



## NEWSBRIEFS

### Rummage sale

The non-profit organization Keep Vinton Beautiful (KVB) will hold a rummage sale to raise funds for the KVB program and cleanup events. The sale will take place on Saturday, March 2 from 8 a.m. to 1 p.m. at Dr. Applegate Park located at 7966 Quejette Rd. in Vinton. House wares, small furniture, dishes, unique items, gardening tools, children's toys, clothes, shoes and more will be available. Anyone interested in being a part of the sale can purchase a table for \$20. Please contact Inez Lopez at (915) 886-3397 or Madeleine Praino at (915) 877-3760 for more information.

— Josh Luna

### On the road

With U.S. traffic congestion costing the average driver over \$1,400 per year and the U.S. ranked 10th in the world in road quality, the personal-finance website WalletHub has released its report on *2019's Best & Worst States to Drive In* as well as accompanying videos. To determine the most driver-friendly states in the U.S., WalletHub compared the 50 states across 30 key metrics. The data set ranges from average gas prices to share of rush-hour traffic congestion to road quality. Texas placed 5th in this study, ranking:

- 30th – Share of Rush-Hour Traffic Congestion;
  - 30th – Traffic Fatality Rate;
  - 30th – Car Theft Rate;
  - 6th – Auto-Repair Shops per Capita;
  - 4th – Avg. Gas Prices;
  - 23rd – Auto-Maintenance Costs; and
  - 2nd – Car Dealerships per Capita.
- Visit <https://wallethub.com/edu/best-worst-states-to-drive-in/43012/> for the full report.

— Diana Polk

### Free trees

Joining the Arbor Day Foundation is an ideal way to get in the mood for spring planting. Anyone who joins the Foundation in February 2019 will receive 10 free Colorado blue spruce trees or 10 free redbud trees to plant when the weather turns warm. The free trees are part of the Foundation's Trees for America campaign. "These trees will help beautify your home for many years to come," said Matt Harris, chief executive of the Arbor

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*It's hard to believe that America was founded to avoid unfair taxation.*

— Quips & Quotes



— Photo courtesy of Rick LoBello

**GROWING IMPACT** – Chihuahuan Desert Education Coalition (CDEC) claims that using native plants, like the plants above, to landscape properties throughout the county would create more habitats for native wildlife that has been impacted by urban sprawl.

## Coalition revives native plant conservation efforts

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – A countywide re-vitalization effort for using native plants when redesigning residential, commercial, and municipal properties is being led by the Chihuahuan Desert Education Coalition (CDEC). The group's members assert that using native plants in different desert landscapes is not only decorative but also helps consumers lower their utility bills.

To encourage property owners to enhance their yards with native plants, the coalition offers a special program that

recognizes those efforts with its Certified Habitats endorsement. The program is free to the public.

A major accomplishment for CDEC came in 2014, that is when the coalition began working with the city of El Paso to promote a native plant conservation project. The joint venture is intended to teach homeowners about optimal choices when landscaping and, at the same time, help them conserve water and lower their water bills, according to Rick LoBello, a CDEC advocate.

"The city's Parks and Recreation Department has helped to promote the project by installing seven native plant interpretive signs at Cleveland Square

across from the Digital Wall at the History Museum and the baseball stadium in downtown El Paso," LoBello stated.

CDEC members contend that cutting back on energy consumption helps to lower the region's carbon footprint; and as an added benefit, they say, native plants help to capture carbon from the atmosphere which are important to combating climate change.

Some of the plants that the coalition recommends for the desert Southwest include red yucca, desert willow, mesquite, and ceniza. CDEC also advises homeowners to purchase native plants from local plant nurseries. "Many species of birds and butterflies benefit from these plants helping to make El Paso a wildlife friendly city while improving the city's quality of life," LoBello stated. "The shade from trees like mesquite and desert willow helps to keep homes cooler in summer which also helps to lower electricity bills," he added.

To promote its endeavor, CDEC offers a free Habitat Certification program that encourages people to make their yards a native plants environment. Program participants are presented with the Chihuahuan Desert Education Coalition Certified Habitats recognition- consisting of an official certificate and outdoor signage confirming that their habitat is effectively and efficiently enhanced by using native plants.

For more information about how to get a yard sign designating a property as a native plant certified habitat, visit CDEC's website, at [chihuahuandesert.org](http://chihuahuandesert.org); or contact LoBello, at [ricklobello@gmail.com](mailto:ricklobello@gmail.com).

## Canutillo ISD fills key positions

By Andrew Reynoso  
*Special to the Courier*

CANUTILLO – The Canutillo Independent School District Board of Trustees approved several key leadership positions in its district administration and at Congressman Silvestre & Carolina Reyes Elementary School.

Marnie Rocha was selected as the new Associate Superintendent replacing Dr. Veronica Vijil, who was recently named the superintendent of Fabens ISD. Rocha is in her 28th year of service in education. She most recently served as Canutillo ISD's Executive Director of

Curriculum & Instruction, where she was an integral part of the district's exemplary performance A-rating in academic accountability.

Rocha previously served as the principal of Alderete Middle School in Canutillo ISD, where during her tenure, it became one of only a handful of schools in the county to earn all academic achievement designations. She has a Bachelor's degree in History and a Master's in Education from the University of Texas at El Paso.

Debra Y. Kerney, Ph.D. was also selected to lead the district as the Executive Director of Curriculum

See CANUTILLO, Page 2

**View from here** By Scott Flannery

# Oral health and the opioid epidemic

The opioid epidemic is affecting countless lives and communities across the country. In fact, opioids each day cause more than 130 overdose deaths in the United States, according to the Centers for Disease Control & Prevention (CDC); and the economic cost exceeds \$500 billion annually, according to a study from The Council of Economic Advisors.

Painkilling prescriptions are often necessary and useful for some medical conditions; however, these powerful drugs – such as oxycodone or codeine – come with a high risk of misuse and addiction. This is especially true for teens and young adults, in part because adolescent brains are not fully matured and are therefore more susceptible to the effects of opioids.

One potentially overlooked

aspect of the opioid epidemic is the connection to oral health. In fact, oral health professionals write 12 percent of all opioid prescriptions, including 45 percent of opioid prescriptions for adolescents, according to a UnitedHealthcare analysis of claims data.

February is National Children’s Dental Health Month, an opportunity to recognize the risks for young people – and provide a reminder for parents – about the connection between oral health and opioids. With that in mind, here is information for people to consider:

**Wisdom Teeth:** More than 5 million people had their wisdom teeth removed last year, mostly teens and young adults. While the decision to remove wisdom teeth should involve professional advice from a dentist or oral surgeon, patients and parents

should also be aware of the risks associated with potential exposure to opioids following this procedure. For many young people, wisdom teeth extraction often represents their first exposure to opioids, and a recent study from Stanford University found that teens can end up in a battle with opioid additional following this procedure.

**Limit Supply:** Other than in extreme cases, it is important to limit prescriptions for the minimum appropriate dosage and number of days, which the CDC recommends at three days and fewer than 50 morphine milligram equivalents per day. This is because the likelihood for chronic opioid use increases after the third day of use and rises rapidly thereafter, according to the U.S. Department of Health and Human Services, and

## Briefs

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Day Foundation. “The trees will also add to the proud heritage of your state’s existing Tree City USA

communities.” The Tree City USA program has supported community forestry throughout the country for the past 40 years. The trees will be shipped postpaid at the right time for planting, between March 1 and May 31, with enclosed planting

instructions. The 6- to 12-inch trees are guaranteed to grow, or they will be replaced free of charge. Members also receive a subscription to the Foundation’s colorful bimonthly publication, Arbor Day, and The Tree Book, which contains information about planting and care. To become a member of the Foundation and receive the free trees, visit [arborday.org/February](http://arborday.org/February) or send a \$10 contribution by February 28, 2019 to:

Ten Free Colorado Blue Spruce Trees or Ten Free Eastern Redbud Trees  
Arbor Day Foundation  
100 Arbor Avenue  
Nebraska City, NE 68410

– Danny Cohn

## Up in smoke

With the economic and societal costs of smoking totaling more than \$300 billion a year and rising, the personal-finance website WalletHub has released its report on *The Real Cost of Smoking by State* as well as accompanying videos. To encourage the estimated 37.8 million tobacco users in the U.S. to kick the dangerous habit, WalletHub calculated the potential monetary losses – including the lifetime and annual costs of a cigarette pack per day, health care expenditures, income losses and other costs – brought on by smoking and exposure to secondhand smoke. Texas was 26th in this study, ranking:

- Out-of-Pocket Cost per Smoker – \$115,413 (27th);
- Financial-Opportunity Cost

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misuse or dependence on opioids can lead to addiction to more powerful illicit drugs.

**Alternative Medications:** If you or a loved one is prescribed an opioid following a dental procedure or another medical event, it is good to ask your health care professional if there are alternatives, including over-the-counter pain relievers such as a combination of acetaminophen and ibuprofen. In many cases, these medications can be equally effective in pain management, without the risk of addiction.

**Proper Disposal:** Approximately 70 percent of misused opioid prescriptions were obtained, stolen or purchased from a friend or relative,

according to the CDC. That’s why it is important to keep opioids in a safe place – like a locked cabinet – and always properly dispose of unused medications. That can include returning the drugs to your pharmacy, or mixing them with water and an unappealing substance, such as cat litter, and putting in the trash (if simply thrown in the trash, unused prescription drugs can be retrieved and misused).

Addressing the connection between oral health and opioids is one part of curbing this epidemic.

Scott Flannery is CEO of UnitedHealthcare Texas and Oklahoma.

## Canutillo

From Page 1

& Instruction. Kerney most recently served as principal since the opening of Reyes Elementary School in 2015.

Kerney has more than 20 years of classroom and administrative experience with about 13 of those years in Canutillo ISD. She previously served as the assistant principal at Jose H. Damian Elementary and received her Ph.D. in Teaching, Learning, and Culture from the University of Texas at El Paso.

And finally, Jessica Carrillo was selected as the new principal at Reyes Elementary. She most recently served as assistant principal at Bill Childress Elementary School. Her previous work at Reyes Elementary led her to be named the 2018 National Assistant Principal of the Year for Texas by the Texas Elementary Principals and Supervisors Association (TEPSA). She was also selected as Assistant Principal of the Year in Region 19 by TEPSA last year.

Carrillo has about 14 years of experience in education serving as a teacher, instructional coach, and early childhood district coordinator. She is a graduate of the University of Texas at El Paso with a Bachelor of Interdisciplinary Studies with a minor in Elementary Education and a Master of Education – Instructional Specialist in Bilingual Education.

“I strongly believe that the team we have in place today has already proven themselves as leaders and innovators who contributed greatly to the high achievement and recent recognition our district has received,” said Superintendent Dr. Pedro Galaviz. “Now, we only look ahead to the continued efforts of lifting our students even higher than before, and maintaining our position as a premier district.”



– Photos courtesy Canutillo ISD

Marnie Rocha



Debra Y. Kerney



Jessica Carrillo

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# Democrats' new agenda meets political reality

Sen. Kamala Harris committed a most unusual gaffe at her recent CNN town hall – not by misspeaking about one of her central policy proposals, but by describing it accurately.

Asked if the “Medicare-for-all” plan she’s co-sponsoring with Sen. Bernie Sanders eliminates private health insurance, she said that it most certainly does. Citing insurance company paperwork and delays, she waved her hand: “Let’s eliminate all of that. Let’s move on.”

She met with approbation from the friendly audience in Des Moines, Iowa, but the reaction elsewhere was swift and negative.

“As the furor grew,” CNN reported the following day, “a Harris adviser signaled that the candidate would also be open to the more moderate health reform plans, which would preserve the industry, being floated by other congressional Democrats.”

This was a leading Democrat wobbling on one of her top priorities 48 hours after the kickoff of her presidential campaign. It is sure to be the first of many unpleasant encounters between the new Democratic agenda and political reality.

Democrats are now moving from the hothouse phase of

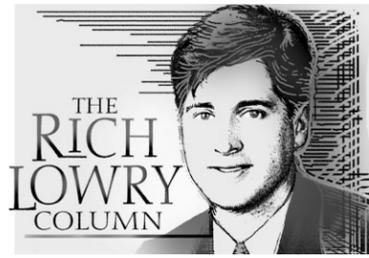
jockeying for the nomination, when all they had to do was get on board the party’s orthodoxy as defined by Bernie Sanders, to defending these ideas in the context of possibly signing them into law as president of the United States.

The Harris flap shows that insufficient thought has been given to how these proposals will strike people not already favorably disposed to the new socialism. It’s one thing for Bernie Sanders to favor eliminating private health insurance; no one has ever believed that he is likely to become president. It’s another for Harris, deemed a possible front-runner, to say it.

Her position is jaw-droppingly radical. It flips the script of the [flat out lie] Barack Obama pledge so essential to passing Obamacare: “If you like your health care plan, you’ll be able to keep your health care plan, no matter what.”

Ten years later, Harris indeed wants to take away your health plan [whatever is left of it], not in a stealthy operation, not as an unfortunate byproduct of the rest of her plan, but as a defining plank of her agenda.

This is a far more disruptive idea than Sen. Elizabeth



Warren’s wealth tax. The affected population isn’t a limited group of highly affluent people. It is half the population, roughly 180 million people who aren’t eager for the government to swoop in and nullify their current health care arrangements. They may not like the current system, but they like their own health care – about three-quarters tell Gallup that their own health care is excellent or good.

How is a President Harris going to overcome this kind of resistance absent Depression-era Democratic supermajorities in Congress? Not to mention pay for a program that might well cost \$30 trillion over 10 years and beat back fierce opposition from key players in the health-care industry?

She obviously won’t. If it’s uncomfortable for Kamala Harris to defend eliminating private health

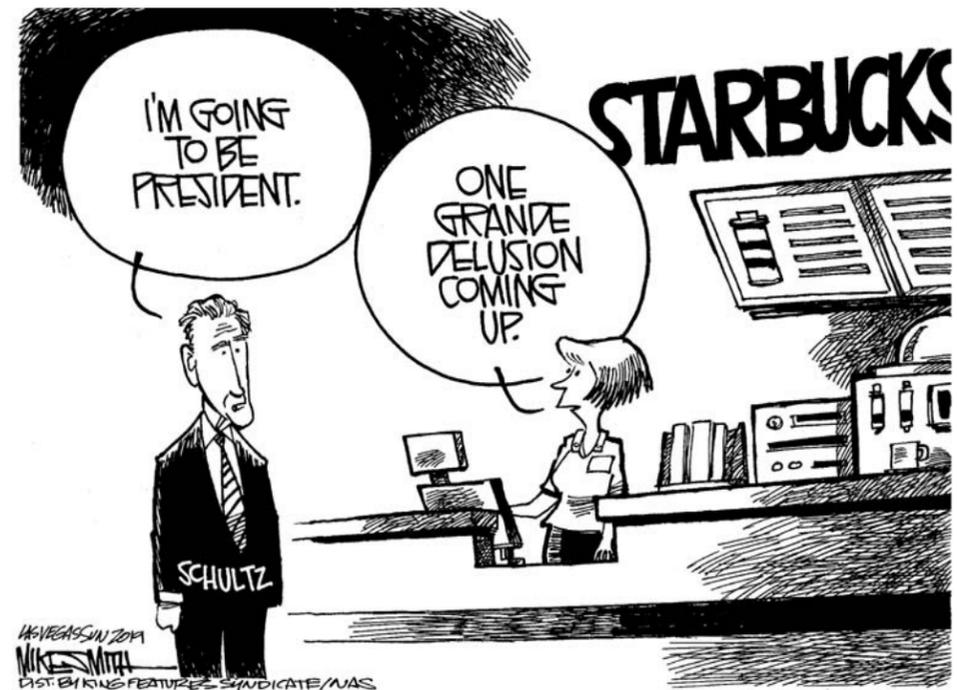
See LOWRY, Page 8

# You're worthless.

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Teach your kids how to be more than a bystander.

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**Moore Texas** by Roger T. Moore  
 In the 1850s, a "laughing contest" is held in the Texas House of Representatives. The lawmakers were judges.

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For free information about preventing type 2 diabetes, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.

[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

**Briefs**

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- per Smoker – \$1,270,127 (27th);
  - Health-Care Cost per Smoker – \$142,370 (13th);
  - Income Loss per Smoker – \$232,768 (30th);
  - Other Costs per Smoker – \$17,751 (51st);
  - Total Cost Over Lifetime per Smoker: \$1,778,428; and
  - Total Cost per Year per Smoker: \$34,871.
- Visit <https://wallethub.com/edu/the-financial-cost-of-smoking-by-state/9520/> for the full report.

– Diana Polk

**Achoo**

Dr. William Schaffner at the Vanderbilt University School of Medicine warns that those \$80 boxes of so-called “infected” tissues recently introduced by a start-up company in Los Angeles are potentially hazardous. But, the company, Vaev, says “we believe using a tissue that carries a human sneeze is safer than needles or pills.” They suggest that their tissues allow you to control when you have a cold, allowing users to “get sick on your terms.” Dr. Schaffner disagrees. He says: “Save your \$80. This whole thing is a cockamamie idea.”

– John Grimaldi

**A tale of two barbers**

A seven-year-old girl in Houston is turning heads as she embarks on a potential career as a barber. Alijah Hernandez’s father says she’s been hanging out in his barbershop since she was four years old and has learned a thing or two about styling hair. She can’t practice on real customers, but she’s so good that her services are on demand by friends and family. Meanwhile, in upstate New York, the world’s oldest barber, according to the folks at Guinness, is still plying his trade at the age of 107. Anthony Mancinelli will turn 108 in March, and according to recent news reports, he is still putting in 40 hours a week at the Fantastic Cuts barbershop in the town of New Windsor, NY.

– John Grimaldi

**Strange BUT TRUE**

By Samantha Weaver

- It was British Prime Minister Winston Churchill who made the following sage observation: “All the great things are simple, and many can be expressed in a single word: freedom, justice, honor, duty, mercy, hope.”

- In Washington state it once was illegal to carry a concealed weapon that was more than 6 feet in length.

- Dominique Bouhours, a Frenchman who lived in the 17th century, was a priest, an essayist and a grammarian. The love of language may have been closest to his heart, though; it’s been reported that the final words he uttered on his deathbed were, “I am about to – or I am going to – die; either expression is used.”

- You might be surprised to learn that Italians spend more time on social media than people of any other nationality.

- According to a survey by the National Association of Convenience Stores, 11 percent of adult Americans have at some point in their lives worked at a convenience store or gas station. For 3 percent of adults, that was their first job.

- Those who study such things claim that to get a truly random mix in a deck of playing cards, the deck must be shuffled seven times.

- Chocolate lovers like myself may not believe it, but the most popular flavor of ice cream in the United States is actually vanilla. Chocolate comes in second place.

- In 1875, a locust plague of epic proportions descended upon the Great Plains. Observers say it was 110 miles wide, and at 1,800 miles long, stretched from Canada all the way down to Texas.

Thought for the Day: “We may not imagine how our lives could be more frustrating and complex – but Congress can.”

– Cullen Hightower

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**Moments in time**  
THE HISTORY CHANNEL

• On Feb. 11, 1960, the Federal Communications Commission proposes a new law making it a criminal act to be involved in Payola – corrupt practices in the radio and music industries that involved manufacturing a hit by paying for it to be played on the air.

• On Feb. 12, 1938, Judy Blume, popular young-adult author, is born in Elizabeth, New Jersey. Blume's books, which realistically address such topics as bullying, divorce, friendships and family, gained legions of young fans; however, their content frequently led them to be banned by school libraries.

• On Feb. 13, 1861, the earliest military action to be revered with a Medal of Honor award is performed by Col. Bernard J.D. Irwin, an Army surgeon serving in the first major U.S.-Apache conflict. The Irish-born doctor volunteered to go to the rescue of 2nd Lt. George Bascom, who was trapped in Arizona with 60 soldiers by the Apaches.

• On Feb. 14, 1886, the first trainload of oranges grown by southern California farmers leaves Los Angeles via the transcontinental railroad. Development of California surged when state railroad lines linked Los Angeles into the transcontinental railways.

• On Feb. 15, 1903, the first Teddy bear goes on sale. Toy-store owner and inventor Morris Michtom placed two stuffed bears in his shop window, advertising them as Teddy bears, named after President Theodore Roosevelt.

• On Feb. 16, 1923, in Thebes, Egypt, English archaeologist Howard Carter enters the sealed burial chamber of the ancient Egyptian ruler King Tutankhamen. The room was virtually intact, with its treasures untouched after more than 3,000 years.

• On Feb. 17, 1996, world chess champion Garry Kasparov triumphs over Deep Blue, IBM's chess-playing computer, to win their six-game match, 4-2. However, Deep Blue would defeat Kasparov in a heavily publicized rematch the following year.

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– Photo courtesy Fabens ISD

**THE ROAD SHOW** – In the front, from left, are Juan Acosta, Adam Regalado and Aylin Chairez. They are backed up by, from left, Jessica Trujillo, Isaiah Gonzalez, Isabella Cortez, Angelina Trejo, April Silva, April Ramirez and Fernando Martinez. These students will head to Plugerville, TX in June for a UIL competition with other students from around Texas.

# Fabens music students advance to State UIL

By Denise Peña  
*Special to the Courier*

FABENS – Twelve Fabens High School music students will be competing at UIL Texas State's Solo and Ensemble Contest to be held Saturday, June 1, 2019 in Plugerville, TX. To advance to the state level competition, students earned a Division 1, Superior Rating, at the Area

Solo and Ensemble Contest held February 2nd at Hanks High School on Saturday.

Miguel Soto's band soloists advancing are flute player Isabella Cortez, alto saxophone player Isaiah Gonzalez and horn player Adam Regalado. Class 1 Flute Trio members advancing are Isabella Cortez, Angelina Trejo and Joy Nevarrez. Class 1 Clarinet Quartet advancing members are April Silva,

Samantha Salinas, Juan Acosta, and Jessica Trujillo. Jonathan Lozoya's Class 1 Guitar Quartet members advancing to State are April Ramirez, April Silva, Aylin Chairez and Fernando Martinez.

This will mark senior Aylin Chairez's fourth state appearance

as part of a guitar quartet. "It's my last year performing as a high school student and I want to make it memorable," Chairez said. "We plan on working hard to perfect our piece from now until then. I'm sure we will. But whatever the outcome, I'm proud of how far we've come."

## Socorro ISD students to offer free tax preparation services

By Christy Flores-Jones  
*Special to the Courier*

EL PASO COUNTY – Tax season is here, and students in the Socorro Independent School District are set to help community members file free of charge.

SISD students, with the help of the Volunteer Income Tax Assistance Program, will offer tax preparation services from Feb. 4 through April 15 at Americas, Eastlake, Socorro, Montwood and Pebble Hills high schools.

To receive services, taxpayers with an annual income of \$54,000 or less can show up to one of the sites from 4:30 to 7 p.m. to file their 1040 EZ, 1040A and 1040 forms. The process for a typical return takes about 30 minutes.

Individuals should take a photo identification card, original social security card for everyone listed in the income tax return, W-2 wage statements for the 2017 year, 1099-SSA, 1099-R and 1099-G, work expenses, 1095 health coverage, direct deposit information, the 1098 for student loans, proof of child dependent care expenses, and property tax statements. If filing joint, both individuals must be present.

Students providing the services are IRS income tax certified, and many of them have experience,

### SISD income tax preparation sites/dates:

■ Americas High School  
12101 Pellicano Dr.  
Feb. 19, 21, 26 and 28  
March 5, 7, 26 and 28  
April 2, 3, 9 and 11

■ Socorro High School  
10150 Alameda Dr.  
Feb. 18, 19, 25 and 26  
March 4, 5 and 26  
April 1, 2, 8, 9 and 15

■ Pebble Hills High School  
14400 Pebble Hills Blvd  
Feb. 18, 21, 25 and 28  
March 4, 7 and 28  
April 1, 4, 8, 11, and 15

■ Montwood High School  
12000 Montwood Dr.  
Feb. 19, 21, 26 and 28  
March 5, 7, 26 and 28  
April 2, 3, 9 and 11

■ Eastlake High School  
13000 Emerald Pass  
Feb. 19, 20, 26, and 27  
March 5, 6, 12, 26 and 27  
April 2, 3, 9 and 10

said Nicole Matsuda, business teacher at Socorro High School.

"Last year, Socorro High School students helped about 100 families file their return and they're ready to help even more people this year," she said. "They want to give back to the community that has given so much to them."

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# Get ready for year-around football, whether you like it or not

**By Steve Escajeda**  
*Special to the Courier*

All good things come to an end... like football season.

As we all know, the New England Patriots outlasted the Los Angeles Rams in what clearly was the most boring Super Bowl ever.

What many fans may not know is that the football season – actually isn't over.

In fact, it's just beginning.

Last Saturday marked the start of the AAF.

What is the AAF? Don't feel bad for not knowing. About 98 percent of sports fans are asking the same question.

The Alliance of American Football is a new professional football league hoping to bridge the gap between the end of the pro season and the beginning of the college season.

The eight-team league will be made up of players who just missed out on landing an NFL roster spot, and former NFLers who want to squeeze every ounce of football they have left in them.

The AAL teams are the Arizona Hotshots, Atlanta Legends, Birmingham

Iron, Memphis Express, Orlando Apollos, Salt Lake Stallions, San Antonio Commanders and the San Diego Fleet.

I know what you're thinking. Here we go again with another of those one-hit-wonder football league wannabes that will be lucky to finish out the season without drowning in debt.

But what raised my eyebrows is that last weekend's opener was televised on CBS. Yes, I said CBS and not ESPN 8 "The Ocho."

Okay, we're not talking about CBS national coverage, but having the games televised regionally on a major network is an impressive step.

That alone gives some credibility to this new league that actually may be worth checking out. As one person said to me many, many years ago, "hey, even bad football is better than no football."

The thing is, I'm not sure this is going to be bad football. There are so many players walking around who are plenty good enough to play in the NFL, but were among the final three or four players cut in training camp.

What will make this new league worth watching are some of the rule differences

from the NFL.

For instance, there are no kickoffs. They figure the kickoff has become the most boring play in the NFL so teams will just start drives from the 25-yard line.

Instead of trying an onside kick, if a team wants to keep the football after scoring, they will have a fourth-and-10 from their own 35-yard line.

Also, there will be no extra-point kicks. After every touchdown, teams have to go for a two-point conversion.

Here's another difference, all players, from the starting quarterback to the second-string offensive tackle, make the same salary. All players have a 3-year, \$250,000 contract, but can earn performance bonuses.

If an offense or defense is doing exceptionally well, every member of that side of the ball gets the bonus. Also, here's something different: individual players can earn bonuses through their work in their local communities and social media outreach for good causes to build goodwill between teams and their fan bases.

Need a little more credibility? Here are some of the names affiliated with the new AAF. Bill Polian is the Head

of Football and co-founder of the league, Charlie Ebersol (the oldest son of longtime NBC television exec Dick Ebersol) is the CEO and co-founder, and Hines Ward is the Head of Football Development.

Some of the coaches include Steve Spurrier, Mike Singletary, Rick Neuheisel, Mike Martz and Dennis Erickson.

As you hear the announcer say in any infomercial at 2 o'clock in the morning, "but wait, there's more."

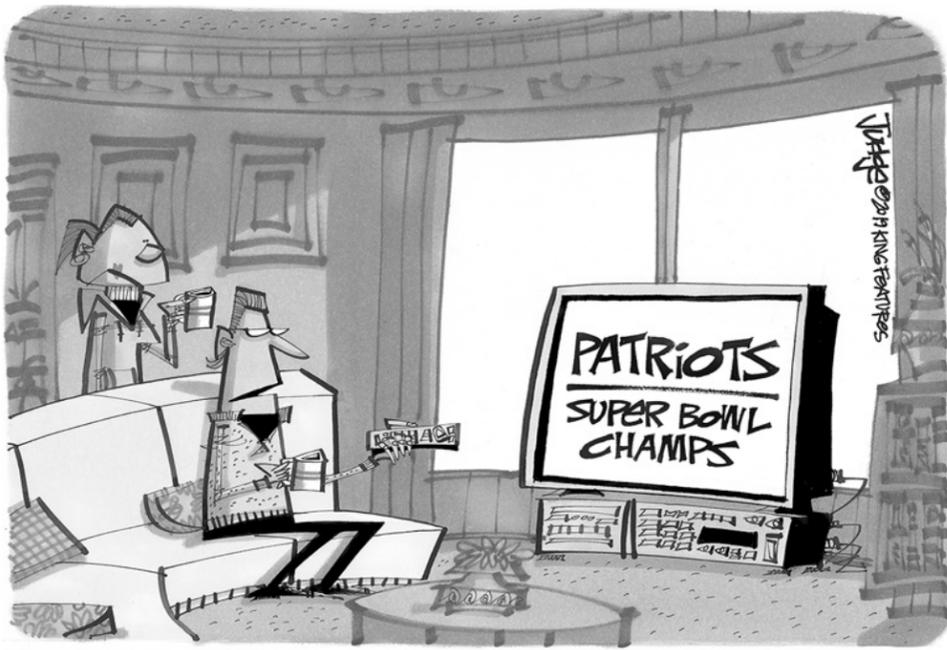
For those who want football 24/7, your wish is not that far away. A year from now, the XFL will start its season with eight teams.

This is the second go 'round for the league, owned by wrestling magnate Vince McMahon.

This league will have teams in Dallas, Houston, Los Angeles, New York, St. Louis, Seattle, Tampa Bay and Washington D.C.

It seems rather apparent that both these organizations will end up serving as minor leagues for the NFL – if they can manage to stay above water.

But the truth is – you can find many of these former start-up leagues resting at the bottom of the sea.



## Super Crossword

### BANDS TOGETHER

- ACROSS**
- Not meant to be heard by the audience, in a way
  - Blend in
  - Maker of stringed instruments
  - Author Huffington
  - Nary a soul
  - In a group
  - Give a nonnative a smooch?
  - Causes of sudden fear
  - Env. alerter
  - Small drink
  - Make up for
  - Defeat Dorothy's dog decisively?
  - Trip to an underworld river?
  - Singer Buddy
  - Egg
  - Stools, say
  - Actress Mendes
  - Certain Siouan
  - "The Jerk" actor M. \_ Walsh
  - "Well well!"
  - Use a pool
  - Specialty of Windy City bakeries?
  - Uses Dixie diction
  - Door turner
  - Expire, as a subscription
  - Ballpark fig.
  - New princess of '81

- One who doesn't succumb to a potent toxin?
- Clean energy org.
- Bombard with e-junk
- "Zip-\_-Doo-Dah"
- Hard wood
- Glorious state of bliss?
- Military units
- Prefix with hazard
- Achieve
- Obi-Wan Kenobi, e.g.
- Rob
- Desert haven mentioned in the first book of the Bible?
- Guitars' kin, for short
- Actor Rob
- Bits of matter
- Car for a VIP
- Mr., in India
- Have a cow, with "out"
- Ltr. insert
- Arrangement
- Ruler of the Sunflower State?
- Palpitation?
- Menu fish
- Audiotapes' successors
- Cato's 1,052
- Main female character
- Stuff hauled by Beantown trash

- collectors?
- Not ceasing
  - Homer work
  - St.\_ (capital of Loire)
  - Mice and whales, e.g.
  - "The Rose" singer
  - Midler
  - Plunder
- DOWN**
- Hard wood
  - Wk. day
  - Hi\_ (old LP players)
  - Moms
  - Notoriety
  - Noted berry farm founder
  - Turn a deaf \_ (ignore)
  - Musical artist
  - DiFranco
  - Barking pets
  - Doctrine that reality is one organic whole
  - Ham-handed
  - Gen \_
  - Certain boxing punch
  - Not firmly implanted
  - Pre-liftoff term
  - Jenna Bush \_
  - "Kinda" suffix
  - Ballpark fig.
  - Scale notes
  - Lay to rest

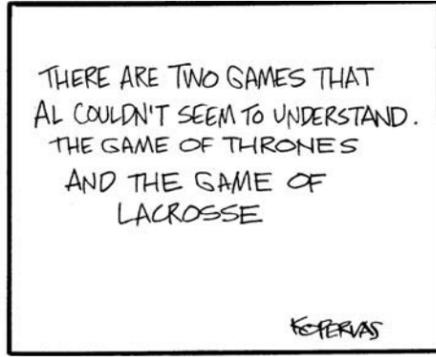
- Skating leap
- Ice cream flavor, briefly
- Writer Philip
- H.G. Wells race
- Smart\_ (cocky)
- At an end
- Fashion inits.
- Synthpop artist, say
- Sinister
- They may be candied
- Wombs
- Self-conceit
- Unruly crowd
- Social Security fig., e.g.
- Delhi dress
- Not only that
- Vienna loc.
- Crank (up)
- \_ upswing
- Meat stamp letters
- Wk. day
- The, in Paris
- "The Simpsons" store clerk
- Work at as a dilettante
- Breathe hard
- Leave out
- Intermission
- Bullfight cry
- Apt. units
- Stew veggie
- Eye covers
- Bettor's note
- Tatty clothes
- Strive (for)

- U.N.'s Kofi
- Hubbub
- Call placer
- Actor Parsons
- Corn cover
- Stew veggie
- Part of PIN
- Carve
- Somber
- In \_ (as found)
- Don of radio
- Last year's frosh
- "Part II" films
- Tightly strung
- Squeak (out)
- Cereal meal
- Breaks up
- Add to the batter, say
- Charge at
- School, in Nice
- Writer Horatio
- Calf catcher
- ESPN datum
- \_ and haw
- Greek vowel
- Dream-time acronym
- Baby's wear
- Lyric tribute
- Wanna\_ (aspirants)
- Santa \_ (hot wind)
- Big health supplement chain, familiarly
- "I see mice!"

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# 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



# Man loses body hair in the wrong places

DEAR DR. ROACH: I am a 63-year-old man. A visit to my urologist did not answer some questions I have. I was told by my regular doctor that aging is a factor in men losing leg hair. Is that true? I am losing pubic hair, and even hair up to the navel. Why is that? Years ago, I found that I had lost the hair between my legs. A medication I was prescribed (Lexapro/Celexa) had bad side effects for me. It caused sexual problems and the loss of perineum hair. Could there be a connection? It is funny that I have only slight chest hair reduction and little back hair loss. Maybe the urologist brushed me off, but it is important to me. I had been under a lot of stress during the summer. – T.K.



When I see leg hair being lost, the first thing I worry about is the circulation in the legs. This can be an early sign of peripheral vascular disease, which is important to recognize because it is treatable and also predicts greater risk of heart attack and stroke. If you have any risk factors for vascular disease, I would talk to your doctor about getting this tested, which is easy and noninvasive.

However, the loss of pubic hair makes me concerned about a drop in testosterone. This can cause sexual troubles as well, but it sounds like your sexual issues were related to the medication, which is not uncommon with both Lexapro and Celexa. That's a simple blood test.

Severe stress can rarely cause loss of all body hair, alopecia universalis, but that is really ALL hair, including eyebrows and eyelashes, which is not what you have.

DEAR DR. ROACH: I am an 80-year-old female, and I bruise from the slightest tap on my skin. My skin is very thin. When you press too hard on my arm or leg, it hurts. I have seen vascular specialists, but I have been told it is because of my thin skin. I feel like I should live in a bubble. My doctor says the same thing as the specialists. Do you have any suggestions to make my veins stronger? I am taking vitamin C, as I read that this might help. – J.C.

Easy bruising is a common problem in the elderly, and although it sometimes is an indication of serious disease, most

See HEALTH, Page 8

EVEN WHEN IT'S JUST AROUND THE CORNER.

NEVER GIVE UP UNTIL THEY BUCKLE UP.

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**Health**

From Page 7

of the time it is benign. I begin to worry when I see bleeding from the gums or nose, with multiple large bruises with no trauma, or in people with a family history of bleeding. Some simple laboratory tests can help decide whether this is likely a sign of internal disease.

In the majority of cases, with none of the worry signs above, people can be reassured. Vitamin C and vitamin K deficiency can cause easy bruising, so foods high in these nutrients or a supplement can be tried. I recommend getting these through food rather than supplements,

if possible. A few years ago, a study showed that a bioflavonoid supplement helped with easy bruising, and most pharmacies and health-food stores carry bioflavonoid supplements if diet is inadequate. Many fruits and vegetables are high in these compounds, especially citrus fruits, legumes, hot peppers and onions. These certainly can't hurt, and may help.

*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: C equals L

DJX YZMK UJM KMGLMG PU ZQG  
YWRMG PCDPXK EMU WCC?  
W HMCWMLM WU SQKU HM  
KZSMUJWRE WR UJM DPWUMG.

Answer Page 4

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**Weekly SUDOKU**

by Linda Thistle

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

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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**We're not victims**



by Freddy Groves

Veterans make up about one-third of the federal workforce. That means a lot of us were affected by the shutdown.

Some in the mainstream press (as well as the government employees union) took that political opportunity to wring their hands about us poor veterans and how some of us might be driven to suicide because of a couple of missing paychecks. Department of Veterans Affairs Secretary Robert Wilkie was forced to address this in a terse letter to the president of the American Federation of Government Employees, telling him to stop promoting the "veteran as victim" mentality.

There are no guarantees of employment. If we're in a civilian job, they can let us go with no notice. If we're in a government job, we can be caught up in shutdowns. While most last only a few days, the

one in 2013 went on for 16 days (blame the Affordable Care Act). In 1995, it was 21 days (the problem: balancing the budget). As politicians posture and snarl, we get caught in the crossfire.

However, there are ways we can take care of ourselves. Consider this a clip and save column for how to survive a government shutdown... or even a civilian layoff.

The best-advice financial rule is to have savings stuck away to cover six to nine months of living expenses, especially if you have a family. Do not buy that new car until you have that money. Do not buy a new anything until you have that money. Do a budget and pare it down to essentials, multiply that by six or nine, and that's how much you need to put away.

Consider taking on a part-time job, if only for a little while, and put that money in your stash.

No matter who we work for, anything can happen. Be ready.

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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!

	+		+		6
+		x		x	
	-		x		5
÷		-		-	
	x		-		16
2		6		7	

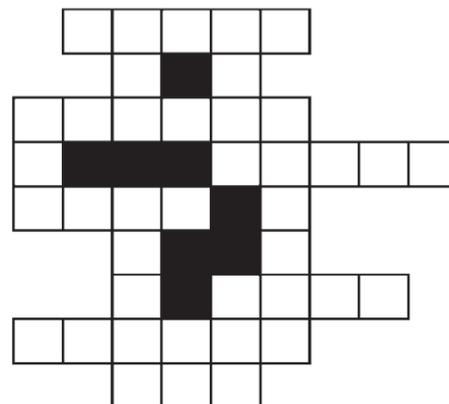
1 2 3 4 5 6 6 7 8

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Answer Page 4



- OZO
- BELTIA
- ♥ BROAL
- ♥ ANLE
- COZNIR
- OBL
- BUEZ
- ♥ LESBA
- ♥ REA
- ♥ NOTERT
- ZERUA
- ♥ ISLO



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.

Answer Page 4



• "I store my extra sheets under the bed they go with in a storage box. On the lid of the box, I write the date when the mattress needs to be flipped. This way I never forget how long it has been."  
- W.F in Arkansas

• One way to de-pill a sweater is using a new scrubbie from kitchen. Just hold the sweater taut, and use the rough side of a kitchen sponge to lightly brush the fabric, letting it catch the pills and sweep them away.

• "To get rid of brassy undertones in your hair, mix 10 drops of blue food coloring and 5 drops of red food coloring in 2.5 cups of vinegar, and apply as a rinse to hair. The purple cools the red tones, and banishes the brass. The vinegar smell does dissipate, and it leaves hair with a softened shine, too."  
- I.W. in Louisiana

• Did you squeeze out too much eye cream? Use it on your cuticles."  
- A.S. in Florida

• Here's the secret to dealing with muddy shoe prints: Let them dry. Loosen dirt clumps and vacuum up as much as possible. Then come in with an appropriate carpet cleaner. Never add water to mud.

• Set a standing appointment to check in with your budget and checkbook. If you don't already have a budget set, now's the time. Remember to factor in quarterly or yearly payments. You can divide them by the number of months they cover (say, six for car insurance) and pay that amount into your savings account each month. When the time comes to pay the bill, you'll have the money ready.

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**Lowry**

From Page 3

insurance now, imagine what it will be like when the entire apparatus of the Republican Party - including the president's Twitter feed - is aimed at her in a general election.

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