



NEWSBRIEFS

Vaccinations

With vaccines being essential for preventing disease outbreaks, especially as we enter flu season, the personal-finance website WalletHub today released its report on 2019's *States that Vaccinate the Most* as well as accompanying videos. In order to find out which states vaccinate most, WalletHub analyzed the 50 states and the District of Columbia across 18 key metrics, ranging from share of vaccinated children to share of people without health insurance to presence of reported measles outbreaks. Texas was the second least vaccinated state in this study. Other stats:

- 27th – Influenza Vaccination Rate in Children Aged 6 Months to 17 Years Old;
- 40th – Share of Teenagers aged 13-17 Years Old with Up-To-Date HPV Vaccination;
- 21st – Share of Teenagers aged 13-17 Years Old with Men ACWY Vaccination;
- 49th – Flu Vaccination Coverage Rate Among Adults;
- 32nd – Share of Adults with Tetanus Vaccination;
- 38th – Share of Adults Aged 60 Years and Older with Zoster Vaccination;
- 33rd – Share of Children 19-35 Months old Living in Poverty with Combined 7-Vaccine Series;
- 51st – Share of Civilian Noninstitutionalized Population without Health Insurance Coverage; and
- 42nd – Share of Children Under 6 Years Old Participating in an Immunization Information System. Visit <https://wallethub.com/edu/states-that-vaccinate-the-most/66237/> for the full report.

– Diana Polk

No good deed goes unrewarded

It started out as a joke. But it ended up as a gesture of kindness when 24-year-old Carson King managed to get his poster on TV during an Iowa State football game. It asked viewers to use their Venmo digital payment apps to send him

See BRIEFS, Page 2

Kindness is never wasted. If it has no effect on the recipient, at least it benefits the bestower.

– Quips & Quotes



– Photo courtesy Fabens ISD

TRAILBLAZERS – The Fabens Middle School Color Guard is the first such squad in Texas.

Fabens Middle School forms color guard team

By Alex Navarro
Special to the Courier

FABENS – One consistent factor when creating a team is that team needs time together to develop chemistry and teamwork. The longer the team stays together, naturally, the more cohesive it becomes. This is a natural conversation when it comes to sports. At Fabens Middle School, that same concept is being extended to the Naval Junior Reserve Officer Training Corps. The Fabens Middle School Color Guard is the first color guard team in Texas to be based exclusively at the middle school. All other state color guards are high school based.

“I am extremely excited that we are able to offer this opportunity to our eighth-grade students as they transition to high school,” said Nancy Torres, principal at Fabens Middle School.

NJROTC helps to develop and support leadership skills, academic, and social growth for student success.”

Raul Tarango, the ROTC teacher, has done a great job in preparing the students. Knowing how Tarango dedicates himself to this community, and to his program, his expectations are exactly the same with his middle-school students as they are with his high-school students.

“We want to provide the kids an opportunity to be able to see what the NJROTC has to offer,” said Tarango. “These kids will now have a first-hand

opportunity to see what the high school program offers.”

The NJROTC program requires each national high-school program to have minimum student enrollment in the program based on total campus enrollment. Although the middle school Color Guard is an unofficial count – the numbers don’t count toward the high-school total – the opportunity to begin the recruiting efforts at the middle school became a perfect bridge to transition the students who were interested in the program from the middle school to the high school.

“There are some kids who are interested in serving our country,” said Tarango. “It’s extremely beneficial to begin the process earlier to give them this exposure if this is the career path they eventually choose.”

Bureau ‘listers’ lay ground work for US 2020 Census

By Alfredo Vasquez
Special to the Courier

NATION – Beginning this fall, US Census Bureau workers will be knocking on El Paso County neighborhood doors,

as well as across the country, to make sure the bureau has a complete list of addresses of where people live.

The list of addresses determines the households that the bureau will mail census instructions to for the upcoming constitutionally-mandated head count

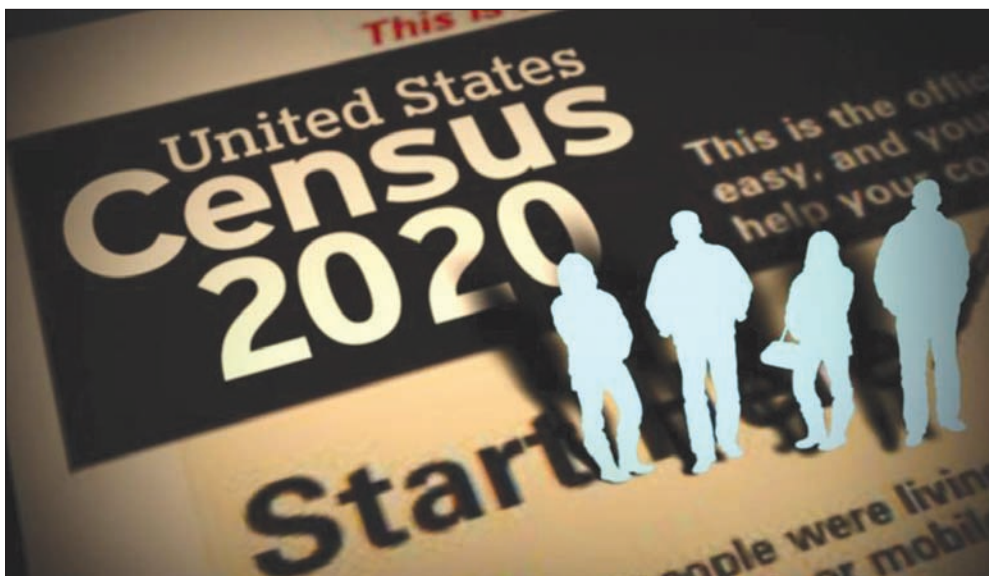
of every resident. This is a normal part of preparations for the 2020 Census. Additionally, Census Bureau employees will be in communities to collect information for other surveys.

For the next few months, census workers will be in local neighborhoods for different reasons including to verify addresses in preparation for the census; to collect responses to the census and other surveys; to distribute census materials; or to conduct quality-check reviews related to the census.

Census workers who verify addresses are called ‘listers’. They help ensure an accurate and complete count by verifying addresses and noting where houses, apartments, shelters, and other residences are located. Census listers will attempt to knock on every door in the neighborhood they are canvassing.

This canvassing for addresses is expected to be the most visible on-the-ground preparation to date for the upcoming 2020 census, which is set to officially kick off in remote parts of Alaska in January before rolling out to the rest of the country.

Plans are that by April all homes will have received an invitation to participate in the 2020 Census. To ensure that everyone is counted, census takers will



– Image from the Internet

U.S. Census Bureau officials announced recently that they are currently working to make sure that they have all of the states’ home addresses, because if the bureau does not have a certain address, what they miss is not just one person but also all of the other household members.

See CENSUS, Page 4

Zamora named Social Worker of the Year

By Ismael De La Rosa
Special to the Courier



Hector Zamora

EL PASO COUNTY – El Paso Community College (EPCC) Criminal Justice professor, Hector Zamora, a Licensed Master Social Worker, was honored as Social Worker of the Year at the annual National Association of Social Workers Texas (NASW-TX) Rio Grande Branch awards dinner for his professional contributions and efforts to advance social justice and human rights.

Zamora's criminal justice experience includes having worked as the Director of Special Programs with the West Texas Community Supervision and Corrections Department; Assistant Chief Juvenile Probation Officer with the El Paso County Juvenile Probation

Department; and Director of Dismas Charities-El Paso. Zamora previously worked as a sex offender therapist for 16 years working with adult and juvenile offenders and their families.

Zamora is currently providing supervision of social work interns for Dismas Charities centers around the country, serves on the Foundation for EPCC Board of Directors, as a Service Learning

Program liaison, Criminal Justice Club advisor, District Safety Committee member and has been assisting Student Technology Services in creating job opportunities in the criminal justice system.

The National Association of Social Workers is the largest organization of professional social workers and is committed to advocating and advancing the social work profession. Each year, the NASW-Rio Grande Branch recognizes the contributions of outstanding individuals making a difference in our community.

View from here By John Grimaldi

Medicare Anti-Kickback Safe Harbor Statute is 'an excellent example of good intentions gone awry'

As the saying goes, the road to hell is paved with good intentions and, according to Andrew Mangione, "an excellent example of good intentions gone awry is the Medicare Anti-Kickback Safe Harbor Statute. Originally intended to ensure fair marketing and reduce fraud for the Medicare and Medicaid programs, the safe harbor statute actually enables pay-to-play schemes."

Mangione, a vice president at the Association of Mature American Citizens, has an extensive background in healthcare, says "most hospitals belong to GPOs for the purpose of leveraging the combined purchasing power of multiple institutions when buying supplies, including medical supplies and prescription drugs. The mission of the GPOs was clear: save money for their member hospitals, and for approximately 80 years this "co-op" model worked as intended."

Originally, the administrative expenses of GPOs were covered by their member hospitals. But, in 1991, when the statute was implemented, vendors began paying their expenses without the threat of being accused of engaging in bribery, as long as the fees paid did not exceed 3% of sales.

"In the ensuing years, the GPOs have circumvented the rules by playing a game of semantics, inventing other kinds of fees (a/k/a kickbacks), including advance payments and payments for marketing," says Mangione. "In effect, the GPOs became de facto agents for their vendors."

He believes that repealing the Anti-Kickback Safe Harbor Statute would generate tens of billions of dollars in savings for the hospital supply chain (which includes the Medicare and Medicaid programs). It would also promote free-market competition for the drug and medical supply marketplace at the same time.

But the patient advocacy group, Physicians Against Drug Shortages (PADS), estimates that "total kickbacks paid by suppliers to GPOs have sometimes exceeded half of the suppliers' annual revenues for a single drug." PADS says that group purchasing organizations currently control buying for more than \$300 billion a year in hospital goods, including drugs, devices and supplies for about 5,000 acute care hospitals and many more outpatient clinics, surgery centers and long term care facilities.

Oversight has been lacking and so a pay-to-play system has emerged, Mangione alleges. "Medical suppliers and drug manufacturers can simply purchase market share by paying exorbitant fees to GPOs in return for contracts that give their products exclusive access to GPO-member hospitals."

Meanwhile, in 2003 Pharmacy Benefit Managers (PBM) achieved protection under the statute. The PBM industry was created specifically to administer drug benefits for health plans, including commercial, employee and retiree plans and Medicare Part D.

Thus, Mangione contends, the safe harbor statute has created a system where purchasing agents, and not clinicians decide which drugs, medical devices and supplies physicians can use for their patients. "These decisions could be based largely on how much kickback revenue these products can generate for the GPOs and PBMs."

Mangione says that repealing the safe harbor provision would create free market competition and foster innovation. He believes that it would result in potential cost reductions estimated at \$100 billion, including savings for the Medicare and Medicaid programs. "These estimates were calculated through an analysis of a variety of sources, including government data and empirical studies."

Repeal of the safe harbor provision has resonated with physicians. In addition to the Physicians Against Drug Shortages organization, the American College of Emergency Physicians (ACEP) chimed in when in late 2017 it formally adopted a resolution calling for repeal. ACEP has resolved to "work with other medical specialties and patient advocacy groups to seek Congressional legislative repeal of the Group Purchasing Organizations' safe-harbor protection."

The benefits of repealing the safe harbor provision have drawn the attention of Congress, Mangione notes. "If successful, repeal could be used as a catalyst for the Trump Administration to fix our broken healthcare system, rid it of Obama-era inefficiencies and finally provide Americans with care that is responsive to their needs."

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

Briefs

From Page 1

beer money and they did just that. It wasn't long before the "unexpected" happened and he found that \$400 had been deposited into his account. The sum quickly grew to \$20,000. In the meantime, King said he had a change of heart. Instead of beer he would donate his newfound wealth to the University of Iowa Stead Family Children's Hospital. His request for beer money went viral and days later, the New York Post reported that the amount of King's contribution had risen to over a million dollars and counting -- a worthy donation for the children's hospital. The Busch Brewery took care of King for his generosity; they're providing him with a year's worth of beer.

— John Grimaldi

Canutillo ISD celebration

Canutillo Independent School District (CISD) will hold a special celebration to commemorate the District's 60th anniversary. The festive event is scheduled for 6 p.m. to 12 a.m., Saturday, December 14, at Grace Gardens, 6701 Westside Drive. Planned for the evening are a social/happy hour from 6 to 7 p.m., dinner from 7 to 8 p.m., and the celebration dance from 8 p.m. to midnight. Cost to attend the party is \$50 per person. For more information, contact Lilia (Teddy) Martinez at (915) 503-3067, or send email to liliamartinez48@hotmail.com.

— Alfredo Vasquez

Send Your
Newsbrief To:
wtxcc@wtxcc.com

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas County Courier
office is closed.

The office will open again on
Friday, October 25, 2019.



PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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MAIL SUBSCRIPTIONS:
Minimum 50 issues for \$45. Delivery via 1st class mail.

MAIL:
15344 Werling Ct.
Horizon City, TX 79928

Phone: 852-3235

E-mail: wtxcc@wtxcc.com
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Homesteader
Est. 1973
News, Inc.



Member Texas Community
Newspaper Association

American beauty

We live in an era of public ugliness, of architects who deliberately make their forms unsightly and inhuman, and of public art installations that are invariably ridiculous.

The most obvious exception is the ballpark, which has gotten more beautiful rather than less in a great example of renewal through a return to tradition.

Paul Goldberger, a former architecture writer for The New York Times, traces this journey in his wonderful new book "Ballpark."

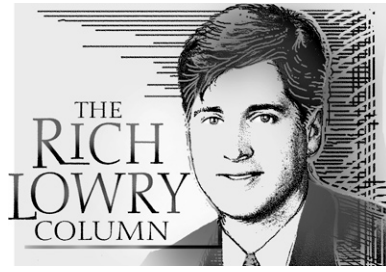
Herightlycalls the ballpark "one of the greatest of all American building types" and argues that "as much as the town square, the

street, the park, and the plaza, the baseball park is a key part of American public space."

Ballparks went from delightfully peculiar structures shoehorned into city streets, to monochromatic multiuse facilities with all the charm of public-works projects, before rediscovering the old forms.

The first ballpark was built in Brooklyn in 1862 and called "Union Grounds." Amazingly enough, "The Star-Spangled Banner," not yet the national anthem, was played before the first game. The wooden parks of the 19th century tended to burn down, sometimes spectacularly (a fire at the South End Grounds in Boston took out 200 buildings in Roxbury).

The 20th century brought the age of steel, brick and concrete, and "the Golden Age" of 1912-14. It gave us Crosley Field,



where the Reds played until 1970, with an upward slope known as the "terrace" in left field; Tiger Stadium, quirky and cozy (a flagpole stood in the field of play in deep center); and especially the "jewel boxes" of Fenway, Wrigley and Ebbets.

Subsequent decades brought a flight from cities, and from idiosyncrasy.

Cleveland previewed what was to come in the 1930s with its publicly funded, gargantuan, usually half-empty, symmetrical, multisport Municipal Stadium, or the "Mistake by the Lake."

The truly dreadful,

indistinguishable concrete doughnuts, made for football and baseball but manifestly unsuited for the latter, arrived beginning in the 1960s.

The turning point was Camden Yards in Baltimore, opened in 1992. Originally conceived as another multisport suburban facility, it instead decisively moved baseball beyond such hybrids. Camden Yards has a red-brick exterior and exposed steel supports inside, eschewing the concrete of the doughnuts. It limits foul territory to bring ground-level seats closer. The stands are arranged asymmetrically to avoid a deadening sameness, and frame a view of the Baltimore skyline, anchoring the park in the city.

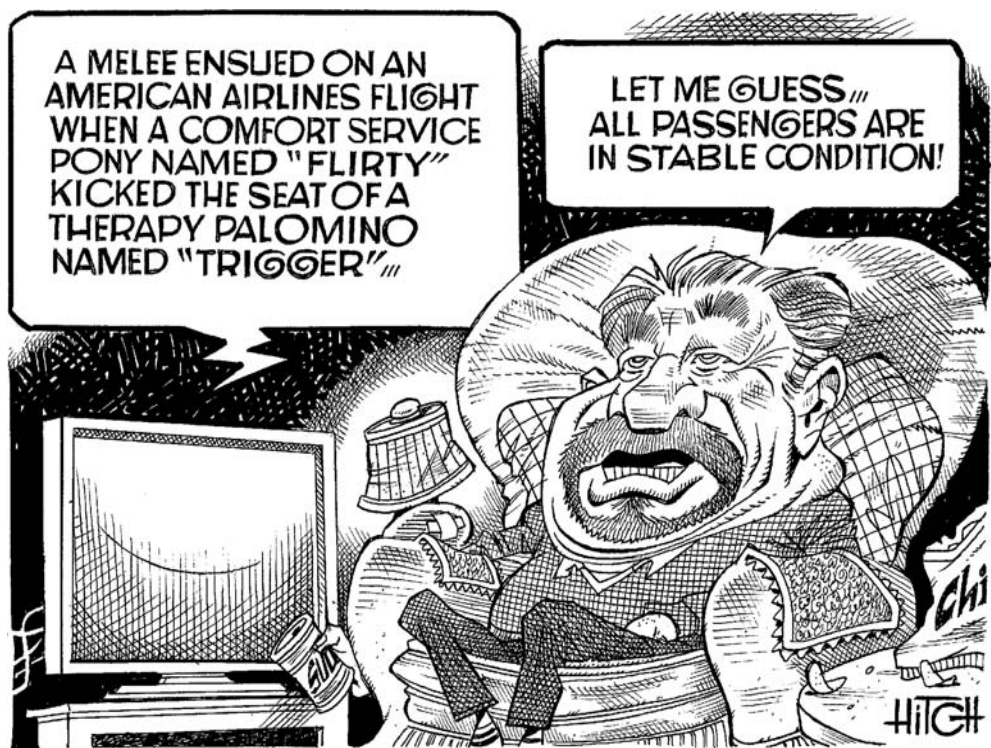
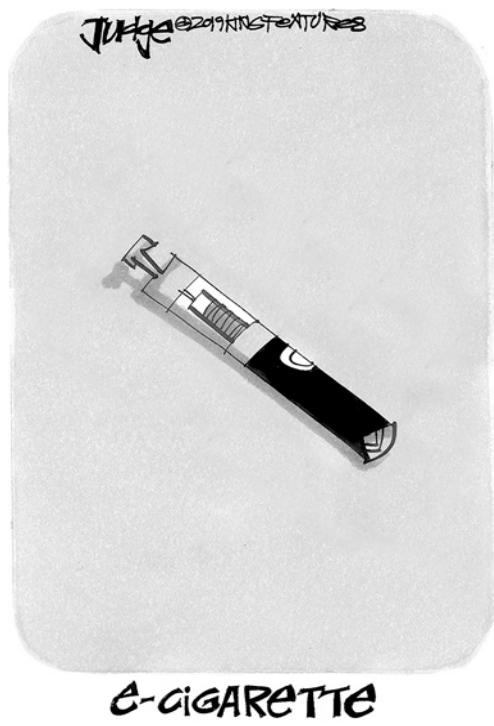
It was such a triumph that its retro style has become a design cliché. Its influence stamped the best of the new parks: PNC Park

in Pittsburgh, which, outside of Fenway and Wrigley, might be the most charming place to watch a game in the country; Oracle Park in San Francisco, which is everything its execrable forbear, Candlestick, wasn't; T-Mobile Park in Seattle, which is enchanting despite a retractable roof.

Goldberger writes of how the ballpark, with its lush field at the center of an enclosure of concrete and steel, is the garden in the city, a sports combination of the Jeffersonian agrarian tradition and the Hamiltonian emphasis on cities and industry.

It's a wonder we managed to mess it up, but we did, before the current revival that shows there's always a way back.

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



Click It or Ticket.



Even in the back seat.

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



Census

From Page 1

begin in May to visit households that did not respond to the mailed census questionnaire. At the same time, other Census Bureau representatives will be visiting homes for ongoing surveys, such as the American Community Survey.

Census Bureau officials advised that the best way to avoid a follow-up visit from a census taker is to fill out the 2020 census questionnaire online, by phone, or by mail as soon as a person receives the invitation to participate.

A major concern for census officials, however, is that because of the current rise in the distrust of the government- in light of the increased immigration enforcement and the current political climate- it may become more difficult for the bureau to verify addresses.

Cesar Espinosa, executive director of the Houston-based immigrant advocacy group FEIL, told reporters recently that he is worried that the “damage has already been done” by the controversy over the now-blocked citizenship question the Trump administration failed to add to the 2020 census. He stated that those fears will lead to a “bad census count” in the Houston area – home to the third largest immigrant population in the U.S., according to estimates by the Pew Research Center.

To help address this concern, thousands of temporary Census Bureau employees, or listers, are expected to comb through neighborhoods during the next few months, mainly in the evening and on weekends, to verify more than 50 million addresses – about a third of all of the country’s home addresses, according to census reports.

Using computer screens at its headquarters in Suitland, Maryland, the bureau has created maps to show the neighborhoods where it plans to send

listers. For other addresses, the bureau agency has been using satellite images from the National Geospatial-Intelligence Agency, Department of Agriculture, and DigitalGlobe (a private company), to check for new homes and other changes in neighborhoods throughout the country.

By comparing bird’s-eye view images from 2010 with more current ones, the bureau has been able to verify home addresses it has compiled from data provided by the U.S. Postal Service, as well as from tribal, state, and local governments.

For the 2020 count, by relying more on satellite images, census officials stated that they expect a significant reduction in the costs for sending workers to verify addresses. The most expensive parts of conducting a census is having to deploy an army of census workers to interview householders who had not responded to the census questionnaires, census officials pointed out.

Bureau workers have begun checking addresses in more densely populated parts that are indicated in the digital map photos. Also, they have started identifying homes within high-rise buildings and “hidden housing” units such as converted garages and basements.

“Sending listers to look in-person for clues, such as multiple doorbells or mailboxes outside a home, has been critical to getting an accurate census in the past, especially hard-to-count communities living in densely populated areas,” Steven Dillingham, director of the U.S. Census Bureau, stated in a recent press conference.

For the 2020 count, bureau officials estimated that the preliminary fieldwork cost for canvassing every street in the states and Puerto Rico would be about \$185 million; a decade ago that cost was more than \$444 million. Census officials credit the new technology for the decrease, as the agency will need to hire only about a third of the 149,000 temporary workers who were needed in 2010.

United States Census 2020

Are they really a Census Bureau worker?

- If someone visits your home to collect information for the 2020 Census, you can do the following to verify their identity: First, check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark, and an expiration date.
- If you still have questions about their identity, call (800) 923-8282 to speak with a Census Bureau representative.

Strange BUT TRUE

By Samantha Weaver

You might be surprised to learn that when Hernan Cortes reached the New World in the 1600s, he found the Aztecs drinking hot chocolate at their banquets.

The World Health Organization does not include cockroaches on its list of insects hazardous to human health.

Are you afraid of rattlesnakes? Those are certainly dangerous creatures, but keep in mind that the venom of a black widow spider is 15 times deadlier than that of the rattler – and the spider doesn’t provide an early-warning alarm like the rattler does.

The name for that lovely lavender stone, amethyst, is derived from the Greek term for “not drunk.”

You probably knew that cats were revered in ancient Egypt, but did you know that when a domestic cat died, the family went into mourning? Yep. People would shave their eyebrows to demonstrate their grief over the passing of their beloved pet.

If you’re like the average American, you eat roughly 17 pounds of potato chips every year.

Way back in 1879, the Cincinnati Gazette predicted that the game of baseball had “run its course.”

Singer and songwriter Roger Miller, best known for his hit song “King of the Road,” had a passion for music early, even though his family was poor. When he was in grade school, he spent his weekends picking cotton so he could save up enough money to buy a guitar. After eighth grade he quit school and went to work herding cattle and riding in rodeos.

Thought for the Day: “It is better to sleep on things beforehand than lie awake about them afterwards.”

– Baltasar Gracian

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Moments in time

THE HISTORY CHANNEL

On Oct. 21, 1967, in Washington, D.C., nearly 100,000 people gather to protest the war in Vietnam, and more than 50,000 later marched to the Pentagon. Polls in the summer showed that American support for the war had fallen below 50%.

On Oct. 22, 1975, Air Force Sgt. Leonard Matlovich, a decorated Vietnam War veteran, is given a “general” discharge after publicly declaring his homosexuality. Matlovich’s discharge was later upgraded to “honorable,” and he was buried with full military honors in 1988.

On Oct. 23, 1989, 23 people are killed in a series of explosions sparked by an ethylene leak at a Phillips Petroleum plant in Pasadena, Texas. The blasts were caused by inadequate safety procedures.

On Oct. 24, 1901, schoolteacher Annie Edson Taylor becomes the first person to take the plunge over Niagara Falls in a barrel in an attention-getting stunt. She reached the shore alive, if a bit battered. Taylor claimed she was in her 40s, but records later showed she was 63.

On Oct. 25, 1881, Pablo Picasso, a greatest and influential artists of the 20th century, is born in Malaga, Spain. Picasso’s work comprises more than 50,000 paintings, drawings, engravings, sculptures and ceramics over 80 years. He had his first exhibit at age 13.

On Oct. 26, 1942, the last U.S. carrier built before America entered World War II, the USS Hornet, is so badly damaged by Japanese warplanes in the Battle of Santa Cruz that it must be abandoned and was later sunk. The Hornet launched the Doolittle Raid on Tokyo.

On Oct. 27, 2006, the last Ford Taurus rolls off the assembly line in Hapeville, Georgia. The keys to the silver car went to 85-year-old Truett Cathy, the founder of Chick-fil-A, who added it to his automobile collection.

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Moore Texas by Roger T. Moore
 OCT 6, 1897: William Brann, editor of the crusading magazine THE ICONOCLAST, is beaten by three men (one was a judge) for daring to criticize Baylor University.

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CryptoQuip Answer

Number one Elvis Presley song about a very repulsive person: “Are You Loathsome Tonight?”

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Sometimes the lighter side of sports is the most fun

By Steve Escajeda
Special to the Courier

In sports, there's no doubt that with the addition of TV coverage, and the emergence of fanatical Fantasy leagues, and the ever-growing legalization of gambling, watching games has become more stressful.

Games that change scores at the very end of the contest are talked about not because of wins or losses, but on how that last score affected the bettors.

Like the daily news around the country and the world, sports has crept into a darker place, when it used to be an escape from the daily negativity and grind.

Today, we're going to focus on unusual sports stories that will hopefully make you raise an eyebrow, rather than produce a frown.

Hail the mustache

The 1970s were dominated by Disco, Watergate and the Vietnam War. But the decade was also known for the mustache.

Thanks to the Oakland A's and the decade's Hollywood and porn movie industry, mustaches were in.

That brings us to Jacksonville Jaguars backup quarterback Gardner Minshew and his 1970s-style facial hair.

He's not only bringing back the mustache for Jaguars fans, he's also brought back winning and enthusiasm. After Nick Foles went down with his

injury, fans thought the season was over.

But behind the power of "the stash," Jacksonville fans have a new reason to love their team.

NY Knicks superfan

Anyone who has ever watched a New York Knicks game has seen director/actor Spike Lee raising hell from his courtside seat.

Although he is very small in stature, Lee is larger than life taunting opposing players and pleading his case to the referees.

Well, if you ever wondered whether Lee really eats, drinks and bleeds Knicks basketball... wonder no more.

The family of former, and now deceased, Knicks coach Red Holzman, sold some of his NBA belongings at auction, and Lee brought his pocketbook.

Among Lee's acquisitions was the original basketball net from Game 7 of the 1970 NBA Finals, won by the Knicks, and Holzman's NBA Coach of the Year trophy.

Lee paid \$69,184 for the net and \$31,517 for the trophy. Lee attended Game 7 at Madison Square Garden as a 13-year-old.

Players wanted

Division III school Grinnell College lost its first three games of the season 114-3 and has decided to cancel the rest of its season – not because of a lack of talent, because of a lack of players.

Grinnell started the season with just 39 players. After 11 injuries, that number has dwindled to a paltry 28, and the school felt it was too risky health-wise.

It's too bad, especially for the seniors that the school's season has to end this way. They will forfeit the remaining seven games on their schedule.

Too hot for comfort

A few weeks ago, the track and field world championships were held in Qatar. Not a bad venue if you compete inside the stadium or air-conditioned arenas; but out in the sweltering desert heat – not so much.

Let's put it this way, it was so hot during the competition that the women's marathon race started at midnight.

But even that late, the humidity made it feel like 105 degrees. Twenty-eight of the 68 women dropped out of the race and 30 runners were given medical inspections.

I think it was the officials in charge of the race that should have had their heads examined.

Climbing mountains high

Believe it or not, the 2020 summer Olympics will be here before we know it. This time around, athletes from all over the world will converge on Tokyo in July for the athletic festivities.

It seems that every Olympic Games bring with it a new Olympic sport, and these games are no exception.

Ever see those guys and gals climbing

those fake mountains at the mall? Heck, maybe you've given it a try.

Well, "Sport Climbing" will make its first appearance ever at the 2020 games. However, this form of rock climbing won't be against a fake mountain, it'll be the real thing.

The climbing competition will be divided into three categories, lead climbing, speed climbing and "bouldering."

I don't have a clue how this sport will be judged. I just hope everyone makes it to the top.

People know
Pueblo for its...



Famous Hot Salsa?

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Health

From Page 6

had removed. Now the office recommends that I go every three months. What gives? – F.M.

I'm guessing your dermatologist is keeping a close eye on something he or she doesn't like but isn't quite worried enough to do a biopsy. I don't want to second-guess your dermatologist. When you go back, ask and find out. If you really dislike going so often – perhaps because of copayments, inconvenience or having to take time away from work or family – tell him or her

so that you both can work toward a plan that is easiest for you but still allows the dermatologist to keep you free from skin cancer or other problems.

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) 2018 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: Q equals N

QZJPDN LQD DVMOR GNDRVDT
 RLQA CPLZS C MDNT NDGZVROMD
 GDNRLQ: "CND TLZ
 VLCSYRLJD SLQOAYS?"

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Vacations for vets



by Freddy Groves

If you hope to take a vacation during the holiday season, the time to nail down the details is now. Slots fill up fast. You'll need hotel and plane or train reservations, unless you plan to drive.

If you search online, you'll find quite a few websites and companies that cater to veterans and their families. Sometimes it involves a much-reduced hotel rate or discounts to activities.

The best place to start, however, is with Veterans Holidays.

Veterans Holidays (www.veteransholidays.com) has picked out holiday vacation rental dates around Columbus Day, Veterans Day, Thanksgiving, Christmas and into next year. It has weeklong stays starting at \$349 and listings at more than 200,000 locations around the world. All it takes

to get started is to sign up with a free membership. Click on a date, destination and other filters such as rating, unit type and options. This is a great site with loads of photos and information on activities in the area, as well as directions from local airports.

If your budget is higher, Samoa, Argentina, Australia, Italy, Cyprus, Mexico and more are available, all with veteran discounts.

Each site comes with TripAdvisor ratings with reviews by others who have vacationed there, along with amenities and activities. Should your selection not be available when you want to go, alternate choices are at the bottom of the page. It also has last minute and Space-A vacations.

High Demand vacations are just that, and come with a higher price, but they're still discounted for veterans. The available dates might not be specifically at Thanksgiving and Christmas, but trips to Florida, Texas, and Williamsburg, Virginia can be enjoyable anytime,

especially if you want warmer weather for the golf, tennis and hiking.

Don't delay, plan your trip now.

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- If you have a tank top that has loose straps, try crossing them over your neck to create crisscross straps. You might like the look, and it won't be loose!

- Apply a strong magnet to the side of small basket to mount it on your fridge. It can hold dry erase markers and an eraser or even bottles of spices.

- Thanks to P.S. of the Lyme Disease Association for setting us straight on home remedies for tick removal. Soap doesn't work; neither does petroleum jelly or a lit match. There is only one good, safe way to remove a tick, and that's with tweezers, pulling the tick straight out with steady pressure. If you or your pet have a tick and you're unsure how to detach it properly, both the Centers for Disease Control and Prevention (www.cdc.gov) and the Food and Drug Administration (www.fda.gov) offer step-by-step, illustrated instructions on their web sites; just search for "tick removal."

- Here's a tip when spray painting an item: Be sure you are spraying before and after the edges. Press down on the spray trigger so that the paint is coming out before you apply it with a back and forth motion. This will ensure that you have even coverage.

- "WD-40 (a lubricant) works really well at removing adhesive labels. I bought a few bottles of wine and the bottle shape was decorative. I wanted to use it, but not with the label on it. I tried soaking the bottle, and scrubbing, but it was still a mess. I even tried alcohol, but nothing! I sprayed it with WD-40, let it sit about five minutes, and it rubbed right off like magic." – Y.L. in Pennsylvania

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

GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★★

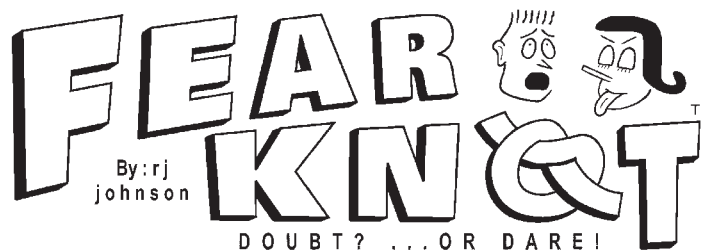
★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

	x		-					12
x		÷		-				
	-		x					18
+		+		x				
	+		x					20
14		9					15	

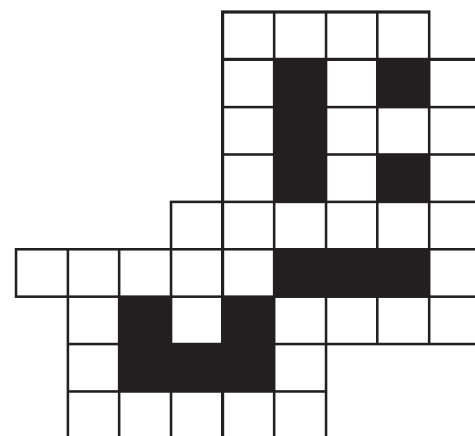
1 2 2 3 4 5 6 7 9

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Answer Page 4



- RYC
- TOSLJE
- YITAL
- ♥NEAC
- ELADUF
- TJE
- LOTJ
- ♥RANCE
- CIE
- DOCELY
- CEJTE
- LAJI



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.

Answer Page 4

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