



NEWSBRIEFS

SISD Employee Health Fair

Socorro ISD will have its annual Employee Health Fair from 8 a.m. to 1 p.m. Sept. 28 at the District Service Center, 12440 Rojas Dr. The event is free for SISD employees and family members and offers numerous health screenings, including blood sugar, blood pressure, cholesterol, hearing, vision; and other health-related activities. Employees will get to meet the new SISD clinic manager, pharmacist and physician, who will be operating the soon-to-open employee health clinic. "We are happy to provide our employees and their families these free services so we can continue to be a Healthier Team SISD," said Mario Carmona, director of employee benefits. "This year's event is going to be bigger and better. Our goal is to encourage employees to be proactive and mindful of their health and inform them of the different benefits we offer." A blood drive, cooking demonstrations, flu shots, massages, a fire truck tour, face painting, jumping balloons, and door prizes also will be available. To sign up for the blood drive, call (915) 525-2413 or make an appointment online at www.bloodhero.com/ using the code "SISDHEALTHFAIR".

— Christy Flores-Jones

Father-Son Conference

The Socorro Independent School District will continue its 10th Annual SISD Father-Son Conference on Saturday, Sept. 28th from 7:30 a.m. to 3 p.m. at Pebble Hills High School (14400 Pebble Hills Blvd.). Male students from 6th-12th grade in the district can spend a day bonding with their fathers or father figures, while learning about opportunities and resources in the district and the community. The conference, with the theme of Building Ties, celebrates and encourages a strong connection between boys and their dads, which will help improve family engagement and student performance. The conference agenda will include sessions and information booths about the district's early college programs, advanced academic academies, and college and career opportunities. In addition, cyberbullying, self-esteem, and self-

See BRIEFS, Page 7

The worst car trouble is when the engine won't start and the payments won't stop.

— Quips & Quotes

Conference celebrates new exhibit at zoo

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The opening of the new Chihuahuan Desert exhibit at the El Paso Zoo will be the featured event during the upcoming Second Chihuahuan Desert Conference that is slated for Wednesday through Friday, November 6-8.

The conference is being held at the local zoo to celebrate the opening of the new Chihuahuan Desert exhibit, while bringing together staff members of local, state and federal environmental protection agencies as well as educators and stakeholders from across the Chihuahuan Desert region, according to Rick LoBello, education curator at the El Paso Zoo and conference committee chairperson.

LoBello stated that the goal of the conference is to facilitate collaboration among organizations and individuals who are studying the Chihuahuan Desert and to share what they are learning from current research projects, conservation initiatives, and academic programs. "We are planning two opening sessions, two luncheon speakers, one dinner speaker, and 66 breakout sessions," he said.



— Photos courtesy of Chihuahuan Desert Education Coalition

KNOWLEDGE SWAP – The goal of the Second Chihuahuan Desert conference is to share what researchers are learning from ongoing archaeological projects, conservation initiatives, and academic studies. John Kiseda, the animal curator for the El Paso Zoo – holding a bird of prey, the northern harrier – will be the keynote speaker.

Keynote speaker for the conference will be John Kiseda, the animal curator for the El Paso Zoo. Kiseda has been working for the local zoo since 1990 and is responsible for the daily oversight of the zoo's diverse animal collection including the new Chihuahuan Desert exhibit inhabitants.

Kiseda, who is deeply involved in the intermediate and long-range planning and development of zoo renovation and expansion projects, serves on the El Paso zoo's conservation, master planning,

See ZOO, Page 6



Dr. Rebecca Escamilla



Dr. Xiomara Chianelli

Escamilla, Chianelli recognized as role models

By Jim Heiney
Special to the Courier

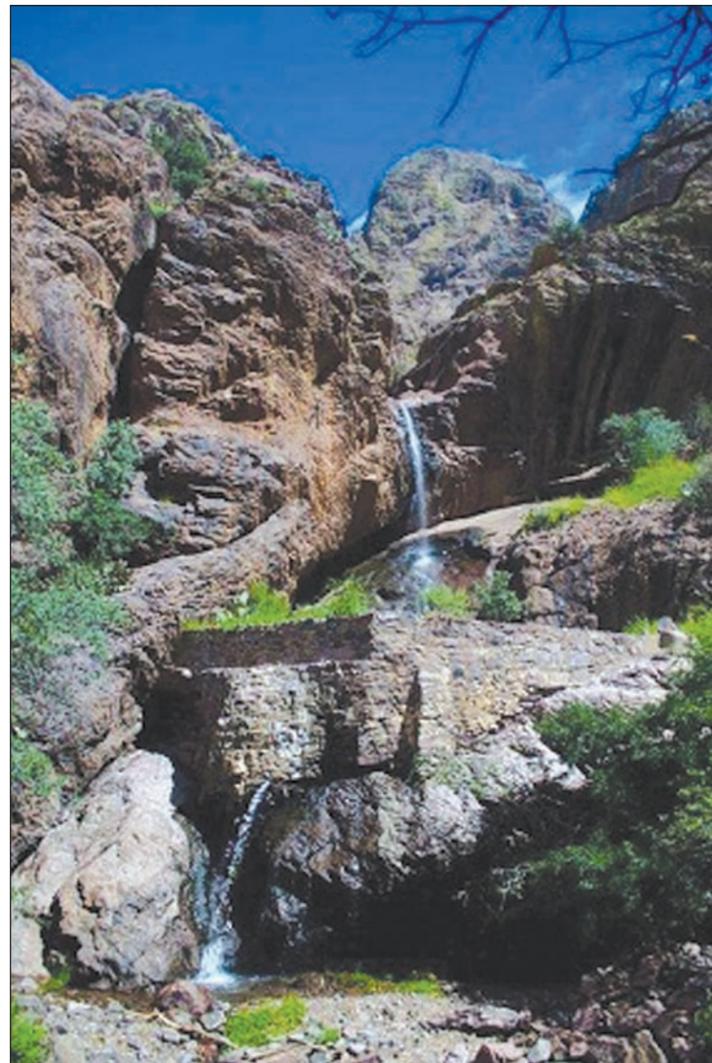
EL PASO COUNTY – Minority Access Incorporated has named El Paso Community College (EPCC) a winner of the 2019 Diversity Institution Recognition Award at its 20th National Role Models Conference. EPCC was also honored to have two professors, Dr. Rebecca Escamilla and Dr. Xiomara C. Chianelli, named as 2019

National Role Models.

"I am honored to have our program recognized for making a mark on diversity," Olga Chavez, EPCC Diversity Programs Director said. "Dr. Escamilla and Chianelli represent EPCC faculty's work to better every student's life."

Escamilla is currently an Associate Professor of Biology at EPCC's Northwest campus. She feels that in order

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CONSERVATION EFFORTS – Registration is underway for the Second Chihuahuan Desert conference, scheduled for November 6-8, at the El Paso Zoo. The purpose for the conference, which is being held in El Paso for the second time and the first time at the zoo, is to build relationships and help protect the Chihuahuan Desert's treasured public lands, like Dripping Springs NM in the Organ Mountains (above), for future generations.

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

Don't get fooled, don't buy what they are selling

Buying and selling is in the news lately with President "at some point you've made enough money", "climate change is urgent and growing" Obama's well-publicized imminent purchase of a 7,000 square foot, \$14.85 million estate in Edgartown, Martha's Vineyard, the playground of the rich and famous, guaranteed to survive the rising seas. Our current politicians are also on the hunt for buyers.

Sales Pitch Number One: A medical care crisis is afoot and only the government can save you. Yes, there is a crisis of rising prices and premiums after the government started meddling in the medical care market. Once health insurance became popular, by 1963 906 insurance companies wrote health and accident insurance, with 42 offering exclusively health insurance. Now we have five companies that have cornered the health insurance market. Additionally, politically powerful hospitals continue to merge and gobble up physicians' practices leading to up to 70 percent higher prices in geographic areas with minimal competition.

Premiums and out-of-pocket costs steeply rose after the passage of the Affordable Care Act and show no sign of going back down. In 2018, according to eHealth, the average cost of health insurance premiums was \$440 for individuals and \$1,168 for families – almost double the cost in 2014. The deductibles (the amount of money that you

have to pay out-of-pocket before health insurance starts paying for your covered benefits) similarly rose to \$4,328 for individuals and \$8,352 for families.

Sales Pitch Number Two: The government-to-the rescue plan is fair and free. Now that we have had debates and the Iowa State Fair, we've heard enough to know that Medicare-for-All is neither free nor fair. There is a good political reason the House and Senate Medicare-for-All bills fail to provide a financing mechanism. We would have a collective national heart attack after seeing the price tag.

In 2016, the federal government spent more than \$1.2 trillion on Medicare, Medicaid, and Children's Health Insurance Program (CHIP). Total national health expenditures by all government levels and private entities were \$3.3 trillion. A 2018 Mercatus Center analysis concluded that Medicare-for-All conservatively would add \$32.6 to \$38.8 trillion to federal expenditures during its first 10 years. The government predicts that in 2026 the Medicare Hospital Insurance Trust fund will be depleted and total national health expenditures will be \$5.7 trillion. The federal government collected about \$100 billion in Medicare premiums and a total of \$3.32 trillion in taxes last year. Given the projected expenditures and no cost-sharing or premiums, new ways to perform mass wallet biopsies on the populace

will emerge. The simplest tool, as Senator Sanders has suggested, is to raise payroll taxes on everyone.

Moreover, with the elimination of private insurance, when the money runs out and care is rationed, only the wealthy will be able to pay for care outside of the government system. Is that fair?

Upping the ante, Senator Sanders wants to pay off some Americans' current medical debt by taxing Americans with no medical debt. Under his proposal, only people unable to pay their medical debt would be granted relief. Those keeping up with their payments would have to continue to pay. What does "unable" mean? If they are living below the poverty level, they have Medicaid. Is it the working poor? Or is it people who failed to prioritize their medical bills over Starbucks and take-out food? Hardly fair.

Sales Pitch Number Three: If you like your doctor you can keep your doctor, Politifact's lie of the year. Essentially, the promise was that government would not interfere in the practice of medicine. But both state and federal government wants the final say-so in our medical care. For example, the California assembly passed a bill requiring the state Department of Public Health to review and potentially reject medical vaccine exemptions written by

doctors who have granted five or more in a year. No exceptions for doctors specializing in neurological or immunological diseases. Nationally, in order for Medicare to pay claims, physicians will be required to complete a computerized algorithm and certify that they have done so before ordering certain imaging like MRIs and CT scans. A computer will now determine whether the order is "appropriate." Medical care by government robots will supplant individualized care – the heart of the patient-physician relationship. Who cares if the patient has a missed or delayed diagnosis?

As the government tries to trap physicians and patients in its

restrictive bubble, independent physicians are pursuing avenues for increased choice in medical care and insurance products. Above all, we will never put the needs of the state ahead of the needs of the patient.

Marilyn M. Singleton is a board-certified anesthesiologist. She is President of the Association of American Physicians and Surgeons (AAPS). 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.

View from here By Andrew Mangione

Nancy Pelosi's plan to lower drug costs is a return to failed policies

When one considers Nancy Pelosi's H.R. 3, the Lower Drug Costs Now Act, one can see the driving force behind the legislation and that is to either (a) introduce this initiative as a ramp to the "Medicare for All" socialism strategy, (b) give the slate of Democratic presidential hopefuls an answer to the "what are you going to do to lower drug prices" question, or (c) both. Unfortunately, many of us aren't going to like the outcome or their answers.

H.R. 3 targets private sector health care in an astonishing government control power play. The bill demands that pharmaceutical companies negotiate drug prices with the government. However, people who dwell in reality know that the government simply does not "negotiate", it mandates. If a pharmaceutical company does not comply with the prices set by the federal government on medications where there is no generic or bio-similar equivalent, it could face a massive 95% penalty (tax) on each drug. According to Galen Institute Senior Fellow Doug Badger, "this new tax would flow to federal coffers and not to reducing drug prices for seniors."

Pelosi's plan would not limit these "negotiated" prices to just federally funded health care plans like Medicare. Drug companies would be forced to offer these prices to private plans as well. Badger continues, "It's one thing for the government to dictate the prices it pays in programs it finances. It is quite another for the government to impose a price for a product's private sales."

Pelosi's price fixing would severely damage private sector research and development of new potentially lifesaving medications. It would also limit the availability of existing medications. Americans are currently experiencing artificial drug shortages due in part to the business practices in the hospital and outpatient prescription drug supply chains and this bill, while doing nothing substantive to address these practices, would exacerbate an already serious situation.

Pelosi's price controls would destroy any incentive for private sector drug manufacturers to invest in innovative therapies. The United States currently leads the world in drug research, but it wasn't always that way. Badger notes, "In 1986, European firms led the U.S. in spending on pharmaceutical research and development by 24%. After the imposition of price control regimes, they fell behind. By 2015, they lagged the U.S. by 40%... if the U.S. emulates the European price-setting example, innovation almost certainly will suffer."

H.R. 3 resurrects policies that have failed in the past, limits therapeutic options for patients and virtually guarantees the destruction of private drug therapy research and development. It should be outright rejected while lawmakers focus on solutions that promote American led life-saving innovations that can be shared worldwide.

Andrew Mangione is Vice President, Association of Mature American Citizens (AMAC). The AMAC (<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.

Classified Ads

LEGALS

Village of Vinton, Texas

PUBLIC NOTICE

A public hearing will be held at 6:30 p.m. on Monday, October 14, 2019, during the Planning & Zoning Commission Meeting at the Vinton Village Hall, 436 E. Vinton Rd., Vinton, Texas.

A second public hearing will be held at 6:30 p.m. on Tuesday, October 15, 2019, during the City Council Meeting at the Vinton Village Hall, 436 E. Vinton Rd., Vinton, Texas.

The purpose of the public hearing is to allow any interested persons to appear and testify regarding the following proposed item(s):

1) Consider and WTCC: 10-03-19

take action on request for Special Permit to allow the installation of a mobile home on 561 Rancho Estancias, Vinton, Texas, 79821.

Citizens unable to attend this meeting may submit their views and proposals to Andrea Nichole Carrillo, Village Administrator at the City Hall. Persons with disabilities that wish to attend this meeting should contact City Hall at (915)886-5104 to arrange for assistance. Individuals who require auxiliary aids or services for this meeting should contact City Hall at least two days before the meeting so that appropriate arrangements can be made.

Andrea N. Carrillo
Village Administrator

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No, don't listen to Greta Thunberg

Greta Thunberg needs to get a grip.

The celebrity teen climate activist addressed the United Nations and excoriated the assembled worthies for coming "to us young people for hope. How dare you! You have stolen my dreams and my childhood with your empty words."

Someone may have stolen her childhood, but the guilty parties can't be found at Turtle Bay. A 16-year-old from Sweden, Thunberg thundered, "I should be back at school on the other side of the ocean," which would have been easy enough to achieve, beginning with not taking two weeks to sail across the Atlantic last month in a jet-travel-eschewing publicity stunt.

Greta Thunberg is the leading edge of a youth movement against climate change that is being promoted and celebrated by adults who find it useful for their own purposes.

Kids are powerful pawns. The catchphrase "for the children" has a seductive political appeal, while kids offer their adult supporters a handy two-step. The same people who say, "The world must heed this 16-year-old girl" will turn around and say to anyone who pushes back, "How dare you criticize a 16-year-old girl."

There's a reason that we don't look to teenagers for guidance on fraught issues of public policy: Kids have nothing interesting to say to

us. They just repeat back what they've been told by adults, with less nuance and maturity.

Much of their climate advocacy boils down to the plaint that all parents know well: "I want it, and I want it now." As a National Geographic headline put it, "Kids' world climate strikes demand that warming stop, fast."

Behind the foot-stomping is the idea that a long-running global phenomenon can be quickly stopped, if only adults cared as much as the kids. This fails to account for such recalcitrant factors as costs and complexity, but when do children ever think of those? (And who can

blame them? They're children.)

Instead, the youthful climate activists claim they've been sold out by their elders. Greta Thunberg put it with her usual accusatory starkness at the U.N.: "You are failing us, but young people are starting to understand your betrayal."

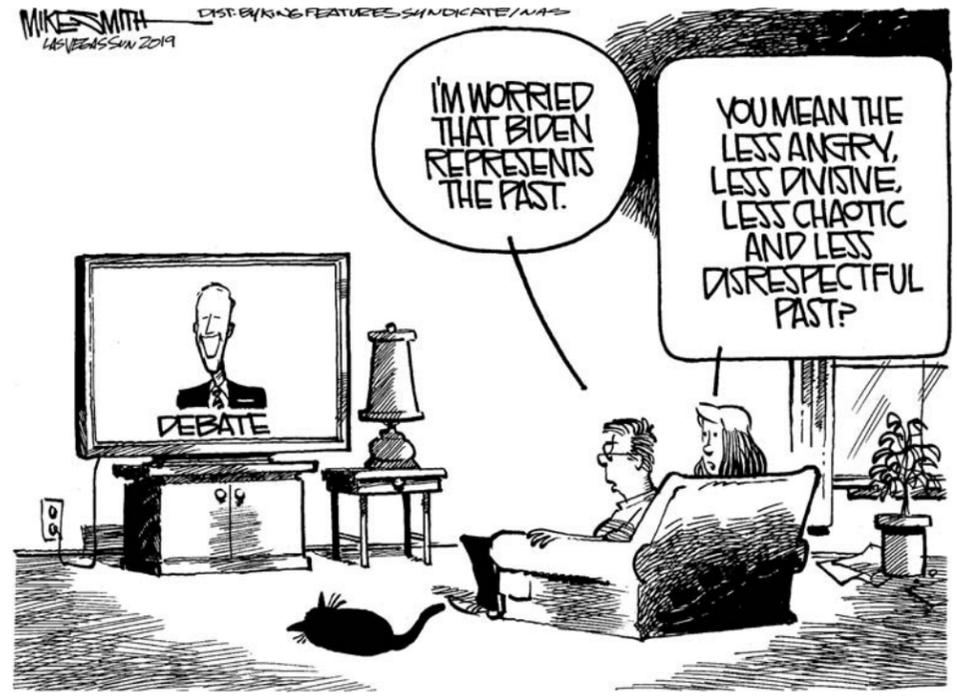
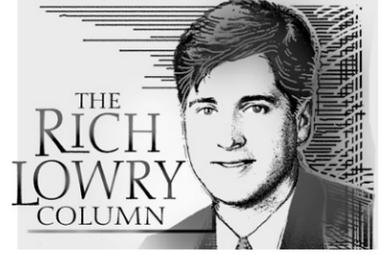
This is laughable. By no global measure of social and economic well-being have we failed kids. According to HumanProgress.org, the global poverty rate fell from 28% in 1999 to 11% in 2013. Life expectancy increased from 63.2 years to 71.9 years from 1981 to 2015. The same benign trends hold for hunger, child labor, literacy and so on.

If climate change proves a significant challenge, today's youth will have more resources and technology to grapple with it than any other generation in the history of mankind.

Of course, the adults they listen to don't tell them any of this. Instead, they feed the kids a diet of apocalyptic warnings that children repeat back as if they were urgent insights. One speaker at the youth climate rally said we have just 18 months – yes, only until the beginning of 2021 – to forestall irreversible environmental harms.

This is nuts, and it's the adult enablers who are ultimately responsible. As for the kids, they'll be all right. One day, they will grow up, even in a warming world.

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





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UTEP basketball gets a stern test right from the start

By Steve Escajeda
Special to the Courier

It has become an unfortunate tradition in the El Paso area, but after 50 years, we're used to it.

What am I talking about? Our love-hate relationship with UTEP football.

Every year we hope for the best, but eventually we settle for among the worst.

UTEP finished 0-12 a couple years ago and were only 1-11 in 2018. This year's team is showing a few faint signs of improvement, but not nearly enough to give fans a ton of hope.

The only thing that has kept UTEP fans going at this time of the year is the fact that they are keenly aware that basketball season is right around the corner.

El Paso fans always knew that better things were to come when the Don Haskins Center opened its doors.

But even the basketball program hasn't been its usual winning self in recent years. Even last year's Miners finished dead last in Conference USA with a 3-15 record and were 8-21 overall.

The year before that the Miners were 11-20, the year before that the orange and blue were 15-17.

Wait! Did you hear that? I could swear I just heard a bear growling.

Anyway, the UTEP football team is struggling to stay competitive. It appears at times that they are just a quarterback away from better things to come. Whether or not they find any solutions this season is still up in the air.

The difference about this season is that it appears that UTEP basketball will resemble what local fans have been used to for the last 50 years – winning.

The Miners will get a big test on Oct. 12 when the defending national runner-up, Texas Tech, invades the Haskins Center for an exhibition against the new-look Miners.

We all remember when it looked as though UTEP was going to end its, "the only NCAA basketball champion from the state of Texas," claim before every home game.

It looked like Texas Tech was going to join them, but a loss to Virginia in overtime, kept the Miners all alone in

that category.

The Red Raiders may have lost a few guys to graduation, but they should still be loaded.

The Miners bring back four main guys from last year's squad, guards Jordan Lathon and Nigel Hawkins, and big men Efe Odigie and Kaosi Ezeagu.

But it's the newcomers that have the city buzzing. There are guards Souley Boum, Anthony Tarke, Deon Stroud, Kaden Archie and Daryl Edwards; along with big men Tydus Verhoeven, Eric Vila and Bryson Williamson.

This year's UTEP squad will be a mix of returners and transfers from other colleges. The best thing of all is that five of those transfers were able to practice with the team all last season, so they already are acquainted with each other.

It's a little unsettling that the very first game these guys will ever play together will be against a team that played in the national championship game a few months ago.

But what an opportunity for the Miners to see where they're at. This will be a chance for them to see how

good they really are.

Obviously, they may struggle a bit in this exhibition game, but fans will get a sneak peek into what this team could eventually be.

As for the football team, there's still time to improve and maybe eke out a couple more wins this season. But the signs really aren't there.

The Sun Bowl is in the middle of a facelift and athletic director Jim Senter is always looking for ways to improve the football fan experience.

The football victories will come over the next few years. But it appears that El Pasoans will not have to wait that long for the Haskins Center to return to its glory days.

And that, more than anything, has got UTEP sports fans excited again.

Isn't a good sign when all a fan base wants is for its teams to be competitive; which neither the football or basketball team has been in recent years.

Every fan wants its teams to win. UTEP basketball fans are in for one of the most exciting seasons in quite a while – and it all starts Oct. 12.

Zoo

From Page 1

and strategic planning committees. He also serves as vice-coordinator of the Mexican Wolf Species Survival Plan project and participates in numerous conservation initiatives concerning the northern Chihuahuan Desert terrain.

Organizers expressed that the conference is designed to bring together a variety of participants including scientists, students, educators, land managers, and preservation/ conservation advocates. "Our hope is to build relationships and help protect the Chihuahuan Desert and its treasured public lands for future generations," LoBello explained.

Conference presentations will be grouped around various topics relating to ongoing research projects, conservation initiatives, and educational programs. Presenters will give about 20-minute talks with 10 minutes for questions, conference officials indicated.

Conference committee members working with LoBello are: Lois Balin, Texas Parks and Wildlife; Juan Carlos,

Wildlands Network; Dr. Rigoberto Delgado, University of Texas at El Paso (UTEP); Dr. Cuauhcihuatl Vital Garcia, Departamento de Ciencias Veterinarias, Universidad Autónoma de Cd. Juárez; Dr. Louis A. Harveson, Borderlands Institute, Sul Ross State University; Dr. Cathryn Hoyt, Park Interpretation, Big Bend National Park; Dr. Kevin Floyd, UTEP Environmental Science and Engineering; Dr. Cesar Mendez, Texas Parks and Wildlife; John Sproul, Rio Bosque Wetlands Park; and El Paso Zoo staff members Heather Rivera, Sarah Murphy, Ashley Gurnea, and Vanessa Soto.

As a preview of the November event, organizers maintain a blog on the Internet about the conference's scheduled activities. To learn more about the conference and to register for the three-day event, interested individuals may visit the Greater Big Bend website, at greaterbigbend.org. Registration deadline for the conference at the zoo is Wednesday, October 30.

For more information about the Chihuahuan Desert summit, contact LoBello at 915-212-2823, or send email to lobellorl@elpasotexas.gov.

Models

From Page 1

to ensure lifelong learning for her students, she must work to engage and challenge her students, both inside and outside the classroom.

Chianelli is an Associate Professor of Biology at EPCC's Transmountain campus. She enjoys mentoring students new to research. Chianelli is currently teaching courses in Biology where students perform relevant and authentic research.

The Role Models Project brings attention to minorities excelling in STEM-related fields, whether academically or professionally. Minority Access Inc. is committed to increasing diversity, decreasing disparities and reducing incidences of environmental injustices.

Super Crossword

- SETTING OUT TO SIEGE ACROSS**
- 1 Dwelling place: Abbr.
 - 4 Modifying wd.
 - 7 Fail to mention
 - 11 Prez Lincoln
 - 14 Bar checks
 - 18 Artificial fat
 - 20 Relatives of allegories
 - 22 To _ (precisely)
 - 23 Mocking remarks from Pluto's master?
 - 25 Burnett of CNN
 - 26 _ Spumante (wine)
 - 27 Schubert's "The _ King"
 - 28 Manet's forte
 - 29 Actor Claude
 - 30 "No, we're not going to give the employee a raise?"
 - 37 I, to Franz
 - 40 "Mazel _"
 - 41 Fed. crash-probing org.
 - 42 Countertenor
 - 43 Very small toll
 - 44 Drive on a road through the Alps?
 - 48 Present from birth
 - 52 To a foreign country
 - 53 Fair-hiring inits.
 - 54 "Der _" (Konrad Adenauer)
 - 56 Ruin totally
 - 57 Fragment
 - 58 Use stitching
 - 60 Quips about a Civil War general?
 - 64 _ Boothe Luce
 - 66 Yuletide quaff
 - 68 "_ be great if..."
 - 69 Leeds lav
 - 70 Miser's reformation into a generous person?
 - 77 Santa _
 - 78 Polly's "Alice" role
 - 79 _-TURN (street sign)
 - 80 Wafer brand
 - 82 Verbal noun the nitwit uses a lot?
 - 88 Actress Thurman
 - 90 Be inclined
 - 91 British noble
 - 92 "Why Can't _ Friends?"
 - 93 Deutsch article
 - 95 Develop
 - 97 Painting on plaster
 - 99 Concert tour during which a Muppet opens for the "Open Arms" band?
 - 103 Singer Amos
 - 105 Tap-in, e.g.
 - 106 Suffix with north or west
 - 107 Opposite NNW
 - 108 "Stop grazing and return to your barn"?
 - 115 Bedeck
 - 116 Air safety org.
 - 117 Stimp's pal
 - 118 Close
 - 122 Certain Slav
 - 123 Very inexpensive part of a ship's hull?
 - 129 Different
 - 130 Maryland suburb of D.C.
 - 131 Motorist's guide
 - 132 Inuit's ride
 - 133 1040 org.
 - 134 With 11-Down, "Don't drop your guard!"
 - 135 Tent stake
 - 136 Gold, to Spaniards
- DOWN**
- 1 City in Italia
 - 2 Yalies
 - 3 Religious faction
 - 4 Enjoyed food
 - 5 Sahara-like
 - 6 1567-1625 king of Scotland
 - 7 Great riches
 - 8 Some parents
 - 9 Infuriation
 - 10 _ Mahal
 - 11 See 134-Across
 - 12 Big _ (WWI gun)
 - 13 Kin of -trix
 - 14 Korean martial art
 - 15 Upper heart chambers
 - 16 Living thing
 - 17 Taste, e.g.
 - 19 Power tool brand
 - 21 Trounce
 - 24 Mork's home planet
 - 29 Env. notation
 - 31 R&B singer _ James
 - 32 Frogs' kin
 - 33 Group values
 - 34 Ad Council ad, for short
 - 35 "Son of," in Arab names
 - 36 Property transferor
 - 37 Windows ad catchphrase
 - 38 Steel-gray metallic element
 - 39 "Woo-hoo!"
 - 44 _ Dame
 - 45 _ the scene (having recently arrived)
 - 46 Flower plot
 - 47 Shade tree
 - 49 Totally fine
 - 50 Ascot, e.g.
 - 51 USNA grad.
 - 55 Perfumed powder
 - 59 Make furious
 - 61 Find by chance
 - 62 Archaic verb ending
 - 63 "Benny & _" (Johnny Depp film)
 - 65 & others
 - 67 Become liberated
 - 71 Not given under
 - 112-Down
 - 72 Winter woe
 - 73 Logical
 - 74 OPEC ship
 - 75 Gathers bit by bit
 - 76 Ticks a lot
 - 81 Without batting _
 - 82 Furry TV alien
 - 83 Opposite of
 - 84 Lofly verse
 - 85 Place to find pearls
 - 86 Peter out
 - 87 Sudden _
 - 89 Squirrel's bit
 - 94 Put between
 - 96 Ladder step
 - 98 Quarter, e.g.
 - 100 Tach reading
 - 101 "For shame!"
 - 102 Dada artist
 - 104 Less certain
 - 108 Valises, e.g.
 - 109 Novelist Scott
 - 110 Eponymous code creator
 - 111 Balsa boats
 - 112 Witness' promise
 - 113 Cousin, for one: Abbr.
 - 114 Sooner city
 - 119 Sailors' saint
 - 120 Lab medium
 - 121 Debtor's woe
 - 123 DOJ agency
 - 124 "Certainly!"
 - 125 May hrs.
 - 126 Harem room
 - 127 _ v. Wade
 - 128 Duffel or tote

Answer Page 8

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129							130								131				
132															135				136

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



Letters

From Page 4

available and by then all Region 19 schools in El Paso County were in session.

Students and educators wrote the letters received by Alarcon Elementary School from Ford Middle School. One note stated, "There is still good in this world" and another letter stated "My old family El Paso, a beautiful little town... You all are beautiful and deserve the right to scream, cry, and be angry... But know you are strong." Letter after letter expressed compassion and words of encouragement.

"We appreciate the heartfelt letters sent to our students showing the compassion and kindness from the students and administration of Ford Middle School" stated Principal Julissa Esquivel.

Briefs

From Page 1

confidence workshops, games and team building activities will be part of the program. The event is free, but attendees are encouraged to bring canned goods and non-perishable food donations. Light breakfast and lunch also are included at the event.

— Christy Flores-Jones

Thief sought

A man was recorded stealing parts from a truck at a car dealership in East El Paso. Detectives from the El Paso Police Department are asking for the public's help in identifying this thief through the Crime Stoppers. In the overnight hours of Sunday,

September 15th, at 1:32 a.m., a man was recorded at the Charlie Clark Dealership on 1831 Joe Battle. The man removed the complete left tail light assembly off a 2018 Nissan Titan. The suspect is described as a white male, with dark hair, and weighing approximately 190 pounds. On the morning of the theft, he was wearing a white t-shirt and blue denim jeans. The suspect fled the scene in a black newer model pickup truck with dark rims. Anyone with information on this case should call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), or go online at www.crimestoppersofelpaso.org. You will remain anonymous and, if your tip leads to an arrest, you may qualify for a cash reward.

— Javier Sambrano

Archives: www.wtxcc.com

CBD oil can interfere with other medications

DEAR DR. ROACH: I am a 49-year-old woman who had a massive heart attack in April. My father died of a massive heart attack at 49. I have four stents in three arteries and am on Brilinta, low-dose aspirin, blood pressure medication, etc. I have essential tremor, first noticing the tremors in middle school. The tremor is in my hands, making writing nearly impossible, and I have head bobs. I have an internal tremor that never stops. A previous practitioner prescribed a month's trial of beta blockers several years ago. I noticed no relief with the tremor but was physically ill for the first 30 minutes of the morning in the first two weeks. Recently, I found an online blog regarding essential tremor and CBD oil. Nearly all of the bloggers found some level of relief using this treatment. If I choose to try CBD oil to assist with my tremor, is there a risk of it interfering with my heart and blood pressure medications? — M.M.



Cannabidiol, or CBD, is a nonpsychoactive substance found in Cannabis, as opposed to tetrahydrocannabinol, or THC, the best-known psychoactive component.

CBD is typically sold as an oil and has been receiving press as a potential treatment for a wide variety of medical issues. Many or most of these claims have no data to support them. Anecdotal reports, such as most blogs, are neither reliable nor scientific (and may or may not be true). There also is an issue with proving the dosage and purity of products said to contain CBD.

However, in the case of essential tremor, there is some evidence: Studies in mice have shown benefit with CBD, although a single case report showed effectiveness of THC but not CBD in essential tremor. The issue of drug interactions is a significant one. CBD inhibits two powerful pathways the body uses to detoxify drugs, the CYP3A4 and CYP2D6 systems. This is a serious issue for you. Ticagrelor (Brilinta), an anticoagulant, is metabolized by CYP3A4, as are some of the statin drugs usually prescribed to people with heart blockages. The effect of the anticoagulant could be much higher than expected, leading to bleeding risk. Other commonly used heart medications are metabolized by CYP2D6, and the effect on these medications is unpredictable.

I can't recommend CBD products given the medications you

See HEALTH, Page 8



Moore Texas by Roger T. Moore

There are almost 13,000 historical markers in Texas. Up to 200 are added yearly. Some are denied.

AMERICAN LUNG ASSOCIATION
of Texas
YOUR Gift IS A WAY TO CONQUER LUNG DISEASE

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www.texaslung.org

When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

1-800-LUNG-USA

Health

From Page 7

are taking, but would suggest you consider alternative treatments. You may have read about deep brain stimulation and ultrasound, two powerful and effective treatments for people whose symptoms have not responded to standard treatments.

DEAR DR. ROACH: This question is for my husband. How safe is drinking tea while on warfarin? He has his INR checked monthly, and for the most part it stays between 2 and 3. He watches his vitamin K intake regularly. He has read conflicting stories of how tea interacts with warfarin by making the INR levels high. - S.J.

Tea comes in two major types: black tea, which is fermented, and green tea, which is not. Black tea has no known interactions with warfarin (Coumadin). Green tea contains small amounts of vitamin K, which could make the INR lower and the warfarin less effective. However, the effect is likely to be small. Further, if he drinks a consistent amount per day, his dose can be adjusted to reflect his vitamin K intake.

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.

Judge orders public shaming for fake vets



by Freddy Groves

Two not-too-bright Montana men tried to pretend they were veterans, one even claiming he'd served seven combat tours. They weren't trying to claim benefits. What they wanted was to have their criminal cases moved to the Veterans Treatment Court with the hope they'd get lighter sentences.

Once their scam was revealed, one of them was sentenced to 10 years in prison with three years suspended. The other was sentenced to five years with two years suspended. The district court judge, however, wasn't letting it go at that.

Before they can be eligible for parole, both men have to handwrite the names of all 6,700 American service members killed in Iraq and

Afghanistan. They have to write letters of apology to veterans' groups such as the American Legion and Disabled American Veterans. They also have to hand-copy the obituaries of the 40 Montanans killed in Iraq and Afghanistan. Once they get out, they need to do 441 hours of community service, one hour for every Montanan killed in combat since the Korean War.

Then there's the signs. Once they get out of prison, both men have to visit the Montana Veterans Memorial twice a year for the time their sentences were suspended, wearing a sign that says, "I am a liar. I am not a veteran. I stole valor. I have dishonored all veterans."

Both men objected to wearing the sign. Of course they did. They can write names and letters of apology in private in their prison cells. The signs, worn out in public, will show everyone just what kind of men they really are. The judge, however, held

firm, citing case law that shows he could impose that sentence.

What they apparently didn't know was that the judge, this judge, had established the local Veterans Treatment Center five years ago, the very center they were trying to scam.

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- Turn off notifications during homework time. This means you, too, Mom and Dad. Whistles, buzzes and bells distract more than just the person whose phone is sounding the alert.

- Did you know that when iron and copper in metal kitchen knives come in contact with certain fruits and vegetables, it causes them to brown more quickly? It's better to use a glass, plastic or ceramic-coated knife to cut produce items, especially lettuce, apples and avocados, which are prone to browning.

- To remove the scent of garlic from your hands, sprinkle salt on a cut lemon and rub it on your hands. Then, wash as normal with soap and water.

- Now, here's a great solution, from G.H. in Florida: "After I pressure wash my patio and driveway, I mix up a gallon of vinegar with a cup of salt and a few drops of dish soap. I use this on cracks to deter weeds from growing in them. It's safe and works quite well."

- "If you use a thimble when sewing, here's a tip from my seamstress mom: Wet your thumb or finger before you pop the thimble on. It will stay put, as the moisture helps to create a little suction. It's aggravating when a thimble falls off." - J.R. in Pennsylvania

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

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: I equals L

DGAR VEO QCENN Y BEOC-
IAYB QIEKAC DWPG LEWNER
WKV, W CAQFER VEO'II ART OL
GYKWURU Y CYNG EB UEET IOQF.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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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!

	+		÷					3
+			÷			×		
	×		÷					6
÷			+			-		
	+		÷					2
2		9				12		

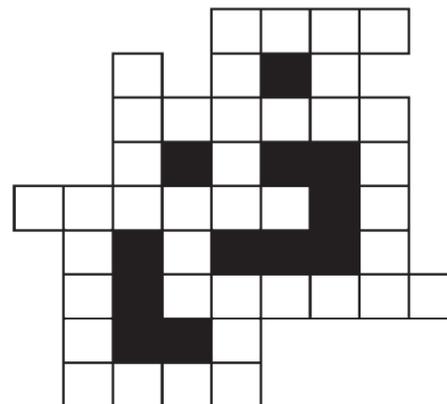
1 3 4 5 6 6 7 8 9

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Answer Page 4



- BYO
♥ DOSTER
ERBLE
ARTZ
HYPREZ
♥ UBD
♥ UYBR
♥ HORBT
♥ EOR
♥ DILBEE
PARDI
OBLB



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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R	E	S	A	D	J	O	M	I	T	A	B	E	T	A	B	S			
O	L	E	S	T	R	A	P	A	R	A	B	L	E	S	A	T	E		
M	I	C	K	E	Y	M	O	U	S	E	J	E	E	R	S	E	R	I	N
A	S	T	I	E	R	L	A	R	T	A	K	I	N	S					
L	E	T	S	K	E	E	P	I	T	H	A	T	W	A	G	E			
I	C	H	T	O	V	N	T	S	B	A	L	T	O						
M	O	U	N	T	A	I	N	C	H	A	N	G	E	I	N	N	A	T	E
A	B	R	O	A	D	A	E	E	O	A	L	T	E	D	O	I	N		
P	A	R	T	S	E	W	S	H	E	R	M	A	N	J	O	K	E	S	
C	L	A	R	E	N	O	G	I	T	D	L	O							
T	H	E	T	U	R	N	O	F	T	H	E	S	C	R	O	O	G	E	
A	N	A	F	L	O	N	O	U	N	I	L	L	A						
A	F	O	O	L	S	G	E	R	U	N	D	U	M	A	L	E	A	N	
L	A	D	Y	W	E	B	E	E	I	N	C	R	E	A	T	E			
F	R	E	S	C	O	B	E	R	T	A	N	D	J	O	U	R	N	E	Y
T	O	R	I	P	U	T	T	E	R	N	S	S	E						
C	O	M	E	I	N	F	R	O	M	T	H	E	R	A	N	G	E		
A	D	O	R	N	F	A	A	R	E	N	N	E	A	R					
S	E	R	B	F	I	F	T	Y	D	O	L	L	A	R	B	I	L	G	E
E	L	S	E	B	E	T	H	E	S	D	A	R	O	A	D	M	A	P	
S	L	E	D	I	R	S	S	T	A	Y	P	E	G	O	R	O			