

NEWSBRIEFS



– Photo by Rick Shrum

Food please

This 8-point buck was hanging out at a remote parking lot the day after Thanksgiving in Great Sand Dunes National Park, CO. According to a park employee, wildlife in the park have learned that if they wait long enough food will follow – a park no-no. I didn't feed the buck. The employee – my daughter – was with me.

– Rick Shrum

Fortune in the kitchen

An elderly woman in a town near Paris hit the jackpot when she decided to have what she thought was an old religious icon hanging in her kitchen appraised. It turned out that the painting, which had been in the family for some time, was in fact an exceptionally valuable painting, known as The Mocking of Christ, by the 13th century Florentine artist Cenni di Pepo who is considered by experts to be "the father of Western painting." It'll be put up for auction soon and it's expected to fetch as much as \$6 million.

– John Grimaldi

Missing toilet

The police are still looking for crooks that stole a toilet in Britain's Blenheim Palace where Winston Churchill was born. It was a rich haul for the thieves – the commode was part of an exhibition and was made of solid 18-carat gold worth some \$5 million.

– John Grimaldi

Don't you long for the "good old days" when governments lived within their income and without a lot of yours?

— Quips & Quotes



– Photo by Alfredo Vasquez

Canutillo Independent School District (CISD) encompasses the land on the western slopes of the Franklin Mountains, across the Rio Grande and into El Paso County's Upper Valley. The district serves residents of the Village of Vinton, as well as those of the Canutillo, Prado Verde, Northwest, Borderland, and Westway communities. The new Canutillo High School, above, was opened in 2006.

Canutillo ISD 60th anniversary event honors heritage, accomplishments

By Alfredo Vasquez
Special to the Courier

CANUTILLO — Today, Canutillo Independent School District (CISD), with its ten campuses serving more than 6,200 students, is considered one of the top-rated school districts in the region. To earn this recognition, the small rural school district had to overcome many challenges. To commemorate that arduous journey, CISD supporters are planning a big celebration for the district's sixtieth anniversary.

Members of the Canutillo Alumni Foundation for Education (CAFÉ) announced recently that they will host a Diamond Jubilee celebration, from 6 to 12 p.m., Saturday, December 14, at the Grace Gardens Event Center, 6701 Westside Drive. The evening event will include dinner and feature live music, dancing, door prizes, a silent auction, and more. The public is invited to attend as tickets are currently on sale.

The 60th Diamond Jubilee event coordinator and CAFÉ charter member Sergio Martinez said that this event is a tribute to all of the accomplishments the district has achieved in the past six decades. "There have been so many good things come out of this district, and as supporters of the separate school campuses, we should join together to celebrate what CISD has achieved," Martinez said.

Canutillo ISD, was established on April 18, 1959 by a group of concerned parents who felt that their children were being short-changed when it came to an adequate public-school education. Prior to CISD's inception, an elementary school- located in the midst of the Canutillo community

and run by El Paso County public school officials- offered first through eighth grade classes only. Consequently, students who were interested in continuing their education after eighth grade had to travel nearly 20 miles to attend El Paso High School. With the support of local farmers and business owners, advocates for creating the new school district were successful and, in 1963, CISD graduated its first senior class.

The rural school district experienced growing pains throughout the years with bond issues being passed to support expansion. The first high school campus was built near the Rio Grande's west bank on Bosque Road and opened for the 1974-75 school year. Canutillo Middle School on Talbot Road was opened in 1980.

In 1987, the district built Jose H. Damian Elementary School in the Borderland area and Deanna Davenport Elementary School in the Westway community. The growth steadily continued with the construction of Bill Childress Elementary School in the Vinton community in 1996 and the renovation of the original Canutillo Elementary School campus in 1998.

Eventually, the state-of-the-art Canutillo High School complex was opened in 2006 adjacent to El Paso Community College's (EPCC) Northwest campus, which is next to the Interstate-10 Highway. Subsequently, the former high school facility was remodeled and converted into Canutillo Middle School, and the former middle school campus on Talbot Road was refurbished and renamed Jose J. Alderete Middle School.

In 2008, Gonzalo & Sofia Garcia Elementary School welcomed upper valley students, and that same year CISD partnered with EPCC to open the

Northwest Early College High School. CISD's most recent campus opening was in 2015, when CISD christened the Silvestre and Carolina Reyes Elementary School for the district's northwest community.

For the upcoming anniversary celebration, Salvador Payan, 1966 Canutillo HS graduate and current CISD board member, has been invited to share with attendees accounts of the district's illustrious past; Martinez, a 1981 CHS graduate and the architect of the new CHS campus, will talk about the district's latest accomplishments; with Dr. Pedro Galaviz, CISD superintendent, scheduled to present the district's vision for the future. Musical entertainment will be provided by Mainstreet, a popular El Paso band composed of Canutillo natives.

For more information and to purchase tickets, visit the district's website, at www.canutillo-isd.org/CAFE. Tickets are \$50 general admission, \$400 for a reserved table, or a \$1,000 Diamond Sponsorship donation. Tickets will be available through Friday, December 6.

Lilia 'Teddy' Martinez, a 1967 CHS graduate and CAFÉ charter member, affirmed that the proceeds from the event are earmarked for scholarship awards to CHS seniors who graduate at the end of this school year and enroll in a post-secondary education institution.

"CAFÉ has been able to provide thousands of dollars in scholarship awards to more than a hundred CHS graduates since it was formed in the 2003-04 school year," asserted Teddy Martinez, who is also helping organize the anniversary festivities. "We are inviting everyone, especially CHS graduates and current and former employees, to join us celebrate the district's many milestones," she added.

View from here

By Marilyn M. Singleton, M.D., J.D.

Fraud and anonymity: The perils of medical care bureaucracy

The high cost of medical care is on the lips of every politician and draining the pocketbooks of most Americans. After creating the Medicare/Medicaid monster, the government's expanded intervention into the medical care marketplace with the inaptly named Affordable Care Act doubled the premiums and deductibles for both employer-sponsored and individual insurance. Piling on more laws, regulations, and agencies is not the answer.

Anonymity, complexity, and opacity invite shady behavior. Individuals, companies, and patients who defraud the massive federal "health system" would never dream of lifting money from their patients' wallets or stealing from their doctors' cash drawer.

The government's track record does not bode well for imposing more bureaucracy to remedy a problem created by the layers of third-party payer bureaucracy. Waste, fraud, and abuse are so rampant that the government has a Medicare Strike Force to root out and recover lost federal funds. Medicare fraud – about \$60 billion in 2016 alone – is about 10 percent of Medicare's total payments. By contrast the typical private business loses 5 percent of its revenues to fraud. Unfortunately, since its inception in March 2007, the Medicare Strike Force has

recouped less than \$2 billion per year in misappropriated funds.

Medicare's \$16.7 billion per year hospice program is fertile ground for the unscrupulous. Hospices are paid a fixed daily sum for each patient enrolled "regardless of the services provided." One amoral scheme recruits patients who unknowingly forgo curative treatment options by joining hospice. A recent Office of Inspector General (OIG) report revealed that in 2012 hospices billed Medicare more than \$250 million for services to patients in long-term care or assisted-living residences who did not require hospice care, costing four times more than the appropriate level of care. Even worse, the OIG found that the quality of care suffered in 31 percent of programs. The bureaucratic morass allows the perpetrators to pocket the fixed fee and skimp on the services.

Further, the government cannot keep track of its program dollars. According to another OIG audit, in 2009, Medicare Prescription Drug program paid \$33.6 million and hospice patients paid \$3.8 million for medications that should have been included in the hospice daily fee. Even after discovering the snafu, the problem got exponentially worse. In 2016 the government paid \$160.8 million for drugs that hospice organizations should

have paid for from its fixed daily fee. Our tax dollars paid for the drugs twice.

Physicians know what patients want and are acting on it. Free from the restraints of government "health care" programs, the physician-led, price-transparent, direct-pay Surgery Center of Oklahoma performs some surgeries for less than the copays of some insurance policies. Direct Primary Care physicians provide 24/7 access and basic labs for as little as \$50 per month with at-cost medications and low-priced x-rays.

The corporate private sector has

learned a thing or two from innovative physicians. Care Accelerator is Sam's Club's version of "affordable [medical care] options with transparent pricing." To offer relief from high out-of-pocket costs, \$50 (individual) to \$240 per year (families) buys access to lab screening for diabetes and heart disease, free generic drugs, telehealth, and up to a 30 percent discount on vision, dental, and other ancillary services. Additionally, Walmart is training its own employees for jobs in the health sector and ideally to staff Walmart's own medical services. For their employees, Apple has "health care built around you" with its AC Wellness that offers office and home visits; Amazon launched its Amazon Care telemedicine services.

Given the outrageous price of drugs – largely due to the pharmacy benefit manager middlemen – Good Rx discount coupons are just what the doctor ordered. Good Rx is free to the consumer and makes money from advertisements on the website and referral fees. One typical victory is a Medicare patient whose neurologist prescribed a drug for his Parkinson's disease symptoms. The government demanded testing that could not be done because of the patient's debilitated condition. Despite a sympathetic ear and supporting research, the government arbiter could only parrot the party line: because the drug was not on the "list," it was not covered by Medicare. In a fortunate twist of fate, with a Good Rx coupon the patient paid \$34 per month cash instead of the drug's \$1,100 per month price with 20 percent patient co-pay that would have been charged through the Medicare Prescription Drug program.

Congress claims it plans a full-frontal attack on the high cost of medical care (with the same results as the war on poverty and drugs?). Frankly, we are better off with Congress engrossed in its impeachment clown show and keeping its nose out of our medical business.

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 interned at the National Health Law Project and practiced insurance and health law.

**Moments in time**

THE HISTORY CHANNEL

- On Dec. 2, 1954, the U.S. Senate votes 65 to 22 to condemn Senator Joseph R. McCarthy for conduct unbecoming a senator. The censure was related to McCarthy's controversial investigation of suspected communists in the U.S. government, military and civilian society.

- On Dec. 3, 1979, 11 people are killed when a crowd of general admission ticket-holders to a Who concert surge forward in an attempt to enter Cincinnati's Riverfront Coliseum and secure prime unreserved seats. The glass entrance doors shattered as the 8,000-strong crowd pushed forward.

- On Dec. 4, 1783, George Washington, commanding general of the Continental Army, informs his officers that he will be resigning his commission and returning to civilian life. In 1789, he was coaxed out of retirement and elected as the first president of the United States.

- On Dec. 5, 1945, five U.S. Navy Avenger torpedo-bombers take off from Florida on a routine three-hour training mission near the Bahamas. Two hours later, the planes disappeared. Mariner aircraft, sent to locate the planes, also disappeared. No trace of the men or aircraft were ever found.

- On Dec. 6, 1865, the 13th Amendment to the U.S. Constitution, officially ending the institution of slavery, is ratified when Georgia votes to ratify. Mississippi, however, would not submit documentation to abolish slavery until 2013.

- On Dec. 7, 1805, explorers Meriwether Lewis and William Clark, having made a difficult trip across the rugged Rockies, set up winter camp near the mouth of the Columbia River. They named it Fort Clatsop, after the local Indian tribe.

- On Dec. 8, 1980, John Lennon, a former member of the Beatles, is shot and killed by Mark David Chapman, an obsessed fan, in New York City. Chapman was sentenced to 20 years to life, and he remains behind bars at Attica Prison in New York.

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

Notice of Public Meeting to Discuss Clint Independent School District's State Financial Accountability Rating (FIRST)

Clint Independent School District will hold a public meeting at 5:30 PM, Wednesday, December 18, 2019, in the Central Office Board Room, 14521 Horizon Blvd., El Paso, Texas 79928.

The purpose of this meeting is to discuss Clint Independent School District's rating on the state's financial accountability system.

WTCC: 12/05/19

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas County Courier will not publish the last two weeks of December. The first issue of 2020 will be January 2.

The **West Texas County Courier** office will close beginning Wednesday, December 11, 2019. The office will open again on Monday, December 30, 2019.

WEST TEXAS COUNTY COURIER

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

46
Years
2019

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
Website: wtxcc.com

Publisher
Rick Shrum
Contributors
Alfredo Vasquez
Steve Escajeda



Homesteader
News, Inc.
Est. 1973

Member Texas Community
Newspaper Association

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

The foolhardy campaign against 'endless wars'

Barack Obama and Donald Trump are diametrically opposed figures, representing the categorical rejection of the other for his supporters, yet they share significant foreign-policy DNA.

They both defined themselves in opposition to George W. Bush's foreign policy. Obama probably wouldn't have defeated Hillary Clinton for the 2008 Democratic nomination if she hadn't voted for the Iraq War and if he didn't speak out against it at the time. Likewise, Trump outpaced all his 2016 GOP rivals in denouncing our Middle East commitments.

Obama represented the internationalist left, while Trump is the champion of the populist right, and there are important policy differences between the two (Obama cut the Iran nuclear deal; Trump withdrew from it). Yet, in his pullback from the Syrian border, exposing our Kurdish allies to a Turkish invasion, Trump now has his own version of Obama's foolhardy pullout from Iraq that created the opening for the rise of ISIS.

The cost of Trump's decision is a betrayal of the Kurds, a worsening relationship with Turkey, a possible lifeline for ISIS and a boost to the influence of Russia, which should be able to leverage it for continued

strategic gains in the region.

The pullback has managed, astonishingly enough, to alienate both the Kurds and Turkey from the United States. Usually, given the historic enmity between the two, it's possible to alienate only one at a time. After we dumped them, the Kurds have fallen into the arms of the Assad regime in Syria, while Turkey will be as hostile to the U.S. as ever once Congress gets done trying to punish it for its invasion.

Just like Obama's withdrawal from Iraq, Trump's pullback in Syria is a belated reaction to the Iraq War. Obviously, there is no political support on the right or left for invading and occupying a Middle Eastern country again. But there's a vast distance between the height of the occupation of Iraq, when we had 150,000 troops fighting a war of counterinsurgency, and our minimal commitment in Syria aimed at creating and supporting a proxy force to do the hard fighting against ISIS.

To throw both the Syria and Iraq interventions together under the rubric of "endless war" is to fail to make distinctions. It's senseless to oppose a relatively cost-free action in Syria that has succeeded in its own terms (the ISIS caliphate has been

defeated) because the Iraq War was fought for years at a high cost with dubious results. It'd be like opposing the invasion of Grenada because the invasion of Normandy required so much blood and treasure.

The long-standing American military reflex is to win and go home, but it's rare that even the most clear-cut victory is so neat. We won a decisive conventional military victory in World War II in

Europe, and we still have troops in Germany. The first Gulf War is supposed to be the model of a rigorously limited commitment, but it still resulted in a no-fly zone over Iraq, the creation of an autonomous region for the Kurds in the north and a constant effort to enforce U.N. sanctions.

Nor is getting out as clean as advertised. Obama triumphantly exited Iraq, only to have to go back in when things spun out



of control. If Trump wants to be done with Syria, it might not be done with him.

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



Food for thought By John Grimaldi

Study shows too many American don't know symptoms of heart attack

New research shows that some 13.5 million adults in the U.S. could not identify a single symptom of a heart attack – not even that chest pains are an obvious sign of a cardiac event.

The study was conducted for a recent scientific gathering sponsored by the American Heart Association (AHA). It was based on findings of data gathered by

the Centers for Disease Control in a massive 2017 National Health Interview Survey among more than 25,000 U.S. adults.

According to the AHA, "About 805,000 Americans have a heart attack each year, and about 15% of them die from it. Because early intervention is so critical, health officials have spent decades trying to improve

public knowledge of heart attack symptoms and the appropriate emergency response."

Dan Weber, president of the Association of Mature American Citizens (AMAC), notes that cardiovascular disease is of particular concern for seniors. "The American College of Cardiology says that more than

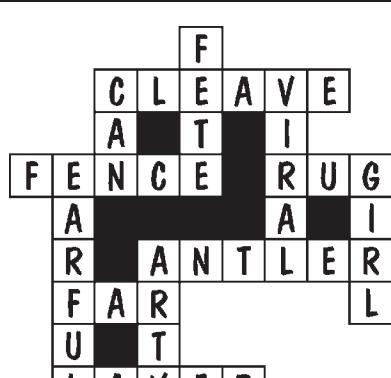
have a cardiac event this year and that the average age of heart attack victims is 65.6 years for men and 72 percent for women. It's as you get older it is critical to be aware of the symptoms so that you can get help quickly."

However, according to Harvard Medical School about

See HEART, Page 7

Canutillo Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended June 30, 2019

Data Control Codes	10 General Fund	50 Debt Service Fund	Other Funds	Total Governmental Funds
REVENUES:				
5700 Total Local and Intermediate Sources	\$ 26,968,025	\$ 8,239,639	\$ 793,478	\$ 36,001,142
5800 State Program Revenues	32,954,244	391,122	1,090,032	34,435,398
5900 Federal Program Revenues	6,813,283	–	3,758,130	10,571,413
5020 Total Revenues	66,735,552	8,630,761	5,641,640	81,007,953
EXPENDITURES:				
Current:				
0011 Instruction	34,561,322	–	3,010,570	37,571,892
0012 Instructional Resources and Media Services	726,269	–	243,854	970,123
0013 Curriculum and Instructional Staff Development	520,052	–	951,780	1,471,832
0021 Instructional Leadership	848,192	–	285,956	1,134,148
0023 School Leadership	3,772,390	–	107,587	3,879,977
0031 Guidance, Counseling and Evaluation Services	1,988,030	–	91,691	2,079,721
0032 Social Work Services	141,272	–	–	141,272
0033 Health Services	901,716	–	24,649	926,365
0034 Student (Pupil) Transportation	1,790,593	–	–	1,790,593
0035 Food Services	4,146,503	–	75,520	4,222,023
0036 Extracurricular Activities	1,457,209	–	270,541	1,727,750
0041 General Administration	3,123,223	–	5,370	3,128,593
0051 Facilities Maintenance and Operations	6,210,462	–	25,202	6,235,664
0052 Security and Monitoring Services	800,470	–	9,625	810,095
0053 Data Processing Services	1,616,836	–	13,574	1,630,410
0061 Community Services	20,446	–	409,538	429,984
Debt Service:				
0071 Principal on Long Term Debt	295,919	3,160,000	–	3,455,919
0072 Interest on Long Term Debt	97,646	3,777,931	–	3,875,577
0073 Bond Issuance Cost and Fees	–	16,030	–	16,030
Capital Outlay:				
0081 Facilities Acquisition and Construction	74,104	–	1,814,593	1,888,697
Intergovernmental:				
0099 Other Intergovernmental Charges	414,888	–	–	414,888
6030 Total Expenditures	63,507,542	6,953,961	7,340,050	77,801,553
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	3,228,010	1,676,800	(1,698,410)	3,206,400
OTHER FINANCING SOURCES (USES):				
7912 Sale of Real and Personal Property	186,661	–	–	186,661
1200 Net Change in Fund Balances	3,414,671	1,676,800	(1,698,410)	3,393,061
0100 Fund Balance – July 1 (Beginning)	15,740,970	5,170,823	3,126,088	24,037,881
1300 Increase (Decrease) in Fund Balance	–	–	351,898	351,898
3000 Fund Balance – June 30 (Ending)	\$ 19,155,641	\$ 6,847,623	\$ 1,779,576	\$ 27,782,840



CryptoQuip Answer

If a tiny village only needs a single funeral vehicle, I would call it a one-hearse town.

Strange BUT TRUE

By Samantha Weaver

- It was 19th-century German poet Johann Peter Eckermann who made the following sage observation: "Invention requires an excited mind; execution, a calm one."

- Those who study such things say that if you want to know if someone is likely to keep your secrets, you should look at their birth order in the family. First-born children tend to be better at keeping secrets than kids born later.

- According to biologists, young giraffes have been known to grow up to half an inch per hour.

- You might be surprised to learn that in addition to being the father of our country, George Washington was quite a successful purveyor of alcohol. According to the U.S. Distilled Spirits Council, he operated one of the largest whiskey distilleries in early America, producing 11,000 gallons in 1799.

- You may be familiar with the famous scene from Shakespeare's "Hamlet," in which the title character picks up the skull of an erstwhile acquaintance and declares, "Alas, poor Yorick!" It's an icon of the stage – and the screen, with more than 50 known film versions of the play. Of course, it's also been published too many times to count, and in too many different formats. One in particular stands out, though: in 2009, Czech bookbinders and artists Jan and Jarmila Soboda created their own unique edition. It's a tiny script tucked inside a plastic skull housed in a small metal casket with a hinged lid.

- If you're planning a holiday in Paris this year, keep in mind that in that city it's against the law to spin a top on a sidewalk.

Thought for the Day: "One does not advance the swimming abilities of ducks by throwing the eggs in the water."

— Eduard Douwes Dekker

(c) 2019 King Features Synd., Inc.

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

5	–	2	×	9	27
–	+	–	–	–	–
3	+	1	×	5	20
×	×	–	–	–	–
8	+	7	+	4	19
16	21	–	–	–	–

AT SHOPPING MALLS, PARKING LOTS, THEATERS, APARTMENT COMPLEXES & CITY STREETS

WHERE YOU ARE, THEY ARE!



YOU ARE BEING SHADOWED. But you're not the only one. Every year in Texas, car thieves steal close to 100,000 cars and trucks, and burglarize thousands more. Surprised? Don't be any longer. When you leave your vehicle, **HIDE** your things, **LOCK** your car, and **TAKE** your keys. Remember... **YOU HOLD THE KEY.**



TEXAS AUTO BURGLARY AND
THEFT PREVENTION AUTHORITY

INTRODUCING CONVIVA CARE CENTERS previously known as:



Everything we learned from decades of caring for seniors is now merged into a physician-led Primary Care Practice dedicated to helping our patients live their best lives as they age.

Conviva Care Centers offer the following services: *



Physicians
on call 24/7



Transportation



Blood pressure
management
& control



Diabetes
monitoring
& education



Diagnostic tests &
lab drawing stations for fast,
efficient care – and more!

Specialist care is available at many Conviva Care Centers. We accept most Medicare Advantage plans.



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

To learn more about Conviva Care Centers,
visit any of our 2 El Paso locations today.

1-844-638-2810 | ConvivaCareCenters.com

*Not all services available at all locations.

Where have all the NFL super teams gone?

By Steve Escajeda
Special to the Courier

We're just now able to comfortably button our pants after the eating frenzy we all experienced on Thanksgiving.

Of course that means Christmas, colder weather, and the final stretch run of the NFL season is directly ahead of us.

And choosing a Super Bowl favorite is about as easy as choosing a gift for my uncle Freddy – I don't have a clue!

We're 75 percent into the regular season and by now we usually have a clear-cut leader.

But there are a number of teams that could win it and nobody would be surprised.

Let's take the AFC for instance. The New England Patriots have ruled that side of the league for about the last 20 years.

And just when you thought that maybe they were running out of gas, they went out and won it all again last year.

Though they're having another good season, they don't seem to have the swagger they usually walk around with. They just don't look invincible even at 10-2.

At times this season, Tom Brady has looked his age on the field – 42.

Right now, the best team in the AFC appears to be the upstart Baltimore Ravens standing at 10-2. They wiped out the Patriots and made Brady look almost ancient.

Just when you thought Kansas City's Patrick Mahomes was the most electric quarterback to come into the league in years, the Ravens roll out Lamar Jackson.

We all knew he could run, but Jackson, who couldn't hit the side of an NFL practice facility last year, has improved his accuracy to where he is now a real dual threat.

And speaking of Mahomes and the Chiefs, he is healthy now and the offense is amazing. The only trouble the Chiefs' defense is bad... I'm just kidding... it's horrible!

The other teams in the AFC that could contend are the Buffalo Bills, Houston Texans and Oakland Raiders.

But c'mon, these are the Bills, Texans and Raiders we're talking about. They're enjoying winning seasons but they aren't going to win anything.

Coming into the season, the NFC looked

to be another battle between the New Orleans Saints and the Los Angeles Rams.

The Saints are in first place, but haven't clicked this year the way they did last season.

New Orleans isn't the only favorite that has disappointed. The Rams, who looked so good a year ago, are really struggling.

One of the bright new faces of the league, Rams quarterback Jared Goff, has taken a giant step backward this season. And for some reason, the Rams have elected to make running back Todd Gurley a part-time player.

Then there are the Green Bay Packers. Everyone knew they'd be good, but not this good.

Quarterback Aaron Rodgers is playing like his usually outstanding self, but it's the play of former UTEP and Burges running back Aaron Jones that has taken the Packers to another level.

The two other teams who look very strong are the Minnesota Vikings and the Seattle Seahawks.

The Seahawks have lost most of their outstanding "Legion of Boom" defenders, but the play of potential MVP Russell Wilson has made them a real Super Bowl contender.

The Vikings are being led by a very surprising source, quarterback Kirk Cousins, who has for the most part been a disappointment but now is playing at a very high level.

And then there is the surprise team of the league, the San Francisco 49ers.

The 49ers came out of nowhere winning their first eight games and now stand at 10-2.

But, because they are the 49ers, and have a long recent history of losing, does anybody really believe this team won't stumble along the way.

There are two other teams in contention of making the playoffs, the Dallas Cowboys and the Philadelphia Eagles. Both are having issues.

But because they are both in the same division, one of these teams is going to make the playoffs. But if you look up the definition of the word "inconsistent" in the dictionary, you might find the logos of the Cowboys and Eagles.

So who is going to make it to the Super Bowl in a couple months? In all that mess, I think the Ravens and Saints will emerge.

But then again, I thought the Miners would improve this year.

Archives: www.wtxcc.com

AMERICAN LUNG ASSOCIATION®
of Texas

**YOUR Gift
IS A WAY
TO CONQUER
LUNG DISEASE**

Find out how you can help ...

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



©2019
MikeShelton
Cartoons.com

Super Crossword

CURRENT OPTIONS		ACROSS														
1 One-sixth of a fl. oz.		63	Cuts down with an ax	118	Chicken _ (varicella)	36	Composer Franz Haydn	say	72	Hammering target	12	13	14	15	16	17
4 Fess (up)		64	Furiousness	119	Carders' requests	37	Extra for an iPhone	73	Pulitzer, e.g.	21						
7 Hikers' trails		65	Stein quaff	66	Giga-times 1,000	38	Pre-1917 despots	74	Related to birth	22						
12 Lankan		67	Eon division	1	Becomes liquid	39	Word after ballet or charlotte	75	Marsh stalk	25						
15 Suffix with 83-Down		68	Riddle, part 4	2	Younger Obama daughter	40	Big primate	78	Aussie "Hi"							
18 Alternative to a barrette		75	Rationalist	3	"For _ sake..."	41	2012 film set in Iran	79	Clever trick							
20 Moral code		76	Render blank	(start of an urgent appeal)	4	Other, in Zaragoza	42	Canine chain	80	Lounge featuring ivory-ticklers						
21 One getting toasted, e.g.		77	Japanese condiment	5	Nintendo console	43	Canada's capital	81	"Hear ye!" shout							
23 Waldorf _ (New York hotel)		78	Eye in awe	6	Patricia of "Hud"	44	"What a shame"	82	That dude							
24 1970s TV spinoff		79	Devour	7	Not let up	45	Actress Kate or Rooney	83	Swelled head							
25 Clingy mollusk		80	Grassy tract	8	Playwright _ Fugard	46	Blue dye from a plant	86	Cigars from Cuba							
26 Start of a riddle		81	End of the riddle	9	McAn shoes	47	Wash oneself	87	Wraps around							
29 RSVP card encl.		82	Ever so slightly	10	Camouflage	52	_ in there!"	88	Tip, as a cap							
30 Saudi export		83	Directed (at)	11	Healing sign	53	Vassal of old	89	Human being							
31 Sup in style		84	Pasta tube	12	Blocking more sunlight	54	Beech, e.g.	90	Piece of information							
32 Farrow of "Alice"		85	Yang go-with	13	Actress Lively or musician Hitchcock	55	Certain sib, in dialect	91	Flattened circles							
34 Indian kings		86	White bird	14	Dumbstruck	56	Marcher's flute	92	Via a flight							
38 Buy and sell		87	Really good bud, in brief	15	Nickname for boxer Tyson	57	Big tanks	93	Language akin to Urdu							
41 Nonstandard contraction		88	Zeus' mother	16	Watchman	58	100 Obstinate equines	94	Flattened circles							
42 Riddle, part 2		89	Riddle's answer	17	Golf ball prop	59	Junk dealer's transaction	95	Obstinate equines							
47 Casino stake		90	Like the Dalai Lama	18	Regatta athletes	60	Takes a close look at	96	Agent, informally							
48 Claimed psychic gift		91	Rider not in a seat	19	Ending for Motor or Rock	61	at	97	Mommy kissing..."							
49 Engraving tool		92	Always, in verse	20	Bitterly pungent	62	Group in "GoodFellas"	98	Cut with acid							
50 Germany's Merkel		93	Submitted texts:	21	Capital of Qatar	63	QB's stats	99	Garr of "Tootsie"							
51 Clothing		94	Abbr.	22	More quirky	64	Numb	100	Scraping tool							
53 Skylights?		95	Abbr.	23	33 _ girl!"	65	69 Misfires from QBs: Abbr.	101	Choir part							
55 Vigor, musically		96	Rotor noises	24	35 "No man is _ to his valet"	70	70 Actor Christopher	102	108 Big-screen film format							
56 Riddle, part 3		97		25	33 "girl!"	71	71 Made a misplay	103	109 China's Mao -tung							
60 Tachometer inits.		98		26	35 "No man is _ to his valet"	72	72 Actor Christopher	104	110							
		99		27	35 "No man is _ to his valet"	73	73 Made a misplay	105	111							
		100		28	35 "No man is _ to his valet"	74	74 Actor Christopher	106	112							
				29	35 "No man is _ to his valet"	75	75 Made a misplay	107	113							
				30	35 "No man is _ to his valet"	76	76 Actor Christopher	108	114							
				31	35 "No man is _ to his valet"	77	77 Made a misplay	109	115							
				32	35 "No man is _ to his valet"	78	78 Made a misplay	110	116							
				33	35 "No man is _ to his valet"	79	79 Made a misplay	111	117							
				80	35 "No man is _ to his valet"	80	80 Made a misplay	112	118							
				81	35 "No man is _ to his valet"	81	81 Made a misplay	113	119							
				82	35 "No man is _ to his valet"	82	82 Made a misplay	114								
				83	35 "No man is _ to his valet"	83	83 Made a misplay	115								
				84	35 "No man is _ to his valet"	84	84 Made a misplay	116								
				85	35 "No man is _ to his valet"	85	85 Made a misplay	117								
				86	35 "No man is _ to his valet"</td											

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



Heart

From Page 4

45% heart attacks are what is known as silent heart attacks. "They are described as "silent" because when they occur, their symptoms lack the intensity of a classic heart attack, such as extreme chest pain and pressure; stabbing pain in the arm, neck, or jaw; sudden shortness of breath; sweating, and dizziness."

These silent myocardial infarctions (SMI) are more common in men than in women. And, because the symptoms of SMIs can be so mild, its victims can readily ignore them, attributing them to the aches and pains of old age, for example.

"It's a good reason to get regular checkups, especially as you get on in years," suggests AMAC's Weber. Meanwhile, the Harvard report on SMIs, recommends that if you experience suspicious discomfort, whatever the reason,

you should see your doctor as soon as possible.

According to that report, "suspicious discomfort" includes:

- Discomfort in the center of the chest that lasts several minutes or goes away and comes back. It can feel like an uncomfortable pressure, squeezing, or pain.
- Discomfort in other upper-body areas, such as one or both arms, the back, the neck, the jaw, or the stomach.
- Shortness of breath before or during chest discomfort.
- Breaking out in a cold sweat or feeling nauseated or lightheaded.

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

Daughter got measles despite vaccination

DEAR DR. ROACH: My daughter is 4 years old and has, in the past five days, developed measles. She was vaccinated at 9 months and has been treated with antibiotics, Tylenol and vitamin A supplements. What concerns me is that she is now experiencing seizures, even without a fever. They are not grand mal seizures, but simple ones. They have me worried. What can I do? — G.A.



Measles remains a serious disease in many parts of the world, with 90,000 deaths reported in 2016. Even in industrialized nations, there have been outbreaks involving tens of thousands of people infected.

Vitamin A supplementation may be of value in those who are deficient, and Tylenol can help keep the fever down, reducing the risk of febrile seizures. The antiviral drug ribavirin sometimes is used, though without clear evidence of effectiveness. Otherwise, there are no effective antibiotics or other treatments for measles.

When seizures occur in a child with measles in absence of fever, it can indicate a complication called encephalitis — inflammation of the brain. Children also may experience nausea and vomiting, and they usually have a headache. Confusion and sleepiness are other common symptoms. The diagnosis can be confirmed by an evaluation of the fluid around the brain, the cerebrospinal fluid, which is sampled via a needle inserted into the lower back.

Confirmed encephalitis with measles is treated with steroids. This reduces the risk of permanent brain damage from the infection. Even so, 25% of children may be left with some impairment, including epilepsy.

Unfortunately, vaccination at 9 months is not adequate protection. Children's immune systems may not be able to fully respond to the vaccine so early. Children are recommended to have the measles vaccine at 12-15 months and again at 4 to 6 years in the United States. In countries where risk of measles mortality remains high, children are vaccinated at 9 months, then again at 15-18 months. During an outbreak, a dose may be given as early as 6 months old, in addition to the other two doses.

DEAR DR. ROACH: I get horrible fever blisters when I go on any tropical vacation and am exposed to lasting sun. These

See HEALTH, Page 8

SHELTER PET & LIFE OF THE PARTY

Amazing stories start in shelters and rescues. Adopt today to start yours.

HAMILTON 75K+ Instagram Followers

Start A Story. Adopt
theshelterpetproject.org



Health

From Page 7

blisters develop on my lower lip. I have tried sunscreen, but nothing has worked. On my most recent trip, the blisters appeared on the final day and took nearly three weeks to heal. It's painful and horribly embarrassing. Is there anything I can do? Should I see my dermatologist? — S.A.

The sun can cause many kinds of skin reactions. In some people, the light itself causes the problem (these reactions are called photodermatoses). In others, the sun causes a reaction in combination with exposure to a particular substance. Sometimes, it's a fruit, especially limes. In people with blisters around the mouth, I think of mangoes,

especially if you are enjoying them in the tropics.

Some skin diseases just get worse in the sun: Lupus is the classic example, but there are many others (my textbook lists about 50, some quite rare).

A dermatologist is indeed the person to see. In the meantime, wear sun-protective clothing on your next tropical vacation, and consider a blocking sunscreen like zinc oxide in the areas where the blistering has occurred in the past.

Dr. Roach regrets that he is unable to answer individual questions, 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.

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: P equals L

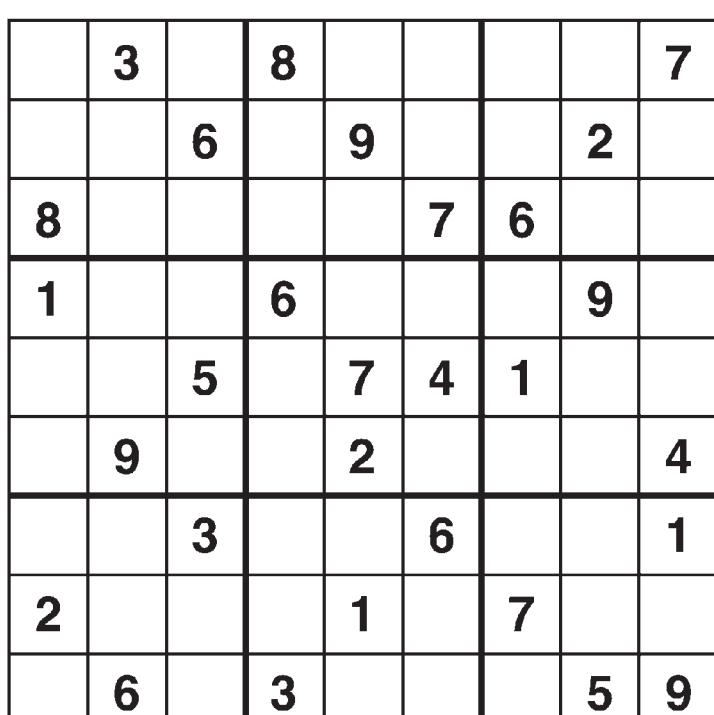
NO U JNXF ZNPPUDA QXPF
XAAMR U RNXDPA OCXAWUP
ZAINYPA, N BQCPM YUPP NJ
U QXA-IAUWRA JQBX.

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.

Jobs and careers for military spouses**VETERANS POST**

by Freddy Groves

If you are debating whether to re-up and one of your concerns is your spouse's employment opportunities, perhaps the Military Spouse Employment Partnership (MSEP) program will help you decide.

There are currently 350,000 job listings for military spouses on the MSEP website. In a partnership with 390 employers, the Department of Veterans Affairs has expanded opportunities as part of its Department of Defense MSEP program. Those employers have committed to hire, promote, recruit and retain military spouses in portable jobs. At this point they have hired over 134,000 military spouses.

Portable means you can take your skills with you, possibly to one of the many other employers in the program, should you need to relocate.

There are big names in the list, but not just retailers

or convenience stores. Also included are organizations with community networks that provide career resources and mentoring, and federal agency partners.

The program is part of the Spouse Education and Career Opportunities program that aims to reduce the horrible 25% wage gap that military spouses face. It offers career guidance, education, resources, tools, training, licensing and more.

To search for open jobs, go online to msepjobs.militaryonesource.mil/msep and click Search Jobs, or call 800-342-9647 to speak to a career coach. You'll need to sign up. Once you reach your personal online dashboard, you can search by location or special skills.

Or if you think you're not quite ready to land a job, go online to myseco.militaryonesource.mil. Click on career exploration, education and training, and employment readiness. Do not miss the list of coaching packages further down the page. They have everything to get you ready, some very specialized:

health care coaching package, cybersecurity coaching

package, K-12 education coaching package and more.

If you want to advance your career, there is a scholarship program with funds up to \$4,000 in tuition assistance.

(c) 2019 King Features Synd., Inc.



by
Jo Ann Derson

- Frozen grapes make great ice cubes for white wine and punch. They are tasty straight out of the freezer, too.

- Want to keep certain rooms off limits to wandering little ones? If you slip a baby sock over a doorknob, then secure it with a heavy-duty rubber band, it will keep toddlers out! — E.R. in Ohio

- You might be tempted to reserve your silver flatware for special occasion use, but it can be used daily. If you do so, it will be less likely to tarnish and require special cleaning and polishing. Hand wash gently – never put silver in the dishwasher – and store in drawers lined with a tarnish proof cloth for best results.

- Holiday gatherings can be hectic when it comes to holding on to your cup. If you host a party, use disposable cups that can be written on, and put out a marker. You'll use fewer cups, meaning there will be less to clean up.

- Substitute cottage cheese for sour cream in dips by running it through a blender until smooth. It's lower in calories and higher in protein than sour cream.

- "If you eat one meal out in a restaurant each day, let it be lunch. The prices are typically lower, and the portions are not really smaller. It'll keep you going all day, and you can have a light meal or snack in the evening." — S.L. in Nevada

- Self-care tip: It's a great idea to set aside a bit of time before bed to think about your goals for the future or to review the successes and lessons learned of the day – or just to not think at all. Double down on the me-time by taking the time to hydrate your skin with some lotion.

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!

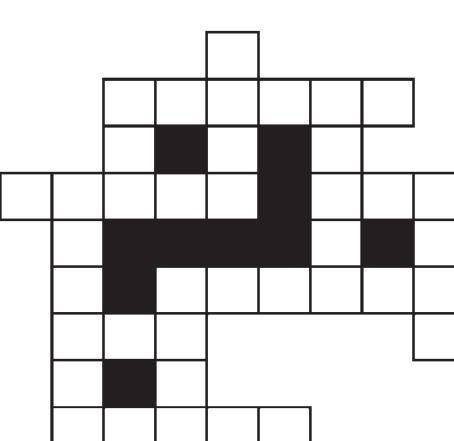
	-		×		27
-		+		-	
	+		×		20
×		×		×	
	+		+		19
16		21		16	
1	2	3	4	5	5
5	7	8	9		

©2019 King Features Syndicate, Inc.

Answer Page 4



URG
FLARUE
EFNEC
♥RYTA
VECEAL
♥RFA
RILG
♥AYREL
ANC
♥ENLART
♥ILVRA
♥ETFE



Answer Page 4

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.

©2019 King Features Syndicate. All rights reserved.