



NEWSBRIEFS

SISD educators

Educators in the Socorro Independent School District are starting the 2019-20 school year with more professional development, a districtwide technology conference, and preparations in their schools and classrooms. More than 3,400 teachers, nurses, librarians, and instructional aides returned to work this Monday. Administrators, faculty and staff at the 49 schools in Team SISD will be back in trainings and finalizing preparations to greet students and their families for the first day of school on July 29. The educators will be participating in professional development and trainings in a variety of topics, including ESL certification, language proficiency, lesson preparations and strategies, content building, and student assessments. "We eagerly welcome back our awesome Team SISD educators who work hard to treat and educate all students as if they are their own children," said SISD Superintendent José Espinoza, Ed.D. "This week is important to provide our employees the support, training, and resources to get the school year off to a great start."

— Christy Flores-Jones

Smart cities

With the fall semester drawing near and higher levels of education correlating with higher median weekly earnings, the personal-finance website WalletHub has released its report on *2019's Most & Least Educated Cities in America* as well as accompanying videos. To determine where the most educated Americans are choosing to settle, WalletHub compared the 150 largest U.S. metropolitan statistical areas, or MSAs, across 11 key metrics. The data set ranges from share of adults aged 25 and older with a bachelor's degree or higher to racial education gap to quality of the public-school system. El Paso was ranked 136th in this report. Other stats:

- The Ann Arbor, MI, metro area has the highest share of bachelor's degree holders aged 25 and older, 54.40 percent, which is 3.9 times higher than in Visalia-Porterville, CA, the metro area with the lowest at 13.90 percent.
- The Oxnard-Thousand Oaks-Ventura, CA metro area has the highest racial education gap, with the share of black bachelor's degree holders aged 25 and older at 26.45 percent,

See BRIEFS, Page 5

Good health just doesn't take care of itself and it is usually lost assuming that it will.

— Quips & Quotes

El Paso TxDOT office gets new district engineer

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Tomas Trevino, P.E., is the new El Paso District Engineer for the Texas Department of Transportation (TxDOT). He replaces Bill Bielek, who resigned in May.

As of July 10, Trevino has taken over the oversight responsibilities for the various state highway infrastructure projects that are in the works or are about to begin throughout the West Texas region. He will be in charge of the planning, designing, building, operations, and maintenance of the state transportation system for the six-county El Paso District.

Texas is divided into 25 TxDOT districts that supervise the construction and maintenance of state highways. The El Paso district, which is comprised of more than 5,000 miles of state roadways, is one of the largest districts in land area as it includes the counties of Brewster, Culberson, Hudspeth, Jeff Davis, Presidio, besides El Paso.

"I am excited to work with the employees of the El Paso District, to develop the needed transportation projects in the El Paso District," Trevino told reporters. "I

also look forward to working with our local partners and contracting community to deliver these transportation needs in a timely manner," he stated.

Trevino comes to El Paso from the Corpus Christi District, where he has served as Deputy District Engineer, where he managed the district's alternative delivery program and directed the new Harbor Bridge design-build project.

"Tomas brings a wealth of knowledge and leadership experience to the position," said Randy Hopmann, TxDOT's Director of District Operations. "He has been involved with various committees across the state and his role in the area engineer training class these past few years demonstrated his commitment to developing our employees and the future of the department."

Trevino, who has spent 27 years with TxDOT, has worked his entire career with the department in the Corpus Christi district. During his tenure, he has served in different roles for the Corpus Christi district including geometric design engineer, Alice area engineer, and director of operations.

As operations director, Trevino led the Hurricane Harvey response for the district and oversaw clean-up efforts that helped bring communities along the coast back



— Photo courtesy of TxDOT

Tomas Trevino

to some sense of normalcy.

Trevino received his bachelor's degree in Civil Engineering from Texas A&I University at Kingsville in 1991. After graduation from college, he was employed by the Washington Department of Transportation in Seattle. He moved back to Texas in 1992 and began work with TxDOT's Corpus Christi district as an engineering assistant for the Sinton area office.

EPCESD #1 breaks ground on new fire station



The El Paso County Emergency Services District #1 (ESD1) held a groundbreaking ceremony for its second station in the Horizon area on June 27. Above from left, Lt. Jordan Adams, ESD1; Cpt. Daisy Sanchez, ESD1; Samantha Corral, Horizon City Council; Asst. Chief Daniel Ames, ESD1; Chief Kris Menendez, ESD1; Katherine Ames, ESD1 (budget and finance); Yvonne Aranda, El Paso County (budget and fiscal policy); and Ron Larson, ESD1 (administration) all dug in to kick off the project. The 8,782 square foot fire station will be located off of Eastlake Blvd. at the corner of Mission Ridge and Paseo Del Este. The new station, projected to be completed in January 2020, will give residents faster response times in the rapidly growing area of ESD1. Homeowners within a five-mile radius will see a reduction in their homeowners insurance. Many homes in that radius are currently rated, per the Insurance Services Office (ISO), as 9 and the new station will drop the rating to 2. The lower ISO rating will save residents approximately 35-40 percent on their homeowners' insurance premiums. Homeowners must notify their insurance carrier of the new rating when renewing their policy to get the better rates. The station was designed by ASA-Architects



— Photo and rendering courtesy El Paso County Emergency Services District #1

(rendering inset above) and is being built by Medlock Commercial Construction. Two or three fire fighters will initially man the station around the clock, seven days a week. It will have quarters for twelve people with a kitchen and weight room. Two pumpers and a QRV (quick response vehicle) will be housed at the station. The QRV is a heavy duty pickup truck with medical supplies and limited fire fighting gear that responds to most medical emergencies.

— Rick Shrum

Clint Independent School District Public Notice

2019-2020 School Meal Policy

The Clint Independent School District and Clint High School, Clint Early College Academy, Clint Junior High School, W.D. Surratt Elementary School, Horizon High School, Ricardo Estrada Middle School, Horizon Middle School, C.T. Welch Elementary School, Desert Hills Elementary School, Frank Macias Elementary School, Mountain View High School, East Montana Middle School, Montana Vista Elementary School and Red Sands Elementary School announced today a change to its policy for serving meals to children served under the National School Lunch Program and School Breakfast Program for the 2019-2020 school year. Schools qualifying to operate the Community Eligibility Provision (CEP) provide breakfast and lunch to all children at no charge and eliminate the collection of meal applications for free, reduced-price, and paid student meals. This new approach reduces burdens for both families and school administrators and helps ensure that students receive nutritious meals.

For additional information please contact Clint ISD:

Jeffery Ackerman, General Manager SFE, CISD Child Nutrition Program
14521 Horizon Boulevard, El Paso, TX 79928
Telephone: 915-926-4980; Email: jeffery.ackerman@clint.net

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

The Clint Independent School District is an equal opportunity provider.

Notificación Pública

Póliza de Comida del Año 2019-2020

El Distrito Escolar Independiente de Clint y las escuelas Clint High School, Clint Early College Academy, Clint Junior High School, W. D. Surratt Elementary School, Horizon High School, Ricardo Estrada Middle School, Horizon Middle School, C. T. Welch Elementary School, Desert Hills Elementary School, Frank Macias Elementary School, Mountain View High School, East Montana Middle School, Montana Vista Elementary School y Red Sands Elementary School ha anunciado hoy un cambio en la póliza para servir comidas a los niños atendidos bajo los programas de National School Lunch Program y School Breakfast Program en el año escolar 2019-2020. Las escuelas que califican para operar el Community Eligibility Provision (CEP) ofrecen desayuno y comida a todos los niños sin costo alguno y elimina la colección de solicitudes para comida gratis, precio reducido, y pagado. Este nuevo enfoque reduce la carga para las familias y los administradores escolares y asegura que los estudiantes reciban comidas nutritivas.

Para información adicional por favor comunicarse con Clint ISD a:

Jeffery Ackerman, Gerente General SFE, CISD Child Nutrition Program
14521 Horizon Boulevard, El Paso, TX 79928
Telefono: 915-926-4980; Email: jeffery.ackerman@clint.net

Conforme a las leyes federales y a los derechos civiles, reglamentos y políticas del Departamento de Agricultura de los Estados Unidos (U.S. Department of Agriculture, USDA), se prohíbe a esta institución discriminar por motivo de raza, color, nacionalidad, sexo, edad, discapacidad y reprimir o tomar represalias por actividades realizadas en el pasado relacionadas con los derechos civiles. (No todos los principios de prohibición se aplican a todos los programas). Las personas discapacitadas que requieran medios alternos para que se les comunique la información de un programa (por ejemplo, braille, letra agrandada, grabación de audio, lenguaje de señas estadounidense, etc.) deberán comunicarse con la agencia estatal o local responsable de administrar el programa o el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339. La información del programa también está disponible en otros idiomas además del inglés.

Para presentar una queja de discriminación en el programa, completar el Formulario de Queja USDA Programa de discriminación, (AD-3027) se encuentra en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html, y en cualquier oficina del USDA, o escribir una carta dirigida a proporcionar USDA y en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de queja, llame al (866) 632-9992. Enviar el formulario completado o una carta al USDA por: (1) mail: Departamento de Agricultura, Oficina del Secretario Adjunto de Derechos Civiles, 1400 Independence Avenue, SW, Washington, DC 20250-9410 EE.UU.; (2) Fax: (202) 690-7442; o (3) e-mail: program.intake@usda.gov.

El Distrito Escolar Independiente de Clint es un proveedor de igualdad de oportunidades.

WTCC: 07-25-19

Food for thought By John Grimaldi

Seniors hard hit by America's opioid crisis

The focus of the opioid crisis in the U.S. is on younger victims. But, according to senior advocate Dan Weber "the substance abuse epidemic is having a growing impact on older Americans, the fastest growing segment of the population."

The president of the Association of Mature American Citizens (AMAC) says that there is substantial research showing that addiction to alcohol, prescription drugs and illicit

entire year. They also include beneficiaries who appeared to be doctor-shopping (going to multiple doctors and pharmacies to obtain high quantities of opioids)."

The AMAC chief called opioid abuse among elderly users "a crisis within a crisis" that needs immediate attention. "Physicians need to take the lead and begin offering counseling to older patients at risk of addiction. They also need to offer to prescribe opioid

In 2016, one out of every three beneficiaries received a prescription opioid through Medicare Part D.

— HHS

drugs among senior citizens has gone unnoticed for too long.

Weber called a report by the Inspector General at the Health and Human Services Department published in 2017 a wakeup call. The report revealed that "in 2016, one out of every three beneficiaries received a prescription opioid through Medicare Part D. Half a million of them received high amounts of opioids – an average daily use of 120 mg for at least 3 months of the year.

Even more concerning, almost 90,000 beneficiaries are at serious risk of misuse or overdose. These include beneficiaries who received extreme amounts of opioids – more than two and a half times the level that Centers for Disease Control and Prevention recommends avoiding – for the

alternatives when treating patients suffering from chronic pain."

Here's the way it works. Chronic pain is widespread among the country's 50-plus population and one of the easiest and most effective ways of treating pain can involve the use of opioids. The danger is in the fact that legitimately prescribed opioid painkillers can become addictive and, ultimately, can lead to transitioning to illicit drugs.

And, Weber points out, that the result is that seniors are not only the fastest growing segment of the U.S. population, they are also one of the fastest growing populations with diagnosed opioid use disorders.

Pharmacist Kathleen Cameron

See OPIOIDS, Page 4



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

COPYRIGHT:
Entire contents © 2019 Homesteader News, Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc.

LETTERS TO THE EDITOR:
Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.

AD DEADLINE:
Friday 4 p.m. for the next Thursday.

CLASSIFIED RATES
\$15 for 25 words, \$20 for 40 words. Ad must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

DISPLAY RATES:
Open rate — \$30 per column inch. Call for more information or to set an appointment. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

MAIL SUBSCRIPTIONS:
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



Member Texas Community Newspaper Association

Publisher
Rick Shrum
Contributors
Alfredo Vasquez
Steve Escajeda



Homesteader
Est. 1973
News, Inc.

Send Your Newsbrief To:
wtcc@wtcc.com

Middle-Class Joe cashes in

The American middle class just got a lot richer.

Joe Biden, who invariably and tiresomely refers to himself as "Middle-Class Joe," made \$15 million the first two years after the end of the Obama administration.

According to one estimate, it takes an annual income of \$420,000 to be in the top 1% of earners. Biden made 26 times that in 2017. He used to be remarkable among top politicians for not being very wealthy, but even in the old days of straitened circumstances, he and his wife were making about \$400,000 a year, enough to make the top 1% in Delaware.

This doesn't discredit any particular Democratic policy proposal, but it shows that in inveighing against the 1%, many top Democrats are attacking a group they are happy to be part of.

The Bidens bought a \$2.7 million vacation house on the beach, a luxury far out of the reach of the vast majority of Americans. If Biden has felt any guilt, he has yet to show it.

We shouldn't begrudge Biden, or anyone else, getting what the market is willing to pay him, and spending it on things he enjoys. But what's true of Biden is as

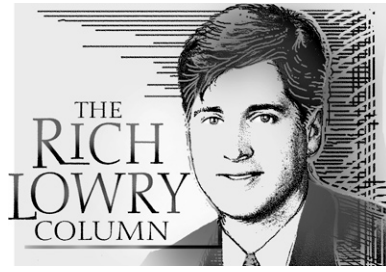
true of other denizens of the 1%, a category that includes people across all sorts of industries and professions.

What distinguishes the buck-raking of a politician like Biden is that he is simply cashing in on his fame, rather than adding any true value the way an entrepreneur does, or providing important services like a doctor or an accountant.

Writing books (often with the help of a ghostwriter) and showing up and giving speeches is perhaps the easiest money in America, and it is uniquely the path to wealth of politicians.

This road is so paved with gold that even Sandinista-friendly avowed socialists can make a bounty, as Bernie Sanders has without apology, indeed with a prickly defensiveness. "I didn't know that it was a crime to write a good book, which turned out to be a bestseller," he huffed at a community meeting.

It's also not a crime to use tax loopholes to keep from paying more than necessary to the IRS, as Biden can attest. The Wall Street Journal reports that the former vice president, a longtime critic of tax loopholes exploited by the rich, himself used a loophole that Democrats have long tried to eliminate to



save about half a million on his tax bill.

Biden is by no means the lead scourge of the wealthy in the Democratic field. He's been outflanked on this issue by Sanders and Elizabeth Warren, who herself made nearly a million dollars last year. At a recent fundraiser, he said that rich people shouldn't be demonized. Of course, Biden was talking to a room of fellow rich people.

On CNN the other night, he was back as usual to calling himself Middle-Class Joe. It's probably too much to ask him to give up that shopworn self-image. Still, he and many of his colleagues would be truer to how they live their own lives if they began to more fully embrace and promote the idea of their fellow Americans getting rich.

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

View from here By Jane M. Orient, M.D.

Numbering you won't stop the opioid crisis

People are dying all over the country from opioid overdoses. There's a movement to have the antidote naloxone available in all ambulances and even over the counter. This temporarily reverses the fatal effect of opioids, which stop the patient's breathing. First responders themselves may need a dose because of contact with a tiny amount of fentanyl, an extremely potent narcotic, while attending a patient.

No, the fentanyl does not come from the patient's bottle of legal prescription drugs.

Rep. Bill Foster (D-Ill.) introduced a proposal that he claims would "go a long way to fight the practice of doctor shopping for more prescription pain pills amid a deadly opioid crisis." Doctor shopping "involves visiting multiple doctors." Hardly new, this proposal, now passed by the House of Representatives as an amendment to a \$99.4 billion Health and Human Services appropriations bill, lifts the ban on funding a Unique Patient Identifier (UPI).

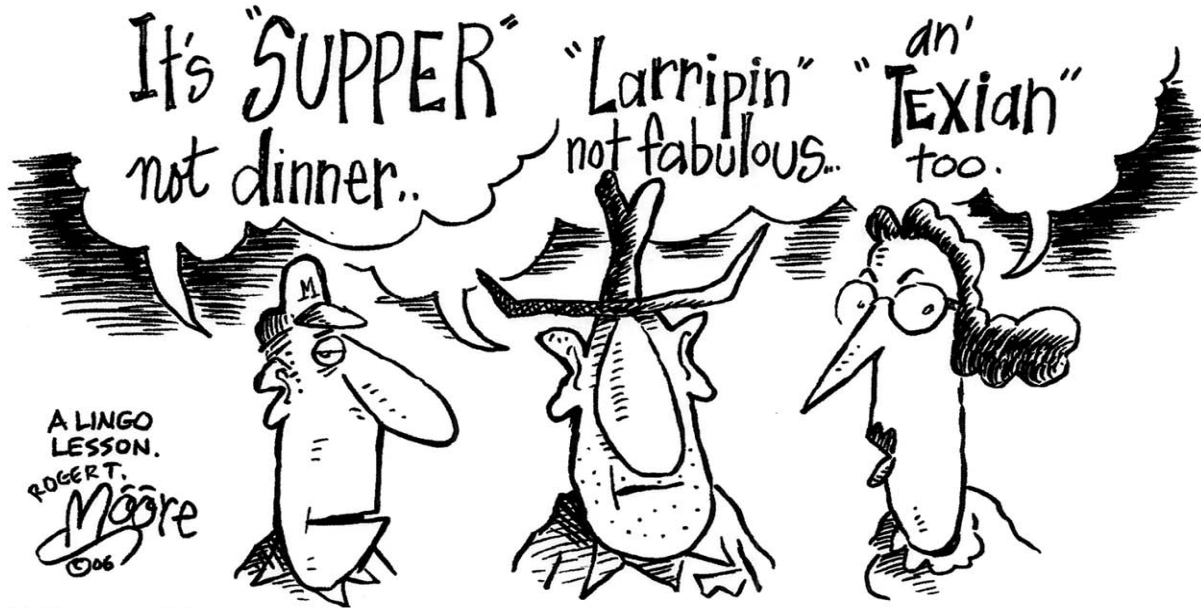
The UPI is part of the Health Insurance Portability and Accountability Act (HIPAA) of 1996. You don't have one yet because former congressman Ron Paul, M.D., (R-Tex.) sponsored a prohibition on funding it as part of a 1999 appropriations bill. Rep. Foster's amendment repeals Dr. Paul's prohibition.

So how is this 1996 idea supposed to work? And why would it be better than the Prescription Drug Monitoring Programs (PDMPs) now in effect in nearly every state? Every prescription for a controlled substance must be reported to the PDMP, and the doctor must check it before writing a prescription, to be sure the patient is not lying about having prescriptions from other doctors. This costly program that creates time-consuming hassles for doctors has not prevented opioid deaths.

PDMPs are ineffective because doctor shopping is not the

See UPI, Page 5





Moore Texas by Roger T. Moore
The 1858-59 Texas Almanac says "TEXIAN" is the preferred way to describe a resident of Texas.

Public Notice Anthony Independent School District SECTION 504 SERVICES

The Anthony Independent School District provides the following educational services/options to identified disabled students who reside within the district.

- ◆ Child find activities to notify disabled students and their parents of their rights and the district's obligation to provide a free, appropriate public education.
- ◆ Referrals to Section 504 when it is believed the students have a physical or mental impairment that substantially limits one or more major life activities and the students are in need of educational accommodations.
- ◆ Procedural safeguards under Section 504.
- ◆ Evaluations of students to determine eligibility for the Section 504 program.
- ◆ Placement into the Section 504 program, which means the student could receive:
 - ✓ individually planned modifications in the regular classroom,
 - ✓ transportation services to and from school,
 - ✓ health services from the school nurse,
 - ✓ accommodations regarding access to any part of the campus, or
 - ✓ assistance in reading for students with dyslexia in a reading program.
- ◆ Special education services are available to Section 504 students, if the students qualify for one of the specific disabilities under special education.

If you would like more information or know of a child with disabilities who is not receiving educational services, please contact: Sandy Honts, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

SERVICIOS DE LA SECCION 504

El distrito escolar independiente de Anthony provee los siguientes servicios/ opciones educacionales a los estudiantes con discapacidades identificados que residen dentro del distrito.

- ◆ Actividades para encontrar a niños para notificar a los estudiantes con discapacidades y a sus padres de sus derechos y de las obligaciones del distrito a proporcionar una educación pública que sea gratuita y apropiada.
- ◆ Referimientos a la Sección 504 cuando se cree que el estudiante tiene una discapacidad mental o física que limita substancialmente una o más actividades vitales importantes y los estudiantes necesitan modificaciones en su educación.
- ◆ Derechos legales garantizados bajo Sección 504.
- ◆ Evaluaciones de estudiantes para determinar si califican para el programa de la Sección 504.
- ◆ Colocación dentro del programa de la Sección 504, lo que significa que el estudiante puede recibir:
 - ✓ modificaciones en el salón de educación regular planeadas individualmente,
 - ✓ servicios de transporte para la escuela y para atrás,
 - ✓ servicios de salud por la enfermera de la escuela,
 - ✓ cambios que garanticen el acceso a cualquier parte de la escuela,
 - ✓ ayuda en lectura para estudiantes con dislexia en un programa de lectura.
- ◆ Se ofrecen servicios de educación especial a los estudiantes Sección 504, si los estudiantes califican para una de las discapacidades específicas bajo educación especial.

Si usted desea más información ó sabe de un niño/niña desabilitado que vive en el Distrito Escolar de Anthony que no está recibiendo servicios educacionales, favor de comunicarse con: Sandy Honts, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

WTXCC: 07-25-19

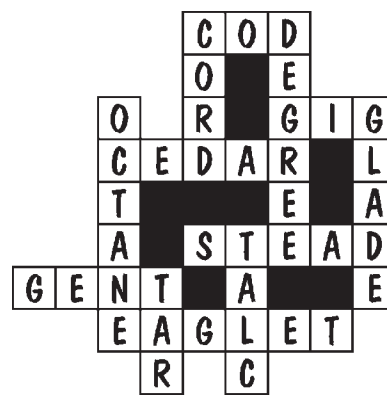
Opioids

From Page 2

is also Senior Director of the National Council on Aging (NCOA). In a recent article published on the PainAgainstPain website she reported that a survey of 200 organizations serving seniors "found that 81% of those organizations agree their clients have little knowledge of safe and affordable alternatives to opioids. NCOA research also uncovered that while 70% of these organizations have had to increase their efforts to address the opioid epidemic, less than 28% routinely screen vulnerable aging clients for opioid abuse or dependency. NCOA believes resources need to be invested in educating our aging population and those who serve older adults, in order to reach those at-risk before they become dependent on opioids."

The Association of Mature American Citizens (http://www.amac.us) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.

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



CryptoQuip Answer

I myself probably won't use much curry, but if you do, then I say "More powder to you!"

FCC	REPS	EMERALD	WARP
EAR	ACRE	NOMINEE	IDEA
WHOLE	LOTT	EVENING	CLASS
ONO	ANTS	INK	TRUDGES
YOU'RE	TOOK	KIND	BEAT
ATTIC	USING	RAND	MOLD
MSS	RAN	BIOMES	ESE
FUR	MAGNETIC	STRIPE	
SOME	AMIGO	LISA	OGDEN
PROD	GAS	MON	RAVELED
ANN	FOR	CEOF	NATURE
RAT	FINK	ZSA	ASS
ETHAN	ELIA	MCCOO	USSR
DESCENDING	GSORT	NOD	
TSE	KEEPTO	ISP	PTA
EXES	WOES	REWIND	ISAAC
VAN	OWNS	BOLDFACE	TYPE
ANGORAS	LIU	SIRI	ASE
DAILY	VARIETY	CATEGORY	
EDNA	ELMTREE	AGED	FEM
SUEY	RESEEDS	NESS	FDA

Strange BUT TRUE

By Samantha Weaver

• It was Robert Wright, journalist, scholar and author of best-selling books about science, who made the following sage observation: "Like a lawyer, the human brain wants victory, not truth; and, like a lawyer, it is sometimes more admirable for skill than virtue."

• Famously flamboyant country singer and songwriter Dolly Parton once entered a Dolly Parton look-alike contest... and lost.

• The small Asian country of Bhutan, nestled in the mountains between China and India, had no access to TV until 1999.

• You've doubtless heard of narcolepsy, a medical condition that causes sufferers to sleep excessively – sometimes up to 18 hours a day. You're probably not familiar with philagrypnia, though. People with this condition – I won't call them "sufferers" – require only three or four hours of sleep a day. What would you do with all that extra time?

• Those who study such things say that the average woman changes her hairstyle 20 times between the ages of 18 and 24. Between the ages of 50 and 80, though, women change it only four times.

• Now that summer is here in full force, you might want to keep in mind the fact that there are 1,500 known species of fleas and 9,500 known species of ants. Then again, that might be a factoid you'd rather forget.

• If you're out in the American West, you may see the iconic saguaro cactus. It matures extremely slowly – it might grow only 6 inches in its first 10 years of life. It's persistent, though; the largest known specimen reached 60 feet in height.

Thought for the Day: "Politics is not the art of the possible. It consists in choosing between the disastrous and the unpalatable."
– John Kenneth Galbraith

(c) 2019 King Features Synd., Inc.

2	x	9	+	4	22
x		-		x	
8	-	1	x	5	35
+		x		+	
7	x	5	-	6	29
23		40		26	



Moments in time
THE HISTORY CHANNEL

• On July 22, 1933, American Wiley Post returns to Floyd Bennett Field in New York, becoming the first aviator to fly solo around the world. Piloting a Lockheed Vega monoplane named the Winnie May, he circled the globe in 7 days, 18 hours and 49 minutes.

• On July 23, 1996, at the Summer Olympics in Atlanta, the U.S. women's gymnastics team wins its first-ever team gold. The American women's best finish to that point had been a silver at the 1984 Los Angeles Olympics.

• On July 24, 1959, during the grand opening ceremony of the American National Exhibition in Moscow, Vice President Richard Nixon and Soviet leader Nikita Khrushchev engage in a heated debate in a model kitchen set up for the fair. The "kitchen debate" became one of the most famous episodes of the Cold War.

• On July 25, 1965, Bob Dylan went electric at the Newport Folk Festival, performing a rock-and-roll set publicly for the first time. The dismayed audience shouted and booed when he launched into an electrified version of "Maggie's Farm."

• On July 26, 1775, the U.S. postal system is established by the Second Continental Congress, with Benjamin Franklin as its first postmaster general. Franklin set up more efficient colonial routes and standardized delivery costs based on distance and weight.

• On July 27, 1949, the world's first jet-propelled airliner, the British De Havilland Comet, makes its maiden test-flight in England. The jet engine would revolutionize the airline industry, shrinking air travel time in half.

• On July 28, 1976, a nighttime earthquake measuring between 7.8 and 8.2 magnitude on the Richter scale flattens Tangshan, a Chinese industrial city with a population of 1 million. The 23-second temblor leveled 90 percent of Tangshan's buildings, killing an estimated 242,000 people in the city and surrounding areas.

(c) 2019 Hearst Communications, Inc. All Rights Reserved.

Drivers

**Drivers-CDL-A
Great Benefits &
Competitive Salary!**

2yrs CDL-A, 25 YOA, Hazmat End.

Are you looking for a well-compensated career?

Call Cast Specialties: 855-971-3092

UPI

From Page 3

cause of the problem. Only 2.5 percent of misused prescription pain medicine was obtained by doctor shopping. And this small percentage apparently increased after PDMPs. More than 97% of misused medications are obtained from a single physician—or from an illicit source. The spike in opioid deaths after 2013 was caused by illicit fentanyl, as Dr. John Lilly concludes from painstaking analysis of official data.

If Rep. Foster's amendment is not removed, you might have to have a UPI to get legitimate medical care — "no card, no care" — but the drug cartel won't mind. You can shop drug dealers as much as you like. There is a flood of fentanyl, mostly from Mexico or China, coming across our borders. Rep. Foster is apparently unaware of the armed lookouts protecting the smuggling routes in the Tucson sector. And once here, the drugs go to distributors — such as illegal aliens protected in sanctuary cities.

So, what about the other touted benefits of the UPI? "Specifically, assigning a unique number to a patient would give doctors a way to immediately identify a patient's medical history," said Rep. Mike Kelly (R-Pa.). He says it "would lower the cost of medical mix-ups due to misidentification." His elderly father was nearly given the wrong medication.

To prevent medical errors, you need alert nurses and doctors — and the UPI is not going to fix the hazards of the electronic health record. The EHR, touted as the solution that will bring efficient,

quality care, has created its own type of errors.

There is no guarantee that a UPI will improve access to the record, and critical information will still be buried in voluminous, repetitious data of dubious reliability, some of which may have been cut-and-pasted from another patient's record. There may be critical gaps as patients withhold information they don't want in a federal database. The new problem that brings the patient to the hospital won't be in the old record — but may be the result of an old misdiagnosis that should be corrected instead of copied.

Patients need to be able to shop for doctors, especially if the one they have has not solved their problems. Some of them desperately need opioids, which are increasingly difficult to obtain. They do not need a UPI, and neither does their doctor.

The UPI is ideally suited for government tracking and control of all citizens. People like J. Edgar Hoover or Lois Lerner might find it very useful. But it would be the end of privacy, and the foundation for a national health data system.

Jane M. Orient, M.D. obtained

her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She is currently president of Doctors for Disaster Preparedness. She is the author of *YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare*. She is the editor of *AAPS News*, the *Doctors for Disaster Preparedness Newsletter*, and *Civil Defense Perspectives*, and is the managing editor of the *Journal of American Physicians and Surgeons*.

**Anthony Independent School District
Division of Career and Technical Education**

Public Notification of Nondiscrimination in Career and Technical Education* Programs

1) The Anthony Independent School District offers career and technology education programs in business, human services including culinary arts and cosmetology, commercial arts, health, industrial programs including air conditioning, refrigeration and heating technology, electronics, computer and automotive professions. Admission to these programs is based on interest and aptitude, age appropriateness, and class space availability.

2) It is the policy of Anthony Independent School District not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973, as amended.

3) It is the policy of Anthony Independent School District not to discriminate on the basis of race, color, national origin, sex, handicap or age in its employment practices as required by title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

4) Anthony Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all career and technology programs.

5) For information about your rights or grievance procedures, contact Oscar Troncoso, Asst. Superintendent, at 840 Sixth Street, Anthony Texas 79821, or call (915) 886-6500.

*These programs are called "Career and Technical Education" in Texas, but the applicable civil rights laws use the term "vocational."

**El Distrito Escolar Independiente de Anthony
Sección de Carreras y Educación Técnica**

Notificación Pública de no Discriminación en Programas Vocacionales*

1) El Distrito Escolar Independiente de Anthony ofrece programas vocacionales en profesiones de: negocios, servicios humanos incluyen artes culinarias y cosmetología, arte comercial, salud, industriales incluyen tecnología del aire acondicionado, refrigeración y de calefacción, computación y profesiones automotrices. Para admisión a éstos programas se basa en edad apropiada, aptitud y habilidad.

2) Es norma del Distrito Escolar Independiente de Anthony no discriminar por motivos de raza, color, origen nacional, sexo, ó impedimento, en sus programas, servicios, ó actividades vocacionales, tal como lo requieren el Título VI del Acta de Derechos Civiles de 1964, según enmienda; Título IX de las Enmiendas Educativas de 1972, y la Sección 504 de la Acta de Rehabilitación de 1973, según enmienda.

3) Es norma del Distrito Escolar Independiente de Anthony no discriminar por motivos raza, color, origen nacional, sexo, impedimento ó edad en sus procedimientos de empleo, tal como requieren el Título VI del Acta de Derechos Civiles de 1964, según enmienda; Título IX de las Enmiendas Educativas de 1972, la Ley de Discriminación por Edad de 1975, según enmienda; y la Sección 504 de la Acta de Rehabilitación de 1973, según enmienda.

4) El Distrito Escolar Independiente de Anthony tomará las medidas necesarias para asegurar que la falta de habilidad en el uso de la lengua inglés no sea obstáculo para la admisión y participación en todos los programas de carrera y educación técnica.

5) Para más información sobre sus derechos ó procedimientos para quejas, comuníquese con el Oscar Troncoso, Asistente del Superintendente, a 840 Sixth Street, Anthony Texas 79821, ó llame al (915) 886-6500.

*En Texas los programas se llaman "carreras y educación técnica," pero las leyes de derechos civiles utilizan el término "vocacional."

WTCC: 07-25-19

Briefs

From Page 1

compared with 21.07 percent for their white counterparts, a difference of 5.38 percent favoring blacks.

• In comparison, the national average for blacks with the same attributes is 13.34 percent and 20.66 percent for their white counterparts.

• The Anchorage, AK metro area has the highest gender education gap, with the share of female bachelor's degree holders aged 25 and older at 21.83 percent, compared with 17.95 percent for their male counterparts, a difference of 3.89 percent favoring women.

• In comparison, the national average for females with the same attributes is 19.38 percent and 18.87 percent for their male counterparts.

Visit <https://wallethub.com/edu/most-and-least-educated-cities/6656/> for the full report.

— Diana Polk

Rating the top 10 quarterbacks in the NFL

By Steve Escajeda
Special to the Courier

With NFL training camps opening all over the country this week, the focus of American sports fans will quickly shift to professional football.

Sorry Major League Baseball.

Poised veterans and wide-eyed rookies are reporting to practice to get ready for the season.

This is the time of year that every team, realistically or not, believes that they have a legitimate shot at playing in the big game in February.

Unfortunately, a harsh reality will hit most teams early in the season. But hey, anyone can dream, right?

As it is at any level of football, for teams that have a real chance for success, it all starts at the quarterback position.

It is extremely rare when a team's defense is so good that it can compensate for a bad offense – especially in today's wide-open brand of high-scoring football.

The NFL is no different. The better quarterbacks in the league lead all the better teams. But who are the best quarterbacks in the league?

Before the season actually gets underway, let's rate the top 10 quarterbacks in the league and what their chances are of playing in the Super Bowl.

10. Carson Wentz

The Philadelphia Eagles are a contender to win the NFC East because of one reason – Mr. Wentz. He has a big arm and is fearless. The only problem with Wentz is that he's beginning to show signs of a guy who just can't

stay healthy for an entire season.

9. Baker Mayfield

I know it's only his second season, but his confidence has already spread through this former laughing stock of a team. Many believe the Cleveland Browns have a real chance to beat out the Ravens and the Steelers and win the AFC Central. I do too.

8. Philip Rivers

The San Diego... I mean... LOS ANGELES Chargers have been so close so many times but can never reach the final game. The one constant over the last decade has been Rivers and his passionate play. At 37, he's showing no signs of slowing down.

7. Ben Roethlisberger

Every year you can pencil in the Steelers as a serious playoff contender. Roethlisberger has already won two Super Bowls. But at 37, does he have enough in the tank to make it three championships?

6. Russell Wilson

The Seattle Seahawks leader has probably done more with less offensively than any other quarterback in the league. With so many players leaving that stubborn defense, Wilson will be looked upon to do even more this season.

5. Andrew Luck

After missing the entire 2017 season, Luck came back last year and didn't miss a beat. He finished second in the league in touchdown passes with 39. The Indianapolis

Colts are probably the favorite to win the AFC South and with a little Luck, they will.

4. Aaron Rodgers

There was a time not long ago that Rodgers would be at the top of everyone's list, but the 35-year-old threw just 25 TD passes last season. He's had eight seasons in which he threw more. Are these the first signs of Father Time taking over?

3. Drew Brees

Speaking of Father Time, the 40-year-old Brees is still playing like he's 30. The New Orleans Saints were robbed from a trip to the Super Bowl last season by a horrendous officials non-call. I think Brees and the Saints have a little motivation going into this season.

2. Tom Brady

At 42, Brady has never gotten the memo about being too old. He keeps winning Super Bowls no matter how much the rest of the world hates it. Brady, however, will be without his favorite target, Rob Gronkowski, who retired after last season. Could this be the year the Patriots finally miss the playoffs... Naaa!

1. Patrick Mahomes

In just his second season (the first as a starter) Mahomes became only the third QB in NFL history to throw 50 touchdown passes in a season (Peyton Manning and Tom Brady) on his way to winning the MVP. I believe the Kansas City Chiefs are the favorites to win it all this season unless Mahomes suffers a sophomore slump, which he won't.

Public Notice Anthony Independent School District

Special Needs Programs at Anthony ISD for the 2019-2020 School Year

Anthony Independent School District provides access to identification of children with suspected disabilities who reside within the district, beginning on the third birthday through the child's twenty-first birthday. The student may be eligible for services, at no cost, under the Individuals with Disabilities Education Act.

Services are available to all eligible children who are identify with a disability who may be experiencing difficulties in one or more of the following areas: Physical Disability, Deaf or Hard of Hearing, Visual Impairment, Deaf-Blind, Intellectual Disability, Emotional Disability, Learning Disability, Speech and/or Language Impairment, Autism, Other Health Impairment.

In compliance with the Family Educational Rights and Privacy Act of 1974, and Public Law 105-17, parents and adult students have the right to inspect educational records. District policies FL and FL-E provide for record access, confidentiality, and complaint procedures.

If you would like more information, or know of a child with disabilities who is not receiving educational services, please contact: Sandy Honts, Special Education Director, at (915) 886-6509

Noticia Pública

Aviso de Programas de Necesidades Especiales en Anthony ISD para el Año 2019-2020

El distrito escolar independiente de Anthony provee acceso a la identificación de niños con incapacidades que viven dentro del distrito comenzando con el tercer cumpleaños hasta 21 años de edad. El estudiante puede ser legible para servicios, sin costo alguno bajo de Individuales con Incapacidades (IDEA).

Estos servicios son disponibles para todos los niños identificados con una incapacidad y que estén experimentando dificultades en una o más de las siguientes áreas: Incapacidad física, sordo o duro de oído, impedimento visual, incapacidad intelectual o emocional, incapacidad para aprender, impedimento de habla o lenguaje, autismo o cualquier otro impedimento de salud.

Conforme al Acto de Confidencia y de Derechos Educativos de la Familia de 1974 y Ley Publica 105-17, padres y alumnos adultos tienen el derecho de ver los archivos educativos. La Póliza del Distrito FL y FL-E provee acceso a archivos, confidencialidad, y proceso de reclamación.

Si usted desea más información o sabe de un niño/niña incapacitado que vive en el distrito escolar de Anthony que no está recibiendo servicios educativos, favor de comunicarse con: Sandy Honts, Directora de Educación Especial, (915) 886-6509.

WTCC: 07-25-19

Anthony Independent School District Public Notice Of Non-Discrimination

It is the policy of the Anthony Independent School District to prohibit discrimination on the basis of race, color, national origin, gender, age or any person who has a disability in the admission or access to programs, delivery of services or employment.

The Anthony Independent School District is fully committed to meeting its responsibilities as specified by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; prohibiting sex discrimination, Section 504 of the Rehabilitation Act of 1973, as amended; the Age Discrimination Act of 1975, as amended; and the Americans with Disabilities Act (ADA).

Inquiries concerning your rights may be referred to Oscar Troncoso, Asst. Superintendent, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

Notificacion Publica

Es la norma de conducta del Distrito escolar de Anthony prohibir la discriminación en base de raza, color, origen nacional, sexo, edad ó deshabilidad en la admisión ó el acceso a programas, entrega de servicios ó empleo.

El distrito escolar de Anthony esta comprometido a cumplir con las responsabilidades especificadas por el Título VI del Acta de Derechos Civiles de 1964, como enmendado, el Título IX de la Enmienda de Educación de 1972, como enmendado, que prohíbe la discriminación sexual, la Sección 504 del Acta de Rehabilitación de 1973, como enmendado, la Ley de Discriminación por Edad de 1975 como enmendado, y el Acta de Americanos con Deshabilidades.

Para información tocanta a sus derechos comuniquese con el Oscar Troncoso, Asistente del Superintendente, 840 Sixth Street, Anthony Texas, 79821, (915) 886-6500.

WTCC: 07-25-19

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



Taking antibiotics before dental work

DEAR DR. ROACH: I have a stent, but also a knee replacement, for which I take four 500-mg capsules of amoxicillin each time I go to the dentist, including just for cleaning. This is per my surgeon's orders. Do you have any information that would question the necessity of this? – M.W.



Bacteria can get into the bloodstream occasionally in healthy people. They often enter through the mouth, especially in people with poor oral hygiene or with inflammatory oral conditions, such as gingivitis (gums) or periodontitis (tooth lining). The reason to take antibiotics is to prevent the bacteria in the blood from getting into someplace they are likely to cause harm, such as prosthetic heart valves, joints or stents. For years, expert groups recommended taking antibiotics around the time of dental procedures.

The problem is that it's not clear whether antibiotics help prevent infection, and it is clear that antibiotics have the potential to cause harm, although the risk of serious problems with a single dose of amoxicillin is pretty small. No study has ever shown a reduction in the rate of serious infections from using antibiotics before a dental procedure.

Further, bacteria are just about as likely to get into the bloodstream after brushing (or even after a bowel movement). For this reason, antibiotics to be taken before dental procedures are reserved for people at the highest risk, those in whom an infection would be extremely dangerous. This includes people with artificial materials in the bloodstream, such as prosthetic heart valves, or with repaired congenital heart disease. People with any history of infection of the heart valves are at high risk and should receive antibiotics.

For people like you, with orthopedic hardware, infection after a dental procedure is rare. A joint statement by the American Dental Association and the American Academy of Orthopedic Surgeons instructed: "In general, for patients with prosthetic joint implants, prophylactic antibiotics are not recommended prior to dental procedures to prevent prosthetic joint infection." However, any given person may have underlying surgical or medical issues that may supersede these general recommendations.

What remains important is maintaining good oral hygiene and promptly treating any dental infections.

DEAR DR. ROACH: I am a healthy 79-year-old who takes

See **HEALTH**, Page 8

Super Crossword

ILK-CONCEIVED ACROSS

- 1 TV-regulating gp.
- 4 Dems.' foes
- 8 May birthstone
- 15 Deform
- 19 Head of corn
- 20 Farm unit
- 21 Award hopeful
- 22 Suspicion
- 23 *Bunch
- 25 *Course taken at night
- 27 "Wish Tree" artist
- 28 Meal for an echidna
- 30 Bic fluid
- 31 Slogs
- 32 *Comment to a very generous person
- 35 Defeat
- 36 Martinique, par exemple
- 37 Cobwebby room, often
- 38 Operating
- 39 Pol Paul
- 40 Shape
- 41 Original texts: Abbr.
- 42 Hightailed it
- 44 Forest and desert, e.g.
- 46 Siam or Sudan
- 48 Cat coater
- 49 *Credit card feature
- 54 A portion of

- 57 Pal, to Pablo
- 59 Sister of Bart Simpson
- 60 Verse writer Nash
- 61 Spur
- 62 47-Down or 96-Down fuel
- 63 It precedes Tue.
- 64 Got tangled
- 66 Actress Sothorn
- 67 *Gravity, e.g.
- 71 Eden figure
- 72 Stool pigeon
- 74 When doubled, a Gabor sister
- 75 Horse kin
- 76 La _ Tar Pits
- 77 Hawke of film
- 78 Kazan of film
- 80 R&B singer Marilyn
- 82 Stalin's fed.
- 83 *Z-to-A data-alphabetizing arrangement
- 86 Start dozing
- 88 Mao _-tung
- 89 Not stray from, as a schedule
- 90 Connector to the WWW
- 91 Elhi support org.
- 94 Split couple
- 97 Misfortunes
- 99 Take back, as the title
- 101 Esau's father
- 103 Family ride
- 104 Possesses
- 105 *Emphatic print

- 107 Silky cats
- 109 Actress Lucy of "Kill Bill"
- 110 iPhone voice
- 111 Enzyme suffix
- 112 *Hollywood publication for 80 years
- 115 Word with synonyms at the ends of the answers to the starred clues
- 118 "Dame" Everage
- 119 Stately street shader
- 120 Elderly
- 121 Counterpart of masc.
- 122 Chop _
- 123 Sows again
- 124 Loch _
- 125 Rx watchdog

DOWN

- 1 Sprinkling of
- 2 In _ (conspiring)
- 3 Hybrid bakery
- 4 Norma _ (Field part)
- 5 Dazzling effect
- 6 We, he or it
- 7 Melees
- 8 Denver-to-Detroit dir.
- 9 Not lingering
- 10 Edit, as text
- 11 Hockey site
- 12 DiFranco of song
- 13 Like pre-Easter

- 14 Abases
- 15 Savage
- 16 Slow tempo
- 17 Put on eBay, say
- 18 Went beyond
- 24 Greiner of "Shark Tank"
- 26 Chop or crop
- 29 Gear holder for the slopes
- 32 Orange tuber
- 33 Tan color
- 34 English architect Jones
- 35 Grounds
- 39 Eye layer
- 40 Combine
- 43 Region west of Catalonia
- 45 Brunch fruit
- 47 Kitchen appliance
- 48 Narc, e.g.
- 49 This and that: Abbr.
- 50 Tenor played by Lanza
- 51 Goof-offs
- 52 Riles
- 53 Make beloved
- 54 Showed clemency to
- 55 Florid
- 56 Year's 12
- 58 Prominent
- 63 Advanced music or drama deg.
- 65 Burning crimes
- 67 Monetary penalties
- 68 Web mags

- 69 Broadway's "August: _ County"
- 70 Mediator's skill
- 73 Almanac fill
- 76 Future leaf
- 79 Digs
- 80 Econo Lodge, e.g.
- 81 Throngs
- 84 Member of Devo, say
- 85 Germinated
- 87 Taylor boy of old TV
- 90 Fuming mad
- 91 Is profitable
- 92 Narrowed gradually
- 93 Air hero
- 94 Avoids, as capture
- 95 Site of Kubla Khan's palace
- 96 V-8, for one
- 98 Lower-priced
- 100 Promiser's proviso
- 102 Doe partner
- 104 Suffix with invent
- 105 Bar brew, in France
- 106 Quotes as an authority
- 108 Big skin cream brand
- 109 Low-cal
- 113 Apt. parts
- 114 "Sure thing!"
- 116 Pub. house hirees
- 117 Sumac of song

1	2	3		4	5	6	7		8	9	10	11	12	13	14		15	16	17	18						
19				20					21								22									
23				24					25						26											
	27					28			29		30				31											
32						33							35						36							
37							38						39						40							
41					42	43			44			45				46	47									
					48				49						50				51	52	53					
54	55	56				57	58				59						60									
61						62					63				64	65										
66						67				68	69				70					71						
72					73					74					75					76						
77								78	79											82						
83								84								86	87									
																				91	92	93				
94	95	96																		101	102					
103																				106						
107																										
112										113					114					115		116				117
118																										
122																										

Health

From Page 7

the blood thinner Xarelto for occasional atrial fibrillation. I hear it can be dangerous. I have had rectal bleeding in the past, which wasn't serious but was scary. I can't take aspirin, so when I accidentally took it in an over-the-counter cold medication, I threw up blood. Should I be worried about being on Xarelto? – E.H.

Xarelto has the same or somewhat lower risk of bleeding than warfarin (Coumadin), but it cannot be reversed in an emergency. Aspirin significantly increases bleeding risk when added to Xarelto (or warfarin, or any of the other newer anticoagulants).

Throwing up blood is potentially

a medical emergency, and you should at least talk to, if not see, your doctor that same day. If you threw up more than just a little blood, you should be on your way to the emergency room.

The decision to take anticoagulation to prevent stroke in atrial fibrillation is based on your benefits weighed against your risks. Given a history of vomiting blood and rectal bleeding, I would have a long talk with your doctor before making a decision.

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.

New options replace choice medical care



by Freddy Groves

The Veterans Choice Program is no more, replaced by the MISSION Act of 2018. The final parts and pieces of the Veterans Community Care program are now in place.

The MISSION Act (Maintaining Internal Systems and Strengthening Integrated Outside Networks) brings new options, letting you get care out in the community if you qualify. For example:

- You need a service you can't get at the Department of Veterans Affairs.
- You live in an area with no full-service VA facility, such as in New Hampshire, Alaska or Hawaii.
- You're grandfathered in with distance requirements under the old Choice program, such as 30 minutes to a VA facility for primary care or 60

minutes for specialty care, or a wait of over 20 days for primary care or 28 days for specialty care.

- Your VA doctor thinks it would be best if you get civilian care.

A note for those whose health keeps them at home or who live in rural areas: TeleHealth is now authorized across state lines, which was barred before, under the Anywhere to Anywhere program. (Look at the VA Video Connect app if you think you'll sign up with video care. It will connect your laptop and phones and other devices.)

Another new option is civilian urgent care. If you come home with the flu or a bug, you don't have to wait for a VA appointment. You can access a network of retail (like a pharmacy) and walk-in urgent-care locations. Retail is for things like a sore throat or earache, and urgent care is for more serious stuff like wounds and casts. You'll need to stay within the VA

network and have your status verified. The VA also will pay for related short-term prescriptions.

Check vaurgentcarelocator.triwest.com and find your nearest urgent care location, so you'll know in advance where it is.

(c) 2019 King Features Synd., Inc.



- "When my brother had a job in my town, naturally he came to stay at my house. But he was working nights and really needed to sleep during the day. We purchased a few pieces of poster board at the dollar store and lined the windows in the room he was sleeping in. They really cut out the light, and pretty much stayed put when tucked behind the blinds. He was able to get a few hours of good sleep and the poster board can be used again." – M.R. in Arizona

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: Y equals U

F SOJDKB CATMXMKO HTP'R
YJD SYZE ZYAAO, MYR FB
OTY VT, REDP F JXO
"STAD CTHVDA RT OTY!"

Answer Page 4

©2019 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle

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

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!

© 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		+		22
x		-		x	
	-		x		35
+		x		+	
	x		-		29
23		40		26	

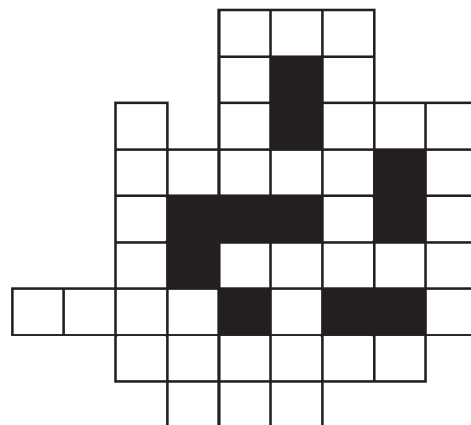
1 2 4 5 5 6 7 8 9

©2019 King Features Syndicate, Inc.

Answer Page 4



- IGG
- ♥ GETALE
- ♥ ADCRE
- RCDO
- EGEDER
- ♥ RTA
- ACTL
- LEGDA
- DCO
- NEOCAT
- ♥ DESTA
- NGTE



©2019 King Features Syndicate. All rights reserved.

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

- "Here is my tip: Have your mom or dad help you glue pompoms on a plastic headband for a fun change. You can make a whole rainbow or just use one color or whatever you want." – C.E. in Florida
- "I like having a reusable straw since I feel bad about all the plastic out there. The problem is that silicone straws are not stiff enough because I like ice in my drinks, and I don't like the feeling of a metal straw. I found some metal straws that have a little silicone tip, and now I have the best of both worlds!" – P.A.

• Regularly review your subscription memberships and recurring bills. Things like meal boxes, online services, cosmetics club memberships and even automatic razor deliveries can get out of hand. Set aside time every couple of months to decide if you are really using/benefitting from the services. Cancel if you are not.

• If you have fruit that is on the edge of going bad, throw it in your freezer. You'll have a ready supply of smoothie ingredients, and things like grapes, orange sections and berries taste downright refreshing when served frozen on a hot day.

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