



## NEWSBRIEFS

### Area early colleges are 10 years old

Northwest Early College High School (NECHS) held a celebration on May 16, 2018 to commemorate the school’s opening in 2008. A ceremony was held in the school’s grotto to honor current students, faculty and graduates. This was followed by a fun-filled Field Day at the adjacent West Side Soccer Complex. “EPCC will be marking the 10th anniversary of two of its 12 early college high schools this summer: Northwest Early College High School, in partnership with Canutillo ISD, and Transmountain Early College High School, with El Paso ISD, both opened in July 2008,” Tonie Badillo, Dean of Dual Credit and Early College High Schools (ECHS) said. “EPCC’s early college high school initiative has provided a unique opportunity to the youth in our region to earn an associate’s degree while in high school.” ECHS initiative is designed to allow students to simultaneously earn a high school diploma and an associate’s degree in four years. The ECHS must target and enroll students who are historically underrepresented in higher education, including economically disadvantaged, first-generation, English language learners and minority students.

– Jim Heiney

### Vet friendly

With May being Military Appreciation Month and significant military pension changes taking effect this year, the personal-finance website WalletHub has released its report on 2018’s Best & Worst States for Military Retirees to go along with its Memorial Day Facts infographic. To help our troops plan their years after service, WalletHub compared the 50 states and the District of Columbia across 27 key indicators of retirement-friendliness toward veterans. The data set ranges from job opportunities for veterans to housing affordability to quality of VA hospitals. Texas ranked 10th overall, ranking:

- 5th – Number of VA Health Facilities per Number of Veterans;
- 27th – Percent of Homeless Veterans;
- 17th – Housing Affordability;
- 27th – Percent of Veteran-Owned Businesses; and
- 13th – Number of VA Benefits/

See BRIEFS, Page 5

*Speak when you are angry and you’ll make the best speech you will ever regret.*

– Quips & Quotes



– Rendering courtesy ASA Architects

**NEW STATION – El Paso County Emergency Services District No. 1 plans call for construction of a fire station east of Loop 375 and north of Interstate 10, near Eastlake High School, at the corner of Paseo del Este and Mission Ridge Boulevards.**

## Commissioners approve fire station near Horizon

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – El Paso County Commissioners Court approved recently plans for the El Paso County Emergency Services District (ESD) No. 1 to build a new fire station in the county’s far east community.

During a recent council meeting, commissioners unanimously gave the green light for a \$3 million loan to address the emergency services needs of the residential and commercial developments that are expanding rapidly in the area.

County officials indicated that the loan

would be repaid with taxpayer money over 19 years and that a tax increase is not expected, as the ESD’s tax rate is already capped at its current 10 cents per \$100 property valuation.

ESD No. 1 Fire Chief Kristian Menendez stated in a recent news report that the fire station is necessary because his department, which is composed of about 60 volunteer firefighters, has seen a significant increase in call volumes in the last few years.

The ESD responded to 1400 calls in fiscal year 2011-12, which increased by 148 percent to 3,474 calls in fiscal year 2016-17, according to officials. So far this fiscal year, the ESD has responded to nearly 1,600 calls. Presently, ESD No. 1

has only one fire station – on Nurda Drive, in Horizon City – to serve an area of more than 155 square miles.

The area where the new fire station is going to be constructed is growing at a rate 11 times faster than the city of El Paso, according to County Commissioner Vince Perez, who represents the ESD No. 1 region.

Perez said that there are a lot of new families moving into the 79928 zip code area, where the new station is going to be built. He said that the area saw a 30 percent increase in population from 2011 to 2016. The population increased from 44,205 to 57,415 residents.

ESD No. 1 officials said that the new fire station will be built east of Loop 375 and north of Interstate 10 near Eastlake High School, at the corner of Paseo del Este and Mission Ridge Boulevards. Menendez stated that the construction of the fire station is expected to begin in June 2019 and that it would take about a year to complete.

The \$3 million is expected to cover the construction of the facility and equipment inside the building. ESD officials stated that once the building is ready, plans are to move two fire trucks and a pickup truck to the new facility. The fire department currently has 14 units, including five fire trucks, he said.

Menendez said that the second station within the district will help improve response times in the area. He reported that currently there are areas in which the fire department takes up to 15 minutes to respond. The new station is expected to help cut the response times by half, he added.

In addition, the new fire station will help lower the fire insurance ratings for homeowners, according to Menendez. He said that homeowners will be able to save between 30 to 35 percent in the fire

## Canutillo ISD passes new pay package

Starting teachers  
to receive \$50,000

By Andrew Reynoso  
Special to the Courier

CANUTILLO – Starting pay for teachers in the Canutillo Independent School District will reach the \$50,000 mark starting in the 2018-19 school year after the Board of Trustees approved a compensation package that gives all employees a salary increase.

The new salary package for CISD employees increased the salary for teachers with zero year’s experience to \$50,000, up from the \$47,500 they receive this year. This makes teachers in Canutillo among the highest paid in El Paso County.

“We appreciate our teachers and employees and we wanted to give them a compensation package that matches their commitment to our students and community,” said Superintendent Pedro

Galaviz. “We know we have to compete for employees, and I feel this is giving Canutillo an edge over other districts in the region.”

The \$1.3 million in raises the CISD Board approved this week includes a 2 percent general pay increases for all employees. The Board will approve the \$56.2-million budget for the 2018-19 school year later this summer.

Canutillo’s compensation plan also makes adjustments to teacher stipends. Some of the stipend increases include \$2,500 to \$3,000 for secondary math and science teachers, as well as \$1,500 to \$2,500 for self-contained special education teachers.

Administrators said the stipend changes were necessary.

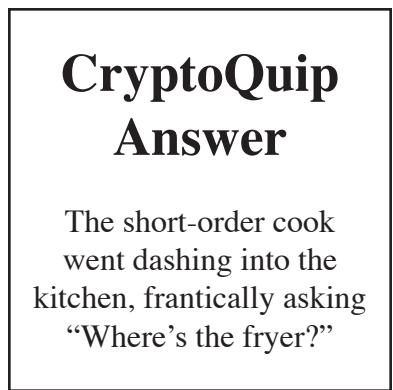
“The teaching field stipends we have approved will keep us competitive with peer districts in El Paso,” said Martha Carrasco, CISD’s Chief Human Resources Officer. “We know that in

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See STATION, Page 6



(c) 2018 Bob Franken.  
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# Donald Trump’s Jerusalem triumph

In the second century A.D., Jewish rebels who had stunned the Romans and liberated a portion of Judea overstruck imperial coins with images and a message of their own, “Year One of the Redemption of Jerusalem.”

The leader of the Jewish rebellion, Bar Kokhba, was fired by a vision of a united Israel with Jerusalem as its capital, which had been the exception during the prior millennium, thanks to the depredations of the Assyrians and Babylonians, among others. But such was the power of the national idea – and his messianic zeal – that Bar Kokhba ventured all on regaining it.

And lost. Not for nearly another 2,000 years would the vision come to fruition. At a ceremony in 1982 burying bones of some of those long-ago rebels with military honors, Israeli Prime Minister Menachem Begin declared: “Israel and Judea are reborn. We have redeemed Jerusalem.”

King David conquered the city in 1000 B.C. and made it the capital of the kingdom of Israel. His son Solomon built the First Temple. But Jerusalem would repeatedly be captured and the Temple destroyed (first by the Babylonian King

Nebuchadnezzar and then by the Roman Emperor Titus).

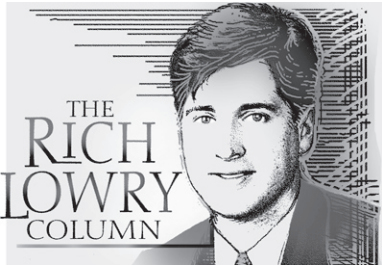
The Jewish people never forgot. In one of the miracles of our age, after long centuries of exile punctuated by genocide at the hands of the Nazis, they re-established Israel in 1948, and then gained control of all of Jerusalem in 1967 (prior to that, when Jordan held East Jerusalem, Jews couldn’t visit the Western Wall).

The notion that the City of David isn’t the capital of Israel was an impolite fiction, honored by the U.S. and the West for fear of provoking Arabs hostile to the very idea of the Jewish state. Its prime minister, parliament and highest court are based there, and it’s unimaginable that Israel would ever agree to any peace deal that didn’t recognize it as the capital.

The tired, conventional arguments against it haven’t held up well in the wake of President Donald Trump’s decision to move our embassy. The Arab street hasn’t exploded. The West Bank has been relatively quiet. Arab capitals haven’t erupted in outrage. The flashpoint has been in Gaza, the terror statelet ruled by Hamas. Israel pulled out of Gaza more than a decade ago and has been rewarded with constant

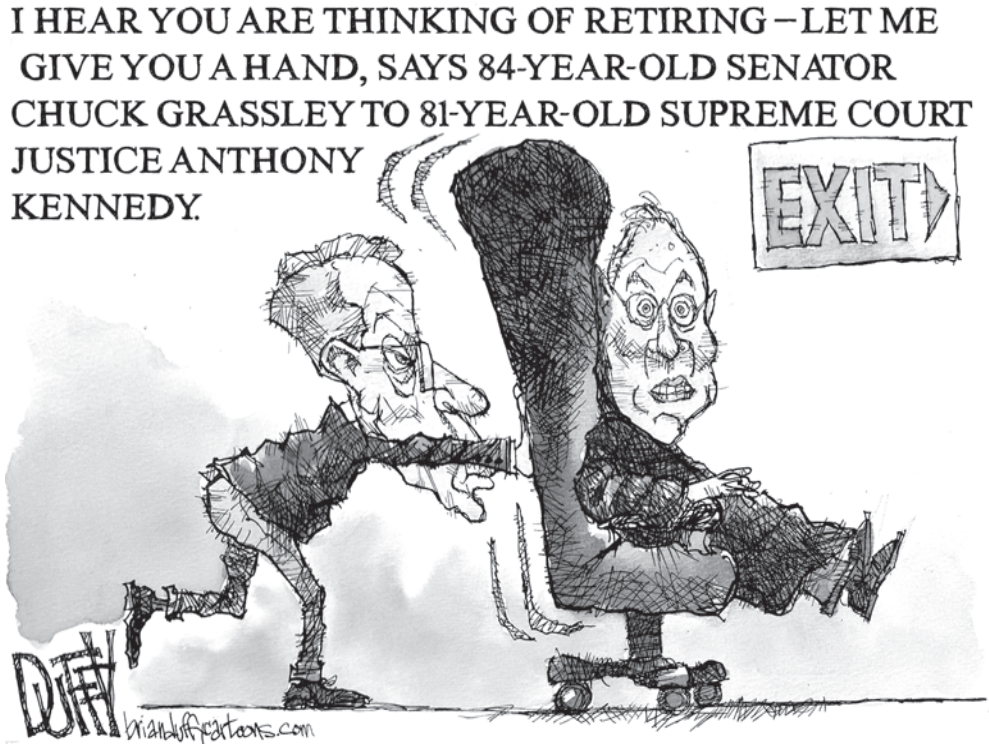
attacks emanating from a territory where the infrastructure of mayhem and destruction – rockets, tunnels and the like – is the only growth industry.

Hamas has goaded rioters to storm the Israeli border, defended by Israeli soldiers who fire on them if necessary to protect local communities (more than 50 were killed on a recent Monday). This isn’t “the caravan” that arrived



ambition looks more fantastical than ever. Trump’s move is an acknowledgment of reality. It is also a symbolic statement of permanence, that Menachem Begin was correct when he said at the ceremony for the Bar Kokhba rebels 36 years ago, “Glorious fathers, we are back and we will not budge from here.”

Rich Lowry is editor of the National Review. (c) 2018 by King Features Synd., Inc.





# Estrada, Garcia, bring home gold medals

By Denise Peña  
Special to the Courier

FABENS – Four Fabens High School students medaled at the Special Olympics Area 19 competition. Over fifty schools were present at the event held May 4-5 at Burges High School. Students began training for their events in January with Special Ed teacher Angelica Ortiz during her conference period.

Sophomore Elia Solis earned a gold medal in the 100-meter dash and a bronze medal in the softball throw in her age group heat. Junior Karla Estrada placed 1st in the softball throw in her heat. Senior Jose Salcedo brought home a bronze medal in the softball throw in his heat.

Sophomore Maria Garcia placed 1st in softball throw and 2nd in the 100-meter dash for her heat. “Maria was so excited when she got her medals,” Ortiz said. “She couldn’t believe it.”

Ortiz is proud of the students’ hard work and ability to compete against much larger schools. “Our students represented Fabens and our ‘Small Town Tough’ motto exceedingly well.”



– Photos courtesy Fabens ISD

**HOLDING GOLD HARDWARE** – Junior Karla Estrada, above, is all smiles as she shows off her gold medal in the softball throw. Sophomore Maria Garcia, at right celebrates her gold medal in the softball throw while on the winner’s podium.



## Two Canutillo ISD schools make the 2017-2018 Texas Honor Roll

By Andrew Reynoso  
Special to the Courier

CANUTILLO – Northwest Early College High School and Congressman Silvestre & Carolina Reyes Elementary have been named to the 2017-2018 Educational Results

Partnership Honor Roll for their high achievement and student success.

The Texas Honor Roll recognizes higher performing schools that are distinguished for their academic achievement and for closing achievement gaps. Some of the determining factors are specific learning

objectives aligned to college and career readiness, evidence-based instructional practices, and deploying resources and guidance to support schools’ efforts to prepare all students for college and career.

Both of these campuses are on the national map for high quality teaching and learning. Jessica

Carrillo, Assistant Principal at Congressman Silvestre & Carolina Reyes Elementary School was recently selected as National Assistant Principal of the Year in Texas by the Texas Elementary Principals and Supervisors Association (TEPSA).

Northwest made the U.S. News & World Report’s list of Best High Schools in the country in 2018, 2017 and 2016. Most recently, Northwest has been nominated by the Texas Education Agency for the 2018 National Blue Ribbon School honor in the Exemplary High-Performing category.

“The Superintendent is tasked with listening, understanding the challenges of the district and then deploying appropriate resources to enable campuses to accomplish academic goals,” said Dr. Pedro Galaviz, Canutillo ISD Superintendent of Schools. “The schools work closely with central office on a common path towards excellence. Canutillo ISD continues on the path to becoming a premier school district.”

## Strange BUT TRUE

By Samantha Weaver

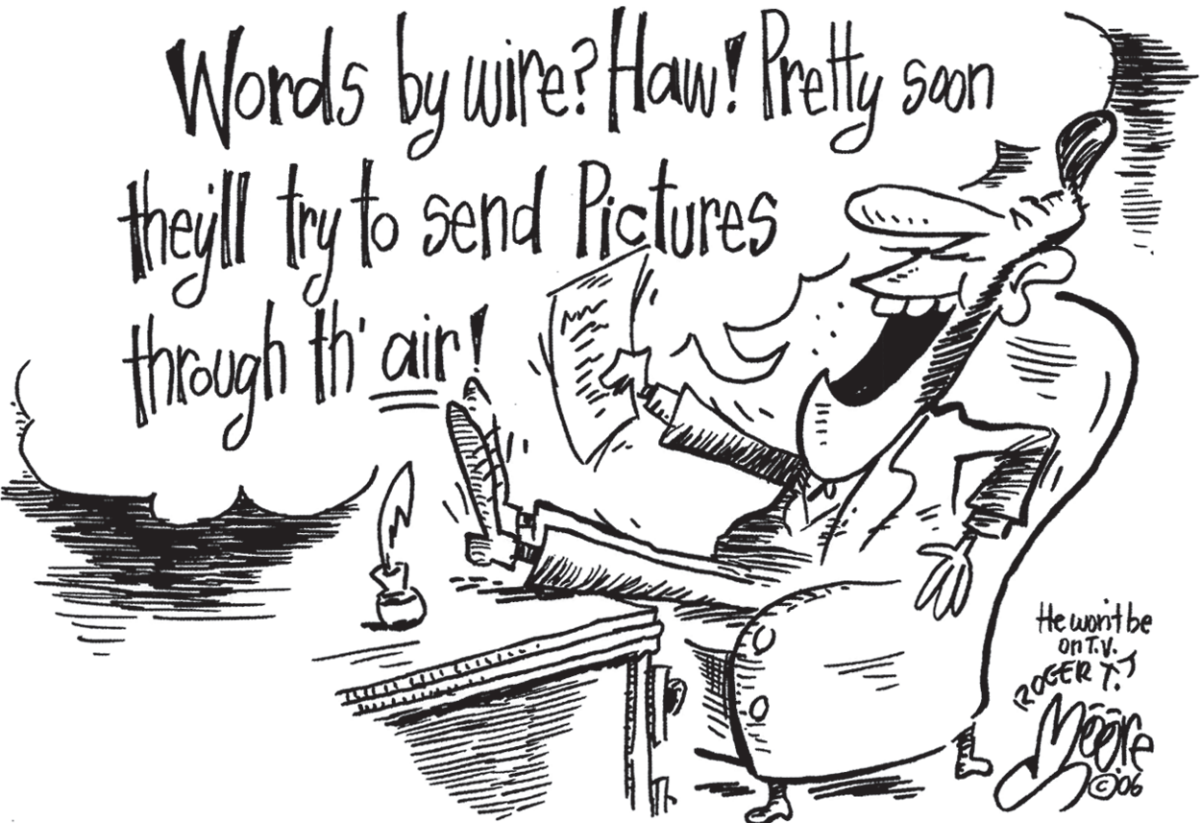
- It was British writer and humorist Jerome K. Jerome who made the following sage observation: “It is impossible to enjoy idling thoroughly unless one has plenty of work to do. There is no fun in doing nothing when you have nothing to do. Wasting time is merely an occupation then, and a most exhausting one. Idleness, like kisses, to be sweet must be stolen.”
- Europe is the only continent without a desert. Even icy Antarctica has deserts – including the world’s largest cold desert.
- Modern dietary trends notwithstanding, raw vegetables have not always enjoyed the wholesome reputation they now have. In medieval times, in fact, veggies would always be cooked; raw ones were considered to be bad for the humors.

- Have you ever heard of an “adhocracy”? If you’re like many frustrated workers these days, you may be employed by one. An adhocracy is an organization characterized by lack of planning, responding to problems as they emerge rather than anticipating and avoiding them.
- In La Paz, Bolivia, you can find one of the most unusual prisons in the world. At San Pedro Prison, inmates have to purchase their cells. Those who are well off financially can buy private cells with bathrooms, television and kitchens. Those who are less lucky must share tiny rooms.
- You might be surprised to learn that the world’s most-translated author, by far, is Agatha Christie. Jules Verne ranks second, followed closely by William Shakespeare. It’s interesting to note that three of the top 10 – Enid Blyton, Hans Christian Anderson and Jacob Grimm – wrote works for children.

Thought for the Day: “The trouble with having an open mind, of course, is that people will insist on coming along and trying to put things in it.”

– Terry Pratchett

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**Moore Texas** by Roger T. Moore April 27, 1839: Samuel Morse offers the rights to his "telegraph" to Texas. President Lamar declines.

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# Moments in time

THE HISTORY CHANNEL

- On June 4, 1942, the Battle of Midway begins. During the four-day sea-and-air battle, the outnumbered U.S. Pacific Fleet succeeded in destroying four Japanese aircraft carriers while losing only one of its own, the Yorktown.
- On June 5, 1967, the Six-Day War begins when Israel launches simultaneous attacks against Egypt and Syria. Jordan subsequently entered the fray. By the time the United Nations cease-fire took effect on June 11, Israel had more than doubled its size.
- On June 6, 1683, The Ashmolean, the world's first university museum, opens in Oxford, England. Today, the collection at the Ashmolean Museum of Art and Archaeology ranges from the earliest implements of man, made about 500,000 years ago, to 20th-century works of art.
- On June 7, 1976, New York magazine publishes the story that becomes the film "Saturday Night Fever." "The Tribal Rites of the New Saturday Night," by journalist Nik Cohn, thought to be a true story about a Brooklyn disco dancer, was almost entirely fabricated.
- On June 8, 1999, some 1.3 million copies of "Hannibal," the final book in the Hannibal Lecter series by Thomas Harris, arrive at bookstores. The cannibalistic serial killer first appeared in Harris' 1981 book, "Red Dragon," as a minor character.
- On June 9, 1956, bestselling crime novelist Patricia Cornwell, creator of crime-solving medical examiner Kay Scarpetta, is born. Her mother had a nervous breakdown when Cornwell was 9 and tried to give the children away to evangelist Billy Graham and his wife. The Grahams placed the children in foster care.
- On June 10, 1692, in the Massachusetts Bay Colony, Bridget Bishop, the first colonist tried in the Salem witch trials, is hanged after being found guilty of practicing witchcraft. Bishop, known for her dubious moral character, frequented taverns, dressed flamboyantly (by Puritan standards) and had been married three times.

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READY TO TAKE OFF – Ray Aguilar, with the San Eli High School mascot, is ready to see the Eagles fly as their new head football coach.

# Aguilar is San Eli Eagles new head football coach

By Hector Gonzalez  
Special to the Courier

SAN ELIZARIO – The San Elizario High School (SEHS) football team has a new head coach, his name is Ray Aguilar. Aguilar is an El Paso, TX native and third generation Texas High School Football Coach. He is excited to be back home and is looking forward to a new era of San Elizario football. “As Head Football Coach for SEHS, it is my personal goal to build our program into one that the community can be proud of. We will create an exciting and engaging culture around the San Eli Eagles,” said Aguilar. Before joining SEHS, Aguilar served as an assistant coach at Klein Forest High School in Houston, TX. Prior to Klein Forest, he was at Westbury High School and before that, at Hyde

Park High School in Austin, TX. “I have experience in both the high school level and the college level so I know exactly what it will take to push the San Eli Eagles to the top. In the coming days, I hope every child will come home excited about the changes they see happening in the program,” he said. Aguilar spent time on the coaching staff of Texas Longhorn Coach, Mack Brown, at the University of Texas at Austin (2012, 2013). He was also part of Mike Price’s coaching staff at the University of Texas at El Paso (2010, 2011) and has made three bowl game appearances, including the 2010 Gildan New Mexico Bowl and the Valero Alamo Bowl. “It is my belief that if you reach a student’s heart and focus on the character and the integrity of a person, then the wins will follow on the field.”

# Briefs

From Page 1

Administration Facilities per Number of Veterans. Visit: <https://wallethub.com/edu/best-states-for-military-retirees/3915/> for the full report. Visit <https://wallethub.com/blog/memorial-day-facts/21363/> the full infographic.

Memorial Day 2018 facts:

- 102 – Number of members in the 115th Congress who have served in the U.S. military;
- 25 – Number of American cities that have claimed to be the birthplace of Memorial Day;
- 818 – Number of hot dogs consumed every second from Memorial Day to Labor Day (seven billion total);
- 20 to 80 Percent Off – Discounts shoppers can expect during Memorial Day weekend sales; and
- \$139+ Million – Estimated value of items that will be lost this Memorial Day weekend.

– Diana Popa

# You’re dead

““I think I am going to cry!” That’s what


Constantin Reliu said when a Romanian court declared him officially dead, reports the Association of Mature American Citizens. When 63-year-old Reliu returned home from a 20-year stint as a cook in Turkey recently he discovered that his wife had had him declared dead. So he went to court to “get his life back.” But the court would not overturn his death certificate. The judge said it was too late. He’s broke, so he doesn’t have the funds for an appeal, says the Associated Press.

– John Grimaldi

# It’s a boy... again

Jay and Kateri Schwandt of Grand Rapids, MI recently had a baby boy. It wouldn’t be so newsworthy except for the fact that the infant is the couple’s 14th son, a feat that doctors said was nearly impossible. Way back when Mrs. Schwandt was expecting her 13th baby boy the genetics counselor told her that she had a .02 percent of having another boy child. The Schwandt brood ranges in age from the newborn to 25 years old.

– John Grimaldi



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# Betting on sports becoming as easy as buying a Big Gulp

By Steve Escajeda  
Special to the Courier

There are always changes going on in the world of sports.

Over the years we’ve seen the development of the 3-point shot in basketball, the designated hitter in baseball, the two-point conversion in football and countless other tweaks to the games we love.

Seriously, when I was a young boy some sports leagues still didn’t allow black athletes to compete.

All kinds of changes, some good and some not so good, have occurred in our ever-loving wide wide world of sports.

But last week the Supreme Court made a decision that may be the most significant change in sports since the lifting of the color barrier.

I guess we can call it the lifting of the sports-betting barrier.

The nation’s top judges ruled that

individual states can now allow legal sports betting.

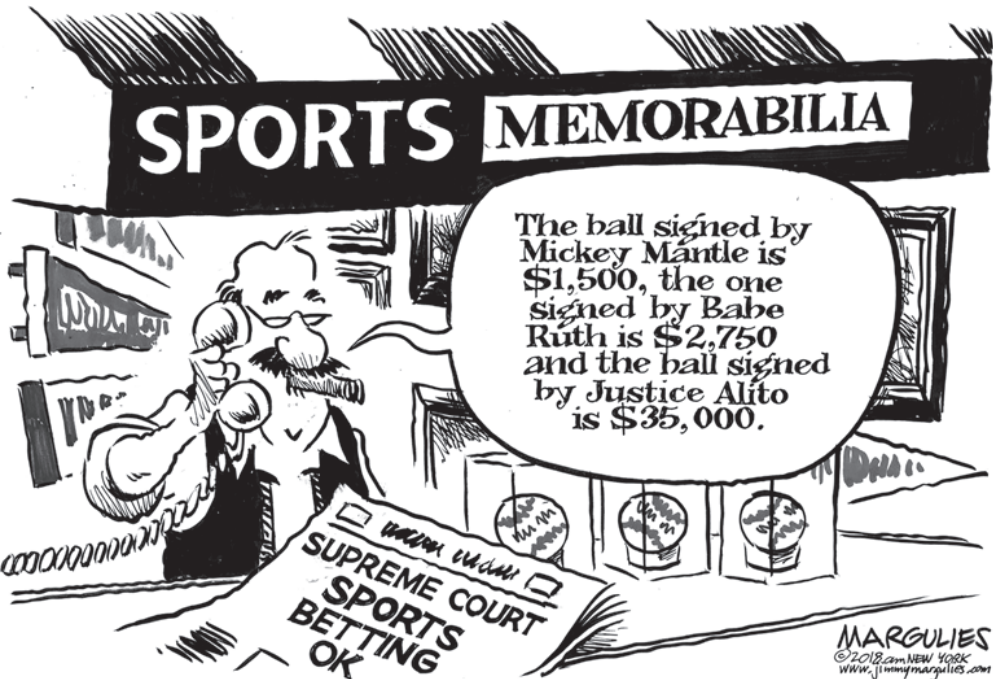
And I don’t mean just showing up early and betting on who is going to win the big game. I mean having actual apps on your device and bet on the next pitch or the potential game-tying field goal try or how many points LeBron will score in overtime.

Now that the floodgates have been opened, the number of betting establishments, and the number of ways to place bets, and the number of things you can bet on, will be limitless.

Stadiums and arenas will have booths set up between the hot dog stand and the draft beer depot where fans can place bets on their game, other games, and other sports.

The big winners in this new era, aside from the teams and the individual sports leagues, are the states themselves who will now have this new source of tax revenue.

It’s about time that individual states took over what was already going on



everywhere, and regulate it, tax it, and bring it into the light of day.

Let’s face it, fans have been betting on games since the beginning of games. So it was about time we stopped pretending it wasn’t happening and embrace it.

Hey, I’ve got a question, does this mean that Pete Rose will finally be let back into baseball?

Does this mean that fan interest in sports is going to be at an all-time high now that more people will have a little money riding on the outcome?

The NFL, MLB, NBA and NHL are sure betting on it. It was NBA commissioner Adam Silver who really pushed this agenda over the last year.

He said repeatedly that he was hoping the courts would bring sports gambling out of the shadows and ensure that the process was controlled.

I guess the thought was that if betting is going on anyway, might as well make sure the money is rolling into their pockets and not someone else’s.

Of course the question of whether this new arrangement will allow for further cheating has been brought up many times.

Will players, coaches or officials take advantage of the new betting policy and

fix games for quick cash? It’s totally possible.

But to be honest, whether you’re placing a bet with that slimy bookie down the alley, or at the new shiny betting parlor at the mall, people are always going to try to cheat the system.

As far as the other 98 percent of the betting public, the ability to go online and place whatever wager they like will be so convenient that the popularity of all sports is going to jump significantly – at least in the first few years of this new era.

Another question is whether this decision will hurt places like Las Vegas or Atlantic City, who have enjoyed a bit of a monopoly in the American sports betting world.

I don’t think it will. Vegas is still Vegas, and people are still going to go there for the bright lights and extracurricular activities.

Think about it, two professional sports franchises (NHL’s Golden Knights and the NFL’s Raiders) are either already in or will soon be in Vegas.

But don’t get too excited here yet, every state still has to decide whether it will allow sports betting – and Texas has made its position clear on gambling in the past – just ask the Tiguas.

## Station

From Page 1

protection portion when they renew their insurance.

Menendez stated that as part of the project, his department has already begun the recruitment of additional volunteers to join the department. “We are always looking for qualified volunteers,”

the fire chief asserted.

ESDs are a quasi-governmental entities that provide fire protection and emergency medical services to unincorporated areas of the county. The county also has an ESD No.2 that covers the upper valley portions of the county. Both ESDs levy taxes in the county and are overseen by the county commissioners.

## Pay

From Page 1

order to keep and attract high-quality teachers, we have to give them an incentive. I feel these stipends will help us recruit and retain the best.”

CISD Board President Blanca Trout said trustees were elated to be able to give employees throughout the District a just pay increase.

“We’ve raised the bar for our District and the expectations we set as a community are high,” Trout said. “Our compensation package needs to match the expectations we set for teachers and employees.”

## Super Crossword

### EIGHT LOW NOTES

- ACROSS**
- 1 Snakebite treaters
- 9 Roomy rides
- 15 Slowly, in music
- 20 Tie in a race
- 21 Actress Wilde of "House"
- 22 \_ now and then
- 23 Taft's foreign policy
- 25 Jacket-and-tie affairs
- 26 Look from a villain
- 27 Word after lo or chow
- 28 Non-U.S. gas brand
- 30 Use a recliner, e.g.
- 31 Forward, as a message with a hashtag
- 34 Grand Prix racing
- 37 A doc prescribes it
- 40 Imbiber's hwy. offense
- 41 Half-diameters
- 43 He voiced Carl in "Up"
- 44 Bachelor suitable for marriage, say
- 48 Licoricelike herbs
- 49 Novelist Ira
- 50 Margaret Mitchell's plantation
- 51 African nation
- 53 \_ Trapp family
- 54 Three-card game
- 56 Some book blurbs
- 57 Apollo program

- org.
- 61 The girl
- 62 Elderly Smurf
- 63 Shifting of responsibility to another
- 66 Co. name abbr.
- 67 Golf rarity
- 68 PayPal funds, e.g.
- 70 Lead-in to skeleton
- 71 Egg mass
- 72 Edible soft-shell mollusk
- 75 Burning liquid
- 76 Bowl over
- 77 Hens and heifers
- 78 War group
- 79 Bakery treats
- 81 Mom's treatment
- 82 Volkswagen family car
- 85 Moore or Lovato
- 86 Use profanity
- 88 Very strong
- 91 Late 19th-century political group
- 95 De-creasing workers
- 97 Gallery stand
- 98 Laugh half
- 99 Mao \_-tung
- 100 Brand of flavored balms in tubes
- 102 Tower atop a mosque
- 105 Hack (off)
- 106 Kitchen lure
- 107 Actress Olin
- 108 Day of song

- 112 Beat poet Ginsberg
- 114 University SSE of Spokane
- 119 V-formation fliers
- 120 Medieval balladeer, maybe
- 121 French folk song
- 122 Snaky curves
- 123 Perplexes
- 124 Eellike fish

### DOWN

- 1 Tosses in
- 2 Sign light
- 3 Narration
- 4 Lazy type
- 5 Partook of
- 6 Always, to Donne
- 7 "Too cool!"
- 8 "Once upon \_ ..."
- 9 Gem in a ring
- 10 North Carolina university
- 11 Not so bright
- 12 Gardner of "Mogambo"
- 13 Less nasty
- 14 Bully's words of authority
- 15 Block-filled theme park
- 16 Entertainer Gabor
- 17 Wrestling holds
- 18 New hire
- 19 Pearl makers
- 24 Eyes closely
- 29 African nation
- 32 Bath fixture

- 33 Wheaton of "Stand by Me"
- 34 Fruit that's often dried
- 35 Like OPEC nations
- 36 Koreans and Laotians
- 37 Ott of baseball
- 38 High-school junior's grade
- 39 Person with an ex-spouse
- 42 Crime scene material
- 45 \_ mill (bar)
- 46 Sicilian volcano
- 47 "Star Wars" creature
- 52 Feature
- 54 Royal staff
- 55 "Faust" and others
- 56 Greyhound transport
- 58 Signal to pilots
- 59 Treaded winter vehicles
- 60 1940s film critic James
- 61 Cobra sound
- 62 Actress Dawber
- 63 "Pow!"
- 64 Pivot point
- 65 Put turf over
- 68 Graceful street liner
- 69 Coral island
- 73 Some poplars
- 74 Cliff rock
- 75 Solo often in

- Italian
- 79 Slum abodes
- 80 Moseying
- 81 Old carrier
- 83 Tentacled reef dwellers
- 84 Fine violin
- 85 \_ Moines
- 86 Hits the gas
- 87 Dark loaf
- 88 Rob violently
- 89 Twins' rivals
- 90 Overturns
- 92 Attention
- 93 Part of a dance move
- 94 Prefix with plop or flop
- 96 Glowers
- 101 Frank topper
- 103 Of birth
- 104 Redcap at work, often
- 107 Speech therapy topic
- 109 \$20/day, say
- 110 Really small
- 111 Uses eyes
- 113 Suffix with 29-Down
- 115 Actor/comic Gilliam
- 116 "That guy!"
- 117 Suffix with pay or plug
- 118 Moniker, in France

Answer Page 2

1	2	3	4	5	6	7	8		9	10	11	12	13	14		15	16	17	18	19
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Comix

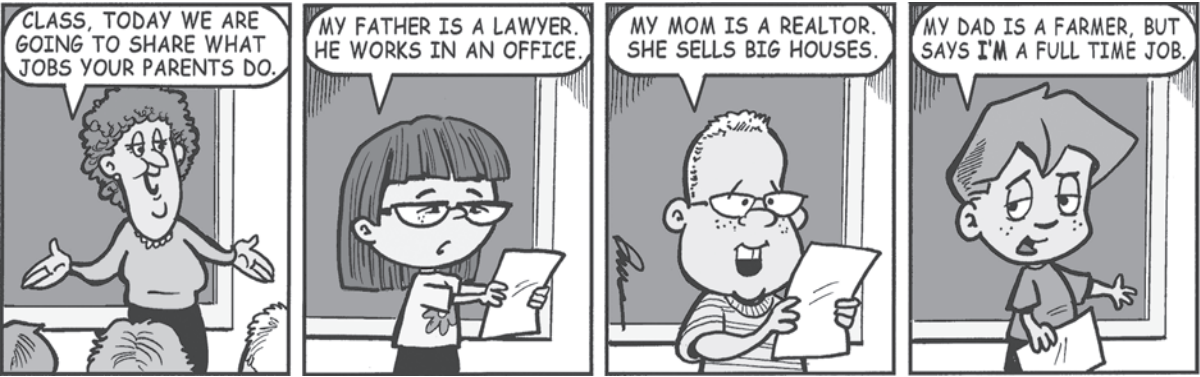
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



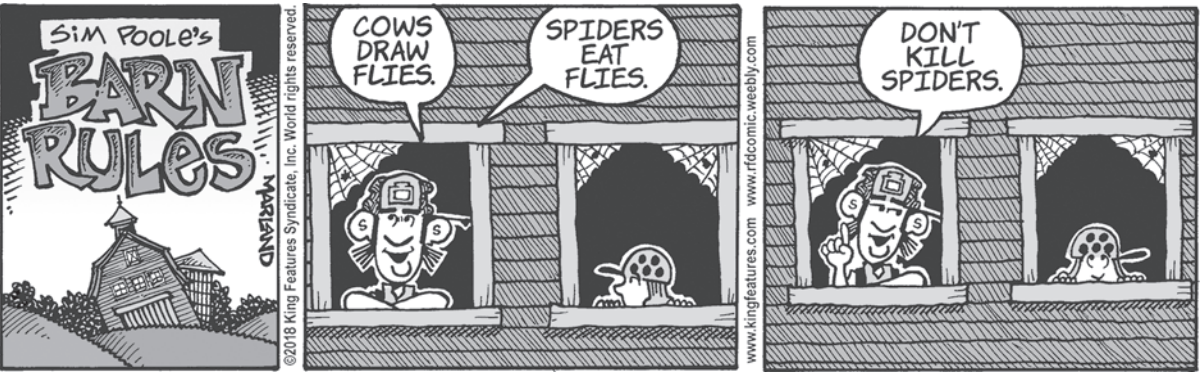
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Adult vaccines help immune systems

DEAR DR. ROACH: I was wondering what adult vaccines should be given to enhance the immune system, in addition to improving sleep and diet. – P.P.

Our bodies’ immune systems are designed to protect us from outside invaders (bacteria, viruses, fungi, parasites) as well as internal errors (cancers), and they are very effective at doing so. Unfortunately, the germs and abnormal growths also are skilled at avoiding our immune systems, so there is a constant struggle going on. Giving your body proper nutrition and rest, and managing stress help your immune system perform at its best.



Vaccines improve your body’s ability to fight off particular infections, increasing your immunity to very specific bacteria and viruses. The vaccines that are generally recommended for healthy adults are:

- Flu vaccine (yearly);
- Tetanus, diphtheria and pertussis once, then tetanus/diphtheria every 10 years;
- Human papillomavirus (three doses, up to age 26);
- Zoster, the shingles vaccine (once after age 60); and
- Pneumococcal vaccine (PCV13 once, PPSV23 once or twice).

Depending on the person’s past history and risk factors, other vaccines – including the measles, mumps and rubella vaccine; meningococcal vaccine; hepatitis A and B vaccines; and haemophilus vaccine – also may be recommended. International travelers may need others. The Centers for Disease Control and Prevention maintains the most recent recommendations on its website at [www.vaccineinformation.org](http://www.vaccineinformation.org).

DEAR DR. ROACH: This may seem like a trivial concern in comparison to some of the matters you address in your column, but it is a concern of mine. My spouse passes gas throughout the night. He claims that he is asleep and unaware of any problems. I say that this is a voluntary activity and that he should be able to control it. Who is right? – D.B.

He is. Passing gas while asleep is entirely involuntary. You probably are doing so also while asleep. If you are really bothered by his intestinal gas, then you can work on some dietary changes, including avoiding carbonated beverages and limiting foods that commonly cause the intestinal bacteria to produce gas, such

See HEALTH, Page 8

EVERN WHEN IT’S JUST AROUND THE CORNER.

NEVER GIVE UP UNTIL THEY BUCKLE UP.

VISIT SAFERCAR.GOV/KIDSBUCKLEUP

www.nhtsa.gov



Health

From Page 7

as beans, bran, cauliflower and cabbage. In some people, excess gas production can be a sign of mild lactose intolerance.

DEAR DR. ROACH: Let's not shake hands, period. Doctors seem determined to shake hands. I have been half-medicated when the doctor leaned over and insisted on shaking hands. In the ICU, I, another patient and several visitors were visited by several doctors, who came in and had to shake hands with everyone. I did not notice whether they cleaned up. – L.F.

recommend giving up shaking hands. I can understand not shaking hands with visitors in an ICU, but if I am going to be examining a patient, it's polite to shake hands. Of course, I wash my hands before and after every exam, and hospitalized patients and their visitors should wash their hands frequently as well.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 North America Synd., Inc. All Rights Reserved.

I understand what you are saying, but I am not ready to

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: U equals W

ASX MSBCA-BCPXC GBBJ  
UXVA PQMSNVL NVAB ASX  
JNAGSXV, RCQVANGQHFF QMJNVL  
“USXCX’M ASX RCFXC?”

Answer Page 2

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Weekly SUDOKU

by Linda Thistle

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

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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Save time with VA health apps



by Freddy Groves

All you need to connect to health care at the Department of Veterans Affairs is a computer, tablet or smartphone. In August, officials unveiled a special app (The VA Video Connect), and so far 20,000 veterans have used it to increase their access to 4,000 VA providers and cut down on travel time.

This is huge. With the app, you can connect to a virtual medical room, just like you were meeting in person. You can have an appointment without ever having to leave home. Go online to [mobile.va.gov/appstore](http://mobile.va.gov/appstore) and read the FAQ. Unlike some of the VA pages, this one is well-done.

Note the link to the test site to ensure that your device is compatible. If you have an iPhone, you'll end up at the Apple app store for your free download. For an Android, you'll find instructions linked from the page.

One hint: If you signed up (c)2018KingFeaturesSynd.,Inc.

back in August on an iPhone and now your app doesn't seem to work, there's a good chance you got the older version and need to get the new app. Computers, tablet and Android phone apps still should work correctly.

On the same page are other available VA apps. There's a scheduling app so you can make appointments for primary care. (There's also a user manual.) See the Acceptance and Commitment Therapy (ACT) app for help with managing daily struggles due to PTSD. It was developed by VA's National Center for PTSD with input from veterans and service members who are in ACT consultation. Two apps contain the airborne hazards and open burn pit registry, and the clinical portal for those. If you have a problem with mood, check the Anger and Irritability Management Skills app.

If you need tech help, call (866) 651-3180 Monday through Saturday, 7 a.m. to 11 p.m. ET.

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

	÷		+		10
×		×		-	
	-		×		12
-		+		×	
	-		×		15
12		10		10	

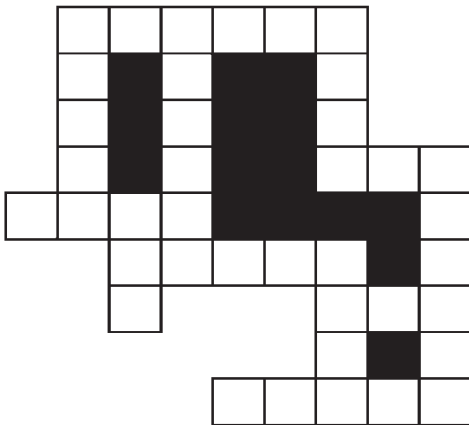
1 2 3 5 6 6 7 8 9

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Answer Page 4



- ♥ BOR
- LIB MEN
- PRILE
- BRCA
- ♥ PENIUL
- ♥ RFA
- ALNP
- ♥ ERFIL
- ♥ ABN
- VIPCLE
- BRELE
- ♥ OFLA



Answer Page 2

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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• When you replace batteries, write the date of installation on the actual battery with a permanent marker.

• “Get a sock bag for your laundry room. In our house, all stray socks go in the bag. Sometimes I will find a lone sock in a dresser drawer or under the bed. Chances are good I'll find its mate in the sock bag.”  
– I.L. in Pennsylvania

• “If you're cooking ribs for a large group, you should use a small cooler to store them. I have two. I cook my ribs in the oven, then finish them on the grill. So, cooked ribs out of the oven go in a small blue cooler, and when they are finished on the grill and I'm ready to grill the next batch, they go in a red one. These are ready to eat. They don't lose much heat this way, and the meat will fall right off the bone.”  
– T.S. in North Carolina

• “I sew a lot and do alterations for many people. I have found that if I use invisible thread for the top thread and change bobbins for different colors that I save a lot of time not threading the needle every time I do a different-colored garment.”  
– J.S. via e-mail

• Dollar-store game hack: “I purchased a set of laundry bags at the dollar store. I use them to keep our building sets intact inside a larger container for Legos. The bags are mesh, and they don't bubble up and waste space like the plastic zipper-close bags.”  
– H.K. in Missouri

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 King Features Synd., Inc.

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