



NEWSBRIEFS

Resolutions

With only around 8 percent of Americans keeping their New Year's resolutions – “spend less and save more” is among both the most popular and most commonly broken – the personal-finance website WalletHub has released its report on 2020's Best & Worst Cities for Keeping Your New Year's Resolutions as well as accompanying videos. This new report complements WalletHub's list of the top New Year's Financial Resolutions for 2020 and corresponding consumer survey. To help Americans stick to their 2020 goals, WalletHub compared more than 180 U.S. cities across 57 key metrics. The data set ranges from adult obesity to income growth to employment outlook. El Paso ranked 74th in this study. Other stats:

- Fremont, CA has the lowest share of obese adults, 15.30 percent, which is 3.1 times lower than in Detroit, MI, the city with the highest at 47.40 percent.
- San Francisco, CA has the lowest share of delinquent debtors, 1.90 percent, which is 6.4 times lower than in Jackson, MS, the city with the highest at 12.18 percent.
- South Burlington, VT has the lowest unemployment rate, 1.70 percent, which is 5.3 times lower than in Detroit, MI, the city with the highest at 9.00 percent.
- Huntington, WV has the lowest prevalence of adult binge- and heavy drinking, 12.15 percent, which is 2.4 times lower than in Madison, WI, the city with the highest at 29.44 percent.
- San Jose, CA has the lowest share of adult smokers, 8.20 percent, which is three times lower than in St. Louis, MO, the city with the highest at 24.69 percent.

Visit <https://wallethub.com/edu/best-cities-for-new-years-resolutions/28749/> for the full report.

– Diana Polk

How to cure tech addiction

If you're concerned that tech addiction is having a negative impact on our children, you are not alone. In fact, smartphone dependence is a worldwide epidemic and has triggered a search for a cure. For example, in the Indonesian city of Bandung, West

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In college today, the freshmen are smarter than the seniors – what the seniors learned is already obsolete.

– Quips & Quotes



– Photos courtesy of Jesuit High School Class of '68 graduates

RING OF SUPPORT – Jesuit High School (JHS) Class of '68 graduates gave recently a Fellowship of the Ring 2019 donation of \$4,710 to the Jesuits at Sacred Heart Catholic Church in El Paso's Segundo Barrio. Both asked not to be identified by name because they are not seeking recognition, presented the check to the Rev. Timothy McMahon, S.J. (center).

Alumni support Sacred Heart Church

Gift acknowledges rich history of Jesuits in El Paso

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Living the lessons learned in their high school years about how faith in God had to be accompanied by action, a group of Jesuit High School Class of 1968 graduates, for the past ten years, has been unassumingly supporting Sacred Heart Catholic Church, located in downtown El Paso's Segundo Barrio near the ports of entry, through what they describe as “an on-going class project”.

From 1960 through 1972, the Jesuit Order, formally known as the Society of Jesus, operated a four-year, all-boys catholic high school in El Paso County's lower valley and attracted students from the El Paso-Juarez region. Jesuit clergy are known for their missionary activity, especially for nearly 470 years of excellence in education in Jesuit high schools and colleges throughout the world. St. Ignatius Loyola, a Spanish priest who founded the Jesuit Order, opened the first Jesuit school in 1548. Today, the Jesuits maintain 60 secondary schools and 28 colleges and universities in the United States alone.

Nonetheless, the local Jesuit High School shuttered its doors in 1972 mostly for financial reasons, leaving behind hundreds of well-educated men who became productive, contributing members of their communities and who remember fondly those formative teenage years.

Consequently, in 2008 a group of graduates in the Class of 1968 gathered to celebrate the 40th anniversary of their

commencement from the now-shuttered but once venerable institution. The Class of '68 consisted of 82 seniors. Many of those in the class had moved away long ago, but that gathering in 2008 saw some of them return to see old friends, relive memories of their youth, and honor the Jesuits who had served at the school and remained in El Paso as the stewards of the Sacred Heart Parish.

Members of other graduating classes attended the 2008 reunion, but the 40th anniversary of the Class of '68 made for an impressive celebration. While in El Paso, the Jesuit school graduated classes from 1963 through 1972 when it closed its doors.

During the 2008 reunion, a member of the Class of 1964 whose brother had been a member of the Class of '65 and had unfortunately passed away, offered his brother's class ring to be auctioned during the evening event, with funds raised to go to Sacred Heart Church.

The Jesuit High School class ring has long been admired for its unique design and is embraced with special significance by those who have ever worn it. So, the ring that night in 2008 was purchased for \$350 by a member of the Class of '68 who kept the ring during the following year.

In 2009, the Class of '69 celebrated its 40th anniversary, again attended by alumni from various classes. A silent auction was held during the occasion, and the 1965 ring had been given back to be re-auctioned. Members of the Class of '68 did not want to lose possession of the ring because it represented their first year at JHS; so, three graduates combined in a bid of \$600 to secure ownership. Thus, the JHS Class of 1968 version of the Fellowship of the Ring (FOR) was conceived.

In November 2010, and during each succeeding November since then, a Class of '68 mini-reunion and golf outing has been held and the special ring has passed from one designated keeper of the ring, or “Frodo”, to another. Each Frodo designates his successor and each serve as official caretaker of the ring until it is passed on again. To date, there have been nine Frodos, and Frodo X will be named in November 2020.

Of more importance, however, is that since the first \$350 donation in 2008, the FOR classmates have donated \$36,900 to Sacred Heart Church. “The support of Sacred Heart is an acknowledgement of the rich history of the Jesuits in El Paso and an effort to provide assistance to the ministry of



THE RING – The Jesuit High School class ring has long been admired for its unique design and is embraced with special significance by those who have ever worn it. In 2008, the 1965 ring, above, was purchased for \$350 by a member of the Class of '68, who re-auctioned the ring the following year and thus started the El Paso Jesuit High School Class of '68 Fellowship of the Ring on-going class project.

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View from here By Marilyn M. Singleton, M.D., J.D.

Data mining, artificial intelligence, and angels of death

Google is universally well known as a search and advertising company. Now Google is tapping into the \$3.5 trillion healthcare market. To compete with the Apple Watch, Google acquired FitBit, the wearable exercise, heart rate, and sleep tracking device. Data is king.

Voluntarily worn fitness tracking devices are one thing, but Google has entered the realm of the brave new world. A government inquiry has brought to light Google's "Nightingale Project" that collected private medical data from Ascension Health's 2,600 sites of care across 20 states and D.C., unbeknownst to the patients. Dozens of Google employees had access to data that included lab results, physician diagnoses, hospitalization records, and health histories, complete with patient names and dates of birth. Google claims that the project complies with the Health Insurance Portability And Accountability Act (HIPAA) because it is a qualified business associate of Ascension Health. And unlike the ads for socks that appear on your computer

a nanosecond after you purchased some tennis shoes, Google promises that the data won't be combined with consumer data. Fat chance.

Amazon, which already knows our every thought, was not satisfied with merely creating software that can read medical records. Now they've created Transcribe Medical, a system that transcribes confidential patient-doctor conversations and uploads them directly into the electronic health record. Doctors would relinquish all control over "private" patient records. Google also has been working on its own automatic speech recognition "digital scribe" to upload multiple speaker conversations.

Not only is there a problem with inaccuracies that could lead to a patient receiving the wrong treatment, but we all know the ubiquitous problem of hacking – even in the Department of Defense and the federal Office of Personnel Management.

Disturbingly, certain circles oohed and aahed over the revelation that

Google, using electronic health records (EHR), created an artificial intelligence program that could predict death better than doctors. Fortunately for humanity, many others found the thought of leaving doctors out of the equation horrifying. The cheerleaders crowed that it would decrease work for the doctors; they wouldn't have to waste their time going through those pesky medical records to arrive at a conclusion. Using an artificial neural network to predict the death of a human being is a far cry from having a computer interpret an inanimate x-ray who is not a daughter, mother, sister, wife, or grandmother.

If you put it all together, it adds up to a death panel of one. Google's software would decide that there is not a high likelihood of walking out of the hospital, no treatment would be given. We are becoming witness to the devolution of humanity.

Moreover, the government is incentivizing workforce development in palliative care through the Palliative Care

and Hospice Education and Training Act. Perhaps this is why the hospice team seems to greet the patient at the hospital door. Of note, once a person has signed on to the Medicare hospice program, Medicare will not pay for any curative treatment or medications. Medicare will not pay for an emergency room visit unless the hospice team arranged it or someone decides it is not related to the hospice diagnosis.

The number of hospice agencies participating in the Medicare program nearly doubled between 2000 and 2016, for a total of some 4,382 providers. In 2000, about 30 percent of hospice agencies were for-profit, compared to about 67 percent in 2016. In that same period, Medicare payments grew from \$3 billion to \$16.8 billion.

Hospice care is lucrative. The minimum Medicare payment is \$196 per day regardless of the quantity or quality of services provided on that day. A July 2019 report from the Office of Inspector

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Food for thought By Robert Charles

Everything depends on honor – lest we forget

Have you ever thought about it? America's entire way of life depends on honor. You may not think so, but it is a fact. Absent self-respect, respect for others, a sense of perspective on one's place in society, history and the civic order, rule of law swiftly devolves into lawlessness. In short, America is premised on a sense of honor. If we lose this cornerstone, this all-important societal footing, we lose the nation.

Recently, we witnessed an impeachment process ramrodded down the throat of a minority party. We saw due process ignored, co-equal members of Congress overtalked, overridden, gavelled to silence. We saw 200-year-old procedures thrown over, simply trashed. We saw

lawyers schooled in civil and criminal procedure, technically "officers of the court," boldly ignoring established legal procedures.

We saw a sense of equity unceremoniously dumped, material witnesses forbidden, false statements trumpeted, and dishonorable behavior from people of whom we should expect more. They have a duty to deliver more – as a matter of honor.

Let me simplify – and illustrate that my concern is not about political parties or figures, but for the country. Why do you stop at a red light, when no one is looking? Why respect a person or property of others when no one will call you out? Why do you pay

for goods rather than walking out, even if you could abscond? Why do you vote, fill out census forms, report crime, intercede to stop an injustice, stand for our National Anthem, put hand on heart, teach your children right from wrong, or serve as a soldier, sailor, airman, marine, police officer – or simply a dutiful American? Honor – that is why.

And that is why the nation should stop – right now – and think hard about what is expected of us. Political differences have always existed, levels of acrimony ebbed and flowed. At our country's founding, before

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1973
47
Years
2020

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Our faltering social vitality

The economy is in robust good health, but our social fabric isn't.

By two basic measures of social vitality, births and deaths, American society is faltering. Both the fertility rate and life expectancy are declining, in a sign that people feel less secure and, in some cases, have no hope at all.

We are attuned to headline-grabbing economic statistics – GDP growth, the unemployment rate, wages – as monthly and quarterly metrics of American well-being, but they aren't as telling as these more fundamental indicators.

To put it bluntly, contemporary America is characterized by less pro-creation and more self-destruction. This suggests something is profoundly wrong with the state of the union, although it doesn't receive the attention and the debate it deserves.

The fertility rate in 2018 dropped for the fourth straight year. It has hit a record low, and has fallen 15% since 2007. With the recovery after the Great Recession, the rate bumped up a little in 2014 before receding again.

Part of the story is a steep

drop over the years in teenage pregnancy, a welcome and long-sought development. Women in their 20s have also been having fewer children, though. The trend is toward women delaying having children and having fewer of them.

As demographer Lyman Stone notes, the survey data tends to show that women still want kids, in fact perhaps more children than before. But later-in-life childbearing is inherently more difficult, and student debt, high housing costs and intense parental investment in children make having kids more burdensome (or at least feel that way).

While we now have fewer births, the death rate is increasing. A new study published in JAMA notes that after stalling out in 2010, life expectancy in the country has been declining since 2014, down from 78.9 years to 78.6 in 2017.

The U.S. has been losing ground to other countries in life expectancy since the 1980s. According to the Kaiser Family Foundation, it now has the lowest life expectancy among comparable advanced nations.

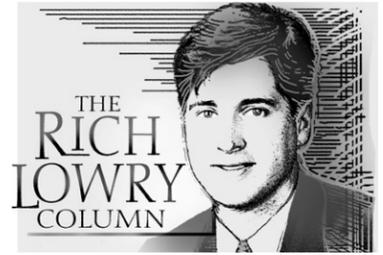
The decline isn't hitting older Americans, who are still making

improvements, but is cutting down people in the prime of their life, ages 25-64. "The odds," Lyman Stone writes, "that a 32-year-old will die in a given year rose by almost 25% between 2012-14 and 2015-17. American adulthood has suddenly become more lethal than it has been in decades."

Drug overdoses are a major driver (midlife mortality from drug overdoses has increased almost 400% over the past 20 years), with liver disease and suicide also contributing.

In 2017, an astonishing 150,000 Americans died from drug or alcohol abuse and suicide, more than U.S. combat deaths in World War I, the Korean War and the Vietnam War combined. Evidence suggests that the increased mortality is concentrated among persons with lower levels of educations and income.

If we can get a handle on the opioid crisis, it will make an enormous difference, but the trends in life expectancy and fertility ought to occasion soul-searching. How is it that a society as technologically advanced and affluent as ours can't provide a more inviting



environment for childbearing or the supports to keep people from doing themselves grievous harm?

Even if there are no ready policy answers, the question must be asked.

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

Ring

From Page 1

those who remain," said the FOR member who coordinates each year's events and fundraising efforts and who prefers to be known only by his unofficial moniker within the group as "The Wizard".

"We've made it an ongoing class project," the Wizard said. "We're grateful to the Jesuits who helped find and shape our potentials as young students at Jesuit High School and who have continued to influence our lives and careers in the many years since. The Fellowship of the Ring simply

gives our class project a unique identity and a sense of fun. Even though Jesuit High School has long been closed, we hope to remember it by supporting the Jesuits still in El Paso for many years to come," he added.

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Moments in time

THE HISTORY CHANNEL

• On Jan. 6, 1975, "Wheel of Fortune," the longest-running syndicated game show in American television, premieres on NBC. In over 7,000 episodes, show hostess Vanna White has never worn the same gown twice.

• On Jan. 7, 1927, the Harlem Globetrotters basketball team travels west from Chicago to play their first game, in Hinckley, Illinois. Coach Abe Saperstein decided to promote his new team's racial makeup by naming them after Harlem, the famous black neighborhood of New York City.

• On Jan. 8, 1835, President Andrew Jackson achieves his goal of entirely paying off the United States' national debt. It was the only time in U.S. history that the national debt stood at zero, and it precipitated one of the worst financial crises in American history, the Panic of 1837.

• On Jan. 9, 1861, a Union merchant ship is fired upon as it tries to deliver supplies to Fort Sumter in Charleston Harbor, South Carolina, in the first exchange of shots between North and South. The shots were fired by gunner George E. Haynsworth, a cadet at The Citadel in Charleston.

• On Jan. 10, 2008, Tata Motors in India debuts the Nano, billing it as the world's cheapest car. The bubble-shaped mini-vehicle had a base price of \$2,000. It had a body made of plastic and sheet metal – and one windshield wiper.

• On Jan. 11, 1949, on Connecticut Avenue in Washington, D.C., the cornerstone is laid at the first mosque of note in the United States. The Islamic Center was complete with a 160-foot minaret from which prayers were to be announced.

• On Jan. 12, 1932, Ophelia Wyatt Caraway of Arkansas becomes the first woman elected to the U.S. Senate. Caraway had been appointed earlier to fill the vacancy left by her late husband, Thaddeus Horatio Caraway.

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Briefs

From Page 1

Java they're giving elementary and middle school children baby chicks to raise as a way to treat their dependency. Mayor Oded M. Danial says the chicks will keep the kids preoccupied so they "won't be too focused on their gadgets." As an incentive, the children who raise the biggest chickens can win bicycles.

– John Grimaldi

Jobs

With the unemployment rate at a near 50-year low and employers expecting to hire 5.8 percent more college graduates from the Class of 2020 than from the previous graduating cohort, the personal-finance website WalletHub has released its report on 2020's Best Places to Find a Job as well as accompanying videos. To determine the strongest local job markets in the U.S., WalletHub compared more than 180 cities across 31 key metrics. The data set ranges from job opportunities to employment growth to monthly average starting salary. El Paso ranked 138th in this study. Other stats:

- Gilbert, AZ has the highest median annual household income (adjusted by cost of living), \$89,903, which is 3.4 times higher than in Hialeah, FL, the city with the lowest at \$26,281.
- San Jose, CA has the highest monthly average starting salary, \$6,019, which is 3.2 times higher than in Brownsville, TX, the city with the lowest at \$1,876.
- South Burlington, VT has the lowest unemployment rate, 1.70 percent, which is 5.3 times lower than in Detroit, MI, the city with the highest at 9.00 percent.
- Plano, TX has the fewest part-time employees for every 100 full-time employees, 32.86, which is 3.6 times fewer than in Burlington, VT, the city with the most at 118.23.
- Fremont, CA has the lowest share of workers living in poverty, 1.84 percent, which is 10.3 times lower than in Huntington, WV, the city with the highest at 18.86 percent.

Visit <https://wallethub.com/edu/best-cities-for-jobs/2173/> for the full report.

– Diana Polk

A boy with a plan

If you have a nine year old at home, he or she is likely to be a middle schooler. Not Laurent Simons. He may become the world's youngest college graduate when he receives his undergraduate degree in electrical engineering at the age of nine from Eindhoven University in the Netherlands. Laurent is not one to sit on his laurels; he is already busy on a quest to earn a doctorate in engineering. He wants to study medicine, too, and then embark on a mission to invent artificial organs. Will he succeed? Sjoerd Hulshof, his school's education director, has faith in this child prodigy. Hulshof describes the lad as "hyper intelligent" and "the fastest student we have ever had here."

– John Grimaldi

Data mining

From Page 2

General for the Department of Health and Human Services found that more than 80 percent of end-of-life facilities in the United States had at least one deficiency, and nearly 20 percent were poor performers with serious problems that jeopardized patient health and safety. It seems the compassionate medical service to care for suffering patients has turned into a heartless cash cow.

Is this what we want for our loved ones and eventually, ourselves? Medicare for All promises every type of medical care under the sun, including long-term care. Long-term care is expensive and if done properly, labor intensive. What better way to save money than to promote a computer program that convinces doctors that the patient is going to die no matter what they do.

So the hospital tells the family that treatment or home care will drain their finances. For what? I'll tell you for what. My parents died at home only after they were tired of doctors and ready to go. They strolled into heaven. They were not shoved in with a giant government backhoe.

Marilyn M. Singleton is a board-certified anesthesiologist. She is the immediate past 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. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

Classified Ads

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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 HMA 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

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There's nothing like a movie villain, except for a sports villain

By Steve Escajeda
Special to the Courier

A dear friend of mine went to see the latest Star Wars movie last week and she thought it was awesome.

Though I don't get out there as much as I'd like, there's nothing quite like sitting in a comfortable recliner, in a crowd of like-minded individuals, waiting for a much-anticipated movie to start playing on the huge screen in front of you.

Is it just me or did it start smelling like popcorn?

Anyway, the movie experience can be amazing. What makes a movie even more interesting is a villain. And not just any villain, but a true challenger of what is right and what is good.

You know what I'm talking about – the Joker, Darth Vader, Hannibal Lecter and even Scar from the Lion King.

These bad guys eventually bring out the very best in the good guys. In fact, many times the good guy only emerges because he knows someone has to stop the bad guy – and why not him?

The same can be said about sports. There are teams that fans always put in the "bad guy" category; teams like Duke basketball, Alabama football, the Cowboys, the Yankees and recently the Golden State Warriors.

In other words (except for the Cowboys), teams that win all the time are hated by fans that have to watch them hoist a trophy above their heads every other year.

Oh, by the way, one team I left off the list is probably the most hated of them all

– the New England Patriots.

I think Hannibal Lecter and Mr. Vader would be envious of how high the Patriots score on the hatred-meter.

The Lecter-Vader duo for the Patriots, of course is Tom Brady and Bill Belichick.

The quarterback and head coach have won six Super Bowls together and played in a total of nine.

In other words, the evil Patriots have dominated the NFL over the past two decades.

But after last weekend's home playoff loss to the Tennessee Titans, many are wondering whether their reign of terror has come to an end.

Brady will be 43 years old when next season starts. Let's face it, for the first time in his career, Brady didn't look as sharp as he always has.

Could it be that although he's taken

Father Time into the later rounds, the elderly white-bearded gentleman will remain undefeated after all?

After starting the season 8-0, the Patriots (who usually reached their peak at playoff time) were only 4-5 the rest of the way – and they looked old, slow and unsure while doing it.

Lots of fans out there are giddy about the Patriots' fall. Many of them hope this is just the beginning of years of failure for the guys from Foxborough.

But as a wise person once wrote, "be careful what you wish for."

Just like in the movies, sports need bad guys.

Heated rivalries only make the interest between fans and coaches and players more intense.

If your team plays a game this weekend against another team of similar strength, you'll go and be fairly confident of a victory.

But if your team is playing a hated team that is ranked near the top of the league every year, everyone will be at the game, face painted, foam #1 fingers in hand, ready to go wild for that chance of a monumental upset.

Why? Because your team (which is always the good guy) will have a chance to bring down the bully on the block.

The Patriots have definitely been the bully on the NFL block for a while, and though many teams left the field with bloody noses and black eyes after the fight, they still relished the opportunity to knock off the big guy and couldn't wait for another chance.

If it's true that Brady and Belichick are on the decline, hated or not, you have to respect what they've accomplished over the years.

Of course other bad guys will emerge, they always do.

But will we ever see another NFL team dominate for as long as the Patriots have? Doubtful.

I guess if Lecter and Vader's reigns of terror ended, so do Brady and Belichick's.

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Moore Texas by Roger T. Moore
Jan. 3, 1959: Alaska is admitted to the United States. Texas is no longer the biggest state.

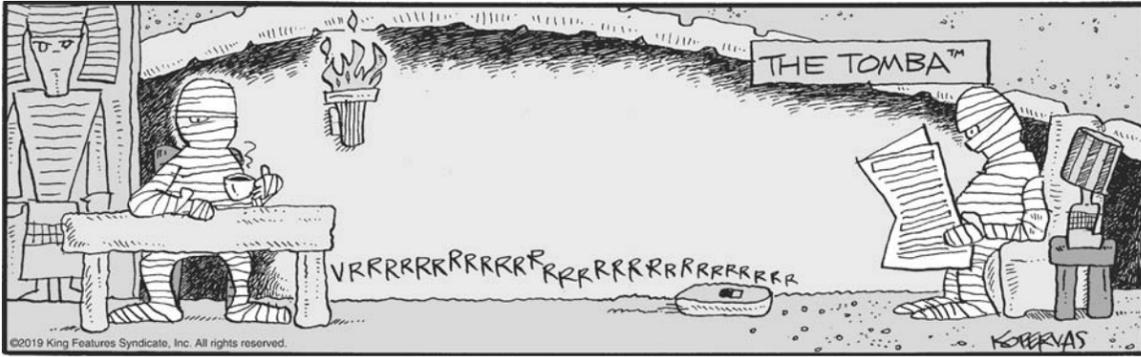
Super Crossword

- MIX OF FISH ACROSS**
- 1 Creole cooking pod
 - 5 Early Andeans
 - 20 Concert stage items
 - 14 Disgrace
 - 19 Cover thickly
 - 20 Declines
 - 21 Wrongful act, legally
 - 22 Of the ear
 - 23 Grabs hold of a fish?
 - 25 Give a fish medication?
 - 27 Choose (to)
 - 28 Baseball stat
 - 29 Like spoiled cooking oil
 - 30 Clamor
 - 31 Fish smeared with black gunk?
 - 34 Cheeky
 - 37 Have bills
 - 38 Mineo of "Giant"
 - 39 Suffix for an enzyme
 - 40 Not as cruel
 - 41 Turn liquid
 - 44 Old horse
 - 47 Fish drifting about aimlessly?
 - 50 Actor Stiller
 - 51 Baseball stat
 - 53 Hoppy quaff
 - 54 Wash. bigwig
 - 55 Fish covered with more grit?
 - 59 Modifies
 - 64 Conceal
 - 65 Fake ID
 - 66 1,051, in old Rome
 - 68 Larch, e.g.
 - 69 Makes a fish more softhearted?
 - 71 Honey-colored fish?
 - 74 Score _ with (impress)
 - 75 It's south of Can.
 - 76 Eye parts with irises
 - 77 Splits
 - 78 Triplets of adjacent nucleotides
 - 80 Cures a fish by salting and drying?
 - 85 Western treaty inits.
 - 87 Hide _ hair
 - 88 Actress Davis of "The Matrix Reloaded"
 - 89 Ending for Bronx
 - 90 Fish that's a sainted guardian?
 - 96 O'er there
 - 97 For fear that
 - 98 Runner Bolt
 - 99 "Botch-_"
 - (Rosemary Clooney hit)
 - 100 It precedes Sept.
 - 102 Barely obtain, with "out"
 - 104 Gratify, as a base instinct
 - 106 Accept a Facebook request from
 - a fish?
 - 112 Boat in Genesis
 - 113 Twilled fabrics
 - 115 Old's opposite, in German
 - 116 Yellow tropical fruit
 - 117 Teach a fish privately?
 - 120 Catches a fish in a net?
 - 122 Flee to get hitched
 - 123 Lance cpl.'s org.
 - 124 Free-for-all
 - 125 Fair shelter
 - 126 Philly's train system
 - 127 Light meal
 - 128 French river to the Rhone
 - 129 Singer Anita or Aubrey
 - DOWN**
 - 1 Eightsome
 - 2 Aussie critter
 - 3 Leaf-gathering tool user
 - 4 Had to admit an error
 - 5 Theoretical things
 - 6 Unclothed
 - 7 Bow of "It"
 - 8 Holy tables
 - 9 Atlanta-to-Miami dir.
 - 10 Perfumery oil
 - 11 Bards' A.M.
 - 12 On-the-nose
 - 13 Furniture finishers
 - 14 Went unused
 - 15 Palette part
 - 16 Erte's style
 - 17 Seafarer
 - 18 Hyundai compact
 - 24 Crock-Pot meal
 - 26 Grid stats
 - 29 Puts more ammo in
 - 32 Al _ (pasta preference)
 - 33 Seafarer
 - 35 Long side up
 - 36 Max. or min.
 - 39 "I'll second that"
 - 41 Samantha Bee's station
 - 42 Expulsion
 - 43 Earthworm, e.g.
 - 45 2009 "Star Trek" director J.J.
 - 46 Seepage of methane, e.g.
 - 48 Heavyweight great
 - 49 Put on TV again
 - 51 Suffers
 - 52 Dog part
 - 56 "I'll second that"
 - 57 Informer
 - 58 Envoy's building
 - 60 Just clear of the bottom, as an anchor
 - 61 Boarding school student, informally
 - 62 Some china ensembles
 - 63 Divinity sch.
 - 67 Not as much
 - 69 Bud
 - 70 Actress Sarandon
 - 71 Rd.'s cousin
 - 72 No more than
 - 73 Cheese type
 - 76 Hubbubs
 - 79 Not a soul
 - 81 As to
 - 82 Old man
 - 83 Baseball Hall of Famer Ralph
 - 84 On Soc. Sec., often
 - 86 Operated on smaller than a national level
 - 90 Transforms, as larvae
 - 91 In general
 - 92 Sleeveless casual shirt
 - 93 Free (of)
 - 94 Lovingly, in music
 - 95 Rapa _
 - 97 Ushered in
 - 101 Music styles
 - 103 53-Across containers
 - 105 Q-U queue
 - 106 Sell for
 - 107 Writer Zora _ Hurston
 - 108 Super- _
 - 109 Got along
 - 110 A Trump ex
 - 111 Spruced up
 - 114 They support teeth roots
 - 118 Choose (to)
 - 119 Stephen of "Utopia"
 - 120 Texter's "Didn't need to hear that!"
 - 121 Notice

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19				20					21				22					
23			24						25			26						
27					28			29								30		
31					32			33			34		35	36				
			37				38			39			40					
41	42	43		44	45	46		47	48			49						
50				51				52		53			54					
55			56					57				58	59	60	61	62	63	
	64				65						66	67			68			
69					70					71	72			73				
74					75				76					77				
78				79			80	81	82					83			84	
			85		86		87			88						89		
90	91	92	93			94				95		96				97		
98					99				100		101		102	103				
104					105			106			107	108				109	110	111
112					113			114			115			116				
117			118	119							120			121				
122						123				124						125		
126						127					128						129	

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



Risk of surrogacy at advanced age

DEAR DR. ROACH: Would you please comment on common or uncommon issues that might be expected in a pregnancy at age 57? I am overall very healthy, with no issues other than slightly elevated LDL. I have not gone through menopause. I had four full-term pregnancies, the last at age 35 (after which I had my tubes tied), and no miscarriages. I asked my doctor two years ago if I would have an issue being a surrogate and was told there was no reason I couldn't be, but my current physician told me that it can be very dangerous at my age.



I am concerned that the practice is just covering itself against any liability. I realize that this is my decision alone and I would not hold my doctors accountable, but I'd also like the real truth regarding any potential issues I would be likely to encounter. I appreciate your thoughts. – M.V.

I admire your willingness to consider being a surrogate. However, the risks of pregnancy in a 57-year-old woman are significant.

A study from the U.K. from 2016 quantified the risks pretty thoroughly; however, of the 233 women studied, only two of them were older than 57, so your risks are probably higher than the average risk for an older mother in the study (which was defined here as 48 years or older at the date of delivery).

Before I go over the risks, let me point out that one major risk for older mothers, Down syndrome, may not apply, since the ovum (egg) you would be carrying would come from another woman and it is her age that determines the risk for the fetus. Older mothers also are more likely to carry twins (or more than two fetuses).

Compared with younger mothers, older mothers have a higher risk for: high blood pressure during pregnancy (15% vs. 5%); pre-eclampsia, also called toxemia (6% vs. 2%); diabetes during pregnancy (18% vs. 4%); hemorrhage after delivery (26% vs. 15%); Caesarean section (78% vs. 33%); preterm delivery (22% vs. 8%); and admission of the baby to the intensive care unit (3% vs. less than 1%). Miscarriage rate (after 11 weeks) in women over 55 is estimated to be about 10%, compared with 1% in younger women. Maternal death is much more likely for older

See HEALTH, Page 8

CHOOSE YOUR RIDE.

Drink. Drive. Go to Jail.



Health

From Page 7

women than younger; however, that risk is small, less than 2 per 1,000 in a separate Swedish study of mothers over 45.

Overall, these risks are not small. You should think through your risks before making a decision. I'm disappointed in the lack of advice you received.

painful, if at all. I find myself surprised that those who stick fingers for blood at the hospital don't seem to know this either. Shame on them. – R.S.

There are more nerve endings at the tip of the finger, so that is more painful for most. There often is better blood flow on the sides as well. Thank you for writing with this reminder.

DEAR DR. ROACH: *The 71-year-old woman from a recent column who finds sticking her finger to test her blood glucose too painful to be willing to do it likely was never told that while sticking her finger at the tip IS painful, sticking at the side of the end of the finger is barely* *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.*

www.wtxcc.com

CryptoQuip

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

Clue: I equals T

TKYC IKY NXXGDY HXDCYR
 IKY BKDBGYCU' ZEUYZEVV
 IYEA, DIU CEAY TEU ERRYR
 IX IKY NXXUIYN NXUIYN.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

		5			4		7	
9				3				6
	2		8			3		
		4		5				1
	3		2					8
7					9	2		
8				9				1
	1				5			7
		7	6			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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VA's expanding use of telehealth care



by Freddy Groves

The use of the Department of Veterans Affairs telehealth services rose 17% in one year, with 900,000 veterans opting to get care that way. That equated to 2.6 million instances of care in one year.

Some of the stats are impressive. The use of the app, VA Video Connect, rose by a whopping 235% in the past year, and more than 99,000 veterans opted to use it from home. Over 200,000 appointments were for mental health telehealth appointments.

We have a lot of choices for how we get our care, with more coming. Whether we want to go in person, talk on the phone or have a video visit, it's available. By the end of 2020, every mental health and primary care provider will

be able to communicate with patients in all these ways.

The VA is trying to consider all circumstances: If you have a poor internet connection at home, it's opening other locations as tests sites, such as VFW posts and American Legion halls, as well as Walmart stores, using ATLAS (Accessing Telehealth through Local Areas Stations). More will open as time goes on.

It's all a result of the Anywhere to Anywhere initiative. Before this was enacted, doctors couldn't legally treat patients with telehealth across state lines. Veterans in rural areas, or near state lines, were having to go long distances for in-person care.

If you want to explore using telehealth on your electronic device, go online to mobile. va.gov/app/va-video-connect. Scroll to the yellow note and use it to test whether your device is compatible with the VA Video Connect app. There's an FAQ and

how-to demo videos. If you run into a snag trying to set up the app or a connection, call 866-651-3180 Monday through Saturday, 7 a.m. to 11 p.m. ET.

To learn more about telehealth, go to telehealth.va.gov.

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• "Cabbage leaves go limp in freezer, making them easier to roll. This is especially helpful if you are making a big batch of cabbage rolls!" – V.W. in California

• Clean and decorate a Pringles chip can to store a collection of colored pencils. Keep the lid on for portability. You can even roll up some plain paper to store inside for an on-the-go drawing kit.

• Need to heat up two plates of leftovers? Form the food into a ring (which is better for even heating anyway), then set a microwave-safe glass or mug on the center of the plate. Set the second plate of leftovers on top.

• If you can't paint your dorm or rental apartment walls, here's some ways to dress up your decor: Try removable stickers from home decor stores or online. Also you can hang a tapestry. It doesn't have to be elaborate, and if the material is light enough, you can use removable hooks, like Command strips. Or, try creating a pattern with washi tape, which also is removable.

• "If you thread a Slinky-type toy onto the pole of your bird feeder, the squirrels can't get to it. You can usually find these at the dollar store in a plastic version, too." – C.D. in Ohio

• Common substitutions: Recipe call for buttermilk? Add 1 teaspoon of lemon juice per cup of milk.

• Want to beat clutter but need to start slowly? Try this trick: Put a date label (the peel-off kind) on seldomused items. Then if you use the item, remove the sticker. In a few months, re-evaluate what items still have stickers.

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.

	÷		+		15
+		×		-	
	÷		+		4
÷		+		÷	
	×		-		19
4		15		1	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

Answer Page 4

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- EZF
- ♥ ELTFIS
- UTHEA
- EHZA
- TREHIZ
- ♥ BTU
- ♥ ELPA
- ZADFE
- ♥ SHA
- TAPBUE
- ♥ RABZE
- ♥ ASET

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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