



NEWSBRIEFS

EPCC is finalist

The Texas Higher Education Coordinating Board (THECB) named the El Paso Community College (EPCC) Pasos Program as a finalist for the 2019 Star Awards for exceptional contributions toward meeting one or more of the goals of the Texas higher education plan, 60x30TX. The mission of the Pasos Program is to increase the number of educationally underserved students who enroll in four-year colleges and universities; earn certificates and higher degrees; and to return to the community as mentors and leaders of future generations. The winner(s) will be announced on November 22 during the annual Star Awards luncheon and ceremony that will be held in conjunction with the 2019 Texas Higher Education Leadership Conference on November 21-22 in Austin, Texas. The annual leadership conference brings together regents, trustees, chancellors, presidents, chief academic/instructional officers, and other higher education leaders to discuss critical higher education issues such as the 60x30TX strategic plan.

— Jim Heiney

Thieves clean up

It must have been pretty scary when Nate Roman and his five-year-old son returned to their Marlborough, MA home recently. They found the back door wide open. It was pretty obvious that someone had broken in while they were away and, indeed, it was a clear-cut case of breaking and entering, which the police are taking seriously despite the fact that nothing had been taken. In fact, not only was there no damage or loss from this particular home invasion, whoever the culprit was, he or she or them must have had only the best intentions. It seems they cleaned the Roman home. In Nate's own words: "You could smell the cleaning chemicals. I could tell something was wrong so I started looking around the house, and I found that my bathrooms had been cleaned." The only clue the police found when they searched the property was an origami rose fashioned out of toilet paper.

— John Grimaldi

Most of us like a person that comes right out and says what he thinks — especially when he thinks like we do.

— Quips & Quotes



— Photos courtesy of Texas Parks and Wildlife Department

EXPLOITS RECORDED — Early hunter-gatherers pursued game across the desert. They gathered wild plants for use as food, fiber and medicine. Hueco Tanks provided these items as well as water in an arid landscape. Their rock art tell of their experiences through hunting stories that feature geometric designs, like the one above.

Hueco Tanks State Park offers pictograph tours

By **Alfredo Vasquez**
Special to the Courier

EL PASO COUNTY — A series of outdoor adventure programs are slated for September 21 and September 28 at Hueco Tanks State Park and Historic Site to provide individuals with an opportunity to enjoy the desert Southwest and to become more familiar with its unique attractions.

Three of the special programs are scheduled for Saturday, September 21. The programs are designed to provide participants with a chance to stretch their leg muscles as they tour Hueco Tanks' extraordinary landscape.

First, a Women's Hike activity will begin at 7:30 a.m. The hike is open to women with all levels of experience. The hike will encompass several of the park's breathtaking views of the surrounding mountains. Leading the sightseeing experience will be a female ranger or volunteer, who will also share some of the best hiking practice tips for exploring the Chihuahuan Desert.

Secondly, a Rare Plant Tour will start at 8:30 a.m. and will be headed by a local plant expert. The tour will explore the rare plant life that permeates the Hueco Tanks terrain. Interesting facts including how to identify these extraordinary plants and how to use them for medicinal or cooking purposes. "Visitors will even get a chance to see the Comal Snakewood, a tree found nowhere else in the world," claimed Nicole Roque, Community Outreach Interpreter for Hueco Tanks State Park & Historic Site.

Additionally, a couple of Celebration of Our Mountains Pictograph Tours are scheduled to head-out at about 9 a.m. In collaboration with Celebration of Our Mountains supporters, the Hueco Tanks staff will offer pictograph tours into limited-access areas of the park. "On these

tours, visitors will explore thousands of years of human history through images and artifacts," Roque stated.

Two separate pictograph itineraries are planned for the Saturday morning

adventure. The Rock Art 1 tour will focus mainly on the Tigua, Kiowa, and Mescalero Apache pictographs. "These

See **HUECO TANKS**, Page 3



YOU CAN QUOTE US — "Throughout the last 10,000 years, Hueco Tanks has provided water, food and shelter to travelers in the Chihuahuan Desert. These individuals left clues to their experiences through their stories in the pictographs and petroglyphs found here," according to the Texas Parks and Wildlife Department website.

Food for thought By Marilyn M. Singleton, M.D., J.D.

Russia, racists, and ridiculousness

Now that the Russia collusion story has lost its glow, the left's narrative du jour is that anyone expressing a contrary opinion is a racist. It is so exhausting! What is a racist, anyway? A racist believes that race is the primary determinant of human traits and capacities and that racial differences produce an inherent superiority of a particular race. Tethering a rival to racism is designed to be a career-ender. Thus, some presidential hopefuls profess embarrassment and remorse because they are Caucasian while others believe themselves to be morally superior because they are not.

The political pot-stirrers wail that our country is racist, despite the fact that we elected the son of a black African and a white American to be our leader. At about 12 percent of the population, the "black vote" could not have unilaterally pulled this off. Obama captured the white vote even after his pre-election unity speech publicly shamed his beloved white grandmother for her "cringe [worthy]" comments involving racial stereotypes. All to atone for supporting a pastor whose "incendiary language" expressed hatred toward white folks. Because they shifted their political allegiance, the same 2008 Obama voters are now racists.

We have arrived at a place so vitriolic and demented that Ivanka Trump was called a racist because she bought a little white puppy for her child. By that "logic" the Obamas are racist

because they bought a purebred black dog – and not a shelter dog as they promised to adopt. So of course, they likely harbor ill will against the homeless.

By today's standard, President Clinton is a racist because his ill-fated Waco tank attack in 1993 killed some 40 ethnic minority persons. And who is the racist? Eric Holder's Justice Department refused to allow a North Carolina town to hold nonpartisan local elections on the grounds that removing the partisan cue (Democrat) in municipal elections would likely eliminate the single factor that allows black candidates to be elected to office.

Is black filmmaker Spike Lee a racist for making the movie, Chi-raq highlighting Chicago's violence and black on black murders? Is Baltimore's black former mayor Catherine Pugh a racist for saying she could smell the dead animals while touring her city's impoverished neighborhoods? No. They were stating facts that in today's brave new world white persons are forbidden from uttering. Of course, the light shed on Baltimore inspired many "racists" to help clean up distressed neighborhoods.

And recall the CNN radio host's stunning response to a black man after he expressed his belief in the merits of responsibility and hard work: "by virtue of being a white male you have white privilege." Talk about racial stereotyping! How could a black person possibly believe that

individuals, not the government, hold the key to success?

Many black workers knew that government is not always their friend. In the 1930s, many referred to Franklin Roosevelt's National Recovery Administration (NRA) as the Negro Removal Act, the Negroes Ruined Again, or Negroes Robbed Again. The new minimum wage regulations on hiring practices favored the all-white skilled labor unions. Many black workers were unskilled and consequently lost their jobs.

Additionally, the New Deal's Federal Housing Administration refused to insure mortgages in and near black neighborhoods. Moreover, the FHA subsidized developers who were building whites-only tract homes. But somehow this administration that is advancing opportunity zones to encourage long-term investments in low-income

urban and rural communities nationwide is racist.

In a misguided attempt at reparation, the War on Poverty drove children's fathers out of the home as a condition of financial assistance. Elite colleges admitted unprepared black students with lower SAT scores and GPAs, resulting in a mere 38 percent graduation rate. Worse yet, some of these colleges have blacks-only dormitories. Since when is exclusion and segregation preferable to inclusivity and integration that we so strenuously fought for?

What happened to "why can't we just all get along?" Jettisoned. The panderers who want to fundamentally transform America need miserable people to swallow their baloney. In truth, most of us do get along. People from California to Mississippi are socializing and working together and marrying each other at a steadily increasing rate. One-in-six U.S. newlyweds were married to a person of a different race or ethnicity in 2015, a fivefold increase since 1967.

Today, given his views on self-determination, the runaway slave Frederick Douglass would be ejected from the tribe." What I ask for the Negro is not benevolence, not pity, not sympathy, but simply justice. ... What shall we do with the Negro? ... Do nothing with us! Your doing with us has already played mischief with us. ... All I ask is, give him a chance to stand on his own legs!"

And to those who tar their opponents as racists: if it weren't for double standards you would have no standards at all.

Dr. Singleton is a board-certified anesthesiologist. She is President of the Association of American Physicians and Surgeons (AAPS). She graduated from Stanford and earned her MD at UCSF Medical School. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers. She lives in Oakland, Ca.



"SO WHY DO WE STILL CALL IT THE 'UNITED' STATES?"

1973
46
2019
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PUBLISHED: Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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San Eli's Esparza shines

By Jeannie Meza-Chavez
Special to the Courier

SAN ELIZARIO – Alarcon Elementary School is home to 5th grader Yamilette Esparza, the newly crowned "Little Miss El Paso 2019-2020." The competition took place at Cielo Vista Mall on Sunday, August 25th where she competed with 7 other contestants in her age group. The 1st runner up was Debra Alaniz and the 2nd runner up was Melanie Caylin Carlos.

Yamilette has gained this honor with her previous experience as "Miss Mini Patriotic" and "Junior Little Miss El Paso." Yamilette is an A-B Honor Roll student and one of her aspirations is to one day represent her city in the Miss USA Pageant. Yamilette states, "I want to represent El Paso, especially San Elizario so people get to know our beautiful community."

Her parents, Loyda and Adrian Esparza, state "It is beautiful to see her dreams coming true." As she continues her studies, Yamilette also finds time to volunteer for organizations such as El Pasoans Fighting Hunger.



– Photo courtesy San Elizario ISD

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The threat of 'Red Britain'

Tory Prime Minister Boris Johnson has, to his credit, seized the initiative in the battle over whether Britain will truly exit the EU, and on what terms.

But no one can know how this high-stakes gamble will turn out. Johnson just lost his slender parliamentary majority, and the prospect of a new election looms. If things break the wrong way, the winner could be opposition leader Jeremy Corbyn, a throwback leftist redolent of the bad old days of Britain's self-imposed stagnation.

It's hard to exaggerate the threat represented by Corbyn and Co. taking control of our most important ally. In U.S. terms, Corbyn is a mashup of Bernie Sanders and the Squad, mixing orthodox socialist economics with a hostility to U.S. foreign policy and Israel.

He is a figure that time is supposed to have forgotten. He inveighed from the back benches against Labor's turn away from the old-time religion under moderate prime minister Tony Blair. When he mounted an unlikely leadership bid in 2015, he found an audience, much as Bernie Sanders did in 2016. Now, the old-time religion is a few lucky breaks away from power.

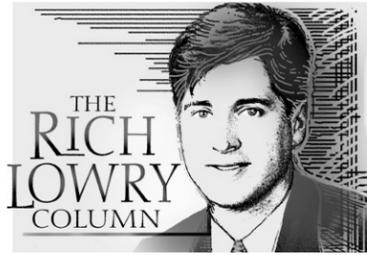
Corbyn's past, and present, is littered with valentines to

left-wing thugs. He cozied up to the IRA in the 1980s when it was trying to decapitate the British government by bombing. He wrote for a pro-Soviet newspaper during the Cold War. He called the Russian invasion of Ukraine "not unprovoked." He's said warm things about Hamas and Hezbollah, and can't bear to condemn Islamic terrorism without also criticizing the West.

It's no accident that his Labor Party has become lousy with anti-Semites.

His left-hand man, John McDonnell, shadow chancellor of the exchequer, is fond of implicit threats of violence. To wit, "Any institution or any individual that attacks our class, we will come for you with direct action." He has called Tory MPs "social criminals." This from the man in line to become, in our terms, secretary of the treasury of one of the great banking centers on the planet.

If McDonnell's style of rhetoric has a grim revolutionary cast, it's for good reason. In an interview with — no joke — the Trotskyist Alliance for Workers' Liberty years ago, he said that the most important influences on him were "Marx, Lenin and Trotsky, basically." Corbyn has expressed similar sentiments.



At least they don't leave any doubt where they are coming from. If Corbyn had his way, it would be as if Margaret Thatcher never happened (indeed, McDonnell has mused about going back to the 1980s to assassinate her — you know, the way many people do about Adolf Hitler).

Corbyn's program would renationalize sectors of the economy, punish shareholders and landlords, and impose stiff new taxes. If his campaign against capital crashed the pound, he'd surely be inclined to respond with capital controls, truly taking Britain back to the 1970s.

Every election in a democratic society is important. But Britain in the coming weeks will be faced with unquestionably momentous choices: Whether to take back its full sovereignty from the EU, and whether to throw in with a dangerous radical. Its modern history, and perhaps that of the West, is in the balance.

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

Hueco Tanks

From Page 1

and present heritage," stated the park ranger. This tour requires about a two to three-hour walk.

The other pictograph excursion is the Rock Art 2 tour, which will focus on prehistoric images such as animals, birds, and large-eyed figures. "The large-eyed figures may have represented rain or storm deities and are attributed to an indigenous group called the Jornada Mogollon," Roque surmised. This trek takes about three to four-hours.

Finally, a Nature Photography Tour will be offered for amateur and professional photographers starting at 9 a.m., Saturday, September 28. Shutterbug enthusiasts are invited to bring their camera equipment while the park provides the extraordinary scenery. "Join our own ranger photographers, Pete and Carlos, on an exploration of some of the most scenic areas of Hueco Tanks," Roque stated. "This tour will provide plenty of time to snap away!"

Hueco Tanks officials ask that interested individuals call in advance to make reservations for the September tours. A nominal fee is charged for the upcoming events: \$9 per person, 13 years old and over; \$2 for children 2 to 12 years of age; and \$2 for Texas State Park Pass holders. And, don't forget water, snacks, and appropriate apparel, advised park officials.

To make a reservation call the Texas Parks and Wildlife Department's (TPWD) Hueco Tanks office, at (915) 857-1135. For more information, visit TPWD's website, at tpwd.texas.gov.

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of Texas

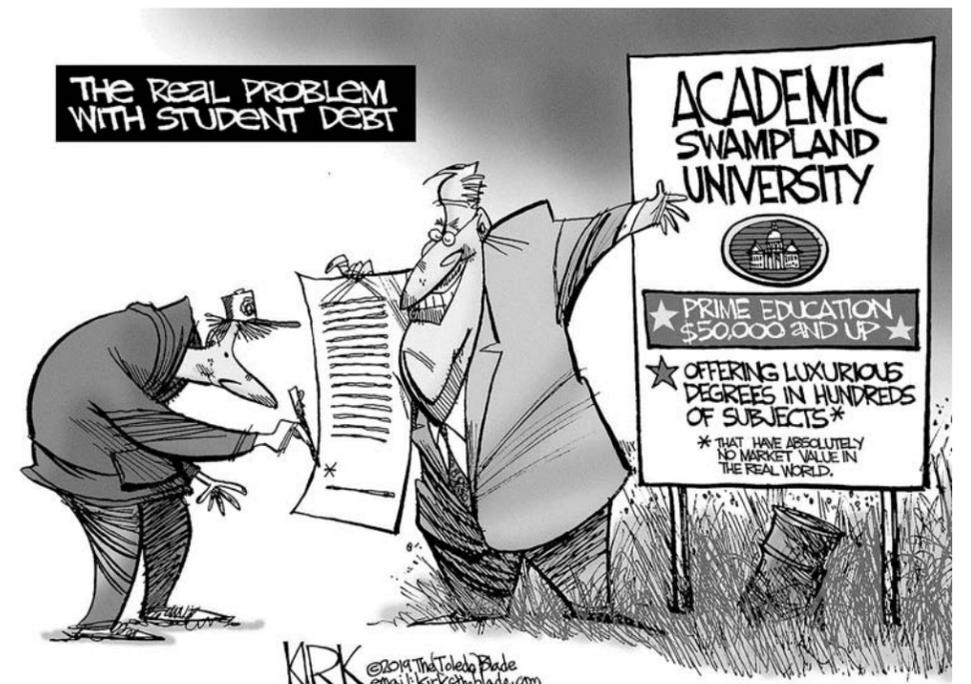
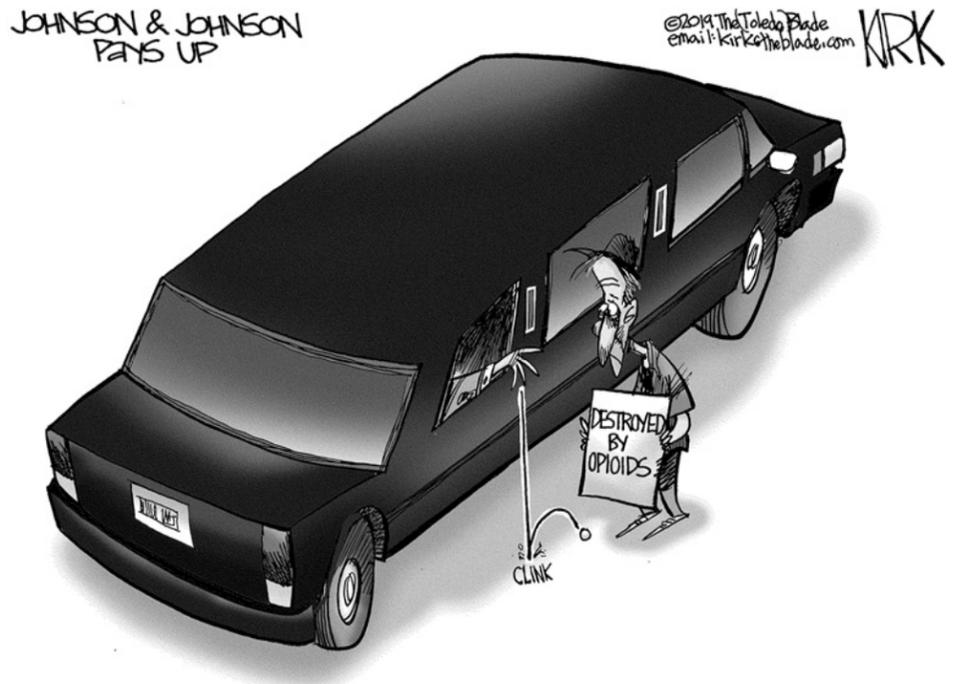
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Strange BUT TRUE

By Samantha Weaver

- It was Canadian journalist, editor and poet Mark Abley who made the following sage observation: "Modern English is the Walmart of languages: convenient, huge, hard to avoid, superficially friendly and devouring all rivals in its eagerness to expand."

- On any given day, Google conducts approximately 63,000 searches per second.

- The next time you get a chance, you might want to check the pressure of your car's tires; if they're not inflated to the correct pressure, you're contributing to the \$9 million in fuel that is wasted due to improper tire pressure, according to the Department of Energy.

- Those who study such things report that the average lifespan of a tree in the metropolis of New York City is only seven years.

- In all likelihood, you've never run across a moirologist – in fact, they probably don't even exist in the United States today. However, professional mourners – which is what moirologists are – have a long history, dating back to ancient Greece. Even as recently as the early 1900s, there was a report of a moirologists' strike in Paris.

- The small Central American country of Costa Rica has more species of mammals and birds than are found in all of the contiguous United States and Canada combined.

- An 18-year-old Austrian named Helmut Mezer got his driver's license and a new BMW with the license plate DEAD1. One week later, with Mezer behind the wheel, the car skidded around a curve at 100 mph, hit an embankment and was thrown 200 feet, landing on its roof in a field and killing Mezer.

Thought for the Day: "I'm sick of following my dreams. I'm just going to ask them where they're going and hook up with them later."
– Mitch Hedberg

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IT'S NOT TOO LATE TO PREVENT DIABETES



Take your first step today

If you have a family history of type 2 diabetes, you are at risk of the disease.

It's about small steps: Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

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



www.YourDiabetesInfo.org

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

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CryptoQuip Answer

My buddy asked me if I would go looking for things with him, but I said, "Seek for yourself!"

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Moments in time
THE HISTORY CHANNEL

• On Sept. 9, 1956, Elvis Presley makes his first appearance on "The Ed Sullivan Show." Sullivan had originally banned Presley but finally signed him to an unprecedented \$50,000 deal for three appearances.

• On Sept. 10, 1608, English adventurer John Smith is elected council president of Jamestown, Virginia – the first permanent English settlement in North America. Smith was popular because of his organizational skills and effectiveness in dealing with local Native Americans.

• On Sept. 11, 1814, during the Battle of Plattsburg on Lake Champlain, a newly built U.S. fleet under Master Commandant Thomas Macdonough destroys a besieging British squadron, forcing the British retreat to Canada on foot. The American victory saved New York from possible invasion.

• On Sept. 12, 1940, a collection of prehistoric cave paintings is discovered near Montignac, France. They depict 600 painted and drawn animals and symbols and nearly 1,500 engravings from the Upper Paleolithic period some 16,000 years ago.

• On Sept. 13, 1971, the four-day revolt ends at the maximum-security Attica Correctional Facility in New York when hundreds of state police storm the complex in a hail of gunfire. Thirty-nine people were killed in the disastrous assault.

• On Sept. 14, 1982, Princess Grace of Monaco – the former American movie star Grace Kelly – dies at age 52 after her car plunged off a mountain road near Monte Carlo. An Oscar winner and star of three Alfred Hitchcock films, Kelly gave up her acting career after marrying Prince Rainier III of Monaco in 1956.

• On Sept. 15, 1916, during the Battle of the Somme, the British launch a major offensive against the Germans, employing tanks for the first time. Some of the 40 or so primitive tanks advanced over a mile into enemy lines, but were too slow to hold their positions and prone to mechanical breakdown.

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Quite the reunion

By Cynthia Ann Glover
Special to the Courier

TEXAS – Governor Abbott has declared the second Saturday of September – this past Saturday – Quanah Parker Day. School children across the state will learn about the "Last Great Chief of the Comanches." This is not just a story of the past. It's also a story of the present and of the future. Parker descendants have been meeting and celebrating their history for generations. Comanche and white descendants of this tragic event met this August as they have in past years.

The Parkers settled in Texas under a land grant from Stephen F. Austin. In 1835, Elder John Parker and several of his sons built Fort Parker near present day Mexia, while Elder Daniel Parker and other family members settled near present day Elkhart and established the first Protestant church in Texas.

In May of 1836, Fort Parker was attacked by Comanches. Five settlers were killed and five were captured. One of those captured was nine year old Cynthia Ann Parker. She spent over 30 years with the Comanches, married, and had three children, one of whom was Quanah. When she was returned to her white family, she grieved for her Comanche family, and she did not live long.

Her son Quanah, known as "The Last Great Chief of the Comanches," was the last leader to take his people onto the reservation. He met his Parker relatives and determined to help his people adapt to their new lives. He established ties with his Parker relatives and also with ranchers like Charlie Goodnight. He even befriended President Teddy Roosevelt.

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Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



– Photos courtesy Quanah Parker descendants

A MOMENT OF REFLECTION – A prayer ceremony was held at the gate of Old Fort Parker.

This August, Parker descendants held their yearly reunion at Fort Parker State Park. As one of Daniel Parker's descendants, I met some of my relatives for the first time. Several shared the same 3rd great-grandfather, Reverend Daniel Parker, and the same great-great grandfather, Reverend Benjamin Parker.

What made this reunion so special was that several of

Quanah's descendants attended in full Comanche regalia. We hosted them to lunch, and they held a special supper for us. The highlight was when we were allowed to attend a special blessing ceremony at the fort.

This is a true story of the tragic consequences of the war between the white settlers and the Comanches who claimed much of Texas as their own. It is also the story of how peace was

achieved, not through war, but by bridging gaps through family ties and friendship. Hopefully, our schools will help students learn the history of our great state and the role Quanah played in bringing peace and prosperity to whites and Comanches alike.

Cynthia Ann Glover is a Horizon City resident and a descendent of Quanah / Parker family.



GENERATIONS – Descendants of the Quanah / Parker families gathered at Old Fort Parker.

Classified Ads

LEGALS

Public Notice

Village of Vinton, Texas

A PUBLIC HEARING will be held at 6:30 p.m., September 23, 2019, at City Hall, 436 E. Vinton Road, Vinton, Texas. The purpose of the public hearing is to allow any interested person to appear and testify at the hearing regarding the adoption of the Fiscal Year 2019-2020 Budget

Those unable to attend are invited to submit their views in writing to the Village of Vinton, Attn: Mayor Manuel Leos,

436 E. Vinton Road, Vinton, TX 79821. City Hall is accessible for handicapped persons. Handicapped persons in need of special assistance to attend the hearing are encouraged to contact the City Secretary at (915) 886-5104, forty eight (48) hours prior to this meeting. Copies of the budget are available for review at 436 E. Vinton Road, Vinton, TX 79821.

Andrea N. Carrillo
Village Administrator
WTCC: 09-12-19



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The NFL is now officially in the soap opera business

By Steve Escajeda
Special to the Courier

When I was just a little sports fan growing up, I remember being bored by television soap operas like The Guiding Light, and General Hospital, and As the World Turns.

I was too young to really understand what was going on, but all I remember was that he was having an affair with her, and she was trying to get her fired, and he was embezzling funds from the company, and she was having a baby... but not "his" baby.

In other words, all I knew is that there was over-the-top drama going on every weekday morning.

Thank goodness real life isn't that dramatic. Or is it?

I guess if you're affiliated with the Oakland Raiders, you've been consumed by enough drama to fill several seasons of

"All My Children."

Well, maybe instead of the Raiders, I should say all the drama comes courtesy of talented wide receiver Antonio Brown.

Brown may be the best pass catcher in the National Football League, but there's a reason they call wide receiver the "diva" position of the league.

Brown, who wore out his welcome with the Pittsburgh Steelers after several successful years, was traded to the Raiders in the offseason.

Of course coach Jon Gruden and the Oakland brass thought they could get Brown to focus less on himself and more on his football team.

Wrong!

As advertised, since he arrived in Oakland, Brown has done what Brown has always done, he's complained and argued and made a loud point of being a non-conformist.

In scenarios that current soap operas only wish they could have thought of,

Brown has taken the "Kardashian" model to new heights.

First there was that strange cryotherapy incident over the summer, when Brown went through the therapy without wearing the proper footwear to protect his feet from the extreme cold.

It turned out that he couldn't practice for a few weeks because his feet were frostbitten.

I guess what they say is accurate, sometimes truth is stranger than fiction.

Anyway, believe it or not, Brown topped all that by throwing a tantrum over his helmet.

Because of the scrutiny the NFL has gone through over concussions, the league implemented new rules concerning the headgear the players use.

The improved technology has made things safer for the athletes, but that decision also made the older helmets obsolete.

Brown, who loved his older model, declared that he wouldn't play football if he couldn't wear his favorite helmet.

Kind of reminds me of my 3-year-old granddaughter that won't go anywhere without her favorite blanket.

So finally, with his feet healing up and his helmet issue behind him, it looked like Brown was ready to do what he was brought to Oakland to do – play football.

But before we cut to a commercial – more drama.

Because he missed mandatory team activities, Brown, who signed a \$30 million contract with the Raiders, is fined a little over \$53,000.

So instead of realizing this is chump change for him, Brown responds by posting the "fine" letter on Instagram for the world to see and stated, "When your

own team want to hate but there's no stopping me now."

Then Brown, unhappy about the fine, approached Raiders general manager Mike Mayock and was reportedly held back by multiple teammates.

Reporters say Brown called him a "cracker" and repeatedly cursed at him.

I think I saw that scene on episode 13, season 8, of "Days of our Lives."

After that incident, the Raiders announced that they were going to suspend Brown.

In response to that, Brown gave a heartfelt apology to his teammates saying he was sorry for all his actions and it appeared all was well.

But two days before their first game last Monday night, Brown, who recorded a private phone conversation with Gruden and then made it public, learned that he was going to be fined and had to give up all his guaranteed millions.

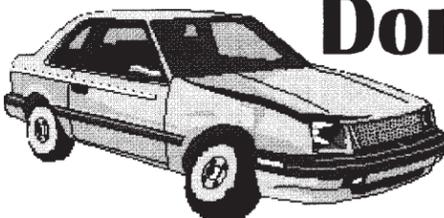
He then took to Instagram asking for the Raiders to release him.

Mercifully for Oakland, they got rid of Brown and he was immediately picked up by the New England Patriots.

I wonder if Bill Belichick is a soap opera fan?

AMERICAN LUNG ASSOCIATION
of Texas

**Don't Trade It,
Donate It**

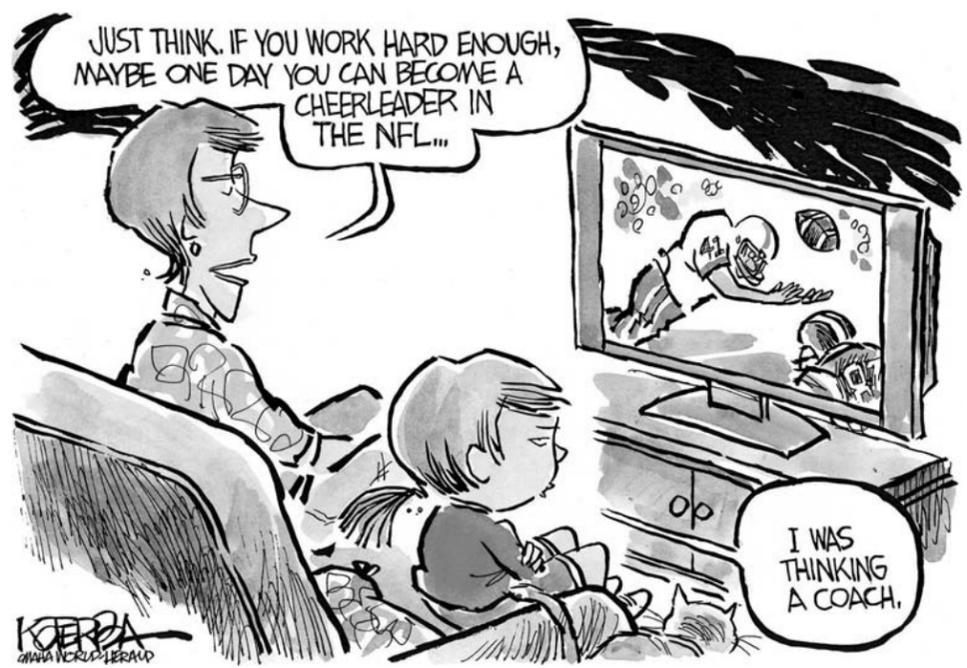


Receive **FREE** towing
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22101-2

1-800-ALA-LUNG



Super Crossword

- TORMENT OF THE TIMID ACROSS**
- 1 Garam _ (spice mix in Indian cuisine)
 - 7 Core PC component
 - 10 Praiseful poem title starter
 - 15 Cheering yells
 - 19 Off the mark
 - 20 Some little batteries
 - 21 "Time waits for _"
 - 22 Dismounted from a horse
 - 23 Start of a riddle
 - 26 Musical pitch
 - 27 Moistened again
 - 28 A _ (like some logic)
 - 29 Like ore
 - 30 Set of rules
 - 31 Riddle, part 2
 - 35 San Luis _, California
 - 38 _ Poke (candy brand)
 - 39 Singer Lovett
 - 40 With 50-Down, happened to meet
 - 41 Laundry-day spray
 - 46 Great sorrow
 - 48 Top-floor storeroom
 - 52 Riddle, part 3
 - 56 Reptile with a spiny back
 - 57 Like meat prepared per Muslim law
 - 58 With 97-Across, like late payments
 - 59 Felt sick
 - 61 Plum parts
 - 62 Engine conduits
 - 64 Suffix with acetyl
 - 65 Fa follower
 - 67 Parking area
 - 68 Riddle, part 4
 - 73 Grizzly baby
 - 76 Joanne of "All the King's Men"
 - 77 Male doll
 - 78 Rambled on and on
 - 82 Adam's second son
 - 84 Neuters
 - 86 Mars, to Greeks
 - 88 _ time (ever)
 - 89 Invalidate
 - 91 Riddle, part 5
 - 94 Singer Adams
 - 95 "The Greatest" fighter
 - 96 Beaver, e.g.
 - 97 See 58-Across
 - 98 Kind of tide
 - 100 Moo goo _ pan
 - 102 Traps, as by a winter storm
 - 105 End of the riddle
 - 113 Diner grub
 - 114 In most cases:
 - 117 Dhoti wearer
 - 115 Repair, as a shoe bottom
 - 116 Longtime Toyota
 - 120 Andean ancient
 - 121 Riddle's answer
 - 124 Den noise
 - 125 Kagan of the court
 - 126 Teacup part
 - 127 Frozen fries brand
 - 128 Long dagger
 - 129 Winona of "Mermaids"
 - 130 _Caps (candy brand)
 - 131 Cooking oil brand
- DOWN**
- 1 Bryn _ College
 - 2 Arthur of the court
 - 3 Ragout, e.g.
 - 4 James of "Gunsmoke"
 - 5 Portable computer
 - 6 Passing vote
 - 7 Island near Naples
 - 8 Politico Sarah
 - 9 Make _ (employ)
 - 10 Nobelist Eugene
 - 11 ICU figure
 - 12 Atlanta university
 - 13 Not too wild to domesticate
 - 14 Counterpart of round-trip
 - 15 Increase by degrees
 - 16 Detached
 - 17 Dhoti wearer
 - 18 Mill metal
 - 24 _Locka, Florida
 - 25 Start of the old
 - 26 Ipana toothpaste jingle
 - 32 Station
 - 33 More humble
 - 34 Mill debris
 - 35 Lawn care brand
 - 36 Religion of Iran
 - 37 Counting everything
 - 42 Wraps, as a healing ankle
 - 43 "It's _ of do or die"
 - 44 Some are civil: Abbr.
 - 45 Sever
 - 47 Olive of the comics
 - 49 Kite's trailer
 - 50 See 40-Across
 - 51 Play's actors
 - 53 Barber's sprinkler
 - 54 Greek epic
 - 55 Singer k.d.
 - 56 Start of a denial
 - 60 Footballer Boomer
 - 63 "ER" figure
 - 64 Berlin article
 - 66 Allow to attack
 - 69 Through the roof
 - 70 City east of Phoenix
 - 71 Without blinking _
 - 72 MacFarlane of "Ted"
 - 73 Bit of pasta, informally
 - 74 Lyft rival
 - 75 Flock of quail
 - 79 Forays
 - 80 Boredom
 - 81 Gold-medal swimmer Amy Van _
 - 83 Usurer
 - 85 Beltmaking tool
 - 86 Rumpus
 - 87 Wand
 - 90 Genuflection joint
 - 92 Big families
 - 93 Power co.
 - 95 In a mockingly humorous way
 - 99 Court jester, e.g.
 - 101 In back
 - 103 Cardinal Borgia
 - 104 Draws forth
 - 105 Wade Boggs' base
 - 106 Vietnam's capital
 - 107 Acting award
 - 108 Steadied by attaching a rope to
 - 109 Snaky letters
 - 110 "Over There" songwriter
 - 111 Last Oldsmobile model
 - 112 Untilled field
 - 117 Letters before chis
 - 118 Start over on
 - 119 Hot _ oven
 - 122 Reno-to-Spokane dir.
 - 123 NYSE index

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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



Does high potassium mean no bananas?

DEAR DR. ROACH: I am a 75-year-old man in excellent overall health. Routine bloodwork recently showed an elevated potassium level of 5.6. For the most part, I follow a vegetarian diet, which includes a number of very healthy foods that also happen to be high in potassium. I exercise regularly. Two years ago, my level was 4.9. My cardiologist stopped my metoprolol, as he said that could have pushed up the potassium, and he felt that based on my routine tests it was safe to stop it. I also stopped the 500-mg turmeric supplement I was taking, as a precaution. I take no other drugs. I'd hate to have to give up bananas and the other fruits that contain potassium, which I eat in moderation as part of my regular diet. Do you think the 5.6 level is cause for concern, and could you make a recommendation? – V.D.



A potassium level of 5.6 is still in the normal range in my hospital's laboratory. Although metoprolol can raise potassium, it's not one of the medicines that is very likely to do so, such as an ACE inhibitor or spironolactone. Some people just have a high normal potassium. Turmeric, on the other hand, has lots of potassium, so stopping that was reasonable.

I would recommend that you not worry too much about the potassium and keep up your diet, including fruits in moderation. In addition to avoiding turmeric, I would recommend that you avoid salt substitutes, since they have very high amounts of potassium.

DEAR DR. ROACH: I am fortunate enough to be a healthy and well 81-year-old woman. I take vitamin D, and exercise daily with walking and yoga. My recent bone density test showed my T-score for the hip at -2.2 and spine at -3.2. My primary doctor insists that I take Prolia or Boniva. I am reluctant to do this, as I am aware of the side effects and don't trust the ultimate results of the medication. Nutrition centers have recommended calcium supplements. Your help would be greatly appreciated. – L.B.

Anyone can get an estimate of his or her risk for fracture using the FRAX calculation tool at www.sheffield.ac.uk/FRAX. I made a few assumptions with the information you gave me

See HEALTH, Page 8

CHOOSE YOUR RIDE.



Drink. Drive. Go to Jail.

Health

From Page 7

and estimated your risk of a hip fracture in the next 10 years as 6%, and any major osteoporotic fracture as 17%.

A medication like Boniva would be expected to reduce your risk to something like 4% and 14%. Prolia has been shown to reduce risk of vertebral and hip fractures, and the decreased risk of vertebral fracture might be even greater with this drug (perhaps 4% hip and 8% total), although Prolia and Boniva have not been directly compared. Guidelines would clearly recommend medication for you. Calcium alone is unlikely to significantly reduce your risk of fracture.

“Insist” is a strong word, but given the reduction in your relatively high fracture risk, I would suggest that you reconsider. Boniva is given once monthly and Prolia twice yearly. The side effects are mild for most people. Taking the medication for three to five years is very reasonable, after which you’d re-evaluate. I hope this information makes it easier for you to make the right decision for yourself.

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: T equals F

BX RAJXX ZEIGJ BG CT C
 FVAYJ MV YVVICDM TVS
 QOCDME FCQO OCB, RAQ C
 EZCJ “EGGI TVS XVASEGYT!”

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Denied payment for non-VA medical care



by Freddy Groves

You can’t always be in a convenient place when a medical emergency occurs. When you need care immediately, you get it at the closest place, and that might not be a Department of Veterans Affairs emergency room. The VA, however, is supposed to pay the provider for that care or reimburse you if you’ve already paid. The problem – as the Veterans Affairs Office of the Inspector General discovered – is that payment of those medical bills doesn’t always happen.

The VAOIG investigated (at the request of a member of Congress) and discovered that claims often were denied or rejected to meet production goals, which were tied to bonuses and performance reviews. Nearly one-third

of non-VA emergency claims were denied or rejected. (Denied means the VA won’t pay; rejected means it wants more information.) Yet veterans weren’t given good information about why their claims weren’t paid, and therefore couldn’t respond.

The VAOIG discovered that:

- During a six-month period in 2017, the VA rejected or denied \$716 million in claims.

- The emphasis was on the number of claims processed, not accuracy. Clerks got credit for rejecting or denying a claim, or marking it for payment, but not for researching the claim.

- Clerks were told to deny non-VA emergency claims or were at least encouraged to do so in the name of speed, which meant processing 13-15 claims per hour. Incentives for working quickly included overtime and working from home.

- Some rejection/denial decision letters weren’t mailed

and might sit for months, making it too late for the veteran to appeal.

If you ever need non-VA emergency care, be sure the VA is notified quickly, within 72 hours. Not doing so is an excuse for it to deny your claim.

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- What’s going on sale in September? Look for cookware, dishes, pool toys and pool accessories, patio furniture, plus great deals on new cars (2020 models and closeout sales on 2019 models).

- Here’s a great mattress de-funker recipe: Mix a cup of baking soda with 10 drops of your favorite essential oil. Sprinkle evenly over your bare mattress. Allow to penetrate for up to an hour, then vacuum up the remaining powder.

- “It’s almost time for Scouts to start up again. I have been washing uniforms and sashes, and I find this trick to be helpful when it comes time to stitch on badges: Put a bit of plain school glue on the back of your badge, place it where you want it on the sash, then let it dry. It will stay in place long enough to stitch the edges. When you launder it, the glue will wash right out.”

– R.D. in Florida

- A school-success tip: Have middle- and high-school kids identify a friend in every class who they can turn to for questions about assignments or course material. It’s beneficial to be that friend for someone else, too!

- Here’s a great tip for future international travel: “Get yourself a power strip and you’ll only need one plug adapter for foreign plugs. You will make friends at the airport, too, on a layover.”

– G.G. in Arkansas

- When searching for airline flights, try going incognito in your browser, using a private browser, or deleting your cookies between searches. It can sometimes make a price difference.

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.

	÷		+		17
+		+		÷	
	x		-		19
x		x		x	
	+		x		24
16		20		16	

1 1 2 3 4 5 7 8 9

DIFFICULTY: ★★

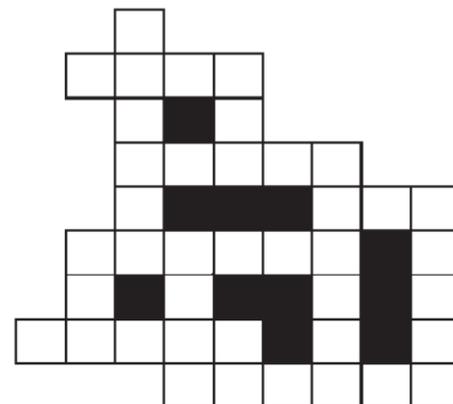
★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

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Answer Page 4



- NLI
- HOECUT
- DEKON
- RBKA
- ♥RADPIE
- ATH
- ♥ORTI
- ♥RUSPL
- ♥NKI
- ♥BALUNE
- ♥TIDCE
- ♥SPHO



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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