



NEWSBRIEFS

New trustee

Ms. Christina R. Sanchez was sworn in to serve as the Trustee for District 4 on the El Paso Community College (EPCC) Board of Trustees during the Board's January 2019 regular board meeting. The seat was vacant. Sanchez is an El Paso native and represents the first generation of her family to attend college. She received her Bachelors of Art degree in Political Science from George Washington University and a Doctor of Jurisprudence degree from Texas Tech University. For over ten years, she has practiced with the El Paso County Attorney's Office and currently serves as the Division Chief for the Commissioners Court Legal Unit. In 2018, she became the President-Elect for the El Paso Women's Bar Association. On May 4, 2019, EPCC will hold an election for the District 4, 5 and 6 Board of Trustees seats.

— Jim Heiney

Welding challenge

Three Socorro Independent School District (SISD) students will make history as the first all-female welding team to compete in the Welding SkillsUSA District 1 Competition on Feb. 9 at Western Technical College. Elisa Arredondo, Abigail Vega and Ashley Lopez will represent Americas High School and SISD at the SkillsUSA local event, where they will have the opportunity to advance to the state and national level. The Skills USA competition showcases the best career and technical education (CTE) students at local, state and national levels. At the contest, the three girls will have four hours to fabricate a challenging project using a blue print and specific measurements. The task takes skills not many females acquire, Arredondo said. "People see welding as a manly thing to do but you can make really beautiful things out of it," she said. "We don't just make tables and gates. We create art by sculpting metal and shaping it. We can also

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Public opinion is private gossip that has reached epidemic proportions.
— Quips & Quotes

Fort Hancock ISD awarded 'Grow Your Own' future educators grant

By Alfredo Vasquez
Special to the Courier

FORT HANCOCK – Fort Hancock Independent School District in Hudspeth County, which is adjacent to El Paso County and about 50 miles east of the City of El Paso, is among the 36 applicants that have been awarded funding through the 2019-2021 Grow Your Own Grant Program, Cycle 2. The funding award was announced recently by Commissioner of Education Mike Morath.

Grow Your Own grants will be used to encourage high school students to consider teaching as a career, as well as paraprofessionals and teacher aides to pursue certification. The grant will also assist recipients in providing support to student teachers during their year-long clinical teaching or intensive pre-service experience prior to their first year of teaching full time.

In the 2017-18 school year, Fort Hancock ISD's three campuses served about 410 students with a staff of 84 employees including 36 teachers, 5 support staff members, 3 campus administrators, 4 central office administrators, 10 educational aides, and 26 auxiliary staff members.

"Research shows that 60 percent of educators in the United States teach within 20 miles of where they went



Mike Morath

to high school," said Commissioner Morath. "Because we know our future teachers are currently in our high schools, the goal of Grow Your Own is to help increase the quality and diversity of our teaching force and to better support our paraprofessionals, teacher's aides and educators, especially in small

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San Eli ISD elementary schools launch new music program

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – The San Elizario Independent School District (SEISD) is introducing its new music program to all

three elementary schools. Students from Lorenzo G. Alarcon, Alfonso Borrego Sr., and Josefa L. Sambrano will get to learn how to play a musical instrument for the very first time and also understand the

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SING OUT – Kevin Elizalde, right, teaches a group of 6th grade students the fundamentals of music. Elizalde is the music teacher at Alfonso Borrego Elementary.

— Photo courtesy San Elizario ISD

Nominate local employers for Employers for Education Excellence Award

By Alfredo Vasquez
Special to the Courier

TEXAS – Does your business or organization have a policy that allows employees to be actively involved with their children's public schools? Do your employees attend parent-teacher conferences or volunteer in the schools?

Your business can be publicly recognized for this support through the State Board of Education's Employers for Education Excellence (EEE) Award. This annual award, created by the Texas Legislature in 2007, recognizes employers who support employee participation in school activities.

Any Texas employer is eligible, including private businesses, nonprofit organizations, and governmental and educational entities that meet the criteria. Awards are given at the bronze, silver and gold levels.

Requirements for each award category are as follows: The bronze-level award recognizes an employer that implements a policy to encourage and support employees who attend parent-teacher conferences during regular work hours. Specifically, the employer has a policy or procedure that allows employees to attend parent-teacher conferences during regular work hours; maintains records that show evidence that employees attended parent-teacher conferences, or provides a signed letter from the human resources director or president/chief executive officer confirming that employees are permitted to attend parent-teacher conferences during business hours.

The silver-level award recognizes an employer that meets the requirements of the bronze category and implements a policy to encourage and support employees who volunteer in school activities. An employer qualifies for this award if it does the following: has a policy or procedure that tracks employees' volunteer hours; maintains records that show evidence that employees attended parent-teacher conferences or took part in school volunteer activities or provides a signed letter from a supervisor confirming this participation; and at least one percent of the employer's workforce with school-age children attends parent-teacher conferences or takes part in volunteer activities on an annual basis.

The gold-level award recognizes an employer that meets the requirements

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View from here

By Marilyn M. Singleton, M.D.

America doesn’t need any morally superior phonies

My goal this year is to expose the hypocrisy of the morally superior politicians whose election strategy was to pretend they cared about crafting policies in the country’s best interest. Take “the wall” on our southern border. Ignoring the opinion of the border patrol agents (51 percent of whom are Hispanic) that it would “without a doubt” be a helpful tool, Nancy Pelosi and her people claimed it would be ineffective in stopping everybody. That’s like the Centers for Disease Control and Prevention (CDC) stopping its flu vaccination campaign because the vaccine is only 40-60 percent effective. And sanctuary state California Senator Kamala Harris was quick to the gun control microphone when some people were shot in a brawl but not a peep out of her when a community is in mourning after its brown-skinned legal immigrant policeman is gunned down at a traffic stop by a twice arrested illegal immigrant. Expanding on the racist meme, the new talking point is that a wall is “immoral.” Where is the morality in enabling 1.5 million pounds of drugs to enter our country through Mexico contributing to the 70,237 drug overdose deaths – over 200 deaths per day – in the U.S. in 2017? Or in turning a blind eye to MS-13 gang members and criminals entering the country? I imagine the Costa Ricans and Panamanians are racist for securing their borders from the flood of illegal immigrants, and the El Salvadorians are immoral for putting razor wire walls around entire neighborhoods. There is no morality in exploiting the deaths of two children who had endured a trek through an unfriendly landscape to score anti-Trump political points. (Some parents have admitted that their child was “their passport” to a better chance of getting in the United States.) It is heartbreaking when any child dies. It is frustrating when there is no obvious cause. The CDC reports that in 2015 in the U.S., 393 children in good health between the ages of 1-18 years died suddenly without a clear cause of death, known as Sudden Unexplained Death in Childhood (SUDC). One migrant child reportedly died of sepsis. Sepsis and septic shock can result from an infection anywhere in the body, including an open cut or scrape. In the United States, more than 75,000 children develop severe sepsis each year. Almost 7,000 of these children from all socioeconomic groups die – this is more than those who die of pediatric cancers. These families also deserve compassion. I didn’t see these outraged, compassionate legislators listed as co-sponsors to the bipartisan House Resolution to increase awareness of sepsis. Where are the tears for the children of Chiraq? At about 24 deaths a year, children in Chicago’s deteriorating black neighborhoods are being killed 24 times the rate that Chicago soldiers are being killed in Iraq. From September 2011 to 2016, at least 174 children under the age of 17 have been killed in shootings. I’m still waiting for the Obamas to mention the problem, much less solutions to their hometown tragedy. Multimillionaire Nancy (“We have to pass the bill to find out what’s in it” and if you disagree with me you are sexist) Pelosi is safe in her Napa Wine Country or San Francisco home, far from the drug addicts, dirty needles, feces, gang members and homeless lining the streets of San Francisco. Her voters may be too uninformed or willfully blind to see what she and her ilk have done to this formerly beautiful city. Sadly, the nation will be forced to suffer from her policies that reward scofflaws, patronize the poor, create dependency, and are designed to hustle votes. Many of the morally superior advocates of government-run healthcare frame the issue as a matter of compassion and social justice for all. The opposite is true. The program will rob every worker of their hard-earned income by doubling their taxes to fully fund Medicare-for-All’s \$32 trillion 10-year price tag. Worse yet, everyone’s liberty will be curtailed. With Medicare-for-All, private insurance is prohibited, doctors will still have to prove that their desired treatment is “medically necessary,” and patients will have longer wait times for services and still get a 7 minute visit with a “provider.” The 63,000 Canadians who left for healthcare in 2017 will have to rely heavily on other medical tourist destinations. It is highly unlikely that the political elite will be forced to go to the retail clinic at the local drug store or Walmart – certainly not the same southern Virginia Walmart where FBI higher-up Peter Strzok “could SMELL [sic] the Trump support.” Barely a nanosecond had passed after Speaker Pelosi promised less divisiveness when the newest identity politician shouted from the rooftops (in front of her child), that “we’re going to go in and impeach the mother [expletive]” Because their lives are so much more precious than ours, the power brokers have their private security [and gated – walled – communities] and the medical care of their choice. They also have no shame.

Marilyn M. Singleton started medical clinics in two villages in El Salvador and has travelled extensively in Central America. She graduated from Stanford and earned her MD at UCSF Medical School. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law.

Music

From Page 1

basic fundamentals of music. “Having music in our elementary schools will help introduce students to music at an earlier age with the hopes of growing our fine arts program at the secondary level,” said Dr. Jeannie Meza-Chavez, Superintendent at SEISD. “In addition, it will also help support an already rich, artistic San Elizario ISD community.” “Our students are really excited to learn about music and how to incorporate it into their daily school routines,” said Genesis Lopez, music teacher at Sambrano Elementary. “Besides all of the statistics and tests that show that music in the school curriculum enhances tests scores, music is important to students because it lets them express themselves in ways that they cannot do so in other classes or in other activities.” Faculty and staff from the elementary campuses are thrilled to have music on board and have expressed their desire to help facilitate the new music program. “We are proud to launch an elementary music program for the 2018-2019 school year, which will soon include our Kindergarten students as well,” said Lisa Renegar, Director of Instructional Programs at SEISD. “We want to give our children one more reason to love school and look forward to coming to class every day.” Besides learning how to play an instrument, students will also learn about music theory, music terminology, and famous music composers. Borrego Elementary music teacher, Kevin Elizalde, believes students should keep an open mind when it comes to accepting other genres of music. “Students should be exposed to all types of music,” Elizalde said. “By getting a taste of the different types of music that there are, they will broaden their music spectrum which will allow them to fall in love with music in general.” “Music class should never be boring and the expectation is to have students singing, dancing, and playing various instruments on a daily basis,” said James Conrow, music teacher at Alarcon Elementary. Even though these new, talented music teachers get to build their own music program from scratch, they all share the same goal – to have students gain a better appreciation for music and the benefits of having music as a class.



- On Jan. 28, 1959, the Green Bay Packers of the National Football League sign Vince Lombardi to a five-year contract as the team’s coach and general manager. The Brooklyn-born Lombardi played college football at Fordham University as a guard on the offensive line, dubbed the “Seven Blocks of Granite.”
 - On Jan. 29, 1964, Stanley Kubrick’s black comic masterpiece “Dr. Strangelove” opens in theaters to both critical and popular acclaim. The movie focused on the actions of a rogue U.S. military officer who believed that communists are threatening the “precious bodily fluids” of Americans.
 - On Jan. 30, 1920, Toyo Cork Kogyo, a Japanese cork business, is formed. A decade later, the company produced its first vehicle and changed its name to Mazda. The Mazda-Go was a three-wheeled truck that resembled a motorcycle with a cargo-carrier at the back.
 - On Jan. 31, 1945, Pvt. Eddie Slovik becomes the first American soldier since the Civil War to be executed for desertion. Slovik was originally classified 4-F because of a prison record, but was reclassified 1-A when draft standards were lowered. In 1944, he was trained to be a rifleman, which was not to his liking, as he hated guns.
 - On Feb. 1, 1885, John Taylor, president of the Mormon Latter-day Saints Church, goes “underground” to avoid arrest and continue resisting federal demands for polygamy. Taylor had at least seven wives. While the Mormons wanted freedom from outside interference, they also sought benefits of being a part of the United States. Inevitably, these two goals conflicted.
 - On Feb. 2, 1847, the first woman of a group of pioneers known as the Donner Party dies during the group’s journey through a snowbound Sierra Nevada mountain pass. The trip west ended up killing 42 people and turned many of the survivors into cannibals.
 - On Feb. 3, 1953, French oceanographer Jacques-Yves Cousteau publishes “The Silent World.” Three years later, the film version was released to world acclaim. The film, which revealed the hidden universe of tropical fish, whales and walruses, won Best Documentary at the Academy Awards.
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1973

46

Years

2019

WEST TEXAS COUNTY

COURIER

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The FBI tramples our political order

The FBI took it upon itself to determine whether the president of the United States is a threat to national security.

No one had ever before thought that this was an appropriate role for the FBI, a subordinate agency in the executive branch, but Donald Trump isn't the only one in Washington trampling norms.

The New York Times reported the astonishing news: "Counterintelligence investigators had to consider whether the president's own actions constituted a possible threat to national security." U.S. presidents over the decades have made many foolhardy decisions that have undermined our security; never before have they been deemed a fit subject for an FBI investigation.

The proximate cause for the probe into Trump was his firing of FBI Director James Comey, which the FBI considered both a potential crime and a national security matter because it might shut down the investigation into Russian efforts to influence the 2016 election.

Even if they were shocked by the treatment of Comey, top FBI officials should have been able to quickly ascertain that the Russia investigation continued unimpeded – indeed, it is still

ongoing today.

If the Times reporting is correct, the FBI grew more suspicious of Trump's conduct based on comments that have been widely misunderstood. Among the bill of particulars:

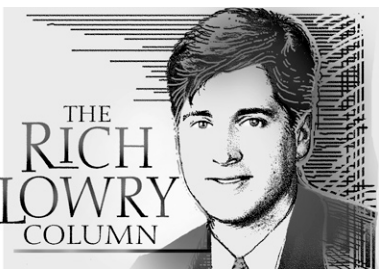
- During the campaign, he urged the Russians to hack Hillary Clinton's email. Trump clearly meant this line sardonically, though.

- The GOP platform allegedly was softened toward Russia. Never mind that, as Byron York of the Washington Examiner has demonstrated, this didn't actually happen.

- And in his Lester Holt interview after the Comey firing, Trump said that "this Russia thing with Trump and Russia is a made-up story." The president added, it's worth noting, that he knew firing Comey probably extended the investigation rather than shortened it.

More legitimately, agents were disturbed by Trump's continual praise for Vladimir Putin. These comments were blameworthy, but not a federal offense.

As part of the executive branch, the FBI should brush up on the powers of the chief executive. The president gets to fire subordinate executive branch officials. He gets to meet with and



talk to foreign leaders. He gets to make policy toward foreign nations. Especially important to the current investigation, he gets to say foolish, ill-informed and destructive things.

If the president wants to tilt toward Russia (not that Trump really has, except in his words), he can. If he wants to butter up China's dictatorial president during high-stakes trade negotiations, he can. If he wants to announce a precipitous withdrawal from Syria and make it slightly less precipitous in a fog of confusion, he can.

And the FBI should have nothing to say about it.

The Times story is another sign that we have forgotten the role of our respective branches of government. It is Congress that exists to check and investigate the president, not the FBI.

Perhaps the Times report is exaggerated, or the FBI has serious evidence of a criminally

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NEW HOUSES

Self-Help Built Starting At:

\$75,000

Lower Valley Housing Corporation

590-4511

LVHC is an equal opportunity affordable housing provider and employer that does not discriminate against anyone based on race, color, sex, disability, familial status, national origin, marital status or age.

Fabens Independent School District Public Notice of Meeting

Fabens Independent School District will hold a public hearing to discuss the District's 2017-2018 Texas Academic Performance Report (TAPR). The meeting will be held at 6:30 P.M. on Wednesday, February 20, 2019 in the Fabens Independent School District's Board Room at 821 N.E. "G" Avenue, Fabens, Texas.

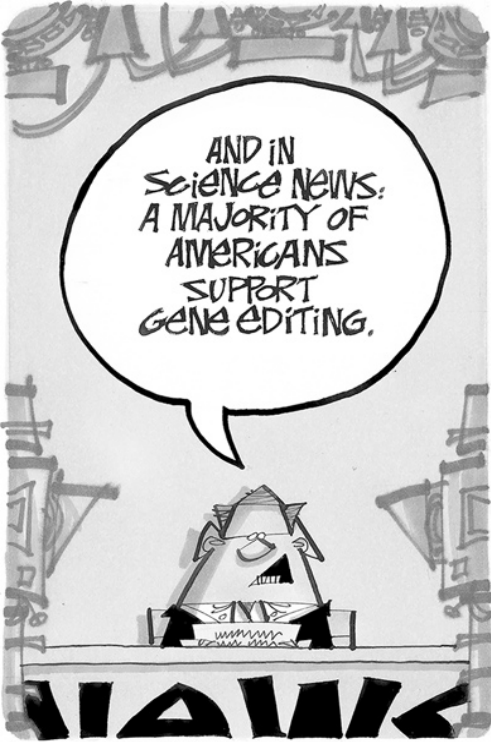
The public is invited to attend. For more information, call (915) 765-2600, x2102.

Junta Pública

Distrito escolar independiente de Fabens celebrará una audiencia pública para discutir el informe de rendimiento académico 2017-2018 Texas del distrito (TAPR). La reunión se celebrará a las 6:30 p.m. el miércoles, 31 de febrero de 2019 en la sala de juntas de Fabens ISD, 821 N.E. "G" Avenue, Fabens, Texas.

El público está invitado a asistir. Para obtener más información, llame al (915) 765-2600, x2102.

WTCC: 01-31-19



Grant

From Page 1

and rural school districts.”

The other applicants selected to receive a Grow Your Own grant are: Bob Hope School (Port Arthur), Bridge City ISD, Brooks County ISD, Castleberry ISD, Del Valle ISD, Elgin ISD, Fort Bend ISD, Grand Prairie ISD, Hillsboro ISD, La Vega ISD, Lancaster ISD, Laredo ISD, Longview ISD, Marble Falls ISD, Mineola ISD, Muleshoe ISD, New Caney ISD, Palestine ISD, Presidio ISD, Region 20 Education Service Center, Relay Graduate School of Education, Rosebud-Lott ISD, Sabinal ISD, Somerset ISD, Stephen F. Austin State

University, Texas A&M University, Texas A&M University – Commerce, Texas A&M University – Corpus Christi, Texas Tech University, Texas Woman’s University, Vidor ISD, Waxahachie Faith Family Academy, West Texas A&M University, Westwood ISD and Woodville ISD.

The initiative comes as a direct recommendation from Commissioner Morath’s Texas Rural Schools Task Force, whose members identified this priority issue and presented a strong recommendation to address it. Created in 2016, the Texas Rural Schools Task Force was charged with identifying current challenges and best practices for the state’s rural school districts.

Based on information shared in the applications of grant

recipients, 2019-2021 Grow Your Own grants will fund: 51 current teachers to receive stipends to lead Education and Training courses, including for dual credit, beginning in the 2019-2020 school year; 123 paraprofessionals to receive a bachelor’s and teacher certification and project them to be full-time teachers starting the 2021-2022 school year; 51 paraprofessionals to receive a teacher certification and project them to be full-time teachers starting the 2020-2021 school year; 15 teacher candidates to participate in an intensive pre-service experience and project them to be full-time teachers starting in the 2019-2020 school year; 94 teacher candidates to participate in a year-long clinical teaching

placement and project them to be full-time teachers starting the 2020-2021 school year; and 52 high schools to start or grow education and training programs.

The Grow Your Own initiative supports TEA’s Strategic Priority to recruit, support, and retain teachers and principals. An opportunity to apply for the 2020-2022 Grow Your Own Grant Program, Cycle 3 is planned for the fall of 2019. Grant application information will be posted to TEA’s Grant Opportunities page on the TEA website.

Visit TEA’s website at https://tea.texas.gov/Texas_Educators_Initiatives_and_Performance/Rural_Schools_Task_Force/ for information on the task force, including its final report.



By Samantha Weaver

• It was 20th-century American author Margaret Mitchell – best known, of course, for her Civil War-era novel “Gone With the Wind” – who made the following sage observation: “Until you’ve lost your reputation, you never realize what a burden it was or what freedom really is.”

• It seems that the Germans have a word for everything. For instance, “waldeinsamkeit” describes the feeling of being alone in the woods.

• In rural Wisconsin in 1921, two third-grade students in a one-room schoolhouse became sweethearts. At the end of the school year, Lorraine Beatty and Mac McKittrick lost touch with each other. This story would be unremarkable, except for what happened 87 years later. In 2009, their brothers, who had become friends, brought the couple back together. Shortly thereafter, the couple married and moved in with each other in a retirement home.

• You might be surprised to learn that Edgar Rice Burroughs, author of “Tarzan of the Apes” and its 25 sequels, never actually visited Africa.

• The Sphinx in Egypt is the only one of the Seven Wonders of the Ancient World still in existence.

• According to tradition, a bride whose dress is made of silk will have good fortune in her marriage. A woman who wears velvet to her wedding will face poverty, and a satin wedding gown will bring bad luck.

• Reportedly, anyone caught in the jaws of a crocodile can release him- or herself instantly by pressing on the animal’s eyeballs (though I cannot personally attest to the veracity of this claim).

Thought for the Day: “A consensus means that everyone agrees to say collectively what no one believes individually.”

– Abba Eban

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Anthony Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended August 31, 2018

Data Control Codes	10 General Fund	Title I, A Improving Basic Program	Capital Projects Fund	Other Funds	Total Governmental Funds
REVENUES:					
5700 Total Local and Intermediate Sources	\$ 2,093,313	\$ –	\$ 16,184	\$ 347,788	\$ 2,457,285
5800 State Program Revenues	6,310,708	–	–	221,287	6,531,995
5900 Federal Program Revenues	913,624	255,715	–	537,567	1,706,906
5020 Total Revenues	9,317,645	255,715	16,184	1,106,642	10,696,186
EXPENDITURES:					
Current:					
0011 Instruction	4,117,341	207,952	–	169,358	4,494,651
0012 Instructional Resources and Media Services	163,117	–	–	–	163,117
0013 Curriculum and Instructional Staff Development	151,915	6,317	–	57,542	215,774
0021 Instructional Leadership	151,176	808	–	21,111	173,095
0023 School Leadership	544,680	–	–	11,822	556,502
0031 Guidance, Counseling and Evaluation Services	227,273	–	–	81,136	308,409
0032 Social Work Services	486	787	–	–	1,273
0033 Health Services	121,082	–	–	–	121,082
0034 Student (Pupil) Transportation	101,063	–	–	–	101,063
0035 Food Services	745,075	–	–	306,311	1,051,386
0036 Extracurricular Activities	432,224	–	–	9,472	441,696
0041 General Administration	659,067	–	–	–	659,067
0051 Facilities Maintenance and Operations	950,936	–	–	3,255	954,191
0052 Security and Monitoring Services	110,898	–	–	–	110,898
0053 Data Processing Services	289,612	–	–	–	289,612
0061 Community Services	–	39,851	–	1,475	41,326
Debt Service:					
0071 Principal on Long Term Debt	–	–	–	310,000	310,000
0072 Debt Service - Interest on Long Term Debt	–	–	–	167,275	167,275
Capital Outlay:					
0081 Facilities Aquisition and Construction	9,650	–	28,339	–	37,989
Intergovernmental:					
0099 Other Intergovernmental Charges	28,005	–	–	–	28,005
6030 Total Expenditures	8,803,600	255,715	28,339	1,138,757	10,226,411
1200 Net Change in Fund Balances	514,045	–	(12,155)	(32,115)	469,775
0100 Fund Balance – September 1 (Beginning)	3,778,335	–	940,132	229,128	4,947,595
3000 Fund Balance – August 31 (Ending)	\$ 4,292,380	\$ –	\$ 927,977	\$ 197,013	\$ 5,417,370

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CryptoQuip

Answer

If you have a job
deejaying for a music station,
it might be said that
you are radioactive.

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School Boards Make a Difference

Presidents

Anthony



Mary R. Jones

Vice Presidents

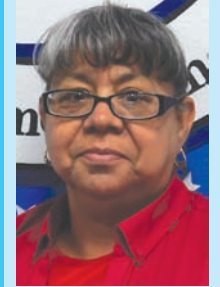


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Cynthia Ann Najera



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Michael A. Najera



José Espinoza

Tornillo



Marlene Bullard



Maria Kika Saldaña



Ofelia Bosquez



Daniel Dozal



Hector Lopez



Sally Upchurch



Enrique Vega



Rosy Vega-Barrio

Superintendents

Thank You For Serving

This year’s Super Bowl doesn’t feel very super

By Steve Escajeda
Special to the Courier

Well, it’s finally here – the game of the year.

I don’t know if this year’s Super Bowl will be as intense and personal as the month-long Pelosi vs. Trump standoff we just witnessed, but if it’s half as dramatic we’re in for a treat.

The New England Patriots and the Los Angeles Rams will go for all the NFL marbles this Sunday in Atlanta but there’s something lingering in the air.

Or rather, it feels like something is not in the air.

That “something” can be defined as excitement, or anticipation, or interest, or eagerness, or even giddiness.

It’s the biggest game of the year, but not the biggest match-up.

The consensus around the country is that fans were eager to watch either the New Orleans Saints or Kansas City Chiefs (or both) play in this game.

And why not, they are easily the two most exciting teams in the league.

The Saints have the old (and likable) quarterback Drew Brees and the electric running back Alvin Kamara.

The Chiefs have the two most exciting players in the game; in young phenom quarterback Patrick Mahomes and lightning-quick wide receiver Tyreek Hill.

I hate to say that the Rams and the Pats are an unattractive match-up, but let’s be honest; nobody in Los Angeles cares about the Rams and everybody outside of Boston hates the Patriots.

That’s not a good combination for those mega-corporations who have shelled out millions for one of those 30-second Super Bowl commercial spots.

Fans all around the country are still a little upset about how the Rams got to the big game; by virtue of that pass interference no call. And yet other fans around the country are still waiting for one of those red-flagged review calls to go against the Patriots.

Don’t get me wrong, the Rams are a very good team but they’re not exactly playing their best right now.

Quarterback Jared Goff doesn’t look anything like he did early in the season

and the Rams’ defense, though it may consist of a lot of big names, isn’t living up to the hype by a long shot.

The Patriots, no doubt, are a football machine. They play precise, mistake-free, no-nonsense football.

But I’ll be honest, after watching a machine do its thing a few times – I start to get bored.

And Americans have seen this vanilla-flavored machine work at its optimum best for many years now - and fans’ eyes are starting to roll over.

Going into the championships games a couple weeks ago, all the pundits agreed that the ultimate nightmare, concerning fan interest, would be for the Rams and the Patriots to make it to the Super Bowl.

And here we are.

A lot of people I’ve talked to seem to tell me the same thing; “I’ll watch the game because it’s the Super Bowl, but I don’t really care about either team.”

Some have said they’re looking forward to the halftime show, or the commercials, or the food, but no one has said anything about the great teams, the exciting players, or the outstanding match-up.

A lot of the disinterest has to do with the Patriots... again!

This will be the ninth appearance in the last 18 Super Bowls for Brady and Belichick. Not a feat to be ignored, but certainly one to get tired of.

Watching the Patriots play is like watching a Floyd Mayweather fight; they’re both precision-like and win, but their ticky-tack way of attacking not only lulls their opponent’s to sleep – they have the fans snoozing as well.

Of course we all know what’s going to happen this Sunday morning. All of us will get our chores and appointments out of the way, maybe go ahead and turn on the pre-game show... you know, just for background noise.

We’ll check out the National Anthem, because we’re all patriots... oops, don’t want to show any favoritism... because we’re all proud Americans.

And then we’ll go ahead and stick around for the opening kickoff, because, well, it’s the Super Bowl!

And who knows, it may be the most exciting Super Bowl of all time... if not, there are still the chicken wings.



Moore Texas by Roger Moore
Jan. 26, 1839: Homestead Act provides land for public schools... there were critics, I'm sure.

Award

From Page 1

of silver and implements a policy to encourage and support employees who participate in student mentoring programs in schools. An employer qualifies for the gold award if it does the following: has a policy or procedure that allows employees with school-age children to attend parent-teacher conferences, take part in school activities, or participate in student mentoring activities during regular work hours;

establishes a mentoring program in partnership with a local school or district for employees to meet and mentor students with the goal of promoting academicsuccessandsocial interaction (Structured mentoring activities may include traditional one-to-one activities, group, team, or online mentoring and should be built around regular, frequent contact.); has a designated employee who oversees internal coordination of the mentoring program; has a policy or some procedure that tracks employees’ volunteer hours and

mentoring activities; maintainsrecords that show evidence that employees attended parent-teacher conferences, took part in school volunteer activities or participated in student mentoring activities or providesassignedletterfrom a supervisor confirming the participation; and at least one percent of the employer’s workforce participates in mentoring activities for a minimum of one calendar or school year. Employers selected to receive the award receive a commemorative plaque that designates the level

of recognition, and are recognized publicly by the State Board of Education. The EEE designation is valid for three years. At the end of this period, the employer may re-apply for the award. To learn more about the award and past recipients, visit TEA website at <http://tea.texas.gov/About TEA/News and Multimedia/Awards/Employers for Education Excellence/>. For additional information, email or call the State Board of Education Support Division at sboesupport@tea.texas.gov or (512) 463-9007.

Super Crossword

HER MIXED-UP ACTIVITIES ACROSS	(Jorge's greeting)	God	Abbr.	82 Cheat
1 Make hostile	67 Tiptoeed about	131 Burdened	39 Uncertainty of meaning	83 Tell untruths
9 Sliced to bits, as a potato	68 Smear (on)	132 "No turning back now!"	44 Large tour vehicle	84 " _ be a pleasure!"
14 Quibble	70 Female pastor, e.g.		45 Sky shiner	85 Exams for some jrs.
19 Used with both ears	75 Poet Gallagher	DOWN	46 Loop trains	86 Yemeni, e.g.
20 Love, in Lido	76 Deep dislike	1 Singer Lane	47 Eastern ideal	91 Navy off.
21 Like a lamb	78 Battery pole	2 Debt security	48 Actress on NBC's "The Brave"	92 Salt, in Paris
22 Eleanor	79 Some iPods	3 Research center:	49 Leaf, Sentra and Maxima	93 Disposed
Roosevelt's successor	81 "Crazy" singer cuts a gossip meddler's fingernails?	Abbr.	50 Ambulance VIP	94 "... and yet here we _"
chairs beef and pork?	87 Comedian	4 Prop for art	51 "Serpico" author	95 Burgundy or maroon
25 Step foot in	Schumer	5 _-Grain (cereal bar brand)	51 "Serpico" author	96 Kinsman: Abbr.
26 Pluralizable word	88 Wade's rival	6 Airport landing abbr.	55 1990 Jamie Lee Curtis action thriller	97 Greek letter #7
27 By means of	89 Top 40 tunes	7 Greek letter #19	56 Birds of Arabian myth	98 Prefix with lateral
28 D.C.'s nation	90 Big name in tractors	8 Graceful tree	57 Torah cases	99 Frank
30 "The Cosby Show" actress defeats a jungle beast?	92 "Gidget" star challenges the head of a college?	9 Talked too long	59 WWII female enlistee	100 May of film
37 Lamb's cry	98 Frozen drink brand	10 Permeate	60 Got some air	105 A long time
40 Org. for cavity fillers	101 Savings plan, for short	11 "See how many there are," informally	61 Toronto-to-Detroit dir.	106 Alter, in a way, as a skirt
41 Suffix with election	102 Holiday in Vietnam	12 Be off target	62 Midori on ice	107 Seat holders
42 High volcano in Europe	103 Divs. of a ton	13 Fox's home	63 War zone of the '60s	108 Actress Rich
43 "La La Land" co-star makes an animated fish docile?	104 1980s astronaut irritates a peeress?	14 Sky streaker	64 Spoke slowly and solemnly	109 Actress Lindsay
52 First episode	113 _ tight leash	15 Declares	68 L _ (drug treating Parkinson's)	110 _warrior
53 Actor Hale	114 Poet's p.m.	16 By means of	69 Actor West	111 Prescription amounts
54 " _ big girl now"	115 Ray of McDonald's	17 Know instinctively	71 Prefix with lateral	112 One-named New Age musician
55 Piece of lifting lingerie	116 Brewery kilns	24 Hot tub site	72 Actor Silver	117 Tennis units
58 "Mixed Nuts" actress successfully woos a seamster?	120 "Buttons and Bows" singer stashes away dozens of cases of classic soda?	29 Gasteyer of "Mean Girls"	73 Pre-F string	118 Baht earner
65 Ivanisevic of tennis	127 Habituate	31 Roosted	74 Vetoing vote	119 Sediment
66 "Como _?"	128 Circus venue	32 Busyness	77 Gore Vidal's Breckinridge	121 Rapa _ (Easter Island)
	129 Part of PG	33 Ho-hum	80 Beatty and Buntline	122 TV's Linden
	130 Franklin's belief in	34 Queen, e.g.		123 Man-mouse linkup
		36 Singer Sayer		124 Disposed
		37 Queen, e.g.		125 Cheer yell
		38 ABA or AMA part:		126 Soft & _

Answer Page 4

1	2	3	4	5	6	7	8		9	10	11	12	13		14	15	16	17	18		
19									20						21						
22								23						24							
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87					88					89						90				91	
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	127						128							129							
	130							131						132							

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



Is big and tall patient getting petite-size meds?

DEAR DR. ROACH: I am 71 years old, stand 6 feet, 5 inches tall and weigh 325 pounds. The “average” person is half my size, yet when I get medication for various ailments (e.g., gout, pain, flu shots, etc.) I get the standard dose. I assume I have more physical mass as well as a larger blood supply, which leads me to the conclusion that I am receiving a smaller concentration of medicine than the typical patient. Am I correct? – M.K.



All medicines have concentrations at which they work optimally. Too low a dose and they aren’t effective, and too high a dose increases risk of toxicity. Some drugs have a very small range that’s both effective and nontoxic, and these are referred to as having a “narrow toxic to therapeutic ratio.” Others have a very large range where they are effective and nontoxic, such as most over-the-counter pain medicines and flu shots.

Penicillin has a very wide toxic to therapeutic ratio, but I use that example precisely because some people will have an allergic reaction. There is no drug – prescribed, over-the-counter or supplement – that is either perfectly safe while being effective, or perfectly effective while being safe, for every person.

The concentration of the drug in the appropriate area of the body (sometimes blood, sometimes the affected organ, sometimes urine) may depend on the dose as well as your characteristics. Despite being much larger than average, your blood volume is probably only a little above the average, since the increased bone mass, muscle mass and, in most people your size, fat mass are disproportionate to the blood. Some medicines go to the blood, others to “lean body mass” and still others preferentially to fat.

So while you are correct that you are getting a smaller concentration of medicine, that’s still OK most of the time. For medications that need to be dosed precisely, those with a narrow toxic to therapeutic ratio (such as some antibiotics, heart medication and chemotherapy), the dosing is based on height, weight, age and sometimes kidney and liver function.

DEAR DR. ROACH: I am 80 years old, in good health with no cancer in the family. Up to now, I have always had regular Pap smears and mammograms. Now I am aware that there are

See HEALTH, Page 8

Briefs

From Page 1

make different types of things out of aluminum, like flowers. I really like welding, and I like that in CTE we can experience many possible careers and branch out into new things.”

– Christy Flores-Jones

Scam SSA calls

Social Security Administration (SSA) is continuing to warn people about fraudulent telephone calls from individuals claiming to represent the SSA. In the calls, unknown scammers are using threatening language to warn unknowing victims that they will be arrested or face other legal action if they fail to call a provided phone number or press the number indicated in the message to address the issue. In some instances, these unknown callers switch tactics and communicate that they want to help an individual with activating a suspended Social Security number. Such calls are scams and are not coming from official SSA

representatives. People should not to engage with such callers and report any suspicious calls to Social Security’s Office of the Inspector General by calling 1-800-269-0271 or submitting a report on the OIG website. The SSA also maintains a Social Security Matters blog that provides more information on the nature of these fraudulent calls, as well as instructions on how to report such activity.

– Dawn Bystry

Tech award

Socorro Independent School District (SISD) Superintendent José Espinoza, Ed.D. has been named the 2018-2019 Tech Savvy Superintendent by the Texas K12 CTO Council. The award was announced at the TXCTOCouncil Winter Meeting in conjunction with the Texas Association of School Administrators (TASA) Mid-Winter Conference on Jan. 27 in Austin. Espinoza was awarded for promoting and supporting innovative uses of technology in SISD. He has been a leader in integrating digital learning and the latest technological resources to improve student learning, empower

educators, and ensure SISD students are prepared for a technology-based, global society. “Our focus never wavers from ensuring our students are truly prepared for college, careers, and life. By incorporating digital devices, online instruction, and innovative technology in our classrooms, we’re giving them a head start to succeed in a fast-paced future that will rely more than ever on technology,” Espinoza said. “I am honored to be recognized by the Texas K12 CTO Council because it showcases the excellent work our students, teachers, and administrators are achieving with new tools and resources. SISD is certainly at the forefront of digital teaching and learning.” Now Espinoza will be considered for a national recognition from the Consortium for School Networking (CoSN). The Texas K-12 CTO Council is the state chapter of CoSN and the premier organization for chief technology officers in Texas schools.

– Christy Flores-Jones

Where to retire

With almost 25 percent of all nonretired

adults having no retirement savings or pension, the personal-finance website WalletHub has released its report on 2019’s Best States to Retire as well as accompanying videos. To help retirees find a safe, enjoyable and wallet-friendly place to call home, WalletHub compared the 50 states across 46 key metrics. The data set ranges from adjusted cost of living to weather to quality of public hospitals. Texas scored 20th in this study, ranking:

- 13th – Adjusted Cost of Living;
- 12th – Annual Cost of In-Home Services;
- 27th – WalletHub ‘Taxpayer’ Ranking;
- 49th – Elderly-Friendly Labor Market;
- 48th – % of Population Aged 65 and Older;
- 30th – Property-Crime Rate;
- 32nd – Life Expectancy; and
- 45th – Health-Care Facilities per Capita.

Visit <https://wallethub.com/edu/best-and-worst-states-to-retire/18592/> for the full report.

– Diana Polk

Health

From Page 7

different thoughts as to whether those tests are needed at my age. What is your advice? – J.G.

For Pap smears, there is very good evidence that women who have never had any problems with their Pap smears by age 65 are very unlikely to ever develop any, and I agree with the recommendation by the U.S. Preventive Services Task Force to stop them at age 65.

Mammograms are more controversial, but my personal practice is to continue to recommend them for most women until about age 75. I stop recommending mammograms to women when they have an underlying medical condition

that makes it unlikely that they will receive benefit from continued screening. Deciding when that is takes some experience and a lot of discussion with the patient and sometimes her family. There is no absolute age cutoff for mammograms, and getting a mammogram on a healthy 80-year-old might make sense. Getting a mammogram on a woman with incurable lung cancer, for example, does not.

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.

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: D equals Y

HY DLR CUPZ U FLJ
GZZFUDHMK YLW U IRQHA QSUSHLM,
HS IHKCS JZ QUHG SCUS
DLR UWZ WUGHL UASHPZ.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Wheelchair Games, more for 2019



by Freddy Groves

The National Veterans Wheelchair Games for 2019 will be held in Louisville, Kentucky. These games are the largest in the world for disabled veterans, and they will be co-hosted by the Department of Veterans Affairs and Paralyzed Veterans of America.

There are 19 games in all, ranging from soccer, swimming and table tennis to weightlifting, bowling, archery and more. Signups will run through April 15. See www.wheelchairgames.org.

But that’s just some of what’s going on this year. For more information on all veterans games, go online to www.blogs.va.gov/nvpspe.

The Summer Sports Clinic runs from Sept. 15-20 and offers activities in sailing, cycling, track and field and more for those who were recently injured. If you’re still in rehab, this clinic will give you an idea of the possibilities in recreation. Registration runs through May 1.

The National Veterans (c)2019KingFeaturesSynd.,Inc.

Golden Age Games will be held in Anchorage, Alaska, this year from June 5-10 for veterans age 55 and older who get medical care from the VA. You’ll find competitions in air rifles, golf, nine ball, swimming, track & field and more. Registration is from Feb. 25 to March 8.

The TEE Tournament is in Iowa City, Iowa, this year from Sept. 8-13. TEE (Train, Expose, Experience) teaches adaptive golf to veterans with visual or other disabilities. Other activities include fishing, bowling and more. Registration runs through May 1.

Grants are available to organizations to create and manage adaptive sports programs, and it can be worth the effort for an organization to get involved. Visit the site to learn specifics and requirements.

Check the list of grant recipients. Last year, grants to organizations ranged from \$50,000 for blind athletes in skiing and rowing all the way to a half million dollars for the whole range of athletics, including, snowboarding, wheelchair, tennis and cycling.

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!

		–		×			7
×			×		÷		
		×		+			13
+			+		+		
	÷			×			10
14			16			12	

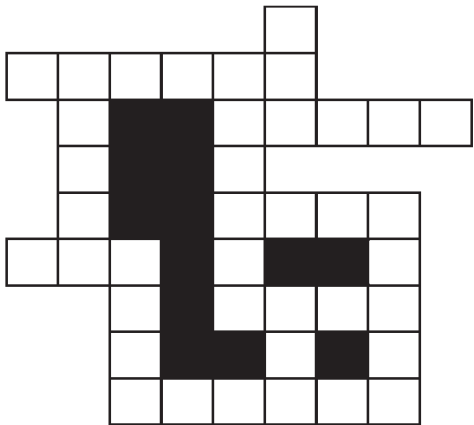
1 2 2 3 4 5 6 7 8

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Answer Page 4



LEL
BLOPAM
♥ALTEB
TRSE
PRELIT
BEB
♥TASL
♥ALPDE
♥PTA
♥SADMAR
♥REBAL
♥ATBS



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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• If you are reattaching a button to shorts or pants, try using dental floss, the unwaxed kind. It’s much stronger and can hold the button better than regular thread. Use a marker to darken it if the color is an issue.

• Make sure you clean your hairbrush weekly, especially if you use a lot of styling products. If it is solid, you could stick it in the dishwasher, or simply use shampoo to clean it while you shower, and then rinse well.

• “I keep a lint roller in the drawer of my TV table, and I use it to pick up stray pet hairs along the back of the couch where my kitty sleeps. I vacuum weekly, but she’s a long-haired cat, and this just keeps it tidy in between. It’s easy, too.”
– A.F. in Pennsylvania

• “To help get tangles out of thin, delicate chains, simply sprinkle talc powder on the knotted portion. It won’t damage the metal at all – on the contrary, it acts as a lubricant to release the tight knots, making it easier to pull them apart. When you’re done, just rinse the chain and dry carefully. Also, necklaces store better when they are hung up.”
– R.E. in Nebraska

• “If you have a bunch of picture frames that don’t match or ones that are nicked or have small cosmetic damage, just paint them. Choose a matching color for all, and you’ll have a collection!”
– T.L. in Florida

• Here’s a quick fix to buff streaks out of a mirror or window: Use a coffee filter.

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

Lowry

From Page 3

corrupt quid pro quo between Trump and Moscow that there’s no public indication of yet. Otherwise, the Times story is a damning account of an offense against our political order, and not by Donald Trump.

Rich Lowry is editor of the National Review. (c) 2019 by King Features Synd., Inc.