

NEWSBRIEFS

Gather to pray

Please join us in praying the rosary for our nation on Saturday, October 13, 2018, at 12:00 noon. The Public Square Rosary Rally will take place at the San Lorenzo Parish pavilion, Clint, TX. For more information, contact Nora Trujillo at (915) 204-2779 or Anita Segura at (915) 474-0671.

— Anita Segura

Credit card debt

The personal-finance website WalletHub has released two key reports. *Its Credit Card Debt Study* found that consumers racked up \$29.8 billion in credit card debt during Q2 2018 (the fourth-biggest Q2 increase ever). The *Fed Rate Hike Report* revealed that a Federal Reserve interest rate increase on Sept. 26 would cost people with credit card debt an extra \$1.6 billion in the next year alone and that 98 million Americans think rate hikes are bad for the economy. El Paso was in the middle of the pack of household debt ranked at 53%. The study found an average household credit card debt in El Paso of \$13,365, an increase of \$402. Other stats:

- 59% of people think their credit card interest rates are too high already.
- The Fed has cost the average homebuyer roughly \$42,000, if you assume its seven recent rate hikes are fully responsible for the rise in the average mortgage APR since January 2015.
- 27% of people think President Trump knows how to grow the economy better than the Federal Reserve.
- 46% of people don't know when the Fed last raised its target rate.

WalletHub projects that we will end 2018 with \$100 billion more in credit card debt than we started with. We began the year owing more than \$1 trillion in credit card debt for the first time ever.

— Diana Polk

How much?

A British businessman broke a Guinness world record when he purchased a snifter full of cognac for a whopping \$14,168. You can bet he didn't spill that drink; nor did he swill it back in one gulp. You can wager that he sipped it, savoring each and every one of the 828,059 drops of the 1.4 ounces of 124-year-old Jean Fillioux Grande Champagne Cognac.

— John Grimaldi

When angry count to ten before speaking. When very angry count to one hundred and then don't speak.

— Quips & Quotes

Districts urged to follow Abbott's school safety plan

By Alfredo Vasquez
Special to the Courier

TEXAS – School districts across Texas, as well as throughout the country, are looking for ways to make their campuses safer, in light of the tragic student shootings that have occurred recently.

After a series of roundtable discussions that were held in the past few months with stakeholders including superintendents, law enforcement representatives, mental health authorities, and survivors of mass shootings in Texas, Governor Greg Abbott released recently a comprehensive School and Firearm Safety Action Plan that is designed to offer immediate opportunities to improve campus security through available state and federal school safety support.

Mike Morath, Texas Education Agency (TEA) commissioner, who participated in all the discussions with the governor, sent out correspondence this summer to share information regarding various programs, grants, and opportunities available to strengthen school safety. He stated that an

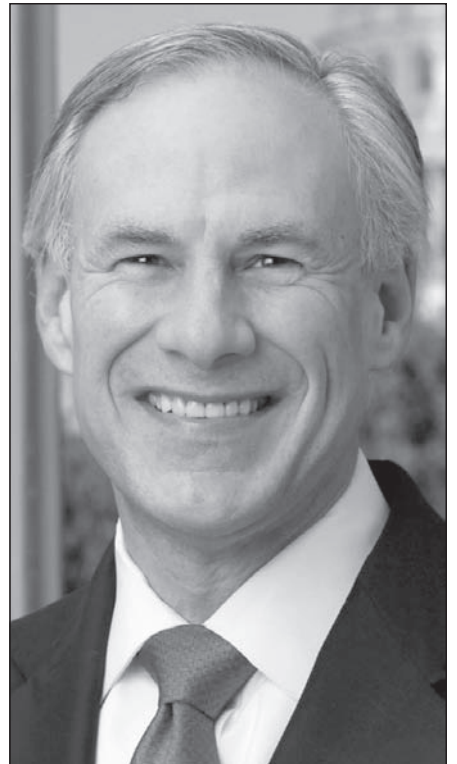
urgent priority for all school officials should be to initiate school safety improvements this school year.

In the commissioner's letter, he listed what the governor's plan had identified as possible funding and other resources to support this work. (TEA has consolidated information on these resources at https://tea.texas.gov/About_TEA/School_Safety_Resource.)

Among the resources cited as foremost is the Texas School Safety Center (TxSSC). The safety center has already provided TEA with information that can be used to make schools safer, which is available on TEA's school safety resources website. TxSSC is a free resource for all school districts and charter schools. They stand ready to help all Texas districts improve their school safety, according to the commissioner.

Other recommendations in the governor's plan include increasing the number of school marshals; coordinating closely with local law enforcement; conducting behavioral threat assessments; providing mental health first aid programs; holding additional school safety

See SAFETY, Page 4



PROTOCOLS – This summer Texas Governor Greg Abbott released a comprehensive School and Firearm Safety Action Plan that is designed to offer immediate opportunities to improve school campus security.



— Photo courtesy EPCC

PHOTO OP – EPCC mascot Tejas Jack pops into a group of students for a quick picture.

EPCC receives award for diversity

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) received the 2018 Higher Education Excellence in Diversity (HEED) Award from *INSIGHT Into Diversity* magazine, the oldest and largest diversity-focused publication in higher education. As a recipient of the annual HEED Award – a national honor recognizing U.S. colleges and universities that demonstrate an outstanding commitment to diversity and inclusion – EPCC will be featured, along with 95 other recipients, in the November 2018 issue of *INSIGHT Into Diversity* magazine. This is the sixth year in a row EPCC has been named a HEED Award recipient.

“El Paso Community College is proud of our efforts to always be at the forefront of diversity and inclusion.” Dr. William Serrata, EPCC President said. “The HEED Award validates the

college's hard work to champion diversity and equity.”

INSIGHT Into Diversity magazine selected EPCC because of its work to foster and promote cultural awareness and respect not only among employees but also among our students and the surrounding El Paso community. The target is to educate and disseminate information that highlights and celebrates the numerous cultures that construct and influence our world.

“The HEED Award process consists of a comprehensive and rigorous application that includes questions relating to the recruitment and retention of students and employees — and best practices for both — continued leadership support for diversity, and other aspects of campus diversity and inclusion,” said Lenore Pearlstein, publisher of *INSIGHT Into Diversity* magazine. “Our standards are high, and we look for institutions where diversity and inclusion are woven into the work being accomplished every day across their campus.”

For more information about the 2018 HEED Award, visit insightintodiversity.com.

View from here By John Grimaldi

Cyber warfare is the battleground for the 21st Century

At eleven a.m., on the eleventh day of the eleventh month of 2018, the world will commemorate the end of World War I, which back in the day was called “the war to end all wars.” But, it didn’t.

“In fact, the 20th Century was a particularly bellicose period in the history of the world. And, a hundred years later – in the 21st Century – a new way to wage war has emerged. It’s called cyber warfare and it does not rely on bullets and battleships. Rather, instead of brave foot soldiers, artillery brigades, fighter pilots and sea captains, this new kind of conflict relies on sedentary computer technicians and the World Wide Web. This new battleground has no defined theaters of operation; it exists in time and space. But, it is very real and very deadly, perhaps even more so than the way wars were fought in the past,” according to Dan Weber, president of the Association of Mature American Citizens (AMAC).

A few months ago, Army Lt. Gen. Paul Nakasone, was appointed as the new Director of the National Security Agency (NSA). He is also the new chief of the U.S. Cyber Command (USCYBERCOM), which does in cyberspace what traditional military forces do on land, air and sea.

During his confirmation hearings, General Nakasone stated, “the current level and tempo of cyber attacks (against the U.S.) [are] not tolerable. Our adversaries see opportunity for strategic advantage through continuous activity in the domain. We must act purposefully to frustrate their intentions, increase their costs, and decrease their likelihood of success.”

He said that USCYBERCOM is engaged in the task of “aggressively defending our network, conducting daily operations against adversaries, and strengthening the combat power and lethality of U.S. forces around the world.

Weber points out that there are 195 countries in the world and that perhaps more than 120 of them have developed the capacity to weaponize the Internet. “Chief among them are Russia and China. But, America’s cyber forces, along with those of strategic allies such as Israel, are well prepared to overcome the threat they pose.”

An article by analyst Bob Mason on the NASDAQ Web site identifies America and Israel as having the world’s most formidable cyber forces.

The most obvious threats posed by the cyber enemies of the U.S. are designed to target the nation’s infrastructure and financial institutions, according to Weber. “But, there is an even more dangerous peril – the ability of bad actors to use the Internet to create chaos and revolutionary dissension via social media. One can only wonder if the intense anti-government protests, in the guise of a movement to bring down President Trump, are not the carefully orchestrated activities of cyber enemies, both domestic and foreign.”

Weber’s speculation is not so far-fetched. Facebook revealed to Congress recently that there have been dozens of incidents of “inauthentic” activity on its site and that of Facebook’s Instagram App. The social media giant stated, “we’re still in the very early stages of our investigation and don’t have all the facts – including who may be behind this. But we are sharing what we know today given the connection between these bad actors and protests that are planned in Washington.”

The AMAC chief concludes that Internet warfare is “a clear and present danger for the U.S., one with consequences that are just as deadly as traditional armed military conflict. It has long been the preferred method of targeting us for mayhem and murder among radical Islamic terrorists. Remember, ISIS effectively used the World Wide Web to declare war on the civilized world.”

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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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15344 Werling Ct.
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Publisher
Rick Shrur
Contributors
Alfredo Vasquez
Steve Escajeda

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Public housing goes smoke-free nationwide

HACEP adopted policy years before HUD-enacted ban took effect

By Javier C. Camacho
Special to the Courier

EL PASO – An Obama-era policy from the U.S. Department of Housing and Urban Development (HUD), which ensures a smoke-free environment for public housing residents, went into effect nationwide on July 31.

The policy, enacted two years after it was announced, states that lit cigarettes, cigars, and pipes can only be smoked at least 25 feet away from public housing units.

The policy marks the end of an 18-month window that gave that country’s 3,100 Public Housing Agencies (PHAs) time to enact this change. The Housing Authority

of the City of El Paso, TX (HACEP), however, and other agencies, were among the first PHAs to ban smoking in 2015 – months before the HUD policy became reality.

“While HACEP went beyond federal regulations in 2015 to create smoke-free communities then, I’m pleased to see all PHAs across the country adopt this policy,” said HACEP CEO Gerald Cichon. “A healthy community is a strong community and environments free of tobacco are another step on our mission to provide El Pasoans with safe, decent and clean affordable housing.”

The genesis of HACEP’s smoke-free initiative was through a survey done in partnership with the University of Texas

at El Paso’s (UTEP) School of Nursing. A 2015 survey of nearly 1,500 HACEP residents revealed that 87% worried about the effects of second-hand smoking while 80% supported smoke-free communities.

The data became the backbone of HACEP’s smoke-free policy, enacted shortly after the survey was complete. UTEP along with HACEP’s Resident Services teams rolled out smoking cessation education and program referrals to residents, ensuring the success of the program in its early days.

HACEP’s efforts were honored locally. The agency earned recognition from The City of El Paso’s Department of Public Health – which presented the agency with its Pillars of Public Health Award – and

the Smoke-Free Paso Del Norte Coalition, which awarded HACEP its Chester L. Bryant Valor Award.

HUD’s smoke-free rule will reduce damage and maintenance costs associated with smoking. According to the Centers for Disease Control and Prevention (CDC), HUD’s national smoke-free policy will save public housing agencies \$153 million every year in health care due to secondhand smoke, and in repairs and preventable fires.

The CDC estimates cigarette smoking kills 480,000 Americans each year, making it the leading preventable cause of death in the United States. In addition, smoking is the lead cause of fire-related deaths in multifamily buildings.

SPOT A STROKE

F.A.S.T.

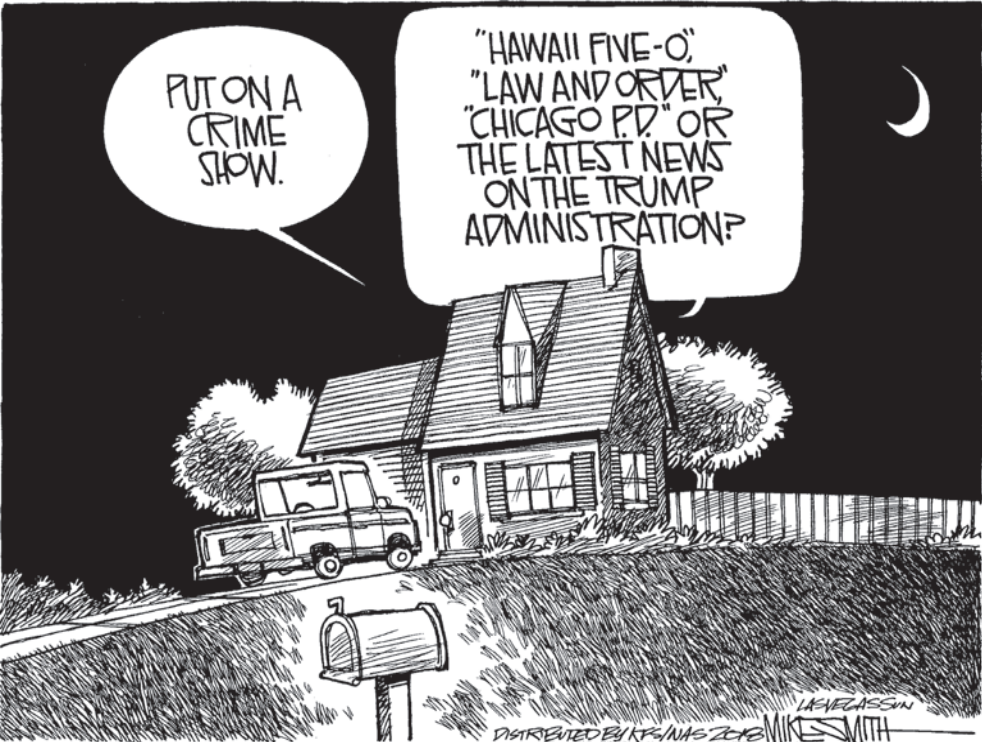
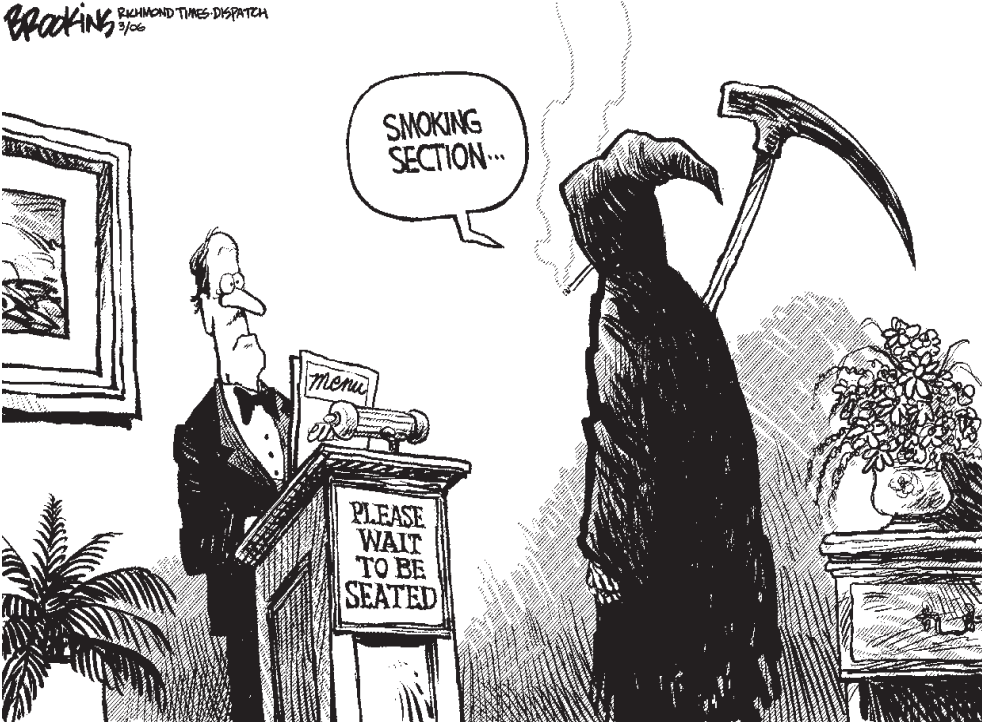
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American Heart Association

American Stroke Association

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Safety

From Page 1

training sessions; and applying for federal funding for school safety under Title IV, Part A.

The recommendation to increase the number of school marshals is based on state law that allows a school district or charter school to appoint one or more specially trained and licensed employees as school marshals. The appointment must be made by the board of trustees and the marshal must have the appropriate licensing and certification by the Texas Commission on Law Enforcement (TCOLE).

The plan urges school officials to establish a rapport with their local law enforcement, emergency managers, and other first responders and to view these local partners as critical in keeping students and schools safe.

During the roundtable discussions, the U.S. Secret Service and U.S. Department of Education shared a joint report that can serve as a tool for school systems in establishing and operating a behavioral threat assessment team, Morath related. He stated that these teams act as nerve centers, analyzing information from multiple sources on students (and others) who may pose a threat to themselves or others.

According to the commissioner, TxSSC can help districts form these types of assessment teams by providing training on behavioral threat assessment to

school personnel. These training sessions started this summer and will be offered throughout the school year.

Available to all educators is a free, evidence-based training, called Mental Health First Aid (MHFA), which is an 8-hour instructor led course that teaches the signs and symptoms of mental illness and substance use disorders. The course employs a variety of teaching techniques including hands-on exercises and real-world scenarios to equip participants with the skills they will need to intervene in a crisis situation.

Assessment team members receive invaluable information that they can then use in the classroom to potentially help prevent traumatic events. The goal is to maximize the number of Texas school children who have direct contact with an individual who has successfully completed an MHFA training course.

Additional school safety training consists of active shooter response training through the Advanced Law Enforcement Rapid Response Training (ALERRT) Center. ALERRT has trained more than 105,000 police officers nationwide and over 86,500 civilians in active shooter scenario-based training. The Governor’s Criminal Justice Division provided a \$1.25 million grant to ALERRT to deliver 75 classes this summer, and trained approximately 2,800 participants, most of whom are law enforcement. More classes are expected to be scheduled.

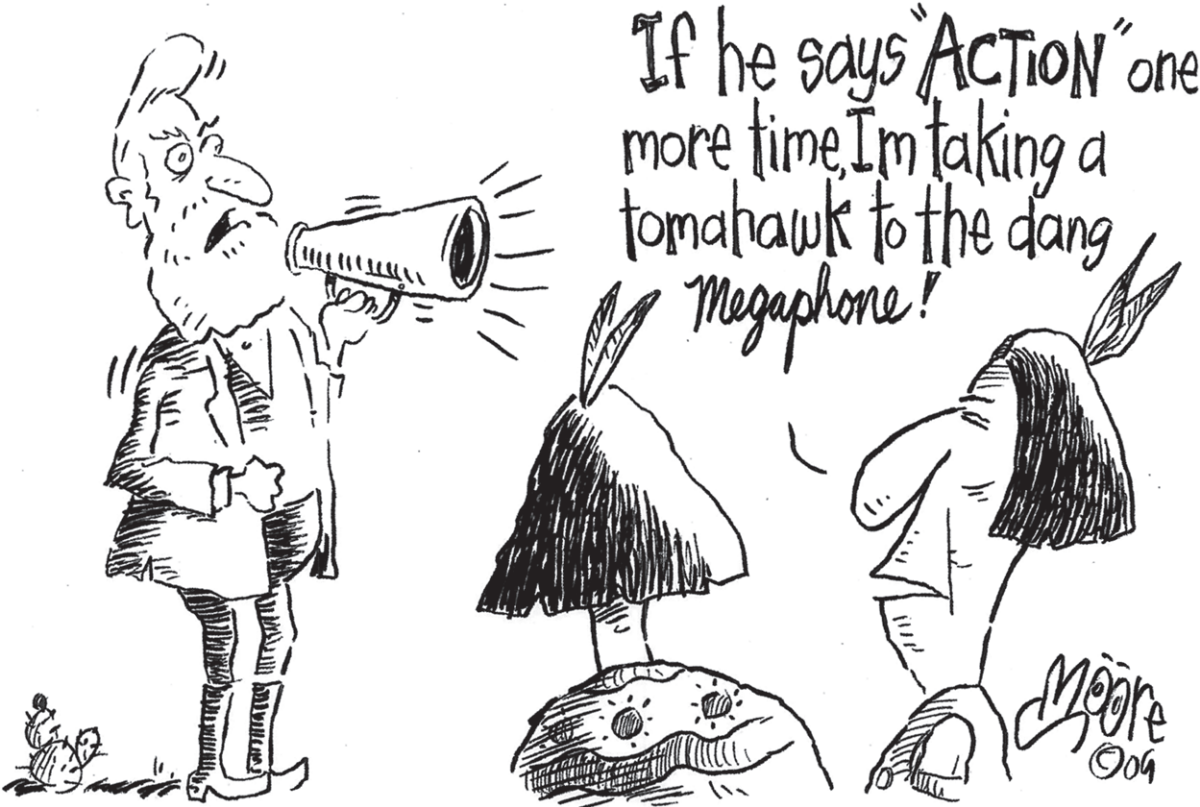
Also, TxSSC plans to offer a workshop-based course that allows for hands-on application of high-quality planning practices that includes identifying all threats, hazards and vulnerabilities; assessing capabilities for response, developing effective response protocols; and training and drilling to the plan.

As for federal funding availability for school safety under Title IV, Part A, Texas will receive \$62.1 million in additional federal funding under the Student Support and Academic Enrichment (SSAE) grant program for the 2018-2019 school year. The federal grant has many allowable uses that fall within the broad categories of 1) well-rounded education opportunities, 2) safe and healthy students, and 3) effective use of technology.

TEA has previously awarded SSAE grants to local educational agencies (LEAs) for many purposes that meet the LEA’s identified needs, including school safety. This year, Texas’ SSAE funds will increase significantly, from \$36.3 million to \$98.4 million.

“Per the governor’s action plan, the increase in funds should be prioritized to immediately implement school safety improvements on campuses, including counseling and mental health programs, addressing ways to integrate health and safety practices into school or athletic programs, and disseminating best

See SAFETY, Page 8



Moore Texas by Roger Moore

Oct 7, 1916: Charles Goodnight films "THE LAST BUFFALO HUNT" on his Panhandle ranch using his cowboy and Indian friends and his own Buffalo.

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By Samantha Weaver

• It was New York Times columnist Maureen Dowd who made the following sage observation: “The minute you settle for less than you deserve, you get even less than you settled for.”

• A law in Memphis, Tennessee, states that it is illegal for a woman to drive a car unless a man walks in front of it to warn approaching motorists and pedestrians.

• Martha Stewart got her start in business by catering from her home.

• It takes 40 gallons of maple sap to make one gallon of the maple syrup you put on your pancakes.

• The Tom Thumb locomotive and Jell-O were invented by the same person.

• Ancient Egyptians were often buried with opium, boats and artificial limbs for use in the afterlife. And it wasn’t unusual to have a model of the deceased’s home included, as well – just in case shelter was needed.

• England’s Prince Philip was born on a kitchen table in Greece.

• The word “widget” was coined by an American humorist in the 1930s and referred to an imaginary gadget or machine. In the 1990s, however, widgets moved out of the realm of fiction when the makers of beverage cans invented a device that releases carbon dioxide to make foam after a can has been opened – and they named it a “widget.”

• In its entire lifetime – four to six weeks – a single worker bee produces a sum total of about 1.5 teaspoons of honey.

• North Carolina once outlawed cats and dogs fighting with each other.

Thought for the Day: “No matter what side of an argument you’re on, you always find some people on your side that you wish were on the other side.”
– Jascha Heifetz.

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Moments in time
THE HISTORY CHANNEL

• On Oct. 23, 2002, about 50 Chechen rebels storm a Moscow theater, taking some 700 people hostage, and demand that Russian military forces withdraw from predominately Muslim Chechnya. Russian special forces pumped in a narcotic gas, knocking nearly all of the terrorists and hostages unconscious.

• On Oct. 24, 1969, movie star Richard Burton dazzles wife Elizabeth Taylor when he buys her a 69-carat Cartier diamond ring costing \$1.5 million. The famous diamond was the product of a fight in which Burton called Taylor’s hands large and ugly.

• On Oct. 25, 1929, Albert B. Fall, secretary of the Interior, is found guilty of accepting a bribe while in office. Fall accepted a \$100,000 interest-free “loan” in exchange for granting a valuable oil lease on federal land.

• On Oct. 26, 1825, the 425-mile Erie Canal opens, connecting the Great Lakes with the Atlantic Ocean. Much of the canal was dug by Irish laborers who had to rely on primitive tools. They were paid \$10 a month, and barrels of whiskey were placed along the canal route as encouragement.

• On Oct. 27, 1873, farmer Joseph Glidden submits to the U.S. Patent Office his design of a fencing wire with sharp barbs, an invention that will forever change the face of the American West.

• On Oct. 28, 1918, sailors steadfastly refuse to obey orders from the German Admiralty to go to sea in one final attack on the mighty British navy. In total, 1,000 mutineers were arrested despite repeated orders, leaving the Imperial Fleet immobilized.

• On Oct. 29, 1998, nearly 40 years after he became the first American to orbit the Earth, Sen. John Glenn, Jr., is launched into space again as a payload specialist aboard the shuttle Discovery. At 77, Glenn is the oldest human ever to travel in space.

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CryptoQuip
Answer

If a couple of ore-filled shafts converged, do you suppose you’d have a meeting of the mines?

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– Photo courtesy San Elizario ISD

SUCCESSFUL – San Elizario ISD Cross Country Coach Cesar Morales looks to inspire his team to a fifth straight state title and put another trophy in the case.

San Eli Eagles shooting for fifth straight CC state title

By Steve Escajeda
Special to the Courier

SAN ELIZARIO – When he took over the San Elizario cross country program seven years ago his initial goal was not to embarrass himself. Four state championships later, coach Cesar Morales has not only defied the odds, he’s just getting started.

“At the beginning all I wanted to do is have a team that could compete and not finish in last place,” said Morales. “But never in my wildest dreams did I think we’d accomplish what we have. It’s been a total team effort with the athletes and our assistant coach Jorge Maese.”

The one question Morales said he’s always asked is what’s his secret?

“Honestly, there’s no secret, it’s just the consistency, the responsibility the kids put into the program,” he explained. “They weren’t born with the talent, all of my top runners are hard-working kids.

“We do teach them to like the sport. If you like the sport you’re going to come in every day with the mentality of wanting to get better and working harder and enjoying it more.”

The Eagles’ quest for a fifth straight state title took a hit with an injury to one of their star runners.

“We’ve gotten off to a slow start this season because of an ankle injury to our second-best runner, Rene Arambula,

who finished fifth at state last year,” said Morales. “It’s a big loss to our team; not just in terms of points, but psychologically as well. It’s a blow to his teammates because they’re very young. But we’re going to have to rely on them to mature quickly.”

Returning however for San Elizario is the defending state individual champion Edwin Gomez.

“Edwin has actually been an unofficial part of our program since he was in the fifth grade,” said Morales. “His brothers were here before him and he’d always hang around and practice with us. He’s our best runner but he’s young. I’m hoping to develop his leadership abilities as he gains more maturity and experience.”

“Winning state was a shock for me last year,” said Gomez. “I really didn’t know what it was all about at first. When I found out I finished first against the whole state I couldn’t believe it.”

After winning it all as a freshman, it would be natural to expect some added pressure to repeat the rare feat.

“There is a lot of pressure to repeat,” said Gomez. “but I think I can win again because I’ve been training harder than ever.”

Gomez is confident in his team’s chances, but knows it won’t be easy.

“It’s going to be harder as a team this year because we’re down a runner and we have a couple freshmen we had to bring up to varsity, but I have faith.”

What the team has done the last four years has not gone unnoticed by the community.

“It’s a big deal; it’s historic for the district, for the high school and for the entire community,” said Hector Gonzalez, communication officer for San Elizario ISD. “It puts the city on the map because no other team has won four consecutive state titles like the San Eli cross country team.

“All the recognition these boys get does wonders for their confidence and the confidence of the community,” Gonzalez added. “They feel better about themselves and that makes the entire student body feel better about themselves as well.”

Though he’s made quite a name for himself, the San Eli coach said things

didn’t look very good in the beginning.

“I have over 40 kids in the program which for our school is a very good number,” said Morales. “When I took over the program seven years ago we didn’t have enough runners to put out a full team. We had only six athletes total, boys and girls.

“I had to go out and beg kids to join the program and eventually it began to grow.”

With this year’s state meet scheduled for Nov. 3 in Round Rock, Morales is cautiously optimistic about any chances for a fifth-straight title.

“I don’t promise anybody a state championship, but I do promise that anybody who beats us will have to be very good.”

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View from here

By Janet M. Orient, M.D.

The ‘de-sciencing’ of American medicine and what it means to you

With all the talk about “evidence-based medicine,” you might think that doctors were becoming much more focused on rigorous science. But like the names attached to bills in Congress—such as the Affordable Care Act, which outlaws affordable insurance, the language used in the movement to fundamentally transform America and American medicine usually means the opposite of what it suggests.

Are older doctors uneducated in science, and do they base their treatments on opinion, intuition, or outdated dogma, while younger doctors use objective observations and analysis?

Consider the kind of medical student our prestigious medical schools are now seeking. In former years, premeds were notorious nerds, usually science majors, constantly studying to make grades in hard subjects. High scores on the Medical College Admissions Test (MCAT) required ability for quantitative thinking and a foundation of factual scientific knowledge.

Since 2015, the new MCAT includes “situational judgment tests.” The president of the entity that makes the test, Darrell Kirch of the Association of American Medical Colleges (AAMC), intends to redefine what makes a good doctor. “I believe it is critical to our future to transform health care. I am not talking about tweaking it. I am talking about true transformation.”

Ezekiel Emanuel asks in the Journal of the American Medical Association (JAMA, Feb 20, 2018), “Does Medicine Overemphasize IQ?” A high IQ is no guarantee that a physician can “lead a multidisciplinary health team or effectively help patients change their behavior in ways that tangibly improve their health outcomes.” Instead, reformers advocate eliminating “the irrelevant premed requirements of organic chemistry, physics, and calculus, while requiring training in psychology and leadership.” A model negotiating session might be included in the interview process. Of course, the physician must be able to “sensitively discuss end-of-life care preferences.” Emanuel has promoted the view that people have lived long enough at age 75.

The curriculum must now have social justice as a “core tenet of medical ethics,” teach about “unconscious racism,” and include 30 core competencies for caring for LGBT patients. Certain propositions are assumed to be true, and evidence that contradicts them is flushed down the memory hole, while supporting data is accepted without question. For example, if a “suspect group” earns less, it must be because of discrimination.

Some can’t wait for dissenters in the older generation to retire or die. Physicians who reveal an improper attitude are being purged now. Recently, a respected physician was kicked out of leadership positions for an opinion he wrote in a “Big and Bright Ideas” feature published by the Dallas County Medical Society about the alleged “gender gap” in physician pay. He suggested there might be an explanation for differences in earnings other than bigotry, sexism, misogyny, and exploitation. Within days, he was pilloried in the Washington Post, The Hill, CNN, Fox News, and social media, and even by the American Council on Science and Health.

A scientific approach to the question of why Group A makes more money than Group B would compare the two groups for years of experience, level of responsibility, hours worked, desirability of work environment, ability to enjoy flexibility in scheduling, etc. Psychologist Jordan Peterson suggested that women might be more agreeable than men and less aggressive about demanding pay raises. But social justice demands outrage about presumed unfairness, and identification of oppressors and victims. (Of course, if men earned less, it would be fine.)

So where does this leave patients? They might lose their trusted, highly skilled physician, who was dedicated to making them well but who revealed a politically incorrect belief that is irrelevant to their care.

Their new physician will be chosen for being a social justice warrior. The doctor might not be able to understand human metabolism or drug effects (that’s biochemistry, a branch of organic chemistry), but who needs that? Doctors will be following “best practices” downloaded from their smart phones. Doctors may not have skills in independent or quantitative thinking, developed by problem-solving in disciplines like calculus, but they will be accustomed to working in groups.

There will be numerical goals to meet, related to eliminating “disparities,” but that involves simple counting, and paying attention to classification by identity politics.

Your doctor might not be dedicated to (or skilled at) finding the correct diagnosis or best treatment for you. That might even be contrary to her duty to improve population health or cosmic justice.

But the world will be fairer – in the view of our self-appointed guardians.



Buckle up every rider for every trip.

State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com



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Even in the back seat.

Super Crossword

GOING FOR A SPIN ACROSS

1 Entertainer Lola

7 Analogize

13 Attacking like a cat

20 Eugene locale

21 Canceled out

22 Civil War song about a maiden

23 Sidewalk material

24 Place with lots of slots

26 Presently

27 Sturdy tree

28 Ponce de _

29 Golf bag items

30 A pilot lowers it during approach

35 Greasy of the gridiron

38 Love, in Livorno

39 Aid in raising heavy weights

45 Grayish color

48 Chi follower

49 Escaped

50 Capital of Kazakhstan

51 Brie and feta seller

54 About

56 _Z (old Camaro)

57 Freezing

58 Bygone New York stadium

59 Suffix with Siam

60 Biohazard face wear

63 Many seized autos

65 iPod maker

67 See 83-Across

68 Weaponize

69 Place to make earthenware

73 _ Aviv-Yafo

76 Reveres

78 Bar legally

79 Chopin

composition

81 Custodian

83 With 67-Across, protein source for a hive

84 Conked out

87 Et _ (and more)

88 Big outback birds

89 In _ (stymied)

91 Simple forklift

93 Motive

96 Put to work

98 "Evolve" singer DiFranco

99 Porkers' pad

100 Bladers' wear

102 Barrel along

104 Brit's buddy

105 Helm locale

110 Morales's "La Bamba"

113 "Der _" (Konrad Adenauer's nickname)

116 Never, in Berlin stadium

117 Actress _ Flynn Boyle

118 Easy-to-travel-with suitcases

123 Two-dimensional

125 Arquette of "Crash"

126 1 followed by 20 zeros

127 Dines at home

128 Swim at a shoal, maybe

129 Stuffed shirts

130 Things that nine answers in this puzzle have

DOWN

1 Central

2 Vying venue

3 Bright yellow

4 To-do list

5 Prefix with stick

6 Tiny colonist

7 Occupy

8 Tremble

9 German city

10 Tirana's nation: Abbr.

11 Tattle

12 Emmy winner

Falco

13 " _ & Lacey"

14 Follower of "Jean," often

15 Coach Parseghian

16 Dillydallies

17 "Nasty" Nastase

18 Maui goose

19 Old GM cars

25 Some jazz combos

27 Like a cruel beast: Var.

31 Wee devils

32 Snouts

33 Per item

34 Deep groove

36 Dry _ bone

37 Fleur-de_

40 Least strict

41 Decoy

42 Big spiders

43 Actress Mireille _

44 Big name in big trucks

45 Capital of Ghana

46 Smithy, e.g.

47 Relative of a user's guide

49 Have a cow

52 Tokyo, to the shoguns

53 Warms (up)

55 Psalm starter

59 Mother on "Family Ties"

61 Late boxing great

62 _ gin fizz

64 Primer pooch

66 Forestall

67 Iris center

70 Tijuana gold

71 Part of TB

72 In the present era

74 Official order

75 Like a sieve

77 Not alike

80 _ Mahal

81 Actress Ryan

82 Call in church

83 Crimson Tide, to fans

85 Tick away

86 Bright star in Cygnus

90 _ and Hyde

91 Ritzy

92 Level

94 Out _ limb

95 Take home

97 Arles article

101 Martial arts actor Steven

102 Sales pitches

103 Distend

106 Metallic bar

107 Ballet, e.g., in Brest

108 Object of a knightly quest

109 Takes home

110 Is off base

111 Momentarily

112 Additionally

114 Yanks (on)

115 Von Furstenberg of fashion

119 Ballpoint fluid

120 LA-to-IL dir.

121 Oozy gunk

122 Past

123 Chapel bench

124 " _di-dah!"

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						130				

Answer Page 4

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



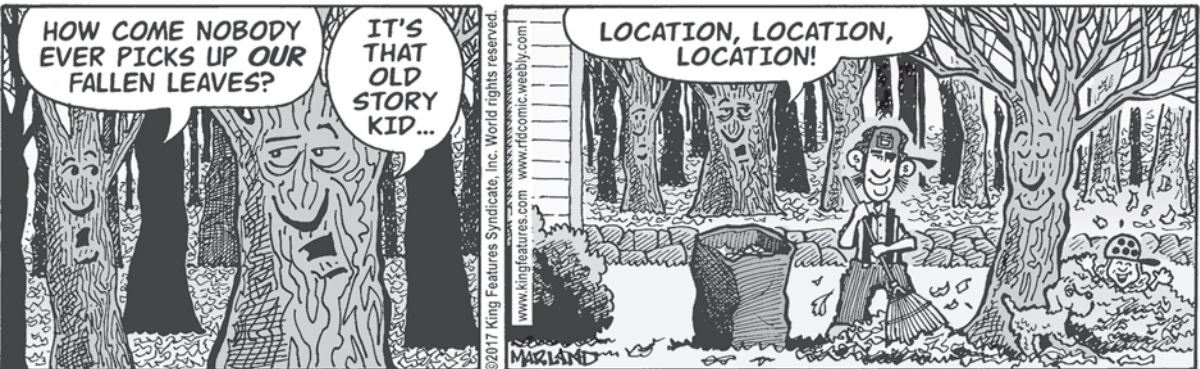
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



AFib increases risk of blood clots, stroke

DEAR DR. ROACH: I have been taking warfarin (Coumadin) for two years now. I started taking it after a knee-replacement surgery, when they discovered I had atrial fibrillation. I have high blood pressure and high cholesterol that are controlled with medication, and diabetes controlled with diet. Do you think I need to be on warfarin if my blood pressure and cholesterol are well-controlled? Before the surgery I was on two 81-mg tablets of aspirin. Could I safely go back? – J.K.



Doctors recommend warfarin or other anticoagulant medication for people with atrial fibrillation – a chaotic condition of the electrical system of the heart – if they have more than minimal risk for blood clots and stroke. Older age, female sex, high blood pressure and diabetes (even if controlled), congestive heart failure and history of stroke or vascular disease all increase risk for stroke in people with atrial fibrillation, also known as A fib. Although I don't know how old you are, just being female and having high blood pressure and diabetes puts you in a risk category where you would normally be recommended to stay on anticoagulation. Never stop warfarin (or similar medication) without first discussing it with your physician.

READERS: Atrial fibrillation affects some 2 million Americans and becomes more common as we age. To learn more about A fib, order the booklet on Heartbeat Irregularities by writing: Dr. Roach – No. 107W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I am a post-menopausal woman (12 years since my last cycle). Last month, I had a light period that lasted over a week. I have seen my OB/GYN, who sent me for a pelvic ultrasound and a transvaginal ultrasound. The only thing it showed was a thickening of the lining. I then had a biopsy, and the results came back showing normal cells. He seems stumped, and said that if it happens again, he'd suggest a D and C. But, as he acknowledged, a 66-year-old woman isn't supposed to be having periods. Obviously, he and I both know something isn't right but just don't know what it might be. Any thoughts? – D.H.

Any bleeding after menopause needs to be evaluated, since it can represent uterine cancer about 10 percent of the

See HEALTH, Page 8

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Health

From Page 7

time. Fortunately, that is very unlikely with a normal biopsy. Since you did have a thickened endometrium, it is possible that you have endometrial hyperplasia, though this should have shown up on the biopsy. An ultrasound should have picked up a polyp.

If it does happen again, you should certainly have further evaluation. Even though a negative biopsy is very good evidence that there isn't a cancer, no test is perfect. About 20 percent of women with persistent bleeding after a normal biopsy

had cancer or a precancerous lesion. This occasionally happens when the uterine cancer is in one focal place, rather than present throughout the lining of the uterus.

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. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved.

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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: T equals R

PN B SFWLKR FN FTR-NPKKRZ
XJBNQX SFMURTORZ, ZF CFW
XWLLFXR CFW'Z JBUR B
YRRQPMO FN QJR YPMRX?

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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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The long reach of the VAOIG



by Freddy Groves

When thieves steal from the Department of Veterans Affairs, often it's not just the VA Office of the Inspector General that goes after them. Depending on the crime, it can include the OIG for other government departments and law enforcement from one end of the country to the other. The VAOIG has friends.

A thief in Florida was hauled back up the coast to New England to face charges that he collected over \$2 million in bribes over the course of five years while working for an electrical company that contracted for government jobs. Not only did he alter and falsify the bid documents, the scammer also involved his children by having the bribery funds diverted through them. Projects included work for the Department of Agriculture (USDA), the Coast Guard, the General Services Administration (GSA)... and the VA.

A Tennessee scammer was convicted of theft of public money, making false statements,

wire fraud, mail fraud and financial conflict of interest. His crime was particularly bad because while working as a VA field examiner, he schemed to steal over half a million dollars from a disabled vet by convincing the veteran to make out a will with the scammer as sole beneficiary. The thief was forced to resign from the position but went on to another examiner position where he conveniently forgot to reveal his previous resignation for misconduct. All the time he'd lied about his own disabilities and had collected for 100 percent total and permanent disability, supposedly unable to work for two years. Multiple law enforcement agencies were involved.

A Boston woman collected the Social Security and VA benefits of her former father-in-law after he passed away. She had a joint account with him and had been his caregiver. She was indicted on only two counts of theft of public funds and pleaded guilty. Multiple law enforcement agencies were involved in this case as well.

When thieves think the VA Office of Inspector General doesn't have a very long reach, they're wrong.

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GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		÷		2
÷		+		-	
	-		+		9
+		÷		×	
	+		-		3
8		2		6	

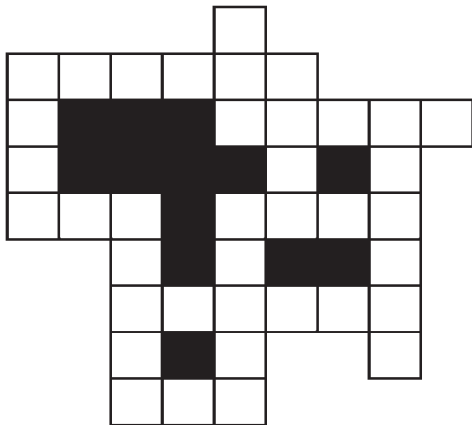
1 3 4 5 6 7 7 8 9

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Answer Page 4



TSO
DURROE
AKBIT
NERI
ARKLET
EYK
♥IKDS
♥RENT0
♥0BN
♥NARESO
KISYL
CEKN



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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- Use glow-in-the-dark paint to light a path in your yard. Simply paint a series of rock markers, and when the sun goes down, your path will be lit up.
- Got a few minutes standing in line? Go through the photos on your smartphone, deleting those that are out of focus or no longer relevant (like the pic you snapped a month ago of your grocery list written on the fridge white board!). Download photos off your phone to a storage device weekly. You'll thank yourself if your device is lost or damaged.
- Fun pre-Halloween activity alert: "Our family likes to host a spooky movie night near Halloween for all the kids. If the weather is nice, we project a kid-friendly movie on an outdoor screen and invite neighborhood kids over to have a pajama party in the back yard."
- E.L. in Tennessee

• Make your own face paint with a few simple ingredients. Mix cornstarch and lotion together to form a paste. Mix in a few drops of vegetable oil to keep the paste from drying out and cracking. Then add washable paint to the paste to color. Apply with makeup sponges or cotton swabs, then add glitter, etc. Have fun!

• Recipe substitution: Need baking powder? Mix 1/4 teaspoon baking soda with 1/4 teaspoon cornstarch and 1/4 teaspoon cream of tartar.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 King Features Synd., Inc.

Safety

From Page 4

practices and evaluating program outcomes relating to any LEA activities to promote student safety and violence prevention," Morath stated.

"A safe learning environment for all students is crucial to advancing the purposes of the SSAE program," the commissioner stated. And, he urged school districts to submit SSAE applications that prioritize increased spending on allowable school safety training and activities, if they hadn't already done so.