



NEWSBRIEFS

Health fair

The 37th Annual Lower Valley Health Fair will be held at Americas High School (12101 Pellicano Dr.) on Saturday, April 27th from 8 a.m. to 12 p.m. This non-profit event is made possible through partnerships among the Socorro Independent School District (SISD), the Lower Valley School Nurses Association, the City of El Paso Department of Public Health and corporate sponsors. SISD school nurses oversee the health fair. Over eighty agencies will be providing free health screenings such as blood sugar, cholesterol screening, pap smears, blood pressure, hearing and vision screenings. Immunizations for children newborns to 16-years-old will also be available. Parents must bring their children's immunization record. The cost for immunizations is \$10 for one or more vaccines. Mammograms will also be available – those interested need to schedule an appointment with Desert Imaging beforehand. Bring your insurance card. The cost for non-insured patients is \$110 upfront. Call (915) 400-0426 to schedule an appointment or for more information. Local talent from various schools in the district & community will provided entertainment during the fair. A family fun walk will be at 9 a.m. to 11 a.m.

– Laura Lara, RN

Band trip

Student musicians from Canutillo Middle School have been working hard to raise funds for their upcoming opportunity to perform at the world-famous Carnegie Hall in New York City. The Canutillo Middle Honor Band qualified to play at Carnegie Hall by earning a Gold First Place Finish at the WorldStrides Heritage competition in California last May. They partnered with the El Paso Community Foundation to collect donations that will help for travel expenses to New York. Visit epcf.org/canutillo if you would like to donate funds for the trip.

– Liza Rodriguez

San Eli ISD board

The March San Elizario ISD Board of Trustees Meeting will be held on Wednesday the 13th at 5 p.m. in the

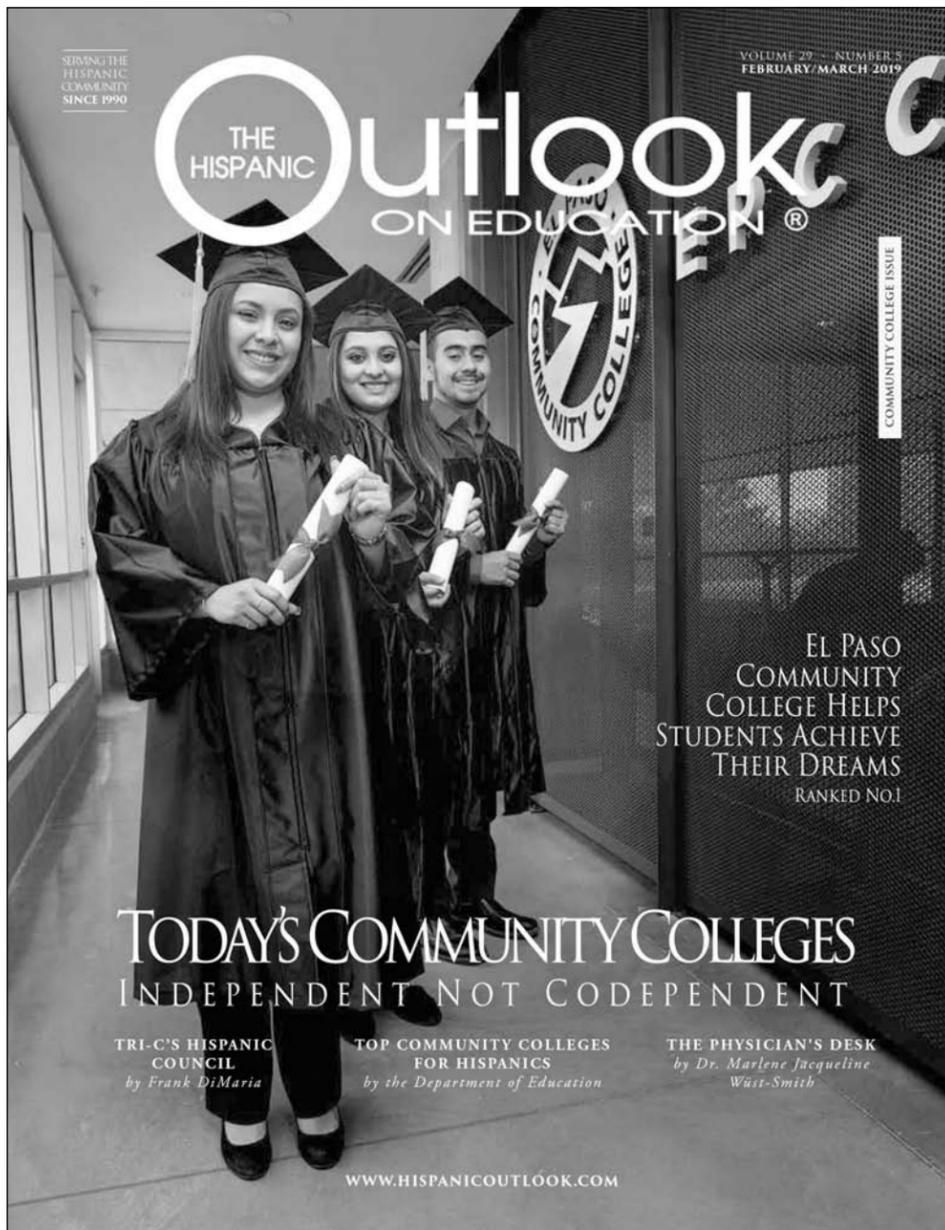
See BRIEFS, Page 2

People that don't have time to stop at railroad crossings somehow have time to be at the funeral.

– Quips & Quotes

EPCC is first in awarding Hispanic degrees

By Keri Moe
Special to the Courier



– Image courtesy El Paso Community College

SMARTER BY DEGREES – *The Hispanic Outlook on Education Magazine* lists El Paso Community College (EPCC) on its *Top Community Colleges for Hispanics* list as the number one granter of associate degrees to Hispanics by a two-year school. EPCC students grace the cover of their February/March 2019 issue.

Veera to talk about 1880 White Sands battle

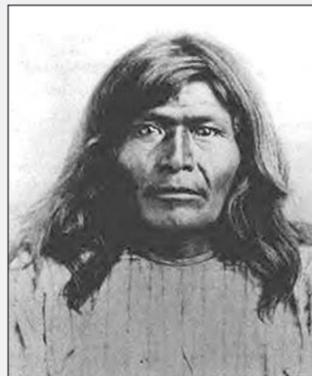
By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Nearly 140 years ago, a Chiricahua Apache chief and his followers held off a military attack by superior numbers of United States Army soldiers and Indian scouts and withdrew undetected along with their women and children in tow from the Hembrillo Basin battlefield, which is located on the White Sands Missile Range in New Mexico.

To retell the interesting aspects about the skirmish, known as the Battle of Hembrillo Basin, Gerry Veera will be El Paso Archaeological Society's (EPAS) guest speaker for its next monthly meeting, which is scheduled for 2 p.m., Saturday, March 16, at the El Paso Museum of Archaeology, 4301 Transmountain Road.

Veera, a member of the Dona Ana County Historical Society board of directors, stated that he will be sharing multiple topics that are tied to the Battle of Hembrillo Basin, that was fought April 5-8, 1880 between the U.S. Army against a

See BATTLE, Page 5



– Image courtesy of White Sands Missile Range Museum

NO SMALL SKIRMISH – The Battle at Hembrillo forced Victorio, above, out of his stronghold and into a running fight that culminated in his eventual death. No other engagement during the Victorio War brought as many troops into direct conflict with Victorio. The Hembrillo combatants included representatives from the four American cultures in collision: Anglo Euro-American, African-American, Hispanic, and Apache.

EL PASO COUNTY – *The Hispanic Outlook on Education Magazine* has once again ranked El Paso Community College (EPCC) on its *Top Community Colleges for Hispanics* list. For the 14th year in a row, EPCC has earned the nation-wide distinction of being the number one granter of associate degrees by two-year schools. This ranking validates EPCC's efforts to increase degree attainment in our region.

According to data presented in the *Top Community Colleges for Hispanics* issue of the *Hispanic Outlook Magazine*, EPCC awarded 3,128 associate degrees to Hispanic students. EPCC ranks second for total degrees and certificates combined awarded to Hispanic students, with 3,437 granted. The College also ranks second among the Top 25 Community Colleges with the most Hispanic enrollees, with a Hispanic population of 24,537 students totaling 85% percent of the total student enrollment.

These rankings are just one of EPCC's many national recognitions that EPCC President Dr. William Serrata is particularly proud of earning. Serrata credits the work of faculty and staff for facilitating student success that helps students cross the stage at graduation and earn that degree or certificate. As a first-generation community college student himself, he says it is extremely important help all students, including Hispanic students, and others underrepresented in higher education get degrees since higher education is the only path to the middle class.

"Being ranked first for two-year degrees awarded to Hispanic students exemplifies EPCC's role as a national higher education leader and our reputation for student excellence," said EPCC President Dr. William Serrata. "It reflects our commitment to open admissions with high expectations for the students we serve, and as a result, EPCC is strengthening our community, the state, and the entire nation."

The annual ranking is based on several factors, including the percentage of Hispanic students in attendance, total student enrollment, two-year schools awarding the most associate degrees to Hispanics, and the percentage of Hispanics awarded associate degrees by two-year schools. Data for the rankings is from the NCES IPEDS Database for community colleges granting the most associate degrees in 2017.

"The capability of our students is exemplified by this ranking and we are especially proud of their dedication and success," Steve Smith, Vice President of Workforce and Continuing Education said. "This is evidence of our commitment to affordable and high-quality education, and is also testament to the efforts our excellent faculty, staff and administration who strive every day to provide our students with powerful educational opportunities."

Food for thought By Jim Gilloon

March is Red Cross Month

Volunteer, give blood, learning lifesaving skills or donate

EL PASO COUNTY – During March – Red Cross Month – we honor the volunteer heroes who fuel our mission every day to provide hope and urgent relief to families in need. This month Red Cross ask people to be a hero for families in your communities throughout the El Paso Region and Southern New Mexico, by becoming a volunteer, learning lifesaving skills, giving blood or donating to #help1family on Red Cross Giving Day, March 27, 2019 (www.redcross.org/givingday).

“During Red Cross Month, we are proud to recognize our volunteers who provide hope and urgent relief to families in need every day,” said Colin Williams, American Red Cross Regional Communication Officer, AZ, NM, El Paso Region, “These heroes are our neighbors who give blood, save lives with skills like first aid and CPR, or provide care and comfort to families devastated by crises like home fires. We honor our volunteers and ask you to join them and

make a difference.”

More than 75 years ago, March was first proclaimed Red Cross Month in 1943 by President Franklin D. Roosevelt to raise awareness of the organization and its humanitarian mission. All U.S. presidents since Roosevelt have designated March as Red Cross Month to recognize how the American Red Cross helps people across the country and around the world through its workforce powered by more than 90 percent volunteers.

EVERY DAY, VOLUNTEERS HELP.

Every eight minutes in the U.S., the Red Cross connects with a family who has lost everything to a home fire or other disaster – the roof over their heads, their clothes, their most cherished possessions. This past year was no exception – and the need continues today.

HOW YOU CAN #HELP1FAMILY.

Visit www.redcross.org/local/el Paso.com to learn more about how you can help.

- Become a volunteer. Help families affected by disasters and install lifesaving smoke alarms to keep neighbors safe from home fires. In some areas, you can also

provide emergency assistance for military members and veterans, or help reconnect families separated by international conflict.

- Give blood. Make an appointment to donate lifesaving blood or platelets.

- Learn lifesaving skills. Register for a class to learn first aid, CPR and other skills.

- Make a financial donation. On March 27 – American Red Cross Giving Day – donate at redcross.org/givingday, uniting with thousands of people like you to help families during the first devastating hours of a disaster. Your gift can provide hope and urgent relief, like food, shelter and other essentials, for families who need it most.

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

Jumping into ‘Medicare for all’ with eyes wide shut

The unveiling of the ballyhooed House of Representatives Medicare for All Act of 2019 bill will be met with chants of “equal healthcare for all!” While the country will be forced into a government-run program, the limousine liberals and champagne socialists will keep their array of medical care choices – whether on or off the record.

A key feature of the Medicare-for-All bills is the elimination of private health insurance that duplicates benefits offered by the government. Given the coercive nature of the existing Medicare program, we should be very concerned. Medicare Part A (hospital insurance) is mandatory for those eligible for Medicare who receive Social Security payments. If beneficiaries want to opt out of Part A, they must forfeit all of their Social Security

payments – including paying back any Social Security benefits received up to the time Part A was declined. So a “beneficiary” is punished for saving federal dollars by declining to be on the government healthcare dole.

Enrollment in Medicare Part B (all physician and most outpatient services) is not mandatory but beneficiaries are financially coerced to enroll. The standard 2019 Part B premium amount is \$135.50 per month, progressing to \$460.50 based on income. But if a beneficiary doesn’t sign up for Part B when first eligible, he must pay a lifelong penalty of 10 percent for each full 12-month period that he could have had Part B. So if the beneficiary waited 3 years before signing up, he would pay a 30 percent higher premium throughout his lifetime.

Medicare Part D (prescription

drugs) also imposes penalties on those who do not sign up when eligible unless they are in a Medicare Part C/Medicare Advantage HMO that covers drugs. The lifetime penalty is not trivial: one percent per month of the average monthly premium (currently about \$33) for all the months they were not signed up.

Will we be somehow punished if we do not want to enroll in the new government program? Will there be an “individual mandate” penalty? Hopefully we’ll know before the bill is passed and we can find out what’s in it.

Another troubling aspect of a new government health program is the lack of an articulated budget or cost controls. According to the Medicare Board of Trustees 2018 Report, Medicare’s Part A trust fund will be depleted in 2026,

three years earlier than the 2017 projection. Our 2017 healthcare costs were \$3.5 trillion with \$1.2 trillion attributed to Medicare, Medicaid, and the Children’s Health Insurance Program (CHIP). Apparently, financing would depend on monies earmarked for existing federal health programs, heavily taxing “the rich” and an unspecified increase in everyone’s taxes.

In addition to notoriously underestimated cost projections, Medicare underpayments to hospitals must be addressed. Hospitals receive 88 cents on the dollar from Medicare and 90 cents on the dollar from Medicaid for their expenditures on these patients, translating to reimbursements of \$41.6 billion and \$16.2 billion, respectively, below actual costs. Currently, hospitals make up the shortfall with higher payments from private insurance – which will no longer exist. Slashing off

maligned CEO salaries would be a drop in the bucket. Hospital workers – unionized or otherwise would not accept pay cuts.

So how will the inevitable funding shortfall be addressed? Private practitioners may be enticed by the promise of a steady stream of patients and income or strong-armed into submitting to lower reimbursement or by new licensing requirements. Of course, many of us remember being paid with IOUs from the California Medicaid program.

The promise of completely “free” medical care of every sort imaginable gives one pause. What happens when the money runs out? Because Medicare defines what care is reimbursable as “medically necessary,” the simple answer is to decrease covered services. But by then, the private health insurance industry would be decimated and

See **MEDICARE**, Page 6



PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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Minimum 50 issues for \$45. Delivery via 1st class mail.

MAIL:
15344 Werling Ct.
Horizon City, TX 79928

Phone: 852-3235

E-mail: wtcc@wtcc.com
Website: wtcc.com

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Homesteader
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Briefs

From Page 1

Administration Offices at 1050 Chicken Ranch Rd. in San Elizario.

– Hector Gonzalez

Managing money

With 45 percent of U.S. adults grading their knowledge of personal finance a C or lower, the free credit score website WalletHub has released its report on 2019’s Best & Worst Cities at Money Management as well as accompanying videos. In order to determine where Americans are best at handling their finances, WalletHub compared more than 2,500 cities based on 10 key indicators of money-management skills. The data set ranges from median credit score to average number of late payments to mortgage debt-to-income ratio. El Paso ranked 59th among large cities and 2,323 overall in this study. El Paso is ranked at 10% among all cities with an average credit score of 657. The credit card debt-to-income ratio is 7.145 percent. The mortgage debt-to-income ratio is 271.34 percent. The car loan debt-to-income ratio is 49.75 percent. The student loan debt-to-income ratio is 42.48 percent. The average late payment per month is 6.16 per person over 12 months (approx. 4.2 million a year). Other stats:

- Cupertino, CA has the lowest credit-card

debt-to-income ratio, 2.11 percent, which is 5.7 times lower than in Lake Placid, FL, the city with the highest at 12.09 percent.

- Inkster, MI has the lowest mortgage debt-to-income ratio, 115.40 percent, which is 8.9 times lower than in Kailua, HI, the city with the highest at 1,031.55 percent.

- Darien, CT has the lowest student-loan debt-to-income ratio, 13.46 percent, which is 8.4 times lower than in Lake Placid, FL, the city with the highest at 113.73 percent.

- Laguna Woods, CA has the lowest average percentage of credit used, 20.4 percent, which is 3.1 times lower than in Herriman, UT the city with the highest at 63.9 percent.

Visit <https://wallethub.com/edu/best-cities-at-money-management/19256/> for the full report.

– Diana Polk

Fasten your seat belts

Some people will do just about anything to make it into the Guinness Book of World Records. Take the 103 or more Brits who plan to break the record for the most nudist riders on a roller coaster. The event will take place at a theme park in Blackpool, England. It is being sponsored by the British Naturalism organization, which has put out a call for naked volunteers for the occasion promising a fun-filled afternoon including three hours of skinny dipping at a nearby water park.

– John Grimaldi

Why the Robert Kraft bust matters

Robert Kraft's name will now long be associated with one of the most despicable scourges of modern life, and rightly so.

The New England Patriots owner is charged with soliciting prostitution at a Florida massage parlor busted as part of a sex-trafficking ring. Kraft denies it, although the police in Jupiter, Florida, say they have video evidence.

The charges against him, and two other high-flying men from the financial world, represent an important front in the fight against sex trafficking. Authorities should be doing everything they can to crack down on the supply of trafficked women – via the networks that often import them to the U.S. and force them into prostitution – but also exacting a price from the men who constitute the demand.

To their credit, authorities undertook a months-long investigation of the Orchids of Asia spa, where strangely the only customers were male, and dozens of similar operations. They placed cameras inside and charged hundreds of men. (The agency that Alexandria Ocasio-Cortez and other progressives want to abolish, Immigration and Customs Enforcement, assisted on the case.)

The Orchids of Asia spa

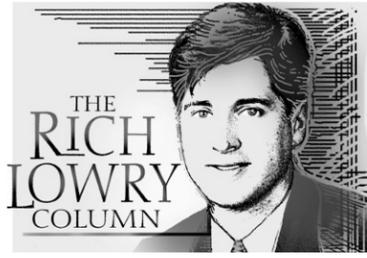
was in an unremarkable strip mall in a tony area of Florida, neighboring businesses included an Outback Steakhouse and a surf shop. Beneath the veneer of normality there existed a sink of degradation.

The women were lured from China with promises of legitimate work and then trapped in a life of sexual slavery. Sex with up to a thousand men a year. No change of clothes. Sleep on massage tables. Food from hot plates at the back of the parlor. Moved around from one parlor to the next as pawns of the traffickers.

And this is a major business. According to the anti-trafficking group Polaris, the country's 9,000 illicit massage parlors make \$2.5 billion a year.

They are such a lucrative industry only because the Robert Krafts of the world are patrons. He is a billionaire, famous and the owner of one of the most successful franchises in sports. He presumably has access to women, indeed dates an actress and dancer nearly 40 years younger than he is. He doesn't have to go to a strip-mall massage parlor for sex.

Except that it's impossible to find women who are so thoroughly disposable as those compelled to perform sex acts at



the likes of the Orchids of Asia spa. The commercial transaction lent a veneer of consent to a sexual exchange where only one party was exercising volition – the men who showed up, paid \$100 or \$200 and then went on their way.

They are the appropriate target of law enforcement. In Illinois, Cook County Sheriff Tom Dart has been a national leader in making it a priority to go after the buyers of sex, while offering help to prostitutes.

It will, of course, never be possible to end demand for trafficked women. But as with domestic violence, the law can be used as a tool of social disapproval to change how the culture regards prostitution, achieving clarity on who are the victims and the victimizers. Everyone who availed themselves of the Orchids of Asia spa, not just the monsters profiting from it, is the latter.

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

WHAT TOOK YOU A LIFETIME TO LEARN CAN BE LOST IN MINUTES.

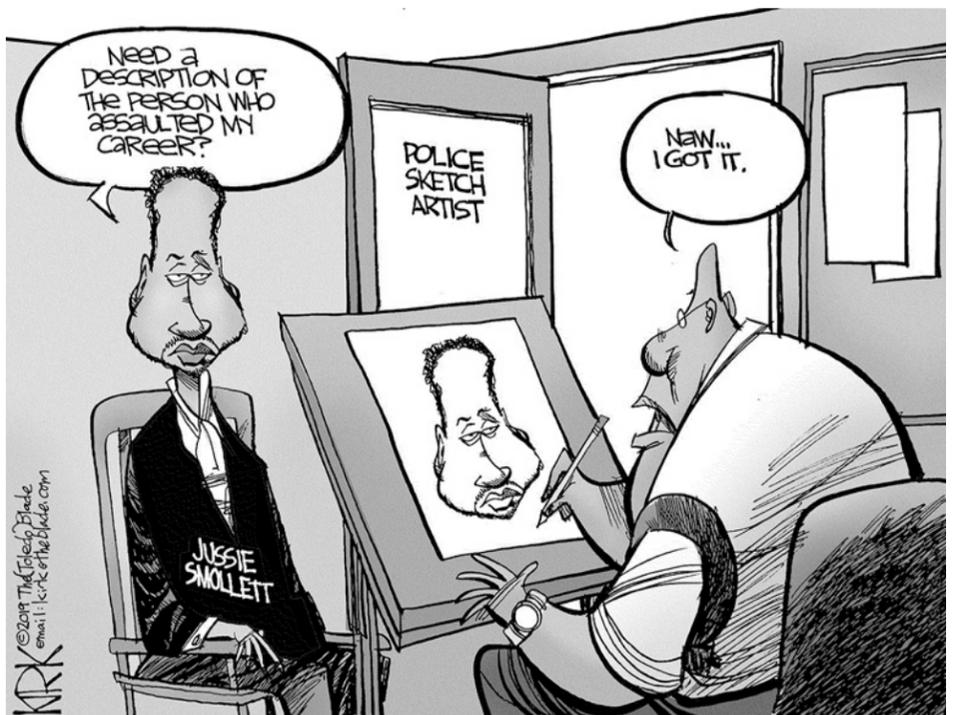
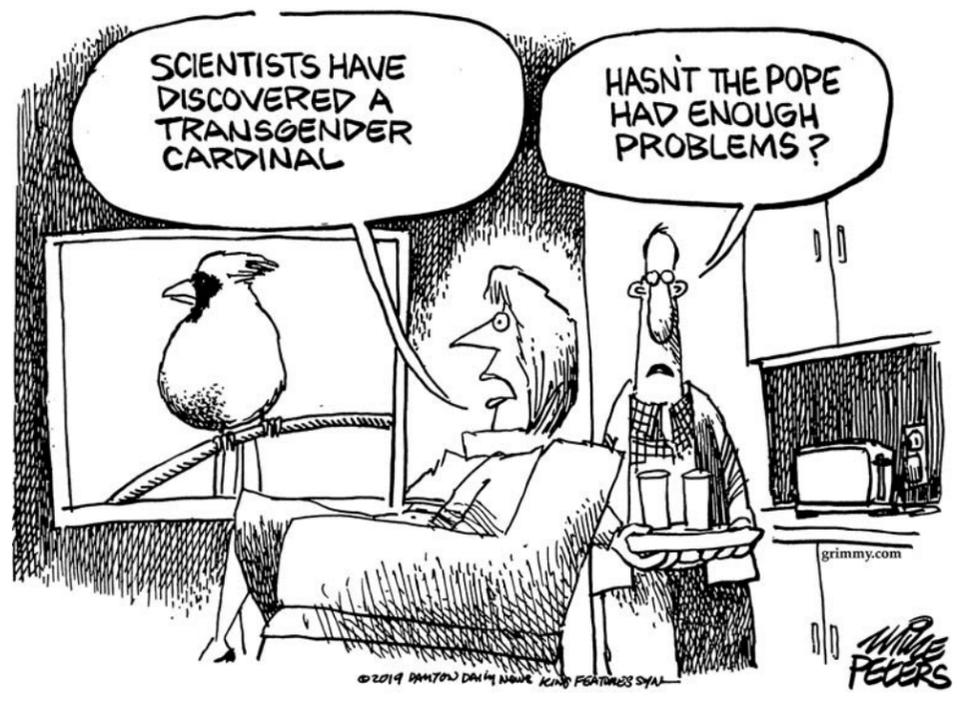
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Learn more at StrokeAssociation.org or 1-888-4-STROKE.

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EPCC opens student assistance center

STUDENT DIGS – El Paso Community College (EPCC) opened its new First-Year Experience Center last week. The center is designed to help college students from the beginning of their college experience and guide them to a successful graduation. Students using the center will have access to state-of-the-art technology, resources and multimedia equipment. “Student success is our goal,” Sandra Lujan, Early Alert Coordinator said. “As a result, students will develop essential career skills, such as team work, study skills, public speaking and oral presentations in an interdisciplinary and multidisciplinary fashion.” Students visiting the center will also receive the assistance of academic advisors and peer academic coaches. The peer academic coaches are students who provide mentoring support to help students successfully navigate the demands of college life. “The First-Year Experience Center provides innovation and an abundance of resources that makes our students successful,” Diana Villegas said. “As a peer coach, I am present in classroom



settings, assisting instructor, providing stress management workshops, and am able to coach a cohort of students. The First-Year Experience Center is located

at EPCC Valle Verde Campus, room A2433. Students, faculty, staff, administrators and board of trustees attended the opening of this innovative center which operates in conjunction with EPCC’s Early Alert Program. Early Alert helps address obstacles students face in an outside of the classroom so they can stay in and excel in their classes.

The Early Alert Program and the First-Year Experience Center at EPCC rests on the collaborative efforts of faculty, counselors, advisors and academic support services working together as a team. “This involved, proactive and supportive approach is increasing student’s academic success,” Lujan said.

– Ismael De La Rosa

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Fabens Independent School District PUBLIC NOTICE

The Fabens Independent School District Special Education Department will be destroying confidential student information on special education students who have graduated, moved or were dismissed in 2011. Parents of these students may come to the Special Education Department located at 603 NE Camp Street. in Fabens on Monday through Friday from 8 a.m. to 4:30 p.m. to claim their child’s file. The remaining files will be destroyed as per state directives 30 days from the date of this notice. If you have an questions, please call (915) 765-2690.

AVISO

El Departamento de Educación Especial del Distrito Escolar de Fabens va a destruir los archivos confidenciales de estudiantes que estaban en el programa de educación especial que han graduado, se han movido, o fueron despedidos en el año escolar de 2011. Los padres de estos estudiantes pueden venir a la oficina del Departamento de Educacion Especial del Distrito Escolar de Fabens en 603 NE Camp Street, de lunes a viernes de 8:00-4:30 de la tarde a recoger los archivos de sus hijos. Los archivos que no sean recogidos van a ser destruidos como manda el estado en 30 días después de este aviso. Si tienen preguntas, llamen al teléfono (915) 765-2690.

WTCC: 03-07-19

Strange BUT TRUE

By Samantha Weaver

- It is still not known who made the following sage observation: “The difference between ‘involvement’ and ‘commitment’ is like an eggs-and-ham breakfast: The chicken was ‘involved’; the pig was ‘committed.’”

- Those who study such things say that if you were (for reasons unspecified) to eat the liver of a polar bear, you’d die. The amount of vitamin A stored in that organ constitutes a fatal dose for humans.

- You might be surprised to learn that high-quality opals can be more valuable than diamonds.

- John Tyler, born March 29, 1790, was the 10th president of the United States. He was married twice and had a total of 15 children. These children, collectively, were witness to a surprisingly large swath of American history. The oldest, Mary Tyler Jones, was born in 1815, the year that saw the end of the War of 1812; the youngest, Pearl Tyler Ellis, survived until 1947, two years after the end of World War II.

- The next time you’re planning a trip to Indiana, keep in mind that in that state it is illegal to talk behind a person’s back or engage in “spiteful gossiping.”

- In 1915, the average annual income for a family in the United States was \$687, the equivalent of \$17,088 today.

- In 1889, a magazine called The Literary Digest made the following prediction: “The ordinary ‘horseless carriage’ is at present a luxury for the wealthy, and although its price will probably fall in the future, it will never, of course, come into as common use as the bicycle.”

Thought for the Day: “An inconvenience is only an adventure wrongly considered; an adventure is an inconvenience rightly considered.”
– Gilbert Keith Chesterton

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CryptoQuip Answer

Unable to decide what to do with the tree trunk he had just processed, the lumberjack was stumped.

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Moments in time
THE HISTORY CHANNEL

- On March 4, 1888, Knute Rockne is born in Voss, Norway. He would go on to become one of the most successful coaches in the history of college football, coaching Notre Dame during their golden era in the 1920s. Rockne won three national championships with the Fighting Irish.
- On March 5, 1815, Franz Anton Mesmer, a German physician who pioneered the medical field of hypnotic therapy, dies in obscurity in Meersburg, Swabia (now Germany). His process of mesmerism, as it came to be known, produced hypnotic states that had an extraordinary influence on his patients' physical illnesses.
- On March 6, 1475, Michelangelo Buonarroti, the greatest of the Italian Renaissance artists, is born in Caprese. His most important early work was the Pieta (1498), a traditional type of devotional sculpture that showed the body of Christ in the lap of the Virgin Mary.
- On March 7, 1972, in the biggest air battle in Southeast Asia in three years, U.S. jets battle five North Vietnamese MiGs and shoot one down 170 miles north of the Demilitarized Zone.
- On March 8, 1950, Volkswagen, maker of the Beetle automobile, expands its product offerings to include a microbus. The bus was a favorite mode of transportation for hippies in the U.S. during the 1960s and became an icon of the American counterculture movement.
- On March 9, 1985, the first-ever Adopt-a-Highway sign is erected in Texas. Highway 69 was adopted by the Tyler Civitan Club, which committed to picking up trash along a 2-mile stretch of the road. The program eventually spread across the U.S.
- On March 10, 1945, 300 American bombers continue to drop almost 2,000 tons of incendiaries on Tokyo for a second day. The attack destroyed large portions of the Japanese capital and killed 100,000 civilians.

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Send Your Newsbrief To:
wtxcc@wtxcc.com

San Elizario ISD third graders receive free dictionaries

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – A total of 220 third graders from San Elizario ISD's elementary schools received a free dictionary courtesy of Mr. Kirk Robison, Chairman of Pizza Properties, Inc. and owner and operator of El Paso's Peter Piper Pizza restaurants.

For over a decade, Robison has donated dictionaries to third grade students from across the El Paso County. It is an annual tradition he enjoys doing each year.

"The distribution of dictionaries to students is one more component to the Partner in Education program that Peter Piper Pizza is proud to do for El Paso area kids," Robison said. "Peter Piper Pizza's Partner in Education program is designed to help educators help our kids reach their dreams and the dictionaries are one more way we hope to make a difference in a child's education."

Alarcon Elementary Assistant Principal, Leticia De Santos, said



– Photo courtesy San Elizario ISD

DEFINING GIFTS – Lorenzo G. Alarcon Elementary School third-graders show off the dictionaries donated to them by businessman/philanthropist Kirk Robison.

the dictionaries will certainly come in hand for third graders. "These dictionaries are a valuable tool that will help students in their studies both in the classroom and at home," De Santos said. "They will also help students enrich their vocabulary skills. We are always very appreciative of Mr. Robison's donation year after year," she added.

Battle

From Page 1

combined band of Chiricahua and Mescalero Apaches led by Chief Victorio. It was the largest battle of Victorio's War.

Veara's presentation will include information about the conditions and actions that lead up to the battle such as the conflict during the Spanish colonial period, the Mexican-

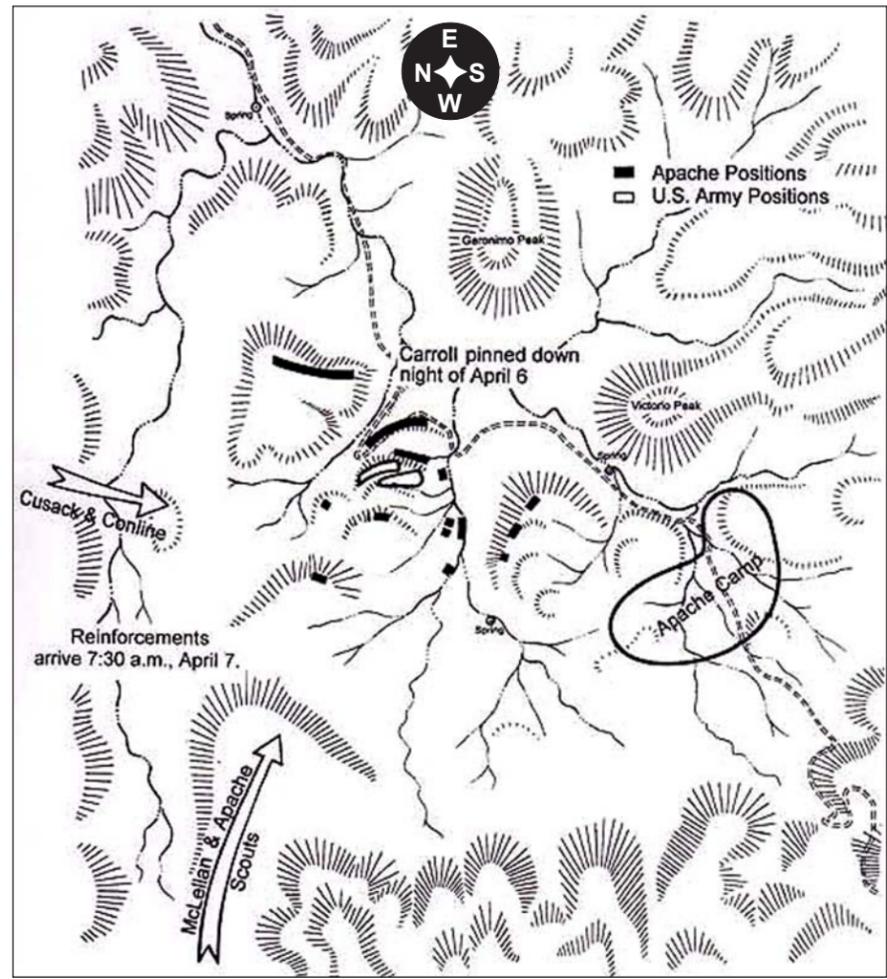
American War, and expanding American settlements. He said that he will also elaborate on the cycles of violence, the Indian reservation system, and the Army and Apache formations leading to the Victorio Campaign.

For the past few years, the main battlefield has undergone vast metal detecting and plotting activity across roughly 900 acres, according to Veara. He related that the forensic archaeological excavation was incorporated by

First hand assessment

Second Lt. Walter Finley, Co G 9th Cavalry, echoed the sentiments of many of the officers involved in the Battle of Hembriillo, when he wrote: "It is the old story, unjust treatment of the Indians by the Government, treaties broken, promises violated and the Indians moved from one reservation to another against their will, until finally they break out and go on the war path and the Army is called in to kill them. It is hard to fight against and shoot down men when you know they are in the right and are really doing what our fathers did in the Revolution, fighting for their country."

–From White Sands Missile Range Museum website



– Image courtesy of White Sands Missile Range Museum

BATTLE SITE – This map delineates where the skirmish between the Warm Springs Apache and A-Troop of the 9th Cavalry, commanded by Lt. John Conline, was fought on April 5, 1880. One day later came the main Battle of Hembriillo Basin which is located near White Sands National Park in New Mexico.

Karl Laumbach and Doug Scott. Their findings have located 1,100 artifacts including 806 cartridges from 17 different weapon systems, 147 rifles/carbines, and 39 pistols.

To help in the research, crime scene forensics techniques helped identify firing pinstrikes and extractor scars on cartridges tied to weapons and helped track movement across the battlefield including to identify and track movements of warriors and troopers on the battlefield, Veara explained.

Veara stated that he will also share details about an Agave roasting pit that is an Apache hot rock oven that is carbon dated from the late 1300's to the mid-1600's. The rock oven excavation, which took more than three tons to unearth, was led by archaeologist Laumbach in 2003.

Today, to visit the battlefield takes an approximately six-hour escorted field trip through White Sands Missile Range park and into Hembriillo Canyon. The excursion can be arranged with park officials, but the request is subject to Army approval.

Veara's talk is part of EPAS's monthly speaker's forum. EPAS, founded in 1922, is a non-profit group. Membership is open to individuals and organizations interested in anthropology, archaeology and in the preservation of prehistoric and historic cultural resources. Membership information can be found on the EPAS website <http://epas.com/membership.htm>.

EPAS members take part in archaeological tours and volunteer field work organized by the non-profit Jornada Research Institute of Tularosa, New Mexico. JRI's mission is to study the archaeological, ethnohistoric, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West Texas and adjacent regions.

For more information about EPAS and its upcoming event, contact Fernando Arias, at (915) 449-9075, or send email to nando97735@gmail.com.

Padres and Phillies open up their checkbooks

By Steve Escajeda
Special to the Courier

Although it seems as if it's the dead of winter in other parts of the country, we've enjoyed much warmer weather here in El Paso.

"And don't worry," you climate-change-hand-wringers, the snow will eventually dissipate and spring-like weather will engulf the entire United States.

And when warmer weather hits the United States, you know what that means – baseball!

I know we're barely into the month of March, but baseball has already been a hot topic.

Especially if you like making the big bucks.

Over the last couple of weeks, two players have hit the baseball lottery by signing contracts that most of us can't

even begin to imagine.

And though the two players are now guaranteed a lifetime of financial bliss, it's unclear whether the teams they signed with will enjoy that same happiness.

First of all, let's look at the newest San Diego Padre, Manny Machado.

The Padres signed the infielder for \$300 million over the next 10 years. Machado may not be among the very best players in the league, but there's no doubt he's very good.

In his seven years in the majors, Machado has averaged 150 hits, 25 home runs, 73 runs batted in, and seven stolen bases, a year. And that comes with a career batting average of .282.

Not bad, but not what I'd consider MVP-type numbers worthy of an MVP-type contract.

Many of the best players are measured by how they play in the biggest games.

Machado has played in 23 playoff

games. He's collected 19 hits and has struck out 24 times, with a .213 batting average.

Not exactly what I would call Derek

Jeter clutch.

Then there was the eye-popping 13-year, \$330 million contract the Philadelphia Phillies gave to Bryce Harper.

To put that into perspective, in 13 seasons we'll be in the year 2032.

Harper is without a doubt one of the most flamboyant players in the league; he puts butts in the seats.

And his flowing hair is always in the MVP discussion.

But what about his play on the field. Is it worthy of that huge contract?

Harper has also played seven years in the majors. He's averaged 131 hits, 26 home runs, 74 runs batted in, and 10 steals, a season. Oh, and his career batting average is .279.

We can take a look at how Harper has delivered in the biggest games as well. In 19 career playoff games, he's collected 16 hits and struck out 23 times, with a playoff batting average of .211.

About 30 years ago in a Canon camera commercial, tennis great Andre Agassi gained fame by uttering the phrase "Image is Everything."

It appears to me that both Machado and Harper – both play to the fans and are definite drama-magnets – have earned their ridiculous contract because of their images. It certainly can't be because of their stats.

I would think that guys making \$300

million would be batting somewhere close to .300, or averaging about 40 home runs a season, or be knocking in about 120 runs a year.

Both players are just 26 and the Padres and Phillies are obviously betting that these players will improve with age. The hope is that they're both just entering their prime.

But a hope is just a risk. And risking 10- and 13-years on a player can be a disaster.

Just ask the Los Angeles Angels about Albert Pujols or ask the New York Yankees about Alex Rodriguez. They were both given 10-year contracts and neither player delivered even close to the numbers they averaged before the deals.

It was thought that after those two disasters, most major league teams would have learned that extremely long-term risks like that were not worth it.

But apparently, the Padres and the Phillies may have just booked themselves a spot on the TV show, "world's dumbest deals."

It could work out, but the overwhelming odds are that both deals are going to backfire. For that kind of money, they could have picked up four or five good young players that are hungry to make a name for themselves.

As for Machado and Harper, they'll never be that hungry again.



The Town of Horizon City Storm Water Management Team would like to remind our residents how very important it is to keep our storm drains and ponding areas trash free.

Town of Horizon City Storm Water Management Program
14999 Darrington Road • Horizon City, Texas 79928
(915) 852-1046 • Fax (915) 852-1005 • www.horizoncity.org

Medicare

From Page 2

our options limited.

Proponents of government-sponsored healthcare say people want it. But a 2019 Kaiser Family Foundation survey found that enthusiasm wanes when folks are told they would (1) lose their private insurance, and/or (2) pay more taxes and/or (3) have longer waits.

Direct pay independent physicians may be the salvation.

Many Medicare patients are paying for direct primary care where a modest monthly fee direct to the physician guarantees full access to a physician, inexpensive medications and lab tests. Some specialists treating various chronic conditions such as diabetes also use this model to provide patients with timely individualized quality care.

The same people who clamor for a woman's reproductive choice are strangely silent about everyone else's freedom to choose the type of medical care they want. Patients and physicians should be

free to pay for services and accept payment for services without being subject to penalties.

Medicare for All could be one of those concepts that "seemed like a good idea at the time" – just like diving head first off a cliff into an inviting but shallow pool of water.

Marilyn M. Singleton is a board-certified anesthesiologist. She attended UC Berkeley Law School, focusing on constitutional law and administrative law.

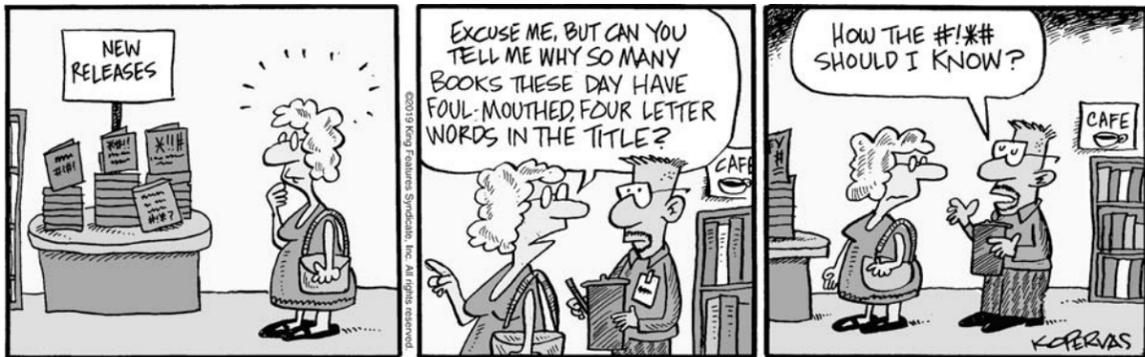
Super Crossword

- NAME IN THE CENTER**
- ACROSS**
- 1 Symphony, e.g.
 - 5 Sing like Bing
 - 10 Pampers product
 - 16 Mensa stats
 - 19 Scheme
 - 20 Big artery
 - 21 Flowery
 - 22 Almond, e.g.
 - 23 31-day period honoring TV's Joy? [actor]
 - 25 Greek letters
 - 26 With 47-Down, Christmas evergreen
 - 27 Fall back into illness
 - 28 Place with a lot of refuse-disposal chambers? [swimmer]
 - 30 Old space station
 - 31 Slash
 - 32 Ovine noise
 - 34 And others, in a list
 - 35 Brutes of fantasy
 - 36 Smears gunk on rugged mountain ranges? [hockey player]
 - 40 Shows up
 - 41 Sequence in heredity
 - 42 Robber, e.g.
 - 43 Bat hangout
 - 46 Finals, e.g.
 - 48 Seven-figure income earned in a
 - Nebraska city? [actor]
 - 54 Scheme
 - 57 DVD_
 - 59 Little barks
 - 60 "The King _"
 - 61 Guilty feeling
 - 64 One doing penance
 - 68 Olympic speed skater Eric
 - 70 Ethyl ender
 - 71 Prohibition of quick insights? [investor]
 - 74 Suffix with journal
 - 75 Item in a file cabinet
 - 77 Ideal conditions
 - 78 Imply
 - 80 Field of study
 - 81 Sikorsky of aviation
 - 83 Dir. from N.D. to La.
 - 85 "Not _ goes by..."
 - 86 Promise to marry a cute marsupial? [painter]
 - 91 Novelist Hermann
 - 94 Waikiki necklaces
 - 95 Rene of "Get Shorty"
 - 97 Poland's Lech
 - 101 Sounded like a kitten
 - 105 Pale-colored wall paneling for a room? [writer]
 - 107 Final, e.g.
 - 108 2004 Chevy debut
 - 111 Storm center
 - 112 Demolition stuff
 - 113 _cone (icy treat)
 - 114 Products applied to back-of-the-neck sunburns? [actor]
 - 117 City in north-central California
 - 119 Adding result
 - 120 "Finally!"
 - 121 "C" grade... or what eight answers in this puzzle have?
 - 124 Draw upon
 - 125 Fix, as Fido
 - 126 Less-played half of a 45
 - 127 Morales of movies
 - 128 As stated in
 - 129 Lorne of "Bonanza"
 - 130 A bit off
 - 131 Old-time comic Ed
 - DOWN**
 - 1 Sphere
 - 2 Childish silly
 - 3 Herald, as a new era
 - 4 Shut tightly
 - 5 College locales
 - 6 Perches
 - 7 Sarah _ Jewett
 - 8 Hitter Mel
 - 9 "I'll pass"
 - 10 One capful, perhaps
 - 11 Often-purple flowers
 - 12 Major worry
 - 13 Argentine plain
 - 14 Web biz
 - 15 Relax
 - 16 Apprise
 - 17 Apple or pear relative
 - 18 Emphasis
 - 24 Flower cluster
 - 28 Ricochet
 - 29 Animal park
 - 30 Soup enhancer
 - 32 Apiary insect
 - 33 Guthrie with a guitar
 - 37 Saying
 - 38 In that case
 - 39 "Mr. St. Nick" actress Ortiz
 - 40 Animator's frame
 - 43 _terrier
 - 44 Roadie's tote
 - 45 Hindu trinity member
 - 47 See 26-Across
 - 49 Wolflike carnivores
 - 50 China's Chou En_
 - 51 "And how!"
 - 52 Ukrainian port city
 - 53 Fifteen times six
 - 54 Quick-to-build home
 - 55 Poe maiden
 - 56 Brunch fare
 - 58 Line of Apple computers
 - 62 Actress _ Dawn Chong
 - 63 Elfish sort
 - 65 "Tsk tsk!"
 - 66 Kabuki sash
 - 67 "Platoon" site, in brief
 - 69 Ovum
 - 72 Black crows
 - 73 "Point taken"
 - 76 Patriotic women's gp.
 - 79 Some Scots
 - 82 F followers
 - 84 Program
 - 87 Unoriginal
 - 88 Actress Meyers
 - 89 Swift sleds
 - 90 Pale-faced
 - 92 Hoodwinks
 - 93 South Carolina river
 - 96 Holy Mlle.
 - 98 Euphoria
 - 99 Desert of the southwest U.S.
 - 100 _Z (total)
 - 101 Botch the job
 - 102 Pretext
 - 103 Not as cold
 - 104 Big bird
 - 105 Relax
 - 106 Disagreeing
 - 108 Following
 - 109 Think a lot of
 - 110 Tickle pink
 - 115 Snake tooth
 - 116 To be, to Voltaire
 - 117 1,502, in old Rome
 - 118 Duck variety
 - 121 Exec's deg.
 - 122 Suffix with journal
 - 123 Cousin

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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54	55	56				57		58			59				60				
61				62	63			64	65	66	67			68	69				
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80							81	82				83	84			85			
86				87					88	89	90		91		92	93			
				94					95			96			97		98	99	100
101	102	103	104						105					106					
107						108	109	110			111			112				113	
114						115					116			117				118	
119						120						121	122						123
124						125						126						127	
128						129						130						131	

Comix

OUT ON A LIMB By Gary Kopervas



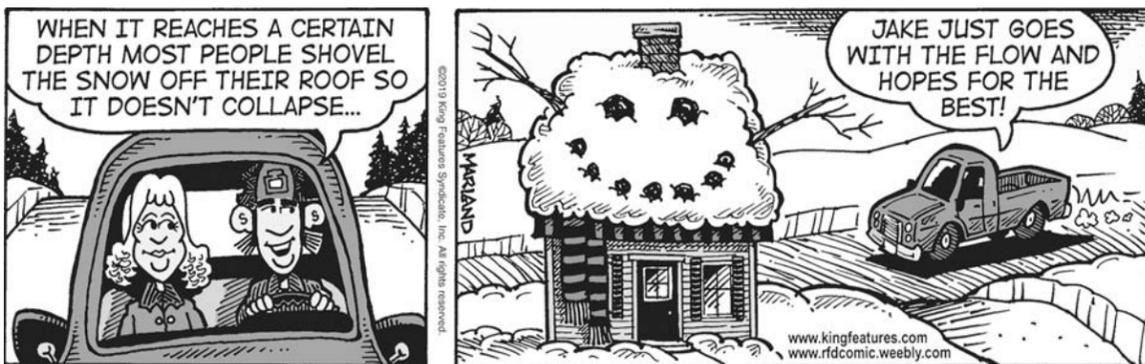
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



San Eli HS holds FAFSA night

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – On February 26, 2019, San Elizario High School (SEHS) hosted their second Free Application for Federal Student Aid (FAFSA) Night for all seniors. Several San Elizario families showed up to start and complete the process to begin accessing the billions of dollars of federal student aid available to help pay for their children’s college education.

Representatives from El Paso Community College (EPCC), the University of Texas at El Paso (UTEP) as well as San Elizario High School’s Counseling Department were on hand to help attendees complete the online submission process and answer questions about the application.

“As of now, we have 65% of seniors who have submitted their FAFSA

applications and have received immediate response for grants and loans,” said Claudia Hernandez, counselor at SEHS.

For those families that were unable to attend the financial aid workshop, Hernandez encourages them to complete the FAFSA as soon as possible in order to ensure that funds will still be available and to access other nonfederal aid available from higher education institutions that also use the FAFSA information to determine awards.

“For those students who qualify for the full financial aid package – which includes grants, loans, and work study – they receive about \$30K per academic school year. This federal student aid can pay for college expenses such as tuition and fees, room and board, books and supplies, and other educational related expenses,” Hernandez said.

Visit www.studentaid.ed.gov/sa/fafsa for more information on FAFSA.

Archives: www.wtxcc.com

Coffee counts as hydration

DEAR DR. ROACH: I drink a lot of coffee, about 80 ounces per day. I feel no ill effects and have no stomach discomfort, but my wife says water is better. A kidney specialist basically said, “fluid is fluid” and that as long as I am hydrated, coffee is fine. With studies showing that coffee has antioxidants and reduces certain cancers, what should I do? – M.K.



People with long memories may recall that in the early 1980s, coffee was linked to an increased risk of pancreatic cancer. However, the study has become a textbook example of poor design, and further studies have suggested that coffee drinking may be associated with lower risk of breast, prostate and oral cancers. I wouldn’t recommend drinking coffee just for this reason, as the effect size, if it really exists, is pretty small.

As far as hydration goes, your kidney specialist is completely right. The caffeine in regular coffee is perceived as a diuretic (a substance that makes you urinate excessively), but that turns out to be myth as well, at least in regular coffee drinkers.

One potential ill effect of caffeine is that it minimally decreases calcium absorption. However, this amounts to the equivalent of calcium in a tablespoon or two of milk, so it is unlikely to affect overall calcium balance significantly.

Eighty ounces of coffee is a lot of caffeine, and some people will get jittery or have sleep disturbances. It also can have variable effects on gut motility (that’s a delicate way of saying that it commonly causes diarrhea, but it also can cause constipation). All that said, if you aren’t having any ill effects from drinking so much coffee, coffee is fine – though I still think that, as your wife says, water is better for many people.

DEAR DR. ROACH: I am a 64-year-old male. I had a stroke and lost vision in my right eye in 2005. I am right-handed. I had very high blood pressure at the time, and it’s now under control with drugs. Since then, I can no longer wear polarized sunglasses. I have light-sensitive eyes, but most over-the-counter sunglasses are polarized. My ophthalmologist and other eye specialists tell me they’ve never heard of my problem occurring. With polarized glasses on, I see in 3-D. Blue lines in the roadway and sewer lids or any metal covering appear to be 3-D to me. I have to be careful stepping over the handicap space lines because they look like curbs. Have you ever heard

See HEALTH, Page 8

Moore Texas by Roger Moore

March 2 is Texas Independence Day! Drink a toast, have a party, eat some Chili, or AT LEAST Throw your hat in the air and thank God you’re in Texas!



Health

From Page 7

of this, or am I unique? If I can locate nonpolarized lenses, then I have no problem. Thank you. – J.O.

While everyone is unique, this is a condition I have heard of before. In fact, I know people who deliberately watch television with one eye in order to enhance the 3-D effects. Polarized light does tend to accentuate lines and edges, so it doesn't surprise me that with your one working eye you have an accentuated 3-D sensation – your brain has learned to use cues that people with two working eyes might miss. In your case, the brain has interpreted things so strongly that you are having some optical illusions.

Sadly, I don't have any practical advice beyond finding nonpolarized lenses.

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: J equals O

DLWVSA BJ CAOQCA NRW BJ
CJ NQBR BRA BTAA BTDLF RA
RWC ZDPB MTJOAPPAC, BRA
SDEVATZWOF NWP PBDEMAC.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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TeleHealth visits surge



by Freddy Groves

In 2018 the Department of Veterans Affairs increased the use of TeleHealth medical visits by 19 percent, bringing the total to over 1 million. If you have an opportunity to use Telehealth, do.

Half of the veterans who use TeleHealth live in rural areas, far from any facility, or are unable to travel. Using a computer or mobile device, medical problems such as PTSD, diabetes and chronic heart failure can be monitored from the comfort of your own home. A care coordinator takes charge of the details, working with the care providers to change treatment, set up clinic appointments and more.

Half of the TeleHealth visits don't involve a specific appointment. Instead, staff monitors, screens and assesses the data sent in by the veteran or another VA facility, taking vitals or sending images that are stored

until staff examines them.

Telehealth lets you to talk to specialists who might be a thousand miles away for any of 50 different medical categories, making contact from a nearby clinic through Clinical Video TeleHealth. TeleMental health, TeleRehab, TeleSurgery (consultation and diagnosis, not the actual surgery) and over a dozen other medical categories are available from the nearest clinic, even if the clinic itself cannot provide those levels of care. You'll have medical staff there should you have questions or need help.

To learn more about TeleHealth, go online to www.telehealth.va.gov or www.ruralhealth.va.gov.

To learn more about the app that makes all this possible, download the VA Video Connect app from mobile. va.gov/app/va-video-connect. It works with Android, iOS and Windows, and you'll need internet access and a web camera. There's a test link to ensure your device is compatible.

One big stumbling block has been removed by a new federal

rule: the legality of an out-of-state physician consulting with a veteran in another state. Veterans can now contact specialists no matter where they are.

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• Worried about pesticides in your diet? Try mangos, one of the fruits least likely to have pesticide residues.

• It can be a snap to remove burned-on food from the bottom of a pot or a frying pan. All you have to do is sprinkle in some baking soda and add hot water. Let the mixture sit overnight. In the morning, add a dash more baking soda and scrub the residue away.

• Got dirty floors? Make sure you aren't throwing good effort into a dirty mop. You need a second bucket filled with rinse water, then follow this pattern: Clean mop in water with cleaner, mop a section of floor, rinse mop in plain water, go back over that section, rinse mop again. Repeat.

• "I like strong tea with no milk. My husband drinks black coffee. The coffeemaker and our mugs get stained over time. About monthly, I 'brew' a pot of hot water, but I put a dishwasher 'pac' in the carafe. The hot water dissolves the cleaner, making the coffee carafe easy to clean. Then I use the detergent water to clean all the mugs. It works like magic."

– T.L. in Missouri

• In time for tax season: Don't overlook the value of opening and contributing to an individual retirement account to reduce your tax bill. Contributions need not always be made by Dec. 31 to count; it's possible to open an account as late as tax-filing day on April 15, and it can still count against your 2018 taxes.

• To check for toilet leaks, add a few drops of food coloring to the toilet tank. If, without flushing, you see the bowl water start to change color, you know you have a leak.

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

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!

		-		x				14
x			x			÷		
		-		x				21
-			+			+		
	x			-				15
20			11				10	

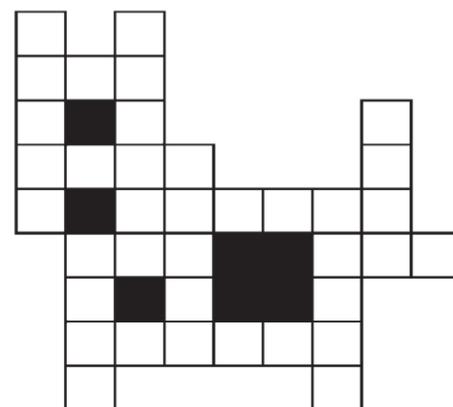
1 3 4 5 6 7 7 8 9

Answer Page 4

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- TEM
- DETSLE
- TARLA
- EXPA
- ♥RANIEM
- AYL
- ♥ENMA
- EDILY
- EAX
- XYNAST
- METOE
- ♥RAYT



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

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