

1973  
46 Years  
2019

# WEST TEXAS COUNTY COURIER

VOL. 46, No. 39

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, SAN ELIZARIO AND TORNILLO

SEPTEMBER 26, 2019

## NEWSBRIEFS

### Fall festival

The Oz Glaze Senior Center is having their Annual Fall Festival (formerly Pumpkin Fest) on October 5th. Please display any talents you may have for the entertainment. Vendors are \$15.00 a table with refund of \$5.00 at event. Game booths, giveaways, info tables are \$10.00 a spot with a \$10.00 refund at event. Contact Fred (915) 799-8194 or Judi (915) 581-2994 to reserve space. You can also register at Hope Clothing Depot.

— Judi Verslype

### Counterfeit currency

Crime Stoppers of El Paso, in partnership with the United States Secret Service, is issuing a warning to businesses and residents about an increase in counterfeit money in the El Paso area. Federal law prohibits the creation and passing of counterfeit U.S. currency in any way, shape or form. Genuine United States currency will never have the words "For Motion Picture Use Only"; nor will genuine United States currency ever have Chinese or Cyrillic (Russian letters) anywhere. Counterfeit United States currency can come in a variety of formats. However, currently the El Paso regional area is being hit hard by counterfeit with these hallmarks as mentioned above (see attached images). If anyone attempts to pass counterfeit currency, the public is advised to contact the El Paso Police Department immediately at 915-832-4400. To report the manufacturing of counterfeit currency, the public can contact Crime Stoppers of El Paso at 915-566-8477 (TIPS). For more information on how to authenticate U.S. currency, please visit <https://tinyurl.com/yxenlgfc>.

— Javier Sambrano

### Diversity by state

With Hispanic Heritage Month in full swing and the leadership in Fortune 500 companies still dominated by Caucasian males, the personal-finance website WalletHub conducted an in-depth analysis of 2019's Most & Least Diverse States in America as well as accompanying videos. To determine where the most idea and identity exchanges have occurred at the highest level in the U.S. — and where the population is relatively more homogeneous — the 50 states were compared across six key categories: socio-economic, cultural, economic, household, religious and political diversity. Texas was rated second most diverse in the report, ranking (1-Most

See BRIEFS, Page 7

*It is a thousand times better to have common sense without an education than to have an education without common sense.*

— Quips & Quotes



— Image courtesy of MCA Foundation

**NEW FACILITIES** — The VA plans to move most of its mental health services from its main Medical Center, located next to William Beaumont Army Medical Center, to a new building (rendering above) on the Medical Center of the Americas (MCA) campus in South-Central El Paso and open a West Side clinic in a new building in the Northwest Corporate Center industrial park by the end of next year.

## VA health care system targets suicide prevention

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY — Although the El Paso Veterans Affairs (VA) Health Care System's annual suicide prevention September observance — as part of the National Suicide Prevention Month campaign — winds down, VA officials emphasize that these efforts must continue year-round.

As part of the September campaign, the VA hosted several activities for veterans

ranging from support groups, a veteran suicide awareness ceremony, a Sept. 11 remembrance event, and a motorcycle ride.

This year's theme of the El Paso VA's Suicide Prevention campaign was "Many roles. One mission," said Nydia Avitia, Suicide Prevention Coordinator for the El Paso VA. "It (the theme) was meant to emphasize the impact individuals and communities can have in preventing suicide," Avitia said in a statement. "No matter what role that individual is in, we all have one overarching responsibility,

which is to spread awareness throughout the year."

The purpose behind having multiple outreach events in September was to get the message out and educate the public about the local VA's strategies to support the prevention of suicides and how everyone can help.

"It is important to recognize that suicide prevention is not just an issue that only mental health providers can address," Emilia Campos, Deputy Chief of Mental

See PREVENTION, Page 4



— Photo courtesy Socorro ISD  
**CAN YOU HEAR ME NOW** — Hueco Elementary Principal Daisy Garcia introduces Verizon Director of Customer Service Hector Gachupin who presented the Hueco students and staff with \$5,000 worth of school supplies during a special ceremony Sept. 20 at the school.

## Hueco Elementary receives \$5,000 school supply gift

By Christy Flores-Jones  
*Special to the Courier*

EL PASO COUNTY — Campus Principal Daisy Garcia, surrounded by students, parents, faculty and staff, accepted more than \$5,000 worth of school supplies from Verizon's Director of Customer Service Hector Gachupin and other company representatives.

"Hueco Elementary is honored to receive this generous donation of school supplies from Verizon Wireless," Garcia said. "This gift will empower our students and teachers by providing them essential tools to learn and grow."

Hueco is the only SISD school to receive a donation from the company this school year.

"These efforts are part of our annual campaign, Verizon Serves, which focuses on giving back to the community," said Andres Cervantes, senior analyst for Verizon's employee engagement department. "Every year we give school supplies to one campus. It's a collective force between our retail team, call center employees, and other Verizon Wireless staff."

**People know  
Pueblo for its...**



**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](http://www.pueblo.gsa.gov). You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



U.S. General Services Administration

**By Liza Rodriguez**  
*Special to the Courier*

CANUTILLO — Student outcomes have been the primary focus of Canutillo ISD (CISD) Superintendent Dr. Pedro Galaviz since he arrived at the District in 2013. And, the Board of Education has praised the results.

CISD Trustees voted 5 - 1 this month to extend Dr. Galaviz' contract and included a 4% increase, which is equal to what district administrators received.

"The District has seen tremendous success under Dr. Galaviz' leadership," said Board

President Sergio Coronado. "He is a true educational leader who keeps true to his belief of always keeping students in the forefront. We're privileged to have Superintendent Galaviz leading our district."

Under Galaviz, the district is on the national map due to several accomplishments. Canutillo ISD is the only school district in the region to earn back-to-back 'A's in accountability from the Texas Education Agency (TEA). For the second consecutive year, the District received an Exemplary Performance A-Rating with a grade of 91 in overall performance. This

makes CISD the highest rated among districts in Region 19.

CISD also received a top tier credit rating upgrade. Moody's Investors Service upgraded their credit rating to Aa3, from A1. The District improved its credit rating and is now among the best-rated school systems in the region.

"I am proud to serve this amazing community. Their unwavering support and dedication to the students are what makes this a special place," Galaviz said. "I believe these actions represent a vote of confidence in our team's vision, progress, and performance. I appreciate the hard work of our students, teachers, staff, parents, and trustees for making CISD a premier school district."

In addition to this year's amendment, for future evaluation cycles, if Galaviz



**Dr. Pedro Galaviz**

receives a satisfactory evaluation, one year will be added to the end of the contract term and his base pay will be automatically adjusted with the same raise, if any, approved for other district administrators.

## Write stuff

**Editor:**

In his column [*Throwing America under the bus*/August 29, 2019], Mr. Lowry negates the premise that the United States was founded on the principles of racism in the form of enslaved black people in the South. Does he also turn a blind eye to the cruelty inflicted on Native Americans who were robbed of their lands and relegated to miserable reservations? It is a shameful verity that most or all countries were founded in cruelty and ruthlessness, something none of us should deny but, it's certainly time for us to stand up and say, "We will no longer

accept violence to other human beings in our country based on race, ethnicity or any other 'difference' some might find threatening or objectionable." Sadly, it seems apparent that we, as a species, may not have evolved to that lofty point of evolutionary excellence yet and have our heads still buried firmly in the sands of denial. America wasn't thrown under the bus rather, it threw itself under the bus. At least, the America that existed in the sixteen or seventeen-hundreds.

— Alfonso Marquez  
El Paso, Texas



**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: [wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com)  
Website: [wtxcc.com](http://wtxcc.com)

**Publisher**  
Rick Shrum  
**Contributors**  
Alfredo Vasquez  
Steve Escajeda

Member Texas Community  
Newspaper Association



**Homesteader**  
Est. 1973  
News, Inc.

## PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The *West Texas County Courier* will publish two editions early. The October 17 and October 24, 2019 issues will go to press on Tuesday, October 8, 2019.

All material for these publications must be submitted to the *West Texas County Courier* no later than Thursday, October 3, 2019.

The *West Texas County Courier* office will close beginning Tuesday, October 8, 2019. The office will open again on Friday, October 25, 2019.

## STRIKES for SCHOLARS

October 26, 2019

11AM - 2PM

Oasis Lanes

1660 N. Zaragoza



An event to benefit the Clint ISD Superintendent's Scholarship Fund



Together  
We Build Tomorrow!

**Enjoy 3 hours of unlimited bowling - shoes included**  
**\$100 team entry - five bowlers per team**  
**Awards - Top 3 teams**  
**AND Best team theme uniforms/costumes**  
**Door Prizes !!**

Registration and sponsorship forms available at [www.clintweb.net](http://www.clintweb.net)  
Submit forms & fees to the Clint ISD Public Relations Dept.  
14521 Horizon Blvd, El Paso, TX 79928.  
Questions? Contact Clint ISD Public Relations Dept.  
915-926-4058 or by email at [nancy.powell@clint.net](mailto:nancy.powell@clint.net)

# Bernie Sanders and the anti-people crusade

At least Bernie Sanders is an equal opportunity misanthrope. He doesn't like rich people, and it turns out he doesn't necessarily like poor people, either.

At the recent CNN town hall on climate change, a questioner asked the socialist senator if he'd be "courageous" enough to endorse population control to save the planet. Sanders answered "yes," and then, after referring to abortion rights, endorsed curtailing population growth, "especially in poor countries around the world where women do not necessarily want to have large numbers of babies."

He's looking at you, sub-Saharan Africa.

The Sanders riff is the latest instance of a rising anti-natalism on the left, which has gone from arguing that carbon emissions are a problem to arguing that human beings are a problem. They release carbon emissions, don't they? Q.E.D.

When a proposition has the support of Alexandria Ocasio-Cortez, who questions the morality of having children, and Bill Nye the Science Guy, who has discussed punishing people for having children, it's on the way to universal assent among a certain segment of soi-disant thoughtful progressives. A

headline in The New York Times even asked, "Would Human Extinction Be a Tragedy?"

Undergirding the anti-natalist position is the belief that we are facing a global catastrophe, such that additional babies will tip the planet into uninhabitability for everyone. This goes beyond the best evidence, and discounts the human capacity for adaptation that is one of our chief attributes.

The view that human beings are an unsustainable drain on limited resources goes back to the 18th-century thinker Thomas Malthus and, more recently, the Stanford University biologist Paul Ehrlich. In his 1968 book "The Population Bomb," Ehrlich put an emphasis on overly fertile Third World countries, just as Bernie Sanders did.

But if consumption and carbon emissions are the concern, it's rich people in developed countries who are the bigger problem and should be dealt with accordingly (a task for which Sanders is dismally well-suited). As Benjamin Zycher of the American Enterprise Institute notes, rising incomes – considered an unalloyed good by anyone who experiences them – invariably increase energy consumption.

What are we to make of an

agenda that seeks to diminish the number of human beings overall and to make those who enjoy material prosperity less wealthy?

At a more fundamental level, the anti-natalists have a gross materialistic view of humanity. For them, we are a series of inputs and outputs, and if one particular output is considered undesirable (in this case, carbon emissions), it reduces the value of human beings altogether. No one who isn't a cracked ideological

extremist or perversely blinkered economist actually looks at people this way. It doesn't account for relationships or for joy, for the wondrous distinctiveness of every person, no matter how poor or humble.

People aren't a burden; they are a resource and a gift. Any movement that regards them any other way is profoundly misguided and deeply anti-human. Build windmills if you must, but don't try to scare people out of having children



– or much worse, facilitate abortions – in your zeal to shave some fraction of a degree off the global temperature 80 years from now.

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

## Alvarez named an Hispanos Triunfadores

By Ismael De La Rosa  
Special to the Courier

EL PASO COUNTY – Dr. Maria Alvarez, EPCC Biology Professor from El Paso Community College (EPCC), was honored during the 2019 McDonald's Hispanos Triunfadores Award Ceremony and Luncheon. The award recognizes individuals who serve as outstanding role models and are an inspiration to area youth in the fields of Government, Arts & Entertainment, Business, Lifetime Achievement

Business, Science, Community Service and Education. Alvarez, the STEM honoree, was nominated for her impact on higher education and science.

"Our faculty provide the foundation of success for our students," Steve Smith, EPCC Vice President of Instruction and Workforce Education said. "Dr. Maria Alvarez is an example of an outstanding professor, mentor and role model who has transformed STEM education, secured more than \$13.2 million dollars of grant funding and has

See Alvarez, Page 7



Dr. Maria Alvarez



## Prevention

From Page 1

Health Services for the El Paso VA, said in a statement. "From family and friends, to co-workers or classmates, everyone has a role to play," she stated.

According to El Paso VA officials, about 20 veteran lives across the country are lost to suicide every day. Out of those 20, about 14 veterans did not use VA healthcare services.

To combat this serious problem, the El Paso VA is opening a 33,000-square-foot VA Wellness Center later this year, which will be located at 5130 Gateway Blvd. East, next to the Cardwell Collaborative Building. It will expand mental health care for veterans.

The center will be built separate from the main VA "in hopes that it will reduce the stigma and reluctance some veterans feel in reaching out for mental health assistance, simultaneously resulting in less suicides," VA officials noted.

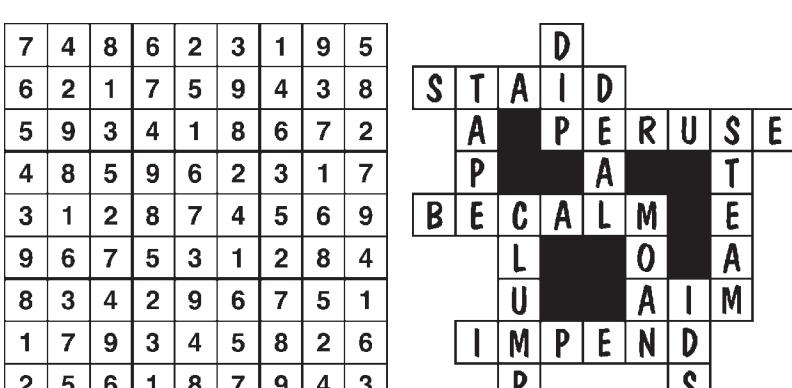
In addition to the Wellness Center, the VA also is planning to open a West Side clinic in the Northwest Corporate Center industrial park by the end of next year. Construction of both the VA Wellness Center and the westside clinic are part of an ongoing effort to improve how the El Paso VA Health Care System provides care to the more than 7,000 veterans in the region.

The integration of mental health services into primary care settings is designed in part to help overcome some veterans' reservations about seeking mental health treatment. It also provides an opportunity to deliver mental health services to those who may otherwise not seek them and to identify, prevent, and treat mental health conditions at the earliest opportunity, VA officials stated.

"Early identification, accurate diagnosis, and effective treatment of mental health conditions improve the chances for recovery, so VA primary care providers screen veterans for depression, posttraumatic stress disorder (PTSD), problematic alcohol use, and difficulties related to military sexual trauma (MST)," VA officials explained.

In August 2016, the VA department released a national suicide data report, titled *Suicide Among Veterans and Other Americans, 2001–2014*.

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



## Suicide Warning Signs

These signs may mean someone is at risk for suicide. Risk is greater if a behavior is new or has increased and if it seems related to a painful event, loss, or change.

- ❖ Talking about wanting to die or to kill oneself.
- ❖ Looking for a way to kill oneself, such as searching online or buying a gun.
- ❖ Talking about feeling hopeless or having no reason to live.
- ❖ Talking about feeling trapped or in unbearable pain.
- ❖ Talking about being a burden to others.
- ❖ Increasing the use of alcohol or drugs.
- ❖ Acting anxious or agitated; behaving recklessly.
- ❖ Sleeping too little or too much.
- ❖ Withdrawing or feeling isolated.
- ❖ Showing rage or talking about seeking revenge.
- ❖ Displaying extreme mood swings.

**Suicide Is Preventable.**

**Call the Lifeline at 1-800-273-TALK (8255).**

**With Help Comes Hope**

**BE AWARE – Chart of Suicide Warning Signs courtesy of El Paso Veterans Affairs (VA) Health Care System.**

The report was the most comprehensive analysis of veteran suicide rates in the United States, examining more than 55 million records from 1979 to 2014 in all 50 states, Puerto Rico, and the District of Columbia.

The VA report indicates that many veterans who receive care in VA clinics have been diagnosed with mental health conditions: In fiscal year (FY) 2017, more than 1.7 million veterans received mental health treatment in VA mental health programs nationwide; this number has risen each year from about 900,000 in FY2006. Nearly one-third (29.2 percent) of these patients received care from a mental health care provider working in the primary care clinic, while 350,000 (70.8 percent) had their depression documented by providers who exclusively practice primary care.

The report also showed that other mental health conditions such as PTSD, substance use disorders (SUD), and anxiety are commonly diagnosed in VA primary care patients.

Key findings from the national data report include: An average of 20 veterans died by suicide each day; six of the 20 were users of VA health services in 2013 or 2014; and veterans accounted for 18 percent of all deaths by suicide among U.S. adults, while veterans constituted 8.5 percent of the U.S. population.

The report's findings also pointed out that about 67 percent of all veteran deaths by suicide were the result of firearm injuries. It showed that the suicide rate among middle-aged and older adult veterans was high. In 2014,

about 65 percent of all veterans who died by suicide were age 50 or older. After adjusting for differences in age and gender, the risk for suicide was 22 percent higher among veterans compared to U.S. civilian adults.

After adjusting for differences in age, risk for suicide was 19 percent higher among male veterans compared to U.S. civilian adult males. After adjusting for differences in age, risk for suicide was 2.5 times higher among female veterans compared to U.S. civilian adult females.

Subsequently, VA officials claimed that they tried to address the discrepancy by providing more than 1.2 million mental health visits in primary care settings in FY2017, an increase of 4 percent from FY2016 and up 20 percent from FY2014. They stated that, in most cases, mental health professionals embedded in the primary care team have been able to effectively treat the patient. And, when warranted, the patient has been referred to some sort of specialty care.

While there is no single profile of a typical veteran who attempts or dies by suicide, VA's recent analysis of veteran suicide data helps to better understand and address suicide risk factors. The data also indicates that a community approach, where everyone who interacts with veterans plays a vital role, is necessary for preventing these suicides.

For more information about the El Paso VA's suicide prevention programs, visit el paso.va.gov or call (915) 564-6100. For immediate assistance, veterans may call the Veterans Crisis Line at (800) 273-8255.

## Strange BUT TRUE

By Samantha Weaver

• It was infamous French statesman and military leader Napoleon Bonaparte who made the following sage observation: "In politics, absurdity is not a handicap."

• It may be hard to believe, but there is an official competition to see who can sit in a sauna for the longest period of time. The World Sauna Championships have taken place in Heinola, Finland, annually since 1999. The starting temperature is 110 F, and a liter of water is poured on the stove every 30 seconds. The winner is the last person who is able to leave the sauna without assistance. Competitors participate at their own risk, and they are required to sign a waiver agreeing not to take legal action against the event organizers.

• The ubiquitous summertime flip-flop sandals are known in Australia as pluggers, are called slops in South Africa and slippers in Hawaii, and New Zealanders call them jandals.

• Evidently, it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

• Those who keep track of such things say that about 15 percent of all Google searches are new — that is, they have never been searched before on Google.

• You might be surprised to learn that Jane Austen's novel "Pride and Prejudice" was originally titled "First Impressions."

• In 2006, an Illinois police officer was arrested for driving under the influence of alcohol. This probably would not be noteworthy, except that it was the same police officer who received an award for making the most DUI arrests in his county.

Thought for the Day: "Be not too hasty to trust or admire the teachers of morality; they discourse like angels but they live like men."

— Samuel Johnson

(c) 2019 King Features Synd., Inc.



## Moments in time

THE HISTORY CHANNEL

• On Sept. 23, 1969, the trial for eight antiwar activists charged with sparking violent demonstrations at the August 1968 Democratic National Convention opens in Chicago. Most were convicted on criminal charges or contempt of court, but none served time after convictions eventually were overturned on appeal or charges dropped.

• On Sept. 24, 1941, the Japanese consul in Hawaii is instructed to divide Pearl Harbor into five zones and calculate the number of battleships in each zone. The United States had intercepted the message, but it was dismissed a month later as being of no great consequence.

• On Sept. 25, 1970, ABC premieres "The Partridge Family," which would become a smash hit. The group's songs were not actually recorded by the five siblings and their mom in a garage, but were mostly the work professional musicians in Los Angeles.

• On Sept. 26, 1957, "West Side Story," composed by Leonard Bernstein, opens on Broadway. The show went on to an impressive maiden run of 732 performances. In 1961, a film version was an enormous hit and took home 10 Academy Awards.

• On Sept. 27, 1540, in Rome, the Society of Jesus — a Roman Catholic missionary organization — receives its charter from Pope Paul III. The Jesuit order succeeded in converting millions around the world to Catholicism.

• On Sept. 28, 1066, claiming his right to the English throne, William, duke of Normandy, invades England. On Christmas Day, William the Conqueror was crowned the first Norman king of England. William I is also known for his "Domesday Book," a great census of the lands and people of England.

• On Sept. 29, 1982, seven people die in Chicago after ingesting over-the-counter painkiller laced with cyanide. No other contaminated capsules were found in a nationwide recall, but the mass murder led to new tamper-proof medicine containers.

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

**Send Your Newsbrief To:**  
**wtxcc@wtxcc.com**

## CryptoQuip Answer

Very often I say that bad food is actually good, so I guess I have lost edibility credibility

4	÷	1	+	6	10
×		+		÷	
5	-	1	×	2	8
-		+		×	
7	+	8	÷	3	5
13		10		9	



# Aging Well

**Aging is something we all do from the moment we're born.  
So how do we do it better?  
How do we live our best lives as we grow older?**

At Conviva, we think beyond disease management.  
We are an alliance of physicians and senior care advocates  
united in advancing the understanding of healthy aging.



We are **Conviva Care Centers**, where meaningful patient relationships lead to better health outcomes.



We are **Conviva Physicians Group**, where decisions are driven by physicians and based on expertise and research.



We are **Conviva Care Solutions**, thought leaders in senior care, pioneering best practices and seamless management services in support of clinical goals.

Together, we are Conviva.



**A new name in Primary Care.  
A new approach to Aging Well.**

**1-833-CONVIVA**

# Hey NFL, enough with the penalties already

**By Steve Escajeda**  
Special to the Courier

It's still very early in the National Football League season but the 2019 campaign has already taken some ugly turns.

Some teams have already established themselves as disasters that will play out the season in the hopes that high draft picks will change their fortunes for the better in the near future.

Some of the usual suspects have performed exactly the way they were predicted to and have started the long journey toward the playoffs.

There's been the weekly antics of wide receiver Antonio Brown who has gone from the Steelers to the Raiders to the Patriots to the unemployment line in a matter of months.

Thank goodness we probably won't

have to hear about his feet or his helmet or about how the world is so unfair to him; at least for a while.

But the biggest negative involves the guys in the stripped shirts and that irritating whistle they carry around their neck.

They are blowing it so often this year that I sometimes wake up in the middle of the night hearing that annoying whistle in my nightmares.

NFL officials are calling penalties at an alarming rate this year and it's making some of these games completely unwatchable.

I understand that if an infraction occurs it should be called – but it's gotten to the point that the guy in the white hat is getting as much airtime as Troy Aikman and Joe Buck.

What is especially annoying are the holding calls. Holding calls were up an astounding 77 percent during the first two

weeks of the season.

And it's no accident. Before the season started the NFL executives made it a point of emphasizing the holding penalty – and they certainly have.

My question is, who in their right mind woke up one morning and thought to themselves, "you know what would make NFL games more exciting – more holding penalties."

Whether you like him or not, there's no debate that Tom Brady is one of the best, if not the best, quarterback the game has ever seen.

Another thing that isn't debatable about him is that he never rocks the boat. He may deflate a football, but he never rocks the boat.

Brady isn't the type of guy who jumps to conclusions or makes controversial comments. But even he has had enough of the yellow flags.

Brady tweeted at halftime of the Thursday night game between the Tennessee Titans and the Jacksonville Jaguars, "I'm turning off this game I can't watch these ridiculous penalties anymore."

And it isn't just holding, there's been an uptick on all penalties, especially anything remotely close to a quarterback.

It's escalated to the point that if a defender sneezes near a quarterback he starts looking for the flag.

Another former NFL player who stays away from controversy is Hall of Famer Kurt Warner.

But even he recently tweeted, "These calls on QBs are awful... AND IM A QB!!! It's changing games... c'mon stripes!"

When NFL stars of this magnitude begin to notice and complain about the officiating, the league has got to take notice. The fans have and are certainly taking notice.

This is football. The object of the game is to hit the other guy as hard as you can and bring him to the ground against his will – and last I saw – quarterbacks were still football players.

Some of the roughing the passer calls that have been made defy logic. They cannot hit a quarterback around his helmet and they can't go anywhere near his legs.

No one wants to see a player get hurt, but the game is being interrupted too many times.

Defenders don't know what's legal because of the inconsistencies of the officiating.

Oh, I know they have a difficult job to do, but the rule should be that a "hold" and "roughing the passer" should be so obvious that it has to be called. Otherwise, let it go.

So many spectacular plays are called back because of that infuriating yellow hanky.

For an NFL ambassador like Tom Brady to turn off his TV in the middle of a game and then tell everybody about it, it cannot be good.

## Flu vaccination campaign starts in El Paso

*Immunize El Paso recommends all children and seniors protect themselves against influenza*

**By Dusty Warden**  
Special to the Courier

EL PASO COUNTY – The fall season marks the beginning of cooler temperature and shorter days so now is the time to begin preparing the coming flu season. Immunize El Paso, a non-profit immunization clinic, is beginning their annual influenza vaccination to give El Pasoans an opportunity to stay healthy.

Last year the Texas Department of State Health Services has reported 9,447 flu and pneumonia-related deaths, with 17 of these being children under the age of 18.

We want to ensure that we ensure that everyone is protected going into the flu season, and vaccination is the most effective measure to do so. Flu activity peaked January through March of last

year, getting your flu shot early in the season will give your body a chance to build up immunity against the virus.

Flu vaccine is now available in multiple variations, including a vaccine that does not use eggs, antibiotics, or live virus in any part of the manufacturing process. Other presentations include a preservative-free vaccine and a high-dose formulation specifically developed for seniors.

All children, seniors over 65, those with weakened immune systems, and those with chronic medical conditions are extraordinarily vulnerable to the flu, and vaccination is highly recommended for each of these groups.

Non-pharmaceutical interventions are also just as important to stopping to flu. Remember the four "C's": Clean your hands, Cover your cough, Contain germs by avoiding others when you're sick, and Call your doctor if you experience a high-

**Central El Paso**  
**San Juan Clinic**  
**6292 Trowbridge, 79905**  
**(915) 533-3414**  
**Weekdays: 8 a.m. to 5 p.m.**  
**Saturday: 9 a.m. to Noon**

**East El Paso**  
**1580 George Dieter, Ste 103, 79936**  
**(915) 857-2474**  
**Weekdays: 8 a.m. to 5 p.m.**  
**Saturday: 9 a.m. to Noon**

grade fever.

Flu vaccines are now available at each of Immunize El Paso's clinic locations along with outreach sites scheduled through the next several months.

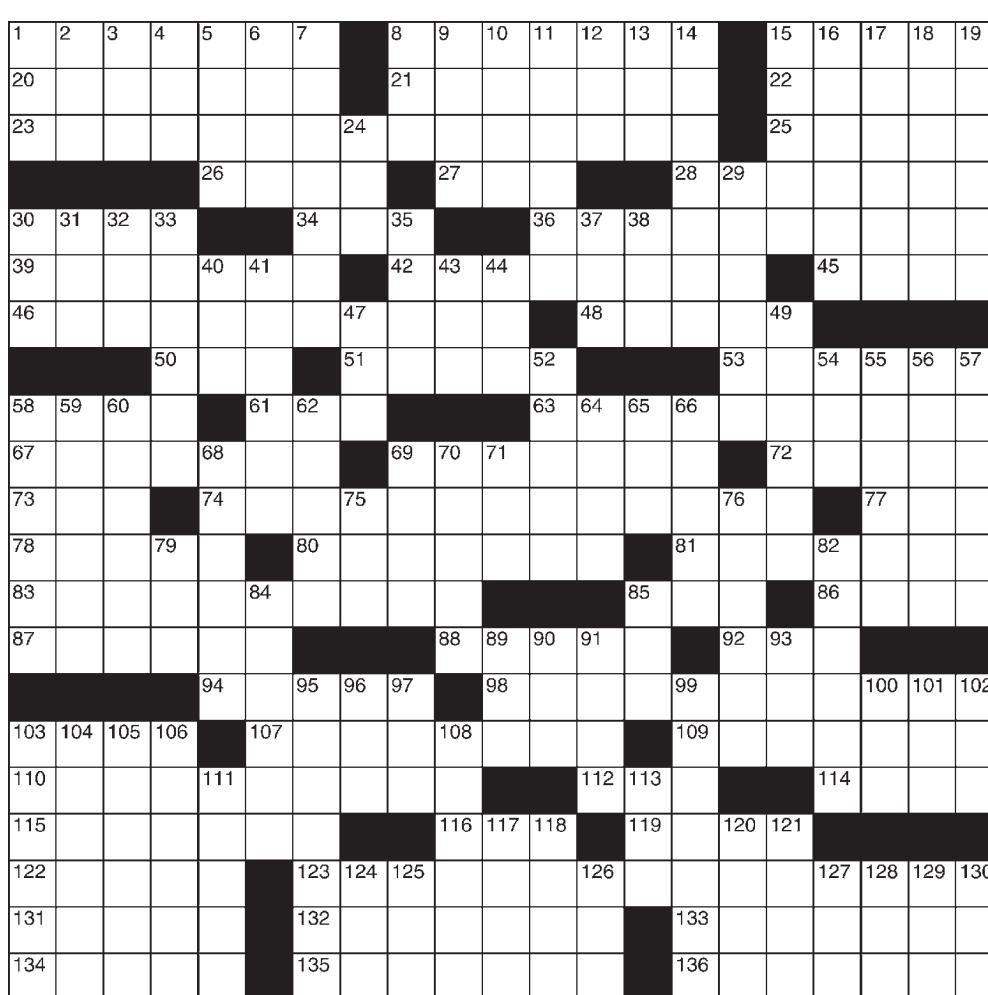
More information can be found at [immunizeelpaso.org](http://immunizeelpaso.org) or by calling 915-881-1100.

Dusty Warden is the Outreach Coordinator for Immunize El Paso.

## Super Crossword

NOVEL COUPLES		ACROSS	
1	High-fiber cereal ingredient	63	Small, thin part of a beach hill? [Herbert-Levin]
8	Thwacked	64	"Life _ cabaret" [Hubbard-Sartre]
15	Something imperative	65	Eight-player bands
20	Endorse	66	Kernel holder
21	Many a quaint cabin	67	Pistol, e.g.
22	"The Gypsy" singer Shore	68	Strikeout star
23	Tree anchors growing in a groundwork? [Asimov-Haley]	69	Sarge, e.g.
25	Split in two	70	Lacerations
26	Lyric poems	71	Tough guy's claim
27	_ chi	72	Abducted old
28	Dirtier, as a chimney	73	Elliptical
30	Headland	74	Laughter syllables [Stevenson-Clavell]
34	Awful review	75	Scott Joplin's "The Entertainer," for the film "The Sting"? [Doctorow-Rand]
36	Actress De Mornay after marrying Star Trek's ensign Harry? [du Maurier-Kipling]	76	Long of film
42	Defeat in cleverness	77	Boise locale
45	Lays (down)	78	Related compounds
46	Dear granny? [Morrison-Zola]	79	Wielded, as power
48	Indulges fully	80	Distress after a really deep sleep?
50	Belle of a ball	81	[Cook-King]
51	Butler's girl	82	Eminent lead-in
53	Knight's tunic	83	Gives help to
58	Liv'y's "to be"	84	Neighbor of Norway
61	Geller of the	85	Biblical queendom

DOWN	
1	Clumsy type
2	Of yore
3	Mr. Capote, briefly
4	Singer Folds
5	Total change
6	Very little
7	Memo tablet
8	_mo
9	Blanc (Alps peak)
10	Home to Taj Mahal
11	Groups in church
12	Kitschy _!
13	Lifesaving pro
14	Pie, e.g.
15	Not standing, as a committee
16	Sporty two-seaters
17	Not typical of
18	"Don't waste your breath!"
19	Heat units



Answer Page 8

## Comix

### OUT ON A LIMB By Gary Kopervas



KNIGHTS OF THE CHANGING TABLE

KOPERVAS

### AMBER WAVES By Dave T. Phipps



### THE SPATS By Jeff Pickering



### R.F.D. By Mike Marland



### Alvarez

From Page 3

created extraordinary experiences for our students."

Her students say she helps them understand that they can aspire to be anything because and thank her for mentoring them on a pathway to

achieving their dreams. "I became not only the first in my immediate family to finish college, but also the first in my extended family to obtain a doctoral degree," said Salvador Muñoz, who earned his Ph.D. and was post-doctoral fellow at the University of Rochester after studying with Alvarez. "She makes the improbable possible for many young minds."

### Briefs

From Page 1

Diverse, 25-Avg.):

- 23rd – Income Diversity;
  - 10th – Educational-Attainment Diversity;
  - 4th – Racial & Ethnic Diversity;
  - 3rd – Linguistic Diversity;
  - 26th – Birthplace Diversity;
  - 1st – \*Industry Diversity;
  - 18th – \*Occupational Diversity;
  - 30th – \*Worker-Class Diversity;
  - 29th – Marital-Status Diversity;
  - 19th – Household-Type Diversity;
  - 5th – Household-Size Diversity; and
  - 6th – Religious Diversity.
- \*Includes civilian employed population*

aged 16 and older.

Visit <https://wallethub.com/edu/most-least-diverse-states-in-america/38262/> for the full report.

– Diana Polk

### Another dream job

It's a dream job for any football freak, getting paid to go to every home game your favorite team plays. In this case, the home team is the Los Angeles Rams. California's Golden Road Brewing is offering to pay a Ram's fan \$150 per game. All the lucky new employee would have to do is promote the company's products, especially its new *Whose House?!* Blonde Ale. The lucky applicant will have the title of Chief Beer Officer.

– John Grimaldi

## Heart attack symptoms not always painful

DEAR DR. ROACH: My very healthy husband collapsed and died on the way to the hospital. They worked on him for a long time but could not revive him. They didn't do an autopsy, and they declared his death as "atherosclerotic vascular disease." He was 79 years old and had no health problems. He came into the house and said that something was in his throat and he couldn't swallow. He tried to cough it up, but nothing came up. He then collapsed. He had no pain. I am still puzzled by that symptom of a heart attack. Have you ever heard of that? I am really curious and still in shock. I hope you can explain. – T.S.



**to Your Good Health**  
WITH  
**Dr. Keith Roach**

I am very sorry to hear about your husband. I think he likely did have a heart attack, which is the leading cause of death in the industrialized world.

Although many people have symptoms of heart disease that they ignore, some people have no symptoms until sudden death. Atherosclerosis, hardening of the arteries due to cholesterol plaque and calcium in the blood vessels of the heart, almost always is present in people with a heart attack.

The initial symptom of a heart attack varies widely. Throat discomfort is not rare. Cough is a common symptom, as the heart becomes damaged and the pressure in the lungs increases. The classic symptom of chest pain certainly does happen, but there are many variations. Both men and women can have atypical presentations.

DEAR DR. ROACH: My husband has Parkinson's disease. He also has a stent in his heart. We have been to many doctors to address a breathing problem: fast breathing. He experiences this daily, and we are told that it is anxiety. It is difficult to watch him go through this. It sometimes happens before he is due for his Sinemet, but other times right after taking it. He has been prescribed Xanax, clonidine, cannabidiol-infused gummies and a few others. One doctor says it is from Parkinson's, but the rest say it is anxiety. – E.W.

Shortness of breath can have many causes, but someone with Parkinson's disease has an unusual possibility, called "respiratory

See HEALTH, Page 8

### TRUE TEXAS FACTS by Roger Moore

September 9 - 10, 1921, Thrall, Texas got 38.20 inches of rain in a 24 hour period.



Archives: [www.wtxcc.com](http://www.wtxcc.com)

**Health**

From Page 7

dyskinesia" (which just means "abnormal movement of the muscles of breathing"). This is an involuntary rapid breathing that causes distress, and it usually happens an hour after taking a medication like Sinemet. Changing the dose can help with diagnosis, and working with a neurologist to adjust the dose of the Sinemet (which comes in fast-acting and slow-release formulations) can solve the problem. I would start with an expert on Parkinson's.

Keeping a diary of when he takes his medication and when the breathing trouble starts and stops will be helpful, as would a video of what it looks like when happening.

*Dr. Roach regrets that he is unable to answer individual letters. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2019 North America Synd., Inc. All Rights Reserved.*

Having Parkinson's doesn't

make someone less likely to have other causes of shortness of breath, and anyone with a stent in the heart (meaning a history of blockages of at least one heart artery) is at risk of developing further blockages. Poor blood flow to the heart is another potential cause. Get the Parkinson's evaluation first.

I would not recommend anti-anxiety medications unless there is clear evidence of benefit. Ascribing a physical symptom like shortness of breath to anxiety without a thorough workup is unwise.

*Dr. Roach regrets that he is unable to answer individual letters. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2019 North America Synd., Inc. All Rights Reserved.*

**CryptoQuip**

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: T equals O

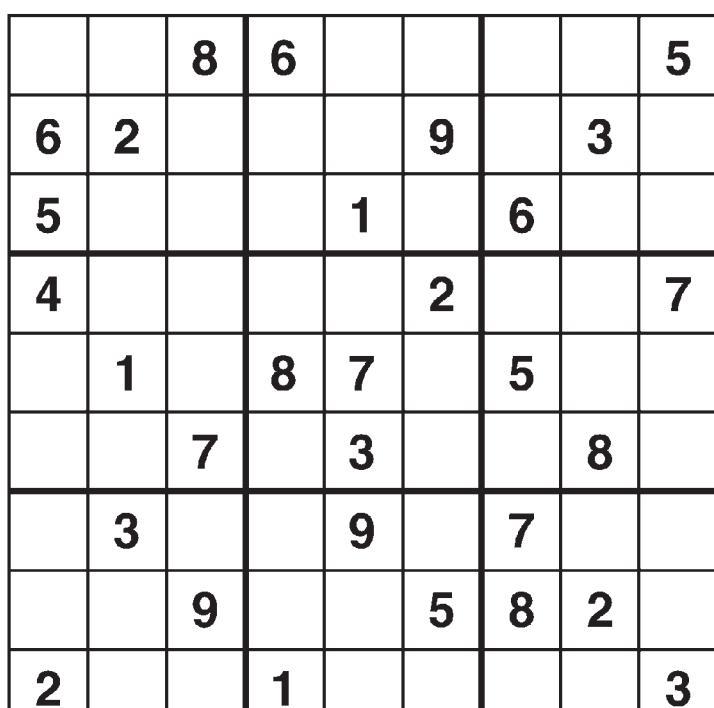
KPNA TUDPO Z IFA DCFD QFW  
UTTW ZI FJDRFBBA VTTW,  
IT Z VRPII Z CFKP BTID  
PWZQZBZDA JNPWZQZBZDA.

Answer Page 4

©2019 King Features Synd., Inc.

**Weekly SUDOKU**

by Linda Thistle



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.

**Veterans Legacy Memorial****VETERANS POST**

by Freddy Groves

The National Cemetery Administration is launching an online memorial site to honor the 3.7 million veterans who are interred in Department of Veterans Affairs national cemeteries. Each veteran will have his or her own page on The Veterans Legacy Memorial site.

For now, each veteran's information will have certain basic details, such as where they are buried and in which branch they served. As time goes on, we (family and fellow veterans) will be able to add photos and text to our veteran's memorial page.

Not all locations of veteran burials will be included, however. Arlington National Cemetery, for example, has its own website ([www.arlingtoncemetary.mil](http://www.arlingtoncemetary.mil)). It suggests you download the new app, ANC Explorer, and do your search on

your phone. If you're at your computer, put "find a grave" in the search box. You'll end up at a Find a Gravesite page for Arlington. Put in the veteran's name and other information; you don't need to fill in all the blanks. You'll be shown a Google map with the grave's location. Click on the star to see a photo of the headstone.

The ANC Explorer app on your phone would come in handy addition if you're visiting Arlington. It will highlight points of interest, send you on self-guided tours and show front and back photos of headstones. Find it on the App Store or Google Play.

If you have questions about the Veterans Legacy Memorial, go online to [www.vlm.cem.va.gov/faqs/](http://www.vlm.cem.va.gov/faqs/) and scroll down the questions. Check for links to other databases covering veterans interred in private cemeteries and others.

Don't worry if you can't find your veteran — the project is just getting started. At this point I was able to find only my grandfather.

My opinion? They announced this project too early. A better grave locator is the old one: [gravelocator.cem.va.gov/index.html](http://gravelocator.cem.va.gov/index.html).

(c) 2019 King Features Synd., Inc.



by  
Jo Ann Derson

• Y.L. in North Carolina writes: "I was sorting out tools in the shed and didn't realize that rust had gotten all over my T-shirt and shorts. Any tips?" You can try this, Y.L., and remember never to machine dry an item until the stain is gone, as it may set the stain. For rust, apply lemon juice to the stain, and then sprinkle with cream of tartar from your kitchen and rub it into the fabric. Allow the clothing to sit until the stain is gone, and then launder as usual. Good luck!

• "Oh, that grease buildup on top of the cabinets is terrible. But you can make cleaning up a snap with this tip: All you need to do to keep the tops of your cabinets clean is line them with waxed paper. Some people use newspaper, but I like waxed paper."

— W.T. in Kentucky

• "When you shop for shoes, go in the evening. Feet swell and expand throughout the day, so if you buy shoes in the morning, the fit might not feel too good later in the day."

— A.T. in Louisiana

• "To give rooms the illusion of extra height, hang curtains from a spot very near the ceiling. The long vertical lines of the fabric draw the eye up. It can be enough to make a very small room look and feel a little more spacious."

— R.

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

**GO FIGURE!**

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

**DIFFICULTY: ★★**

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

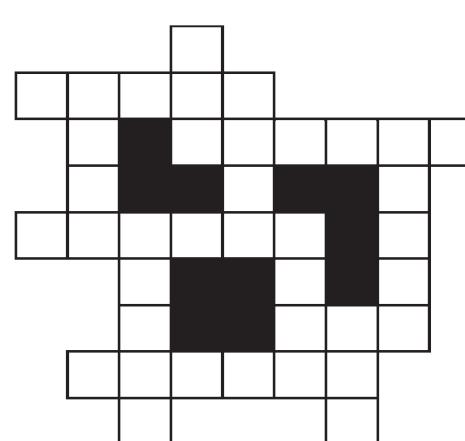
	÷		+		10
×	+		÷		
—		×			8
—	+		×		
+		÷			5
13	10		9		
1	2	3	4	5	6
7	8	9	6	7	8

©2019 King Features Syndicate, Inc.

Answer Page 4



SDI  
MACBLE  
♥EMSAT  
ONMA  
DEMPIN  
DPI  
♥EPTA  
MUCPL  
IMA  
♥EURSPE  
DASTI  
♥ADLE



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

