



NEWSBRIEFS

WWII vet

Chairman of the Veterans Land Board George P. Bush is asking for community help in ensuring WWII Navy Veteran Lyndoll Hurley receives 100 birthday cards for his centennial birthday. It's not every day that a WWII Veteran turns 100 years old. On Wednesday, January 8, Hurley will turn 100 years young. He proudly served in WWII. Please help us celebrate this momentous occasion by sending a birthday card to his home at the Clyde W. Coper Texas Veterans Home, run by the Veterans Land Board. Help us make sure he receives 100 birthday cards. Birthday cards should be addressed to:

Lyndoll Hurley
c/o Clyde W. Coper TX
State Veterans Home
1300 Seven Oaks Road
Bonham, TX 75418

— Karina Erickson

Best college cites

With application season in full gear and college living costs reaching \$27,200 per student for a 12-month period, the personal-finance website WalletHub has released its report on *2020's Best & Worst College Towns & Cities in America*, as well as accompanying videos, as a follow-up on its College & University Rankings. To help college-bound high school seniors determine their future home for the next several years, WalletHub compared more than 400 U.S. cities — also grouped by city size — based on 31 key indicators of academic, social and economic growth potential. The data set ranges from cost of living to quality of higher education to crime rate. El Paso was rated 197th in this study. Austin was 1st. Other stats:

- Johnson City, TN has the lowest cost of a two-bedroom apartment rental, \$702 per month, which is 4.8 times lower than in San Francisco and Daly City, CA, the cities with the highest at \$3,339 per month.
- Edinburg, TX has the lowest cost-of-living index for young people, 77.18, which is 2.9 times lower than in Stanford, CA, the city with the highest at 221.91.
- Savannah, GA has the lowest cost

See BRIEFS, Page 6

Serious trouble comes when the New Year's resolutions collide with the old year's habits.

— Quips & Quotes



— Photo by Alfredo Vasquez

USER BEWARE — If you are still using a computer with a Windows 7 operating system, Fernando Vasquez, above, proprietor of ER Computer Doctors in west El Paso, recommends upgrading to a newer personal computer system soon. Beginning January 14, 2020 Microsoft will no longer provide security updates for computers running on Windows 7.

Windows 7 users should consider their favorite operating system

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — Computer use has become such an integral part of daily life for just about every adult and business throughout civilized society that when Microsoft announced a couple of years ago that it would no longer update or provide support for the Windows 7 operating system beginning January 14, 2020, it was a big deal.

A recent report from Netmarketshare, a data collection agency, showed that Windows 7 was still being used by nearly 40 percent of all personal computer (PC) owners.

Consequently, with the end of Windows 7 security support coming this month, computer repair business owner Fernando Vasquez said that he has been helping a steady flow of customers, who are still using the old version, make decisions about how to transition to a new operating system.

The move by Microsoft isn't surprising, according to Vasquez, who owns the ER Computer Doctors storefront in El Paso's westside, because the popular Windows 7 operating system is more than ten years old. And, in light of the new Windows 10 operating system's proliferation, it only makes sense for Microsoft to dedicate all its time and effort in improving the new system, Vasquez pointed out.

"As with all operating systems, after a while it is not practical, both from a financial point of view and in terms of time and effort, to keep old software patched and updated, especially when there are newer versions of the software out there," Vasquez stated.

Microsoft actually ended mainstream support for Windows 7 in 2015, which meant new features stopped being added, and warranty claims were no longer valid. However, during the extended support phase, which Windows 7 entered after the end of its mainstream support, the operating system has still been patched and updated to make sure security issues and bugs were fixed.

When Windows 7 reaches its end phase on January 14, however, Microsoft will stop releasing updates and patches for the operating system. It's likely that it also won't offer help and support if a user encounters any problems.

Nonetheless, this does not mean Windows 7 will stop working on January 14 — users will still be able to employ Windows 7 for as long as they want. But just because one can continue to use Windows 7 after support ends, it doesn't mean one should.

The biggest issue with continuing to use Windows 7 is that it won't be patched for any new viruses or security problems once it enters the end phase, and this leaves a PC extremely vulnerable to any emerging threats. Moreover, if a large number of

To transition from Windows 7 to Windows 10, a personal computer must have the following minimum specifications:

- Processor: 1 gigahertz (GHz) or faster processor;
- RAM: 1 gigabyte (GB) for 32-bit or 2 GB for 64-bit;
- Hard disk space: 16 GB for 32-bit OS 20 GB for 64-bit OS;
- Graphics card: DirectX 9 or later with WDDM 1.0 driver; and
- Display: 800 x 600 resolution.

people continue to use Windows 7 after the end date, that could actually be a big incentive for malicious users to target viruses and other malware at Windows 7.

So, while Windows 7 will continue to work after January 14, one should upgrade to Windows 10, or an alternative operating system. A number of choices are available when moving operating systems, but for many people the obvious and simplest option is to upgrade to Windows 10.

Upgrading from Windows 7 to Windows 10 has a number of benefits, Vasquez stated. "For a start, because both operating systems are made by Microsoft the upgrade process is relatively easy, and in many cases, one can keep his or her files on the same PC. This means a minimum of disruption when upgrading to Windows 10. Most programs will have been updated to work on Windows 10 as well, and the layout and interface are similar to Windows 7, so it shouldn't be too hard to adjust," he stated.

While upgrading from Windows 7 to Windows 10 is the easiest solution,

See WINDOWS 7, Page 4

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

Medicare for All – no care for you

Democrat presidential candidates are sparring over how much to expand Medicare. Should it be Medicare for all, for people over 50 and children, or for “all who want it”? Does “all” include veterans, Native Americans, and military dependents, who now have their own government program? Does it include everybody who

happens to be in the country, legally or illegally? And do the benefits include just what today’s Medicare beneficiaries get, or everything the candidate can think of – dental, eyeglasses, hearing aids, mental health treatment, addiction treatment, “sex-change” surgery, etc.? Does it even include long-term care, which the Affordable Care

Act had to discard because it was unaffordable?

Who wouldn’t want that?

In 1965, a lot of seniors did not want Medicare. They were happy with their private coverage, which nearly half of them had. They did not trust government. To assure the success of “his” program, President Lyndon Johnson took away their private coverage. Insurers could not, under contract law, cancel an individual’s policy, say because they got sick, but they could cancel everybody’s coverage – and they did. This was a precedent for the Affordable Care Act (ACA), which outlawed the coverage many people had unless it could meet stringent “grandfather” requirements.

“If you like your plan, you can keep your plan” was an acknowledged “four-Pinocchios” lie. Elizabeth Warren doesn’t worry about that because she thinks nobody likes insurance. Possibly true, but that doesn’t mean people would choose the government alternative.

With rare exceptions such as a continuation of policies from employers, seniors do not have and cannot get a private plan that duplicates Medicare coverage. They can only get “Medigap”

policies to cover deductibles and things Medicare does not cover.

After a huge percentage of the population got “covered” by the government, did things get better? People did get more treatment. Great advances in medical technology occurred – likely unrelated to Medicare. But toxic, unrelenting cost-price inflation began abruptly after 1965 for the first time in 90 years, leading to massive government interventions to put a lid on them. Administrative demands burgeoned – there are now at least ten times as many administrators as doctors. And government eroded the value of people’s savings by inflating the dollar. If you had put \$10 in a mattress in 1965, it would be worth only \$1.24 today.

Didevil, greedy private insurers go away? No, they competed for government contracts to administer Medicare. As one whistleblower discovered, carriers can get away with \$200 million in fraud without even triggering an investigation. Or they went into the Medigap business. AARP, which purports to represent seniors, has received more than \$4 billion in “royalties” from UnitedHealth since the passage of ACA. According to a lawsuit *Krukas v. AARP*, AARP effectively acts as an unlicensed insurance agent that collects what amount to illegal kickbacks.

Medicare Advantage plans are widely touted for offering

extra services such as gym memberships. But there’s a dirty little secret: once in, if you get sick your costs soar and it can be very expensive to get out. Also, about a third of such plans have a very narrow network of physicians.

But in traditional Medicare, you get worry-free treatment, right? Not exactly. Government controls are constantly tightening. The ironically named Protecting Access to Medicare Act of 2014 provides that clinicians must refer to “appropriate use criteria” (AUC) when ordering advanced imaging studies like CT scans or MRIs. We’re supposedly in a “testing period” during which payment won’t be denied. However, physicians are already receiving notices from their hospital that they now MUST use AUC when ordering out-patient studies.

If you are admitted to hospital, you will be greeted by a worker checking on advance directives that will enable the hospital to withhold treatment. If your care is expected to cost a lot, and the Prospective Payment System allowed charge won’t cover it, the hospital has every incentive to shunt you off to hospice. This also averts the possibility of a penalty for re-admitting a patient. Hospice is a one-way transfer.

Medicare for All means

See **MEDICARE**, Page 5

Town of Anthony, TX Public Notice

The Town of Anthony, TX will conduct an **Election** on May 2, 2020 for the purpose of electing the positions of three (3) Alderman for Place Three, Place Four and Place Five for full two (2) year terms.

Qualified persons may apply for this position on the Town of Anthony, TX ballot through February 14, 2020 in person at Town Hall, 401 Wildcat Dr., Anthony, TX 79821, Monday through Friday from 8 a.m. to 4 p.m. or by mail at Town of Anthony, PO Box 1269, Anthony, TX 79821.

El Pueblo de Anthony Texas llevara acabo una eleccion general el dia 2 de Mayo, 2020 con el proposito de elegir a los siguientes funcionarios. Miembros del concilio posicion tres, Miembros del concilio posicion cuatro, y Miembros del concilio posicion cinco por dos (2) años de plazo por cada posicion.

Candidatos interesados en aplicar en El Pueblo de Anthony, TX tienen asta el Febrero 14, 2020 para someter su aplicacion en persona en el Town Hall ubicado en 401 Wildcat Dr. Anthony, Tx 79821 de Lunes a Viernes de 8 a.m. a 4 p.m. o mandar por correo al Town of Anthony PO Box 1269 Anthony, Tx 79821.

Norma Gonzalez
Town Clerk

Date Published
January 2, 2020

Food for thought By John Grimaldi

Telehealth has established its place in healthcare

Be careful how you use it

Telemedicine has become a growth industry worth tens of billions of dollars. By 2025 the market for virtual doctors is expected to exceed \$130 billion, reports the Association of Mature American Citizens (AMAC).

Researchers at Global Market Insights say telehealth is “transforming the healthcare industry, and in the next few years, it is expected to become the most accepted and used method of diagnosis and prescription.”

The first use of remote medicine technology took place more than 50 years ago between hospitals using closed-circuit television links. Today, patients can visit with medical professionals by using their smartphones via the more than 275 companies such as Dr. Phil’s Doctor On Demand service. They enable access to so-called teledoctors.

The numbers of remote doctor-patient visits have been increasing at extraordinarily high rates over the past several years. A Journal of the American Medical Association (JAMA) study, for example, showed that between 2015 and 2017 phone-based virtual doctor visits increased by some 262% annually.

AMAC president Dan Weber notes that, while there is no substitute for in-person doctor visits, telehealth services can be particularly attractive for the growing population of senior citizens with non-urgent symptoms such as sore throats and earaches.

He cites an analysis published by the National Center for Biotechnology Information. It concludes that “the global population of elderly people is increasing at a remarkable rate, which

may be expected to continue for some time. Older patients require more care, and with the current model of care delivery, the costs may be expected to rise, although higher cost is unsustainable. For this reason, a new pattern of practice is needed. Telemedicine will be presented as a highly effective and necessary tool in geriatrics.”

However, Weber warns that “there is a dark side” to the evolution of telemedicine. The technology has already enabled fraudsters to take their pound of flesh using telemedicine scams. Last spring, the FBI busted an international ring allegedly responsible for one of the biggest Medicare scams in U.S. history. The ring of 24 individuals, including three medical professionals, conned Medicare out of more than a billion dollars using fake telehealth scams.

“It is definitely a good new way to access healthcare in the age of technology. But be careful how you use it. If you see a potential benefit to connecting with a telehealth Internet site take precautions. Check the site’s credentials and reviews. Be aware that legitimate teledoctors tend to work in concert with your personal physicians. So, consider it a red flag if the Web doctor tells you that’s not necessary. And, it is a sure sign that the site is not legit if the online doctor offers to write a prescription. Real physicians do not write scripts without physically meeting a patient.”

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.



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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.

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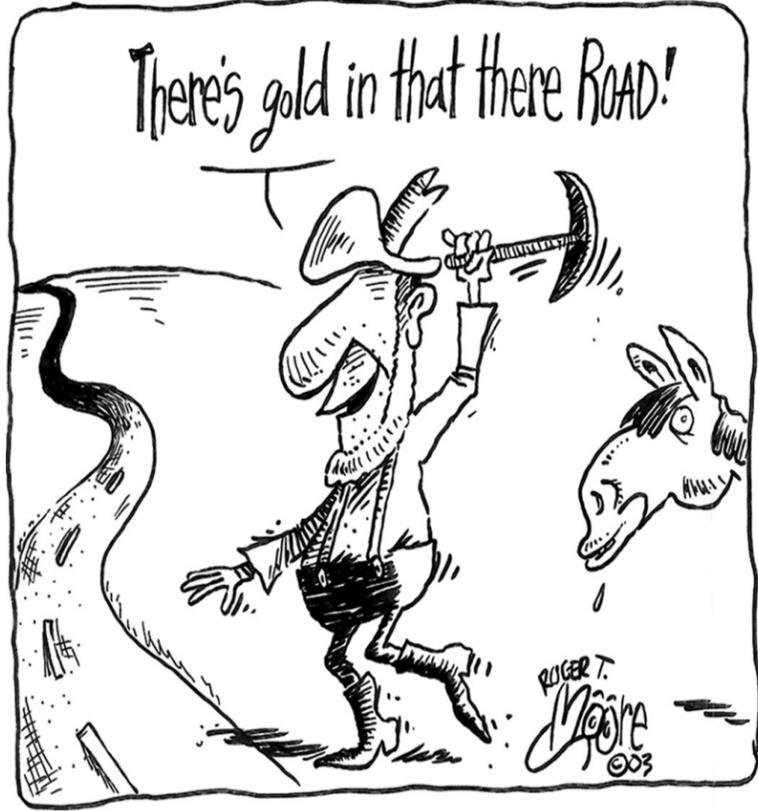
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Homesteader
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News, Inc.



TRUE TEXAS FACTS by Roger Moore

Highways 81-287 in Montague Co. has gold mixed in the asphalt.



Windows 7

From Page 1

there are reasons why it won't be right for some people. For a start, individuals will need to buy a Windows 10 license, and these can be expensive. While Microsoft has done a decent job of making Windows 10 able to run on older hardware, it's still a modern operating system that older Windows 7 PCs might struggle with.

If a Windows 7 computer doesn't meet certain specifications, it won't be able to run Windows 10. And even if a machine just meets the requirements, Windows 10 may not run that well. According to Vasquez, it is recommended that a computer have at least a 2GHz dual-core processor, 4GB of RAM (8GB ideally) and a 160GB hard drive for Windows 10 to run properly.

"If you don't have the required hardware, but still want to

upgrade to Windows 10, then you could upgrade your PC. This is a cost-effective approach, as you may only need to upgrade a few components on your computer to enable it to run Windows 10," Vasquez advised. "But upgrading your PC can be rather complex, and there's only so much you can upgrade before it becomes easier to buy a new PC," he added.

Windows 7's support issues could be a good excuse to spoil oneself with a new, more powerful PC that already has Windows 10 installed. People can then move files and folders to the new machine using an external hard drive. Another option is to visit a local computer repair shop, like Vasquez's ER Computer Doctors establishment (located at 7118 North Mesa Street, in the Colony Cove II strip mall) and have an expert complete the transition.

To contact ER Computer Doctors, call (915) 760-4799, or go to its website at www.ercomputerdoctors.com.

Strange BUT TRUE

By Samantha Weaver

- It was Polish chess grandmaster Savielly Tartakower who made the following sage observation: "Victory goes to the player who makes the next-to-last mistake."

- Worldwide, herbivores kill more people than carnivores.

- Bulletproof vests, fire escapes, windshield wipers and laser printers all were invented by women.

- Japanese scientists have discovered that the human body emits a very slight, yet perceptible, glow. After using a special camera to study a sample of men in their 20s, they found that intensity of the glow varies, with the lowest point at around 10 a.m. and the brightest at 4 a.m.

- In 1743, a hand-operated elevator was installed in the palace of Versailles. Louis XV used it to visit Madame de Chateauroux, his mistress.

- Due to a quirk in the transition from one kind of calendar system to another, nobody was born between Oct. 4 and Oct. 15 in continental Europe in the year 1582.

- If you're like me, social situations can be a nightmare of trying – and usually failing – to remember the names of all your new acquaintances. The next time you find yourself struggling to name the person you're conversing with, you can always segue into this interesting tidbit: The inability to remember names is technically known as anomia.

- In ancient Japan, towns would have public contests to see who could break wind the loudest and the longest. Prizes were awarded.

Thought for the Day: "Doctors are the same as lawyers; the only difference is that lawyers merely rob you, whereas doctors rob you and kill you too."

– Anton Chekhov

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Classified Ads

LEGAL

Town of Anthony, TX

Public Notice

Advertisement and Invitation for Bids

The Town of Anthony, Texas will receive bids for TX

CDBG Contract No. 7218001. Street Improvements on Poplar Street from Kelwood St. to 6th St. until 4:00 PM on January 23, 2020 at 401 Wildcat Dr. Anthony, Texas 79821. The bids will be publicly opened and read aloud at (4:00 PM) on January 23, 2020

at 401 Wildcat Dr. Anthony, Texas 79821.

Bids are invited for several items and quantities of work as follows:

Base Bid 1 (TOA CDBG Funds)

The project consists of demolition of approximately

4310 square yards of pavement, ±435 linear feet of curb and gutter, 125 square yards of sidewalk, installation of approximately 135 square yards of concrete valley gutter, ±4,555 square yards of new HMAC pavement with

flexible base, scarification, traffic and pedestrian control, ±1550 linear feet of silt fence and all associated appurtenances. Construction shall take place on Poplar St. from Kelwood St. to 6th St under the general direction of the Texas Community Development Block Grant. The subject project provides for construction, testing, project coordination, mobilization, de-mobilization, permits, warranty service and miscellaneous appurtenance and fees.

Alternate Bid (TOA Funds)

The project consists of the installation of approximately 116 square yards of new concrete driveways, 1,150 linear feet of new concrete curb and gutter, and 14 ADA curb ramps. Construction shall take place on Poplar St. from 6th St. to 4th St on the Anthony ISD parking spaces. The subject project provides for construction, testing, project coordination, mobilization, de-mobilization, permits, warranty service and miscellaneous

appurtenance and fees.

Bid/Contract Documents, including Drawings and Technical Specifications are on file at the offices of the Engineer of Record, AECOM Technical Services, 221 N. Kansas St. Suite 700, El Paso, Texas 79901 at which specifications can be obtained).

A pre-bid meeting will be held on Wednesday January 8, 2020 at 10:00 a.m., local time, at the Town of Anthony Hall, 401 Wildcat Dr, Anthony, Texas.

An electronic version of the Contract Documents may be purchased at a cost of \$25.00 per Compact Disk. This payment represents reproduction costs and is non-refundable.

A bid bond in the amount of 5 percent of the bid issued by an acceptable surety shall be submitted with each bid [for those contracts that exceed \$100,000]. A certified check or bank draft payable to the Town of Anthony, Texas or negotiable U.S. Government Bonds

(as par value) may be submitted in lieu of the Bid Bond.

Attention is called to the fact that not less than the federally determined prevailing (Davis-Bacon and Related Acts) wage rate, as issued by the Texas Department of Agriculture Office of Rural Affairs and contained in the contract documents, must be paid on this project. In addition, the successful bidder must ensure that employees and applicants for employment are not discriminated against because of race, color, religion, sex, sexual orientation, gender identity, or national origin. Adherence to the grant recipient's Section 3 Policy is required for contracts and subcontracts in excess of \$100,000.00.

ALL CONTRACTORS and subcontractors with agreements valued greater than or equal to \$25,000 must have an active registration with the System for Award Management (www.SAM.gov) AND have been cleared (not suspended or debarred) prior to any formal action

authorizing the award of a contract to the contractor.

The Town of Anthony, Texas reserves the right to reject any or all bids or to waive any informalities in the bidding. Bids may be held by Town of Anthony, Texas for a period not to exceed 60 days from the date of the bid opening for the purpose of reviewing the bids and investigating the bidder's qualifications prior to the contract award.

Norma Gonzalez
Town Clerk
Town of Anthony, TX
December 23, 2019

WTCC: 01-02-20
01-09-20

JOB

LIMBS International, Inc., Community Based Rehab Director, El Paso, TX. Develop partnerships w/ community orgs, NGO's or government agencies to help amputees. Approx. 30% international & domestic travel req. Mail resume to Roger Gonzalez, 417 Indian Bluff Rd, El Paso, TX 79912. Refer Job # 11680.2.

WTCC: 01-02-20

WEST TEXAS COUNTY COURIER

CLASSIFIED AD FORM
25 words - \$15 per week; 40 words - \$20 per week

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Deadline: Monday, 4 p.m. Please print. Send form and payment (no cash) to:
West Texas County Courier
15344 Werling Ct.
Horizon City, TX 79928

Contact Information:
Name: _____
Phone: _____

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S P E E D O S S T R E W S I N S E A M

CryptoQuip Answer

Swanky sleeping furniture that was built to hold trays of topped crackers: a canape bed.

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9	÷	3	+	6	9
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2	+	5	x	2	14
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Moments in time

THE HISTORY CHANNEL

• On Dec. 30, 1922, the Union of Soviet Socialist Republics (USSR) is established, comprising a confederation of Russia, Belorussia, Ukraine and the Transcaucasian Federation. In 1991, the Soviet Union was dissolved following the collapse of its communist government.

• On Dec. 31, 1999, the United States officially hands over control of the Panama Canal, putting the strategic waterway into Panamanian hands for the first time. The 50-mile canal, which links the Atlantic and Pacific oceans, officially opened when the SS Arcon sailed through in August 1914.

• On Jan. 1, 1818, "Frankenstein; or, The Modern Prometheus" is published. The book by 20-year-old Mary Shelley is frequently called the world's first science fiction novel. In Shelley's tale, a scientist animates a creature constructed from dismembered corpses.

• On Jan. 2, 1974, President Richard Nixon signs the Emergency Highway Energy Conservation Act, requiring states to limit highway speeds to 55 mph or lose federal highway funding. It was a result of fuel shortages caused by the Arab oil embargo.

• On Jan. 3, 1961, President Dwight Eisenhower closes the American embassy in Havana and severs diplomatic relations between the United States and Fidel Castro's government in Cuba. The action signaled that the U.S. was prepared to take extreme measures to oppose Castro's regime.

• On Jan. 4, 1896, six years after Wilford Woodruff, president of the Mormon Church, issued his Manifesto reforming political, religious and economic life in Utah, the territory is admitted into the Union as the 45th state. Woodruff's 1890 Manifesto included a renunciation of the traditional Mormon practice of polygamy.

• On Jan. 5, 1643, in the first record of a legal divorce in the American colonies, Anne Clarke of the Massachusetts Bay Colony is granted a divorce from her absent and adulterous husband, Denis Clarke, by the Quarter Court of Boston.

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Social Security benefits increase in 2020

By Ray Vigil
Special to the Courier

Each year, we announce the

Medicare

From Page 1

government-directed, corporate-managed care. The managed-care "insurance" cartel, giant hospital chains, and private-equity-owned medical practices will make sure that you get your flu shot (likely mandatory), your anti-tobacco lecture, your silver sneakers, your 15 profitable "preventative" drugs, cross-sex hormones, abortion on demand – and eventually your terminal sedation.

Beyond that, you're on your own – if there are any private options left and if you still have any after-tax money.

Is that what Americans want?

Jane M. Orient, M.D. is currently president of Doctors for Disaster Preparedness. She is the author of *YOUR Doctor*

annual cost-of-living adjustment (COLA). By law, federal benefits increase when the cost of living rises, as measured by the Department of Labor's

Is Not In: Healthy Skepticism about National Healthcare, and the second through fifth editions of Sapira's Art and Science of Bedside Diagnosis published by Wolters Kluwer. She authored books for schoolchildren, Professor Klugimkopf's Old-Fashioned English Grammar and Professor Klugimkopf's Spelling Method, published by Robinson Books, and coauthored two novels published as Kindle books, Neomorts and Moonshine. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). Usually, there is an increase in the benefit amount people will receive each month, starting the following January.

Nearly 69 million Americans will see a 1.6 percent increase in their Social Security benefits and SSI payments in 2020.

Other changes that will happen in January 2020 reflect the increase in the national average wage index. For example, the maximum amount of earnings subject to Social Security payroll tax will increase to \$137,700 from \$132,900. The earnings limit for workers who are younger than "full" retirement age (age 66 for people born in 1943 through 1954) will increase to \$18,240. (We deduct \$1 from benefits for each \$2 earned over \$18,240.)

The earnings limit for people turning 66 in 2020 will increase to \$48,600. (We deduct \$1 from benefits for each \$3 earned over \$48,600 until the month the worker turns age 66.)

In December 2019, we posted Social Security COLA notices online for retirement, survivors, and disability beneficiaries

who have a *my Social Security* account. You will be able to view and save future COLA notices via the Message Center inside *my Social Security*.

You can log in to or sign up for a *my Social Security* account today at www.socialsecurity.gov/myaccount to get more information about your new benefit amount. You can choose to receive an electronic notification by email, text, or both ways under "Message Center Preferences." Our notification will let you know that a new message is waiting for you. We will not send any personal information in the notification. The Message Center also allows you to go paperless by opting out of receiving agency notices by mail that you can get online, including annual cost-of-living adjustments and the income-related monthly adjustment amount increases. The Message Center is a secure portal where you can conveniently receive sensitive communications that we don't send through email or text.

More information about the 2020 COLA is available at www.socialsecurity.gov/cola.

START YOUR NEW YEARS RESOLUTIONS FOR A GOOD CAUSE



Saturday, Jan. 11, 2020
8 a.m., Horizon High School, 14651 Horizon Blvd

Register in person or by mail at Up and Running
1475 George Dieter, Suite O, or online at
www.raceadventuresunlimited.com

Download registration form at www.clintweb.net

Race day registration and packet pick-up
7:15 - 7:45 a.m., rain or shine.

Fee: \$25 by Jan. 10, \$30 after.
Students and teams of ten, \$10 per person.
•Trophies and medals to top finishers
•First 300 registrants receive a t-shirt

The following screenings
and health information
will be available:

- Blood Pressure
- Iron Deficiency
- The Hospitals of Providence Café
- Height & Weight (BMI)
- Desert Imaging - Mammogram Screenings
- Superior Vision - Vision Screenings
- Children's Health Insurance Program (CHIP)
- EP Fitness - Fitness Tips
- Flu Shots
- Sam's Club
- Giveaways
- Planet Fitness - Wellness Tips

For more information, please contact
Public Relations at 915-926-4058

Proceeds from this race go towards the Superintendent's
Scholarship Fund for Clint ISD graduating seniors

Miners hope their D brings lots of W's in the new year

By Steve Escajeda
Special to the Courier

Happy New Year all you sports fans out there!

It's hard to believe that 2020 is upon us. The years go by quickly, but with them comes the opportunity for new beginnings.

For most of us it's a chance to start that diet, or start looking for that new job, or just begin a new chapter in our life.

That goes for sports teams as well.

The UTEP Miners basketball team is playing better than it has in years. UTEP finished its non-conference schedule with a 9-4 record.

Last year at this time, the Miners were 5-6 heading into Conference USA action.

Unfortunately, once league play began, the Miners went on to finish dead last with a very un-Don-Haskins-

like 3-15 record.

But even then, El Pasoans knew better things were on the horizon, and they were right.

This year's nine wins have already passed the entire win total of eight from last year's 8-21 campaign.

The Miners have improved significantly, but the new year also brings us to a new chapter in this feel-good story.

UTEP begins C-USA action this week with games on the east coast against Florida International (Thursday) and Florida Atlantic (Saturday).

The Miners' troubles on the road have been well documented. They have lost 16 straight true road games and they'll have to travel two time zones to break that streak.

And though the Miners have improved considerably over the last few years, there's still a lot of improving that has to be done.

Some weaknesses in the team have been exposed in recent games and UTEP has to address them if they are going to finish where they are expected to be – in the top three of the conference.

The Miners have added a ton of talented players to this year's squad, unfortunately, they didn't add a true point guard.

Players like Souley Boum, Jordan Lathon and Nigel Hawkins are doing what they can, but neither is a point guard.

Boum and Hawkins can shoot the ball; Lathon does a lot of the dirty work by rebounding and playing tough defense, but ball-handling and finding the open man isn't what these guards do best.

The Miners have gotten progressively worse at taking care of the basketball. They turn it over at an alarming rate and often seem like they're just plain out of control.

Another phase of the game the team has been struggling with is rebounding.

This can really be a problem against taller and stronger conference opponents.

The Miners have 6-8 forward Bryson Williams and last year's C-USA leading rebounder Efe Odigie, but that's it.

UTEP has been dominated under the basket, especially giving up a bunch of offensive rebounds, and thus, numerous second chances to their opponents.

Big men Tydus Verhoeven and Eric Vila haven't contributed much on either side of the court yet.

But as coach Rodney Terry has said on multiple occasions, defense always travels well.

And it's the Miners defense that has kept them in ballgames and made up for their deficiencies.

Also, though much was made going into the season about UTEP's depth, coach Terry seemed reluctant to go deep into his bench in big games.

The emergence of Odigie and Hawkins, along with newcomers Anthony Tarke and Kaden Archie, has given the team a spark on offense; an athleticism they were lacking early on.

If guard Daryl Edwards can stop turning the ball over and keep hitting those 3-pointers, that will make the Miners a tough out in the conference tournament at the end of the season.

In their last four games, UTEP had disappointing losses to Houston, Hawaii and Boise State. Their only win was a 71-70 squeaker over Ball State.

Does it mean those losses are going to help galvanize the team to get ready for this week's conference openers, or is it a preview of a disappointing C-USA season?

It isn't realistic to believe the team is just going to start shooting better or begin outrebounding its opponents because the calendar flipped a page.

But unless they change something, they're beginning to look like a middle-of-the-pack conference team.

And though middle of the pack is better than dead last, it isn't the New Year's resolution the team had wished for.

Briefs

From Page 1

of higher education, \$17,255 per year, which is 4.3 times lower than in Evanston, IL, the city with the highest at \$74,649 per year.

• Stony Brook University, NY is among the cities with the most enrolled students (per 1,000 residents), 947, which is 22.5 times more than in Cape Coral, FL, the city with the fewest at 42.

Visit <https://wallethub.com/edu/best-worst-college-cities-and-towns-in-america/8974/> for the full report.

– Diana Polk

Elderly protection

With the share of U.S. adults aged 65 and older expected to be 1 in 5 by the year 2030 and as many as 13 out of every 14 elder-abuse cases going unreported, the

personal-finance website WalletHub today released its report on *2019's States with the Best Elder-Abuse Protections* as well as accompanying videos. To determine which states fight the hardest against elder abuse, WalletHub compared the 50 states and the District of Columbia across 16 key metrics. The data set ranges from share of elder-abuse, gross-neglect and exploitation complaints to presence of financial elder-abuse laws. Texas was ranked 12th in the study, rated (1-Best; 25-Avg.):

- 11th – Elder-Abuse, Gross-Neglect & Exploitation Complaints*;
- 46th – Total Expenditures on Elder-Abuse Prevention*;
- 37th – Total Long-Term Care Ombudsman-Program Funding*;
- 49th – Number of Eldercare Organizations & Services*;
- 20th – Number of Certified Volunteer Ombudsmen*;
- 51st – Nursing-Homes Quality.

*Per resident aged 65+

Visit <https://wallethub.com/edu/states-with-best-elder-abuse-protection/28754/> for the full report.

– Diana Polk

A pair of docs

Jules Verne's fictional character Phileas Fogg traveled around the world in 80 days. But a pair of British doctors recently made it into the *Guinness Book of World Records* for doing it in 218 days, 22 hours. And they earned the record on a bicycle built for two. They covered more than 18,000 miles across Australia, Asia, India, Europe and North America. In Verne's novel, *Around the World in 80 Days*, Fogg's circumnavigation of the world was done on a bet. Doctors Lloyd Collier and Louis Snellgrove did it to raise money for Spinal Research and the Brain Foundation.

– John Grimaldi

Super Crossword

FAMOUS FOODIES

- ACROSS**
- Withdraw
 - Second-rate
 - Mexican meat dishes
 - Pro speaker
 - Start of a pirate chant
 - Minimal cash
 - Actor Kevin from Quebec?
 - Marsh gas, mainly
 - William who created Shrek
 - Lettuce type
 - Fierce wind
 - At any point
 - Willed gift
 - Astronaut Alan clearing hurdles?
 - It's scanned in a store, for short
 - "Blasted!"
 - Discontinued iPods
 - Restitution
 - "The Taking of _ One Two Three" (1974 film)
 - Tie-ons for messy food
 - See 64-Across
 - Irate novelist Anne?
 - Lull comedian John to sleep?
 - Vast span
 - Per piece
 - City on Interstate 80

- Original "Star Trek" captain
- French artist Jean
- Rye husk
- Kagan on the Supreme Court
- With 45-Across, the 1980s, politically
- Gene stuff
- Bewilder justice Warren?
- Med. service
- Sniff out
- French artist Dufy
- Healing balm
- Fancy shooting marble
- Slips a cog
- Outfielder Ty
- Author Sarah _ Jewett
- Key on a PC
- Honor essayist Charles with jesting insults?
- Singer Fiona behaving very badly?
- Pilfer from
- Fruit such as a pear
- Enthusiastic French assent
- Long, thin cigar
- Even trades
- Blast noise
- Airer of "Conan"
- Newswoman Ann being a coward?
- Special Arctic light
- One-named

- DOWN**
- Birds of fable
 - Part of QED
 - Support stick
 - Virtual sales
 - Longtime pickup model
 - "_ _ tu" (Verdi 105-Across)
 - Jaded sorts
 - Foyer
 - Moby Dick's hunter
 - Pt. of SPCA
 - Japanese chiefs of old
 - Longtime cleanser brand
 - Actress Marisa
 - Hex ender?
 - Ran into

- "Arrow of God" novelist Chinua _
- Yeast, e.g.
- Set of nine
- Boat backs
- Blind as _
- Old hi-fi buys
- Tennis unit
- Be in sync
- Stoolie, to Brits
- Former car-financing co.
- Happy times
- Grammy-winning jazz/pop pianist
- Nile queen
- Heineken
- Solo in sci-fi
- Paper Mate alternative
- Prefix with chic
- Headless
- Fled
- Contact lens care brand
- Sounding off
- Alias letters
- Disco, e.g.
- School theater group
- "Catch my drift?"
- Flowers again
- Deadly viper
- U.K. media giant
- Tire catcher
- "_ Grant"
- Classic auto
- 'Fore

- Common rhyme scheme
- Exultant joy
- ette relative
- Hack's auto
- Blvd., e.g.
- Prefix with dermis
- Small band
- MGM mogul Marcus
- Long, strong and fibrous
- Taboo
- Baked with a cheese topping
- "_ for Evidence" (Sue Grafton book)
- Rampart part
- PC admin people
- Get misty-eyed
- "Ripe" period
- Actress Headly
- South, in Lima
- Bracelet holders
- Assembles
- Composer Thomas
- Cartons
- Cockeyed
- Ranch units
- Tiptop
- Ripped
- Halo, for one
- Flower part
- Ares, for one
- That, in Lima
- Spike of corn
- Print quality abbr.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
20							21					22								
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Answer Page 4

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



Size determines risk of aneurysm rupture

DEAR DR. ROACH: My boyfriend recently was diagnosed with an aneurysm. The report says the abdominal aorta is 3.02 cm in largest dimension and recommends screening every six months. Do we need to see a cardiologist for a second opinion? Is there medication to help? – B.S.



The aorta is the largest blood vessel in the body. It comes directly off the left ventricle of the heart and supplies blood to the entire body. It may become enlarged either in the chest (a thoracic aneurysm) or in the abdomen.

Abdominal aortic aneurysms are more common in men, especially over 65, and smoking is the biggest risk factor. There are contributing familial conditions as well, such as Marfan syndrome.

Most people have an abdominal aorta that is no bigger than 3 cm, so your boyfriend is just barely over the cutoff. His risk for rupture, the dreaded complication of an AAA, is negligible at this size. I agree with the screening recommendations, and would advise tobacco cessation if he smokes, regular moderate exercise and control of blood pressure if high.

Seeing a cardiologist would be very reasonable: Your boyfriend could get personalized advice on risk reduction. Although aspirin and statin drugs may have a benefit, the evidence for it is weak. Most experts do not recommend them unless there are other indications for taking them.

DEAR DR. ROACH: I had a hernia operation in 2015. The repair included insertion of mesh patches that now have been recalled. Since the operation, I have had many health issues. Is there a blood test or other test to see if the mesh is the cause of my problems? Should I have it removed and replaced? I am 83. – J.C.L.

Surgical mesh is commonly used in hernia repair, as well as in many gynecologic surgeries. Mesh reduces the need for re-operation. However, there is an increased rate of long-term complications that partially offsets the benefit of using mesh.

Complications related to the mesh can be very serious, such as bowel obstruction, perforation or bleeding; these usually require urgent surgery. However, symptoms also may be less specific, and include pain, non-healing wounds and infection. Of people

See HEALTH, Page 8

EVEN WHEN IT'S JUST AROUND THE CORNER.

NEVER GIVE UP UNTIL THEY BUCKLE UP.

VISIT SAFERCAR.GOV/KIDSBUCKLEUP

NHTSA
www.nhtsa.gov

Ad Council

Health

From Page 7

with a mesh repair, 4% to 6% had evidence of complications after five years of follow-up, according to a well-done study from Denmark.

I am aware of recalled mesh products (49 out of the top 50 results on a web search were from personal injury law firms; the 50th was from the Food and Drug Administration) and reports of significantly higher complication rates from recalled (as well as from counterfeit) mesh.

Without knowing more about your health issues, it is difficult to weigh in on whether the mesh is likely to be causing it. There is no simple blood or imaging test that will give

a definitive answer. However, if your symptoms are among those possibly related to mesh complication, it absolutely would be appropriate to have a discussion with your surgeon about the upsides and downsides of a re-operation. I would be cautious about recommending another surgery for an 83-year-old, unless the symptoms are significant and your surgeon feels they are likely due to mesh complications.

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.

Expanded access to exchange, commissary



by **Freddie Groves**

If you have an exchange or commissary near you that you haven't been able to use, that might change soon. Beginning Jan. 1, 2020, the Department of Defense expanded the list of those eligible to use all the services: Exchanges, commissary, and morale, welfare and recreation locations on bases.

The new list includes Purple Heart recipients, former prisoners of war, veterans with service-connected disabilities and those who are the primary family caregivers of eligible veterans. While you've been able to shop the Exchange online since 2017, now you can go to the brick and mortar locations.

To use the facilities, you'll need to present your Veteran Health Identification

Card (VHIC). It will need to specify your eligibility status. (This is not the same as your Veterans Identification card.) Caregivers will need to show their eligibility letter, which was mailed from the Office of Community Care. Note that you'll be dinged a small amount if you use a credit or debit card.

If you prefer to shop online or if you don't have a VHIC (but are otherwise eligible), go to www.shopmyexchange.com. You'll pay no taxes on purchases, get special deals and free shipping if you use your Military Star Card. If you don't have an Exchange account, click Take the First Step in the upper right corner and check your eligibility. (You need to use your Star Card at least once every 12 months to protect your accumulated points.)

To get all the details, go online to read the factsheet at www.militaryonesource.mil/expanding-access. Click

Download File to get the full FAQ.

Read carefully the fine print on eligibility, especially about the VHIC. You don't want to drive a long way to the commissary and then discover you can't get on the base or aren't eligible.

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• **Movie theater hack:** "When buttering up your popcorn, grab a straw and stick it down into the tub. Line up the straw with the butter dispenser, and you can distribute butter into the lower layers of your popcorn. Remove the straw and finish off with butter over the top." – P.A. in Florida

• **"Defog your bathroom mirror with a quick shot of shaving cream.** Smear all around and wipe off with a clean, dry face cloth." – L.A. in Georgia

• **Use one leg of a pair of stockings over the hose of a vacuum cleaner to "dust" a bookcase.** If you have small knickknacks they won't get sucked up, but dust will. If your stocking gets clogged by a dust bunny, just wipe it off and continue.

• **A toilet paper or paper towel roll slit down the side makes a handy clamp for keeping wrapping paper from unraveling.**

• **Go Green Tip:** Most large chains have really gotten on the bandwagon with reusable shopping bags. Here's a tip to help you have one with you at the right moment. Keep several in the trunk. Purchase one or two foldable bags. There are some that fold small enough to fit comfortably in a woman's purse. Keep one of them hanging from your gearshift, and if you attach it to a carabiner clip, you might remember to clip it right to your belt!

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: Y equals T

WFKJZS WMBBTXJN ACPJXYCPB
YDKY FKW RCXMY YI DIML
YPKSW IA YITTBL VPKVZBPW:
K VKJKT B RBL.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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.

	x		+		15
+		-		x	
	÷		+		9
x		x		÷	
	+		x		14
20		25		21	

DIFFICULTY: ★

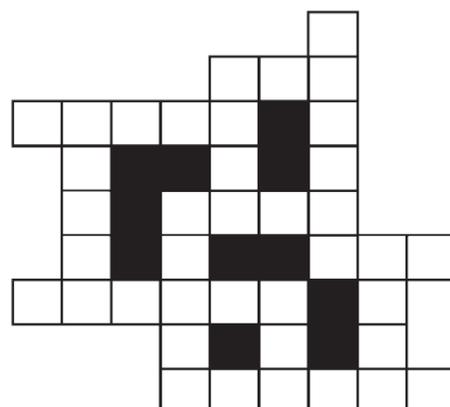
★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 2 3 5 6 7 8 9

Answer Page 4 ©2019 King Features Syndicate, Inc.



- IER
- TEMOLE
- HUMOT
- ♥ TLHA
- SARUES
- UEM
- ♥ HRCA
- ♥ URBAM
- ASL
- HIMBRO
- OMEAC
- ♥ ETMI



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.

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