bailey the philosopher?
- 72 Folder flap
- 75 Meal tie-on
- 76 Rice-based Spanish dish
- 77 Ivory's counterpart owner?
- 79 Benatar the dairy owner?
- 85 Fuzzy stuff
- 87 Departure
- 88 Standoffish
- 89 Karmann _ (bygone VW sports car)
- 90 Nolte the clockmaker?
- 92 Skeleton part
- 93 +
- 94 Ariz.-to-Kan. dir.
- 95 Girls in the family
- 96 Liotta the lamp designer?
- 100 Gets dilated
- 102 Basic deg. for designers
- 103 Supermodel
- Carangi or actress
- Scala
- 105 End profit
- 110 Behar the chef?
- 116 Airport stat
- 117 Hotel chain
- 118 Morales of film and TV
- 119 Arden the

DOWN

- 1 Get gold, e.g.
- 2 Target Center, e.g.
- 3 Smacks
- 4 Spork parts
- 5 _ cone
- 6 "Viva Zapata!" star
- 7 Alter totally
- 8 Reply to "Who's in charge here?"
- 9 Bounced down the court
- 10 Actress Davis of two "Matrix" films
- 11 Spam, say
- 12 Langston Hughes poem
- 13 Athletic team assoc.
- 14 Film anew
- 15 Not wobbly
- 16 Throw
- 17 Troop body
- 18 Pt. of MIT or STEM
- 24 Nuclear reactor tube
- 25 Polar vehicle
- 30 Polar pixie
- 32 Curved arch
- 36 High jump on a skateboard, informally
- 37 Lacking a key, in music
- 39 "Semper Fi" mil. branch
- 40 Weirdo
- 41 Rubik of cube fame
- 42 Aiea's island
- 43 Broccoli _
- 44 Kit _ (candy bars)
- 45 Poet Nash
- 46 Twisted wit
- 47 _ lazuli
- 48 Frosted
- 53 Abbr. on a pay stub
- 54 "Please, Mommy, will you let us?"
- 55 "Veni," in English
- 56 Nero's 160
- 59 Villain in Disney's "Aladdin"
- 60 Waitress on TV's "Alice"
- 62 Spruce (up)
- 64 With 57-Across, All ring strategy
- 68 Abate
- 69 "Fighting" Big Ten team
- 70 Cut, as pizza
- 71 Cold and wet
- 72 Like poison
- 73 Japanese cartoon art
- 74 Measures of memory
- 75 Scaring cry
- 78 _ noire
- 79 One of Henry VIII's
- Catherines
- 80 Et _
- 81 Mug in a pub
- 82 Jamaican citrus fruit
- 83 Mean ruffian
- 84 Wife on "The Addams Family," to her hubby
- 86 Cover for a truck bed
- 90 Crystal rubbers, perhaps
- 91 Jab deliverer
- 93 Control in a clinical study
- 97 Certain wind player
- 98 Very loudly, musically
- 99 9-to-5er's weekly cry
- 101 Main dish
- 104 Art house film, often
- 106 Went aboard
- 107 Nitrogen compound
- 108 Words after all or hole
- 109 San Fran griddier
- 110 All-terrain vehicle
- 111 Fjord city
- 112 Tasty tubers
- 113 Egg-shaped
- 114 Eye, in Paris
- 115 Nut with caffeine
- 116 Rock finale?
- 120 Perched
- 121 LP replacers

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66					67	68						69	70	71			72	73	74	
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88							89					90				91				
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110	111	112						113	114	115			116					117		
118								119					120					121		
122								123											125	
126								127												129

Answer Page 4

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



Vitamin E unlikely to cause ill effects

DEAR DR. ROACH: I'm a 47-year-old female in good overall health. About six months ago, I began to take several supplements, one of which was vitamin E (200 IU). I had no noticeable adverse reactions to any of the supplements. About 10 days ago, I started taking 400 IU of vitamin E. Right about the same time as this increase, I began having painful stomach cramps, diarrhea, nausea and tiredness. After a week of this, someone suggested that the vitamin E might be the cause. I have stopped taking it and have even avoided foods high in vitamin E. Three days later, I'm still having the diarrhea and other symptoms. If the vitamin E was the cause of the symptoms, shouldn't they have gone away by now? – K.B.



Vitamin E is a fat-soluble vitamin, so it is possible for levels to build up in the body if it's taken in high doses for long periods of time. However, toxic effects are unlikely at less than 1,500 IU daily, which is far higher than what you have been taking. Bleeding is one risk at high doses, as is a theoretical deficiency of vitamin A and D.

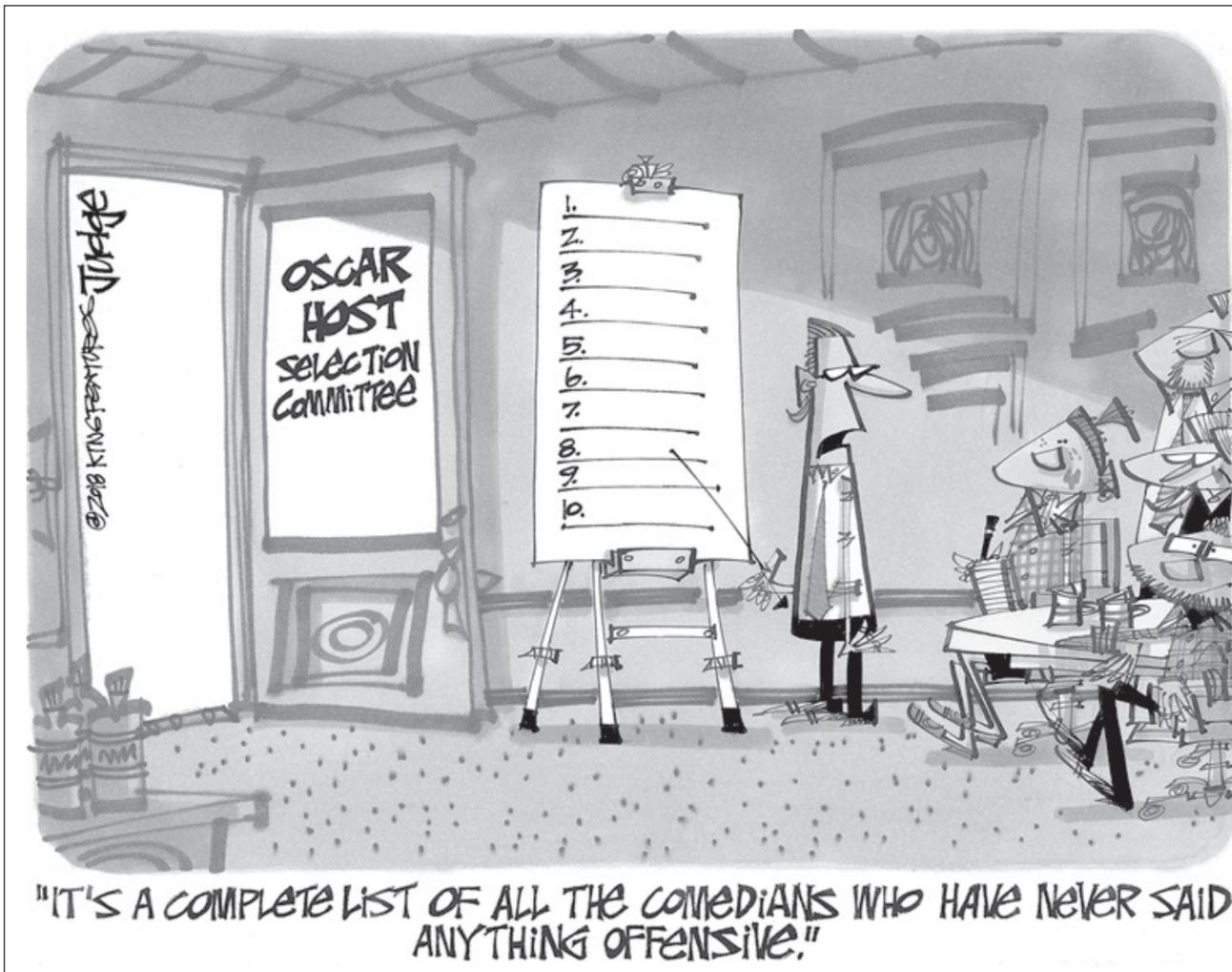
I think it is far more likely that you happened to get a case of gastroenteritis – inflammation of the stomach/intestines, often caused by a virus. It's unlikely to be due to the vitamin E. However, since vitamin E supplementation hasn't been shown to improve any of the many conditions it has been studied for, I don't recommend that you continue to take it.

Go easy on eating for a few days after gastroenteritis: The time-tested BRAT diet (bananas, white rice, peeled apples and dry toast) is effective. You can get enough fluid through water or apple juice, along with some salt, like chicken or vegetable broth.

DEAR DR. ROACH: I was told that due to the way our food is processed and grown, most people lack magnesium and should take a magnesium supplement. Should I? I read that one symptom of low magnesium can be constipation or irregularity. – C.B.

The prevalence of low magnesium depends on the population. About 2 percent of the general population has low magnesium levels, but among people with diabetes, the rate is about 25

See HEALTH, Page 8



You're worthless.

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Health

From Page 7

percent. In people who abuse alcohol, the prevalence may be as high as 30 to 80 percent. Some diuretics used for high blood pressure predispose a person to magnesium deficiency. High magnesium foods include leafy green vegetables, nuts, cereals and avocados.

The most common symptoms of severe low magnesium are loss of appetite and muscle tremors and weakness. Magnesium is necessary for potassium and calcium balance, so these can be deficient in cases of low magnesium. Since only a small amount of body magnesium is in the blood, magnesium deficiency should be considered in people

with unexplained low calcium and potassium.

Low magnesium is rare in nondiabetic people who eat a good diet. I don't recommend magnesium supplementation for low-risk people with no symptoms. Symptoms of low magnesium should be evaluated by a physician and not self-treated. Only those with diagnosed low magnesium should take a magnesium supplement.

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. (c) 2019 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: **B** equals **T**

SWQB SEJXI FEJ GQXX Q WHDW-
GQXEYHK, MJDQYF RKOKYQDK
ENBKU MKYOKI QB VQYBHKM?
NYJHB VQJUGW.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Blue Button health app for vets



by Freddy Groves

The Department of Veterans Affairs is adding more features to Blue Button, the program veterans can use to access their health information from multiple sources on cellphone and web apps. But the greatest benefit, I believe, is the Health API, which allows veterans to access, download and even update their own medical records.

If something is incorrect in your records, you'll know it. If something is missing, you'll spot that omission. So far, over 2 million veterans have downloaded 32 million of their health files.

With Blue Button, if you're signed up for My HealtheVet, you can select a text file or PDF that you can read, print or save on a computer. You can choose a date range and the kind of information you want from your VA health records. If you have the premium My HealtheVet, you can enter information and data into the

record, such as your medical conditions and medical history, allergies and adverse reactions, medications, family health, weight and blood pressure, and your personal goals.

Data present from the health record will include notes after January 2013, pathology reports, radiology reports, vitals, wellness reminders, allergies and immunizations, as well as your current and past two years of appointments. Data from the Department of Defense will include your military service information.

To learn more about Blue Button, go online to www.va.gov/bluebutton. To see how comprehensive this is, scroll to near the bottom and select either the text or .PDF sample to view.

Blue Button is part of the whole VA API system. This includes Benefits API (track and receive notifications about your claims), Facilities API (get locations, hours, wait times at your facility) and now the Health API. To learn more about what these do, go online to <https://developer.va.gov>.

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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!

	+		×					30
÷		×		×				
	×		+					10
+		÷		+				
	-		×					15
14		14		13				

1 2 3 4 5 6 6 7 8

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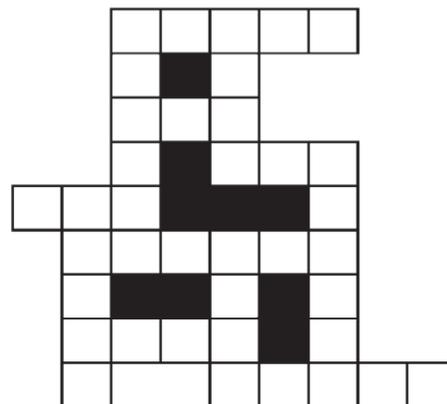
Answer Page 4



By: rj johnson

DOUBT? ...OR DARE!

- IKD
- APENEW
- TRUPE
- KDSE
- KRONCE
- ♥ EEW
- EPKI
- ♥ WYRDO
- ♥ SWA
- ♥ SENERD
- IOPAD
- KWEN



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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• Studies show that people who eat more fiber take in fewer calories, and if you're on a healthy mission, take heed: Keep your focus on whole food sources of fiber, like veggies, fresh fruits and nutritious whole grains.

• "Make life easier on yourself. Set a timer on your phone when you put a load of laundry in the wash. That way, you can pop it in the dryer right when it's done. The less time your clothes sit, the better. You'll be done with your laundry sooner, too."

• Cinnamon in the garden? Yep, cinnamon is a natural fungicide, and you can use it on cuts on flowers to help the plant root. Simply dip the cut end in cinnamon powder before rooting.

• Use clingwrap over the top of a coffee mug or tumbler in order to take your drink "to go." Just create a small hole at the edge of the cup for sipping, or poke a straw through the center for easy access.

• "I purchased a nice lotion in a very pretty pump bottle. After the lotion was all used up, I repurposed the bottle as a soap dispenser at my kitchen sink. It matches better, and I like having a pump bottle, because it's easy to get a little bit of soap on your sponge."

• "If you have a lot of cans of spray paint, try storing them in a window planter. They are long and skinny, and the right depth to keep cans upright but still be able to see the tops to get the can you need quickly."

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2019 King Features Synd., Inc.

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